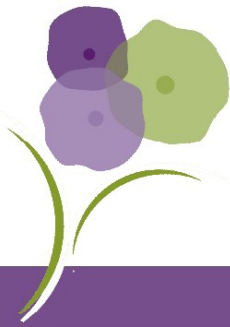


Be Well Be Healthy Be Free



Do you lack commitment, clarity, energy, and motivation when trying to make positive health changes in your life?

Be Free is a natural solution to assist you in making a positive change that will restore balance to the mind and body.

When beginning a detox it is important to remember that both mind and body need to move through a detox for it to be effective.

Making Positive Lifestyle Changes

I have met many people since the launch of the "Be Free" formula who tell me that they can't stick to a diet, but have no bad habits. The common perception of a habit is one defined as an addiction by society: smoking, drinking, gambling. My understanding of a bad habit is anything that you are attached to when you are stressed. When mind and body are not in harmony, people use varying habits to cope with the discord, and place further strain on their wellbeing. A decision to improve your wellbeing often requires a positive lifestyle change. To overcome a

habit, it is essential to nourish the nervous system. Whilst often overlooked, a balanced nervous system will encourage you to reach your goal and break free from the habit that is holding you back. Irritability, sleeplessness, and lack of motivation or clarity often set in after a decision is made to let go of the habit. It is no surprise that many people don't stick to their plan of action, as it all gets too hard. Cravings, lack of sleep, and poor digestion can all negate good intentions and before you know it, you are back to square one. In order to successfully reach

your desired goal and break free from a habit that is holding you back it is important to consider balancing the mental and physical self. Be Free is the mind and body detox that renews, repairs, rebuilds and revitalises the cells of your body encouraging you to become vital in all that you do on a daily basis. Many who have experienced Be Free for a few months have noted that breaking their habit was not such a great challenge as first thought but rather experiencing a healthier approach to their daily lives has been most rewarding.



Volume 1, Issue 1

"I have to say that when it comes to health products, or any products purporting to enhance your wellbeing, I am a sceptic. Feeling tired and powerless to do anything about my lethargy with regard to weight loss, I tried **Be Free**. I've only been taking the product for 10 days and I have already lost 2.3 kilos!

Now I'm converted and all my friends want it too."

Michelle, 47 Victoria

"I discovered the '**Be Free**' formula just at the right time. I was working really hard, I've never slept well, I was carrying a few excess kilos and felt sluggish overall. After one month on the formula I was falling asleep at 11pm, lost three kilos and felt completely re-energized. The formula is so many things.

It's my wellbeing in a bottle!"

Ludwina Dautovic, The Red Tent Woman

Healthy Cells = Healthy Organs + Healthy Mind & Body - Try New O²xy Fresh Water



Be Free – Habit Free formula features the 5 phosphates known to oxygenate the cells of the body. Now I have a unique highly oxygenated water available, to be taken alongside the Be Free formula. The water is sourced from WA and I am having great results with my clients. We all know that oxygen is the fuel for the body, and its cells, ensuring that energy follows. O²xy Fresh blends water and oxygen in a totally natural process. The result is a highly oxygenated water that con-

tains up to 700% more oxygen than other waters. This is a major development for health, nutrition & wellbeing. O²xy Fresh promotes maximum absorption that is supported with Be Free – Habit Free formula making it so much easier to reach your health goals naturally. The secret of O²xy Fresh lies in the way it is oxygenated and has a pinch of Himalayan salt added in its preparation. The unique combination of 84 trace elements found

in Himalayan Salt make O²xy Fresh water truly a stand out product. Many of my clients are not drinking enough water, so I am pleased to source this unique water for them to take alongside their homoeopathic remedies.

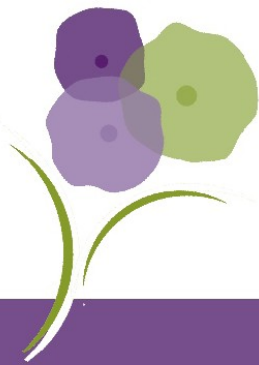
Be free

Be Well Be Healthy Be Free

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Causes of acid build up in our body :

- Overeating meat
- Lack of fresh fruit daily
- Excess of refined sugar products and refined carbohydrates
- Poor digestion
- Eating protein and starches together frequently
- Stress
- Alcohol
- Cigarettes

How do I stay healthy?

It is important to begin to understand that our blood needs to be balanced for good health to be part of our lives. We need to keep our blood more alkaline than acidic. Illness sets in when we are too acidic. Headaches, poor skin, irritability, aching joints and nervous exhaustion can also be signs of a body that is too acidic. Of course, acid is necessary for proteins to be broken down in our stomach, but too much acidity can lead to many disease states within the body. Reflux is a very common reaction to a rise in acidity in the bloodstream.

In today's busy lifestyle, where we often eat on the run or choose quick and easy meals, it is no wonder we tend to become more acidic than alkaline. When our body becomes too acidic, our system starts to use the reserves of Calcium, Magnesium, Potassium, Sodium and Iron. All these are very important to maintain a healthy nervous system and digestive system. These minerals are found in fruits and vegetables – it becomes crucial to include them in your diet if you are aiming to stay balanced throughout your life. When the body is too acidic it is very difficult for it to behave in the way we want it to. For example, weight loss cannot be achieved if we simply begin to add supplements to an already distressed liver. Be Free – Habit Free formula has the 5 minerals included to assist the acid and alkaline balance so often neglected in many detox/weight loss formulas. Many people spend large amounts of money buying the best weight loss – detox programme only to find they don't feel any better, so they stop the programme. This is where Be Free – Habit Free formula is able to kick start the mind & body detox so successful weight loss or detox can be achieved.

A detox programme is necessary for anyone who is experiencing: Fatigue, Moodiness, Irritability, Poor memory, Sluggish bowel, Indigestion, Sore Muscles, Aching Joints, Bad Breath, Furry tongue, Pimples, Blotchy skin, Bloating Stomach, Vagueness... and anyone who is wanting to reduce their weight...

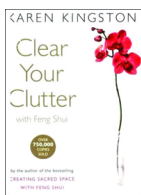
The Be free formula, along with an increase in water throughout the day, will assist in gently detoxifying the liver as well as supporting the nervous system to ensure commitment and motivation continue throughout this cleansing period. Be Free formula is unique in that it is one of the only formulas in the marketplace today that recognizes that when detoxing, it is important to balance the mind and body for a successful shift in health to be experienced. By simply taking 10 drops 4 times per day for at least 6 – 12 weeks you will find that it is easier to reach your health goals naturally.

Clear Your Clutter Be Free formula Ingredient Expose

Offering her unique wisdom, Karen Kingston will help you clearing clutter from your life. Many of us hate clutter, but fail to understand the impact it can have on our lives. Karen describes causes of clutter, along with common-sense solutions and Feng

Shui principles. An ideal starting point to help tackle clutter as you change your lifestyle.

Clear Your Clutter
\$24.99 is available at
Star & Moon,
Phone 9899 1907
10 Churchill Street,
Mont Albert VIC



Chamomilla – helps with “restlessness; oversensitivity (especially from over-use of coffee and other stimulants); when irritable, easily angered, moody and impatient; with intense conditions of pain”. Chamomile is a highly regarded remedy in Homeopathy for all sorts of mental and emotional upsets. It is calming and soothing for the nerves. Chamomile is also present in the “Habit Free Formula” in multiple potencies (6x & 30x). The presence of the higher 30x potency emphasises its ability to help and provide assistance on the mental and emotional level.

Alfalfa – helps “to attain a feeling of well-being, better nutrition by toning up the appetite and digestion, resulting in greatly improved mental and physical vigor”. It can help “induce quiet, restful and refreshing sleep.”

Avena Sativa – helps “the nervous system (nutritionally) nervous exhaustion, insomnia”. It has been used in Homeopathy traditionally as a tonic for debility after exhausting diseases but also to help those recover from addictions.

Background

Susan is a qualified Homoeopath, Health Educator, and respected speaker. Her passion is helping her clients reach their optimum in mind and body health. Susan is available for consultations in her private clinic in Hawthorn (contact phone 9818 6703). Specializing in the field of addiction, Susan assists individuals to regain their inner strength to move towards good health and well being using Homoeopathic medicine. With more than 12 years experience in the Health Industry, Susan was employed by the “market leader” Martin & Pleasance to formulate Homoeopathic medicines