

Healthy outlook for Tweed audiences

REMARKABLE RECOVERIES from diagnosed terminal illness can be courageous and inspiring, but the most admirable people are often those who maintain balanced and healthy lifestyles without contracting major health complaints, according to lifestyle consultant Ian Gawler.

The Victorian-based cancer survivor has spent the past three decades travelling the country to teach people how good diet, natural medicine and general healthy living can help deal with serious illness such as cancer.

They are all lifestyle choices he employed to successfully beat deadly bone cancer 30 years ago, lending extra weight to the Inner Peace, Outer Health seminar he will present in Tweed Heads on September 8.

"However, the people I really admire are those who are fit and well but appreciate that life is precious and make good choices in dealing with modern life," he said. "They tend to be quite questioning, take responsibility for their decisions and are committed to their objectives of what is really important in life."

So while this month's seminar is linked to his Gawler Foundation's cancer self-help program - a 12-week course starting in the Tweed on September 16 - Inner Peace, Outer Health was aimed equally at people who were generally healthy and looking to stay that way.

Ian, a teacher of meditation and natural medicines, said one of the



Healthy living expert Ian Gawler and his wife Ruth.

seminar's roles was to act as a circuit breaker to get people out of poor lifestyle routines.

He said serious illness proved ultimately to be a positive step in many people's lives because it prompted them to reconsider what was really important and to adopt better lifestyle choices. It extracted them from the spiralling vicious cycle of busy lives spent pursuing the ideal of material wealth.

"It's clear these days that a lot of people are looking for happiness outside themselves. They believe they will be happy if they have a good job and nice possessions.

"They can help, but we all know people who have a lot of material wealth but aren't happy, and other who don't have much but are very content."

Ian was working as a vet when he

developed bone cancer in his left leg in 1975. Conventional thinking at the time meant the leg was swiftly amputated but Ian had to look for other options when the cancer, osteogenic sarcoma, recurred.

"I was told I had a 5% chance of being alive in five years. I refused to accept the prognosis and my inquiring vet's mind led me to explore the therapeutic side of nutrition," he said.

"Mind-body medicine was in its early days in Australia, so I looked further afield for alternatives.

"When I became well after a couple of years, it was clear the things that helped me were not readily available in Australia, so it became my full-time job."

His recovery led to the creation of the not-for-profit Gawler Foundation.