

REGENERATIVE HEALTH WEEK

LAKE GENEVA, SWITZERLAND

LED BY INTERNATIONAL EXPERT

Dr Rosy Daniel and her therapy team at
the Integrative Medicine Institute



Do you have a cancer diagnosis?

Do you need help to turn your situation around?

Come and join us for a deeply nurturing week to restore your strength and engage in the most powerful and effective self-help approaches, in the beauty of Lake Geneva

No-one wants to deal with cancer and its treatment, but a shock like this can be the wake-up call we need to get our lives onto a healthier and happier basis than ever before. Let us help you transform the crisis of illness during a profound and positive week that will bring you and your immune system back to radiant life.

We will help to move you from passive patient into fully empowered leader at the centre of your own medical team, developing your physical, emotional and spiritual intelligence to know what is right for you and your healing.

We will guide you to find the very best of all worlds, medical, therapeutic and self-help to give you first-rate outcomes.

The huge range of options on the internet can be overwhelming and Dr Daniel and her team will cut through this confusion to guide you in making the best and most effective choices in your personalised regenerative health programme.

This is a rare opportunity for people with cancer and their supporters to 'stop the world and get off', in order to make sense of what is happening; to find the opportunity within the crisis of cancer for a healthier and happier new life. By changing our relationship to ourselves and to life we can exchange old habits and lifestyles which drain and deplete us for those which energise, excite and nourish us.

FURTHER INFORMATION

www.drrosydaniel.org

+41 (0) 22 365 56 00



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The Message of Hope from **Gillian Gill** and **Kit Stapely**

Usually people who work with us use the best of all conventional and complementary medical worlds, but here are two unusual and inspiring examples to show you the real power of self-help.



GILLIAN GILL

“Sixteen years ago I was told that I had three months to live with stage four ovarian cancer but I knew inside that there was another way.”

“I met Dr Rosy Daniel and she confirmed my feeling that my body could heal cancer, given the right support. So I set off on a journey of self-healing exploring many wonderful new ways to bring life and energy back to my cells. As I got stronger day by day, my cancer regressed and now I am cancer free! Take heart, I have been where you are, but healing really is possible for mind and spirit AND body.”

“We invite all of our clients to become members of our Regenerative Health Community to benefit from our exciting programme of classes, talks and seminars and the fellowship of others dedicated to positive health and wellbeing”

Dr Rosy Daniel
Integrative Medicine
Institute



KIT STAPELY

“When I relapsed less than a year after stem cell transplant treatment for lymphoma, my oncologist told me there was no more that medicine could offer me. ”

“He promised he would not let me suffer. I decided right then and there that I was not going to die of ‘incurable, aggressive cancer’ and set my mind on a healing miracle. After 20 years on my self-healing journey I now know that we have the power to change our circumstances and, quite literally, live the life of our dreams. I can now use this experience as one of Dr Rosy Daniel’s Health Creation Mentors and it has been a great joy to help others to live their dreams while, myself, getting ever healthier and fitter as I get older.”

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The basis of the **Regenerative Health Week**

- **Physical health** is created with healthy nutrition, exercise and detoxification
- **Mental health** is created with stress reduction, emotional support and great relationships
- **Enviromental health** is created through a positive connection with nature and community
- **Spiritual health** is created by being true to ourselves and developing a conscious relationship to our living and dying

The science behind the Regenerative Health Programme

Progress in the science of Integrative Medicine, Lifestyle Medicine, Mind-body science (known as Psycho-neuro-immunology) and Behavioural Oncology has shown that our own diet, exercise, coping style and state of mind can make a radical difference to our quality of life, immune system, disease outcomes and symptom control. Dr Daniel has spent 25 years studying the evidence and has distilled the most powerful elements into her programme.

As you receive the guidance and encouragement you need to nourish and restore yourself at all levels, new life emerges and with it new vitality, strength, opportunities and a profoundly enhanced quality of life. But more than this, healthy lifestyle change has also been shown to improve the functioning of our organs, tissues, cells and even genes, putting us into direct control of our innermost functioning.

To read about the science see the Evidence section on the website of Dr Rosy Daniel – www.drrosydaniel.org

Our relationship to orthodox medicine

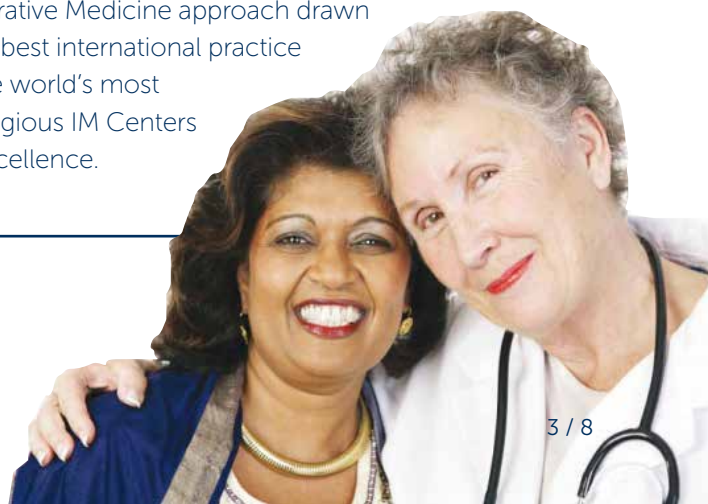
The Centre's doctors and therapists do not replace the medical team of our clients with long term conditions but rather seek to augment the work of the medical team through the provision of regenerative programmes designed to enhance physical and mental wellbeing.

This may well lead to a reduction in the need for medical treatment but the advice and management of the medical team will always be respected.

Results achieved and choices made for self-help and therapy will be communicated to the medical team by the patients but the Institute's team will always be on hand to liaise, inform and provide training in the evidence base behind the Institute's Integrative Medicine approach drawn from best international practice at the world's most prestigious IM Centers of Excellence.

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To help you combat cancer in the most **positive way** we will focus on:

- 1 An Integrative Medical review of your illness and its treatment
- 2 How to maximise treatment outcomes and minimise side effects
- 3 Remedies for natural symptom control
- 4 How to integrate safely medicine, therapies and self-help approaches
- 5 A health and life review to show you where you are losing and gaining vital life energy
- 6 Creating positive life focus to renew your vitality and cellular function
- 7 Optimum nutrition with a vibrant, wholefood, low acid diet, food supplements and juicing
- 8 Herbal remedies for detoxification and therapeutic support
- 9 Immunotherapy with immune stimulants and advice regarding vaccine therapies
- 10 Emotional healing, learning to embrace our feelings and meet our emotional needs
- 11 Stress relief and learning to overcome self-stressing patterns
- 12 Mind-body approaches for self-healing with positive visualisation
- 13 Spiritual practices to cultivate a positive state of mind and inner peace
- 14 Fitness, fresh air and flexibility programme
- 15 Further Integrative Medical guidance about frontier medical treatments, intravenous metabolic therapies, chelation therapies, alternative treatments and personalised cancer testing on offer around the world.

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The **Regenerative Health Week** will give you:

- The opportunity to explore what is and is not working in your life
- Clarity about what needs to change in the care of your body, mind, spirit and environment
- Understanding of the theory, science and evidence behind the Integrative Health Model and how this applies to you
- One to one sessions with the Integrative Medicine Doctor to form your personalised regenerative health programme
- Counselling to relieve emotional distress and explore where healthy change is needed
- Personalised Nutritional Therapy support to guide your new healthy way of eating
- Massage to release the tensions of body and mind
- Experience of the world's most powerful self-help techniques
- Relaxation with Music Therapy
- Yoga stretch and breathe exercises
- Biofeedback Monitoring and Cardiac Coherence Training
- Optional testing of nutritional status and bodily function with expert advice from our Medical Director Dr Philippe Tournesac
- Optional access to the Centre's other therapists providing Acupuncture, Osteopathy and Sophrology
- Guiding examples of others who have turned their lives and health around
- Fellowship and support of others who are on the programme with you
- Supporter's Programme for the care and nourishment of those in care giving roles
- 5 nights stay in the beautiful Hotel La Barcarolle on the shores of Lake Geneva
- Healthy lunches at the Centre based on our low-acid diet guidelines
- Time in nature around the beauty of Lake Geneva and the mountains of Switzerland

You will return home with:

Clarity about the right path forward for you

Vitality to re-fuel your passions

Nourishment of body, mind and spirit

Hope from the shining examples of others

Knowledge of the science and power of self-help

Encouragement to embrace a self-help programme

Care and support for your unique needs

Peace of mind and growing inner strength

Confidence in yourself and your tailored programme

Empowerment as you become the leader of your own team

Awareness of the source of your own health

Inspiration to start a dynamic and harmonious new life

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Getting started with the Regenerative Health Week



Who is Dr Rosy Daniel?

As a leading international Integrative Medicine doctor, author and teacher, Rosy has spent 25 years pioneering the holistic approach to cancer. Former Medical Director of the Bristol Cancer Help Centre (now Penny Brohn UK), she authored five books and the Cancer Lifeline Kit and Mentor Service, Rosy has dedicated herself to providing the most effective forms of self-help known for people with cancer. She now brings this experience to Switzerland for both local and international visitors. Read the biography of Dr Rosy Daniel on her website – www.drrosydaniel.org

Day appointments and our Follow up Programme

If you prefer you can come to the Integrative Medicine Institute as an outpatient receiving a tailor made day of appointments to suit your needs. We will also follow up your progress with regular follow up appointments in person or by telephone or skype. Whether you come for a day or a week you can go onwards with us as a member of our 'Regenerative Health Community' for maximum ongoing long term support. Come as you prefer to benefit from:

- Outpatient clinic day appointments for assessment, care and therapy from centre doctors and therapists who will form with you your personalised regenerative health plan to optimise your health and wellbeing.
- Regenerative Health Weeks led by UK leader Dr Rosy Daniel, for those wishing to learn and apply the holistic health model in depth, with 5 nights at our 4 star partner hotel, Hotel La Barcarolle on the shores of Lake Geneva.
- Ongoing Follow-up and Membership of our Regenerative Health Community to enjoy the profound benefit of belonging to a group of highly motivated individuals on a common path towards great health and whole-hearted living.

Getting started with the
Picture of Health – your key
to the integrative model
of health and wellbeing

Our health may be compromised by a combination of unique personal factors; physical, emotional, stress-related, environmental and social. Or perhaps we have lost our way in life and had our spirit crushed by grief, disappointment, isolation or loss of purpose? Before you come we will offer you the online 'Picture of Health' self-assessment process to identify your current state, needs and issues so that therapy and self-help can be targeted at exactly the right level to support your optimum functioning and the most happy, fulfilled life possible for you.

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About the **Regenerative Health Week**



Where is the Regenerative Health week held?

The week's programme is held at the Integrative Medicine Institute, Givrins, Nyon in Switzerland which is equidistant from Geneva and Lausanne. Accommodation is at the four star Hotel Barcarolle in Nyon on the shores of Lake Geneva

– www.labarcarolle.ch/en

What are the dates of the weeks for people with cancer? For the Autumn Programme our weeks will be held on: November 20th to 25th and December 11th to 16th

Further dates are available each month in 2017.

Check-in is on Sunday evening from 5pm for five nights, with return home on Friday at 4.30pm.

For those living locally you may prefer to stay in your own home. However, we cannot underestimate the value of taking time out from your usual situation to explore fully what is needed now to restore your health and wellbeing. So do come and stay in the hotel if you possibly can.

Who can come on the weeks?

Anyone diagnosed with cancer and who is ready and well enough to embrace a powerful five day self-help programme. Choose a time to come on this programme when you are strong enough to participate from 9am to 6.30pm daily with optional evening activities.

What is the Supporter's Programme?

The Supporters Programme is for those looking after someone with cancer that are themselves needing a powerful boost to their mental and physical state. Supporters often feel distressed and tired, impotent and unclear about how best to help. You will go through all aspects of the group work programme for yourself and additionally receive personal counselling, massage and group support with other supporters present to clarify your own needs and decide how you will get these met going forward. At the hotel you can either share a room with the person you are supporting or have a room of your own on a single occupancy basis.

Questions? To create the perfect experience for you, and to discuss prices for the programmes and hotel, please call our booking line.

Booking? To book your place please telephone

+41(0)22 365 56 00. We will then send you confirmation of your place on the Regenerative Health Programme and of your hotel reservation. You will then receive a form to complete personal details for Dr Daniel and her team. You will be asked to read and sign a Patient or Supporter's Agreement to ensure that you understand fully the scope of our Regenerative Health Week's programme and our relationship to your own medical team. You will also receive your log in to do your Picture of Health self-assessment to get you started on your healing journey.

We look forward to being of service to you at the Integrative Medicine Institute, Givrins, Switzerland.

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The Integrative Medicine Institute, Switzerland

What do we mean by Integrative Medicine?



Integrative Medicine integrates:

- Diagnosis and support of all aspects of human functioning - biological, psychological, social, environmental and spiritual
- Your own self-knowledge as a primary diagnostic tool, and your self-development as a primary outcome within the therapeutic process.
- Your healthcare values, beliefs, wishes and sensitivities considered first and foremost in the planning of healthcare interventions
- All possible sources of potential help to create a 'bet of all worlds' solution combining state of the art medical, therapeutic and self-help approaches to achieve the very best medical and personal outcomes.

What are the services of the Integrative Medicine Institute?

In our outpatient and group programmes we offer:

- **Integrative Medicine Doctors** – who will assess the state and needs of each person and help them form a personalised regenerative health programme.
- **Psychological Therapists** – providing Counselling, Sophrology and Hypnotherapy who will support: recovery from the shock and trauma of diagnosis and treatment; emotional healing of past trauma; development of new awareness of emotional needs and how to get these met; learning of evidence based mind-body techniques to promote quality of life, immune function, neuro-endocrine balance and self-healing.
- **Complementary Therapists** – providing Acupuncture, Shiatsu, Healing, Ayurveda, Massage, Aromatherapy for the relief of symptoms of illness and the side effects of treatment; to rebalance and re-energise; and to provide comfort and support.
- **Nutritional Therapists and Wholefood Cooks** – providing personalised support to create optimised nutrition plans based on individual testing and to teach new healthy cookery skills
- **Physical Coaches, Physiotherapists and Osteopaths** – to maximise physical fitness; reduce pain and restriction in the body; to maximise physical function.
- **Self-help Classes in Yoga, Tai Chi, Qi Gong, Relaxation, Meditation** – to develop physical, mental and spiritual strength, flexibility, vitality and peace of mind; and to enable clients to move from dependency on doctors and therapists into supported self-responsibility.
- **Health Mentorship** – to provide ongoing support for the motivation and guidance of clients in making and sustaining healthy changes, and changes in their life priorities that will promote shifts towards whole-hearted living based on authentic personal values, purpose and meaning that are coherent with the highest good of people and planet.
- **Functional medicine testing** - to provide personalised diagnosis with: Haematology, Biochemistry, Immunology, Age Reading, Exercise tolerance, Nutritional Status, Hormone levels,, Endocrine function, Stress testing, DHEA/Cortisol ratio, Allergy and Intolerance, Heart Rate Variability

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