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**‘NATUROPATHIC PHYSICIAN TED EMANUEL TALKS HEALTH WITH
CANADIAN WELLNESS ENTHUSIASTS’**



[Caption: Ted Emanuel [seated third from left] poses with GIFT workshop participants]



[Caption: GIFT workshop participants and retreat host, Courtney Kazembe (first right), enjoy Negril]

An appreciative audience of Canadian visitors to Jamaica were gifted with a presentation by world renowned naturopathic physician, Ted Emanuel, during a seven day retreat in January. Called ‘The Clearing’, the wellness retreat was staged by the Courtney Kazembe led GIFT (Global Institute for Transformation and Enlightenment) organisation, based in both Canada and Jamaica.

While health tourism still remains a relatively untapped sector in Jamaica, the GIFTE group capitalized on the naturally healing environment of Negril to stage its holistically focused programme, in the outdoor setting at Pure Oasis. Emanuel captivated the group with pertinent information about safe tanning to avoid the risk of melanoma (a form of skin cancer). Emanuel emphasized the correlation between sunburn, melanoma and lost tourism income, explaining that "...the success of their vacation experience is judged by the quality of their tan, worn proudly upon their return home as a badge of health and beauty...this is sabotaged by visitors getting sun damaged skin and subsequently developing cancer. Knowledge about safe tanning is a vital component of Jamaica's tourism product that isn't paid sufficient regard, Emanuel shared. Hotels sharing safe tanning tips with guests will not only save them unnecessary pain and suffering, but also avoid the negative feedback when guests return to their home countries. "Holidays cut short due to painful sunburn are not a positive advertisement for our tourism product" Emanuel opined. He has conducted workshops on the topic with guests and staff at numerous hotels internationally, including the Sandals Resort chain.

The GIFTE group, consisting of doctors, health workers and other professionals were afforded the opportunity to avail themselves of Emanuel's African/Oriental diagnostic evaluation process, which allows him to accurately identify medical conditions upon sight of the subject. Emanuel confirmed that after more than 50 years of evaluating patients, the indicators are easily apparent to his trained eye.

The true nature of Cancer and its eradication by the use of natural foods was also outlined by Emanuel, who broke down the process by which cancer cells proliferate and the effectiveness of the macrobiotic approach in starving the cells to death.

Emanuel was subsequently invited by the enthusiastic group members to share his knowledge with friends and family in Canada. Members of the GIFTE delegation to Jamaica left the island equipped with knowledge that will ensure that they are better prepared to acquire a richer and safer sun tan upon their return. Preparation, Emanuel emphasized, must start at least three months prior to arrival in the tropics.

Macrobiotics teaches that the human body possess the natural ability to heal itself, once it is restored to a healthy balance, brought about by the selective use of specific natural, harmonising foods. With Cancer and other non-communicable diseases spiraling out of the control of the global medical fraternity, Emanuel confirmed that the natural eradication methods he applies are now increasingly in demand.