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Foreword

This book comes at just the right time with its personal and practical information.

Since you are reading this foreword, you are already someone who is interested in health. All of us want to be healthy; we are fed so much conflicting information that it often seems too difficult and time-consuming to sift through all the health hype. We are so busy that we have really lost sight of what is important in our lives: our health. We have lost control of our own health and the big money-making drug companies dominate the medical system. We have a medical system that looks only at treating the symptoms and meanwhile people are only getting sicker. The more money we spend on drugs, the sicker our society seems to get. Many of the drugs have only a one- or two-percent effectiveness yet are dished out in millions of doses each week simply because we don't question our doctors, who have become the retail arm of the big drug companies. As a culture, we spend billions of dollars each year and yet we keep getting sicker. This book is a rallying call to take action now.

This book is about creating your own future health and not relying on others to run your life. It gets back to basics, providing a common-sense approach to your health. Illness is a message to act—it is telling you that your body is out of balance, not to take some drugs. Drugs may, in the short-term, help relieve the situation but it will just manifest somewhere else later on as a more serious illness. Act now, listen to your body and take control of your own health.

There is so much confusing information out there. From my 25 years as a health researcher and educator, I can tell you that the information in this book is spot on. You don't have to scan the scientific journals or spend months reading lots of books on health, just start here, right here, right now. This book provides great advice on: Diet, including supplements; the role of the Environment; and our Attitude and Lifestyle—all together, what I call the DEAL for healthier, happier and smarter people. It presents information in a straightforward

manner so that everyone can understand what steps to take for improved health. You can't achieve great health unless you look at all aspects of your health. I know too many people who focus on just one area then get very sick and wonder why.

This is a book about creating new health possibilities. Whether you are sick and want to get well, or are already healthy and know a lot about health, this book has something for you. Unfortunately, many people no longer know what it means to be "healthy," they simply accept their illnesses as part of life. Some even identify themselves by their illness: these are the people who tell you straightaway when you meet them all about their illnesses and how sick they are. These people have become a product of our medical system and desperately need this book. Don't become like that... instead, take the advice in this book and start taking steps to getting healthier. Every change you make, whether small or large, can take you in the direction of getting healthier or getting sicker. You must make a choice. Do you want to get healthier or do you want to get sicker? If you want to get healthier, read this book and implement the information into your life. It is not complex. Much of it will seem like common sense but it will require effort on your part.

This book is a timely reminder that you need to act now. You are worth it!

Associate Professor Dr Peter Dingle

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Introduction

My purpose in writing this book is to give you knowledge and tools that will assist you with your quest to wellness, no matter where you are today. This information is also very useful to family and friends of those going through cancer or other types of chronic illness and to strengthen the belief and understanding that anyone can choose wellness.

My years of practise have shown me that the biggest factor in achieving wellness is desire—the decision and belief that you *will* be well again. My own experience with cancer is not one I will ever regret going through. It taught me more about my attitudes, behaviours and self-talk than anything else could have. I am actually grateful for the experience. At no time did I consider cancer a “battle I had to win,” something I had to “beat” or “fight.” I considered that I must need to make some changes in my life because, fortunately for me at that time, I already understood one important life lesson that was going to prove very beneficial: if I kept doing what I had always done, I was going to keep getting what I had always gotten. And I had cancer. Accepting that I had to make some pretty huge changes became step number one.

When I was in clinical practise as a naturopath, I saw many chronically ill patients who came to me seeking wellness. Some of them understood, on a deep level, the information I shared with them, and their progress was wonderful to watch. Others were still working through their fears; their progress was slower. I truly believe that wherever an individual is in life is exactly where she is meant to be, right there and then, in the grand scheme of things. When she can grasp and integrate the life lessons available to her through illness, she can heal. If she finds that she is not progressing, not becoming well, then the experience of illness will likely continue. This may seem like a punishment when in fact it can be viewed as an opportunity. Only those who are open to the teachings of an experience—even illness—will experience progress and wellness. Those who are not open and willing will continue to feel punished or “unlucky.”

I encourage you to read the following chapters with an open heart and an open mind, for when we learn in that way, anything is possible.