

Dear Friends

You are receiving this newsletter because you have, at some time, voluntarily given us your email address via our clinic, purchase of products, or a show. Your privacy is important to us, and we do not wish to intrude, so if you don't wish to remain on our e-mailing list, please follow the directions below at the end of the newsletter.

What you read about in this month's newsletter.

- Clinic Talk – Just What Is Kinesiology, And What Can It Do For Me?
- Healthier Food Choices – Coconut Oil – Eat Fat & Lose Weight?
- Products that you may not have heard about..... Foot Patches
- Office Operations – 3

"It is one of the most beautiful compensations of life that no one can sincerely try to help another without helping themselves." Ralph Waldo Emerson

Just What is Kinesiology - And, What Can It Do For Me?

Kinesiology is a technique that is effective at rebalancing the body so that it can return to excellent health with energy and emotional strength. This is achieved through muscle testing which enables the practitioner to interpret the information your body is indicating.

The body is like a piece of electrical equipment that is controlled by a complex computer, the brain. When a muscle is 'out of balance' the electrical signal goes weak. This means you will not be able to hold your arm or leg in a particular position when the muscle is tested.

A few simple corrections after testing will re-establish the electrical signal allowing the muscle to test strong. Once the body is in balance it is able to heal itself. This technique has proven useful for painful injuries, toxins, allergies, pain, immune problems, stress and emotional issues etc.etc.

Further information on Kinesiology is available on the Articles page - covering:

History

Various Methods / Styles

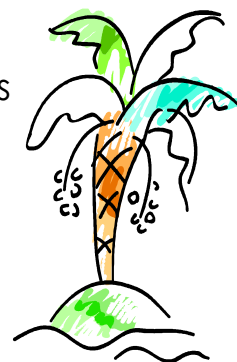
Treatment Protocol

What Problems Can Kinesiology, Primary Nutrition & Supplementation Help?

For more Information: November Newsletter – Are We Like Onions?

COCONUT Oil

Coconut Oil is the most versatile of all vegetable oils



As a Saturated oil:

- It is a natural oil
- It is a good fat
- *it has no cholesterol.*
- It is a healing oil
- it is *uniquely rich in lauric fatty acid (>48%)* – a prime ingredient in *mother's milk*, which builds up an infant's immune system
- it is an *excellent cooking oil*, which enhances the flavor of many foods.

Benefits of Coconut Oil

- Supports healthy metabolic function
- Provides an immediate source of energy due to its chemical structure that it is rapidly metabolized
- Supports & enhances Immune system function
- Helps prevent bacterial, viral and fungal (including yeast) infections
- Improves digestion and nutrient absorption
- Promotes weight loss
- Has an indefinite shelf life
- Is heat resistant (the healthiest oil for cooking)
- Helps keep skin soft and smooth
- Helps prevent premature aging and wrinkling of the skin



For a full report – see: Coconut – the Oil of Life

Note: An organic, cold pressed Coconut Oil is usually kept in stock at the Clinic. (yummmmm)

Office Operations


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

1. Check out www.peterboardman.com for interesting articles back copies of our newsletters.



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2. Don't forget that we provide the service of Eftpos for your convenience.

3. Our email address is now info@peterboardman.com.  Please delete all other addresses. Many thanks.

4. *Clinic Closure:* Sports Trainer commitment to Coffs Harbour coming up in March, therefore the Clinic will be closed from 7.00pm Friday 7th March 2008 until Monday 09.30am Monday 17th March 2008.

"Even if you are on the right track, you'll get run over if you just sit there."
Will Rogers

For a healthy, happy month
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