



# Vital Balance

Putting vital balance back into Nature's image

Opening Hours: Monday - Friday 8.30am to 5.00pm  
Clinic Open later on a Tuesday & Thursday evening by appointment only

Special Of the month!!

Receive a FREE Spritz!



Caring & Sharing with the Community

## Tools Of Education

- Acupuncture
- Laser Acupuncture
- Traditional Chinese Medicine
- Herbal Medicine
- Homoeopathy
- Iridology
- Non Surgical Facelift
- Nutritional & Dietary Management
- Dorn Method
- Breuss Massage
- Lymphasizing
- Food Supplements
- Orion Healing
- Alkaline Water
- Ionised Air
- Massage
- Quantum SCIO
- Tesla's Technology

## Are you Destroying the Food Chain? Or is the Food Chain Destroying YOU?

Australia made one of the most irresponsible errors in 1970 when they introduced Genetic Modification into the country, and began using it in our everyday lives.

Genetic Modification (GM) is simply taking genes from one living organism and replacing it into another, in an attempt to transfer a desired trait or characteristic. In doing so, it has created environmental devastation, a national health crisis and an economic desolation.

Over many years of exposure to GM, the environment has become infertile, mutated and now the aftermath, you could say is irreversible. By introducing GM into our Agricultural world, we have seen the fertility of the soil diminish and crops that are grown in them have become nutrient deficient which is then transferred to the animal kingdom.

Since 1970 we have seen sudden deaths in the fish population for no reason, apart from the fact that they are at the bottom of the run off from a GM infected crop. We have witnessed health supplements dispersed across Japan and America, like L-tryptophan, that has left many people

critically ill with heart conditions, autoimmune disorders and paralysis. How long can the world continue with this sort of treatment and misconception.

The large Pharmaceutical companies and Agricultural companies have relished the opportunity to make a few extra 'million' dollars. This for much of the population has put tension on their already strained financial circumstances. The pharmaceutical companies are selling more 'life enhancing' drugs, and the large Agricultural companies created a 'Terminator' seed. A seed that can only be used once, destroying the fertility of the next generation of seeds; forcing the farmers to constantly be going back year after year to their providers for more and more.

A few years ago Cheryl Maddock reported "A trip to the supermarket can pose some interesting questions. Do you want weed killer with your soybeans? Could you contract a sexually transmitted disease if you eat maize? Don't forget to take your umbrella to the store, because if you get caught in a shower on the way home, the rain could contain pesticides."



## Hands-on Home Therapy for Everyone

The Dorn method of Musculoskeletal Assessment and Correction is a holistic, safe and non-manipulative muscle, vertebrae and joint treatment.

It can be used to treat people with spinal misalignment, back pain, carpal tunnel and many other health conditions.

No Medical treatment is required for the successful use of this unique treatment. All you need is a pair of sensitive, healthy hands and a passion for helping yourself and those around you. No Formal Academic Training is necessary.

Deter Dorn was an Austrian farmer—sawmiller with absolutely no formal education.

He had a passionate desire to help people with a process that bares his name.

Brian Morley will be conducting a 2day course on the Dorn Method in the coming months.

If you are interested in taking part please contact the clinic to put your name on the list.

**ENQUIRE NOW!**

Places are limited so be quick!

Shop 8/78 Station Road, Bethania, Q, 4133  
Email: bfm@vitalbalancehealth.com

Phone: (07) 3805 2939  
Fax: (07) 3805 6422

# 'Toxic Mould' Exposed!!!!!!'

**Aspergillus, Stachybotrys, and Cladosporium. All of these are forms of TOXIC MOULD!**

Without us knowing, mould spores harbour in our homes overlooked. Behind the sheeting on our walls, underneath the carpet, in our bedroom closets, backyards, and tree trunks; anywhere exposed to moisture and hidden in dark crevices. You will be happy to know that 80% of the mould we see in our environment is not toxic, for instance those that are used in cheese making. Toxic Mould however is increasingly being linked to minor & chronic health issues.

Most people are unaware how fatal '**TOXIC MOULD**' is, and many in the medical profession are unable to diagnose the symptoms early enough to prevent permanent damage to our health which can lead to an early death.

Symptoms of Toxic Mould:

- asthma and respiratory disorders
- Stuffy nose, red or irritated eyes
- Throat irritation and cough (unproductive)
- Lung Diseases
- Kidney diseases & failure to perform.
- And many more.

Only recently a middle aged Australian lady was treated in South America for Toxic Mould. Her symptoms were described as a severe rash (psoriasis) on the back of her neck and hair line.

She also had lumps protruding from the base of her skull which she was told was a blessing as the Mould was externalizing from her skin instead of making its way to her brain. The Toxic mould in her home had come from an unknown leak in the hot water system, which had seeped into the floors of her home.

**"A HEALTHY BODY IS AN ALKALINE BODY"**

To help eliminate Toxic & foreign materials from your body, first you are required to make your body Alkaline. Plenty of Fruit & Vegetables and limited acidic food, The Vital Balance Clinic has a number of products that may assist you. The 'WPB Alkalizer' - to Alkalize your mouth and stimulate the digestive enzymes. You need 'Vital 8 Whey Powder' - to provide your body with the 8 essential Amino Acids from an Alkaline Protein, and 'Can Liv' - to Kill the Candida Fungus in your small intestine, and to support you liver to supply sufficient nutrient absorption to your vital organs.

After many years of exposure, you need to be patient, it may take many months for your body to completely eliminate the toxic effects.



Toxic Mould hidden in the walls of a house.

## Research Sources for your Benefit

### Websites:

- [www.avitalbalance.com](http://www.avitalbalance.com)
- [www.bioagnz.com](http://www.bioagnz.com)
- [www.mercola.com](http://www.mercola.com)
- [Www.medicalsearch.com.au](http://Www.medicalsearch.com.au)
- [Www.physweekly.com](http://Www.physweekly.com)

### Books:

- **Nature's Mold Rx**  
Edward R Close PhD, Jacquelyn Close RA
- **Electro Magnetic Pollution**  
Dr Sabina M Devita
- **From Bin to Banquet**  
Vicki Talmage

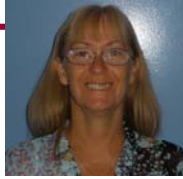
### CD's and DVD's

- **Cancer Doesn't Scare Me anymore**  
Lorraine Day. MD
- **The Secret**  
Terry Hicks
- **Toxic Overload in the Human Body**  
Brian Morley
- **Cancer Prevention**  
Brian Morley
- **The Liver, Immunity & You**  
Brian Morley
- **Dr Wayne Dyer Cd's**

A VISION IS A CLEARLY-ARTICULATED, RESULTS-ORIENTED PICTURE OF A FUTURE YOU INTEND TO CREATE. IT IS A DREAM WITH DIRECTION.

## New Staff Member

The End of 2008 had us say good bye to one of our long standing employees, Ellena, who looked after our Accounts department and did an incredible job. Although it was a sad occasion we have also enjoyed welcoming our new Accounts Manager, Sheryl.



Sheryl has come from running a small business of her own alongside her husband, and has welcomed the opportunity to take on board a new perspective in her life.

Only a few months after her arrival and Sheryl has made her mark on everybody at Vital Balance with her commitment, dedication and enthusiasm for her work within the Clinic.

## Vital Balance Road Show

### **Sunshine Coast Seminar:**

Where: Maroochy Coach House

46 David Lowe Way

Date: 27th February 2009

Time: 7.00pm

Cost: \$5.00 entry fee

(Next to Waterfront Hotel)

### **Toowoomba Seminar:**

Where: 30 Isabel Street

Toowoomba

Date: 13th February 2009

Time: 7.00pm

Cost: \$5.00 entry Fee

### **Bethania Seminar:**

Where: Bethania Community Centre

Station Road, Bethania

Date: Wednesday 4th February 2009

Time: 1.30pm

Cost: Gold Coin Donation

All Seminars are 2hours.

## Brian's Gift of Knowledge

Christmas is well behind us now, and we would hope that your 'Christmas splurges' have been put behind you and your New Years resolution for 2009 is to become as trim, taught and terrific as you possibly can. For those of you who did over indulge and of course those of you who do carry excess weight, we recommend to you our two (2) fabulous tried and proven programs; Vital Slim & Vital Slim & Build. Please discuss this with one of our consultants. The PSMF, Protein Sparing Modified Fast, concept allows you total control over your weight loss.

Scientists who were working to find out how diet affects the operation of the liver put 14 overweight people on either a low carbohydrate or low calorie diet. They found those eating fewer carbs lost almost double the weight over two weeks, and several changes in liver function were identified as part of the reason why. "Energy production is expensive for the liver," says Dr Jeffrey Browning, assistant professor at the UT Southwestern Medical Centre, in Dallas, Texas. "It appears that for the people on a low-carbohydrate diet, in order to meet that expense, their livers have to burn excess fat." The average weight loss for the low-calorie dieters was about 2.2kg, while the low-carb dieters lost about 4.3kg on average.

Dr Browning said the study highlighted how diet could cause a "dramatic change" in where and how the liver was producing glucose - a form of sugar.

Glucose and fat are both sources of energy that are metabolised in the liver and used as energy in the body.

Test subjects on the low-calorie diets got about 40 per cent of their glucose from a substance called "glycogen" - which is made from ingested carbohydrates stored in the liver until needed.

Those on low-carb diets, however, sourced only 20 per cent of their glucose from glycogen as they burned more fat instead of dipping into their reserves. Dr Browning said the findings offered new hope for targeted non drug-related treatments for obesity and also liver-related disorders such as diabetes, insulin resistance and non-alcoholic fatty liver disease (NAFLD).

"Instead of looking at drugs to combat obesity and the diseases that stem from it, maybe optimising the diet can not only manage and treat these diseases, but also prevent them," says Dr Browning.

"Understanding how the liver makes glucose under different dietary conditions may help us better regulate metabolic disorders with diet." The findings are published in the journal Hepatology.





## Special Offer!!

### Postal Note:

All Mail orders are to be phoned or faxed through to the Brisbane office by 10.00am for parcels to be sent out the same day. Delivery Time may be delayed due to size of parcel.

*Receive a free 100ml Spritz of your choice!*

*To receive your free gift, you are required to purchase \$100.00 worth of Vital Balance Product and the Spritz is yours.*

*They are amazingly Refreshing and Uplifting!*

*Each individual Spritz has different benefits; from a relaxant, air freshener to having anti-bacterial properties.*

### Spritz Aromatics

- Pine
- Cloves
- Eucalyptus
- Orange
- Lavender
- Tea Tree
- Spearmint



**We're on the web!**  
[www.avitalbalance.com](http://www.avitalbalance.com)

For more information contact the  
Vital Balance Therapy Centre.

**(07) 3805 2939**

## Time is running out!

### Acupuncture Treatments

**5 For Only \$250.00**

Conditions Apply - contact clinic for details  
This offer Runs out on the 31st March  
2009

**You save \$200.00**

## Gift Certificates

Available in every colour,  
shape and size you want.

*A Gift for a persons health is a  
great way to show you care!*

The VITAL BALANCE PROCESS is a system of Natural Medicine specializing in health assessment, the elimination of health complaints and sickness, the prevention of disease, and a range of other health related services. Unlike Western Medicine, which concentrates primarily on the treatment of disease, the VITAL BALANCE PROCESS focuses on the attainment and maintenance of optimum health.

All information in the newsletter is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult your Personal Health Provider.