



Issue #170

10 January 2012

## A 2012 TRANSFORMATION AWAITS!

### It's in this Simple Understanding . . . The Cause Of Any Disease According to

### Ancient Medicine has **ONLY ONE ANSWER** . . .

Firstly though please understand I am an optimist and DO NOT shoot the messenger!!!!!!

For those who have been a part of the clinic for a while, you have heard or are in the understanding of this simple but Universal Truth.

i.e. **The Cause Of Any Disease According to Ancient Medicine has ONLY ONE ANSWER . . .**



As the caption says in the above picture – you can focus on the rocks i.e. symptoms like pain, tiredness, IBS, or whatever the sign or symptoms you may have of ill health or you can be the guiding light by understanding that from an Ancient Medicine perspective **The Cause Of Any Disease is Known as The Mistake of the Intellect.** Or put another way - the way you think – your SABOTEURS!!!

Once understood you can then guide others along the path. A path that many don't want to tread. It takes responsibility, it takes resolve, it takes dedication, it takes pulling apart who you think you are, it takes commitment, it takes humility, it takes trust . . .

Everyone has a choice and most take the easy way out . . . do a little for a few months and think they have tried, do nothing or blame or want it done for them or put it in the tooooooo hard basket.

In the book 'Power verses Thought', the author David Hawkins suggests **if you can change one thing about yourself in a positive manner you can uplift 150,000 other people around you.** What an inspiring and interesting thought!

It's one of the main Philosophies I talked about on stage to other Wellness Professionals. Because I know I can help those who come into the Centre, who stick with us . . . one by one making it a slow but rewarding process. However if I could teach my colleagues this life changing intent, then collectively, together we could change millions. And for the 7 or so years I took this message all over Australia and New Zealand, millions of lives hopefully were changed.

(Continued on Page 2)

### In This Issue

"A 2012 Transformation Awaits" . . . . .	1
"A 2012 Transformation Awaits" Cont'd....	2
Mia's Corner	3
All New "Successful Wealth Strategies, Thoughts and Updates	4
"Successful Wealth Strategies etc ...Cont'd.	5
Whole Eggs: The Magic Bullet	5
Big Lesson of the Month	6
Big Lesson of the Month Cont'd.....	7
Whole Eggs: The Magic Bullet Cont'd...	7
Lucky Member No.	8
Some More Great Chances for You to Win	8
"A 2012 Transformation Awaits!" Cont'd....	9
Are You Taking Care of Your Eyesight?	10
Membership Benefits	11
Quote of the Month	12
Salmon Rice Salad	12
The Positive Attitude Zone	12



## HERVEY BAY WELLBEING, ANTI-AGING AND LONGEVITY CENTRE LOTUS 'MEMBERS ONLY' WELLBEING NEWSLETTER

(Continued from Page 1)

**Its called morphogenetic resonance.** Morphic resonance is a term coined by Rupert Sheldrak in his 1981 book *A New Science of Life*. He has his skeptics, like all people who have different thoughts. Like Einstein, Galileo, Newton, all were scorned when they first discussed in public their theories.

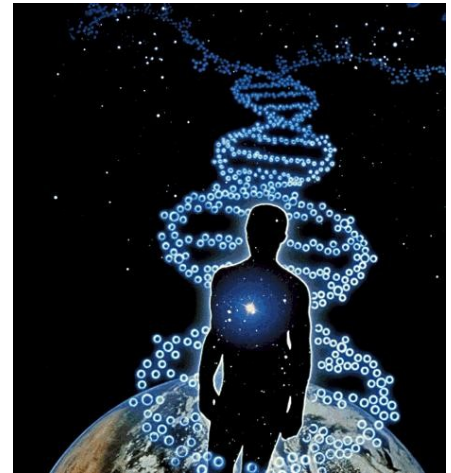
However, morphic resonance suggests that if we collectively can be better people, then that can influence others in a positive light. **Hawkins suggests 150,000 others can be positively affected. Of course the opposite can occur as well.**

Today unfortunately, our collective thought is more about pessimism, therefore what we see happening around the world is the end result of that collective – equalling the undeniable pessimistic actions of the majority. The 80/20 rule. You can see it happening around you . . .

- 1. First locally,- breaking and entering of private homes. Local schools vandalised. Elderly victimised, Local shops notoriously robbed, vandalised and the want to hurt. Teenage drinking and abuse. Alcohol, drug abuse and sex abuse. Most of our youth don't truly understand what the word moral means.**
- 2. Secondly our State / Country – Governments with no accountability – my suggestion – no government leader should be allowed to lead if they haven't been in small business. No person in Government should EVER be able to make a decision on business if they haven't owned their own shop / small business. Most of our Pollies finish high school, go to tertiary education then go into Politics, with no idea how the real world operates. Governments are stifling small business with bureaucratic red tape, taking away responsibility of the masses and are not being held accountable, therefore blowouts / deficits unsurpassed in our history. Creating mass fear and apprehension. This is seen in Real Estate plummeting, Share markets going south and there doesn't seem to be a safe place to invest anymore. **Hot off the press – from our local radio station – Myer is considering downsizing its stores in 2012. Most small businesses / retail are struggling in Australia.****
- 3. Lastly Globally – Because of 1 and 2 above, there are mass riots everywhere / suicide bombings. Nearly all of Europe in mass deficits (PIIGS). Also America is being torn apart. Global share markets, real estate etc dive-bombing faster than a speeding bullet. And they say Australia is going to miss out. Phooey to them I say!!!**

Collectively our thoughts have passed the tipping point of no return to the negative. Therefore it's possible all markets may be negatively affected in the future. My August Newsletter article discussed this in greater detail. To refresh your memory or if you didn't get to read it please go back and check it out.

**Watch out for the roller coaster in 2012.** In my wealth talk back in 2008 (Actually I was predicting this back in 2006 to my private coaching groups) I pre-warned all of this and luckily a percentage listened. And for those who did ,what an opportunity now waits.



*Its called morphogenetic resonance. Morphic resonance is a term coined by Rupert Sheldrak in his 1981 book , "A New Science of Life"*

(Continued Page 9)



## Mia The Philosophising Feline . . .



*It's 2012 and everyone* is talking about New Years Resolutions. This being my first New Year within the Centre's Newsletter, I thought I would reflect. As we all know Baxter has left planet earth and is probably having a dog-gone good time in heaven. I thought I'd have a look at some of Baxter's articles and this one I feel is very appropriate for what may be install for us in 2012. And remember I'm an optimist.

**From Baxter . . .**

"One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally, he decided the animal was old, and the well needed to be covered up anyway; it just wasn't worth it to retrieve the donkey.

He invited all his neighbors to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement he quieted down.

A few shovel loads later, the farmer finally looked down the well. He was astonished at what he saw. With each shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up. As the farmer's neighbors continued to shovel dirt on top of the animal, he would shake it off and take a step up.



Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and happily trotted off!" **Moral of the story . . .** In 2012 life may shovel dirt on you, all kinds of dirt. The trick to getting out of the well, to shake it off and take a step up. Each of our troubles is a stepping-stone. We can get out of the deepest wells just by not stopping, never giving up! Shake it off and take a step up. Thanks Baxter your writing still rings true. Here's what Bob Marley said, "Truth is, everybody is going to hurt you; you just gotta find the ones worth suffering for."

### **Five simple rules to be happy:**

- Free your heart from hatred - Forgive.
- Free your mind from worries.
- Live simply and appreciate what you have.
- Give more.
- Expect less.

***Have a Purrfect 2012.....See you next month.....Mia.....Purr.... Purr.....***



*The next four pages are the new "Members Only" inclusions.....*

## **ALL NEW "SUCCESFUL WEALTH STRATEGIES, THOUGHTS AND UPDATES"**

In last month's Wealth Article, I wrote about - **bickering, blame, name-calling and taking responsibility.**

I continued to write, "Over the years I have written many articles to my beloved Profession on Wealth Creation and given talks to thousands of Health Professionals on how to possibly achieve financial freedom and the importance of releasing Toxic Debt. Some get it while others flounder, just proving the 80/20 rule once again." And I went deeper into this area of discussion. If you missed it make sure you catch up.

Within this month's article I would like to discuss . . .

### **The Value of Showing Appreciation.**

I have an aversion to schmaltzy (sentimental) movies; in fact I can't stand them! But showing appreciation is not schmaltzy, it's a simple way to make yourself and if you have a business - unforgettable.

If you roll out the **red carpet for a Billionaire**, he won't even notice.

If you roll out the **red carpet for a millionaire**, he'll expect it.

If you roll out the **red carpet for a "thousand-aire"**, he'll thank you for it.

If you roll out the red carpet for a "hundred-aire", **he'll tell everybody about it!**

**APPRECIATE** people, **appreciate** your customers. And **TELL THEM!**

Good friendship . . . Good Business . . . Creating Wealth is more about building long-term relationships than in making short-term friends / business associates / sales. A letter costs 60 cents to send – and has the capacity to effect the person you are sending it to in the most profound of ways; I'm mainly talking about how such a simple act can affect their hearts!

How do you feel when somebody actually **takes the time to express gratitude** and treat you with the respect you deserve? *Surprised? Special? Even elated?*

I would like to now ask you how you feel when your efforts are ignored!

More importantly, how long will you remember the person who extended these simple courtesies to you? What about FOREVER? And who will you think of FIRST when an opportunity to create something special or to do business with presents itself?

However you use these acts, you will be amazed by the effect they will have on the person you send them to. Thoughtfulness and good manners are nothing more than a powerful symbol of the respect we have for the person with whom we are communicating. *And voluntary acts of kindness are never forgotten!* That old saying, "**It's the little things that count**", is as true today as when the words were first spoken. Saying THANK YOU might seem like a very little thing, but in effect, it can wield great underestimated power!

*(Continued on page 5)*



## HERVEY BAY WELLBEING, ANTI-AGING AND LONGEVITY CENTRE LOTUS 'MEMBERS ONLY' WELLBEING NEWSLETTER

*(Continued from page 4)*

There are a myriad of ways to express appreciation. However doing so with WORDS, expressed in a sincere manner, is not only the most straight-forward and uncomplicated way, but surely the most effective. You can send a gift with a card or letter for added impact.

If you want to build a solid and enduring foundation with your friends, loved ones or beneath your business relationships, **show appreciation – to your friends, your loved ones, your associates** – those who you hang around with, if in business - your team, your colleagues, your clients, your suppliers and your associates.

**I find whenever I do; it's never long before the same courtesy comes back to me!**

### WHOLE EGGS: THE MAGIC BULLET?

Consider for a moment the following hypothetical event. Someone hands you the magic bullet for heart disease, which is then injected into a dear family member who has high cholesterol and grossly narrowed arteries. This magic bullet would enable your loved one to overcome the heart and life threatening consequences of such a scenario, with relatively little effort, low cost, and no unpleasant side effects. What if that magic bullet was actually (gasp!) an egg?

Whole eggs have long been falsely accused as a cause of high serum cholesterol and heart disease, mostly because they contain substantial amounts of fat and cholesterol. Strangely, this attitude has been taken on by health authorities without ever studying whole eggs directly.

Recommendations to limit daily consumption were initially based on cholesterol content and epidemiological evidence, such as Ancel Keys' Seven Country Study! Over the next 30 or so years this impression was supported by a continuous deluge of animal and human studies, which heart authorities contended was indisputable evidence of cause and effect?

So certain were authorities that the cause of heart disease had been found that they formed the National Cholesterol Education Program (NCEP), fully expecting (through education) to eradicate heart disease by the year 2000. Well, 2000 has come and gone, fewer eggs are being consumed as planned, but the problem of heart disease still remains .

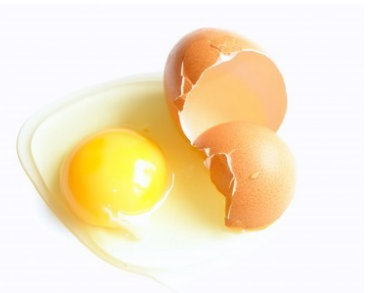
Looking back, nearly all of the early egg studies had serious flaws. They were primarily performed in metabolic wards and caged settings that were far removed from the free-living conditions experienced by most people and animals. Adding to the unnatural design, the test diets generally consisted of dried egg products rich in oxidized cholesterol rather than whole eggs that were free of oxidized products. So the outcome, while convincing too many scientists, fell far short of typifying the conditions under which eggs are normally consumed by people.

Recent studies have lightened the charge against eggs. Nevertheless, the strength and weight of past evidence continues to discourage researchers from proposing a direct clinical trial of whole eggs. Adding to the resistance, institutional review boards generally take the attitude that feeding whole eggs to people would be cruel and inhumane, given the "facts."

So scientists who wish to examine the relationship of eggs and heart disease, have taken to evaluating long-term heart and diet patterns of free living individuals. They compare the cardiovascular endpoints of people who eat eggs against endpoints of those who eat few to no eggs per day.

**Two such examinations in which this has been done are the Nurses' Health Study 3 (involving more than 80,000 female subjects) and the Health Professionals Study 4 (involving more than 40,000 male subjects). To the general dismay of those who have advocated fewer eggs per day, no definitive link could be made between whole egg consumption patterns, higher serum cholesterol, and heart attack risk.**

*(Continued on page 7)*





## The **BIG** Lesson of The Month!

*By Wayne Pickstone*

Another **ALL NEW** section for our Members . . .

Last month exercise was the hot topic and I went on to discuss the 19 Benefits. Two of these benefits included . . .

1. Exercise releases beta-endorphins and exercise can become your natural anti-depressant.
2. **Exercise releases growth hormone, helps in stages III and IV of sleep that is getting into deep HEALING sleep and is considered to be anti-aging.**

In 2012 exercise will be something that will have to be understood at a whole new level, especially if you want to take health to another level. Therefore I would like to continue this all-important topic . . .

### **Want To Exercise But Find It Just Too Hot... Why Not Try Exercising In The Water...**

Aqua aerobics and aqua exercise have been a popular way of keeping fit for years, particularly for people with certain health problems or those recovering from injury. Aqua aerobics or Water exercise is commonly advocated for people with the following conditions:

**Arthritis;** Joint problems; **Soft-tissue injury;** Cardiac patients

Exercises may be performed with or without pool equipment such as hand and feet flippers, different foam floats such as "noodles" and weights. Generally you don't even need to be able to swim to participate in water exercise classes.

Benefits of aqua fitness include:

**Great for all fitness levels . . . Good for weight loss / fat burning . . .**  
**Builds strength and flexibility . . . Excellent cardio-respiratory exercise**

If you don't have classes in your area, a simple way of incorporating water exercise into your regular fitness regime is simply walking, jogging or running in water. You can start this by walking through the shallow end of a pool, increasing the depth to waist or chest-level as your fitness increases. This exercise is great for toning legs and strengthening your hips, as well as increasing cardio-respiratory fitness levels.

Water squats are great for toning your lower body as well: stand in hip-deep water with feet apart. Bend your knees and squat as low as you can comfortably manage, using the side of the pool to steady your balance if necessary (but don't use it to support your weight or you'll lose the effect of the exercise). Return to standing. Repeat 5-10 times.

**Aqua Exercise** benefits . . .

- √ High calorie burning during and after a workout.
- √ **Renews your energy level as it releases stress and tension.**
- √ Privacy of the water: if you hate the idea of jumping around a room full of people in tight gym clothes, exercising under water is a great alternative.

*(Continued on page 7)*



HERVEY BAY WELLBEING, ANTI-AGING AND LONGEVITY CENTRE  
**LOTUS 'MEMBERS ONLY' WELLBEING NEWSLETTER**

*(Continued from Page 6)*

- √ **Exercising in water requires you to support only 50% of your body weight, making exercises easier to perform.**
- √ You don't need any special equipment, although there is a variety of equipment available for variation of exercise, fitness and helping with floatation if required.
- √ **Water's buoyancy lowers the risk of stress-related injuries that some land exercises have.**
- √ The water's resistance against your movements results in a higher workout intensity compared to land exercises.
- √ **A massaging effect is created when your muscles are surrounded by water.**
- √ With indoor pools, it's a great year-round activity; although in the hotter months it's one of the best ways to get a total body workout without overheating.
- √ **You'll come out of the water looking fresher than many other exercise classes: no sweat, and feeling refreshed!**

Before starting any aqua exercise or any exercise program you should speak to your Normal Health Care Provider.

*(Continued from Page 5)*

**Other major studies have resulted in similar conclusions. This lack of support for past recommendations has prompted the new conclusion that eggs are neither a risk factor nor a cause of heart attack. (1) Health Realities**

**Wayne's Comment:** Imagine allowing a study where bed-ridden individuals/patients in a hospital setting were given powdered eggs to see if that affected cholesterol. No wonder their cholesterol went through the roof. Olympic athletes' cholesterol would skyrocket and their arteries would close over if given powdered eggs for only a short period of time. Powdered eggs /PRODUCTS therefore can be very dangerous. This is a major problem with most studies completed today. They are not done with "real life" taken into consideration. Most drugs are released with them doing no harm to mice or rats, usually with **ONLY** a 1 year trial on human volunteers and never done over 20 or 30 years.

No wonder everyday through the media, we are seeing the serious side affects of drugs that once upon a time our researchers scientifically verified as safe, they are now proven to cause serious side affects. All drugs have side affects. ALL DRUGS and some have very, very serious side affects . . . However, I'm very aware that some people need them to survive and it's the drug that is keeping them alive. But our Centre is about prevention not CRISIS Care. And eggs can be a magic bullet to help prevent serious disease.

Remember eggs are to be eaten with the yolk runny and the white not crispy. And if scrambled or an omelette is preferred, don't overcook them. Exercise is always recommended with any lifestyle or preventative approach.

If you ever want local organic eggs that usually have double yolkers (Occurs mainly in winter), where the chooks run **FREELY** outside, the shell of the egg is **NOT** washed with chlorine and you know your getting value for money - then don't go any further. Our loyal clients Max and Pam Alexander have their organic egg farm at Dundowran so if you are a local ,Look for **ORGANIC – FRASER COAST FREE RANGE EGGS** available at Kawungan Butchery, IGA Torquay, Go Natural and Go Vita.



**'LUCKY CLIENT OF THE MONTH CONTEST'**

*The Lucky Member will win prizes valued at over \$380.00*

**WINNING MEMBER NUMBER: 9304**

*If you have the Winning Number—The Centre requires the winner to phone Libby or Anne on (07) 4128 2899 to claim your prize.*

By now you would have received your Lucky Member Number by mail or if you receive the newsletter by email, you would have received your number by a separate email.

If your Lucky Member Number matches the Winning Member Number above, you're the winner for this month! The Centre doesn't call you—the winner is required to phone Libby or Anne on (07) 4128 2899—to claim your prize. Whether you receive the newsletter by mail or email and you are an \*active client of the Centre and you have not received your Member Number, please phone Libby or Anne and they will attend to it immediately. (*\*An active client means you have regular appointments at the Centre*).

The 'Lucky Member of the Month' will WIN the Body Signs Manual and a Massage with Clarence TOTAL-VALUE \$382.25. However, if you are a Phone/Skype Client and are unable to attend the Centre for a massage you will receive the Meditation Guide & CD instead of the massage. **GOOD LUCK!!**

**SOME MORE GREAT CHANCES FOR YOU TO WIN**

*When our Team celebrates—you also get to have fun too!!!!*



**Introducing the Birthday Wheel**.....How it works

is—When one of our Fantastic Team Members are celebrating their birthday....all clients that have an appointment that day have the chance to ***Spin the Birthday Wheel*** and every number wins a prize!! So whichever number you land on you have the chance of winning a Fantastic Prize. *There is a prize of \$300 up for grabs.* Other great prizes include **\$150 Gift Certificate**; *Free Tests* and Free Products.



Wayne celebrated his Birthday during the Christmas break.....so we celebrated his birthday on Monday, 19 December. Here is Ed Morel, one of our fantastic clients, taking his turn to Spin the Wheel. Ed was the lucky winner of a \$150.00 Gift Certificate. Congratulations Ed.

***You never know you could be the next lucky winner!!!!!!***



HERVEY BAY WELLBEING, ANTI-AGING AND LONGEVITY CENTRE  
**LOTUS 'MEMBERS ONLY' WELLBEING NEWSLETTER**

*(Continued from page 2)*

Luckily though you are reading this Newsletter because you have made a choice. The first choice is to look at one's HEALTH. Take on a Health Coach. Get someone to get you to focus with clarity on how you can possibly improve your health.

The 80 percenters want to put their head in the sand. They don't want to find out if their liver is not well, their brain is not functioning properly, their bowel is clogged or whatever is going on. I personally would rather find out so that I can then fix the problem. Putting one's head in the sand is what most do – especially men.

Through testing, I know where I have started and I know where and how I am going. With future tests I know how much more I have to do – if any - except maintain. **My best advice is to understand Ancient Medicine's Wisdom i.e. The answer is understanding how you think.** Find out your saboteurs, pull your saboteurs apart and know them well. For when you do they then have a tendency to leave.

Once understood and that trait / saboteur has left you, from an Ancient Medicine understanding so can the illness or disease. **From Health comes Wealth.**

Today there are many Researchers and Scientists revealing this simple truth. Bruce Lipton PhD is one such author and the book "Vernetzte Intelligenz" written by By Grazyna Fosar and Franz Bludorf is another. However, it's written in German. To read more about the book please go here <http://wake-up-world.com/2011/07/12/scientist-prove-dna-can-be-reprogrammed-by-words-frequencies/> The heading reads "**Scientists Prove DNA Can Be Reprogrammed by Words and Frequencies.**" And there are many more proving Ancient Medicine's wisdom.

But please remember, as I have written on many occasions, from the *German philosopher (1788 - 1860) Arthur Schopenhauer . . . "All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident."* All the above, now famous Philosophers were all firstly ridiculed. Galileo was nearly burned at the stake for his truth. WikiLeaks founder Julian Assange would be an example of someone today trying to expose truth but those in POWER don't want truth brought to the surface.

**Yes 2012 will be an interesting year.**

It will be full of surprises, it will be heart-wrenching at times, it awaits the brave, it will fulfill your dreams, it will stand as a year to test your resolve. Find out your saboteurs, find out where your health is or is NOT. Find out who you are and find out so that you can be one of the 20 percenters, with optimism transferring those positive intentions so that one day the negative influences that NOW plague us can once again leave us.

Your choice . . . choose wisely.

**But I ask you in 2012 PLEASE choose something?**

As mentioned many times before, within articles to magazines / this Newsletter, from the stage and one on one – **Health in the future will be more sought after than gold, silver, real estate or shares.**

*Have a great month.....Regards.....Wayne*



## ARE YOU TAKING CARE OF YOUR EYESIGHT?

### TIPS FOR BETTER EYE HEALTH

**Looking after our eyes**—it is one of the most important things we should do as our eyesight has a huge impact on the quality of our life. However, sometimes we tend to overlook Eye Health. Many eye diseases or disorders are difficult to or cannot be cured once they begin to develop; so taking care of our eyesight is essential for our future.

There are a number of ways we can assist our eyes and we need to remember that prevention methods are better than possibly using medicines or having surgery. The health and proper function of our eyes, as with the other organs of the human body, is often determined by our dietary intake of the correct vitamins, minerals and nutrients. Also eye exercises and relaxation methods can play a significant part in good eye health.

Some eye diseases associated with poor nutrition are:

- **Diabetic Eye Disease**
- **Glaucoma**
- **Cataract**
- **Night Blindness**
- **Dry Eye Disorder**



*Taking care of our eyesight from an early age may play an important role in the quality of our life in the future.*

The above disorders may be helped by eating to protect our eyesight. The foods and supplements to include which may be beneficial are of course, carrots and other orange vegetables like pumpkin and sweet potatoes; your green leafy vegetables; eggs; avocados, parsley, marjoram, ginger and garlic; grapes; berries such as blue-berries, raspberries, strawberries. **From an Ancient Medicine perspective the eyes are governed by the liver so herbs that assist the liver will be beneficial for your eyes as well.** Herbs like silymarin, eye-bright, dandelion, gotu kola, ginkgo biloba and bilberry can be taken in herbal extract form and some are available in supplement form. Also your omega 3's, krill oil and flaxseed oils are very good as they protect the cells of your eyes; and Vitamins A, C and E. Remember to keep up your water intake of at least 6-8 glasses per day for clearer and more lubricated eyes.

A common eye disorder of today's society is **Dry Eye Disorder**. The increase in this disorder is found amongst people who use computers regularly. People that use computers daily tend to stare intensely at the screen and the natural rhythm of blinking is slowed right down. Blinking helps to lubricate the eyes and dry, itchy, red or burning eyes can result with lessened blinking. It is a good idea if you are a regular computer user to practice deliberate blinking whilst working. Each time, make sure that you close your eyes so that you can't see and keep them closed for just a second. The eye needs to blink about 12 times per minute.

A tried and tested remedy for itchy, sore eyes is also taking the time to relax with a tepid, moist chamomile tea bag on each eye for about 10 minutes. Chamomile has wonderful anti-inflammatory properties.

If you feel your eyes need a little nutritional boost, speak to Wayne at your next appointment and he will discuss which herbs or supplements may be right for you and your eyes.



# HERVEY BAY WELLBEING, ANTI-AGING AND LONGEVITY CENTRE LOTUS 'MEMBERS ONLY' WELLBEING NEWSLETTER

## Hervey Bay Wellbeing Anti-Aging & Longevity Centre's Membership Benefits

### BRONZE Level of Care or Our Corrective Care Program

Our Corrective Care Program is designed for the person who wants to do more than just treat their symptoms; it allows us to find the cause of your health challenges according to Ancient Chinese Medicine and Ayurvedic Medicine. A detoxification and cleansing regime is commenced to assist the healing of the four primary filters of the body. The four filters consist of the **Digestive System**, the **Liver**, the **Immune System** and the **Kidneys**. The testings undertaken in Corrective Care are: 1.. Hemaview (Live Blood Cell Analysis) 2. Heavy Metal Test 3. BTA - Biological Terrain Assessment. It also includes \*10 Tailored Corrective Care Naturopathic Appointments \* Information including CD recordings educating you on health \* Weekly e-mails \*An open phone line for any questions or queries\*

### GOLD Level Of Care or Our Wellness Care Program

Our Wellness Care Program takes you a step above what Corrective Care offers and is for those who would like to go further with their Health Restoration. The extra testings which are undertaken in this program gives a more accurate assessment of your body's health. They include all of the tests in Corrective Care plus: 1. Candida Test 2. Helicobacter Test 3. Celiac Testing 4. Iris and Sclera Photos 5. Lifestyle Evaluation 6. Lifestyle Appraisal Questionnaire 7. Concepts of Health Questionnaire 8. Blood Tests Including Cholesterol and Glucose 9. Organ Function Test -Ryodoraku 10. Vitamin C Test 11. Gut Bacteria Test 12. Anti-Oxidant Test 13. Complete Organ Function Screen (ETEC) 14. Bio Health Evaluation (BHE) .

### PLATINUM Level Of Care or our Preventative Care Program

This level is for those who are truly committed to health restoration. The Preventative Care Program is an individually tailored program, especially designed to gain an understanding of how the body works and how to improve overall health. The program includes all the tests from both the Corrective and Wellness Programs along with a series of blood pathology procedures conducted outside the Centre. This blood profiling gives us a fast track to the healing process and looks at the toxic footprints that may lead to possible future health challenges. These results reveal the Six Sub-clinical defects including: Oxygen Depletion; ph Imbalance (Acid Stress); Free Calcium Excess; Chronic Inflammation; Connective Tissue Breakdown and Oxidative Stress.

### DIAMOND Level of Care

The Diamond Level of Care is where you now enter a Specialised Field of Naturopathic work. Think of it like going to a Specialist. It has 3 Elite Levels **(1) Successful Aging Program**—you receive all the benefits of all previous levels plus a series of specialised blood pathology testing and an Infrared Scan and also look at how emotions and stress can help to retrieve health and wellbeing once removed. **(2) Biogenetic Care**—From the Biogenetic Level up we start to look at your genetic profile. Imagine how important it would be knowing that your genetic profile suggests you have a 30% chance of a serious disease like cancer. Once known precise steps can be implemented to reverse what your genes are revealing. You receive all the benefits of all previous levels including the Successful Aging Program plus we look at your genetics and genetic markers; and **(3) Optimal Health Care**—you will receive all the benefits of all previous levels and will be given UNLIMITED access to myself, with UNLIMITED Naturopathic appointments and appointments with our Medical Intuitive, Lorraine Mill.



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**Disclaimer:** The entire contents of this newsletter are based upon the opinions of the Hervey Bay Wellbeing, Anti-Aging & Longevity Centre. The information in this newsletter is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Wayne Pickstone and the team at the Hervey Bay Wellbeing, Anti-Aging & Longevity Centre. The Hervey Bay Wellbeing, Anti-Aging & Longevity Centre encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional. Sometimes people don't like receiving informative newsletters and I apologise in advance. However, I genuinely want to help you with your health... I'm genuinely concerned that you receive the most up-to-date information in a timely manner... If you wish to be taken off our mailing list, please contact us on (07) 4128 22899.



INSPIRATIONAL QUOTE OF THE MONTH

***“Change the way you look at things and the things you look at change.”***

~ Wayne W Dyer

**Salmon Rice Salad**

**Ingredients:**

- 1 cup basmati rice
- 150 g fresh salmon fillet
- 60 g snow peas
- 4 asparagus spears
- 6 basil leaves, torn
- 2 teaspoons olive oil
- 2 teaspoons rice wine vinegar
- 2 teaspoons Organic soy sauce

**Method:**

1. Cook rice in simmering water until tender, stirring occasionally. Drain and refresh under running cold water .
2. Steam the salmon until cooked and let cool. Coarsely shred the salmon into bite size pieces and put aside.
3. Blanch the snow peas in simmering water. Refresh and put aside.
4. Cut tough stalks from the asparagus spears and blanch the spears in simmering water, refresh and put aside.
5. Add basil leaves and toss all the ingredients together in a bowl and then dress with oil, vinegar and soy sauce.

**Serves 2**



**THE POSITIVE ATTITUDE ZONE**

Introducing a new section for the back page of our Newsletter — ***The Positive Attitude Zone***. Each month we will bring you an inspirational, positive attitude tip to apply to your life. A positive attitude is so very important for success in all areas of your life. Bringing further clarity to Wayne’s Main Article on the first page.

**JANUARY’S TIP: *Wake Up Early*** (Good place to start)

How many of you would agree that getting an early start on the day generally creates a day in which you achieve much more, lending itself to an attitude of positivity and a feeling of accomplishment?

By waking early, you can enjoy doing something for yourself to begin the day like meditating, exercising, or reading. It is also a great time to get a head start on things—often without interruption and you can tick the items off your to-do list very quickly.

If you have time the night before—plan the next day as best as possible, making a list of what you need to do. You’ll find planning seems to allow you to attend to everything much more efficiently; your day has purpose and you’ll finish the day with an awesome feeling of achieving what you set out to do. A little organisation goes a long way!

Even jot down what you plan to eat throughout the following day as this really helps you to keep on track with your healthy eating habits.

***Wake up early, rise with a purpose and enjoy every moment of the day!***



***Waking up early allows you some time for yourself to meditate or exercise—starting the day in a positive way!***