

Dr Rosy Daniel



Patient story - Gillian Gill

“In October 2000 I was diagnosed with a grade IV inoperable ovarian tumour with secondaries in the liver. At best I was given a few months. As conventional options offered no more than a few extra months I decided to take a holistic route, which at least would provide me with a better quality of life.

My Oncologist finally supported me in my decision to take this decision as I already had some experience of success as a complementary therapist myself. With hindsight, it is as though I were being called to test my own skills. Initially I went to pieces with fear. I stared death in the face. Then I rediscovered the strong will to live. I had been over doing it for some time. I had lost my way. My diagnosis came as a huge shock. Routine hospital appointments terrified me, anxiety was a constant companion.

With my family and friends help I reached out and asked for help. I visited a healer regularly. I meditated every day, several times, drawing into the silence helped. I prayed for my healing. A hypnotherapist helped me get a handle on fear. My vast tumour was changing. Frustrated and confused, I found Dr Rosy Daniel. She acted like a conductor of a symphony, co-ordinating my holistic medicine and monitoring my progress to ensure I was on a safe and successful path. She advised me with diet, lifestyle, herbal remedies and other mind-body elements of a holistic regime including visualisation, which involved me seeing my tumours shrinking and me becoming fully well again.

Improvements continued steadily, without surgery, chemotherapy or radiotherapy. I found a nutritionist and kinesiologist who fine-tuned my mineral and vitamin support together with giving me emotional support flower essences to quell my anxiety and keep me positive. Yoga became an essential daily ritual, in my endeavour to balance opposing forces within. I walked daily, inhaling fresh air deeply.

Ten years later, my life has transformed and I am completely well. My life is simpler; my diet remains alkaline, vegetarian and I still take Carctol, a traditional Ayurvedic herbal medicine from India. I drink at least 3 litres of water daily to cleanse my body of toxins. I have regular reflexology, occasional acupuncture and holistic massage. Meditation, prayer and yoga remain my constant companions. Whenever negative thoughts occur I now pause, sit with them, then either turn away or think of happy positive ones instead, always empowering myself to remain strong.

My Oncologist has been amazed by my recovery and confirms that I am in remission. I remain well with annual scans revealing a clear liver and a small and shrinking pelvic mass, now with the characteristics of a benign cyst. My liver function is also normal now. Rather than focus on my varying blood cancer marker counts, I visualize them vibrant and healthy, along with the rest of me – I still do this every day. Reflecting on the dietary and lifestyle changes I have made, I have learned that I have replaced the life-draining ones with life-enhancing ones. Somewhere along the way I have learned to love myself more.

I know that I am not typical of Rosy's clients, who mainly go for the 'best of both worlds' approach as opposed to wholly natural route, but our work together has shown us both incontrovertibly that cancer can be healed through self-help and natural therapies. I am very grateful to have found a doctor in Rosy who would support me in my unusual choice and walk the uncertain path with me, whatever the outcome. To follow my heart and be supported in my own belief about what was right for me was the most powerful medicine of all, because I now know for certain that it is what we believe that determines our health and healing. Being entirely true to ourselves in our lives and our choices is what ultimately puts us into the right relationship with ourselves and our doctors; with our loved ones; and with the profound spiritual healing which is available to us all when we ask for it, and when we step out of fear and into our whole-hearted love of life. "

Praise for Dr Rosy Daniel's publications

2005 *The Cancer Directory* (Harper Thorsons)

"Information is empowerment and this book has all you need to know. Essential reading for everybody affected by cancer ... It's simply the best guide to integrated cancer medicine there is." Professor Karol Sikora, Director of Cancer Partners UK

2001 *The Cancer Prevention Book* (Simon and Schuster)

This book contains a glowing forward by HRH The Prince of Wales, who Rosy worked with closely in his capacity as Patron of the Bristol Cancer Help Centre and advised as part of the original Working Party for the Prince of Wales' Foundation for Integrated Health.

Integrated Health Project

The Cromwell Hospital, London



Project launch at Cromwell Hospital

'Health Creation at Work' is a proactive holistic health change programme designed by Dr Rosy Daniel for organisations wishing to increase the health, vitality, well-being and productivity of staff and establish a positive health culture within the organization.

Health Creation at Work was commissioned by The Cromwell Hospital, London as a pilot project in two phases. Phase 1, February to July 2005, involved the provision of 'One to One' mentoring for 6 Senior

Managers, and 'Team' training and mentoring for 12 of the Clinical Oncology team. The need was demonstrated by pre-intervention stress tests and the Hospital Anxiety and Depression Scale (HADS) which showed 67% with high levels of stress and 12% abnormal and 59% borderline abnormal anxiety levels, and 17% borderline depression.

At the end of the six-month health coaching intervention, aggregated scores showed an overall drop in stress levels of 30% and a rise in energy levels by 40% on the Picture of Health Test.

Standardised SF12 and WHO 5 item scale test results echoed this result, showing a highly significant improvement in general health and well-being with 19% moving from poor and fair health, into good and excellent health.

As the hospital has a £1.5 million annual spend on sickness absence and recruitment, a 19% improvement in health could represent a saving of £285,000. This was such an impressive result that the hospital decided to move forward with 'Corporate Health Creation', which commenced in February 2006, was launched in July 2006 and is ongoing.

Personal Testimonies from the project

Richard Hennelly – Support Services Manager

Richard experienced One to One Health Creation in phase I of the project and was also a senior member of the implementation team with responsibility for the 'Spirit' objectives.

I was very excited when I watched Health Creation (H.C.) come through the door at the Cromwell Hospital. I listened to Rosy Daniel first talk to a cross section of staff and senior managers and I was on board, hook, line and sinker. I was then selected to do the One to One Health Creation with Sue Caden (Consultant with Health Creation)

The process to me was very interesting as One to One H.C. looked at many sides of my every day life and the way I was living my life on a daily basis. There were 4 self assessments, one of which enabled me to create my own Picture of Health. I had 6 meetings with my mentor Sue and at these meetings H.C. goals were set for the following meeting. The goals were discussed and a Picture of Health created for each meeting. The picture of Health looked at 4 areas in one's life which were Mind, Body, Spirit, and Environment. There were various questions relating to each section, and depending on your yes/no answers you could plot your own Picture of Health. When you looked at your Picture of Health it was easy to see at a glance how you were doing or what area or areas of your life needed attention and then create new goals. As I moved through the process I could easily see that I was making progress some areas faster than others but what was encouraging was the whole process was set at the pace suited to me as an individual.

The changes I made as I created my Picture of Health were to do with eating habits, exercise, and connection to my own environment. The whole process made me look at the way I was living my life and it also showed me by enhancing various aspects of living I was able to lead a much fuller and healthy lifestyle. The One to One programme overall created an awareness that helped me on a personal journey of growth that enveloped mind, body, spirit, and environment. The One to One allowed me to look at my life in full in a very simplified way.

What I find very beneficial even to this day is that I am still able to embrace these newer healthy aspects of my life and I am conscious when things are "out of place" or when there is an imbalance in an area of my life. In short it gives us the opportunity to be true to ourselves in every way.

I am truly blessed to have been part of the Health Creation and I would hope that many individuals and corporates would take on this very exciting journey in order that we can all lead a healthier, fuller, more exciting life.

Vicky Martin – (Name changed to protect confidentiality)

Vicky is a senior manager at the hospital who has chosen to keep her role and true name anonymous due to the personal nature of her testimonial.

I welcomed the Health Creation initiative warmly as I recognised that I was hanging on by a thread, trying to juggle the demands of home and work life. Added to this, was another major tension, because I felt that I was performing better than my boss, and was really carrying the department, whilst watching him upsetting and alienating others around him, making bad decisions.

In my initial assessment I discovered that I was extremely stressed and tired because:

- *I did not feel that I had reached my potential in life. I felt that I should be leading a business or corporation of my own*
- *My potential was blocked by the draining of her energy through the difficulties in my marriage*
- *I was carrying the main load both at work and at home as I felt both my boss and my husband were less capable than me*
- *I was 20 kilos overweight, as the main way I coped with my frustration at work, and the breakdown of my sex life was through comfort eating - nightly chocolate binges being the worst offender. I had been on countless punishing diets and got up at six in the morning twice a week to get to the gym to combat this, but without any success at all.*

In the assessment of my current state, needs and issues, I found that the body was feeling heavy, lacking affection; that the mind felt chaotic and diffused; emotionally I felt numb and battered; and in the spirit I felt I was not on the right path and was bored with my role, with the sense of drifting and lack of focus. I felt was wasting my time away and was relieved that the coaching might refocus me on my own priorities, reaching my potential and achieving better health.

In the 'Picture of Health'TM assessment the issues that arose were:

- *my love of chocolate,*
- *going to bed too late,*
- *concerns about HRT,*
- *weight and hormone imbalance,*
- *some stress symptoms such as palpitations, muscular tension,*
- *concern about low energy levels,*
- *missing my creative and artistic side, particularly her floristry,*
- *the lack of support at home and work.*

The scores that were the lowest were principle 4 - stress (2/10); principle 8 - energy (2/10); principle 9 - spiritual connection (3/10); and principle 10 - your own space (1/10).

Vicky's Health Creation Goals

The Health Creation goals Vicky made over the six months were:

1. Principle 1 Healthy Eating To achieve a weight of 9 st 4 lbs
2. Principle 1 Healthy Eating To go onto a wholefood diet with help from Jane Sen
3. Principle 2 Physical Needs To do yoga for exercise and relaxation

4. Principle 4	Stress	To contain the work situation, taking on less
5. Principle 4	Stress	To re-plan her diary around her main personal goals
6. Principle 5	Relationships	To get a divorce
7. Principle 7	Fulfilment	To work on her own life plan
8. Principle 8	Energy	To raise her energy levels

Progress with my Health Creation Goals

During the six months that I worked with my Health Creation Consultant, I received the support, encouragement, guidance, witnessing and challenge that a good coach provides.

In the Health Revival phase I:

- *Reduced my weight by 5 kilos through healthy eating, and have continued to lose weight gently and consistently*
- *Raised my energy levels through weekly Reiki, healthy eating and use of my 'Heal Yourself' CD for mediation and relaxation.*
- *Have incorporated Yoga and Pilates into my exercise routine and am feeling the benefits mentally and physically*
- *Have achieved a good hormone balance through Reflexology and natural progesterone treatment*

During the Life Revival Phase I:

- *Have put steps in motion to understand the financial implications of divorce and worked hard to look at how to achieve the divorce with maximum damage limitation for the children. I have made a clear choice to stay in the family home with the children until such time as they are more independent, or that I am able to make a move without traumatising them, once we have all got more used to the idea of the divorce.*
- *Decided to do a 'good enough' job, at work, 'carrying' my boss less, reducing to four days per week, leaving enough mental space and time to focus on the divorce, and the support of the children.*

The major changes I made in my underlying thinking, behaviour and beliefs were:

- *To stop over-giving and over-working, creating disciplined boundaries around work time, children time and my own time. This meant I had to learn and believe that there are other responsible people in the world besides me rather than believing that if anything positive happens, it is all down to me.*
- *To believe in my own power rather than staying subordinate to men that I do not respect. This meant me making a 'child to adult transition' to become 'number one', and not a resentful number two in my life.*
- *To believe that there are men in the world who are my equals, allowing me to be met, emotionally, professionally and sexually.*
- *To heal my self-esteem to believe that I can be with a man who is my equal and who totally loves and respects me.*

I worked to embed these ideas with positive affirmations and visualisation to achieve a new far more powerful self-image and far greater self-esteem.

One Year Later.....

To my surprise I have now been promoted to Head of Department at work and I plan to stay in this position for a further two years before launching my own business. With the extra salary I am now able to move house. I am currently going through a reasonably amicable divorce and I now live ten minutes away from my work, rather than an hour! I have a fantastic capable male live in au pair from Hungary who shops, cooks, picks up the children from school and me from work whilst he studies English.

I am single for the first time in my adult life and am really beginning to experience the new pleasure of doing the world on my own terms, both at work and at home.

I have stopped eating chocolate, and I have now achieved my goal to lose 10 kilos!

In conclusion, Health Creation has been the best thing that has ever happened to me and I cannot believe how different my life is now to when I started.

Lina Patel – Clinical Oncology – participant in Team Health Creation

My experience of Team Health Creation was useful to me in many ways. It actually helped me to focus on issues that are really important in life and I knowingly still do not make time for. Most of the information on healthy eating, exercise is common sense, yet we do not follow this due to our busy lifestyles! The [Health Creation Programme](#) helped me to set my own goals and then work towards achieving them. The real star was my Mentor who guided me through the process of achieving these goals.

The programme suited me as it encompassed the spiritual facet as well. I have started yoga exercises and have experienced several benefits since. It has also helped me to focus on my quality time with my family, to reduce work-related stress and increase my overall feel-good factor.

Carole Patrick, Senior Nurse Manager, Cancer Service, Cromwell Hospital - Participant in Team Health Creation

I entered the Team Health Creation program with a lot of enthusiasm about the changes I would make.

As low energy was identified as a concern, I immediately made the suggested changes in my lifestyle and diet to improve. This was achieved and I still continue to feel the benefits.

Whilst on the programme, I felt the participation of my assigned Mentor especially reassuring. Through these discussions I was able to eliminate the negative elements within the home environment and influence the whole family, including teenagers to adopt a healthier lifestyle.

Through the program I have also explored other professional advice such as healing and massage, which I had no previous contact with. I can confirm that the benefits, both short and long term for me personally are: -

- *Reduced weight*

- *Higher energy*
- *Reduced stress levels*
- *Reduced sickness*
- *A healthy home environment*

I hope to see Health Creation support introduced for the patients at the hospital as well as the staff.

For a full report on this project, please contact Mike@healthcreation.co.uk

