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Welcome to the Summer 2007 edition of the Good Vitality newsletter!

Since the last newsletter, we've held an extremely successful Becks Training Day (another is already being arranged), started research on Rife technologies and run out of D101! Busy - I certainly think so!

D101 runs out!

And why did we run out of D101, you might ask. Well, it appears that a celebrity heard about its effects on wrinkles and facial lines and told all of her friends about it. We're not going to reveal exactly who it was, but suffice to say, demand peaked in a very short space of time! We apologise for any inconvenience and would like to assure you that production is still going strong!

I hope that you enjoy this Summer newsletter - do get in touch with any comments or feedback!
Until next time,

Chris Hyslop

Disease List - Let's all help each other!

Our research arm, ComSci, has recently started to develop an online disease list, with case studies into each featured disease.

These case studies have been submitted by those people who have been helped by the products sold through www.goodvitality.com. It is hoped that, in time, this case study list will grow to be an invaluable resource for anyone suffering from a disease. Each case has been edited to show method and results clearly and simply. So it can become a resource for you to use.

We would very much like you to send in your stories and case studies, detailing how you have used our products and what results you have noticed. Send your stories to: chyslop@comsci.org.uk - let's all work together to help each other!

Co-enzyme Q10 hint!

Many people have been reporting benefits to their health from taking the Co-enzyme Q10, as we discussed in February's newsletter. From gum disease to ME, Co Q10 has some amazing properties.

However, it is worth mentioning that Co Q10 should take it with a meal that contains some fat. During digestion, the body produces bile to digest fat and it is this bile that also digests Co Q10 and allows it to enter the body most effectively. Naturally, don't eat anything too fatty - just a little will be enough to get the Co Q10 into your body efficiently!

Thanks for coming!

The Becks Training Day held on 14th April was a huge success with people from all backgrounds coming along to find out more about the most effective ways to use the Becks Protocol.

Comments from the day included:

"brilliant day"

"You made it all so simple".

"I really enjoyed the day"

"Informal and fun, what a great day".

In response to the feedback that we've received, another day has been arranged. Although subject to final confirmation, we expect to hold the next event on **Saturday 20 October** - call 01293 446244 to register your interest now! Everyone who attended the first event and those who register for the second will be included on the Becks Register, held on www.comsci.org.uk.

We have also produced a '**Simple Guide to the Becks Protocol**' booklet, which will lead you through the Protocol from the history of its development to how to get the best out of Colloidal Silver and Ozonated water.

The booklet is available from www.goodvitality.com for £6.

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STOP PRESS The BECKS GUIDE BOOKLET is out now. Product code 5031 cost £6

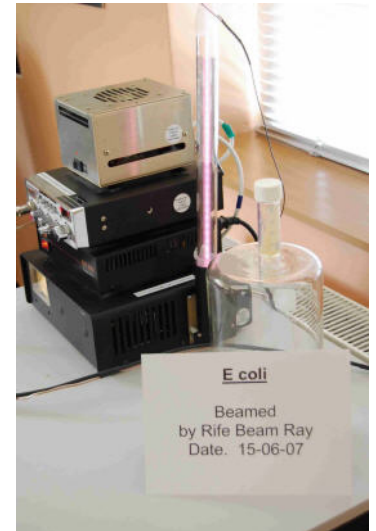
Rife Beam Ray Research

At Good Vitality and Commercial Science, we're always keen to put ideas to the test in order to find new cures for disease. There's a machine called the 'Rife Beam Ray' that we've recently managed to acquire and we're re assessing once again, having previously assessed it in the 1990's.

The Rife machine works on the principle of mechanical resonance and was invented in the 1930s by Dr Royal R. Rife. In theory, the machine emits a specific electro-magnetic frequency which shatters the cell walls of harmful organisms - rather like Ella Fitzgerald shattering a wine glass when she hit a particular note!

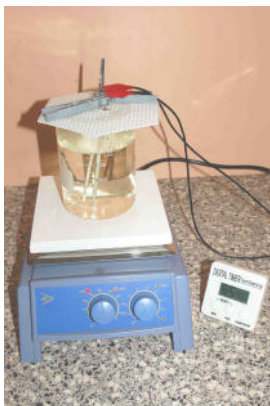
This is known as energetic medicine. At present, there are no medical claims regarding its effectiveness - which is why we've decided to take the project on to see if we can harness its potential for therapy.

We're currently testing the theory on E. Coli and Staph. Alb. to see if it can effectively target and destroy these cultures. As our research progresses, we'll update you through the news letter!



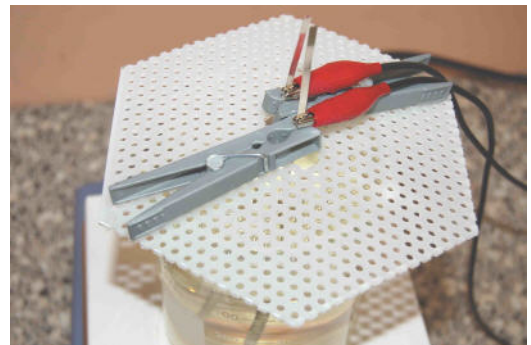
Colloidal Silver Electrode Holder.

Following the Becks Training Day in April, and everyone wanting to steal my simple electrode holder. We have developed a simple Electrode holder for making Colloidal Silver.



The Electrode holder is virtually metal free allows you to safely and easily hold your electrodes over a beaker of boiling water.

In this example the hot plate keeps the solution warm, while the electrodes are held in place with the new electrode holder. Power leads are then attached to the electrodes with no danger of them falling into the solution!



The electrode holder is being sold through www.goodvitality.com for

£10 and is compatible with all of our Colloidal Silver makers and Becks silver/Zapper.

If you've never made Colloidal Silver before, then you'll be amazed how easy the process is. Good Vitality sells a range of Colloidal Silver makers which will do the entire job for you (the range can be seen on www.goodvitality.com).

The health benefits of Colloidal Silver - whether home made or purchased from Good Vitality - are not to be underestimated. In previous newsletters, we've covered the different therapeutic uses of Colloidal Silver, as well as testimonials from customers who are using it in an ever increasing range of ways! To read these reports and testimonials, you can download our newsletter from our sister company - Commercial Science - just go to www.comsci.org.uk and click on the 'News letter' link!

Give us your feedback!

Are you a regular user of Good Vitality products? If so - we want to hear from you! Every testimonial that is sent in will receive a free jar of D101 cream and will be used in the newsletter! You can read previous testimonials in our newsletters - see the above link for how to get them online. It's only through your reports and your feedback on our products that we can continue to refine them to bring you ever greater health benefits!

Email info@goodvitality.com with your story, name and address to share your success!

Aura Cleaner - increase its effectiveness!

Many of our customers have reported how effective they've found our Aura Cleaner, which has been shown to help everything from a cold to cancer. We've had a number of reports on its use coming in over the past few months, but one growing trend seems to be for customers to use two screens instead of one.

The lower screen is lain upon and another placed over the top of them. From the testimonials that we've been receiving, it appears that this method dramatically increases the effectiveness of the Aura Cleanser, speeding up healing and returning the customers to their usual healthy state!



You can buy an extra screen from www.goodvitality.com for £22.50, as well as the Aura Cleanser itself and all of the specific consumables that it uses. If you've been using the Aura Cleanser to good effect, try putting a second screen on it and let us know how you find it!

Alternatively, you could make your own second screen - it really is quite easy! Simply make a light wooden frame, in this picture it has been made out of half inch by one inch wood screwed together. Then using a staple gun staple some screen material on to the frame, staple in your cable to the shiny side of the screen material. The screen can either be suspended above your couch or bed using string or if it is next to a wall you can hinge it from a wall.

We have found that the two screens seem to have a greater effect than a single screen. It is thought that the original two screen method was dropped in the name of convenience.

It really is not difficult to make a second screen and if it gives you additional health benefits surely it is worth a little effort.

Some hints and tips for Aura Cleanser users

The Aura Cleanser may push the toxins out of your cells, but you really need to aid your body to remove them or you may not notice any improvement!

To Aid detoxification of the cells Lee Crock (who invented the original Aura Cleanser) recommends the following to all his patients:

1. You must drink a minimum of 2 litres of water per day.
2. You should take 5 g = 5000 mg of vitamin C per day. This should be taken throughout the day in 1 g lots, not taken all at once. The easiest and cheapest way to do this is by using Vitamin C crystals they can easily be dissolved in any cold drink. 1/4 teaspoon of Vitamin C crystals is 1g = 1000 mg. (Code. 3300 £9.75 for 125g)
3. You take the Herb Carduus Marianus 20 drops four times per day, in between meals. This herb is specifically recommended by Lee Crock as an effective liver cleanser .

(Herbs should usually be taken 2 hours after eating and then nothing to eat for 30 mins. In the UK they are sold as health foods and therefore the labels will always say take with food; this is the least effective way to use a herb).

... And the two top questions that we're asked about the Aura Cleanser:

Can my body touch the screen?

This is OK, but it is best not to touch the screen, a layer of material between you and the screen is preferable.

Is my Clock Radio going to affect the Aura Cleanser?

Yes. Keep all mains powered devices away from you when using the Aura Cleanser, the electric field emitted from these devices will adversely affect the Aura Cleanser.

New homeopathic kits available from www.goodvitality.com!

We're always striving to improve the range of products and give you more ways to increase your health and maintain good vitality.

Below are just a few of the latest kits on offer - visit the website or call 01293 446244 to find out more!

Birthing Kit (£20.00)

This kit contains 10 high potency remedies to aid in the birthing process. Remedies may be taken every 15mins if necessary.

With the remedies is a list of symptoms. Simply scan the list for the symptom that you are experiencing, and then take the appropriate remedy.

Don't forget - homeopathic medicines are completely safe (even for babies) and will not interact with any conventional medicines that you might be taking at the time.

Homeopathic Detox Kit (£8.99)

This homeopathic detox kit helps clear the liver of toxins that have been built up over the years.

It may give you more energy and make you feel lighter (less congested).

The kit contains two remedies (8g vials): Nux vom 6c and Sulph 6c and comes with simple instructions for a 3 day detox.

Pre-operation kit - SAVE 20%! (Now £54.54)

If you are about to go into hospital for an operation, you may be worried about MRSA and Clostridium difficile. Our kit contains the following to help you fight off any potential infections and recover from your operation faster.

- 1. Probiotic.** A good probiotic as this can help prevent C difficile multiplying in your gut. Solgar's multiacidophilus powder is a powdered (non dairy) form of the good bacteria for the gut and provides a protective barrier against C difficile. The powder can be sprinkled on to any cold food or in a cold drink: it has a pleasant slightly sweet taste.
- 2. Echinacea.** Echinacea will stimulate the T cells to make them more aggressive and active. However there is little point in using Echinacea without Zinc (see 3). In the UK, Echinacea is sold as a health food, however you want to use it as a medicinal herb. So you should take it 2 hours after eating and nothing to eat for 30 mins. You can take 1 capsule per day (bedtime) or 3 capsules spread throughout the day if you are badly compromised.
- 3. Zinc.** Zinc stimulates the thymus gland to produce more T cells. (so Echinacea is not much use without Zinc). An organic molecular form of Zinc is best as your digestion will break this down easier than a non organic molecule such as Zinc Oxide. Take one per day with your main meal.
- 4. Multivitamins and Minerals.** I would recommend you take this to rule out the possibility that you are missing any essential nutrients for your immune system to manufacture those all important white blood cells. One important thing to remember about multivitamins is that very often they are manufactured in to very hard compressed tablets (to get a lot in to them), this often leads to them being indigestible (ask anyone who works at a sewage works, it is full of undigested vitamin pills). I recommend Solgar VM75 (Which showed it to be the most cost effective). Take one per day after your main meal - it will make your urine go bright yellow.
- 5. Colloidal silver.** Colloidal Silver kills most germs, it will certainly kill off MRSA; However, you need to build your blood levels of silver up before you are exposed to these organisms. To do this you could take a teaspoon under your tongue twice per day. (It has a bitter taste).
- 6. Homeopathic Operation Kit.** Get an operation kit and start using it 4 days prior to the operation. The homeopathic remedies in the kit are aimed at helping you recover as fast as possible and get the anaesthetic out of your system.

The programme should be started three weeks before your operation for best results.