

Dear Friends

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

- Clinic Talk – Seven Golden Rules of Health.
- Products You May Not Have Heard About – Looking at Milk Substitutes
- Office Operations – 5 Reminders

#### Clinic Talk:

*"The Doctor of the Future will give no medicine, but will interest his patients in the CARE of the Human Frame, in DIET, and in the CAUSE and PREVENTION of disease."*  
(Thomas Edison)

## SEVEN GOLDEN RULES OF HEALTH

1. Live closer to God -

Be at peace with God, Yourself & the World.

Develop & foster close relationships with your family & friends.

Make peace with nature.



2. Have moderation in all things

Keep your sense of humour – laugh *at* yourselves & *with* others

Play up your strengths – Play down your weaknesses

Learn how to take responsibility for yourself & your health.

3. Eat as much raw food as possible - Plenty of fresh fruit & vegetables.

Don't forget grains, nuts etc.

Exclude excess fats.

Include Antioxidants, Omega-3 Essential Fatty Acids,  
Vitamins & Minerals.

DRINK between 8 – 10 glasses of Filtered Water daily.



4. Stop putting poisons into the body

*A quarterly Detox is helpful – either by food &/or products.*



5. Exercise regularly for the rest of your life.

Exercise & move as much as possible.

Keep weight between 5% under & 20% over desirable standard males: and less than 10% over desirable weight for females.

Enjoy the outdoors & fresh air.



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6. Nothing heals in the human body in less than three months.

Add one month for every year that you have been sick.

It takes 5-7 times the normal amount of nutrition to build & repair than it does to maintain

7. Practice and learn to understand completely Hering's Law of Cure, which is:

“All cure starts from within out – and from the head down – and reverse order as the symptoms have appeared.”



## Do you have family members who need lots of dietary attention?

Have you ever struggled with providing an interesting array of food for yourself or someone with food allergies? The following story of the founder of gcfree, Kris, is encouraging:

My name is Kris and I live on the Gold Coast with my husband, 2 gorgeous kids and 2 mad dogs. gcfree was born in March 2005 as a result of the journey we were on with my then 3 year old son Tim.

In 2004 Tim was diagnosed with an Autistic Spectrum Disorder. After spending a long time researching the many treatment options and therapies, we decided to head down the biomedical track and one of the first things we did was implement a Gluten Free/Casein Free diet and have him tested for food allergies. We were amazed to find Tim was allergic to HEAPS of foods apart from dairy & gluten, including soy, rice and almond. That left us completely stuck for a milk alternative and I went on a mission on the internet to find something he could have.

After much research I imported (at quite an expense) Vance's DariFree, which enabled me to bake, make him smoothies and give him milk on cereal, just like a 'normal' kid.

I couldn't believe such a great product was not available here, so I set about becoming their Australian Distributor to make it available to the many other kids in Australia like who are always looking for safe alternatives and something that tastes good).

Since starting gcfree, I have come into contact with all sorts of lovely children on the restrictive diets. I didn't know there were so many metabolic diseases the parents out there who struggle daily to give their kids a balanced diet

So whether you're looking at DariFree or Bread or Biscuit mixes for your children with allergies/intolerances, or as Kosher & Vegan alternatives, I welcome your comments or suggestions, please contact me as I would love to hear from you.



## Fat Free Non Dairy Milk Alternative

### Product Information

- ☺ Delicious & nutritious milk alternative
- ☺ Convenience of dry mix – easily carried, stored and prepared
- ☺ Used by many with chronic health conditions to support a gluten free, casein free, dairy free diet
- ☺ Widely used by people with food intolerances including autistic children
- ☺ Lactose free, Gluten free, Casein free
- ☺ No soy, rice, oils or MSG
- ☺ Cholesterol free (Original)
- ☺ No protein – suitable for those who need to maintain a protein restricted diet
- ☺ Contains as much calcium as milk and is a good source of vitamins
- ☺ Great for drinking, milkshakes, smoothies, baking, on cereals
- ☺ Use DariFree anywhere you'd usually use milk!

**TRY BEFORE YOU BUY!**

**Samples are available – Just come on over and pick one up.**

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## Office Operations

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

1. We are developing a website. You can have a look at [www.peterboardman.com](http://www.peterboardman.com)
2. 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. Our new email address is now [info@peterboardman.com](mailto:info@peterboardman.com). Please delete all other addresses. Many thanks.
4. Gift vouchers are available for Therapies and Products.
5. We are only closed on Christmas Eve and New Years Eve along with the scheduled Public Holidays. (ie Closure dates 22nd to 26th December, 2007, and 29th to 1st January 2008)




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*"Yesterday is history, Tomorrow is a mystery. Today is a gift, that is why it is called the present". Helen Keller*

For a healthy, happy month  
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