



The Cancer Education Series: Introduction

By: Gary E. Foresman, MD

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As part of my endeavor to provide community education at no cost to participants, and in large part due to the drive and compassion of one of my patients, Cindy Au, Middle Path Medicine introduces our Cancer Education Series! The first event will be held Saturday, August 19th from 9AM – 12PM at the Trilogy Wine Library, 1645 Trilogy Parkway, Nipomo. Only 30 can attend, and you must reserve your space by emailing your request to mc-concierge@trilogyresort.com or calling 805-343-7510 and specifically mentioning Cindy Au.

As many of you know, I am both an internal medicine physician and an integrative medicine physician with a particular interest in integrative oncology. Although the entire world and the medical systems within require an affirmative action towards integration, we clearly see that many forces continually push us away from knowledge/integration! Although cancer awareness may get promoted via pink ribbons and such, it seems that that awareness gets promoted as a mechanism to drive the cancer industry, pushing against prevention and away from understanding.

Our first event “What is Cancer and Whom Does it Affect” helps the participant come to a better understanding of the metabolic derangements underpinning the genetic mutations that occur on the path to cancerous cellular transformations. We focus on adult cancers, the solid tumors such as lung, breast, prostate, colon, etc. For those born after 1960 1 in 2 men, and 1 in 2.4 women will develop cancer in their lifetime. Cancer affects everyone, whether you or a loved one.

The remarkably important contributions of stress management, blood sugar and blood insulin control, inflammation regulation, a balanced microbiome, the importance of hormonal balance, and detoxification will be touched upon. Mostly, Cindy and I wish to share how one can manage the journey through the diagnosis and treatment of cancer and provide a forum for question-and-answer time that helps everyone feel heard, thoughtfully responded to, and thusly empowered.

Come join us!

Your Journey to Health and Healing,

Gary E Foresman MD