



Welcome to another issue of our Newsletter

The warmer weather is approaching and it's time to get re-energized and should you need to shed the winter blues and a few kilos, the spring clean detox and a few acupuncture treatments will certainly get you on the right track. We look forward to seeing you.

Supplements for Cleansing:

1. **Parex** Anti parasitic, anti fungal, anti microbial
2. **Ultra Probioplex** for gastro intestinal health
3. **G-Tox Express** scientifically formulated combination of herbs to assist in elimination of heavy metals, restoring alkaline balance in the body, assists kidneys, supports healthy digestive function.
4. **Thermo Phase Detox** supports liver detox, strong anti oxidant action, prevents cellular damage and anti inflammatory

SPRING CLEAN - DETOX

Today, our environment is toxic and the foods we eat, even the air we breathe and the water we drink is laden with chemicals foreign to our system. Therefore everyone needs to undergo some type of detoxification to maintain life & health. Although basic detoxification begins with diet, detox programs may include nutritional fortification for the liver, lungs, kidneys, bowels, and blood. Detoxification of the body may refer to the cleansing of the bowels, kidneys, lungs, the liver or the blood, since these are the organs involved in detoxification of chemicals and toxins from the body.

The liver acts as an 'inline' filter for the removal of foreign substances and wastes from the blood. The kidneys filter wastes from the blood into the urine, while the lungs remove volatile gases as we breathe.

Maintaining these eliminative organs in good working order is essential for ones good health to continue. While there are many detox programs available, they differ in their actions and their intent. By combining detox programs into a total health program, one can effectively restore health to an optimal level and look younger in the process. When the body can eliminate toxins, then health is restored and energy and vigor are revitalized. Other factors must be considered in detoxification, like nutrition, water, exercise, rest, sunshine and fresh air.

Here at Cooloola Acupuncture we use the following range of products and Acupuncture treatments for a step by step detox program. **Parex, Ultra Probioplex, G-Tox Express Probiotic and Thermo Phase Detox**

Welcome to Mark Keyworth, Osteopath and his wife Jody

Many of you will be familiar with Mark from receiving wonderful treatments from him. He is now consulting from our Clinic 4 days a week. His contact details remain the same as previous 5482 7214

Detoxification Program

Stage 1: Remove (2 weeks)

Parex is a potent antiparasitic, anti - microbial and antifungal herbal formulation which helps remove gastro- intestinal organisms which can contribute to gut inflammation and permeability.

Ultra Probioplex prevents the adherence of harmful microbes to the gut wall and provides support for gastro intestinal health during the first stage of the detox program. It is a scientifically blended combination of natural proteins, selenium, iodine and zinc.

Stage 2: Renew (2 weeks)

G -Tox Express assists in protecting the gastrointestinal mucosa and rebuilding gut integrity, also assists in the elimination of heavy metals such as lead, mercury and arsenic. Increases urinary ph to enhance elimination of toxins and aids in general detoxification.

Probiotic of your choice

Stage 3: Release (2 weeks)

Thermo Phase Detox supports healthy liver detoxification and provides strong antioxidant activity and prevents cellular damage by toxins and exerts anti - inflammatory action.

Juices

Carrot Juice is one of the richest sources of vitamin A and other vitamins, especially B complex. It's mineral content is equally rich and includes calcium, copper, magnesium, potassium, phosphorous, sulphur and iron. This energizing detox juice tastes great and you can also add apple, orange, celery stick, a little ginger root , pineapple and parsley for variety. Parsley is not only an excellent breath freshener it is also high in vitamin A and C and contains iron, iodine and copper and it can aid in reducing inflammation and pain.

Enjoy



Immuno Care for kids

Sick of continually having sick kids? Try this great tasting orange flavoured herb and nutrient formulation in powder form. This is an effective therapeutic formula for reducing the symptoms of runny nose, ear ache and sore throat and for shortening the duration and severity of colds and flus in children of all ages.

It assists in promoting general well being through improvement of the immune response.

Mix it with their favourite juice or water.

To forgive is
the highest, most
beautiful form of
love. In return
you will receive
untold peace and
happiness

CLINIC HOURS

Monday 8-1pm/2-5pm
Tuesday 9-1pm/2-5pm
Wednesday 8-1pm/2-5pm
Thursday 9-1pm/2-6pm
Friday 8-1pm.

Phone 07 54 838 088

What we help treat

Aches and Pain, Anxiety, Asthma, Back Pain, Cardiovascular, Post Stroke, Blood Disorders

Fatigue, Digestive Upsets, Skin disorders

Pregnancy, Gynaecological, Breech Babies, And much much more.....

Therapies used

Traditional Chinese Acupuncture

Pain Free Laser Acupuncture

Cupping and Bowen Therapy

Naturopathy, Chinese Herbs, Prescription Vitamins and Prescription Herbal Medicine

Cooloola Acupuncture Clinic

Unit 3 / 21 Nash Street, Gympie Q 4570



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NEWSLETTER



Cooloola Acupuncture

Welcome to the September
Issue of our Newsletter



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