

Dear Friends

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### What you will learn in this months newsletter.

- Clinic Talk – Are we like onions?
- Products You May Not Have Heard About – It's all about coffee!
- Office Operations – 4 items to assist you.

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#### Clinic Talk:

*This article has been written in conjunction with an article by Linda Andrew from Healthy Options June 04*

We came to the conclusion many years ago, that our current day health status and sense of well-being is not caused by one single event or factor, but an accumulation of many different contributions.



If we use an onion as an analogy

- the centre core being from genetic sources,
- extra layers of skins go on from accidents, infections, antibiotics, vaccines, emotional upsets, worry and stress, too much or too little exercise, muscle strains, incorrect eating habits, medication or supplementation and toxins from the environment or people's negative thoughts or attitudes.

Have you noticed when peeling an onion, that between the obvious skins, there is another fine transparent layer? In our beings, this forms belief systems, conditioning and states of consciousness that are not always seen or knowingly

experienced, but they are the underlying reasons for our actions.

When a new skin goes on, the body (on all levels) has to constantly rearrange itself, adjust a bit here or there, and compensate by using resources from one area to get by for another. At all costs, it strives to retain a fine balance between all inseparable aspects of ourselves.

When this can no longer occur, a tolerance level is reached where a natural protection mechanism kicks in and communication between the affected aspect / body part and the brain is inhibited. The natural synchronicity throughout all systems is disrupted and the weakest point is where a pain, symptom or disease (in orthodox terms) presents itself, **but in actual fact, is simply an imbalance.**

- Can you imagine how many billions of possible arrangements or layers one could have ?
- Even with our wonderful science and modern technology, or most intelligent of humans, how could we ever know what layers are comprised of; which needs addressing; when; or how ?
- Our body itself can only know, as it is the storage cupboard of all there is to know about you.
- What is more, it does not separate physical (muscle, bones etc.) from emotional (stress, events etc.) or biochemical (food, nutritional status etc.), so it works with all aspects at the same time.

More Information at [www.peterboardman.com](http://www.peterboardman.com)

- Like us all, our lives' journeys have had many rocky parts that always led to major growth and positive outcomes.

This Kinesiology Practice is the result of various modalities tried and tested, and has been found a positive one because of the body/mind intelligence that enables communication directly to the body via muscles.

Kinesiology works with muscle response to identify where the imbalance is (through the meridians) and the source (emotional, physical or biochemical) of the blockage. The Kinesiologist has the agenda of re-establishing a balance of energy (therefore synchronicity) throughout the meridian circuit. In clinical practice, many seeking that elusive "perfect diet" or allergy "cause" were balanced kinesiologically for emotional stress or an overworked muscle, due to their body expressing that as the priority to work on. Generally the outcomes are very positive for those persisting in consultations whilst working on acute or critical conditions, then following up with a maintenance program resulting in diminished or eliminated symptoms as a result of stressing dietary manipulation rather than supplementation.

For further information on Kinesiology, please don't hesitate to contact us.

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## Products You May Not Have Heard About!

### *The first one is in the food section.*

How many of us just love our cup of coffee, but know that it is a drink that cause health complications? As we know, caffeine is a strong constituent of coffee. We also know that caffeine is a diuretic, so that when we are making great inroads in drinking more water each day, we spoil it all by having those cups of coffee that we feel we need to keep us going, so therefore we lose two to three glasses of water for every cup of coffee that we drink.

### **So what do we do about it?**

Teeccino (pronounced tee-cheeno), has become a part of our lives, and have found it to be quite a pleasant tasting substitute for our once favourite beverage.

Its wonderful points are:

- Caffeine free
- Natural Energy Lift from Potassium
- Helps Restore Alkaline Balance
- Enhance Digestion and Improves Regularity
- Comes in a variety of flavours (e.g. Original, Java, Vanilla Nut, Chocolate Mint etc)

And, if you want to be really indulgent, try sweetening it with Maple Syrup (low acid) – very yummy. **If you would like to try a sample, pop in and ask for a F\*R\*E\*E sample.**



## Office Operations

Last but not least, we have three items of news that may be of help to you at some time.

1. **Firstly**, we are developing a website. You can have a look at [www.peterboardman.com](http://www.peterboardman.com)
2. **Secondly**, Many people have asked us in the past about Eftpos, and as we aren't in a shopping centre where you can easily access cash, we have had Eftpos installed for your convenience.
3. **Thirdly**, this once-a-year time for us has come around for our annual vacation, so we wish to advise you that the clinic will be closed from 06.00pm Friday 9<sup>th</sup> November 2007 until 09.30am Monday 26<sup>th</sup> November 2007. Appointments can be made for times around these dates, if you wish to book in early.
4. **Fourthly**, our new email address is now [info@peterboardman.com](mailto:info@peterboardman.com). Please delete all other addresses. Many thanks.



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For a healthy, happy month  
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