

In this September issue newsletter you will see we have been very busy indeed developing and testing our new Sleepy Cream with which we are extremely pleased. We have also been doing some research on the effectiveness of other people's Colloidal Silver and comparing it to our own high strength Colloidal Silver.

## NEW SLEEPY CREAM

- Stressed?
- Tired?
- Exhausted?
- Can't get to Sleep?
- Want to use something natural and safe?
- Want to nourish your skin?



## Then Sleepy Cream may help you.

This **new product** has been developed at Goodvitality with the aim of naturally and safely aiding you to get to sleep.

It has the advantage of doing two things at the same time. It moisturises your skin with a rich feeling cream and it also contains a combination of essential oils which naturally help you feel to relaxed and sleepy.

It is even safe for even babies and can be applied as often as you like. If you wake during the night you can apply some more cream to help you drift back to sleep.

### When you apply the cream

It has a rich creamy texture which absorbs into the skin. After you apply it, it has a cooling effect and you can immediately smell the wonderful combination of oils which will help you relax and drift off to sleep. It is made using hypoallergenic ingredients. On the next page you can read some of the statements made by the people who took part in our clinical trials.

## Sleepy Cream, continued

The following comments have been made by some of our customers:-

- It smells wonderful and I seem just to drop off to sleep.
- It has a nice cooling effect and smells heavenly.
- I now sleep straight through whereas I used to wake at 1am.
- It really helps me to sleep.
- My wife suggested I try it and I must say it has really helped me to sleep.
- The children seem to settle really quickly after I have applied some Sleepy Cream.
- Wonderful moisturising cream too.
- I sleep longer and it's really doing my skin good.
- Definitely helps me to get off to sleep.
- The children love it.
- It seems to have stopped my nightmares.

Product code: 5535. Large 60ml Jar. Costs just £4.95 (plus shipping).

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## Arthritis and rheumatic joints helped with the Aura cleanser.

We have had several reports from customers with bad joints who have gained pain relief from using their Aura cleanser while taking a bath. To do this instead of connecting the output of the aura cleanser to a screen, you connect it to the handle of a stainless steel spoon and dangle the head of the spoon in the bath water. You then need to stay in the bath for a minimum of 30mins. (if you have a 5 min chip, then 20 mins will do).

Very important - remember to use Vitamin C (5g spread throughout the day), the herb *Cardus marianus* (20 drops 4 times per day in between meals) and drink a minimum of 2 litres of water per day.



**Vitamin C.** The cheapest form of vitamin C is vitamin C crystals (ascorbic acid) - product code 3300, 125g for £10.19. However some people find that the Vitamin C crystals can be a bit too acidic, if that is the case then why not try Ester C tablets. These are non acidic, and last 4 times longer in your body. Ester C 1000mg tablets, - product code 1052, 90 tablets cost £24.69.

## NEXT BECKS TRAINING DAY 20TH OCT 2007, BOOK NOW

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 venue confirmation, we will hold the next day on **Saturday 20 October** - call 01293 446244 to book your place 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](http://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 (£6) and the Training day (£65) are available from [www.goodvitality.com](http://www.goodvitality.com)

Book your place now to avoid disappointment.

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## Rife Beam Ray results.

In the 1930's Royal Raymond Rife reported that he was able to kill cultures of Bacteria in the next room through an 8 inch thick concrete wall. We were hoping to repeat this effect giving us enough confidence in the Rife Beam Ray machine to carry out further research, potentially even to make a super, cost effective, Goodvitality version of A Rife Beam Ray.

We tried many frequencies and distances from the emission tube on E coli. Unfortunately there was no effect on the cultures - they all grew. If the Beam Ray had worked as Rife described we would have expected it to kill the E coli.

So, for the moment, we are unable to recommend the Rife Beam Ray. However, we are always open to do more research on this exciting technology.

# Colloidal Silver Research.

HOW GOOD IS YOUR COLLOIDAL SILVER AND HOW DO YOU REALLY KNOW???

We have heard many claims from people who make and supply Colloidal Silver, for example how many parts per million it contains, how much of it is ionic etc.... All sorts of claims, but are they really relevant? What really matters is how effective they are at killing off micro-organisms and as far as we can tell, no one makes any assessment of microbiological activity or claims about it. So we decided to put our Colloidal Silver and some of the major brands of Colloidal Silver to the test.

What we did was to dilute the Colloidal Silver with grow media, in the following dilutions, 1 PART IN ; 10, 20 40, 80, 160.

Then each growth tube was inoculated with E.coli and left to incubate for 24 hours. This photograph illustrates the type of test carried out. You can see the first culture(1 in 10) tube is clear, The E coli was unable to grow. However, the 2nd tube (1 in 100) is cloudy showing that the E coli was able to grow. Below are the results and products tested:-



Dilution      1 in 10      1 in 20      1 in 40      1 in 80      1 in 120



Higher Nature  
CS Spray £6.30  
15ml

growth    growth    growth    growth    growth



Holland and  
Barrett £12  
120ml

growth    growth    growth    growth    growth



Our  
High Strength  
CS £8 50ml

NO      NO      growth    growth    growth  
growth    growth

**Conclusion.** It is evident that the commercially available grades of colloidal silver have no effect on the growth of E coli. So buy ours, or make your own and its pretty good value too!