

Welcome....

As we enter the colder days, we will be proactively seeking to strengthen our immunity to keep well in the winter months. It is important to keep the immune system functioning well. There are a number of things you can do to keep yourself well, as Belinda shares with us in this issue.

We have a program to help you save if you, your friends and relatives use some specific natural health products and you get them regularly. Our MULTISAVER program allows you to save from 10%-40% off the recommended retail price (Discount structure varies according to products and quantities you buy). Some customers are already benefiting hugely from this savings! It is our mission to bring you good health at the lowest possible prices!

Are you trying to be slim? Do you have some nagging health concerns? If you are proactively seeking health and would like a FREE nutritional analysis, I am giving 5 away. All you need to do is to fill up a questionnaire, and I will get back to you on your nutritional status. Healthy food can taste really good too, if you know how to prepare them, so you can share a number of my tested healthy meal recipes.

We have some really good new products. **HMD™ Heavy Metal Detox**, a safe, user friendly heavy metal detox solution, **Q Silica** which is a biologically active silica that is clinically researched for healthy skin, hair, nails and connective tissue and **SlimShots**, the simple weight management that manages your appetite and reduces your daily calorie intake.

STOP PRESS! If you haven't given us your e-mail address and birthdate, you'll be missing out on our monthly birthday draws. You never know! A gift voucher might just arrive in your e-mail in the month of your birthday! Draws start June 2007.

Issues Common to Heavy Metal Intoxication

It would be fair to say that nearly everyone on the globe today has some degree of heavy metal toxicity – from air pollution, inoculations, fish, water contamination, amalgam fillings, in-utero exposure from mother's fillings, and toxins. **The World Health Organisation (WHO) has acknowledged environmental pollution as the underlying cause of 80% of all chronic degenerative diseases.**

In a Technical report on mercury in the environment by the Committee on Environmental Health, it was written that “the developing fetus and young children are thought to be disproportionately affected by mercury exposure, because many aspects of development, particularly brain maturation, can be disturbed by the presence of mercury. Minimizing mercury exposure is, therefore, essential to optimal child health.” Heavy metals are trace metals that are at least five times denser than water. As such, they are stable elements in that they cannot be metabolized by the body, as well as bio-accumulative in that they are passed up the food chain to humans.

Issues common to heavy metal intoxication include:

- Unexplained irritability
- Constant/frequent periods of depression
- Numbness or tingling in extremities
- Frequent night urination



- Unexplained chronic fatigue
- Cold hands/feet even in warm weather
- Bloating feeling
- Difficulty in remembering or memory use
- Constipation on a regular basis
- Frequent leg cramps
- Constant or frequent ringing or ear noises
- Get out of breath easily
- Frequent or reoccurring heart burn
- Unexplained rashes, skin irritation
- Frequent insomnia

(Source: Toxic Element Research Foundation, Colorado Springs)

The Solution: **HMD Heavy Metal Detox.**

What some users say about HMD:

“My 4 year old son is autistic, not toilet trained, never verbalised and he never had eye contacts. After 3 weeks of HMD, he is starting to make eye contacts and verbalising.” Mum of autistic child, Wellington.

“Every morning is an ordeal, when my son comes downstairs, he tears up the house and we fight to have him eat his breakfast. After a month on HMD, he is now eating breakfast and greeting the taxi driver that picks him up from school.” Mum with autistic son, Auckland.

“I picked up a lot more energy since getting onto the HMD, I now run 45 minutes 3 times a week, when in the past I could normally go for only 30 minutes.” Natural health practitioner, Auckland.

For our customers - Limited to 10 units only: Offer Price **\$87.90 SAVE 20%(Code:H6)**

Winter blues- a thing of the past by Belinda Yoong

Winter is here and there is a very good chance that you or someone close to you will come down with a cough, cold or flu; and complain about weight gain.

However there is a way to turn the odds to your favour and these winter blues can be history. Many years ago I was in very poor health and easily came down with the usual coughs, cold & flu and miscellaneous aches & tiredness. Taking pharmaceutical drugs only gave very short term relief as the sickness easily came back & I felt much worse with each attack. Eventually I tried natural therapy and found out that I needed to detoxify my body to cleanse it of toxins that inhibit my immune system from doing its job of fighting the “bugs” that assail us daily. Nourishing the body with the correct foods also strengthen the immune system.

Don't wait to detoxify because this is a preventative measure – you should have started on a detoxification program “yesterday”!! The same goes for taking immune boosting herbs & supplements. All your efforts pay off when, with hind sight, you realize that you get sick less & less often. For some people, the results may be slow but rest assured that the positive results will come, if you persist.

When the body has toxins it cannot get rid off, it must adapt so that the toxins cause as little harm to us. The body keeps fat to store the fat soluble toxins and retains water to keep water soluble toxins at a

concentration that do not harm us. So, following this line of thought, if you have detoxified, there is no longer need for the excess fat & water in your body to stop the toxins harming your body you get weight LOSS.

Some simple & effective remedies that I have found useful –

Sore throat – gargle with Apple cider vinegar (ACV) or use a propolis spray. ACV should be used as is or only slightly diluted. Yes, I know it may “burn” a little but this is a small inconvenience compared to the fiery soreness of a full blown sore throat. If nipped at the bud, you only need to gargle once or use a couple of propolis spray.

Coughs - make a cough syrup of a minced clove of garlic & 1 tablespoon of active manuka honey. Bet you will say “yuk”. Nevermind the taste, you’ll love the effect.

Mild fevers – Increasing the body’s temperature is the body’s way of “ridding” the foreign invaders. So, don’t be too quick to bring a mild temperature down – let it run its course while resting and wearing comfortable clothing. Rest & take easily digestible & nutritious foods like fruits, fresh fruit juices, spirulina & honey. The energy saved from digesting will be diverted to fight off the foreign invasion.

Winter Savings



Viralex® 30 Capsules



Viralex® is a comprehensive formula designed to assist the body’s defences and strengthen the immune response. Key ingredients are **ProOlive™** Leaf Extract, which studies show has a direct effect on immune system function; Beta 1:3 Glucan to provide rapid immune support, and Astragalus, Zinc and Pau D’Arco, together providing a potent tonic that will assist you in getting back on your feet sooner rather than later.

Use only as directed. If symptoms continue see your health professional.

RRP: \$27.90
ONLY 18 UNITS AVAILABLE: 2 FOR \$45.80
SAVE \$10 (Code: G1)

Thompson’s Mood Manager



Thompson’s Mood Manager is a good choice of supplement for anyone who wants to assist emotional well-being, maintain a bright outlook or balance mood.

Mood Manager contains the vitamins, herbs, Omega 3 and SAME, all shown to be valuable in lifting mood. Many studies have looked at SAME’s ability to boost mood enhancing neurotransmitters such as serotonin and shown that SAME is useful in elevating mood.

Only 6 units available SAVE \$10 **Thompson’s Mood Manager 60 tabs ONLY \$58.60**
SAVE \$10! with this coupon (Code: T1)
100% Satisfaction Guarantee!

This product should not be taken alongside prescription anti-depressant medications. It should also not be taken while pregnant.

Advice given is for information only and is not meant to treat, diagnose or cure any illnesses. It is not meant to replace any professional consultation. If symptoms persist, please consult your health care professional.

Are you tired, run down, busy and stressed, iron deficient, pregnant or breastfeeding?

You need Lifestream Bioactive Spirulina!

Larry from Warkworth, NZ has been taking Lifestream Bioactive Spirulina for 20 years has this to say, *“When I run out of Lifestream Bioactive Spirulina, I run out of energy and wellbeing. Over the years I have tried many other more expensive supplements but none had the effect of Lifestream Bioactive Spirulina, which I will not go without and whole heartedly endorse”.*

Grace, NSW, Australia suffered from low iron levels for years and took iron supplements that didn't agree with her system has this to say, *“I tried Lifestream Spirulina and was so happy with the results. It has helped build my energy and with it my self esteem.”*

Benefits of Lifestream Bioactive Spirulina:

- Tops up energy levels, vitality and stamina
- Gives a long lasting natural energy boost
- Contains all the essential amino acids
- Contains glycogen for instant energy
- Supports balanced blood sugar levels and helps manage cravings
- Supports mental clarity and focus

Avid Lifestream Bioactive Spirulina users have an enviable glow in their skin, clarity in their eyes and they are literally bursting with energy! It is 100% animal free, gluten free and GE free. Order Now and SAVE at these unbelievable prices. But you have to be quick, limited stock!

Lifestream Spirulina 500 tabs NOW \$39.90 SAVE \$20! (Only 14 in stock!)

Lifestream Spirulina 1000 tabs NOW \$75.00 SAVE \$35! (Only 20 in stock!)

This offer is only valid when you present this coupon. If you prefer us to send the product to you, call us on 09-2728203 or mail the coupon back, and we will courier it out to you FREIGHT FREE. (Rural delivery \$5). If you call, please quote S1 to take advantage of this offer.

100% Satisfaction Guarantee! (excludes freight and \$5 admin fee)

- Yes, Please send me 1 bottle of 500 tablets Lifestream Bioactive Spirulina for only \$39.90!
- Yes, Please send me 1 bottle of 1000 tablets Lifestream Bioactive Spirulina for only \$75.00!

Please print clearly:

Name: _____

Address: _____

Tel: () _____ E-mail: _____

DOB(dd/mm/yy): _____ (Please provide us with your DOB and e-mail if you would like to enter into our monthly birthday giveaway draws).

Payment (please circle one):

Visa/ Mastercard: _____ Exp: _____

Call to place the order: 09-2728203 or mail to: Health e-Sense, Unit 13, Botany Junction, 125 Ormiston Rd, Flat Bush, Auckland, New Zealand. Code: S1

“Prevention is worth a ton of cure at a thousandth of the cost” – Phillip Day