

With Compliments

20-Jun-02

Dear Peter,

Please find enclosed, information as requested.

Many thanks for your enquiry, and hoping you find this information package helpful.

Warm Regards,



Ana Da Silva
Customer Service Manager



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Sydney South NSW 1235

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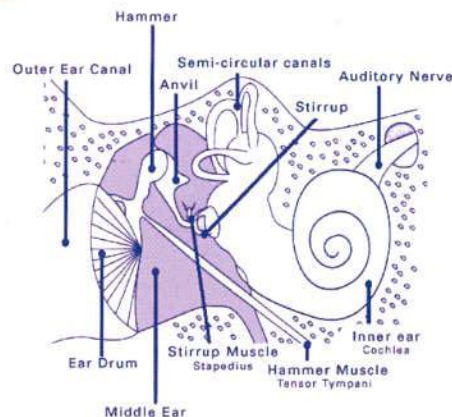
Facsimile **02 9664 9777**

HARMONY

The Importance of the Ear

Dr Tomatis emphasises that hearing is physical while listening is psychological. Both aspects are vitally important to our safety, communication, relationships, socialising and learning. Ten of our twelve cranial nerves are linked to the ear, indicating the importance of sound to our nervous system. Imagine life without the joy of hearing music, laughter, birds singing or a loved one's voice. Hearing adds to many aspects of our lives.

The Ear



Order Form

Please send me:

- **Sound Therapy**
- **Music to Recharge your Brain** @ \$27.45 X Qty _____ = \$ _____
- **Triumph over Tinnitus** @ \$21.95 X Qty _____ = \$ _____

Postage: 1 book @ \$5.50 per order or
2 or more books @ \$6.60

Total = \$ _____

Please debit my ☐ B/C ☐ M/C ☐ Visa ☐ Cheque/Money Order

CC # _____ / _____ / _____ / _____ Expiry: _____ / _____

Signature: _____

Name: _____

Address: _____

P/Code: _____ Phone: _____

Return to: Sound Therapy International Pty Ltd.
PO Box A2237, Sydney South, NSW 1235, Australia
Phone 61 2 9665 1777 • Fax 61 2 9664 9777
Email info@soundtherapyinternational.com
www.soundtherapyinternational.com



About the Author

Rafaele Joudry, BSW, is the founder and Director of Sound Therapy International PL and has over ten years experience in the field. Her mission is to raise public awareness about the dangers of noise and to make sound therapy available to all those who need it. Rafaele is a dynamic and inspiring speaker who travels the world educating and lecturing on the benefits of Sound Therapy.

Lectures and Talks

Rafaele Joudry is available to address community and professional groups or conferences.

Education and Training

Practitioner training, casual or certificate courses are available in major cities or by distance education. Private in-service trainings can be arranged on request.

About the Company

Sound Therapy International Pty. Ltd. is a privately owned, 100% Australian company. As a small business we pride ourself on integrity, customer satisfaction and service.

Note

Although Sound Therapy is effective in most cases, it would be unethical to guarantee results for a therapeutic program.

Quality Guarantee

Any faulty products will be replaced immediately at our expense.

PO Box A2237,
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Phone 61 2 9665 1777
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Sound Therapy

Natural Hearing Improvement



RAFAELE JOUDRY B.S.W.
Director
Sound Therapy International Pty Ltd

Results include improvement for:

- Tinnitus
- Meniere's syndrome
- Hearing loss
- Insomnia
- Stress
- Learning
- Energy
- Depression



What is Sound Therapy?

A listening therapy program using specially filtered classical music to improve ear and brain function.

The renowned French ear, nose and throat specialist, Dr Alfred Tomatis, established a link between the sounds we hear and our functioning in speech, learning, energy and stress. He developed a way to treat the ear with sound. Using specially filtered classical music he was able to not only improve ear function, but also beneficially recharge the cortex of the brain.

How does Sound Therapy work?

Today we are bombarded by an excess of low frequency machine noise from traffic, air conditioning, computers etcetera.

The response of the ear, brain and nervous system is to "shut down" in varying degrees to this onslaught. This means we also shut out the nurturing high frequency sounds.

Sound Therapy tapes are recorded with enhanced high frequencies and a special pattern of high and low tones to re open the listening pathway and balance the nervous system. As this gentle exercise rehabilitates the ear, many hearing disorders are rectified.

How do I use Sound Therapy?

Simply listen to the filtered music tapes on a portable, personal cassette player, at low volume during the day or while sleeping.

Enhanced classical music to rehabilitate your ear, stimulate your brain & increase your vitality.

Results from Sound Therapy

Listeners have reported:

- Improved hearing
- Reduction or complete alleviation of tinnitus and Meniere's Syndrome
- Deeper, refreshing sleep. An end to insomnia. Less sleep required
- Greater vitality, energy and creativity
- Relief from anxiety and depression
- Improved memory and concentration
- Enhanced learning abilities
- Drug-free help for ADD and ADHD
- Help with dyslexia and speech problems
- Greater musical aptitude and improved singing voice



Gladys Irwin

Former Headmistress

"For eight months I persevered with the treatment. In the last three months I realised my hearing had improved so that I can now do without the aids. Now I can hear the bellbirds unaided..."

Melissa Sunders
Singer

"It gave me this fantastic energy! I'd had a chronic fatigue-like problem for a long time and after just 2 or 3 weeks of Sound Therapy I was running around the park!"



John Smith

Senior Manager - Hoover Australia Pty Ltd

"Sound Therapy reduced my tinnitus by about 85%. Now when I go bush walking I can enjoy the sounds of the bush, which were drowned out before. My tinnitus was caused by years of working in noisy factories..."

Natural Hearing Improvement

To discover more about Sound Therapy, the following books are recommended

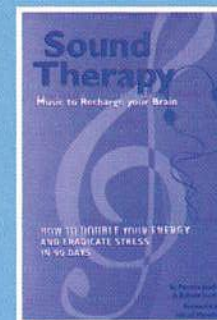
Sound Therapy: Music To Recharge Your Brain

By Patricia Joudry and Rafaela Joudry

Foreword by Yehudi Menuhin

Read the gripping story of Patricia Joudry's transformation through Sound Therapy and how she developed the self help method. The book includes many listeners' success stories, a simple explanation of the anatomy of the ear and the discoveries of Dr Tomatis as they are applied to both children and adults.

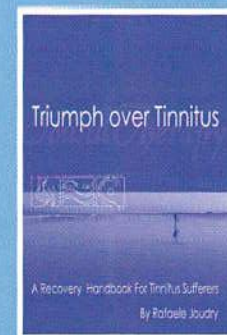
This book provides all the information you need to conduct your own Sound Therapy listening program.



Triumph Over Tinnitus

By Rafaela Joudry

A must for the tinnitus sufferer, their family and friends or practitioner. Sufferers are commonly told that there is nothing that can be done. Rafaela has worked with tinnitus sufferers for over a decade, with outstanding results. The book includes interviews with many practitioners, reports from listeners, exploration of the causes of tinnitus and outlines a successful treatment program including sound therapy, retraining and holistic medicine. Yes, there is hope!



**portable, affordable,
accessible, enjoyable, easy**

Sound Therapy International Pty Ltd.

Creating Enhanced Listening Around The World.

Hello and welcome to the world of Sound Therapy!



My involvement began in 1980, when the program enabled my mother, Patricia Joudry, to recover completely from her fatigue, insomnia and hearing problems. Our book, ***Sound Therapy: Music to Recharge Your Brain*** tells the story of how she developed the self help method with

the help of Benedictine monks in Canada, making Sound Therapy affordable, portable and accessible to thousands of people. Sound Therapy spread by word of mouth to 45 countries in the first two years. In response to an overwhelming need from tinnitus sufferers I have recently completed a new book entitled ***Triumph Over Tinnitus***.

Sound Therapy was first developed in France by the brilliant pioneering ear specialist, Dr Alfred Tomatis, who demonstrated that the ear is intended not only for hearing but to benefit the whole nervous system through the stimulation of sound. I invite you to explore Sound Therapy for yourself and experience the wonderful benefits it can offer.

Warmest regards,

Success Stories

The Sound Therapy program has been successfully used for a range of different conditions, from **hearing loss** and **tinnitus**, to **insomnia**, **stress** and **learning problems**. Following are comments from some of our listeners.

"Twelve months ago, I was diagnosed with Menieres. A recent re-examination by the same specialist revealed no Menieres symptoms. There has been a slight hearing improvement as well."
Graham Winders

"I suddenly became aware that the tinnitus whistle had stopped. I wasn't sure when it stopped, but it had!"
Flick Evans

"My sense of well being improved greatly. I was not aware of how unhappy and stressed I was until I started to experience a feeling of happiness inside and a more balanced emotional state"
Patricia Jankovic

"The beauty of the treatment is that I don't have to listen to the music. Often I am almost unaware of it... It is my intention to keep on listening to the tapes and continue to enjoy better hearing. I believe that better hearing helps me to enjoy a better quality of life"
Robert Lindstrom

Lectures and Training, with Tom Christensen



Sound Therapy has experienced speakers who present to community and professional groups such as Probus, Rotary, Swap, and many more. If you would like more information, or would like to book a speaker for your group of 10 or more, please contact Tom Christensen at Sound Therapy International Pty Ltd

on 02) 9665 1777 or email on:

lectures@soundtherapyinternational.com

Regular Sound Therapy Training courses are held in most Australian states. Please see the calendar for training dates, and if you would like further information email training@soundtherapyinternational.com or contact Tom on 02) 9665 1777.

Free Introductory Evenings

Sound Therapy International will be holding regular introductory evenings in various Australian states. Please check the calendar for the next night near you!

www.soundtherapyinternational.com

For a complete introduction to Sound Therapy, please visit our website. Listener's testimonials, frequently asked questions, local distributors, secure ordering and more!



Sound Therapy Calendar

Places to be, people to see!

Come on down, meet the team, have a free assessment and listen to the music.

May	11 th	Basic Training Course	Bris.
	16-19 th	Mind, Body & Spirit Festival	Sydney
June	7-10 th	Mind, Body & Spirit Festival	Melb.
	11 th	Introductory Evening	Melb.
	15 th	Basic Training Course	Melb.
	19 th	Introductory Evening	Sydney
	23 rd	Converter Course	Melb.
	29 th	Basic Training Course	Sydney
	30 th	Converter Course	Sydney

P.T.O.

Energy ♦ Safe ♦ Affordable ♦ Accessible ♦ Effective ♦ Enjoyable ♦ Harmony

The Listening Program ... *Getting Started*

The Sound Therapy listening program consists of:

- A. **Sound Therapy: Music to Recharge your Brain**
- B. **Basic Music Kit**
- C. **Personal cassette player**
- D. **Essential Nutrients For The Ears**

All of these elements are important for the success of your listening program. We strongly recommend supplementation with *Colloidal Minerals and Super Antioxidants* to enhance and maximise the effects of the program.

A **Sound Therapy: Music to Recharge Your Brain** By Patricia Joudry and Rafaela Joudry



This book gives an easy to read, but in-depth explanation of Sound Therapy. Full of listener's testimonials, as well as the theories and workings behind the therapy; an enjoyable and interesting book. It is

now available in bookstores or through Sound Therapy International Pty. Ltd. Foreword by Yehudi Menuhin.

B **The Basic Music Kit** Joudry Sound Therapy

This is the starting point for all listening programs. The Basic Music Kit is a set of four 90 minute tapes including the music of Haydn, Telemann, Mozart and Bach. The tapes are filtered through the Electronic Ear, with gradually ascending frequencies.



C **Portable Cassette Players**

Both Players come with **ear buds** [not headphones], and have auto-reverse, battery checking and hold functions.

16 000 Hz

- Uses 1 "AA" battery
- Has attachment for belt clip



18 000Hz



- Uses 1 "AAA" battery
- Super thin design
- Remote control function

D **Essential Nutrients For The Ears** *Colloidal Minerals and Super Antioxidants*

The ears are one of the most nutrient rich organs in the body and therefore require a large amount of high quality, complete nutrients for correct functioning, maintenance and rejuvenation.

As well as nourishing the ears, *Colloidal Minerals and Anti Oxidants* have numerous other health benefits for overall well-being and disease prevention.

Also available...



Triumph Over Tinnitus

By Rafaela Joudry

Tinnitus, or ringing in the ears, currently affects 1 in 5 people in Australia.

Triumph Over Tinnitus explores the causes, symptoms and effects of this condition as well as some of the possible treatments that may alleviate symptoms or even create a cure.

This book is an easy, useable and enjoyable read for sufferers and their family or friends, as well as practitioners. Available in bookstores, or through Sound Therapy International Pty Ltd.

Product Quality Guarantee

Sound Therapy International Pty Ltd is committed to providing you with high quality products and support. We guarantee the life of the tapes for 5 years, and will replace faulty tapes free of charge. Cassette Players are covered by a 12 month limited guarantee.

ORDER NOW

And be on the road to recovery tomorrow.
Have your credit card ready and contact us now

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**PO BOX A2237
Sydney South
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Australia**



Recharge • Portable • Life enhancing • Hearing • Learning • Clarity

Stress, Energy & Sound Therapy



Stress

Stress is what happens when fear or anxiety become a constant state. The physiological effects include contracted muscles, increased heart rate and constricted breathing. The adrenal system is over taxed and blood pressure rises. Stress interferes with the body's natural flow of energy. It cuts down our available energy and forces us to function on adrenaline.

Energy

Our energy level is determined by the functioning of chemical systems and nerve impulses throughout the body. Neural activity (the passage of information along our nerves) resembles electricity in several ways. The potential for excitation of the nerve synapses depends on the level of energy charge in the brain. The brain acts like a battery which is constantly being either charged or discharged. Dr Tomatis contends that the most important function of the ear is to charge the brain through the stimulation of sound. Failure of the ear to provide sufficient re-charge to the brain results in fatigue and inefficient mental processes.

Noise

Noise is one of the biggest contributors to stress and fatigue. The ear is directly linked by nerve paths to many other body organs so the sounds we hear have an immediate effect on our whole system. Dr Tomatis discovered that the ear is intended to hear mainly high frequency sounds, because most of the sensory cells in the inner ear are accumulated in the high frequency zone. It is the high frequency sounds which replenish the brain's energy and activate the cortex, improving our ability to think. Unfortunately, most of the sounds we hear in our mechanized, urbanized lifestyle are low frequency sounds. Traffic, factories, household appliances, refrigerators, fluorescent lights and even computers put out a low frequency drone which drains the brain of energy and causes stress.

To remain healthy and fully charged, the brain must receive three billion stimuli per second for at least four and a half hours per day. This level of stimulation can only be achieved if the ear is regularly exposed to high frequency sound.

Notice how different you feel after a day in the bush, hearing only the high frequency sounds of nature - bird songs, wind and running water. These sounds stimulate

the ear in a way that releases latent energy in the brain. The nervous system can then function more efficiently, reducing stress and increasing energy levels.

How Sound Therapy may help?

Sound Therapy gives us an opportunity to listen to healing, high frequency sounds even in the midst of a busy, noisy environment.

Sound Therapy tapes use classical music which is filtered so that the low frequencies are progressively removed until only the sounds above 8,000 Hz remain. Listening to these tapes for three hours per day during normal daily activities may compensate for the draining, stressful effect of low frequency noise.

Most listeners notice an effect on their energy and stress levels after six weeks to three months of listening. Some people do not have an immediately noticeable increase in energy, but observe a gradual change over time or a seasonal difference. For instance, a listener who was normally exhausted by the summer heat found that with Sound Therapy her energy level remained high all summer.

COMMENTS FROM SOUND THERAPY LISTENERS

" Deep refreshing sleep – requirements shortened by 1-2 hours " ~ HANS WUELFERT

" When in a stressful situation, the clarity with which I deal with it and the speed with which it passes are dramatically different. It's a very kinetic sort of serenity. I can still move around at 150 miles an hour but feel serene doing it " ~ GEORGE POPOV

" If I feel tired and I listen to the tapes, I instantly recover " ~ WENDY SMITH

" Brand new. I no longer feel as though I have stones to walk over or hills to climb or books I cannot read. I am far more creative and happy. Thank you, thank you indeed " ~ JEAN WALKER

" I have done things in the last year which I have been putting off for ten years " ~ P.J. TALTY

For more information on the Sound Therapy program it is recommended that you read the book:

Sound Therapy: Music to Recharge your Brain, by Patricia Joudry and Rafael Joudry. Available from good bookstores or Sound Therapy International Pty Ltd.



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Hearing Loss & Sound Therapy

Why does hearing deteriorate?

There are many contributing causes to hearing deterioration. Some of the more common ones are:

- Cochlear damage due to prolonged exposure to loud noise
- Lack of high frequency sound to stimulate the ear
- Lack of good muscle tone in the middle ear, caused by stress or poor diet
- Psychological factors - inability to resolve personal issues and communicate
- Otosclerosis - overgrowth of the cochlear bone which results in fusing the stapes to the cochlea

Is deterioration inevitable with age?

No. It is not the number of years of living that causes hearing damage, it is the number of years of noise abuse. Young people who listen to rock music often have a hearing level equal to fifty year old factory workers. However, even people in their eighties have experienced dramatic improvement in their hearing through using Sound Therapy.

What is conductive hearing loss?

Conductive hearing loss refers to any disorder in the sound transmission system in the middle ear. The bones and muscles of the middle ear adjust and tune the hearing mechanism so that sound can travel from the ear drum to the inner ear.

Sometimes surgery is required in the middle ear. Surgery can be followed by Sound Therapy, as any surgery requires post operative rehabilitation.

Hypertension or lack of tone in the middle ear muscles (*tensor tympani and stapedius*) also leads to conductive hearing loss.

What is sensorineural hearing loss?

Sensorineural hearing loss refers to damage which has occurred inside the inner ear, where the sensory cells transmit sound to the auditory nerve. Loud or prolonged noise flattens the fine, hair-like sensory cells—called cilia—in the inner ear. When the cilia are flattened they can no longer pick up sound vibrations, so the sound does not reach the auditory nerve. A diagnosis of nerve deafness does not necessarily mean the nerve is damaged - it may just be that the cilia have been flattened.

How Sound Therapy may help

Sound Therapy helps in three ways:

1. EXERCISING THE MUSCLES. The middle ear contains two tiny muscles, the tensor tympani and the stapedius. Good muscle tone and flexibility is essential for the fine tuning of the middle ear mechanism. The

alternating high and low frequencies cause the ear muscles to repeatedly tense and relax. This exercise may restore muscle tone and improves the functioning of the whole ear mechanism.

2. STIMULATING THE CILIA. On the Sound Therapy tapes, the low frequency (low tone) sounds are coming progressively removed and the high frequencies are augmented. These high frequency sounds stimulate the cilia (the fine hair-like sensory cells in the inner ear).

Where the cilia have been flattened by too much noise, the high frequency sound may stimulate them to return to their upright position. This may restore the person's hearing in the high frequencies.

3. PSYCHOLOGICAL OPENING. Hearing is sometimes closed down to some extent for psychological reasons. Sound Therapy encourages resolution of psychological issues by reintroducing high frequency sound and recreating the pre-birth experience of sound. As the psychological issues are resolved, the person may allow themselves to open to the full range of hearing.

How effective is it?

More research is needed to determine the effectiveness of Sound Therapy on hearing loss. However, feedback received from Sound Therapy listeners over the last eleven years indicates that most people experience some improvement in their hearing.

Numerous people have reported that as a result of Sound Therapy:

- Their families no longer have to shout at them
- They can hear the birds again
- They can follow a group conversation
- The sounds are clearer and crisper
- They no longer need their hearing aids

The people who have reported these benefits include:

- People with industrial deafness
- Those who needed a hearing aid 80% of the time
- People in their eighties
- Those told they had nerve deafness and nothing could be done

In some cases it requires several months of listening to improve hearing. Persistence is essential.

For more information on the Sound Therapy program it is recommended that you read the book:

Sound Therapy: Music to Recharge your Brain, by Patricia and Rafael Joudry. Available from good bookstores or Sound Therapy International Pty Ltd.



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Tinnitus, Vertigo & Sound Therapy

What is tinnitus?

Tinnitus is the condition where a phantom noise is heard inside the head. It may be continuous or intermittent, loud or soft. The sound can be anything from ringing to buzzing, hissing, rustling or roaring.

What causes it?

There are various theories about what produces the experience of tinnitus. Some of the most accepted ones are as follows:

- Damage to the sensory cells in the inner ear, which receive sound. If these hair like cells are bent over and touching each other they produce a short circuit, causing the phantom noise
- Congestion or imbalance of fluid in the inner ear chambers
- Hyperactive brain cells

Factors which cause tinnitus to develop are: exposure to excessively loud or prolonged noise, certain prescription drugs, ear infections, misalignment of the jaw.

How can I avoid getting it?

Obtain a list of drugs known to cause tinnitus (from the Tinnitus Association in your State) and avoid taking them. Wear hearing protection if you are exposed to loud noise.

My doctor said I have to live with it.

Unless you have a condition that can be helped by syringing the ear or surgery, your doctor may tell you that there is no way to relieve your tinnitus. If so, please tell your doctor about Sound Therapy.

How Sound Therapy may help?

The middle ear contains two tiny muscles, which play an active role in the functioning of the ear. Dr Tomatis believes lack of tone in these muscles means that the ear loses its ability to recognise certain frequencies of sound, so these sounds never reach the inner ear. The ear's ability to adjust and balance the fluid pressure in the inner chambers is also impeded if the stapedius muscle is not fully functional.

The Electronic Ear used in the recording of Sound Therapy challenges the ear with constantly alternating sounds of high and low tone. At the same time, low frequency sounds are progressively removed from the music so the ear is re-introduced to high frequencies possibly improving the tone and responsiveness of the middle ear muscles. Dr Tomatis says that once the ear opens to high frequency sounds, the sensory cells in the inner ear can be stimulated and restored to their upright, receptive position.

Sound Therapy may help tinnitus sufferers in the following ways:

- Rehabilitation of the ear, resulting in the reduction or stopping of the tinnitus in many cases

- Improved sleep
- Reduced stress
- Improved energy levels and the ability to communicate, thus encouraging the person to take up activities and stop focusing on the tinnitus

Meniere's vertigo

Dr Tomatis has proposed that Meniere's vertigo which produces attacks of dizziness is also due to an anomaly in the tension of the stirrup muscle. This muscle may be subject to involuntary twitches, like any other muscle in the body. Such twitching would radically alter the fluid pressure in the inner ear chambers, thus causing havoc with the balance mechanism. The re-toning of the stirrup muscle achieved by Sound Therapy has been known to resolve this condition.

Does it really work?

Not every case of tinnitus can be relieved, but numerous listeners have reported that Sound Therapy stopped or relieved their tinnitus where nothing else would work.

It has worked for people in their eighties and their teens, people who have had tinnitus for over thirty years and those who have just the beginnings of intermittent tinnitus.

The length of time it takes to achieve results varies from twenty four hours to fourteen months. Usually more severe cases take longer, so it is advisable to persist with the therapy for at least six months.

Studies on tinnitus

Eric Jordan, M.I.S.T., Chief Audiometrician, Audiology Department, Royal Albert Edward Infirmary, Wigan England, has a special interest in tinnitus sufferers and the deaf. He conducted double blind tests with the Sound Therapy tapes over a two year period. He reported a high degree of success with tinnitus patients and patients with dizziness usually associated with Meniere's disease or other unknown causes. He writes: "what happens with Sound Therapy and tinnitus as far as I can surmise, is that it re-vitalises the brain cells which have been the cause of brain cell hyperactivity. Such hyperactivity is caused by stress, anxiety and depression. Sound Therapy has succeeded where Tinnitus Maskers have failed because it has a soothing effect on the body as a whole, calms the mind and revitalizes the rundown brain cells."

The results of a listener survey conducted by Sound Therapy Australia indicate that 96% of tinnitus sufferers who persevered with the listening felt they benefited from the therapy.

For more information on the Sound Therapy program it is recommended that you read the book: **Sound Therapy: Music to Recharge your Brain**, by Patricia Joudry and Rafaele Joudry. Available from good bookstores or Sound Therapy Australia.



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Nutritional Supplements and Sound Therapy



Complementary health

To complement the benefits of Sound Therapy, nutritional supplementation is recommended. While Sound Therapy works on the subtle energy of the body through vibration, for some conditions it may also be necessary to address the chemical balance of the body through nutrition.

Why we need supplements today

Pollution

Today we live in a world affected by many sorts of pollution. Our air, our homes, the soil and our water are all contaminated with thousands of different artificial chemicals. Many diseases are on the rise, including cancer, chronic fatigue, chemical sensitivity, hormone problems, infertility, osteoporosis, diabetes, arthritis, asthma, attention deficit disorder, tinnitus and various autoimmune diseases. Natural therapists believe that these "twenty first century diseases" are caused by the huge increase in toxic chemicals affecting our environment and our bodies. There are now 75,000 chemicals in common daily use. 15% of Americans now suffer from chemical sensitivity.

Nutritional deficiency

Due to intensive chemical farming the soil used for agriculture has become depleted of minerals. It is calculated that to get the mineral content of a plate of spinach fifty years ago you would now have to eat fifty plates of spinach. The minerals that the body requires for a long and healthy life are not contained today in the food we can buy.

Foods today are picked green, transported long distances, sprayed, stored, preserved, modified and processed before reaching our table. This means that they reach our bodies depleted of the natural antioxidant properties of fresh food.

Therefore we are all affected by higher levels of free radicals than ever before, making it difficult for the body to resist disease.

Nutrition and the ear

The ear is often referred to as the most energy hungry organ of the body. All parts of the ear require high quantities of nutrients to function properly and to avoid degenerative problems such as hearing loss or tinnitus. Only if the right elements and enzymes are present can the nerves successfully fire the precise signals at millisecond intervals required to accurately transmit sound.

The delicate balance of this system can be upset by

- Insufficient oxygen due to poor circulation in the inner ear
- A deficiency in the trace minerals essential for enzyme activity,
- A toxic overload being carried by the body, or
- Excessive free radical activity.

The electrical stability of the cochlea depends upon the presence of minerals such as magnesium and calcium, and on a correct balance of necessary enzymes, fatty acids and amino acids.

The tiny, hair like cells called cilia are the final stage of sound transmission before the charge is relayed to the auditory nerve. Slight disturbances in the equilibrium of enzymes can lead to the death of a cilia.

Colloidal minerals

Colloidal minerals are very minute particles which have already been absorbed and processed by plants. They come in a liquid form and are readily "bio available", meaning the body can absorb them. They are estimated to be 90% more available to the body than other types of mineral supplements. A good colloidal mineral will contain at least 60 different minerals.

Super antioxidants

Over the last few decades many new sources of anti oxidants have been discovered. The first generation, vitamins A, C and E will work for three hours in the body. The second generation found in grape seed extract and pine bark extract and Ginkgo biloba will last two to three times longer. Third generation anti oxidants, (circuminoids) have now been discovered and will last for up to three days, cleaning your body of free radicals. A good anti oxidant supplement will contain all of these ingredients.

The benefits

The health benefits of good quality nutritional supplementation are far reaching. Not only can this prevent chronic disease over the long term. It may also improve the health of the skin, gums and organs as well as improving digestion and circulation, reducing stress and boosting energy and general well being.

For more information see the paper "Nutritional Support for the Ear" by Rafaele Joudry, 2001.

Sound Therapy EXPRESS ORDER FORM

First time listeners starter packs. To make ordering easy.

THE COMPLETE PROGRAM

Basic Music Kit	- Set of 4 tapes	\$374.00
Panasonic 18,000 Hz	- Includes mini earphones	\$179.00
Nutrients for the Ears	- Colloidal minerals and Super Antioxidants	\$99.00
Leather Carry Bag	- Value \$22.00	FREE
Nutrition for the Ear booklet	- Value \$6.00	FREE
Video	- Value \$22.00	FREE
Express Postage & Handling		\$16.50
AUSTRALIAN TOTAL (inc. GST)		\$668.50
OVERSEAS TOTAL (exc. GST)		\$612.75

THE ECONOMY PROGRAM

Basic Music Kit	- Set of 4 tapes	\$374.00
Panasonic 16,000 Hz	- Includes mini earphones	\$119.00
Express Postage & Handling		\$16.50
AUSTRALIAN TOTAL (inc. GST)		\$509.50
OVERSEAS TOTAL (exc. GST)		\$468.20

PLEASE SEND ME :

<input type="checkbox"/> Complete Program	<input type="checkbox"/> Aust	<input type="checkbox"/> O/S	TOTAL \$
<input type="checkbox"/> Economy Program	<input type="checkbox"/> Aust	<input type="checkbox"/> O/S	TOTAL \$

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Where did you hear of Sound Therapy:





Order Form for Sound Therapy

See also Express Order Form

	PRICE, POSTAGE & HANDLING (\$ AUST)	QTY	\$ COST
BOOKS			
• Sound Therapy: Music to Recharge your Brain by Patricia Joudry & Rafaele Joudry	\$ 27.45		
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	p&h \$ 11.00		
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EQUIPMENT			
• Panasonic Auto-reverse Stereo Headphone Player 16,000 Hz - with earphones	\$119.00		
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• Panasonic Auto-reverse Stereo Headphone Player 18,000 Hz - with earphones	\$179.00		
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• Cassette Player Carry Bag - Leather	\$ 22.00		
INFORMATION			
• Sound Therapy Information Tape Lectures by Rafaele & Patricia Joudry	\$ 5.50		
	p&h \$ 2.20		
• Sound Therapy Manual for Practitioners by Rafaele Joudry	\$ 16.50		
	p&h \$ 5.50		
• Sound Therapy in Australia Video 20 minute educational video	\$ 22.00		
	p&h \$ 5.50		
• Listening Helps Learning Children's information booklet	\$ 2.20		
	p&h \$ 1.00		
• The Chemical Maze Booklet Your guide to food additives and cosmetic ingredients	\$ 11.95		
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E info@soundtherapyinternational.com

W www.soundtherapyinternational.com

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