



Vital Balance

Putting vital balance back into Nature's image

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

Special Of the month!!

10% OFF
Vital Nectar 60ml



A sweet sensation to satisfy your taste bud fantasies & bring balance to your Body, Mind and Soul.

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

Diabetes or 'Heeby Geebies'? Seminar This month (see p3 for time and date)

Most people are unaware of the rapidly increasing number of Diabetes sufferers found in Australia. Currently 3million Australians have diabetes or pre-diabetes and many are oblivious to there situation.

Diabetes is a condition that occurs when there is too much glucose in the blood due to the body not producing insulin or the inability for insulin to be utilized properly. Insulin is a hormone that is required for glucose to enter the cells and be converted to energy.

Diabetes could also be classified as an imbalance in the bodies vital systems; an imbalance which one has created through lifestyle, eating habits, and your environmental influences.

There are two main types of Diabetes, Type 1 and Type 2 Diabetes. Type 1 or Insulin Dependent Diabetes occurs when the pancreas gland no longer produces the insulin that your body requires. Symptoms may include excessive thirst and urination, weight loss, weakness and fatigue, and irritability. Type 2 Diabetes (non-insulin dependent) occurs when the pancreas is not producing enough insulin and the insulin that is being produced is not working effectively. Symptoms of type 2 are gradual and can often go unnoticed. Symptoms include blurred vision, skin infections, slow healing, tingling and numbness in feet.

Diabetes can be a fatal condition if not treated with respect; however it is treatable and preventable with the correct holistic approach without having to subject our bodies to harmful drugs and chemicals. The first step to overcoming Diabetes is to assess your lifestyle and eating habits.

Empty your cupboards of processed and preservative filled foods and try to maintain a diet of fresh fruit and vegetables with lots of sprouts and greens to enhance the enzyme action that is vital for producing insulin. A diet that is high in fibre, low GI carbohydrate foods, low in fats and sugars is ideal for someone suffering with Diabetes.

To ensure that your blood glucose levels remain balanced, it is recommended that you use the **Vital Balance Nectar**, a natural sweetener that can prevent a sudden drop in Glucose or can bring it back into balance if this were to occur.

To Prevent yourself from getting caught up in what the officials are calling a Diabetes 'epidemic' I suggest you begin to assess and adjust your lifestyle to allow you optimum health. For inspiration, motivation and support, visit one of our holistic clinics (listed on page 3) where we can observe and encourage you to take the right steps in your journey to health.

Musculoskeletal Assessment

Last month we advertised our 2 day Dorn Therapy course of Musculoskeletal Assessment and Correction to learn how many of you would be interested in studying with us. The Feedback we received from you was amazing, and we are currently organizing and confirming dates for our first course.

For those of you who are still interested in taking part to help treat yourself or others with spinal misalignment, back pain, carpal tunnel and many other ailments that occur in your every day lives,

please contact the Brisbane clinic to put your name on our list.

Remember No medical qualifications are required for the successful use of this unique technique. All you need is a sensitive pair of hands and a heart filled with love, passion, and the desire to help others.

ENQUIRE NOW!

To secure your position!

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

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

Is your 'Spare Tyre' a problem?

How many times have you tried to lose a few extra kilos and have been unsuccessful. You attempt every possible program, diet or treatment to be able to get the weight off and keep it off, only to be left with mental exhaustion, frustration and the same spare tyre attached to your mid-drift.

Disposing of your 'spare tyre' will take time. Your body needs to empty itself of the toxins and chemicals that have assembled in and around your cells and once again take control of the sugar cravings, fat cravings and carbohydrate cravings.

When we consume foods that are high in fats and calories our bodies absorb and store the fat in the tissue around our muscles, around our liver and heart and create a significant pressure on our bodily organs and cells that in time can cause us much agony and distress.

The first key to losing weight is balancing the number of calories you consume to the amount of calories you burn through physical exercise. The recommended daily intake for the average male adult is 3067calories and for the average adult female it is 2403calories. To reach these specified requirements, it would be advisable that you absorb the nutrition from fruit and vegetables, proteins and starches. Starches break down into simple sugars and can help to combat sugar or carbohydrate cravings that are created by complex sugars flooding your blood stream.

The second key to losing the weight is maintaining a positive mental attitude. If you suffer from emotional blockages, depression, poor self esteem, your weight loss will only go so far and then it will plateau. To be

able to climb over the fence, it is necessary for you to take a look at your mental health. Issues from your childhood may be preventing you from losing anymore weight.

What supplements can you use that are actually going to help lose the weight?

Try the **Vital Balance Slim & Build**. A low carb, low calorie supplement that is high in energy. You will no longer have to persevere with low carb diets and low energy levels. As long as you eat a healthy nutritious diet of fruit and vegetables and a small amount of protein, take the Vital Slim & Build in a smoothie form 2-3 times daily, the weight will gradually diminish as your body is being cleansed.

To aid you in achieving a positive emotional outlook on life, I would suggest trying some meditation therapies or other calming therapies that suit you. Supplements for emotional health will encourage your cells and tissues to remove the memory that is interfering with your desire to move forward. If you are having difficulties discarding your spare tyre and you can't understand why, contact our clinic and we will help to uncover for you any underlying complications whether it be physical or emotional.



Research Sources for your Benefit

Websites:

- www.avitalbalance.com
- www.diabetesnsw.com.au
- www.mercola.com
- www.medicalsearch.com.au
- www.healthinsight.gov.au

Books:

- **The Master Cleanse**
Stanley Burroughs
- **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
- **The Liver, Immunity & You**
Brian Morley
- **Dr Wayne Dyer Cd's**

'YOU CAN'T BE A SMART COOKIE IF YOU HAVE A CRUMMY ATTITUDE.'

JOHN MAXWELL

Support Team Introducing Helen Kerr

15 years ago, the Vital Balance Clinic was blessed with the opportunity of welcoming **Helen Kerr** to the team. Over the years, Helen has achieved certifications in many fields of the Natural Health industry; including Progressive Ryodoraku, QXCI Scio, Iridology, Orion Healing, Breuss Massage and many others.



She has brought to the clinic a sense of friendship and warmth, and has acquired the trust and loyalty of her patients, fellow-co-workers, friends and the community to enable her to significantly improve upon their health and wellbeing.

If you are feeling fatigued, have aching muscles, simply want someone to chat to, or are experiencing any other discomforts within your body, Helen is always willing to be your coach and guide you to improving your health and wellbeing.

Vital Balance Clinics & Seminars

Sunshine Coast Seminar:

Where: Maroochy Coach House
46 David Lowe Way
Date: 27th March 2009
Time: 7.00pm
Cost: \$5.00 entry fee
(Next to Waterfront Hotel)

Clinic Dates: 26th-28th March

Toowoomba Seminar:

Where: 30 Isabel Street
Toowoomba
Date: 13th March 2009
Time: 7.00pm
Cost: \$5.00 entry Fee

Clinic Dates: 10th - 14th March

Bethania Seminar:

Where: Bethania Community Centre
Station Road, Bethania
Date: Wednesday 4th March 2009
Time: 1.30pm
Cost: Gold Coin Donation

Clinic Open 5 days a week

All Seminars are 2 hours.



Brian's Gift of Knowledge

Hello again and peace be with you. Allow me to share with you my revolutionary thoughts for this month: 'You are the way you are, because that is the way you want to be. If you really wanted to be any different then you would be in the process of changing right now.' We have a right to choose our attitude, it determines altitude. You will also find this quotation in our lifestyle program in the deliverance of 'Time' by Sir Lawrence Olivier. In those passages it says as a human being, you are free to will whatever state of being you desire, through the use of your thoughts, and your words, there is great power there!! It can be a blessing or a curse, it is entirely up to you, your attitude determines the way in which you talk. The advice that comes from there is; think before you act, think before you talk, and choose your words with care, go forth with love.

What does all this mean to you? Hopefully it should encourage you to be responsible entirely for 'you'. To be aware of your environment and what sort of impact it is having on you and your body. As you are reading this, you are probably experiencing the effect of north westerly

winds as a result of the cyclone aspect of North Queensland which has been devastated by massive flooding and at the other end of the scale, the intense heat and burning in Victoria. With the huge amount of death and destruction in the outback, disease is prevalent.

Westerly winds are similar to that which is in Europe, Known as the 'Witches' wind' or the Ill Wind that Blows, the German's call it 'Fearn', in France it is called the 'Mistral', but whatever they call it it's still sickening. So many people contract flu viruses and many types of diseases, (including parasites) which come in on the wind. Parasites of course affect our land, our atmosphere and our waterways as a result of massive devastation of both flooding AND FIRE. They not only affect the external environment but also our internal environment.

I am reminded of an incredible book I once read by Anne Louise Gittleman. She would be today's most recognized authority on parasites world wide, having spent 20 years of research in this field. The name of the book is 'Parasites, Colon, the plague of our times'. Included in her comments is information from her research which highlights the tenacious THIRD

WORLD parasites that only recently have begun assaulting us on an epidemic scale. My quote to you at this moment is "**remove the threat of toxic squatters in your body**". There is a host of very effective methods that *'we can help you with to avoid parasitic infection....'* There are highly accurate ways that we can help by testing whether you are currently infected or not...., and if needed we offer you fast and thoroughly effective Complimentary Alternative Medicine (C.A.M) programs to rid your body of these toxic parasitic squatters. Some of the common symptoms of parasitic infection will include: chronic fatigue, cramping, diarrhea, constipation, night sweats, allergies, rashes, sinus congestion, bad breath and itching, ringing in your ears, grinding teeth, weight loss or weight gain, insomnia, depression, sugar cravings, low libido or sex drive, and impaired vision problems, all of these symptoms we can trace for you to parasitic infection and if you've got parasites then of course they are hosted by the 'opportunistic' fungi *Candida Albicans* the dreaded curse on society as well. I'd love to leave you on a cheerier note and I will. **DETOX NOW**, Cleanse your body, cleanse your temple. Love and Light till next time.



Don't Miss out!

What's in a Vaccine?

Brian Morley will take you on a path of discovery in **April**
Look out for the Seminar Dates in our next newsletter and on our website

*Learn what the Western Medical Society is putting in your Vaccines,
Discover why you may experience the symptoms after you have received the vaccination. Find out why Immunization is more effective than Vaccination.*



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.

Vital Balance Health Tips

Consuming small amounts of water on a more regular basis throughout the day will help to maintain the hydration in the bodies cells.

Avoid eating fruit after dark to prevent fermentation from occurring in the Small Intestine.

For more information contact the Vital Balance Natural Therapy Centre.
(07) 3805 2939

We're on the web!
www.avitalbalance.com

We want to reward you for helping us!
For every 6 email addresses you supply to us from your friends to receive our newsletters and valuable information.

WE GIVE YOU

*One free Spritz of your choice.
(RRP—\$15.95)*

Life Begins when you do!

1 Month to Go!

Acupuncture Treatments For

Pain Relief and

Detox Management

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.

