



The Preventatists Incorporated

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MEDIA SERVICES INFORMATION

Below is a list of key contacts in the charity that can help you with your enquiries:

Contact The Preventatists Media team

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Who we are:

* **The Preventatists Incorporated** is managed by a Board of eight volunteers.

The organisation is registered with the Australian Charities and Not for Profits Commission as a **Health Promotion and Education Charity**, and is endorsed by the Australian Taxation Office as a **Deductible Gift Recipient, (DGR)**.

The Preventatists Inc., is also a registered not-for-profit Association registered in NSW, Australia,

What we do:

- * Preventatism is unique in being one of the very few health promotion strategies **devoted to the prevention of human disorders, as distinct from treatment**. It is intended to defend an individual against the unavoidable incoming distresses, (IDs), of life, since undefended IDs can morph into stress. Stress does not cause disease, but sets up the conditions for many serious disorders in the human mind and body.
- * The principle activity of The Preventatists Inc., is to promote the prevention or the control of diseases and disorders in human beings, by spreading the use of Preventatism to a wide audience, and seeking funds to do this.
- * "Prevention" to a Preventatist, means "Not allowing a disorder to commence", and not, "Early diagnosis". Obviously, early diagnosis is important, but **Preventatism seeks to keep individuals out of the "unwellness" system**.

Who Benefits?

- * It is true that there are a few people who cannot use Preventatism, since it is a philosophy, but most can. Unlike other strategies, Preventatism is non-spiritual, non-medical, and non-religious. It has been developed to be simple, and therefore to be available to the individual in every step of their way through Life.
- * Preventatism is available to all; to wealthy and poor, disadvantaged or privileged, and every shade in between, without reference to race, creed, personal circumstances or nationality.

- * Our vision is to impact upon the health and wellbeing of the National and International community by preventing the onset of stress-related disorders in the individual members of the community. Disorders, for example, similar to depression, cancer, diabetes, migraines, IBS, and cardiac problems.

The Story:

- * Brian Magrath has conducted workshops around New South Wales Australia since about ten years ago in 2006.

For a decade or so before that, the Preventatist philosophy had been in use in Sydney, Australia in medical centres, where Brian Magrath conducted quit smoking clinics, and assisted people to get rid of (for example), anger, grief, and related stress-causing disorders. He expressed the phrase:

"Why not treat the stress first, and then medicate whatever remains?"

Since retiring to the Mid North Coast of NSW, Brian and the Preventatists Inc., has continued to help people who are well to remain that way, by conducting workshops in places around NSW.

The name "Preventatism" was coined on local radio in Dunedoo, NSW during an interview with Brian Magrath, when the interviewer enquired about the name of the philosophy practised in the local Dunedoo Group.

"It is preventing unwellness" Brian responded; "it is Preventatism".

To this day Brian does not know how the name arose and came into his mind, but it has remained, and accurately describes the philosophy we teach.

Brian's philosophy in short:

"If Distress wins, we all lose; if Distress is beaten, we win all"

*** Consider this:**

These figures are the approximate costs of three human disorders each year, in Australia:

| | |
|-------------|--|
| CANCER: | \$ 4,500,000,000 <small>(1) Cancer Council Australia</small> |
| DEPRESSION: | \$ 12,600,000,000 <small>(2) BeyondBlue</small> |
| DIABETES: | \$ 6,570,000,000 <small>(3) Colagiuri et al., 2009a</small> |

Total: \$23,670,000,000

Twenty-three and a half billion dollars +! Each year.... plus these figures are said to exclude those costs that the individual has to bear.

In the case of cancer, by the year 2020, the numbers of cases are said to possibly rise by 15%.

- * Suppose that Preventatists are right in their claim that Preventatism can prevent these three diseases.

- * Suppose we are right in only **one percent** of cases.

The saving to the Australian economy could be in the order of.....

\$236,700,000 a year.

The Preventatist Principles are not the basis for any religion, spiritual group, or sect.

They simply form a philosophy or way of life which anyone can use to capture a good life for them.

That is the key. These philosophic principles are a way of life, which, once adopted, permit any other form of human belief to be accepted and held by the individual.

We believe, therefore, that if the individual has the ability to shield and defend themselves from incoming distress-potential, then personal wellness, balance, health and happiness will comfortably be the outcome.

We believe that our philosophies and protocols, properly acquired and used, offer anyone using them, a way of life which can achieve a higher level of happiness in the individual, in a manner which is safe, systematic, efficient and economic.

We have been told that recent studies have shown that meeting together in groups is the best way to keep the use of these philosophies in mind.

When you think about it - it always has been!

*** What people have said over the years:**

26.11.2016 KL

I met an old friend in the street yesterday, and she mentioned that although she had significantly aged in appearance, I don't seem to have done so. I took this to be an unfounded compliment. When I got home, I have a good look at myself, and it's true! Preventatism used for nearly ten years has kept me youthful looking!

10.02.16 Ros:

"A week ago I was told under active thyroid & slightly raised sugars! Got to work after speaking with you - (Brian). Results from another full blood test - sugars perfect and thyroid seems ok!!!! Just need to work on cholesterol now."

JB Apl 2013

Dear Brian,

I go to your meetings to keep myself healthy 'aches and pains' have improved and I no longer take medication, never get colds or get sick.

Regards

Pam Nov 2015

Dear Brian I look forward to my monthly workshop because....I feel rejuvenated by the reminder that you give us as to why we have been listening to you for so many years. My health and my family's health is very important to me. I strive to remember the simple lessons that you give us in self preservation - keeping ourselves safe from outside (imaginary) influences over which we have no control.

I had a great example today - our son asked if we could take him to catch a plane in Dubbo this morning so that he could fly to Sydney, onto Adelaide and attend a Conference for young people interested in farming. We told him we'd be happy to take him and we'd leave at 7.30 am to catch a 9.10 am flight. This gave us 80 minutes to get him there.

He ran late getting to our house and we didn't leave until 7.45 am which made him late for the check in. The plane was still on the tarmac, the people had not boarded, but because Sydney is in charge of closing off the check-in and not the lady behind the counter in Dubbo, he was refused entry to the plane despite the fact that everyone else was still in the lounge and then called to casually walk out and enter the plane. What a disappointment!!! I could see my husband getting very hot under the collar and upset. I just said. " It's not our problem - he will learn from this experience" (hopefully). My day was not at all ruined - he just had to wait in Dubbo for the 5pm flight and we continued on to have a very pleasant day driving the round trip to visit our daughter for a leisurely lunch!!

Lesson learned by me - keep calm and preserve your health. Thanks to Brian

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Depression has touched our family and after listening to reports on TV, radio etc. recently, there is probably hardly a family in the whole of Australia who hasn't had some experience or been touched by a person they know having depression. I believe the mind is a very powerful piece of our body and we need to know how to control it to do the right thing for us.

I don't want to be loaded up with prescription pills and potions as I get older. I want to live a normal healthy life, as free from stress as I can make it. I use the "mental tools" that I have been equipped with through my association with Preventatist and particularly you, Brian to stay on an even keel and to try and keep my family also on an even keel.

I sometimes relate to people, little extracts of what you have taught us, and they always seem interested. I feel if I can lead by example, (as you do, and do so well) I may help someone, somewhere, even if I don't realise I have. I find our little social gatherings are a bright part of the month for me and give me lots of food for thought.

I just find that what you teach is all so simple and such common sense. It is so simple that we tend, in our complicated lives, to overlook the simplicity that can keep us in good health.

"Dave" Nov 2014

Dear Brian,

I have been thinking about what Preventatist has done for me.

Several years ago I was dealing with a lot of distress within my life; the main distress was coming from "THEM" which is probably harder still to overcome.

Since starting Preventatist I have learned how to handle the distress that is there in everyone's life and how to implement techniques to maintain a balanced mind and body.

I saw something the other day that gave me a thought as to how I could look at the transition I have been through before and now with Preventatist.

Before when I was very stressed I had an Unconscious Incompetence that there was any way to overcome the problem. Now I am unconsciously competent at dealing with incoming distress and not letting it affect me.

January 2008 From "Debbie" :

"I was diagnosed with severe depression after I had attempted to take my own life.

For years, I had always taken to heart what people thought of me, said about me. I had been to court a few times – through drinking and doing "silly" things, abusive personal relationships, and deaths of friends and members of my family.

I felt that I was a great disappointment to everyone I knew, and I couldn't be bothered to go on and be dragged down even further, or to shame my family as I felt that I had.

After surviving the suicide attempt, I seen (sic) the pain and shock from my parents friends and family that I would even consider doing such a thing, that made me seek help.

The love and support I received from them made me realise to seek professional help.

Preventatist methods were referred to me by my brother-in-law who had a breakdown a few years beforehand.

It was was fantastic; Brian taught me how to treat life like a swimming pool and how to get rid of the "sludge" from my life.

What he taught me was brilliant, and I am extremely happy with life now.

I have a totally different view of life, and nothing fazes me anymore. "

Greg March 2010

I stumbled upon Preventatist by chance - part of the plan - and instigated them making visits to our community.

With being in a depressed state of mind, it was a chance to try something to pull me out of the rut.

Now after 18 months of group meetings I am a changed person, not only have I been able to understand and control the power of the mind, I have realized that there is a plan for everyone and the best way to be a part of the plan is to just go with it.

Live, love, and enjoy the present, because we cannot change anything else.

Angela May 2008

"We have been working with Preventatist System for 18 months and believe that we are very lucky to have learnt and been taught the Preventatist ways.

We have been able to manage our "distress" through ongoing drought and raising a young family with a son who was given an ASD diagnosis.

It has "kept us sane" and given the strength to look for treatments for our son. We have had so much success that he has "lost" his diagnosis within a year.

Thank you; it's been part of the plan."

Christine 2009

Chris had a long history of eating disorders and a depressive condition known as "Pervasive Refusal Syndrome". She was intubated and in a wheelchair and unwilling or unable to care for her young daughter.

She had tried many forms of medication and therapy, when she finally came to be treated with the Preventatist Systems.

It took 6 months for her to be out of the wheel chair, mobile and eating normally. She began to look after herself, and after 12 months was travelling, skydiving and bungy jumping! She has regained her life and is living with her daughter, caring for herself.
