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A Beiersdorf Company

Spiral Lift[™] Knee Support

No.44



Spiral Lift™ Support for form fitting knees.

- 1. Form fitting support Shaped to fit the knee.
- Easy to put on Pulls on over the foot, up over the knee like a heavy stocking. Quite comfortable to wear.
- Comfortable Spiral Lift product is designed to provide comfortable fill.
- Durable Fully washable. Made to give long, effective service with proper care.

This Futuro[®] Spiral Lift[™] Knee Support is designed to give reassuring support to a weak knee. It can help nature repair injured ligaments and other tissues by taking some of the strain off the joint. People engaged in everyday activities and sports often wear this support to prevent scuffs and bruises, as well as for support. However, it is not designed to protect against severe impact. Those who stand on their feet for long hours may find it helps them to avoid knee pain and stiffness. It can also provide breathable, comforting warmth for a painful knee joint.

The spiral design of this quality Spiral Lift[™] Knee Support gently holds tender and sore muscles of the knee. This product offers firm support and permits movement without slipping or rolling. It's easily reversible for right or left knee. This Spiral Lift[™] is available only from Futuro! We create products to Support Your Active Life!

If you have any questions about this product, please consult your physician.





Knee Support





RIGHT KNEE

LEFT KNEE

- The Futuro knee support is reversible and may be used on both left or right knee.
- · Position the Futuro® label about 2 inches above your knee, as shown.

Why Elastic?

Elastic webbing acts like a muscle because it is made much like a muscle. The long fibers stretch and contract to conform to body shape, at the same time, they exert constant pull or tension, just as the muscle does. The elastic fabrics used in Futuro products are specially made to give the controlled amount of tension needed for proper support in a variety of uses.

Care of Spiral Lift[™] Knee Support

To clean this product, wash it gently with mild soap in lukewarm, not hot, water. Rinse thoroughly in warm water to remove all traces of soap. Do not bleach. Do not wring. Instead, wrap in a terrycloth towel to remove excess moisture. Remove from towel and allow to air dry at room temperature away from heat and sunlight. Do not dry-clean. Cleaning fluids, oils, salves, direct sunlight and contact with metallic copper will shorten the life of elastic fabrics, as will dirt and body fluids which are not removed by frequent washing.

Futuro guarantees its products to be of the highest guality. If you should receive a defective product, please wash and return it. Futuro will replace any such product free of charge.

See your pharmacist for these fine quality Futuro products, or write directly to Beiersdorf Inc. for information:

Knee Braces Wrist Braces Ankle Braces Elbow Braces Sacroiliac Brace

Hernia-Aid Abdominal Support **Rib Belt** Support Hosiery Athletic Supporters Thermo Comforters Supporter Belts

Suspensories Posture Aid Elastic Bandages Slings Splint Wrist Braces

Home Health Care products, including crutches, canes, wheel chairs, commodes and many other bathroom safety products.

How to Prevent Pregnancy-Your Contraceptive Options

Ask your Doctor today!

YOUR OPTIONS

All contraceptive methods can work, *but they are not all right for all people*. The choice is often a difficult one. You may have to consider convenience, cost, effectiveness, side-effects, privacy and religious principle. It is not only birth control methods that differ; so do the people who use them. They vary in age, in sexual activity, in whether they want eventually to become pregnant, in their ability to remember to take pills regularly, and in a host of other ways. The choice is yours, but only by knowing what all the options are can you be sure of choosing the method best suited to your needs.

Key factors	Barrier (condom/ diaphragm	IUDs	The pill	Injectable contraceptive
Reliability	Low	High	High	High
Convenience	Low	High	Moderately high	High
Length of protection	One sex act	Up to 8 years	Continuous if taken daily	3 months (12-14 weeks)
Return to fertility after stopping use	Immediate	Immediate	Immediate	1-15 months*
Requires visit to clinician to stop	No	Yes	No	No
Privacy of use	No	Usually (string may be felt by man)	Requires supply of pill	Yes
Protection against STDs/AIDS	Yes (some)	No	No	No
Other health benefits	No	No	Yes	Yes

This chart summarises some of the most popular contraceptive methods. For more details, consult your doctor or other health care practitioner.



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I certify that I have received this medication and the information relating to any entitlement to free or concessional pharmaceutical benefits is not false or misleading.

Date of Supply

Patient's or Agent's Signature

Agent's Address



AN EFFECTIVE BOTANICAL CREAM FOR PROBLEM SKIN

Sausage Tree Cream is a safe, natural alternative specifically formulated to improve the look and feel of skin damaged by prolonged exposure to the sun.

Sausage Tree Cream works to repair dry damaged skin and reduce the signs of premature ageing.

SPECIAL FEATURES:

- All natural
- Non Toxic
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- Colour Free
- Lanolin Free
- · Easy to Apply
- Non Staining
- Perfume Free
- For pre and after sun care
- On any area including the scalp
 At any age including babies
- Under Make-Up

APPLICATION:

ausage Tree

Cream

USE:

Apply regularly, at least twice a day. Response time varies according to skin type and extent of problem, many people report the complete disappearance of symptoms within 2 weeks of frequent application. However, some long-standing conditions may take weeks or months to respond.

FIRST TIME USERS apply initially to a small area. sensitivity is rare but could occur, as with any product. See label for instructions

SAUSAGE TREE CREAM is available in

- 30ml Jars at \$18.00 plus Postage & Packing
- 60ml Jars at \$34.00 plus Postage & Packing Enquiries welcome for wholesale orders

Zambezi Products PO Box 1083 Mullumbimby, NSW 2482 Ph/Fax 61 2 6688 4544 www.zambezicream.com

This cream is a natural herbal product. We make no claim to a medicinal cure. If symptoms persist see your doctor

WANTED... People to research and pioneer the amazing field of Reverse Speech

The psychology break- through where you actually "hear" the voice of your own soul!

Did you know that your unconscious mind is constantly speaking in audible messages that can actually be heard? David John Oates an Adelaide researcher in the field of "Reverse Speech" has confirmed this with thousands of audio investigations and documentation for the previous 19 years.

David started his quest in 1983 with the rumour of **music** containing hidden lyrics, which he found and confirmed for himself as thousands of other did at that time. David then went onto recorded conversations and found more examples, in fact <u>on every person reverse speech has</u> <u>been found</u> in grammatically correct sentences! David has now become a best selling author with his book "Reverse Speech - The Voice of the Unconscious".

Any recorded speech when played backwards contains reversals that appear as very clear forward phrases amid the backward gibberish. Generally they verify and expand upon the subject being discussed, and they also never lie ... they always tell the TRUTH!



David John Oates - Founder of Reverse Speech technologies

David Oates is looking for people who wish to earn their living from reverse speech work with others by using reverse speech as a consulting tool, an investigative tool and a powerful insight tool into people's own inner working of their mind.

Reverse Speech training begins in Byron Bay the 8th and 9th of February 2003, A free information night will be held Monday the 9th of December starting at 7:00pm at Samadhi's, East Point Arcade, Johnson Street, Byron Bay

Become one of the pioneers in this new and exciting field. Call now on 02 6685 9951 to find out more about this amazing way of working with people or visit www.reversespeech.com for more info.



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REMEMBER

A PAP TEST CAN SAVE YOUR LIFE.

HUMAN PAPILLOMA VIRUS

NSW CERVICAL SCREENING PROGRAM

The NSW Cervical Screening Program is a joint Commonwealth/ State initiative managed by Western Sydney Area Health Service



N- AN



WHAT IS HPV?

The Human Papilloma Virus (HPV), also known as wart virus, is one of the most common viral infections. Both men and women can be affected. The virus can infect the skin surface of any part of your body, including the vagina and cervix. More than 100 types of HPV have been identified so far, but only some of these infect the genital area. Your risk of being exposed to HPV in your lifetime is more than 70% however only 15% of the population have an infection at any one time.

WHERE CAN I GET MORE INFORMATION?

- Your general practitioner and/or specialist
- NSW Cervical Screening Program :
 - 131 556 (toll free)
- http://www.csp.nsw.gov.au

WHAT ABOUT THE FUTURE?

Sometimes HPV infection can recur. Though treatment can remove vis ble warts and any abnormal cell changes it may not necessarily remove the virus from your system. Visible warts may also recur due to re-activation of HPV in your system. As well further infection could occur if you come into contact with a different type of HPV. There is no evidence that HPV infection will affect your ability to have children.

You should keep having regular Pap tests as this will reduce any chance you have of developing the abnormal cell changes that could, if untreatec, lead to cervical cancer.

HOW DO I KNOW IF I HAVE IT?

A few people with HPV have a soft warty growth in the genital or anal area that you can see with the naked eye. This is called "clinical infection".

More usually HPV cannot be seen by the naked eye and there are no symptoms but it is found when cells are examined under a microscope. This is called "subclinical infection".

Most people don't develop visible warts and most people don't have any symptoms. It may be that the first you know about the presence of HPV is when you get the results of your Pap test. In NSW HPV is found in approximately 2% of Pap tests each year.

HOW DID I CATCH HPV?

You can catch HPV through close skin to skin contact, usually sexual in nature. HPV may also, although rarely, be passed on from contact with non-genital warts (e.g. on the hands) and mother to baby, in the womb or during the birth.

Signs of HPV infection can appear within 3 to 12 months. However, sometimes HPV is present but can be dormant in your system for 20 years. This is called "latent infection". It causes no symptoms and cannot be seen with the naked eye or detected by a Pap test. So it may be impossible to say how you caught HPV. Both men and women can carry the virus without knowing it because they have no symptoms.

DOES MY PARTNER NEED TREATMENT FOR HPV?

HPV can be transmitted between sexual partners even if there are no signs of infection. Condoms do not provide complete protection against HFV although they offer good protection from many other sexually transmitted infections. Most doctors believe that only visible warts should be treated. Your doctor may advise that your partner have a check up to see if there are any visible warts.

WHAT IS THE TREATMENT FOR HPV?

The **colposcope** is like binoculars which sit on a stand at the end of an examination couch and is used to magnify and look at the cervix. The colpscopy shows where the abnormal cells are and what they look like.

A **biopsy** is a very small piece of tissue, usually only a few millimetres in diameter. The biopsy is important as it allows a more accurate pathology assessment of the cells than the Pap test, which only gives an indication that there are cell changes.

These procedures are usually simple and require only a visit to the doctor's surgery, or a day visit to a hospital or clinic.

HOW SERIOUS IS HPV?

Some types of HPV are linked to abnormal cell changes in the cervix which place women at a higher risk of developing cervical cancer. However, the exact nature of the risk is unclear as **most** women who carry the HPV virus never get cervical cancer. In general a woman's immune system will fight the abnormalities caused by the virus but it's not possible to tell in which women HPV will stay the same, disappear, or progress to something more serious.

If HPV is identified on your Pap test result you should start having regular checks to see whether there are any cell changes developing that could lead to cerv cal cancer.

WHAT IS THE TREATMENT FOR HPV?

HPV infection is usually cleared by the body's own immune system over a period of 12 to 18 months so treatment may not be necessary. However treatment may be needed when the HPV infects the cells of the cervix and produces abnormal cell changes.

Abnormal cell changes of the cervix are called "Cervical Intra epithelial Neoplasia" (CIN) or "Cervical Dysplasia". CIN is graded from CIN1 (mild dysplasia), CIN2 (moderate dysplasia) to CIN3 (severe dysplasia). A majority of women with CIN1 usually return to normal without any treatment. CIN2 and CIN3 are generally treated because of the risk of progressing to cancer.

*

If your Pap test results show that the **HPV is associated with abnormal changes** in the cells of the cervix, your doctor will recommend that you have a *colposcopy**. The doctor may also take a *biopsy** using local anaesthetic.

If your Pap test showed you had **HPV alone**, your Pap test will be repeated in 6 months. If the HPV is still present after 12 months your doctor will usually recommend that you have a colposcopy. Depending on the results of the colposcopy or biopsy, you may simply be advised to have more frequent Pap tests or, it may be recommended that the abnormal cells be removed.

Visible warts can be treated by laser, cautery, or painting with a chemical treatment the affected area so the warts fall off. There is now also a cream available which can be applied at home and helps preve recurrences. You should talk to your doctor about this.

* see over page for an explanation of these procedures

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October

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Sound Therapy INTERNATIONAL Pty Ltd

Sydney South NSW 1235

PO Box A2237,

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Mr Peter Hamilton 1/50 Paterson St BYRON BAY NSW 2481

September 2002

Dear Mr Hamilton

Hello and welcome to the 5th issue of Listeners Voices. As a special incentive for you in this issue I invite you to begin your listening program by tempting you with our new bonus packs. Gregorian chant is a restful and inviting listening experience with its natural, organic rhythm. It will enhance your experience of Sound Therapy. Our special offer ends October 31, so be sure to call us to order before then.

The highlights in this issue are:

New Bonus Packs-limited offer

Extra Gregorian Chants and information tape included as a bonus...see page 1 Gift Idea

Christmas is around the corner! Sound Therapy books make thoughtful and unique gifts and I will personally inscribe your message and sign your books for your loved ones...or yourself! And save \$5 on each book...see page 1

The Sydney Mozart Players-our sponsorship

CD's at a special price and concert tickets available...see page 3

Quantronic Resonance System

Pulsating Electromagnetic Fields ease pain...see Page 3

The latest on toxicity in your bathroom

Non-toxic products at a special non-toxic price...see Page 4

I hope that you enjoy our newsletter and I look forward to including you as one of our listeners soon.

Warm regards

Rafaele Joudry

Rafaele Joudry Director-Sound Therapy International Pty Ltd

PS...I draw your attention to page 2. I have included some listener's success stories from our own database.

Is there a charge for Vision Assist services?

There is usually no direct charge to people using Vision Assist, however some appointments are bulk billed to Medicare or the Department of Veteran's Affairs.

Most equipment recommended in Vision Assist Centres is available for purchase through the Equipment Resource Centre at Royal Blind Society.

Who is eligible to receive Vision Assist services?

These services are available to anyone living in NSW or the ACT with a vision impairment that cannot be corrected by glasses. A referral from a doctor is not necessary, although a recent examination by an eye specialist (ophthalmologist or optometrist) is recommended before referring to Vision Assist. Vision Assist Centres are located in Royal Blind Society offices as well as a number of community based settings. To obtain information on your nearest Vision Assist Centre or for further information about services call 1300 134 560.

We have offices in:

- Albury
- Canberra
- · Coffs Harbour
- Enfield (Head Office)
- Gosford
- Lismore
- Moruya
- Newcastle
- Orange
- Tamworth
- Wagga Wagga
- Wollongong

For more information about our services call

1300 134 560

A division of Royal Blind Society

Vision Assist Services

Vision

Assist

Many people, across all ages, have a vision impairment that cannot be corrected by glasses. Vision Assist is a program of integrated services for people of school age and older designed to help people to use their remaining sight more effectively.

Vision Assist Centres

In our centres across NSW and the ACT specialist staff are available to assess vision and provide services based on each individual's needs.

Recommendations are made to help clients make the most of their remaining vision in the home, at school or work.

Reports outlining recommendations can be provided to a third party with a client's consent. This is often useful for informing an employer, teacher or doctor about a person's needs.

Bigger, Bolder, Brighter!

In Vision Assist Centres clients receive advice and information about using magnification, lighting and contrast. These "bigger, bolder, brighter" techniques can often provide the answers for managing everyday tasks.

Equipment Solutions

Information on a wide range of equipment is offered to assist in daily living activities like cooking, pouring a cup of tea, sewing, handling money, and seeing the blackboard at school.

A range of magnifiers, telescopes, and closed circuit televisions which help with



A large button phone makes dialling numbers easier.

reading and writing are available for demonstration in Vision Assist Centres.

Practical Assistance

Adults and children can participate in individual or group training programs to experiment with different techniques to help with managing everyday activities.

Training in orientation and mobility skills is provided to assist people with vision impairment to get around safely in their community. Courses covering safe kitchen skills and other daily living tasks are also available.

Client Support

Some people need support in managing the emotional impact of vision loss. This assistance is provided through individual counselling and group programs, as well as peer support opportunities to meet other people who have a vision impairment.

Children, adolescents and their families also have the opportunity to meet people facing similar challenges through attendance at camps and recreational days.

the miracle nutrient to combat the effects of ageing

MSM provides a means of providing this essential mineral in a readily-absorbed form. However, although sulphur is essential for life, unfortunately, as we age, our own natural levels of MSM decline resulting in a range of health problems that includes those listed above.

MSM - The Backing Of Research

The leading authority on MSM, Dr Stanley Jacob, has been researching MSM for more than 30 years, and evidence in more than 12,000 patients confirms the wide benefits of this natural compound and its safety!

From his research and the work of others. Dr Jacob believes that supplementing with MSM, to provide the body's requirement for sulphur in a readily bioavailable form, is an excellent form of health insurance.

MSM Is Natural

Methyl Sulphonyl Methane, provides naturallyoccurring organic sulphur.

Without sulphur, which belongs to the same chemical group as oxygen, life as we know it could not exist because Sulphur is essential for:

- Maintaining the structure of body proteins
- The formation of keratin (for hair and nails) and collagen for healthy bones and skin
- The production of immunoglobulins for the immune system
- The reactions which convert food into energy
- Elimination of toxins from the body

Although MSM is found naturally in fruits, vegetables and other plants, many foods are now processed in ways that reduce the amount of MSM we receive. This effect becomes more marked as we age, since our ability to form MSM also declines, increasing the need for MSM supplementation.

MSM - the miracle nutrient

painful) joints? muscle) soreness?

skin) problems?

Why you could need MSM the natural solution for pain

MSM (Methyl Sulphonyl Methane) is a natural organic form of bioavailable sulphur, an essential element we need every day for good health and relief from many of life's health problems.

Research into this compound by Dr Stanley Jacob and others in more than 12,000 patients over the last twenty years confirms that supplementing with MSM can benefit the following conditions:

- Acne
- Allergies . Arthritis

Asthma

- Digestion
 - Eyes
 - Lung Disease Memory

Inflammation

Pain

Diabetic Neuropathy

- Brittle Nails
- . Burns

- What is MSM

MSM or Methyl Sulphonyl Methane is a naturally occurring compound of bioavailable organic sulphur found in the tissues and fluids of humans and all living plants and animals.

Sulphur and MSM - Essential For Life

Sulphur, one of the principal elements found in the body, is a constituent of all proteins, and absolutely essential for man, animals, plants and microorganisms.

Although the body contains only about 100g of sulphur, it is principally present in the three amino acids, Cysteine, Cystine and Methionine, the amino acid Taurine and the vitamins Thiamine (Vitamin B1) and Biotin.

Cramps Constipation



Pain & Arthritis Research

According to Dr Jacob, MSM benefits patients with osteoarthritis, the most common form of arthritis in the following ways;

- · It reduces pain and inflammation
- It reduces muscle spasm around arthritic joints and lessens scar tissue formation
- It increases and improves circulation throughout the body, including painful joints
- It may slow cartilage degeneration
- · It delivers biologically active sulphur to the body

These findings are consistent with earlier research that shows the arthritic cartilage has only about one third the sulphur levels present in normal cartilage. Sulphur containing nutrients such as Glucosamine Sulphate and Chondroitin Sulphates are widely used to help restore essential nutrients needed for healthy cartilage, and can be supported by MSM. Doctors Jacob and Lawrence say that a combination of MSM with Glucosamine enhances pain relief.

In one study, patients with x-ray evidence of degenerative joint disease given MSM had an 82% reduction in pain after 6 weeks, compared with only an 18% reduction in the group given placebos.

Dr Jacob's studies in tennis elbow and Carpal Tunnel Syndrome, frequently associated with RSI or Occupational Overuse, showed MSM improved these conditions as well.

Studies in Brazil at the International Preventive Medicine Clinic in Sao Paulo have been going on for more than a year in arthritic patients. Dr Olszewer the director in reporting on a study involving 60 men and women aged 40 to 82, noted that their results with MSM were good in 90% of cases.

Patients in this study who were on no other medication during the trial, were given 750mg of MSM twice daily and reported effective pain relief in 2 to 14 days.

In the cases where only one joint was affected Dr Olszewer had patients apply MSM lotion to the affected area, since this remarkable nutrient can also be absorbed through the skin! No side-effects were noted, but some patients found no benefit from the treatment.

Diabetes

Diabetes is a condition associated with excess blood sugar levels and a lack of insulin or cell resistance to insulin.

Studies have shown that MSM may be helpful for diabetic neuropathy of the extremities and gastrointestinal tract, however Dr Jacob states that his group has not seen any evidence that MSM reduces the requirements for insulin or any oral anti-diabetic medication. All diabetics should be under the care of a physician who will be able to advise whether MSM is appropriate for them.

The Importance of MSM in the Body

Studies on MSM have shown the following benefits;

- Analgesia and pain relief
- Anti-inflammatory
- Builds and maintain healthy joints through its effects on collagen
- Reduces muscle spasms and relieves muscle soreness
- Helps to normalise the immune system
- Readily absorbed orally and through the skin
- · Dilates blood vessels and improves circulation
- · Normalises bowel function and restores regularity
- Essential for the production of keratin and other proteins
- Adjusts body pH
- Needed for bile production and the formation of Taurine

How Safe Is MSM & How Much Do I Need?

MSM is remarkably safe, especially when compared to pharmaceutical medicines and drugs used to treat many health problems.

There are reports of dosage up to 80g (80,000mg) daily, when given by mouth, and under the care of a physician.

From the research by Dr Jacob and others however, it appears that 2g to 8g (2000mg to 8000mg) daily is sufficient in most situation and this can be reduced when required, to a daily maintenance of 1 to 3g.

muscle

nainful) ioints?

soreness?

skin problems?

USING GLUCOSAMINE & CHONDROITIN TO HELP MAINTAIN HEALTHY JOINTS, REDUCE PAIN AND IMPROVE MOBILITY

New Evidence Suggests Nature's Own Joint Foods May Be A Better & Safer Way To Treat Painful Joints

For the millions of people affected by the pain and suffering of arthritis, recent research on the benefits of taking a combination of glucosamine and chondroitin sulphates has offered new hope and relief from these crippling ailments.

Although many medicines are available to help reduce the pain, some of them have serious and even fatal side-effects, so the news that two natural substances, glucosamine and chondroitin have shown great promise has created enormous interest.

In two recent books, 'The Arthritis Cure' and 'Glucosamine - Nature's Arthritis Remedy' both authored by medical doctors, details of the successful results in alleviating the pain and improving mobility, with glucosamine sulphate, and chondroitin sulphate have given many sufferers new hope - and relief.

Both substances are natural complex sugar-like molecules which the body uses to help rebuild cartilage, and restore movement to osteoarthritic joints. Of special note is the amazing safety of both of these compounds, especially compared to other treatments.

What Is Glucosamine?

Glucosamine, is a natural substance found in the body and made from the combination of a sugar (glucose) and an amine, derived from the amino acid, glutamine. Available throughout the body, but found largely in the cartilage, Glucosamine is an important part of the

mucopolysaccharides which form the proteoglycans which provide structure to the bones, cartilage, skin, nails, hair and other body tissues. It is thus essential for healthy cartilage, and to maintain healthy joints and pain-free mobility. It is essentially non-toxic even in doses many times greater than those needed for relief

What Is Chondroitin?

Formed from a long chain of sugar molecules, chondroitin acts like a 'liquid magnet', helping to attract fluid into the proteoglycan molecules. This is important for two reasons;



leaves the cartilage as pressure is applied to the joint.

What Causes The Pain In Arthritis?

As the result of injury, or even simply as part of the ageing process, joint function is often impaired when cartilage, the protective covering at the end of the bones, breaks down. Loss of cartilage can lead to damage of the bone and eventually the development of osteoarthritis, a degenerative disease resulting in pain and disability.

Recent research suggests that the health and function of the cartilage depends on the availability of special nutrients which include Vitamin C and two complex sugar-like molecules called Glucosamine and Chondroitin. When taken in the diet, glucosamine and chondroitin may actually help to rebuild cartilage and improve joint health, which offers a simple way to help maintain healthy joints and reduce the problems associated with cartilage breakdown and even osteoarthritis itself!

Cartilage - The Key to Healthy Joints

Maintaining healthy, vibrant cartilage throughout life is critical to help ensure healthy joints and unrestricted movement without pain. A special form of connective tissue, cartilage acts as a shock absorber between the opposing bones which make up the joint, and prevents impact damage to the ends of the bones.

Unfortunately, as we age, or as the result of injury or poor diet, our ability to renew cartilage can be impaired, causing damage to the bone ends, as they rub against each other.

The result can be the painful degenerative condition known as osteoarthritis.

For this reason, caring for and maintaining healthy cartilage can have great benefits in protecting the joints from damage and maintain flexibility and freedom from pain.

What Exactly Is Cartilage?

Cartilage is a watery substance, made up of some 65 to 80% of water plus collagen and proteoglycans which form the cartilage matrix, and special cells called chondrocytes.

Collagen and proteoglycans are the substances which confer the amazing resilience and shock absorption qualities of cartilage and make it possible for the ends of the bones to slide effortlessly and smoothly across each other. Thus glucosamine and chondroitin sulphates are an essential part of the structure of cartilage.

Collagen, a vital part of cartilage is a primary connective tissue, which exists in various forms and performs many different functions. Acting rather like an adhesive or glue-like substance throughout the body, it helps maintain structure and in cartilage it provides a framework to hold the proteoglycans in place as well as providing elasticity and shock-absorbency.

Proteoglycans, are huge, complex molecules composed of proteins and sugars. They interlink with the collagen fibres, forming a dense matrix or network inside the cartilage, making it resilient so that it can stretch when we move, and spring back into place. Proteoglycans also trap water from the tissues, acting like a sponge giving cartilage the flexibility needed to compensate for constant movement in the joint.

Chondrocytes are special cells found throughout the cartilage matrix which produce new collagen and proteoglycan molecules to help ensure sufficient of these vital substances are available. However, the chondrocytes also produce special enzymes which break down ageing collagen and proteoglycan molecules, so that if the collagen which wears out is not replaced, joint problems are likely to develop.

Glucosamine And Healthy Cartilage

Glucosamine is an important component in proteoglycans, through its involvement in the glycosaminoglycans, proteins which help to bind water into the cartilage matrix.

Increased levels of glucosamine appear to stimulate the chondrocytes to produce more proteoglycans and cartilage, which suggests that supplementing with glucosamine may have beneficial effects on the joints. It has also been suggested that glucosamine may actually strengthen the body's natural repair mechanisms!

Glucosamine and Chondroitin Sulphates can be taken in powder form, or in capsules or tablets, and published studies indicate that improvement in mobility and pain relief can be expected within two to six weeks.

How Much Is Enough?

Several studies have shown that most users need 1250mg to 1500mg of Glucosamine Sulphate and around 1000 to 1200mg of Chondroitin Sulphate daily for a period of three months. This is because cartilage rebuilding is a slow process!

Hints To Help Maximise The Benefits of Glucosamine (GS) & Chondroitin Sulphates (CS) - Nature's Own Joint Food!

- Begin with 1250mg of GS and 1000mg of CS daily, taken in divided doses, or with a meal.
- If there is no obvious response after one month, double the dose for another month.
- When results are achieved, dosage can be reduced, even to half the basic level, as long as the results are maintained.
- Because Zinc, Manganese, Copper and Selenium plus Iron, and Magnesium together with Vitamin C and E and the B complex are important for bone health, make sure these are included in your diet, either from foods or supplements.
- Engage in mild to moderate exercise on a regular basis to help maintain joint flexibility.

Published as part of a series for public information Diet and Disease - Is There A Link?

Just 30 minutes and you'll feel better.

Research has found that older adults with an active lifestyle feel healthier.

It doesn't take much.

Thirty minutes of moderate activity most days of the week. Or if you're a little rusty you can take your exercise in three lots of ten minutes.

It needn't be anything fancy. You can exercise by simply pulling on a pair of comfortable shoes and walking the dog or walking to the local shops. Or join some organised activities. You're sure to make some new friends too!

It's never too late to start.

A fantastic offer.

The best thing about being active is that it doesn't have to cost a cent. And it can be fun!

Australia has beautiful parks and reserves to walk in. You may have a garden to look after and nurture. Go for a walk first thing and enjoy the beauty of the morning sunrise, or take a short daily stroll just before dinner. You can exercise with friends or join a club or sporting group!

Once you get going you'll spot lots of opportunities to do some kind of physical activity even if it is for just 10 minutes at a time.

You'll also find that there's an activity to suit every body.



Exercise. You only have to take it regularly, not seriously.

There are hundreds of ways to give your body the activity it deserves.

Remember, we're not talking about making any earth-shattering lifestyle changes.

Moderate physical activity has great all-round benefits. Provided it's regular, for 30 minutes on most days.

It doesn't have to be strenuous.

Picking up this leaflet is a good start.

The key to successful exercising is to start slowly.

Then, in what seems like no time at all, you'll be into your stride.

There are so many ways to make exercise enjoyable and rewarding. Just walking is great – go with your friends! Get off the bus a stop earlier and walk home, or take the long (or pretty) way to the shops. Use stairs instead of lifts. Or you can slip, slop, slap and go for a splash in the local pool or at the beach.

Play cricket with your grandchildren, ride a bike, play golf or tennis. You can dig some weeds from the garden, mow the lawn or rake some leaves.

There are line dancing clubs, Tai Chi, exercise classes, aqua aerobics or body surfing. Try your hand at bowls or bocce or give softball a go. Or you can simply put on some music and dance.

Keep a look out for organisations which are recognised Active Australia Providers. This means they're committed to providing services which meet your needs.

Get out. And get into it.

There is so much you can do to become more active. And we can help you. All you have to do is be more active on most days of the week.

Doctors support the Active Australia goal of 30 minutes of moderate exercise on most days of the week. Your local GP can give you more information.

Talk to your GP especially if you've had chest pains, serious weight problems, high blood pressure or diabetes.

Before starting any **vigorous** exercise, men over 40 and women over 50 should seek their doctor's advice.

It's never too late to start.

The rewards are fantastic. Besides feeling better you'll reduce your risk of heart disease, stroke, colon cancer and diabetes.

Other benefits include stronger bones, less risk of injury through falls, more supple joints, improved breathing and weight control. And research has found that moderate activity will give you a natural high – an improved sense of general well being. For more information on what's available in your local area call: **13 13 02.**

How would you like more get up and go?



A Commonwealth, State and Territory initiative celebrating the International Year of Older Persons 1999. Photographs used with permission of Australian Sports Commission and Photosport.

HEALTH HAZARD INFORMATION cont

Chronic Effects:

Prolonged exposure may cause bronchitis, pneumonia and pulmonary oedema.

FIRST AID

Eve:

Immediately Irrigate with copious amounts of water for at least 15 minutes.

Eyelids to be held open.

Seek immediate medical assistance.

Removal of contact lenses after an eye injury should only be undertaken by skilled personnel.

Skin:

Wash affected areas with copious quantities of water immediately.

If irritation occurs seek medical advice.

If swelling, redness, blistering or irritation occurs seek medical advice.

Remove contaminated clothing and wash before use.

Treat skin and clothing with 1% sodium bicarbonate solution to neutralize acid residues.

Inhaled:

Remove victim from exposure - avoid becoming a casualty.

Allow patient to assume most comfortable position and keep warm. Keep at rest until fully recovered. If breathing laboured and patient cyanotic (blue), ensure airways are clear and have qualified person give oxygen through a face mask. If breathing has stopped apply artificial respiration at once. In the event of cardiac arrest, apply external cardiac massage. Seek medical attention.

Swallowed:

Poisons Information Centres in each state capital city can provide additional assistance for scheduled poisons.

Rinse mouth thoroughly with water immediately.

Give water or milk to drink. DO NOT induce vomiting.

Seek immediate medical assistance.

Vomiting may cause further damage to the throat.

Advice to Doctor:

Treat symptomatically as for strong acids.

More detailed information about the effects of chemicals on health can be obtained from Sullivan Nicolaides Pathology. (3377 8666).

SAFE HANDLING INFORMATION

Storage and Transport:

Store in cool place and out of direct sunlight. Store in well ventilated area. Keep containers closed at all times. Store away from acids. Store away from oxidising agents. Store away from alkalis.

Other Safe Handling:

Do not decant liquid unless properly equipped. Avoid breathing vapours or mist. Avoid contact with skin or eyes. Wash thoroughly after handling.

CONTACT POINT:

Sullivan Nicolaides Pathology Surgical Pathology Department 134 Whitmore Street Taringa Qld. 4068

MATERIAL SAFETY DATA SHEET

DISCLAIMER

All information given in this data sheet and by the Practice Technical staff is compiled from the best information currently available to the Practice. The Practice accepts no responsibility whatsoever for its accuracy or for any results which may be obtained by customers. Any customer who relies upon any advice or information given in this data sheet by the Practice or by its Technical staff does so entirely at its own risk, and the Practice will not be liable for any loss or damage thereby suffered notwithstanding any want of care on the part of the Practice or its staff in compiling or giving the advice or information

Sullivan Nicolaides Pathology 134 Whitmore Street Taringa Qld. 4068

Ph: (07) 3377 8666 Fax: (07) 3371 9277

PRODUCT : 3M Hydrochloric Acid - Urine Preservation

24 HOUR URINE COLLECTION BOTTLES

UN No.:	1789
POISONS:	S6 (Fed)
HAZCHEM:	2R
PACK. Grp:	11
DG CLASS:	8/Corrosive

USE: Urine Acidification

APPEARANCE: Colourless to yellow, clear liquid, characteristics fumes. Tendency to fume at higher concentrations.

INGREDIENTS:	Hydrochloric Acid	26%
	Water to make a total of	100%
	рH	<1

HEALTH HAZARD INFORMATION

ACUTE EFFECTS

Eye:

Highly corrosive to eyes. contamination of eyes can result in permanent injury. High concentration of vapours will cause irritation.

Skin:

Contact with skin will result in sever irritation. Harmful in contact with the skin. Corrosive to skin - may cause burns.

Inhaled:

The vapour is an irritant to the mucous membranes and respiratory tract. Possible harmful corrosive effects. An asphyxiant; exposure to high concentrations will cause suffocation.

Swallowed:

Can kill be swallowed. May cause severe burns to the mouth, throat and stomach. Will cause severe damage to the mucous membranes.

Listeners

ISSUE 5

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SEPTEMBER 2002

Ces

Tomatis and his work

Last year on December 25th, Dr Alfred Tomatis passed over . No one in history has made such profound advances, on multiple levels, to our understanding of the ear's role. We are greatly indebted to the genius of the man for a new and radical appreciation of listening and its essential role in our lives.



This year as I have travelled to many cities and country towns, from Buderim to Bega, from Fremantle to Byron Bay, I have been awed to realise how the work of Dr Tomatis is now infiltrating into a great variety of professions and remote areas.

I am humbled when I see the profound benefits that so many people have experienced from Sound Therapy, and their dedication and generosity as they then go out and share their stories with others. These meetings have inspired me to begin a series of articles about some of our listeners and distributors who have had particular benefits from Sound Therapy. These will be published in a variety of magazines over the next year.

As we acknowledge Dr Tomatis for his life of service, I would also like to give thanks to all who continue his work, including those groups, volunteers and professionals who run the many hearing support groups around the country.

I would like to acknowledge the work of the Australian Tinnitus Association and other specialist groups, such as Better Hearing and SHHH. Many of these groups are run by dedicated volunteers, and without their tireless efforts our task would be much harder. To contact your local Tinnitus Association call one of the numbers below.

Sydney: 02 8382 3331 Victoria: 03 9729 3125 Perth: 08 9349 3436 Brisbane: 07 3349 8332

Rafade Jours

Rafaele Joudry Director



New Bonus Packs In this issue we are launching our limited offer Bonus Packs. Contains the basic kit tapes 1, 2, 3 & 4

PLUS an Information Tape

PLUS Gregorian Chants valued at \$93.50

All at the basic kit price???? See order form enclosed on how to order You must order before October 31!

STD callers please note our new number 1300 557796 You only pay a local call charge

Sound Therapy Books Are a Gift

Our books make unique, thoughtful gifts. Remember Christmas is just around the corner. Rafaele will gladly personalise and sign any

books that you would like to give to a loved one. Please see the enclosed order form.

Veterans Affairs Rebates

Are you a veteran and would you like rebates on Sound Therapy?

We have had extraordinary results with some of our war veterans who have suffered greatly with hearing loss or tinnitus from their war days. However, we are yet to convince Veterans Affairs, who provide great benefits for their members, that our program is or will be of benefit and is very cost effective.

Please Help...

If you have used Sound Therapy and have had results that could help us to get rebates for others, we would love to hear from you.

Win a Dinner For Two For The Best

Report

If you would like to use Sound Therapy and would like a rebate we would also appreciate hearing from you. Please use the enclosed reply form.

Free book for all replies







Chronic Fatigue Syndrome

We keep records of conversations that we have with our clients regarding their progress with the program The following is an entry made into our data base diary on Blanca Bozic, who suffered terribly with Chronic Fatigue Syndrome.

Her progress was inspiring for us and we thank her for allowing us to share her story with you all.

"CZ 5/3/02 Blanca has CFS. Has done 65 hours over 4 days and reports incredible improvement. Had an earache the first day, other than that the changes are remarkable. Sleeping better, waking refreshed, more energy, clarity in her thinking, positive attitude. Goes to bed at 10pm feeling tired, goes straight to sleep, sleeps well and wakes refreshed which she hasn't for some time. She said her head is constantly foggy since having CFS and has noticed that that has lifted completely.

The following statements are quotes:

"I have clarity that I haven't had for years."

"Now it's like the fogginess has gone."

"I am so amazed in such a short time."

"I am so grateful."

"I am so grateful for the payment plan."

"I haven't had this enthusiasm in years."

"It's changed my life."

"It's the most amazing method."

"The sound of my voice has changed, it has a lot more sparkle and is higher."



Rafaele on 'Brisbane Extra' TV

Following are some other entries from our diaries.

Paul Bazzelmans, MARYLANDS, NSW

Tinnitus

"Tinnitus is definitely improving. Hearing was improving-despite specialist stating that nothing could be done-collapsed eardrum."

Katie Fitzgerald, LANE COVE, NSW

Blocked Ear

"Katie called to tell us that her blocked ear has cleared entirely after 230 hours of listening. It's extraordinary. Feels more buoyant."

June O'Toole, LAPSTONE NSW

Tinnitus

"Tinnitus is entirely gone. I am feeling human again." April 11 2002.

Campbell Barnes, RUNNING STREAM, NSW

Menieres Syndrome

"Big success after 3 weeks- my menieres is gone. Has vertigo."

Mr Gabriel Talianas, TAREN POINT, NSW

Energy "So energised I had to hold myself down."

Erika Spicer's child, MENAI NSW

Sleep "Very first night didn't move a muscle - usually thrashes around, screams etc. Improvement has remained with sleep patterns."



Rafaele with Kerry Ann Kennerly



What's New W

Sydney Mozart Players

An exciting new collaboration has been formed between Sound. Therapy International and the Sydney Mozart Players, a new orchestra founded by Michael Clark, who is a dynamic and talented Australian pianist and conductor



recently returned from Europe. Michael aims, through the Sydney Mozart Players and his recording company, Amadeus, to bring classical music to a younger, more modern audience. He also has a passion to increase awareness in schools of the educational potential of classical music.

Michael and his family have benefited from Sound Therapy, and Michael is pleased to be involved with our work. Sound Therapy International is one of the founding patrons of the Mozart Players and the orchestra will be providing recordings for future release as new Sound Therapy products.

The orchestra's first concert will be on October 26th at Angel Place, Sydney. The all Mozart program will feature numerous soloists including Shu-cheen Yu, Jose Carbo, Tamara Anna Cislowska, Lisa Stewart and Deborah de Graff.

Stop Press!!

Special for Sound Therapy Listeners...

Michael Clark's new release from Armadeus Records, Classics for Wine Lovers, popular piano classics including Moonlight Sonata, Fur Elise, and Claire de Lune.

Usually \$30 now \$18

Offer ends October 31

For more information, bookings and CDs, contact the Sydney Mozart Players on 02 9907-8529 www.mozartplayers.com

Magnetic Relief

Some of our listeners have derived great benefit from the Quantronic Resonance System. This extraordinary appliance provides relief for conditions such as rheumatism, arthritis and osteoporosis; sports injuries and soft tissue damage; pain, headaches and more.

The QRS is a high technology, ultra safe and effective mat that provides a gentle pulsating electromagnetic field. Every cell in the body is stimulated with a specific frequency, regenerating the body's natural healing processes. Detoxification is a natural side benefit from the QRS, which leaves the body cleansed and refreshed. Using the system takes just 8 relaxing minutes per session.

Sound Therapy Distributor Ngare Ring of the Sunshine Coast, Qld says using the QRS increased her vitality, reduced migraines and very quickly improved her chronic problem of restless legs. Ngare is happy to discuss her experience and can be reached on 07) 5476 8575.

There are many fascinating testimonials on the website with some outstanding results and in depth information. We urge you to take a look.

See the website: www.hightechhealth.com.au Or call 07 5448 8367 for more information.

STD callers please note our new number 1300 557796 You only pay a local call charge





SOUND THERAPY Australian Tour Dates

ADELAIDE

October 11,12 & 13

Mind, Body and Spirit Festival

Venue: Jubilee Pavilion at the Adelaide Showground Stand Number: TBC

PERTH

October 31, November 1,2 & 3 Conscious Living Show

Venue: Robinson Pavilion at the Showgrounds Exhibition Centre Stand Number: 40

SYDNEY

November 14,15,16 & 17 Mind, Body and Spirit Festival Venue: Darling Harbour Exhibition Centre Stand Number: M06

(Is Your Bathroom Safe?)

Rafaele has uncovered information that implicates ingredients found in most bathrooms for contributing to skin disorders, chronic fatigue, learning difficulties, Alzheimer's, cancer and other common diseases.

Do your current bathroom products contain any of the following ingredients? Alcohol, aluminium, butane, fluoride, propane, propylene glycol, salt, sodium laureth sulfate (SLES), sodium lauryl sulfate, sodium fluoride, talc or tallow (animal fat). In the United States, products containing many of these ingredients are required by law to carry warning labels because of their potentially harmful effects

In keeping of our philosophy of providing safe, self-help products to improve overall health and vitality, Sound Therapy International is offering a pack of seven most used high quality bathroom products specially manufactured for effectiveness and safety.

This pack worth \$86.20 is available for \$77.50 until Oct 31.

Please see the enclosed form

Introductory Evenings

Would you like a Sound Therapy presentation in your area?

If you have 15 or more people, we have a great evening for you.

We now have presenters available in Melbourne, Sunshine Coast, Bega, Narooma, Perth, Brisbane, Surfers Paradise and Canberra as well as Sydney.

The format is informal, opening with a power point presentation on the history and applications and an explanation of how Sound Therapy works. All participants are given a free Sound Therapy Assessment followed by small group discussions. Books and kits are available to view and purchase and you are welcome to trial the program.

Lunchtime talks can be arranged for work teams or morning talks for Mums groups.

Call Tom Christensen to book, on

02 9665 1777 or STD 1300 557796 (local call charge)

Want to Know More

If you have unanswered questions or are fascinated by the intricacies of Sound Therapy, we have the solution for you. Join us on **October 20 in Sydney, for our Sound Therapy Practitioner Training Day**, designed to answer 95%



of the (sensible) questions asked about Sound Therapy. Previous experience required is to have read the Sound Therapy book and Practioners Manual. For those who want to go even further we have our **one-day Advanced Training on October 21 in Sydney also.**

Courses are led By Tom Christensen and Rafaele Joudry.

Call Tom on **02 9665 1777** or STD **1300 557796** (local call charge) to book

Your Independent Distributor:



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