

CHI NEWSLETTER - NEW ZEALAND EDITION

Hello from New Zealand

It is a constant source of joy to see the effects of the Creating Health programmes in peoples' lives and health. Two groups of 10 people completed the Core programme in October and another twenty one people have just begun the 12 sessions. This means we have 285 people who have attended Core Programmes in New Zealand. Recently a G.P. said that we need 12 people trained to teach this work

because it is so needed and so valuable. A number of exciting opportunities to grow Creating Health are emerging that suggest that 2007 will be the year that it becomes very visible here in New Zealand. Recently Bev presented at the Stroke Foundation and the Mind-body Conferences. Both presentations were very well received. Clients assisted by talking about the effects of Creating Health in their



Kiwis at work in the Core Programme

lives. These events involved health professionals and their response was enormously affirming.

Hello from Colorado, USA

It has been a busy time here in the States. Stephanie just finished a



Yanks at work in the Core Program

Core program with five participants and will start another 12 sessions in

January.

Rita has been talking with a local cancer center about the Having Treatment for Cancer? Create A Difference with Your Mind! (HTC) program presented to their patients. Valley View Hospital in Glenwood Springs, Colorado is applying for a Susan G. Komen Foundation grant to present the program to their patients. The HTC program is very complimentary to any treatments and anyone who has taken it has

found it very beneficial.

We (Bev, Steph and Rita) are very excited about a new project we have been working on with a fabulous group of people in New Zealand. We are learning to move our program material into an Evo-guide that can be played on a FREE downloadable Aliveware player. It will soon be much easier for folks all over the world to take advantage of our programs. We will keep you posted on the launch date!

Feature Story

Exercise Benefits Cancer Treatment! Really?

Even though many people going through cancer treatments think that exercise is last thing they feel like doing, this can be one of the most helpful things they can do. There is a growing understanding based on current research that shows just how beneficial exercise can be in improving survival rates, slowing growth of cancer and benefiting emotional health.

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Thanks to CHI

One of the incredible benefits we reap from teaching the COHMI™ classes is the wonderful news we hear from participants whose lives have been so positively changed by the learning and practicing what we teach. We recently received an e-mail from a young woman, *con't on next page*

For more information about classes in New Zealand and in the US visit our website:
www.creatinghealthinternational.org

Feature Story cont'd

The benefits of exercise may well be worth the effort. In a recent article in JAMA (Journal of American Medical Association) the evidence



Kiwi Beachcombers

for improving cancer survival time is staggering. This study focused on the benefits of exercise in breast cancer survivors - walking was the most beneficial. Risk was reduced up to 50% when patients exercised 3 to 9 hours per week. A Melbourne study showed similar benefits in people with colorectal cancer. The focus of this study was on stage 2-3 tumors and the relationship of waist circumference. Exercise re-

duced the risk ratio by half. Similar findings have been found in studies of prostate cancer.

Recommended exercises are swimming, gently paced circuit training, dance, tai chi and walking.

Even though you may not feel up to it, some form of regular exercise is life enhancing. You will feel better, emotionally and physically and improve your prospect for a longer and happier life.

Thanks to CHI cont'd

Heather Shea, who had initially attended the Page Bailey program, Recovering, and then came to the COHMI™ programs that Stephanie and Rita were teaching in Colorado. Heather's life had drastically changed in 1997 when she was thrown from a horse resulting in paralysis from the waist down. Pain, depression and other challenges emotionally and physically took over her life. By applying the knowledge and skills she had

learned in Recovering and Creating Health, Heather's life began to change. In her words... "Thank you for helping me, no, putting me on the path to finding myself again! Don't quit what you do, it is so very important to the world!"

Heather's e-mail also included an announcement of her forthcoming marriage to her long time friend and sweetheart, Hank Albrecht. CONGRATULATIONS to Heather and Hank!



A great Holiday read is the new Candace Pert book, "Everything You Need to Know to Feel Go(o)d" published by Hay House.

Programme Dates, 2007 in NZ

Core Programme 12 week sessions will commence on the following dates:

- March 20th
- July 3rd
- November 6th

For more information on these sessions contact Bev Silvester-Clark by phone at (09) 8339853 or e-mail to bev.s-c@clear.net.nz

HOLIDAY GREETINGS FROM CHI

Bev, Stephanie and Rita wish everyone a joyous and healthy Holiday Season.



Solstice Fire 2005

FACILITATOR TRAINING

Bev is delighted to now have three very capable women in training to facilitate and teach the Core Programme. Liz Stillwell is currently working with her second group in Tauranga. Marlies Dorrestein and Sandy Cavell are co-leading with Bev in Auckland. Intensive training sessions with these women have been held twice this spring and all are thrilled with the opportunity to go deeper into the work.

Creating Health International
presenting COHMI™ programs
in New Zealand and the United States

www.creatinghealthinternational.org