



www.goodvitality.com

01293 446244

Good Vitality is the new name for Commercial Science, dedicated to helping you maintain your good health and vitality

Welcome to the December 2006 edition of the Good Vitality newsletter!

Christmas and the New Year are traditionally time of both excitement and reflection. Excitement at the promise of the New Year ahead and all that it might bring, and a chance to reflect on the year just gone. In this edition of the Good Vitality newsletter, we'll be bringing you news of a special event, exclusive to our subscribers, as well as giving you more ideas on how you can promote and enjoy your own Good Vitality.

Until the New Year, all the best from the Good Vitality team!

Detox - the natural way!

Detoxing needn't be an arduous, difficult or unpleasant task! Good Vitality has a range of products to help you clear out your system, making this New Year the healthiest yet! We've put a few ideas below on some protocols that you might like to try.

More information is available on www.goodvitality.com

Detox Protocol	Where it acts	How effective is it?	Difficulty level
Homeopathic Kit	Liver and whole body	*	*
Ozonated Water	Blood/whole Body	**	**
Clarks Liver Detox	Liver	***	*****
Becks and Ozonated Water	Whole body	****	***
Aura Cleanser (Lee Crock)	Whole body	****	***
Aura Cleanser and Ozonated Water	Whole body	*****	***

Homeopathic Kit: Very easy and simple to use. Produces great results and is especially useful after a course of conventional medical treatment.

Ozonated water: Extremely simple to make and will help provide more energy as well as mop up free radicals.

Clarks Liver Detox: Worth doing at least once a year. You will be amazed to feel your liver fizzing as it clears all those stones! It is difficult to do but definitely worth it.

Becks Protocol and Ozonated Water: The Becks Zapper will help to destroy any pathogens circulating in the blood stream along with the Colloidal Silver. The Ozonated water will help clear up and detoxify the debris produced by the Zapping.

Aura Cleanser (Lee Crock): This is a relatively easy method and works at the intra-cellular level. It is particularly effective in moving toxins from within the cell - some of which may have been there for years!

Aura Cleanser and Ozonated water: The addition of the Ozonated water makes using the Aura Cleanser work even more effectively.

January

2007

Aura Cleanser Questionnaire

We would like to improve our database of useful information for people with Aura Cleansers.

Please could you spend 5 minutes ticking boxes where relevant and then put this questionnaire back in the post to the Good Vitality Office. Alternatively, we can supply this questionnaire by email - please let us know if this would be your preferred option by emailing: info@goodvitality.com

Your name:(optional)

Address:

.....

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If you have found your Aura Cleanser to be of benefit in any of the following areas please indicate which ones by putting a cross next to the relevant condition.

- | | | |
|---------------------------------------|---|--|
| <input type="checkbox"/> Acne | <input type="checkbox"/> Fever | <input type="checkbox"/> Nausea |
| <input type="checkbox"/> Allergy | <input type="checkbox"/> Gum disease | <input type="checkbox"/> Pain Relief |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Headaches | <input type="checkbox"/> Piles |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> High Blood pressure | <input type="checkbox"/> Pleurisy |
| <input type="checkbox"/> Bronchitis | <input type="checkbox"/> Hives | <input type="checkbox"/> Poor appetite |
| <input type="checkbox"/> Candidiasis | <input type="checkbox"/> Hot Flushes | <input type="checkbox"/> Psoriasis |
| <input type="checkbox"/> Catarrh | <input type="checkbox"/> Indigestion | <input type="checkbox"/> Rheumatism |
| <input type="checkbox"/> Colds | <input type="checkbox"/> Influenza | <input type="checkbox"/> Rheumatoid Arthritis |
| <input type="checkbox"/> Colitis | <input type="checkbox"/> Insomnia | <input type="checkbox"/> Sciatica |
| <input type="checkbox"/> Constipation | <input type="checkbox"/> Irritable Bowel Syndrome | <input type="checkbox"/> Sore throats |
| <input type="checkbox"/> Cough | <input type="checkbox"/> Itching of skin | <input type="checkbox"/> Tinnitus |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Jaundice | <input type="checkbox"/> Tonsillitis |
| <input type="checkbox"/> Diarrhoea | <input type="checkbox"/> Kidney disease | <input type="checkbox"/> Vomiting |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Lethargy | <input type="checkbox"/> Warts |
| <input type="checkbox"/> Ear problems | <input type="checkbox"/> Menopause | <input type="checkbox"/> other..... |
| <input type="checkbox"/> Eczema | <input type="checkbox"/> Menstrual Pain | <input type="checkbox"/> you are using the Vitamin C
and Cardus marrianus as well |
| <input type="checkbox"/> Eye problems | <input type="checkbox"/> Morning sickness | |

To thank all of the people who take part, we're offering a special discount on Good Vitality products! Once you have returned your completed Aura Cleanser Questionnaire, we will send you a discount voucher for a **half price aura cleanser screen!**

Becks Protocol

Many of our customers have been asking for a refresher on the Becks Protocol in recent weeks. The good news is that there is a very special Becks Training Day planned for 2007 - see the back page for full details! If you can't make that and need to know more, there is information available on the Good Vitality website - www.goodvitality.com.

If you don't know much about the Becks Protocol, then the theory behind it is simple. The device sends a small electrical current through the pulse points in your ankles. This pulse kills any foreign organisms that are travelling around your system - and it is often these organisms, bacterium, yeast, mould or parasites that make us unwell.

The 'Zapped' organisms are then carried through your blood to the liver, which cleans them out of your system. It is therefore very important to drink plenty of fluids as you go through the Becks Protocol to help your body flush out the detritus. And if you can drink Ozonated water, so much the better!

You can buy everything that you need for the Becks Protocol online at www.goodvitality.com. Or, if you haven't got internet access, call the team on 01293 446244 to discuss your requirements.

The Herb Feature



Rhodiola

rhodiola rosea

Rhodiola is a marvelous herb that many Good Vitality customers use to keep themselves well. It's remarkably versatile, with a myriad of uses from tackling the effects of SAD (Seasonal Affective Disorder) to improving memory. We look at some of its most significant features.

A) **ADAPTOGENIC**

Rhodiola increases your tolerance to various stressors (e.g. mental, physical, environmental), in part by beneficially modifying the stress response. This herb acts predominantly on the hypothalamus in a way that normalises the manner in which the body responds to stress triggers. The enhancement of serotonin activity (see below) would also be of value in reducing anxiety-related symptoms associated with chronic stress.

B) **ANTI-DEPRESSANT**

Rhodiola's role in aiding depression is due to various factors. Active compounds in this herb (e.g. rosavin and salidroside) enhance the transport of serotonin precursors (tryptophan and 5-HTP) into the brain, and through an MAO/COMT inhibiting effect these compounds also reduce the degradation of mood-elevating neurotransmitters. In respect to serotonin, the studies show a 30% increase of levels in the brain. As stress accelerates the destruction of mood-boosting neurotransmitters, the adaptogenic effects of Rhodiola would be additionally valuable.

C) **MENTAL ENHANCER**

Rhodiola intake may also boost learning and memory skills. Improvements have been shown even after 10 days treatment with Rhodiola extract.

D) **MALE SEXUAL TONIC**

Rhodiola has traditionally been used as a tonic to enhance male sexual function. Subsequent research in the field has confirmed its therapeutic effect in certain sexual dysfunctions. For example, in one study involving men suffering from a weak erection and/or premature ejaculation, treatment with Rhodiola extract led to substantial improvement in sexual function.

E) **IMMUNE SUPPORTIVE**

Research suggests that Rhodiola's benefits extend to the immune system - a factor that combines especially well with its adaptogenic activity. Not surprisingly, it has been reported that Rhodiola is particularly effective in aiding recovery after viral infection.

F) **ANTIOXIDANT**

The herb's active components are shown to be powerful antioxidants, especially protective against lipid peroxidation.

CASE STUDY

One of our patients, Tracy, has always suffered from Seasonal Affective Disorder. She experiences depression throughout the year, but with the onset of the winter it gets much worse.

We recommended that Tracy try some Rhodiola extract - and within a few weeks of taking the supplement Tracy has reported that her SAD has all but diminished.

She is also able to remember things better and her memory is much more reliable. The herb has acted extremely quickly in Tracy's case; the speed may vary from person to person.

What isn't in doubt however is the sheer effectiveness of Rhodiola - which is why we recommend it to our patients where we believe that it will help!

Call us on 01293 446244 to find out more or to order some today!

Becks Training Day.

By popular demand, the Good Vitality team have arranged a special Training Day on the Becks Protocol. Suitable for those with no clinical knowledge, or those people with some experience but who need to refine their skills. The Training Day will cover all aspects of the Protocol and may lead onto further courses.

Below is a full break-down of the day. To book, please email info@goodvitality.com or call 01293 446244 to ensure that your place is reserved for you!

Date: 14 April 2007
Time: 10.00 am until 4.30 pm
Venue: Holiday Inn Express, Crawley. Tel. 01293 525523. www.hiexpress.co.uk
Cost: £65 (cheque's payable to Commercial Science or Book on line at www.goodvitality.com)

Session 1: History of the Zapper. The differences between Clarks Zapping and Becks Zapping and the pros and cons of each.

Session 2: The Becks Silver Zapper. Zapping and electrode placement (along with practice). Treatments protocols and the electroporation question.

There will be a break for lunch after session two. Please bring your own food. Alternatively, you can buy something in the local restaurants.

Session 3: Colloidal Silver. How to make it, how it works. Methods of administration. Grades of water and Colloidal Silver. Toxicity of Colloidal Silver.

Session 4: Magnetic Pulsing and where to apply it. Benefits of Ozonated water - how to make it and use it. Final Questions and answers.

There will be plenty of opportunity for questions and where possible you will get to try out Zapping, Colloidal Silver, Magnetic Pulsing and Ozonated water.

Demand for this day is expected to be high, so please register early by telephone or email to avoid disappointment. All of the people who have attended this day will be listed on www.comsci.org.uk for potential patients to contact.

Becks Zapper, Colloidal Silver Maker T2, Variable Voltage Zapper - all High voltage devices (HVD). Don't forget your service!

Just like all things mechanical or electrical, your Becks Zapper will wear out over time. However, the great news is that a tired HVD can be rejuvenated for just £10 (plus P&P)!

If you have noticed that your HVD is going through battery power like there's no tomorrow, then you need to get it serviced to maintain optimum performance. The Good Vitality team have all of the necessary components to bring the Zapper back up to full power, with a turn around time of less than two weeks. All that you need to do is send it to the office (preferably by recorded delivery each way) and you'll get it back full of its own vitality once more!

The address to send your Zappers to is:

Good Vitality,
11 Hylands Close,
Crawley,
West Sussex. RH10 6RX.

We can acknowledge receipt of your HVD by email, if required. And don't forget to include a stamp(s) so that we can return your HVD to you once serviced! NB. You may want to use "signed for mail" for peace of mind and postal insurance.