



**The Gawler Foundation**

An integrated approach to health  
healing and wellbeing

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## **Dorothy Edgelow to be awarded Order of Australia Medal On the Queens Birthday**

Yarra Valley resident Dorothy Edgelow will be honoured this Queens Birthday with an Order of Australia Medal (OAM) for *service worthy of particular recognition*.

Dorothy (born 1930) has been a selfless supporter of The Gawler Foundation for over 25 years. She has played a major role in the development of The Foundation, working tirelessly to develop their nutritional component of the food programs and catering services. She has also spent considerable time and effort fundraising for the Foundation and she and her family were major donors in the early days of the Foundation's work. Much of her work was done in a voluntary capacity.

She is a published author and is presently working on her fourth cookbook. Her popular ' *A Recipe for Life*' (Volumes 1 and 2) feature recipes, nutrition and effective self help strategies.

In more recent years Dorothy has also developed the Whole Health Children's Foundation working with primary school children and their families in the areas of food quality and health.

Karin Knoester CEO says, "Thousands of people have profited from her knowledge, help and guidance. Dorothy is a trailblazer, advocating lifestyle approaches to health long before it became part of the general parlance."

"Miracles happen all the time," says Dorothy Edgelow. Her greatest miracle was the recovery of her daughter Lynette from a virulent form of cancer. During that time Dorothy became more committed to the belief that diet and mind are the true 'medicines' for healing. Her introduction to Ian Gawler and subsequent involvement with the Foundation has had a significant impact on the health and wellbeing of people in Australia and throughout the world.

Ian Gawler, OAM, says "her energy, capacity and ability to do good is a great example to many in our community."

The Gawler Foundation presents lifestyle programs which focus on how people can be helped to work with the medical treatments they are having to minimise side effects, to actively play a part in improving their quality of life and to increase their chances of survival.

The principles of the program, developed over 30 years, are designed to activate the body's own healing mechanisms and include meditation, nutrition and support, and work in conjunction with any cancer treatment. Dorothy's contribution to these principles has been instrumental in an improved quality of life for many.

The Gawler Foundation is a non-profit, non-denominational organisation and is committed to an integrated approach to health, healing and wellbeing.

Dorothy is available for interview and comment through The Gawler Foundation Media Department.

Karin Knoester, CEO of The Gawler Foundation and nominator for this award, is also available for interview and comment.

For more information about the OAM visit <http://www.itsanhonour.gov.au/media>.

For more information about The Gawler Foundation visit [gawler.org](http://gawler.org)



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