

Mrs Cathy de Vries

Australian Senate  
Community Affairs  
Reference Committee  
Parliament House  
Canberra ACT 2600

Dear Sir / Madam,

I understand that you are investigating services, traditional and non-traditional, for the treatment of cancer.

I am an ex-nurse and in the past I completely trusted the traditional medical world with my treatment, despite many errors in my treatment for asthma, pregnancy and cancer over the years until I was 50. Following extensive surgery and chemotherapy treatment for Ovarian Cancer I relapsed within one year. Severe depression followed and I decided at this time to look for alternatives. A private hospital nurse counsellor did offer me some helpful meditation tapes but the only other alternative was to visit a psychiatrist! I decided that a psychiatrist was not what I needed.

Traditional medicine preaches whole person treatment but I can tell you that this is far from the truth. I was never told by traditional medicine how I could help myself. Treatment literally meant I had to front up for regular doses of poison (chemotherapy) and you cannot imagine how depleted this left my body and mind. The mental state of mind as well as the physical strength of the body are two major areas of neglect in traditional medicine. Strength of body and mind can only improve a person's overall ability to fight this disease. Non-traditional medicine and in particular the Ian Gawler Foundation offer a complete health service that strengthens both body and mind. I found my "hope" and a healthy diet to fight the ravages of chemotherapy on my body.

a) After several years of fighting this severe disease, depression and hopelessness become common thoughts but I have tools to strengthen my mind and my body's responses due to my experience at the Ian Gawler Health Retreat in 2004 using meditation, relaxation techniques and personal contacts.

b) The only dietary advice offered to me by my Oncology Specialist (traditional medicine) was: "make sure you eat enough protein". This remark was grossly inadequate with regard to the physical state of my body following chemotherapy which depletes body energy, cellular reproduction and clarity of mind. At Ian Gawler's Health Retreat I became fully versed in a healthy diet and ways to look after my health.

c) In some cases, people who have been rejected as incurable by traditional medicine have managed a complete cure following Ian Gawler techniques.

I can only recommend the Ian Gawler Foundation as a complete service which assists and complements traditional medicine. I think that traditional medicine needs to embrace this service to treat the whole person.

I hope that you find this letter helpful.

Yours faithfully,

*Cathy de Vries*