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*"My life is so much
better now"*



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TESTIMONIALS

"I have just completed the 17 week Restoration Program. Upon commencement, I was tired, lethargic and felt heavy, with terrible PMS. 17 weeks later I am pleased to report I have an abundance of energy, I feel light and energetic, and have lost a few kilos in the process. No more concerns with PMS. Thank you Peter, Ainsley, Nina and Lisa, you are all amazing at what you do! Peter you have a great team which starts with the beautiful welcomes from your reception staff."

Tracey, Riverhills

Bonus Massage Every Year for VIP Massage Members

If you follow our philosophy of maintaining your health, you can now join our **VIP Massage Club**, and receive an **additional massage every year at no extra charge**. Members receive a 1 hour massage every 4 weeks, and pay a **discounted rate** for their massages by direct debit. For less than the cost of a cup of coffee a day (\$2.73), you can enjoy all the great benefits of an expert massage every month. (Even less if you are covered by a private health fund.)

For more information on this Offer, please ask your massage therapist or receptionist, or pick up an information sheet.

Are Hidden Allergies Causing Your Problems?

If you are experiencing an unexplained illness, there's a good chance that allergies -- to food, chemicals, mould, pollution and more -- may be to blame.

Most people recognise itchy eyes, runny noses and hives or itchy skin as allergies. These are the typically accepted forms of allergy. However, there is another form that is not easily recognized, suspected or even agreed upon. It **can affect any part of your body**, from an **inability to concentrate and think clearly**, to **fatigue, hyperactivity**, an inability to **sleep, joint and muscle pains, bedwetting, ear infections, and asthma**.



Any food can cause allergies, even healthy foods like apples and pears. Some of the biggest culprits are cow's milk or any dairy, sugar, wheat, eggs, preservatives and artificial colourings.

Some common environmental allergens are dust, moulds, pollen, cigarette smoke, pesticides, natural gas, petrol, perfumes, scented cleaning products, deodorants, disinfectants, synthetic carpets, the chemicals in new mattresses, Aspartame, and non-stick cookware. In short, **you could be allergic to just about anything**, and it **could be causing a dizzying array of symptoms**.

If you are **often fatigued, irritable, achy or depressed**, it may be due to something in your diet or your environment. But what?

Sometimes the connection is obvious, for instance you get a pounding headache after being exposed to perfume in a department store. But often the connection is more subtle.

If you're exposed to an allergic **chemical**, the negative reaction may take just a few seconds to surface. But if you're allergic to a **food, dust, mould or pollen**, it could take 15 minutes to an hour before you get sick. There can also be **delayed reactions to foods** that occur **8 to 24 hours or more** after consumption, as in colitis, mouth ulcers and bed-wetting. By that time you probably won't have any idea what to attribute the symptoms to.

If you feel flat or unwell all the time, or if you have a number of (continued over)



Winner 2006, 2008, 2009 Business Achievers Award
(Professional Services)
Inducted into Hall of Fame 2009

symptoms with no obvious cause that won't go away, consider having Comprehensive **Allergy Testing** at the Clinic. The testing takes 1¼ hours, and you will receive a 3 page report on everything that your body is or isn't reacting to. We also offer treatments for allergies as well. If you would like to find out if allergy testing would benefit you, please give the Clinic a call and speak to Peter.

Clinic Wins 'Outstanding High Achievement' Award



At a recent Australia-wide Conference of therapists and clinic owners, the top clinic owners were asked to give a presentation on their clinics, and were then voted on by their peers. We won the '**Outstanding High Achievement Award**', for our ground-breaking methods of helping people achieve greater health and wellbeing.

Lamb and Spring Vegetable Salad

Ingredients (serves 4)

- 500g lamb backstrap, trimmed
- Olive oil cooking spray
- 1 bunch baby carrots, trimmed, scrubbed
- 250g green beans, trimmed
- 200g butter beans, trimmed
- 1 bunch thin asparagus, trimmed
- 1/3 cup mint leaves
- 1 tablespoon boiling water
- 1/3 cup white wine vinegar
- 1 tablespoon brown sugar



Method

1. Preheat oven to 180C. Season lamb with salt and pepper. Spray with oil. Heat a frying pan over medium-high heat. Cook lamb for 3 mins each side. Transfer to a baking tray and cover with foil. Cook in oven for 12 min for medium or until cooked to your liking. Rest lamb for 10 mins then slice thinly.
2. Meanwhile, bring a large saucepan of water to the boil. Add carrots, cook for 5 mins or until tender. Using a slotted spoon, transfer to a sieve and refresh in cold water. Return water to the boil and add beans. Cook for 1 min. Add asparagus and cook both for a further 2-3 mins or until tender. Drain and refresh in cold water. Combine the vegetables in a large bowl.
3. Chop 3/4 of the mint and place in a heatproof bowl. Drizzle with boiling water. Add vinegar and sugar

- and stir until dissolved. Season with salt and pepper.
4. Place salad and lamb on plates and drizzle with mint sauce. Sprinkle with remaining mint leaves to garnish and serve.

Product of the Month

Did You Get Sick this Winter?

How did your immune system survive winter this year? It was a particularly bad time for colds and flu, with many people coming down sick. **A good immune system will fight off an infection quickly and easily, and a very good immune system will stop you from getting colds or flu**, so it goes to show how weak our immune systems are becoming. (No wonder cancer is now such a common condition!)



A good immune system is not only your best defence against colds and flu, it **also helps prevent many more serious illnesses**. (Flu shots and antibiotics have a detrimental effect on your immune system, so they make you more prone to getting those problems again in the future.) In our experience, one of the best natural ways of improving your immune system is a **practitioner-strength product** called **ArmaForce**, which is only available through registered therapists. We suggest that you start taking ArmaForce now, and see the difference it makes to you next winter! ArmaForce tablets are available over the counter at our Clinic.

Thanks for Your Referrals

Our thanks to our following clients who kindly referred their family or friends to the Clinic in July and August.

Anthony Anderson, Jane Howell, Elenor Dups, Leanne Errey, Deborah Ford, Rudy Grommen, Sue Harwood, Glenn Loose, Emma Trigg, Julie White, Maria Wienand, Lynette Williamson, Belinda Anthony, Suzanne Darlington, Debbie Dove, Mitch Dove, Ron Gaunt, Mary Hall, Beatrice Robles, Roger Thorogood, Shirley Wienand.

*All referrers will receive a Gift Voucher for \$10 or \$25. off any of our treatments or products as an expression of our appreciation.

Quote of the Month

"Happiness is nothing more than good health and a bad memory."

~Albert Schweitzer

"My life is so much better now"