



Happy New Year

Vitalchi Wellness Sanctuary would like to wish all of our clients a happy and healthy new year. Whether your calling it two thousand and ten or twenty ten, this year our hope for everyone is that you find the strength to follow your heart and your passion. We hope you have the courage to take steps towards making those changes that you know you need to but fear prevents you from doing. We also hope this year brings you great health and well-being. As they say *"he who has health has hope and he who has hope has everything."* *Thomas Carlyle* Let this year be your year of everything.

Confused about how to read labels in the supermarket?

"Then you need to go on a guided shopping tour with Tess our nutritionist."

Find out about current healthy food choices, reading food labels and being a smart supermarket shopper. Grocery shopping can be challenging, especially given the quantity and variety of foods on our supermarket shelves. However, with the right knowledge and skills, choosing healthy foods can be made easy. Our goal is to not only help you to feel confident about what products to buy to feed yourself and your family, but to also help you enjoy and discover the "healthy side" of your supermarket. The tours are interactive and will benefit people who want to reduce their weight or improve other chronic lifestyle diseases. On the Supermarket Tour, you will learn how to read and interpret the information on a food label and how to differentiate between terms like low fat and reduced fat, light, salt reduced, no added sugar, organic and natural.

The cost is **\$25** for current clients and **Free for all NEW clients who book a initial nutrition consultation during the month of February.** Don't miss out on your chance to become a smart shopper! Call Vitalchi Wellness Sanctuary on 9894 0014 to make a booking today!

Empowering Pregnancy and Natural Birth—New Service at Vitalchi

Carol Goddard a qualified life coach who has a back ground in midwifery, natural birth and breast feeding, is bridging the gap between what is offered as standard ante natal care and your inner yearning for the full experience of natural pregnancy and childbirth. This unique program is designed to prepare you for the miracle of birth and motherhood.

What is the program?

Starting at week 32 of pregnancy, Carol will take you through powerful visualization techniques that help prepare and clear the way for you to experiencing a calm, natural and empowering birth. Every second week until week 36 you will have an intimate session with 2 other women sharing your excitement, fears and concerns about childbirth and becoming a mother. You will be encouraged to shed old belief patterns that you do not want to pass onto your child and be gently supported and encouraged to trust in your own body and it's ability to birth naturally.

The last session, held 4 weeks after childbirth, is to help you connect with your child, help with breast feeding, should you choose to, and to help with any issues that often occur for new mums.

You would benefit from this program if:

- You have any wounds from your past that need healing before you become a mother
- If you have experienced previous birth traumas
- If you would like to connect with your child on a deeper level
- If you are nervous about becoming a new mother
- If you are scared you will loose yourself in motherhood and lose your identity
- If you want to experience a natural birth that leaves you feeling empowered
- Celebrate you transition into motherhood

What does it cost?

4 sessions, 60minutes each in length

Session 1 is held at around 32 weeks, **session 2** is at 34 weeks, **session 3** is at 36 weeks and **session 4** is 4 weeks after the birth. Groups will be no more than 3 women.

For all 4 sessions the cost is \$195 per person, paid in full at the first session. Partner and private sessions are also available

When are the classes held?

Classes are available Saturday from 9am—2pm



EIS—It could save your life

The EIS is a scientifically validated device designed to scan and read your internal organs. It was designed by a medical practitioner who wanted a way to pick up on changes to the organs, tissues and cell function BEFORE disease took place.

A simple explanation of how the machine works

The EIS uses low level frequencies to see how your cells and organs respond. In a healthy body electrical impulses will travel at ease from the surface of a cell to the next cell, in disease and inflammation cells absorb the charge or repel the charge depending upon the changes taking place. The EIS can pick up on these changes which alerts us that there are cellular changes taking place.



What can the EIS measure

- Digestive System—Inflammation in particular areas of the bowel, function of peristalsis, sphincter function, gastric secretions and more
- Cardiovascular System—Inflammation of the heart and surrounding arteries that may indicate the beginning of heart disease
- Brain and Nervous System—increased nervous system activity, predisposition to anxiety and depression
- Hormones—Dopamine, serotonin, Cortisol, Thyroid function and more
- Bladder and Kidney Function—inflammation, decreased organ function
- Body composition including Fat mass, Lean Mass, Muscular Mass, Intracellular Water, Extra Cellular Water
- Hormonal Balance, including DHEA (longevity hormone), Thyroid, Leptin, Insulin, Cortisol, TSH, Aldosterone, Adrenal hormones, ADH (Stress hormones)
- Mineral levels—magnesium, calcium, phosphorous and more
- Hardening of the arteries and capillaries in the brain—excellent in the detection and prevention of early Alzheimer's
- pH, Oxygen and CO2 levels, Hydrogen, Bicarbonates, Concentration and Bone Density.

Why should I have a scan?

Prevention is always better than cure. The EIS allows us to pick up things we may otherwise miss, especially since it picks up tissue changes BEFORE symptoms occur. I have also used the EIS with great success in clients I have been treating for a long time, and in all cases so far the EIS has given us a greater understanding as to why some symptoms seemed harder to treat. It often gives us the missing piece of the puzzle.

What's the cost and what's involved in a scan?

An initial scan is run by one of our technicians or qualified naturopaths / nutritionists. It costs \$197 and takes about 20minutes. You then come back for a report of findings with one of our qualified naturopaths or nutritionists. The reports we read off are complicated and can take us a bit of time to interpret due to the volume of information the EIS generates, most cases often require additional research. From this your practitioner will suggest appropriate treatment plans tailored to you.

For February only we are offering 20% off your first EIS scan

That's a **saving of \$39.40** Hurry this fantastic diagnostic test is proving hugely popular call the clinic today on 9894 0014 for booking and enquiries.

Motivation Vs Inspiration

Most of us will agree that at various stages of our lives we feel the we need to be more motivated. We think that if we just more motivation, discipline or focus then we could get all these “things” we need to get done. We believe all we need to be successful is more motivation.

This begs an interesting line of thinking.. are there any of us that don't want to be successful? I mean, do any of us wake up in the morning and think “gee, I would love to be a failure today!”

So if we can agree that none of us wake up want to be a failure we can fairly and safely assume that our goal or desire is to be successful and succeed. Now what “success” means to each of us differs and is unique. For the fisherman, success is quite different to the stockbroker or the violin teacher. But nonetheless we still go about our day with the underlying goal of working or trying to get things done in order to be successful.

If we want and desire to be successful why would we need to be motivated to get off our backside and actually get out there and take some action towards achieving it?

The answers lay with what is called our Values.

What are Values?

Values are simply an emotional state we aspire to feel most of the time. These are feelings or emotions that we physically experience i.e. the feeling of excitement or the feeling of security. Each individual has an emotional state that is more important or more VALUE-able than another. There is no ‘right’ or ‘wrong’ value or emotion to aspire to it is simply what is most important to you. Furthermore our values determine our behavior. We make 100% of our decisions and take (or not take) action according to our Values. We make decisions and act based on what we believe will best fulfill our Values.

The example below illustrates the point:

Mary values excitement very highly, almost as her number one Value in life. Sarah on the other hand highly values security and feels it is of utmost importance to her. They have been given a choice between two activities, 1. Go sky-diving or 2). Go to a seminar on “How to make your home more secure from burglars” . Now what choice Mary and Sarah will make about the activity they will do for the day? Its pretty obvious isn't it? Mary will go for the sky-diving and Sarah will opt for the seminar.

If you were to ask them why they made their respective choices, Mary would likely respond “Sky-diving is exciting and such a rush, it's so thrilling!” Sarah would likely answer something to the effect of, “The seminar will be informative, interesting and useful.”

If you asked Mary why she didn't to the seminar very likely she would say “because it would be boring!!” Sarah would comment about not going sky-diving “Don't be ridiculous, sky-diving is dangerous are you insane I could be seriously injured or die!”

Two people, two situations, and two responses that are vastly different based upon their own Value Systems. This is how powerful our Values are at shaping the decisions we make and the lives we lead.

So where does motivation fit in?

We only ever need motivation when are trying to get ourselves to make a decision or take some form of action that is not in line with our highest Values. Mary will need little if any motivation to go sky diving because it is such an emotionally fulfilling activity for her. With excitement as one of her highest values, it's very likely a day spent sky-



diving, white water rafting and rock climbing would be her idea of heaven. Likewise Sarah would hardly need motivation or have to “will” herself to go to the seminar. It’s a natural, easy and obvious choice for her.

Now if we reversed the two, switching their activities, then all of a sudden Mary would need motivation, she would need to somehow discipline herself, be pushed or be forced into going to the seminar. Mary would need to convince herself to go.

The same with Sarah, she would have to convince herself and get some motivation in order to go sky-diving. So when Mary and Sarah are taking an action that they do not Value they need motivation, they need will power and they need discipline. When they are taking an action that is aligned with their highest values, they are pulled, drawn to and are INSPIRED to do it.

When we have the opportunity to take action that is aligned with our highest Values we become INSPIRED. When we are faced with the opportunity to take action that is not aligned with our highest values then we need MOTIVATION to do it.

Let’s take Health as an example, seems fitting with all those new years resolutions.

Two people have decided at 12midnight January 1, 2010 that they were going to become fit and healthy. Now as most people who make this resolution do, they joined a gym or came to Vitalchi! If we were to watch them over the next 3 months I guarantee just by looking and observing them we could pick which one is INSPIRED to be fit and healthy and which one is MOTIVATED. Furthermore in a year or 2 or 5 years time we could very easily tell which one was INSPIRED and which was MOTIVATED, the one still at the gym still eating healthy foods was inspired one and the one who long since quit and is on the couch eating takeaway is the one who was just motivated.

So are you getting the picture? Maybe it’s all too hard because being fit and healthy, for example, isn’t aligned with your highest values.

“But I want to be fit and healthy, so what now?”

You have two choices:

1. Change your goals to match your values or,
2. Shift your values to match your goals

Focus on becoming INSPIRED to take action to achieve your goals. If you do this you will have an insatiable drive to get out there and do all you can to achieve it. You won’t need motivation or someone telling you what to do, you will have all the drive, discipline and reliability coming from within and best of all, you will love doing it!

How do I change my values?

Jarrold Bailey our resident Kinesiologist has a passion for working with people and their values and goals, having great success in aligning what you want to achieve with your values so it becomes easy to achieve them. For the month of February and March he is offering \$25 off an initial 60min kinesiology session (normally \$127 now \$102) where you can work with him and finally stop the internal battle and the need for more motivation.

\$25 off an Initial Kinesiology Session with Jarrod Bailey.

Normally \$127 NOW ONLY \$102

The evils of Aspartame

"Aspartame is, by far, the most dangerous substance on the market that is added to foods."

Aspartame is the technical name for the brand names NutraSweet, Equal, Spoonful, and Equal-Measure. It is added to over 5000 products including diet drinks, chewing gum, protein powders, most things stating to be sugar free and almost all diet products. Aspartame accounts for over 75 percent of the adverse reactions to food additives reported to the Food and Drug Administration FDA. It has also been linked to triggering or worsening many chronic health diseases like brain tumours, multiple sclerosis, epilepsy, chronic fatigue syndrome, Parkinson's disease, Alzheimer's, mental retardation, lymphoma, birth defects, fibromyalgia, and diabetes. The Philippines has banned Aspartame and the importation of any substance containing aspartame into their country, Mexico is also considering the ban!

Aspartame is made up of three chemicals: aspartic acid, phenylalanine, and methanol.

Aspartic Acid (40 percent of Aspartame)

A book recently published by Dr. Russell L. Blaylock, a professor of neurosurgery at the Medical University of Mississippi, has linked aspartame and MSG to causing serious neurological disorders. The excess aspartic acid slowly begins to destroy neurons. The large majority (75 percent or more) of neural cells in a particular area of the brain are killed before any clinical symptoms of a chronic illness are noticed. A few of the many chronic illnesses that have been shown to be contributed to long-term exposure of Aspartic acid include: Multiple sclerosis (MS), ALS, Memory loss, Hormonal problems, Hearing loss, Epilepsy, Alzheimer's disease, Parkinson's disease, Hypoglycaemia, AIDS, Dementia, Brain lesions, Neuroendocrine disorders

More acute symptoms of Aspartic acid poisoning include: Headaches/migraines, Nausea, Abdominal pains, Fatigue, Sleep problems, Vision problems, Anxiety attacks, Depression, Asthma/chest tightness

Phenylalanine (50 percent of aspartame)

Phenylalanine is an amino acid normally found in the brain. People with the genetic disorder phenylketonuria (PKU) cannot metabolize phenylalanine. This leads to dangerously high levels of phenylalanine in the brain (sometimes lethal). It has been shown that ingesting aspartame, especially along with carbohydrates, can lead to excess levels of phenylalanine in the brain even in people who do not have PKU. Excessive levels of phenylalanine in the brain can cause the levels of serotonin in the brain to decrease, leading to emotional disorders such as depression.

Methanol (aka wood alcohol/poison) (10 percent of aspartame)

Methanol/wood alcohol is a deadly poison. When the methanol is heated in the body (over 30°C), it is converted to formaldehyde and formic acid (the poison found in the sting of fire ants), which then accumulates in the cells. Formaldehyde is a deadly neurotoxin. Heavy users of aspartame-containing products consume as much as 250 mg of methanol daily or 32 times the safe recommended limit.

Symptoms from methanol poisoning include headaches, ear buzzing, dizziness, nausea, gastrointestinal disturbances, weakness, vertigo, chills, memory lapses, numbness and shooting pains in the extremities, behavioural disturbances, and neuritis. The most well known problems from methanol poisoning are vision problems including misty vision, progressive contraction of visual fields, blurring of vision, obscuration of vision, retinal damage, and blindness. Formaldehyde is a known carcinogen, causes retinal damage, interferes with DNA replication and causes birth defects.

While working in Canada in a town with a high military population I witnessed the terrible side effects that Aspartame can cause. Troops returning from Saudi Arabia had been drinking diet drinks that had sat on the tarmac in 37 degree heat for 2 days. The result was that the drinks were full of methanol and I can tell you the effects were horrific, with people going blind, getting depression, memory loss and more. Because of this diet drinks in the USA and Canada are now transported in refrigerators, this is NOT the case in Australia and often products will sit in trucks and warehouses at high temperatures.

Aspartame is also often disguised in products under the name nutra-sweet, 951, 950, and Acelsultame F.

