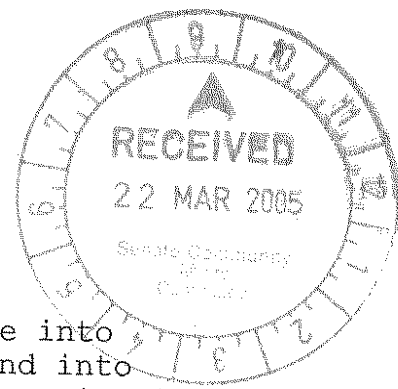


Submission by John Harold WICKETT  
to the Senate Inquiry into Cancer.



'The Inquiry by the Senate Community Affairs Committee into services available to persons diagnosed with cancer and into options for treatment, including less conventional therapies.'

I commend the Honorable Senator Peter Cook for proposing to move the motion that the above inquiry takes place.

The reasons for my submission are as follows:-

### PERSONAL EXPERIENCES

In the 1970's I witnessed the many traumas suffered by a close friend, her husband and their young children, while they tried to cope with the tasks required to care for her 'live-in' mother as she was dying, painfully over a period of six months, from cancer and chemotherapy treatments.

In November 1981 my sister was flown from Cairns to Brisbane on an emergency flight, after it was discovered that she was suffering from advanced cancer. My sister was given chemotherapy and flown back to Cairns. My brother and I flew to Cairns from Perth in February 1982 to find my sister, a wrinkled up old hagg, not a gorgeous 40 year old beauty. She died two weeks later leaving a husband and six children.

I was so angry that a person with so much to give the world, should die so cruelly so early in life. So I did some research.

In early 1983 I attended a weekend workshop in Perth, run by a practitioner from a Cancer Clinic in Bristol, England. During the workshop the group was given evidence of his successes and taught many practical healing techniques that were shown to work.

At this workshop I met a lady, who 20 years before had been so ill with cancer, that she was carried in a stretcher onto a plane in Perth and flown to Brisbane and then driven to a Healing Clinic near Beaudesert. After three months she was cured and so flew back to Perth fit and capable of running her small farm. She remained cancer free by sticking to a very strict diet of low protein, low fat and lots of fresh fruit and vegetables.

A little later in 1983, I attended a weekend workshop in Perth, conducted by Dr Ian Gawler. He demonstrated conclusively that the diagnosis of cancer is not a death sentence, and cancer can be cured by the techniques he discussed and demonstrated, as taught to him by Dr Ainslie Mears in Melbourne, when he healed his cancer.

That Sunday afternoon half a dozen attendee's at that workshop, motivated by a 24 year old lady and a 38 year old lady who had both recently undergone months of trauma in Royal Perth

Hospital under chemotherapy treatments, got together to form a support group we called the Cancer Support Association so that future cancer sufferers would not undergo the traumatic negative treatment these two ladies received.

During 1983, we ran Sunday morning gatherings with attendances of 120 to 150 people with various cancer problems. During these gatherings we reinforced the teachings of Dr Ian Gawler.

Over that year I met many cancer sufferers. Those people who accepted the philosophies and techniques of Dr Gawler and practiced them strenuously, survived and cured their cancers. Those people who were half hearted about accepting the ideas and did not practice the techniques, died within three to six months.

This organisation is still working strongly today in 2005, with it's headquarters based in Cottesloe in Perth.

The work and experiences of 1983 gave me all the empirical evidence I needed to know that cancer was not a death sentence. Cancer could be cured very inexpensively without massive doses of chemotherapy treatments.

But the Oncologists refused to accept what they thought was unscientific treatments.

In early 1984, during a period of three weeks, I developed a very fast growing tumour on the inside of my left knee. I was booked in for surgery three weeks later.

During the three weeks I waited for the surgery operation, I attended a surgery in Midland Junction with a Doctor who had trained under Dr. Ainslie Mears in Melbourne. Dr. Ainslie Mears had taught this Doctor and Dr. Ian Gawler the techniques he had developed to cure cancer. The main principles being, complete positive family support, meditation, relaxation and a diet of low protein, low fat, fresh fruit and vegetables. These were the principles we had been teaching each Sunday at the Cancer Support Association gatherings.

My operation was done at the end of the three weeks and the growth removed and tested.

Two days later the surgeon came back into the ward to see me, and announced with a great smile, that the growth was benign. Reading between the lines and the look of relief on his face I realised that the surgeon had been anticipating a malignant tumour. Had my three weeks work with the Midland Junction Doctor prevented a malignant growth? I felt it had!

I have maintained my diet more or less on the regime recommended by Dr Gawler ever since. I have had no serious problems with my health until late last year, 2004, at the age of 66 when my prostate PSA index rose above the top accepted level of 4.6, to a disturbing level of 6.5.

I renewed my acquaintance with Dr. Ian Gawler in a training workshop at Sydney University in late 2004. After Dr Gawler's refresher training of renewed meditation, I began a course of daily drinks of pawpaw leaf juice extract and Saw Palmetto capsules, in addition to the daily organic multivitamin and mineral supplements I had been taking for the last three years. Within three weeks I had brought the PSA level back down to less than 4.6, much to my GP's surprise, and so avoided the surgery recommended by a specialist.

#### SUGGESTIONS FOR SENATE INQUIRY

The TERMS OF REFERENCE of the Cancer inquiry for Senator Cook's motion do not limit the inquiry to Australia. This is good because there is a lot of excellent complimentary medical work being done in Britain and the U.S.A., as well as Australia, to help people with cancer and other degenerative diseases.

A lot of this work is regarded as complimentary medicine or integrated medicine or preventative medicine as opposed to alternative medicine.

Dr. Ian Gawler O.A.M., of the Gawler Foundation, a registered charity 'not for profit' organisation, has done an outstanding job in helping many cancer sufferers cure themselves.

I can only recommend most strongly, that the results Dr. Gawler has achieved, should be a starting point for the Senate Inquiry, to enable members to gain an initial overview to the answers for the Terms of Reference listed in both (a) and (b).

The next most important point of reference I would suggest should be the book written by Dr. Ray D. Strand, titled 'What your Doctor doesn't know about Nutritional Medicine may be Killing You', published in 2004.

This book is based on Dr. Strand's 23 years as an "anti nutritional supplements" Doctor and his conversion to nutritional supplement thinking, after his subsequent intensive 7 years research into nutritional clinical trial studies, written up in credible medical journals, such as the Journal of the American Medical Association, British Lancet, and many others

- Strand p xv.

Dr. Strand's conclusions and recommendations show there are positive benefits using 'nutritional complimentary medicine' to overcome most of mankind's degenerative diseases, including cancer.

I would suggest that the next reference for the Inquiry should be the work done over the last 30 years by Dr. John Tickell in developing his program - 'Energy 4 Life' and 'How to be 10 years younger'. Dr. Tickell advocates exercise and a diet of 2/3 fresh fruit and vegetables and 1/3 what ever, allowing us a good chance

of living a healthy life to a ripe old age well over 80 years, or over 100 years as do the people of Okinawa, who he has studied for the last 20 plus years. - Personal communication October 2003.

I would then suggest that the next area of investigation which will help answer Terms of Reference (b) (ii), should be the efficacy of the Vitamin and Mineral supplements available to the general public.

Particular reference should be made to the high quality standards necessary for the production of supplements :-  
such as the organic raw materials used,  
the quality control exercised during  
the growth, harvesting, production and transport of the  
supplements to the customer.

This would ensure a top quality product, able to give the health benefits expected.

These products must be produced by companies adhering to both the Best Manufacturing Practice (BMP) and to the standards set by British, U.S.A. and Australian Pharmaceutical Standards.

#### POST INQUIRY

Once the inquiry has covered the above areas and the report written, the corollary to the inquiry will be the need to enact legislation. This legislation should implement systems to update the knowledge of practicing GP's, in the need for an holistic approach to human ailments. It should also enable the incorporation of this approach into all medical schools, particularly the implementation of comprehensive lectures in nutrition and nutritional deficiency problems and remedies.

#### BENEFITS

The benefits to be derived from a new positive way of looking at cancer remedies, as with all degenerative disease remedies would be :-

- i An enormous cost saving to the Government in reduced chemotherapy, and other similar treatments.
- ii Increased revenue to the Government through GST on increased vitamin and mineral supplement sales.
- iii Increased revenue for cash strapped farmers and market gardeners due to increased sales of fruits and vegetables.
- iv Increased available household funds for all families, because of lower expenditures on medicines, which costs would have been far greater than the new costs of including fresh fruit, fresh vegetables and nutritional supplements in their diet.
- v Increased money flow in the economy due to the above points (i), (ii), (iii) and (iv), hence increased national prosperity.

vi More work for Oncologists as nutrition advisers in their complimentary medicine cancer care, as opposed to just chemotherapy work, and therefore more job satisfaction with healthy surviving patients.

vii More people can be saved from an agonising life and early death, enabling them to live a fit healthy life in their normal jobs in a vigorous productive workforce, rather than being a cost burden to the community. This would help to keep our economy productive and viable, as opposed to the tremendous drain we are now experiencing by the ever increasing medical costs that are being imposed on our society.

viii By keeping people fit and healthy, we would maintain a viable, trained, experienced, productive work force, without the losses from sickness or death, and so reduce immediately, the looming shortage of skilled trades people. This fit experienced labour force would help to ameliorate the low production, lag time that a 5 year apprenticeship will inevitably entail.

ix The Senate inquiry may wish to look at financial ways to assist the 'not for profit' organisations who are doing extremely good work with complimentary medicines saving lives and getting people back into the workforce.

This funding would allow these organisations to expand to more of the needy population in all areas of Australia, urban, rural and remote, (vide - Terms of Reference - a iv) and reduce the demand by the population to visit doctors, thereby reducing the demand on the overworked, overstressed GP's and Specialists. Subsequently this would, as well as reducing the stress on clinicians, reduce the immediate urgency to train more GP's and so provide an instant answer to ameliorating this existing problem, as well as making a saving to the national economy.

The consequence of funding the 'not for profit' organisations would be a healthier workforce, a healthier and happier population, a larger pool of competitors for our sporting teams, a lower workforce absentee problem, a lower national medical health bill, a healthier economy and therefore a larger amount of money available for productive expenditure on necessary public infrastructure.

## CONCLUSION

Might I suggest that when the Senate Inquiry looks at all the above benefits that will be gained by a change in medical thinking to include complementary medicine, integrated medicine and preventative medicine as part of our nations medical services, the recommendations they make, should be made into legislation as soon as possible to enable Australia to again become, the leading Nation in the World, for forward positive thinking for the advancement of mankind, as Australia was early last Century.

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