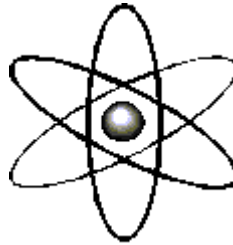


# SCIENCE FICTION TO REALITY



This past week I was privileged to attend the ATS Conference (American Thoracic Society) in Toronto. This conference brings together the world's foremost authorities on pulmonary health. (Note that as I checked into my hotel the only room they had available for me was a "smoking" room!!! I won't tell you the name of the establishment but will say that they should know better.)

Among the many subjects covered in the Conference, I was particularly impressed with the research being done with human stem cells. In future this will change the way in which we may be treated for chronic and critical illness. Biochemists and geneticists are now developing ways in which to replicate and replace damaged cells leading, eventually, to replacement of complete organs. It is happening **now** and it may not be long before extensive clinical trials are underway.

What also impressed me was the way in which the doctors (physicians, surgeons, clinicians) and scientists were coming together to listen to each other; to share their information and in the process learn; in the process develop better protocols for their work that brings leading edge medicine to the benefit of their own patient population. Echoed by many of the physicians who spoke to audiences of fellow practitioners numbering close to 1000 in the main speaking arena, one subject came up again and again and I'll give you one guess what it was.

RIGHT, you got the message they were emphasizing.....

## PHYSICAL FITNESS AND CORRECT DIET.

('PFCD' in future)

I watched intently as countless charts and graphs were displayed showing the benefits of physical rehabilitation, and showing the results when PFCD was absent. It is a message which cannot be ignored. Patient health outcomes were dramatically improved when a consistent regime of appropriate exercise and diet were being followed as a lifestyle and not just a quick 12 week "fix."

I ask myself, why wait until you become a 'patient?' If life outcomes when living with chronic illness or recovering from critical incidents can be improved so dramatically with PFCD, should we not be taking this to heart (forgive the pun) and doing something about it when we are in stable health? It is a 'no-brainer,' isn't it! Yet many of us just don't seem to get it. Duh!

There is a beautiful passage in the Bible...indeed there are countless beautiful passages however, I offer (1 Cor 6:19-20) which says:

***"Do you not know that your body is a temple of the Holy***

***Spirit, who is in you, whom you have received from God? ..... Therefore honor God with your body.***" It might be argued by some that the "body" referred to is a collective noun for the Church and if that is your choice, so be it. In this case I would also like to consider the rather simpler understanding and believe that what was created before, and at our birth does have a direct link to the holy. (Whatever your belief may be). How then might/should we react to this thought?

This week as I watched and listened to the learned women and men discussing cause and effect, I was struck by their passion for their subject matter and also their commitment to providing improved patient care. The inability, in some cases, to enable cure hangs heavy on their heads and is the fuel that drives them on towards the next breakthrough to be shared and expedited.

There was another reason to be there. It gave me the opportunity to meet two ladies (well they could have been men) who with me share the welcome distinction of having survived ARDS (Acute Respiratory Distress Syndrome), and one in addition whose sister Marybeth, sadly did not. We have been corresponding by internet and working together to help families in ARDS crisis for almost 8 years ([www.ardsusa.com](http://www.ardsusa.com)) Four people who are able, thanks to the world wide web, to offer our knowledge and support to others around the four corners of the globe through a web site that receives in excess of 200,000 hits a month. I had waited a long time for that welcome hug from three amazing, compassionate and committed women.

A final note from me: Three days in the big city in a smoking room where a Mars bar and two small bottles of water cost \$17!!! Glad I didn't eat the peanuts! ☺ Three days were enough for me and, saddened as I was to say goodbye to my three friends, I was so happy to point the car eastwards and head for home...our beautiful County and the peace and tranquility that it presently offers.

Yours in health and wellness,

- Pastor Ian.

