



resonance or response of the body to these frequencies, comparing them to a norm and ranking them in degree of reactivity, identifying both acute and chronic imbalances.

Modalities included in the screening process:

*Chiropractic, Electro-acupuncture, Color Therapy, Dental Hololinguistic, Neurolinguistic, Homotoxicity, Darkfire Blood analysis, Homeopathy, Electro-Hypnosis, EEG, ECG, Cranial Sacral, Reflexology, Biofeedback, Nutrition, and much much more.*

The SCIO does not replace other forms of alternative healing or a doctor's care, but rather compliments them by assisting the body to heal itself naturally and reducing or removing stressors, which contribute to illness. For example, people suffering from the following conditions often respond well to stress reduction with the SCIO :

- *Attention Deficit Disorder*
- *Insomnia*
- *Physical Injuries*
- *Learning Disabilities*
- *Hypertension*
- *Headaches*
- *Migraine*
- *Addictions*
- *Weight loss*
- *Chronic Pain*
- *Infections*
- *Arthritis*
- *Depression*
- *Immune Disorders*
- *Anxiety*
- *Eating Disorders*
- *Neuralgia*
- *Incontinence*

An initial session will run 1 ½ to 2 hours which allows for the completion of the intake form as well as the Suppression and Obstruction panel which identifies lifestyle issues and medical history and helps cue the biofeedback device to any particular risks for the client. It scans the body measuring the resonance or response of the body to the 9000 items ( *including minerals, vitamins, toxins, allergens, viruses, pathogens organ functions, amino acids, nutrients, enzymes, natural sugars, hormone levels, muscle tone, fungi, yeasts, bacteria molds, and the health and balance of the internal organs etc*) After the scan is complete , the SCIO then compares the results against a “norm”.

An example might be if the SCIO show that a person might be suffering digestive problems and that he/she had salmonellas as a child, which is still causing problems.

This is an amazing diagnostic tool. The SCIO doesn't just show negative aspects of the body, but positive ones as well. Treatments will show the body's resonance/reactive patterns and can determine improvement over time from the last measurement. There are so many programs on the SCIO, which after measuring the body's frequencies, also feeds back its own frequencies to redress or neutralize destructive wave patterns.

At any rate, if you are interested in experiencing the SCIO and all it can do, give me a call to set an appointment. Cindy Hair, a registered nurse and friend, is the technician who will be working with you.

Tallahassee clients – we will be bringing the SCIO up to you in August. I will notify you of dates so can call me for appointments.

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## 6 WEEK WEIGHT LOSS CLINIC:

I sent out a quire email a couple of weeks ago to see how many of you might be interested in attending a weight loss clinic. As a result of a pretty good response, I have spent the last three weeks compiling the information and designing work book pages to make this clinic both informative, challenging and fun for all the participants.

Dr. Jason Buehler has graciously offered us the use of his facility for our meetings. The clinic will be held on Tuesday nights from 7 until 8:30 or 9:00 depending on how fast we can get through all the information. In addition, I am going to be bringing in a guest or three to give you some added “goodies.”

This clinic is all about teaching you valuable tools for permanent lifestyle change s. It will be interactive, but no one will ever be put on the “hot seat” to share anything unless they want to. This clinic is not about having a weigh in every week or dwelling on the negatives. We will be a positive, solution driven group interesting in building health and breaking some harmful habits.

The first class will begin Tuesday night August 7<sup>th</sup> and then the following 5 Tuesday nights in succession with the last class finishing on September 11<sup>th</sup>. The cost to attend the 6 sessions is \$65.00 to be paid in full up front. I have a registration packet you will need to complete, so you must get in touch with me **as soon as possible**. Right now we don't have a limit on how many can attend. The room will hold 25-30 people comfortably.

If you are interested in viewing the complete list of topics to be covered during the 6 weeks, you can click on my

website: [www.naturalhealthplus.biz](http://www.naturalhealthplus.biz) under “news”.

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## SUPPLEMENTS FOR WEIGHT LOSS:

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*(I make all of these supplements available at whole sale prices for those interested in taking to support their weight loss program.)*

**Suggest that you begin by using the 14 day Dieter's Cleanse described at the end of this following list of supplements. It will give a boost to your six week program.**

1. **Nature's Hoodia Formula:** designed to help reduce appetite and calorie intake, while promoting a feeling of fullness. Contains herbs and nutrients that have also been shown to inhibit the production of fat in the body, lower cholesterol, triglyceride levels, and promote balanced blood sugar levels. In a controlled study participants were shown to have reduced their calorie intake on average 1,000 calories a day and experienced fat loss of approximately 4.4 lbs in just two weeks. In addition, fasting blood sugar and triglyceride levels also declined.
2. **CLA (conjugated linolenic acid)** –a naturally occurring polyunsaturated fatty acid present in many foods that has been shown to have anticarcinogenic ( cancer development) and body fat lowering effects. CLA has also been shown to prevent spread of cancer to another part of the body. To aid in loss of body fat, CLA has been shown to reduce body fat ( 2 – 20%) and increase

lean body mass in overweight volunteers. CLA can help increase feelings of satiety and decrease feelings of hunger. Another study showed that 75% of women who took CLA also showed a significant decrease in cellulite. CLA appears to decrease the ability of fat cells, and help cells burn fat at a higher rate. It helps to increase lean muscle mass in those exercising regularly. It also impacts cholesterol and triglycerides.

**3. Nature's Cortisol Formula:**

Chronic stress and inadequate nutrition can lead to excess blood cortisol levels – a hormone secreted by the adrenal glands in response to stress or lack of sleep. Cortisol decreases total body energy and stimulates the breakdown of muscle cells. Too much cortisol contributes to stored belly fat. This supplement has been shown to reduce symptoms of stress, lower elevated cortisol levels, improve insulin function, balance blood sugar levels and enhance weight loss efforts. This formula contains a host of natural products designed to assist the body with weight loss: Vitamin C, Chromium, Holy Basil, Green Tea Extract; Banaba Leaf, L-Theanine; DHEA, Vanadium.

**4. Green Tea Extract:** Because of the Catechins contained in green tea, research is showing that it promotes fat oxidation and metabolism. It helps the body burn more calories faster by boosting the body's thermogenic effect. Drink 1 cup 30 minutes before each meal.

**5. 7-Keto:** a naturally occurring substance found in small amounts in human blood and tissues, including the brain. It is

a derivative of DHEA. DHEA is a hormone secreted by the adrenal glands – increased levels are associated with longevity and prevention of cancer and heart disease. Initial studies with this product have shown that 7-Keto lowers body weight and fat; promotes lean muscle growth by reducing cortisol levels – the body's primary stress hormone. 7-Keto facilitates weight control since research confirms that higher blood levels of cortisol correspond to greater intake of food and 7-Keto has been shown to promote thermogenic (fat burning) activity. It has also been shown to noticeably increase the T3 Thyroxin hormone of the thyroid gland – the hormone responsible for increasing basal metabolism. This same study found 7-Keto to be 3 times more effective than diet and exercise alone for reducing both body weight and body fat. It also acts as a modulator of the body's weight "set point" – also known as "adipostat." This set point mechanism is believed to regulate fat stores in the body by altering the efficiency of metabolic processes and by influencing appetite and physical activity. It helps to shift this set point down ward.

**6. L-Carnitine:** is an amino acid utilized by the body for energy and fat metabolism. Carnitine absorbs molecules of fatty acids in the mitochondria of a cell to be converted into energy for the body, especially for muscles, which includes the heart. It significantly reduces elevated blood fats by lowering LDL and triglyceride levels and raising HDL levels. Diabetic patients experience a significant

- reduction in total serum levels. Also, because carnitine facilitates fatty acid metabolism, supplementation may help prevent diabetic ketoacidosis – acidosis resulting from an accumulation of ketones (fat waste products) in the bloodstream.
7. **Fat Grabbers:** specially formulated herbal supplement to assist weight management by dissolving dietary fats, preventing them from being absorbed by the body. Fat Grabbers are the ideal complement to any weight management program. They are also beneficial for anyone desiring to increase their intake of dietary fiber or lower cholesterol levels. Fat grabbers contain chickweed and lecithin – natural emulsifiers which help to metabolize dietary fats – guar gum and psyllium hulls – fibers which absorb the fats and pull them out of the body via the intestinal tract. These will also absorb toxins in the bowels.
8. **Lecithin:** acts as fat emulsifier, breaking down cholesterol and fat and helping to prevent these substances from sticking to the walls of arteries and vital organs. Lecithin causes fats such as cholesterol to be dispersed in water and removed from the body.
9. **Dieter's Cleanse :** a 14 day herbal program designed to rid the body of stored toxins in the cells, tissues, organs, blood, lymph and colon. These toxins can build over time causing sluggishness, lower energy, lowered metabolism and a host of other disease states. This program provides a safe and effective way to eliminate intestinal build up and other waste materials. Detoxifying the body allows for better nutrient absorption, glandular function, and provides nutritional support for the liver. Plus eliminating accumulated fluids and intestinal debris before starting any weight loss program will help to facilitate optimum weight loss results. Dieter's cleanse contains individual packets labeled AM, Noon and PM.
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- Thanks everyone for your support. I always appreciate you. Please call or mail me with questions or comments.
- GIANT HUGS, CANDACE