

HEALTHTALKS: SPEAKING AT IAN GAWLER'S SURVIVING CANCER EVENT

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When I was first diagnosed with cancer and started devouring every healing success story I could find, I desperately wanted to join the ranks. I wanted to be able to call myself a survivor more than anything – and so I did. The moment I made the decision to become an empowered participant in my healing was the moment I became a cancer survivor, because this was the moment I stopped being a victim.

As time has past, I've evolved from calling myself a "survivor" to a cancer "thrifer" because I don't feel like I've survived anything more than I've healed. I've not been at war with cancer – I've been working with it, letting it teach me what I need to learn about myself and guide me to what I need to do next in order to fully thrive.

In the early days though, it was the faith exuded by these healing success stories that made the biggest difference in how my journey has unfolded. For every doctor who told me that my case was terminal, I would latch on to a real-life case who had defied such a diagnosis in their own life. The one who played the biggest role in this for me was Ian Gawler.

Ian Gawler was diagnosed with bone cancer and had his right leg was amputated in 1975. However, the disease recurred later that year and began ravaging his body. Ian's story of recovery, employing an integrated approach driven predominantly by dedicated meditation, is truly remarkable. It was my anchor to a future the doctors had pretty much ruled

me out of having. I thought, If Ian can do it, so can I. His book, *You Can Conquer Cancer*, was my Bible.

Before I went to the Gerson clinic, Tallon and I spent 10 days at The Gawler Foundation. This is where I learnt how to meditate, all about the power of our emotions, and all of the mental tools I would need to carry me through the journey I had ahead of me.

When I finished two years of Gerson Therapy, Tallon and I spent a weekend in Melbourne to celebrate, and happened to bump into Ian and his wife Ruth at one of my favourite organic restaurants, Yong Green Food. I was star-struck as I asked for a photo with the man who had helped me so much. However since then, Ian and I have become friends and a couple of weeks ago I had the honour of speaking at the launch of the updated version of *You Can Conquer Cancer*. Talk about a full circle moment.

This was such a special night, speaking alongside Ian and other amazing cancer survivors and in front of an audience of people at varying stages of their own journeys. Everyone left the room that night with hearts full of hope.

For those of you who weren't able to make it, my healthtalks crew were there to capture the action and my co-host Nat had the opportunity to interview the speakers.

To buy *You Can Conquer Cancer*, [click here](#).

For more information about [The Gawler Foundation](#), [click here](#).

What did you think of this special episode of healthtalks? Have you read Ian's book? Have you been to his foundation?

<http://www.jessainscough.com/2013/03/healthtalks-speaking-at-ian-gawlers-surviving-cancer-event/>