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SUMMARY 9/5/07 David Reid we EMF 2225 High Vallofoponer lie & Ynansformers EMF 100 ml/q in 20m radius Carch o Brain damage can occur ad 3 ml/G. 60 Hertz magnetic field ear cause earest cells to have a growth increase rate of 1600% · elec. blanket, 50-100 ml/a. · 10 watt fluro. light talo har +20 EMF by comparison to bo watt bull. \$226 « elec stavo et 18" = 50 ml/a.

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Donal Reid P.O. Box 572 Wullumbine By 2482 Leedan & mullum . com. an



Biossential Oxygen E-Pure



"ALL CHRONIC SUFFERING IS CAUSED FROM A LACK OF OXYGEN AT THE CELL LEVEL"

Dr. Arthur Guyton MD. Textbook on Medical Physiology.

Oxygen is absolutely critical to the life process of all living things.

Oxygen E-Pure is a remarkable new product, that has a neutral pH of 7.1 and a concentration of stabilised oxygen of 150,000 ppm or 15% oxygen, where water has an oxygen content of 7 ppm.

SYMPTOMS OF OXYGEN DEFICIENCY ARE:

- * Acid stomach
- * Bacterial, viral and parasitic infection
- * Bronchial problems
- * Chronic hostility
- * Circulation problems
- * Depression
- * Dizziness
- * Fatigue
- * Irritability
- * Irrational behaviour
- * Lowered immunity to colds, flu & infection
- * Memory loss
- * Muscle aches
- * Over all bodily weakness
- * Poor digestion
- * Tumours and deposit build ups



Oxygen E-Pure Oxygen taken 3 times a day cranks up the body's vital oxidising process which allows the body to oxidise and metabolise a large proportion of your nutrient intake, it also helps to oxidise and eliminate from your body any accumulated poisons and toxins.

THE MAJOR BENEFITS OF TAKING OXYGEN

- * Increases oxygen uptake at the cellular level
- * Dramatically boosts energy levels
- * Strengthens the immune system
- * Quickly heightens concentration and alertness
- * Has a calming effect of the nervous system
- * Allows the body to focus plenty of oxygen on its primary metabolic functions without having to draw down oxygen reserves to fight illness and disease
- * Rapidly kills infectious bacteria, viruses, fungi and parasites without harming beneficial micro-organisms needed by the body.

"LACK OF OXYGEN AT THE CELL LEVEL PLAYS A MAJOR ROLE IN CELLS TO BECOME CANCEROUS".

> Dr. Harry Goldblatt Journal of Experimental Medicine



Carbon Monoxide is so heavy in our air it robs our bodies of the ability to circulate oxygen and because we don't always effectively breath the Carbon Monoxide out, we remain tired and fatigued no matter what other supplements we take.

The world is seeing a boost in oxygen products and oxygen therapy treatment centres. Also the cosmetic industry is realising the enormous value by bringing it to the market.

Oxygen E-Pure is the safest, most gentle and most effective oxygen supplement to help the body to reduce Carbon Monoxide from the blood, so one can breath back into the system oxygen levels required for abundant health.

Low oxygen levels cause cells to ferment and is the forerunner to the body converting healthy cells to diseased cells.

Biossential Oxygen E - Pure

can be purchased at
"Fundies"
Fundamental Food Store
61 Jonson St Byron Bay
6685 6429



Oxygen E-Pure, it is safe to mucous membranes, it helps raise the partial pressure of oxygen in the blood faster than any other supplement and is more effective as little is lost to digestive processes. Average oxygen weight per volume is over 15% of oxygen that can be absorbed by mouth or stomach very fast.

Oxygen E-Pure helps remove Carbon Monoxide from the blood faster than anything else, it enters into the conversion of Carbon Monoxide to Carbon Dioxide in 1/500th of a second allowing the lungs to effectively eliminate surplus CO² replacing it with the life giving oxygen to maintain good circulation and well being.

Without **Oxygen E-Pure** to help detoxify Carbon Monoxide this molecule can continue to build up at a rate of 200 times greater than 0^2 until RBC dies.

Low oxygen levels cause the body to ferment energy and create chronic disease. If a patient is fatigued they may need 5-10mls 3 to 4 times daily in water in the first week to start the effective removal of Carbon Monoxide in earnest and kickstart recovery.



Health & Beauty

hy should you go to *Judy?*BECAUSE THE PAMPERING IS

fresh, rejuvenating & relaxing

New body massage with natural products

Oxygen Therapy
Body Treatments
Deluxe Facials
Manicure & pedicure at...

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75 Jonson Street above Westpac ph: 6685 5806

massage in the bay

RADICAL

A profound journey of self-healing combining the ancient wisdom of naturopathy with the newest discoveries of genetic science.

Upcoming presentations & workshop with international researcher and nutritional consultant, Ben le Bordais.

Learn to Apply:

- Advanced discoveries in bio-genetics & medicine
 Core visidom of naturopathy & other healing systems
- New paradigms of "inner ecology" for optimum health

• Pure Nutrition to heal virtually any disease or ailment Free presentations: Wed. April 10, 8pm

Fri. April 12, 8pm Workshop: Sat/Sun. April 13 & 14, \$120

Call 6684 0207 for locations & information

Nature's Best

The Nature's Best Pure Drinking Water Vending machines are manufactured in Australia and have been very successful in providing an economical and convenient service to the Australian public.

The machines produce pure water by way of the Reverse Osmosis Technology, which removes all impurities including harmful chemicals, heavy metals, dangerous minerals, bacteria, algae and viruses. They are a self-serve item, so you get the best product for the best price.

The Vending machines are now situated at Santos, Mullumbimby and Ozigo, Byron Bay, Byron Bay Tourist Park, Broken Head Road, Nimbin Plumbing & Gas, Cabarita Caltex on the coast road, Lismore Central PJ Country Fruit & Veg, Ballina Ampol opposite Ballina Fair, and Seagrass Greengrocer, Lennox Head. Take your own container and fill up on fresh, clean water. Nature's Best is RO pure.

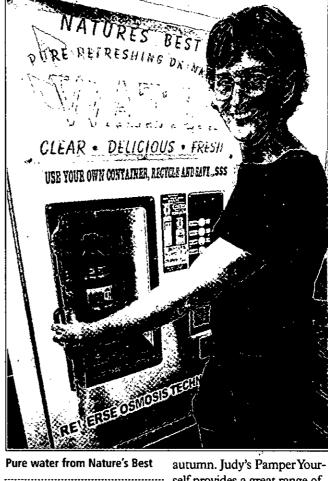
For enquiries phone (07) 5525 1767 or 0412 522 557.

Rejuvenation

Ben Le Bordais has studied and consulted for over twenty years in the field of nutrition, natural healing and sustainable lifestyle with some of Europe's most prominent researchers.

He brings a wealth of knowledge and understanding to help demystify the complexity of new genetic science and molecular biology for everyday application.

He reveals a new perspective where the forefront of biology, genetic, allopathy (conventional medicine) and naturopathy meet in a com-



mon answer to the fundamental question: How shall I live? Hence offering new keys to restore our health and the environment.

He presents our body as a fabulous universe and invites us to discover it on a journey that will change our vision of ourselves and liberate our true potential for a sustainable and harmonious life.

Contact Ben on 6684 0207.

Autumn pampering

Despite cooler conditions the nourishment of your skin is just as important during autumn. Judy's Pamper Yourself provides a great range of options.

Now stocking Dr Spiller product range, using antioxidants and many other essential nutrients and herbs, these products will rejuvenate your skin.

The oxygen facial from the USA is a must for anti-ageing, and also treats pigmentation and dehydration.

Don't forget the nourishment and vitality added to your skin with fruit acid and lactic acid peels as well as the enzyme feel for that outer glow.

Perhaps try the salt scrub or half-day body pamper for longer sessions at very affordable prices. Phone Judy on 6685 5870.

Ayurveda – The Art of Wholistic Healing

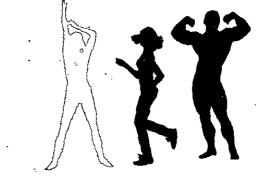
The assessment of patient health is not only based on the present symptoms but the triggering factors due to dosha imbalances, and the possibility of future health problems due to these imbalances. So Ayurvedic system is able to assess physical, mental and spiritual health on a cellular level. On the basis of the assessment the patient is advised how to balance their biological living forces 'vata, pitta and kapha'. This may include dietary and lifestyle advice, daily routines for eating, sleeping, drinking water, exercise, yoga, interactions of food with biological time, Ayurvedic preparations and supplements.

Raman Das, a registered Vaidya (Ayurvedic physician) in India, has more than ten years of practical experience using Ayurveda, also learning the uses of herbs as a child from his grandfather. He now runs Yatan Holistic Ayurvedic Centre in Sydney.

In Australia, Raman Das is accredited by ANTA for Ayurvedic Medicine, and is a professional member of ATMS, AAA, NPA, YTA.

Locals only massage

Michael Schubert at rub – massage in the bay – has set aside Tuesday and Thursday mornings for his locals from 7am to get you ready for work. Michael has over 23 years professional experience, so whether it is stress management or an injury, make an early appointment on 6685 5806.



Are you searching for optimum health?
Do you feel tired and lack energy?

YATAN
Holistic
Ayurvedic
Centre

Feeling itchy, achy, irritable.. or just a bit "blah"?

Ayurveda can help put the spring back in your step!

Consulting in Byron Bay

Fri 12, Sat 13, Sun 14 April Raman Das Mahatyagi,

Ayurvedic Practitioner (B.Sc, D.Y, Ayurveda-Ratna, ATMS, ANTA, AAA, NPA)



For bookings or further information Sydney: 02 9499 7164 Byron Bay: 02 6685 7452 www.yatan-ayur.com.au



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Recycle your own bottles or call us to purchase 15 litre bottles with or without a tap.

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Ampol opp. Ballina Fair, Ballina
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OPEN 6 DAYS

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52 Shirley Street, Byron Bay

Health & Beauty

Byron Bay gets the Hollywood treatment

The latest cosmetic treatment used by many of the stars at this year's Hollywood Oscars presentation is a remarkable new technique using intense pulsed light and called IPL. Photorejuvenation or just IPL.

A step beyond?laser cosmetic treatments, IPL is a no-downtime, effective and gentle treatment that is taking the cosmetic industry worldwide by storm.

It is promoted as the most effective, and natural cosmetic procedure available. IPL starts a process of healing which the body then continues for months afterwards. A series of six IPLs can gently remove skin 6632 2244, mobile 0408 blemishes, such as pigmentation, freckles, acne scars and fine wrinkles.

When it is combined with other techniques such as laser resurfacing, collagen replacement therapy or injections for deep frown lines, the results can be very pleasing and natural looking.

Skin improvements with IPL last many years. In our experience at Jasmine House, most of our clients look ten years or so younger after IPL photorejuvenation. Study the faces of the Hollywood stars and you can see the difference IPL can make.

These treatments are available at Byron Bay's Jasmine House Cosmetic Laser Clinic opposite Mitre 10 in Jonson Street. The initial cosmetic consultation is free, so take advantage of this offer, and call in, or phone 6680 8622 Monday to Saturday.

Home base for Ayurveda

The Ayurveda Centre is located in Kyogle, together with the Ayurveda College

and ATMA Inc, Ayurveda two-year Diploma courses, Advanced Diploma Courses, seminars, workshops, treatments - casual and inhouse - are provided by the centre.

The more popular Diploma course teaches classical Ayurveda including massage oil therapies and panchakarma, cooking and herb and oil processing. A complete range of Ayurvedic treatments like massage, Shirodhara, yoga panchakarma and consultations are offered along with a range of Ayurvedic oils, formulae and equipment. True to tradition, all teaching is from the original classical unaltered texts.

Treatments and consultations available at discounted price of \$25 on student clinic days.

Contact 6632 2266, 483778, email: avurveda @nor.com.au.

Conscious Living and Dying

Voice Dialogue is a dialogue with our inner voices. By talking directly to these various selves in an accepting and fun way, we learn to identify with and then disengage from them. This creates a centre within us, from where life can be lived with more awareness and choice. By using Body Dialogue, talking directly with the physical sensations, we can get in touch with the body's own inner wisdom. Voice Dialogue assists with our inner journeys, relationships, work or health issues and the Transpersonal. We all want to live a conscious life, what about a conscious death?

Introductory evening, April 10, 7pm, Abraxas Bookshop, \$5.

Call Ana for individual and couple sessions, workshops and trainings, 6680 7747.

Peter Keil

Peter Keil was one of the first students to complete the Southern Cross University Naturopathy Degree in 1998, since then he's been the in-store naturopath at the Byron Plaza Amcal Chemist in the Woolies

Peter's view of wellbeing is reflected in his passionate lifestyle. He co-ordinates The Uncle Project, the Men's section of Byron Child magazine, teaches part-time at the university, does occasional stand-up comedy, is doing a research masters in self-care in depression - the list goes

'As a naturopath I like to take time, to get the whole story, it's the key that allows me to find the individual treatment that makes naturopathy so successful. For a complex case I love to take the necessary time to research before I settle on the best course of treatment', he says.

With a background in youth work, welfare, counselling, mental health and men's issues Peter offers a unique and rigorous health care perspective. Peter's philosophy? 'All things in moderation, including moderation.

Health is not a destination, it's a journey

As a practising Chiropractor for the last ten years, my own journey to achieve better health has made me assess my working concept of health care.

Health care is not about 'not having pain or symptoms' or being 'not sick'. There is a big difference between not sick and not healthy states, but both can be asymptomatic. The distance between sickness and health is a person's 'adaptive capacity'. The larger the adaptive capacity the better the prospect for health and the more external stresses the person may tolerate before becoming symptomatic.

The smaller the adaptive capacity usually means more symptoms and more

treatment to get well again. Health care is often mistakenly called 'preventative or maintenance care', but realistically it shouldn't be called maintenance until optimal health has been achieved.

So what is optimal health? Is optimal health achievable for everyone? Is it the same for everyone? What is your level of optimal health, and how do you know?

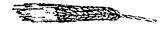
So next time you find yourself in pain and symptomatic, maybe you should contemplate these questions and decide whether you want to be pain-free or healthy. True health care is a continual process of seeking optimal function, balance and awareness. There is no 'one right answer'. Health is a journey not a destination.

Maree Chilton BSc.M Chiroprac, has joined Bruce Campbell at Byron Chiropractic Clinic and can be contacted at the practice at 52 Shirley Street, Byron Bay, phone 6685 8159.

Colon **Hydrotherapy**

The first step in any good health program should be to clean and strengthen the elimination organs. Colon hydrotherapy is the best place to begin, as the colon is the 'dumping ground' for toxins and waste from other organs of the body. The purpose of any detoxification is to remove waste and toxins that have accumulated over a period of years. This is how to prevent disease. Toxins are absorbed back into the body when the colon is not cleansed regularly. If the elimination organs are not clean, you won't get the great results you want from your cleanse.

Byron Bay Colon Hydrotherapy is here to help you do just that, in a safe, comfortable way. Call in and see Lee and Anna in a warm, welcoming environment at 120 Jonson Street, Byron Bay or call 6685 8622.





Byron Bay Colon Hydrotherapy

In the end it's all about... ... your Wellbeing

Trained & Certified Therapist Privacy & Dignity Assured

- Need help releasing toxins? 120 Jonson St, Byron Bay Call 6685 8622

CONSCIOUS LIVING AND DYING **Voice Dialogue with Ann Barner**



individuali & couple sessions, groups & trainings

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bamer@mullum.com.au

Organised by ATMA (Ayurvedic Traditional Medicine Association Inc) at the Ayurveda College, 27 Campbell Rd, Kyogle 2474

- A two year Diploma course held two days per month, ten months per year, begins May 2002.
- 2 year Advancec Diploma Course held 3 days per month, 10 months per year, begins July 2002.
- Ayurveda with an insight into Vedanta, Sanskrit ar d Yoga
- All lectures based in Australia, well
- qualified with several years of experience Special evening and one day seminars also available
- Complete range of treatments/ consultations available.

For course curriculum and enrolment form send SAE to PO Box 322, Kyogle NSW 2474

Limited Seats Call to enrol: Tel 02 6632 2266

Tel/Fax 02 6632 2244 Mob 0408 485 778 ayurveda@nor.com.au

Costs \$2195 per year

\$1815 Concession Instalment payment option available. Costs include all

study materials Assn. Student Membership, & all Ayurvedic products to students available at cost (not retail price)

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The most significant advance in cosmetic treatment

THE SECRET IS OUT!

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Imagine – a more youthful-looking you!

Featured in recent TV medical documentaries and used by many of Hollywood's stars for the recent Oscars presentation.

Intense Pulsed Light (IPL) Photo Rejuvenation

Erases skin damage, broken capillaries, pigmentation and even freckles - safely and without disruption of the skin's surface - so no downtime.

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Also collagen replacement therapy, injections for frown lines, laser removal of moles, wrinkles & unwanted hair.

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For more information call Jasmine House 4 Browning Street, Byron Bay (opp. Mitre 10) 6680 8622 Dr John Glascott

Byron Naturopath Peter Keil



Now available in private consultation and treatment rooms at Amcal Plaza Pharmacy

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