

THE Health-Changing Ideas Guide Volume 1



**With the compliments of
Jane Gruebner**

Introduction



Hi there and welcome to this handy, informative booklet full of helpful advice and tips on how to be the best YOU!

The booklet contains a number of business owners who share a similar passion as I do – helping people.

All the business owners are experts in their field and range from Doctors, Naturopaths, Chiropractors, Practitioners, Coaches and Healers.

Each bring a wealth of knowledge in which they share only a taste of what is possible here in this booklet.

In the next few pages you'll discover helpful ideas to revolutionise your health so you can look good and feel great.

My highest advice to you is that you put these ideas into action in your own life.

I also invite you to make contact with any of the businesses in this guide to gather further information from them on how they may be able to help you.

The good news is great health is easier when you have knowledgeable experts to guide you.

I look forward to hearing how these tips have helped you.

All my best, in the meantime.

Kind regards,

Jane Gruebner

The Body Mind Interpreter

President of The New Zealand BodyTalk Association

Practitioner / Facilitator / Speaker

www.thebodymindinterpreter.co.nz

Phone: 0274991115

This Health Guide has been compiled for your benefit, but all statements made by individuals are the responsibility of each published practitioners.

Pain, Fatigue, Symptoms – Worst Enemy or Best Friend?

By Kim Knight

The 3 'A's: an amazingly simple solution for resolving symptoms of pain and fatigue

Let's face it, most of us don't enjoy symptoms, whether physical mental or emotional, and we want to 'get rid of' them as soon as possible to feel good again. But what if they served a purpose and contained an important message for us? Would it make sense to interpret the message before killing the messenger? Yes!

The Secret Power of Symptoms

When we are born we arrive with pre-installed software to monitor our happiness and health. This 'body intelligence' is constantly and automatically assessing our environment and life for our highest good. When it sees we are off track it warns us in three ways:

1. **Gut feelings** (eg, if something 'doesn't feel quite right'). Unfortunately, gut sensations are often missed, so the body ramps up the intensity and starts sending:
2. **Emotions** (eg, frustration or sadness). Often we unconsciously miss the emotional communication and finally, as a last resort, the body will send:
3. **Pain, symptoms, fatigue and discomfort.** Thus we can understand how symptoms are often *preceded* by emotions, and *pain is therefore missed, un-interpreted and unaddressed emotion!*

Unravelling Pain



Once we understand the problem we can implement a solution whilst ensuring we get the lesson the pain is trying to teach us. So next time you experience symptoms such as physical pain, depression, anxiety, insomnia or extreme fatigue, try putting the 3 'A's into action:

1. **AWARENESS:** Stop, sit quietly, close your eyes, tune in and ask yourself '*What am I feeling right now?*' Really feel into your body and listen to what it is telling you emotionally. (Tip: core emotions underneath symptoms are anger, frustration, sadness, grief, fear, shame, guilt, lack of joy and boredom).
2. **ACKNOWLEDGE:** Once you identify the emotion *acknowledge the truth* of how you are feeling by silently saying to yourself '*This feeling is welcome*'. Focus on where you feel it in your body as a *physical or energetic sensation* and bring *all* your attention to it, observing it *without judgement* until it reduces or dissipates.
3. **ACT:** If the situation needs it (and it often will), take constructive action on the situation your body was sending emotions about. (For example, if your body is sending you frustration about your boss overloading you with work, tell him / her how you are feeling and communicate your needs honestly. You will be amazed at the effect it has on your mind and body, often bringing instant relief emotionally and physically!)



Why is the acknowledgement of our feelings and action step so important? **Because true health and happiness are based on us being authentic!** The better you manage your emotions and the more you behave authentically, the happier, healthier and more self-empowered you will be.

Take Action

Watch Kim's free 4 part video series which explains with clarity and in depth how symptoms of chronic pain and debilitating fatigue are created... and cleared! www.mickeltherapy.co.nz



About Kim

I work as a health and personal development coach specializing in 4 key areas:

1. Chronic Illness Recovery without medication
2. Eradication of Stress, Anxiety and Depression
3. Personal Development and Life Coaching
4. Emotional Intelligence and Emotional Mastery

This all comes as a result of my own journey back to health from chronic illness and unhappiness, which includes 20+ years of personal transformation, over 10,000 hours of professional training and 8 years of clinical practice with clients.

I was thrilled to be nominated for New Zealand Woman of the Year in 2011 for the cutting-edge techniques I have had the privilege to learn and share. I offer sessions worldwide via skype and webinars as well as online self-

paced wellness programs.

- **Resolution of symptoms:** do you have chronic, or minor pain or fatigue, from debilitating conditions like chronic fatigue, fibromyalgia and irritable bowel, or lesser issues such as back aches or sore muscles which 'just don't go away'? Whatever the issue, I can help you track back to the original cause using a number of cutting-edge health techniques, clearing the problem once and for all.
- **Emotional mastery:** do you have current emotional situations or past traumas you need assistance with? I can help you resolve, dissolve and transform those feelings with ease, leaving you free to create the life you really desire.
- **Stress reduction:** Harvard research has shown stress (dis-ease) is the number #1 cause of illness so it makes sense to reduce our stress levels! Using a variety of meditation, qigong and lifestyle changes I can show you how to identify and clear internal and external stressors so you get to experience the best YOU possible!

Connect with me on Facebook for the latest tips and news: www.facebook.com/KimKnightArtofHealth

Join me on Youtube for inspirational videos: <http://www.youtube.com/user/artofhealth1>

Or sign up for my monthly enews for events and information: <http://www.artofhealth.co.nz/p-newsletter.htm>

You can also check out my websites: www.artofhealth.co.nz www.taohealthqigong.com
www.mickeltherapy.co.nz

Positive Life Balance

By Judith Paterson

It's amazing the reaction I get when I answer the commonly asked question, "What do you do?"

"I help people who are feeling burnt-out, bloated and bitchy to become energetic and enthusiastic.", I reply.

"OMG - you need to speak to my (wife), (husband), (boyfriend), (girlfriend)... !"

The moment the exciting journey that turns a life around begins is when a person recognises they need the new knowledge and advocacy.

I believe there are two questions that need to be asked by anybody who is ready to make a change:

- **"How do I want to FEEL in 12 month's time?"** and
- **"What needs to be changed NOW in order for me to achieve those feelings then?"**

Food Intolerances appear to be on the rise... or is it that they have now become more recognised?

Hundreds of people, have been helped quickly and easily by using Kinesiology muscle testing to quickly, and effectively, determine which foods 'work' for a person, and which foods don't.

It can be very quick process to assess which foods are not helping your body and to have a diges-tive upset, such as IBS, relieved within a few hours.



*The first dietary advice I always give in order to create a positive change, is to IMMEDIATELY stop eating, or drinking, any food that contains artificial sweeteners such as Aspartame, Acesulphame Potassium (K), Saccharin and Cyclamates. There are over 92 symptoms documented that include: **headaches, migraines, anxiety, depression, weight gain, aggression, learning difficulties, insomnia, MS-like symptoms, skin problems, breathing difficulties....***

For your own health's sake - Check out the blog about [Diet foods and drinks](#)

Electromagnetic Stress



With the increase in 'electro-smog' coming from our use of mobile phones, computers, TVs, and cars, to name a few, there has definitely also been an increase in dyspraxia, mental confusion, and depressed immune systems. The negative effects of electromagnetic stress can lead to chronic fatigue, allergies and intolerances, colds, insomnia, mental and emotional stress. It may be possible to help minimise the effects of this insidious stress, quickly and cheaply... [Check this out!](#)

Emotions

It's said that at least 85% of our dis-ease is a result of our emotions.

Our words have power and so we need to be very careful about what words we use in our daily conversations.

My suggestion is to make them positive ones as that has an immediate effect on what flows in our life.

A combination of personally selected vibrational essences, can be just the thing to balance stressful reactions to situations.

Phone me now on (09) 475 6256, or email me, to leave 'burnt-out, bloated and bitchy' behind and rapidly become energetic and enthusiastic!

Just for you: Gifts worth \$99! Attend a personal consultation and receive a FREE (personally selected) vibrational essence and FREE entry to one of my popular workshops.

Check out the workshops here.

Learn secrets others may never know about our body's abilities, or learn how to communicate positively so others hear what you're saying!



About Judith



Judith Paterson is a Registered Kinesiologist whose background is in education and facilitation.

Judith's passion, to inspire people to aim for their highest potential, encouraged her transition into the health & wellbeing field in 1993 in New Zealand.

Her move from New Zealand to the UK in 1997 allowed her to further her professional qualifications in both Sports Therapy and Kinesiology.

After working as a trainer for a leading UK Fitness and Sports Therapy company, Judith returned to NZ in 2001, becoming well known as a respected wellbeing consultant and speaker.

Judith is passionate about encouraging and supporting those who wish to Turn their Life Around to live a positive, balanced, life.

Judith works from her clinic in Mairangi Bay, on Auckland's North Shore

www.positivelifebalance.com

(09) 475 6256

judith@positivelifebalance.com

How to supercharge your energy & transform your health

By Dr Tammy Hume

Which one describes you in the morning? Constantly hitting the snooze button or bouncing out of bed?

Just imagine... you bounce out of bed every single morning feeling energised, refreshed and recharged with a clarity of focus that is unstoppable! Aches, pains and headaches are problems that you never have to deal with and PMS, menstrual issues and digestive upsets are things that you only ever read about in magazines or hear your friends complain about! Best of all, your eyes sparkle and your skin glows with incredible inner health.

- What would your life be like if the above was your everyday normal?
- Imagine what could you achieve in your day?
- Would you have a better relationship with your partner and loved ones?
- Would your relationship with your children be calmer and more fulfilling?
- Would you have time to nourish yourself and your own interests?
- Would you be more productive?

Whilst feeling tired all the time is common, it's definitely not normal!

Life doesn't have to be a continuous struggle. Boundless energy and inner passion is yours for the taking, if you will only stop to take a moment to nourish yourself and your health first.

You see, your body is SIMPLY AMAZING! Think about all the things that it does day-in and day-out: from digesting your food, to keeping your heart beating and your lungs breathing through to getting you to all the places you need to go every single day!

It is your incredible nervous system that is responsible for all these amazing acts. You live your entire life through your brain and nervous system. It controls, regulates and coordinates every single muscle, organ, gland, tissue and joint in your entire body by sending messages to and from the brain via the nerves - it's just like an electrical circuit. If your body becomes overwhelmed by stress then it causes an interruption and breakdown in your body's communication pathways (brain & nerve system) and a lack of health is all too often the result.

Unfortunately, by the time you are noticing warning signals (symptoms) your body is already working well below it's best. Think about the fuel light in your car... when does the fuel light go on? Not until the tank is nearly empty! Same with your body and by the time you are experiencing the effects of poor communication and imbalance in your body your fuel tank is already well on it's way to being empty.

It's all about how you deal with stress

Stress comes in three different forms:

- 1. Physical stress:** accidents, poor posture, too little or too much movement etc
- 2. Environmental stress:** what you put into or onto your body
- 3. Mental stress:** family & work stress, finances, stinking thinking, poor self-esteem ... the list goes on.

With stress well recognised as the #1 killer, it's super important that you have strategies in place to ensure that your body is functioning at it's best ALL of the time and adapting to the stresses that life throws at you on a daily basis.

Most people talk about decreasing stress, but the reality is that most of us want to be able to fit more into our day - live more, experience more, have more energy, have more fun with our kids ...so rather than taking everything out of your life, what if we could help you to adapt to stress better so that you could live MORE LIFE???

This is where Chiropractic comes in.

As Chiropractors, we respect the scientific fact that your amazing body is a self-healing, self-regulating organism. We assess your body (the structure) to see if there are any interference's in your communication pathways (spine & nerve system), which may be causing a lack of health in your body.

We then go about addressing these areas of dysfunction and interruption so that your body can work effectively and efficiently again leading to optimum health.

We address these interruptions through specific, safe and gentle adjustments. The adjustment addresses both the structure (posture & alignment) of your body as well as the function (brain & nerve system communication) and can be applied through many different techniques, which we modify to suit the individual no matter what their shape or size ... from newborns, children, pregnant women, adults & athletes through to the elderly, allowing you to stay vital and vibrant at each and every stage of life.



Life is a journey of choices. Do you choose exceptional health for life?

Is it time you asked for help?

All of the most successful people have a Coach and we are honoured to be the trusted health coach for many in our community. We love helping women and their families transform their health so that they can get the most out of life.

***The greatest wealth of all is your health!
And when it comes to you and your family's health we don't guess, we test!***

As a very special introductory offer for all our readers, we would love to offer you the opportunity to benefit from our New Person Experience at a very special price. Valued at \$125, you can experience all the benefits of this for only \$47 by mentioning that you saw our offer in this special booklet.

Our New Person experience allows us to discover your vision for your health and is where we assess both the structure & function of your body.

- Where is it breaking down?
- Assess your posture
- Use state of the art technology to accurately assess how well your nerve system is functioning
- Create a plan to get you back to your best and run you through it during a report of your findings
- During your journey to continued awesome health you will have access to our inspiring and motivating Life By Design seminars, which cover the other foundations of creating extraordinary health - movement, nutrition and mindset.



As a Mum to gorgeous Oliver, Wife, family Chiropractor, Nutritionist and Wellness Expert, Dr Tammy knows first hand how to fit a lot into your day and still have energy to spare at the end of it! A passionate speaker and writer on all things health and wellbeing, she loves empowering women and their families to transform their health so that they can live healthy and happy lives, that are filled with energy. Together with her husband Peter she owns Vital Chiropractic, the hub for experiencing vibrant health in Central and Eastern Auckland. To find out more about Tammy and Vital Chiropractic visit www.vitalchiropractic.co.nz OR follow them on facebook - www.facebook.com/orakeichiropractor

We look forward to being a part of your health transformation.

Vital Chiropractic ... transforming your health!

CALL US: 522 0222 VISIT US: 1/78 Coates Ave | Orakei | Auckland 1071

EMAIL US: info@vitalsolutions.co.nz

The #1 strategy for accessing your BEST Health

By Dr Janice Priest



Food WAS our medicine

Originally our food was our medicine, during those years the practice of naturopathy consisted of helping people to achieve optimum health through their diet, adding supportive nutrients and herbs to achieve sound health.

Over recent years our food and the environment has become more polluted, creating more complex health issues as we digest and absorb a wider range of chemicals into our diet.



Are you having allergic reactions?

For many these added chemicals and toxins are creating underlying allergic reactions, which is hard to pinpoint. Allergic reactions to such items as food colouring, additives, sulphates, food preservatives, gluten, sugar substitutes, sodium fluoride and food crop sprays have become far more common.

Then there are the increasing amount of environmental toxins that we are absorbing from household cleaners, cosmetic chemicals, beauty products, plastics and radiation. Or from paints, industrial pollutants, pesticides and insecticides, from parasites to pharmaceutical products with known side-effects, plus other pollutants.

Add that to hereditary factors and you can have a biological time bomb.

Check to see if toxins are affecting you...

Health treatments have become more complex because of these pervading pollutants and toxins. What is occurring, even though people are eating healthier, exercising more, having treatments and becoming more conscious of eating and living more holistically, is that underlying health issues still prevail.



What is a Hair Analysis?

A Hair Analysis is ideal for those who seek an overview of their present health and nutritional status and who are seeking a comprehensive naturopathic analysis.

You can check your body's tolerances and allergens through a hair analysis and find a solution. Are parasites causing tiredness, food sprays your digestive disorders, pollutants your headache, herbicides your depression, toxins your aching etc. Find out through a hair analysis.

With this naturopathic hair analysis comes:

- ✓ a seven page, confidential report of identifying common pollutants and toxins, nutrient deficiencies, organ energy, viruses, common parasites and any underlying infections, etc.
- ✓ a list of naturopathic, nutrients and homeopathic solutions based on your individual needs.
- ✓ a list of common foods that you may be allergic or sensitive to.
- ✓ health advice and explanation on how to improve your health.

FREQUENTLY ASKED QUESTIONS

What if my hair is dyed? : Dying of hair makes no difference to the analysis.

How much hair do you need? A snip of hair should be around the size of a fingernail. Best taken from the nape of the neck.

Why do you need a photo? A photograph provides an essential component of a chinese diagnostic system that is used to check the subjects constitution, in order to recommend a suitable remedy.

How long does it take? The hair analysis generally takes around two weeks to process plus delivery time unless more complex issues arise with your analysis.

How do I book it? Simply go to <http://www.hairanalysis.co.nz/> and download the instructions. Send your form as well as your birth date, a hair clipping and a photograph and we'll be sure to give you an accurate hair analysis.



Dr Priest, is a natural health consultant, author and lecturer with over 40 years in the trade, is well versed in many areas of natural and nutritional healthcare. For more information visit: <http://www.hairanalysis.co.nz/>

Janice Priest, CNHP.Dip.Herb,N.C.,D.Sc.
Director, Herbal Ltd and Herbal Education Resources Centre.
www.healthcourses.co.nz

10 Steps for Activating Your Soul-Driven Goals

By Catherine Newton

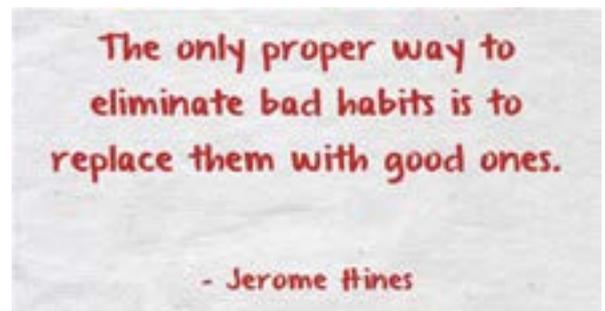
On your journey to achieve optimum health, wealth, love and happiness it is crucial to have goals that are so Soul-filled that you are inspired to achieve them.

In order to achieve them there is a series of steps I've found to be beneficial when striving to actualize and manifest what you really want.

1. Know exactly what you want and know what's stopping you or standing in the way of your purpose-full life. This first step is essential. You must gain clarity on what you really want and clearly determine the roadblocks that are preventing you from having what you want!

2. Be committed to taking the action necessary to create change and achieve your goals. I cannot stress enough the importance of commitment. Commitment and persistence is the real determining factor between success and failure.

3. Become aware of and consciously choose to eliminate old, limiting patterns. Recognizing any limiting mind sets, beliefs, patterns of behaviour or ways of 'being' will bring you one step forward in experiencing true personal empowerment and liberation.



4. Create new empowering habits and patterns to replace the old ones. Put into place new thoughts, words, empowering decisions and ways of 'being' that will ALLOW for new experiences, people and opportunities to come to you.

5. Integrate these new habits/patterns into your life with enthusiasm and positive expectation. When you consciously choose to integrate these new patterns of behaving, responding and 'being' you will notice people, situations and opportunities appearing in your life as if by magic!

6. Consistently visualize your ideal future (and goals) as though this is already your current reality. Visualization provides the accelerator power that brings things to life. It will help you serve as a giant magnet for the information, inspiration, people and opportunities that will propel you forward and allow the experiences you desire to be realized, seen and known.

7. Create and allow for vibrant living, a supportive environment, healthy surroundings, and positive relationships. When you make conscious choices, set clear and positive expectations. Then allow for success-full, nurturing relationships and joyful experiences to permeate your day to day life, you consciously create an environment where you can THRIVE.

8. Notice, become aware of, and take action when new opportunities for success are revealed.

Pay attention to the new situations, circumstances and individuals that enter your path. Know that they have been delivered to you as part of your divinely designed plan to allow for the manifestation of your soul's desires and dreams.

9. Feel worthy of receiving the abundance, radiant health and success that is your birthright.

Affirm and know that you are a beautiful, radiant soul worthy of phenomenal success and prosperity on every level.

10. Allow for the manifestation of your desires and live with an attitude of gratitude. As you see your goals manifest before your eyes, give sincere thanks for them and know that you are worthy of these gifts, capable of receiving even greater success, and divinely designed for limitless abundance in all forms. Then let go and allow...that's when the miracles occur!

Catherine Newton is an award winning International Success Mentor and Best-selling author, who is dedicated to the growth and empowerment of business owners, sales professionals and leaders who are striving for greater levels of success in their businesses, careers and lives. To find out more go to www.catherinenewton.com

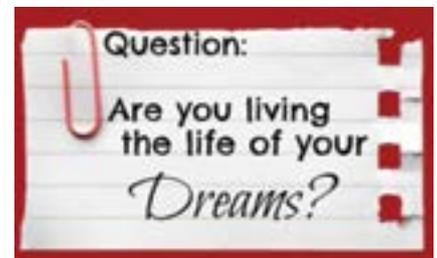


The Passion Test... *Don't DREAM your life – LIVE your dream!*

By Kathy Coulson

Try this... on a scale of 1 to 10, rate each of these statements:

- My life feels meaningful
- I make a good living doing what I love
- My relationships are great, loving and supportive
- I look forward to each new day
- My work is fulfilling
- I am happy
- I have a sense of inner balance and peace



How does your life stack up? If you scored lots of 8's, 9's and 10's then congratulations!

However, if you are like many people and scored pretty low on some of your answers then isn't time to do something about it?

Getting clear on your top 5 passions is the fastest, easiest way to create more joy and success in your life.



As featured in
O Magazine and
on Oprah

"Clarity is Power"

"There is no greater thing you can do with your life and your work than to follow your passions -- in a way that serves the world and you."

- Sir Richard Branson

If asked for examples of the effectiveness of The Passion Test™, I share the story of Julia Ghavami:

Julia was at the end of her rope. Her marriage of fifteen years was falling apart, her kids were having major challenges at school, and her feet were so painful she couldn't walk across a room at home barefoot. How to pay the bills was driving her out of her mind.

Not knowing where to turn, she went to a seminar with a friend where one of the speakers was Janet Bray Attwood.

As Julia followed the simple instructions to take The Passion Test, she discovered the five things she was really passionate about: having a fulfilling, loving relationship with her husband; having a tutor to home school her kids so she could spend more time with them, enjoying a perfectly healthy, vital body; being a speaker and presenter; and having substantial, multiple streams of income.

A year and a half later, Julia's life is unrecognizable to her and many of her friends. Shortly after clarifying the importance of her marriage, her husband came to her, apologizing and asking for a fresh start. Together they found a business opportunity in the travel industry that has allowed them to make almost a million dollars in 18 months. She now presents to hundreds of people all over the country. Her health has improved so much that she now can dance barefoot across her living room, and her kids have a fabulous tutor, spending lots of time with their Mom.

Everyone knows that passion is the key to success, but for people who don't know what their passions are, finding that passion can be a huge mystery. The Passion Test™ is a simple, yet powerful way to get clear about the five things that matter most to you and then a process to make those the priority in your life.

6 Powerful Questions to Find Out What You Want To Do With Your Life

1. What are the things I'm most passionate about?
2. What are my greatest accomplishments in life so far?
3. If my life had absolutely no limits, what would I choose to have and what would I choose to do?
4. What are my goals in life?
 - What are your health goals?
 - What are your career goals?
 - What are your family goals?
5. Whom do I admire most in the world?

It's been said that you're the average of the 5 people you spend the most time with. So don't waste your time with people who hold you back from achieving your dreams. Spend more time with happy, successful, optimistic people and you'll become one of them.
6. What do I not like to do?

Take Action

Register for The Passion Test™ now!

Email me at: info@passiontest.co.nz & check out my Website: www.passiontest.co.nz

What you'll learn during this process:

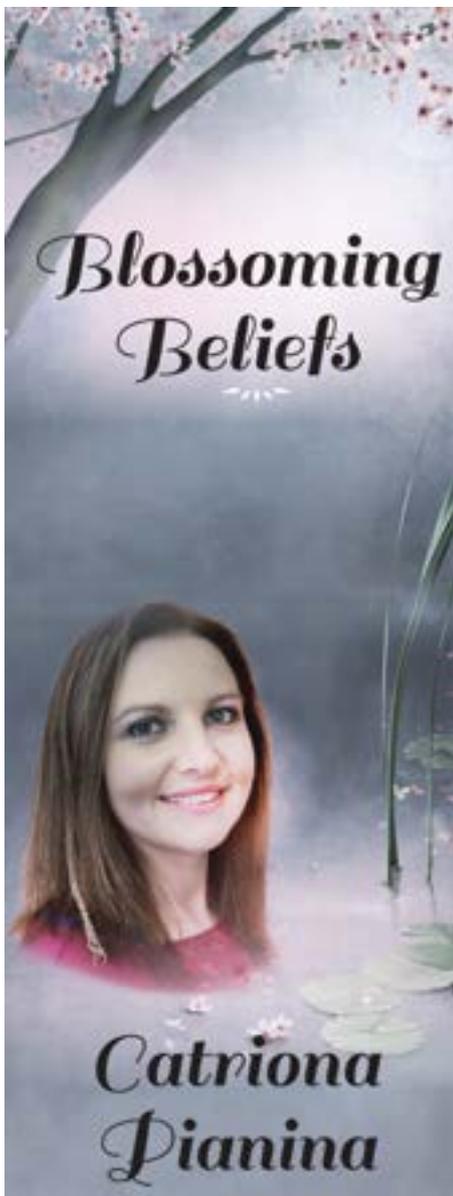
- Discover the secret to guarantee a passionate, meaningful and prosperous life
- Learn the 3 things that prevent anyone from living a passionate life
- Identify your top 5 passions
- Learn a way to stay aligned with the things that matter most to you throughout your life
- Create more balance and abundance in your life
- Learn a tool for making choices and decisions
- Discover clues to your life purpose



The process was created by Janet Bray Attwood and Chris Attwood and described in their NY Times bestseller, *The Passion Test - The Effortless Path to Discovering Your Life Purpose* (paperback: Plume, September, 2008). Kathy Coulson, who was personally trained by the Attwoods as a Passion Test facilitator now runs workshops in Auckland NZ. Kathy says, "When you are clear, what you choose to have show up in your life will, and only to the extent you're clear. The Passion Test is a simple, powerful process to get that clarity."

Where Would We Be Without Our Beliefs?

By Catriona Pianina



Have you ever wondered why some people heal from trauma, stress or illness and others do not?

Why some people are financially secure but can't find true love?

Why some people seem to have love all around them, but can't seem to make money?

Well, in my personal experience it's because of underlying belief systems.

I first started to consider this idea when I was suddenly struck down by acute liver failure in 1997. I was told I should not be alive. I asked the question, why is this happening to me?

I now know my beliefs were involved. Looking back I can see that I believed on some level that major crisis would expand my spirituality. I wanted some time out and this was one way of getting it. That if I got sick it may bring my family closer together. Why did I heal? Because I believed I would. I trusted the doctors knew what they were doing at the tender age of 21 and I wanted to live and fulfill my dreams.

I watched people around me in better and worse states than me both live and die. I noticed that the people who survived were very thankful and thought much more positively about life than before. Within me, an amazing transformation took place. I wanted to give back to the world.

Later I decided to explore belief systems further and learn Theta Healing. Theta Healing is based on accessing the subconscious in a very deep state of relaxation. Theta brain waves govern the part of our mind that lies between the conscious and unconscious. They retain memories and feelings and direct beliefs and behaviour.

I dig down to find my clients beliefs, release the blocks and then replace these with more beneficial ideas (similar to the treatment of hypnosis - without putting you to sleep!)

My point of difference is that I also provide practical Action Planning to keep you on track! Science has proven that our brain needs repeated exposure to new ways of behaving or feeling before these can be fully integrated. So I am able to provide a balance between the spiritual and the practical aspects for greatest results!

Anything is possible. I have seen pain, fear and weight disappear, and love, new jobs and money appear! Often clients say "that person or that issue just doesn't bother me like it did before"

A client when asked, why choose Theta Healing? Responded: *"This heals on the deepest levels in the gentlest way. Once you understand what has blocked you from moving in your life, change is possible"*.

When beliefs change, you can manifest more! If you believe "I am a victim" after a series of relationship breakdowns, you could spend forever repeating this pattern. However, when replaced with "I am the power in my life" your whole perspective can change and you are suddenly free to be a driver.

Blossoming Beliefs takes pain and transforms it into peace, bringing about a new perspective of health, love and abundance in your daily life. Stop and think! Where would you be without your beliefs? and Where could you be if they were different?

How to get started today!

Contact Catriona to experience a **complimentary 30 minute session**.
Simply email blossomingbeliefs@gmail.com or phone 027 314 2579 to schedule.

Catriona's Top 3 Tips

1. **COMMIT** to yourself and your beliefs. They are everything. Your greatest asset and investment.
2. **SEEK SUPPORT** to keep your beliefs on track. A professional that you can connect with can uncover blocks that you miss on your own. A focus group and/or buddy system will also boost your results!
3. **ACTION** your new beliefs until they become a habit. Choose a way that inspires you to grow.

*Catriona at Blossoming Beliefs provides tailor-made packages based on your needs and Personality traits to ensure success.

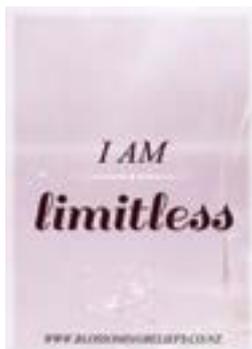
BIO



Catriona Pianina is a clear example of a soul who has learnt through experience. She has lived both abroad and within NZ as a student, primary school teacher, daughter, sister, aunty, liver transplant patient, partner, mother, wife, step mother and Belief Coach. Catriona has been sensitive to energies around her since childhood.

As her personal stories have unravelled over time she has either personally or through those close to her experienced a full array of mental, emotional, spiritual and physical challenges. Each one has led to both colossal insight and transformation. An abundance of knowledge, understanding, patience and empathy has also poured into her life at these times, which she is now delighted to share with others.

Catriona offers access to a focus group throughout the year that specifically targets key areas of interest with like-minded souls. She has packages, Belief Cards and workshops available for all ages, as well as sharing her life-changing experiences nationwide.



Catriona Pianina

Blossoming Beliefs

"Inspiring powerful change"

09 8261673 or 0273142579

blossomingbeliefs@gmail.com

www.blossomingbeliefs.co.nz

LIFE HARMONICS

With Vasumi Zjikka



Would you like to let go of stress and live more deeply aligned with Time as a creative Art form? Bringing a healthier way of living 'the essential you' with more spaciousness and vitality in your life.

- 1. Are you interested to delve deeper into the great mysteries of this evolving consciousness?*
- 2. Would you like your true essence to shine through freely?*
- 3. Would you like to guide others to walk a more 'natural' path to their true essence?*

It is our greatest excitement to guide others to live naturally in alignment with their true essence, in **Harmonic Time**. We assist with this through deconstructing undesirable patterns and reconstructing desired outcomes, of

Living authentically with ones essence, naturally.

We guide you to celebrate yourself and the life you are creating in synch with natural ways of living in harmony. And we love to assist you to gift this to others, ensuring expanding awakening. ***A highly rewarding gift to bestow on others.*** Would you like to be an integral part in co-creating this?

IT IS ABOUT TIME!

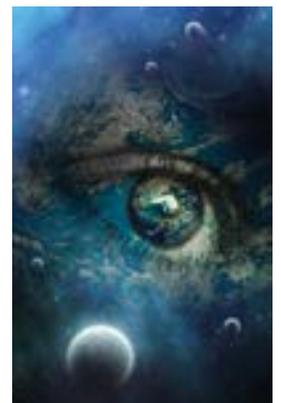
You will learn to measure and witness the magic of Times natural Synchronicity in your everyday world. We are planting the seeds that turn your world inside out (rather than upside down), from the physical to the metaphysical.

Pure elegance is realised, through being coached to coach others. As you coach others with simple steps that we train you in, you are inherently diving deeper into learning the order of synchronicity, allowing each person to be your magnifying glass into the harmonic universe..

THIS IS NEW, STATE OF THE heART TRAINING

The first two-day training (either online or in a physical class room) awards you Certificate One of 4, and is the first step to –

A DIPLOMA IN METAPHYSICAL ARTS - DipMA





With the harmonic matrix system, these questions are answered –

1. *What is my Purpose?*
2. *What challenges do I face in grounding this purpose?*
3. *How do I activate this purpose?*
4. *What is the form it will take?*
5. *As I take command, how is this purpose empowered?*
6. *How do I organise the resources?*
7. *How do I resonate the inspiration I feel with this purpose?*
8. *How do I bring integrity and start walking this with passion?*
9. *What greater intention is realised?*
10. *How is manifestation produced in the reality of the physical plane?*
11. *When is it time to release and liberate this?*
12. *How do I co-operate in sharing this with the greater community?*
13. *How is Presence revealed with the outcome of this Purpose?*

Would you like these questions answered as they relate to you and your current essence evolving?

Would you like to share this gift with others? If so, you are invited to attend a **Certification Course**.

I suggest you begin with a **Personal Session**, to witness the depth and activation available firsthand.

With your first personal session I offer a **FREE E-BOOK**, outlining the harmony of synchronicity within **TIME AS AN ART FORM**.

ABOUT ME

Upon exploring the foundational harmonic frequencies underlying all of life, for the past 18 years, connected to those elders and wise ones that come before her, especially in regards to exploring the Mayan Calendar and its divine harmonic form, Vasumi is happy to train others to act as midwives into a more elegant way of being, in alignment with the natural rhythms and harmonics of our planet, sustainably and consciously.

As well as teaching others to give sessions and live within the greater harmonies of pure consciousness of ancient future wisdom, Vasumi offers personal sessions, which have evolved into an exquisite depth over the past 25 years, as she has assisted thousands to access their pure essence, as the unfolding of their purpose or contract on the planet has been revealed!

1 and a half hour sessions are offered through this site only, at a reduced rate, simply share the code **CathNew13**.



BEING HEALTHY, WEALTHY, HAPPY & WISE !

By Jill Henderson



WHAT ARE YOUR OPTIONS?

The WELLfest Expo began in 2011 with one vision, to bring together a “village” dedicated to health and wellness; an expo focused on providing options and education to assist people in making informed choices as they journey to better wellbeing.

So what is Wellness? Jill Henderson, Director of WELLfest, is very clear about this. “Wellness is the Complete. It is the Whole. It is not only about having a healthy body or healthy mind. Sure, that plays a big part, but it is not the ‘Whole’. Human beings are far more complex than that and we sincerely believe that wellness is about having harmony throughout our entire being.”

WELLfest EXPO's are nationwide and are a place where the public and the professionals can engage and share knowledge and understanding; it is an opportunity for accurate answers to individual questions. It is this process which is the magic of WELLfest.

Bringing together exhibitors, entertainment, key speakers and free seminars, this is New Zealand's very first “West meets East, North and South” expo. Explore traditional, complementary, holistic, natural and complementary modalities, all in one open, friendly and safe environment.

For your next step to wellness, visit the WELLfest expos to meet the practitioners and listen to the speakers who could change your life forever!



Visit www.wellfest.co.nz for the date and location of the Expo nearest you. And while you are in there follow the links to enter the draw for an AMAZING PRIZE PACKAGE, including a brand new Suzuki Swift, Resene and Shiseido packs ... and so much more!

Remember the name WELLfest. See you there!!

COME TO **wellfest**
AND BE IN THE DRAW!

WIN A
SUZUKI SWIFT!

PLUS
\$\$\$\$ WORTH
OF ADDITIONAL
PRIZES!

BellePrize.co.nz

SUZUKI Way of Life

Prizes proudly bought to you by BellePrize (see www.belleprize.co.nz for full terms and conditions.)

09 236 8070 | 021 992 509 | jill@wellfest.co.nz | www.wellfest.co.nz

Helping you transform & create an extraordinary life!

By Karen Ovens

“A wise man should consider that health is the greatest blessing of all”

Hippocrates (047-410 BC)

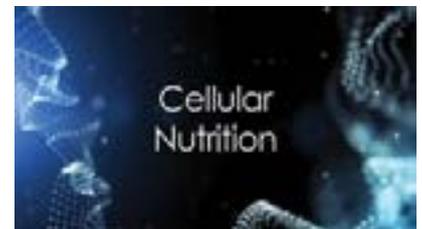
We are living too short and dying too long

I invite you to sit with these statements for a moment.....

Are you concerned with your financial future? Think for a moment - how many hours do you spend working towards this?

Are you putting the same amount of time and effort to YOU physically, to your **HEALTH & WELLBEING?**

- Are you aware of what is going in your mouth and the mouths of your children daily?
- Is it feeding you at a cellular level?



I wasn't **“really”** that aware:

- I ate well, mixed up all sorts of healthy concoctions.
- Took supplements, not of a high quality to maintain health at an optimal level. I didn't really get it at the all important cellular level.
- As a result my health suffered!

Many of us spend more money maintaining our vehicles & the houses we live in than we do our bodies, the only home we're given to live in! We can't trade up or sell and buy a new one in better condition in a better neighbourhood with a higher capital gain.

Are you selling yourself short?

Without your health nothing else matters!

1 in 3 children born from 2000 will develop type2 diabetes!

SOURCE/REFERENCE: JAMA 2003;290:1884-1890.

1 in 3 will suffer from some form of cancer.

<http://www.medscape.com/viewarticle/551998>

Heart disease is reaching alarming figures.

<http://www.theheartfoundation.org/heart-disease-facts/heart-disease-statistics/>

More general information on alarming health statistics..FYI

<http://www.health.govt.nz/publication/mortality-and-demographic-data-2006>

This is scary stuff!

How can we begin to focus on creating optimal health?

Being informed is key to making choices for optimal health

Are you & your family eating the recommended serving of fruits & vegetables everyday?

How about Vitamin D? How do you know?

Are you all consuming enough fibre on a daily basis?

We all need to be eating a diet rich in all the vitamins, minerals, good fats and fibre along with plenty of clean water and some form of exercise.



I believe in supplementing a healthy lifestyle with the highest quality science based Supplements.

There are, in fact, two things, science and opinion; The former begets knowledge, the latter ignorance.

Hippocrates (460BC-377BC)

In today's fast paced, fast food lifestyle we are not getting the foods we need. We have a big job to combat the toxins, chemicals, pollution, radiation we are exposed to daily & lack of nutrients in our food.

I didn't realise what our cells required for optimal health until about 13 years ago. At the time I was looking for a way to improve my life and maintain optimal health.

I had tried everything from traditional to alternative medicines, changes in diet; all with short-term change.

At that time I was introduced to a product that changed my life.

I started on their Science based nutritionals, made a few lifestyle changes and I found over 8-12 weeks my energy levels lifted; my body started functioning at an optimal level because it was now able to. I felt like a new person!

This created a major change in my life.

I now live to educate & promote healthy lifestyle choices, through diet, exercise and high quality nutritionals. **Nutritionals you can trust.**



your health. your life. your way.

Helping you transform your health and life!

Teaching a lifestyle program that works -

Creating lifestyle changes together! **ReSet your Lifestyle**

FREE consultation & Health Assessment

+64 21 261 7252

Karen Ovens - **Life Transformer!**

Independent USANA Associate

karenovens.usana@gmail.com

www.bodyreset.usana.com

www.karenovens.usana.com

How emotions have the power to change your health

By Jane Gruebner

Did you know that your body literally 'talks' to you? The question is you listening? The pain and discomfort you experience physically, emotionally, mentally and even spiritually are messages of the body trying to tell you something.

Dr Candace Pert PhD neuro-scientist in the 1990's changed the health paradigm by proving scientifically that **emotions change the bio-chemical structure of our cells!** It's all about resonance; your cells literally need to feel as if they are in harmony to function effectively.

If you approach life feeling angry, frustrated, anxious, and fearful, or continue to carry grief or resentment, the effect of these negative emotions will scramble the communication within the cells. This starts to create dis-ease. If your cells aren't talking the right 'language' to each other then systems in the body start to break down.

What emotions do you carry with you each day in your life?

Do you operate daily with emotions of fear, stress, anger, frustration, sadness, insecurity? We may also feel overly sensitive, but don't know what to do about it, so we just try to ignore what's happening inside us and carry on.



These stored or unprocessed emotions accumulate over time and ultimately impact on our overall health.



Indicators of 'out of balance' emotions can be ~

1. Physical - pain, tiredness, insomnia, headaches, allergies, rundown.
2. Mental - indecisive, depression, worry, confusion.
3. Spiritual - feeling lost, lacking joy, no sense of purpose.

***'When your life begins to harm you, know that you have taken a detour from your true path.'* Carolyn Myss - spiritual teacher, medical intuitive.**

Here is a powerful and simple 2 minute technique to help reduce and shift the pain and discomfort you are feeling, whether it is physical, mental or emotional.

If you find it's stubborn or deep seated, The BodyMind Interpreter can help www.thebodymindinterpreter.co.nz

Easy 3 Step Health Improvement Technique

Effective for adults, children and animals.

1. **Place your hand over the area that is feeling pain or discomfort (or simply visualise if hard to get at.)**
2. **Hold your hand(s) there - focus on the area - ask yourself what emotion first comes up for you i.e. anger, grief, fear, worry, sadness, guilt, shame, depression, stress.**



It is not necessary to figure out 'why' or 'what it's about' – you may or may not know. It's simply to get a sense of the emotion that is there - this is where you start to trust your intuition – that part of you that really KNOWs something to be true - go with your first sense - don't doubt it, you will be right.

3. Imagine a colour

- **If you can't 'see' a colour, ask yourself - if there was a colour what would it be? Go with that colour.**
- **Gather the colour up into a ball with your hands.**
- **Imagine you are scooping it out of your body and throwing it away.**

You have now shifted the emotional energy and started to clear away the stagnation that is causing discomfort in that area.

Children

Great for children when they are feeling emotions they don't know how to deal with, they LOVE THIS! – it actively gives them a sense of empowerment, try it with them, it really works!

- They don't need to 'name' the emotion just ask them where they feel 'yucky' or whatever word they can relate to.
- Get them to point to where the feeling is – often the chest or diaphragm area.
- Make it a game.

I've had children 'throw away' feelings and they've told me it turned into anything from butterflies to fairy dust, birds, angels, stars! Then they bounce off the table happy and light ready to run into the day. Parents have reported amazing personality and mood change. Got to be good for everyone!

If you want to make changes in your life, health, relationships, business, easily and effectively contact Jane for a FREE 20 minute consultation to hear how she may assist you.

Internationally trained, Jane has been dedicated for over 20 years to helping people of all ages with life transformation with their health and wellbeing. She is passionate about assisting people to evolve into their full potential, so they can experience the abundance of life and create a life they truly love.



Jane Gruebner

The BodyMind Interpreter

Health ~ Freedom ~ Empowerment

Auckland clinic – West Harbour www.thebodymindinterpreter.co.nz 0274991115