

What is important to you?

At Main Beach Yoga and Massage we have a holistic philosophy. We recognize that everyone is different and that we all have various needs for our Body, Mind and Spirit.

We provide services that include:

- Nutritional Education: Whole-food supplements. Traditional herbal remedies for optimal health
 - Meditation and Healing Cd's
 - Private yoga lessons, body oriented psychotherapy and counseling sessions
 - Yoga equipment
 - Yoga and Bodywork workshops
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The Optimal health products from the GNLD company that we take are an important part of our daily health management.

I started taking the products about 10 years ago. and have experimented with many other brands but have found myself coming back to this company because of their quality.

They work for me and I am now selling them because I have had such good results.

I have included some examples of the possible applications for the nutritional support of your health and well-being

For more information

www.byronbodycare.com

Please e-mail either from the web site or byronbodycare@linknet.com.au with any of your questions

Stress Relief

How do work, relationship, family and environmental pressures impact on you?

Over time the stress that we all have to deal with in our modern busy lives can become debilitating but thankfully there are nutritional interventions that can help.

This is a program that I recommend that you could take for your benefit.

	Retail	W/sale
Herbal Rest and Relax	52.60	39.45
Herbs that can relieve nervous tension, anxiety and stress and help to relieve sleeplessness		
Formula 4 Plus	66.45	49.85
A balanced supply of essential multi-vitamins, multi-minerals, and proteins with enzymes and essential lipids and sterols from natural whole-food ingredients		
Cal-Mag	32.10	24.10
Assists to soothe the nervous system and promote better sleep and also to help provide relief from cramping, aches and pains		
Vitamin C	51.05	38.30
Helps promote healing and provides increased antioxidant defense against invasive bacteria that cause ill health and diseases of cellular degeneration as we age.		
Vitamin B Complex	63.15	47.35
An important component in the promotion of healthy nerve and cardio-vascular function		
Total:	265.35	199.05

Digestive Support

Are you well and happy?

Many symptoms of dis-ease originate in an unhealthy digestive tract because absorption and elimination are both crucial factors for your health and well-being.

This program will facilitate your whole digestive system to detox and strengthen

	Retail	W/sale
Betaine A digestive supplement made from beets and pawpaw containing betaine hydro-chloride to support stomach digestion	37.40	28.05
Enzymes Broad spectrum digestive enzymes to enhance the digestion of carbohydrates, proteins and fats in the small intestine	68.40	51.30
Acidophilus Plus Control release probiotics help to maintain a healthy balance of micro-organisms in the large intestine and inhibit the growth of harmful bacteria	79.40	59.55
Salmon Oil Chronic digestive upsets invariably involve inflammation of the lining of the digestive tract. Salmon oil can help to soothe the inflammation.	37.15	27.90
Aloe Vera A digestive tonic that soothes and provides relief from irritable bowel syndrome	33.20	24.90
Neo Cleanse A combination of natural herbal components to gently assist the colon to eliminate and function well.	26.20	19.65
	<u>Total: 281.75</u>	<u>211.35</u>

More Energy Support

Do you want to increase your available energy in a sustainable way? Only a healthy lifestyle and good nutrition will make that possible.

These products will bring you into a state of maximum cellular health that is ultimately the source of the energy that your body needs to function well.

	Retail	W/sale
Formula 4 Plus	66.45	49.85
A balanced supply of essential multi-vitamins, multi-minerals, and proteins with enzymes and essential lipids and sterols from natural whole-food ingredients		
Multi minerals	43.35	32.50
Minerals are critical for body maintenance, the formation of tissue and enzymes to support the numerous physiological processes in the body to function well		
Nourishake	64.90	48.70
High quality protein from whole-food sources with all 22 amino acids. Sustained energy releasing carbohydrates, high fibre, low in fat		
OLF	39.45	38.30
Herbs formulated to balance the body's systems to improve general well-being and to feel in harmony, physically and mentally.		
Phyto-Defense	148.95	111.70
Powerful natural antioxidants that nourish and promote healthy cellular tissue for more energy and vitality		
	<u>Total: 363.10</u>	<u>281.05</u>

Yes! I would like to feel better

Yes! I would like to look better.

Yes! I would like to have more energy

Yes! I would like to know more about
the relationship between nutrition
and better health

These products are a selection of the range of whole-food nutritional supplements that the GNLD company offer.

I am a distributor of the GNLD products. The company has been trading since 1958. These products have been tested over time by many, many people and are backed by scientific research.

If you have a particular need or on-going problem do not hesitate to contact me and I will do my best to help you to find a solution.

My phone number is 66 856168

For more information
www.byronbodycare.com

I have provided a link to the GNLD site if you want to study in depth their range of products.