



Pain Free & Healthy Life

Coolum
Therapy Clinic

*The year's taken off and February's here,
And the focus now goes onto those you hold Dear.
On the 14th we celebrate Valentine's Day
Share a gift and a thought and a Pamper Pack stay.
Give them an hour to relax and slow down,
Replenish their energy, with no one around.
Feet to be massaged, a Facial is done
Wrapped in a Blanket, they're your number one.
I know that you value them all the year through
But Valentine's Day is the Lovers Day too.
So call us today and to your loved one say
That your thinking of them; Happy Valentine's Day.*

By Peta Zafir

Coolum Therapy Clinic Hours:

Bookings are Essential

- Mon–Fri : 9am–5pm
- Saturday Clinic – the 1st Saturday of each Month from 9am–12 noon.
- After Hours- by Appointment Only

*The only person
you are destined
to become is the
person you decide
to be.*

Ralph Waldo Emerson

NES Infoceuticals – YOUTH (Anti Ageing)

Receive one Free YOUTH, with every Pamper Pack

NES Infoceutical range addresses problems beneath the biochemistry of the body - directly impacting on the energy Blocks and Distortions that occur in the body due to Toxins, Shock, Disease, Mental Imbalance, and Emotional Disturbances.

NES Infoceuticals are made from Colloidal Minerals, using a Photon light to open the cell and allow it to be encoded with corrective bio-information that directly pinpoints and corrects distortions in specific areas of your body-field; restoring the body's optimal blueprint for health and performance.

NES Infoceuticals are based on extensive mapping of the human body-field over the past 30+ years by NES Health.

NES YOUTH – Focuses information on the many dynamic brain components:

1. The ageing of the brain.
2. Its lowered ability to produce enzymes and hormones as age increases.

Nes Infoceutical **YOUTH** may Assist in:

- Melatonin production
- Correcting negative effects of Sun Radiation
- Exposure from Electro- Sensitivity to the 20th Century Technology
- Senility and Mental Confusion
- Poor Sleep due to Melatonin Deficiency
- Degeneration of Tissues, for example the Heart
- Minimizing damage from X-Ray exposure both Solar and Medical
- Rejuvenating the Skin of the Face

**NES Infoceuticals
YOUTH is not
suitable for Children**





Pamper you or your
Loved one this
Valentine's Day



***Pamper yourself or someone special this
Valentine's Day with our Pamper Pack***

You will receive:

30min Foot Reflexology

+ 30min Scenar Facial

+ One Youth NES Infocetical

*all whilst receiving, whole body benefits of
being wrapped in a healing blanket.*

Valued at \$132

*To spread the love this Valentine's Day we are
offering you this 1 hour of bliss for only **\$80!**
Hurry, available for a limited time only!*

CTC Product Watch

Coolum Therapy Clinic (CTC) is about promoting "good choices" - for you, your health and also the environment we live in. Chemical laden cleaning products can build up in the system and cause all sorts of health issues. We now have in stock 2 products that we believe aligns and supports our way of thinking.

Cinderella Cleaning Products are colourful non-staining, modern products, based on resource renewable actives that are highly biodegradable, and low irritancy agents. Cinderella Cleaning Products do not contain petroleum distillates, ammonia, chlorine, phosphates or butyl solvents, all which have a negative environmental impact.

We now stock:

- 50 Luxury Washes Dishwashing Liquid in Watermelon
- Super Easy Glass & Stainless Steel Cleaner in Zesty Fruit

Often products that are good for you and the environment may not be affordable, however THESE ARE. So next time you are about to run out of dishwashing liquid or you have on your shopping list glass and stainless steel cleaner, think CTC, think Cinderella Products, think your family and your health and think the environment. Swap out the harsh chemical laden products for products that are safer for you to use, and also get great results.



Available at Coolum Therapy Clinic (CTC).



SALT CAVES VIP

Salt Cave sessions go for 1 hour and clients arrive at 9.45 am for the 10am start. The normal cost for a 1hour session is \$50; however the Coolum Therapy Clinic VIP Clients pay only **\$20**. Due to the high demand for places payment for attendance must be in advance and no refunds are given.

February Session is now FULL. Don't miss out! - Book Now for an upcoming session. Next availability is: Sunday 16th March 2014

Whilst there are no specific clothing requirements, we do encourage you to wear comfortable clothes, shorts, skirts, sleeveless top, swimming top or bring a sarong to wrap around you. The greater amount of body showing, the larger absorption of salt particles. While in the salt cave, you will be given plastic covers to place on your shoes to preserve the salt's purity.

Did you know... by choosing healthier, unprocessed food options, correct ratios, and the food proportions you consume, you may:

- Decrease risk of Stroke by 22%
- Lower risk of both Heart Attack and Stroke by 30%
- Lower your Blood Pressure
- Lower your Cholesterol
- Reduce or protect against cancer
- Improve digestion
- Help your eyes-prevent cataracts and macular degeneration
- Prevent Type 2 Diabetes



What does your plate look like?

As well as exercising as part of a balanced lifestyle.



Raw Food Experience

During this 3 hour workshop, you will learn how to prepare raw food recipes that you can easily put into practice at Home.

Simple to follow, Nourishing and Tasty!

- ***All food is supplied***
- ***The day's recipe book to take home***
- ***All dishes prepared and eaten on the day***

Sunday 9th March 2014

Cost: \$50/person

Book today as places are limited and filling fast!

1300 55 99 32

Foot what?

Foot Patches originate from a very ancient healing tradition, probably the most ancient conventional medicine in the world. A **Poultice**, is a soft moist mass, often heated and medicated, that is spread on a cloth over the skin to treat an aching, inflamed, or painful part of the body. The word "poultice" comes from the Latin *puls*, *pultes*, meaning "porridge". Historically poultices were made from bread, meal, clay or other adhesive substance, usually heated, spread on a cloth and applied to warm, moisten or stimulate aching or inflamed part of the body. Never use a poultice over an open wound.

Even though the poultice is old medicine, it still makes for GOOD medicine. CTC Foot Patches contain a synergistic mix of Chinese herbs and minerals.

How do they work?

The Foot Patches act like an old fashioned poultice; heating up, drawing and stimulating the points on the feet. Foot Patches increase circulation and assists in naturally excreting toxic material from the body. Going to bed is the best time to apply the Foot Patches however they can be used at any time through the day too. They are placed onto the skin attached with the plaster provided. Place on the heel area of the sole of the foot – referred to in reflexology as "the rubbish bin" of the body - the colon). Do this for a few days then move the Foot Patch elsewhere. It is easier to remove the Foot Patches inside the shower and then wash the feet. The patches may be dark, black and gooey – like treacle on your feet. This is the removal of Toxins from the body coming out. Dry patches may indicate

that the person is not drinking enough water or they have stuck them on the wrong way! They can be very smelly – they have a smoky smell but customers report smelling nicotine if they have smoked or the odour of the chemicals they may have used. Over a period of time the patches can change colour but this is not always an indication of their efficacy. (Some other brands claim they get paler as you get better but we have found this not to be true). It is more important to notice how you feel rather than just look at the colour of the patches.

Who should use them?

Everyoneif you have ever taken medication, been exposed to harmful chemicals, used household cleaners, pesticides or poisons, have aches, pains or inflammation, then your body will need to Detox. That means **EVERYONE**.

National Geographic October 2006 "Pollution Within".



Not suitable for people with allergies to mushrooms or seafood. Do not use on broken or fragile skin.

Available in clinic now.

Coolum  Therapy Clinic

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