

## CONTENTS

Introduction	p. 2
Trimway Weight Loss System	p. 3
Carboway	p. 13
Cheataway	p. 19
Oxygen Therapy	p. 23
Tanway	p. 29
Laxway	p. 31
Maxima Capsules	p. 33
Magnesium Oil	p. 35
Deodorants	p. 42
Ionic Detox Therapy Capsules	p. 43
African Healing Clay (TLC Tub)	p. 53
How to Demo TLC & Clay-Kelp Face	p. 65
Derma Pristine Range	p. 69
Moisturising Lotions	p. 71
Shea Creams	p. 72
Soaps	p. 74
Essential Oils	P.75

## INTRODUCTION

### Healthway MLM Opportunity

Welcome to the Healthway business opportunity.

We are pleased to share our exciting products and opportunity with you.

We share your dream to be in control of your own income and future.

With the right products and a will to share a healthy lifestyle with people, we can put you on the road to achieving your goals.

### Getting Started on your Healthway Business

Becoming a Healthway consultant is simple.

Complete the Healthway application form.

Purchase your Healthway starter pack.

Purchase some extra stock.

Study training literature.

Try the product for yourself!!

Meet your first customer and start making money.

### Carrying Stock

We believe that it is a good practice to carry stock with you at all times.

It assists in making instant sales and cuts down on delivery time.

Closing the sale eliminates cancellations.

Immediate sales and deliveries is time saving.

The excellent service makes for a happy customer and an instant consumer.

### Where to Market the Healthway Product Range

Family & friends are an excellent starting place.

In the work environment.

Beauty, health and slimming salons.

Gymnasiums - to the patrons.

Tea and snack parties at your home or friends homes.

Flea or craft markets.

Expos and trade shows.

Advertising 'opportunity'

We are sure you will be adventurous and find many more opportunities to share and market the Healthway Products.

## TRIMWAY WEIGHT LOSS SYSTEM

The **TRIMWAY** weight loss system is a unique organic approach to rapid weight loss. There are no appetite suppressants in any of our products. ***Our Products Are About Eating, NOT About Not Eating...***

We are '**wired**' for survival and our bodies will tend to store water (water retention) and food as fat, if we do not drink and eat regularly.

Eating food is like fuelling a fire (metabolism). If you keep adding coal or wood on a regular basis, the fire burns better and more energy will be supplied. If you allow the fire to grow smaller by not feeding it, less energy is supplied to the body, and the metabolism slows and available energy decreases.

**Conclusion:** When we eat regularly, the body's metabolism keeps working and we have the energy resources we need. The body will then tend not to store energy as fat, but rather burn it off. ***Therefore NEVER SKIP MEALS Or Snacks And DRINK WATER Consistently Throughout The Day.***

Using The **TRIMWAY** System (**TRIMWAY Capsules And TRIMWAY Drops**) And Following The Advice Above Will Give You The Following Benefits:

- Rapid Centimetre Loss
- No Kilojoule Counting
- No Hunger Or Strict Eating Patterns
- No Stimulants Or Chemicals
- No Nervousness Or Irritability
- Balances And Increases Metabolism
- Natural Astringent - No Flabby Skin
- Cellulite Reduction
- Boosts Energy And Vitality Levels
- Improved Digestion
- Immediate Feeling Of Increased Confidence and That Your Body Is Improving

### **FEEDBACK FROM TRIMWAY USERS:**

- People Who Need To Lose More Than Five Kilos Are Able To Lose Centimetres Without Having To Go On A '**diet**'.
- Within A Week Of Use Clear Headedness, Energy And A General Feeling Of Rejuvenation Have Been Experienced.
- People With Irritable Bowel Syndrome Have Had Relief And Even Been Cured Within A Period Of A Month.
- People Experience An Increased Thirst For Water, This Is Due To The Combination Of Diuretic Herbs.

- Some Have Experienced An Increased Appetite Due To The Metabolism Being Stimulated.
- If Used Correctly One Will Have An URGENT Need For The Toilet Regularly!!!! (Detoxifying Effect Of The Herbs).
- Some Experience A Less Bloating Feeling.
- Some Have A Reduction In Their Cravings For Caffeine Especially Coffee. (Detoxifying Effect)
- Most Experience Their Skin Improving With Use. (Detoxifying effect).
- Astringents And Increased Water Intake Help With The Skin Tightening.
- Reduces Blood Pressure.

### *Directions for use:*

Take two capsules every morning.

- If you need to be alert at night then take 1 in the morning and one at 4pm.

### *Precautions:*

- Avoid Kelp (in *TRIMWAY Capsules*) If You Are Allergic To Iodine.
- Avoid Buchu (in *TRIMWAY Drops*) If You Have A History Of Kidney Disease.
- **NOT RECOMMENDED FOR PREGNANT OR LACTATING WOMEN.**
- **NOT RECOMMENDED FOR CHILDREN.**
- **NOT RECOMMENDED FOR PEOPLE ON CHRONIC MEDICATION.**

### *We also Recommend:*

*A Great Tip Is To Feed The Lean Body {Muscles} And Starve The Fat Body, By This We Mean:*

- Avoid Bad Fats Such As Saturated Animal Fats, Margarine, Hydrogenated (hardened fats) And Damaged Fats/Oils (processed/previously heated oils). Do Not Heat Polyunsaturated Fats Such As Sunflower Oil. Include The Right Fats In Your Diet By Eating More Raw Nuts, Seeds, Cold Pressed Vegetable Oils And Oily Fish (Sardines, Pilchards, Tuna etc).
- Choose Low GI/GL Foods - Whole Wheat Bread, Brown Rice/Pasta, Lentils, Vegetables, Fruit, Low Fat Or Fat Free Dairy Products, Cereals Such As All Bran, Wheetbix And Oats.
- Always Combine Protein With Carbohydrates To Stabilise Blood Sugar Levels.
- Exercise At Least 20 Minutes Every Day.

**TRIMWAY Capsules**

<b>INGREDIENT</b>	<b>ACTION</b>
Kelp (Ecklonia Maxima)	<ul style="list-style-type: none"> <li>▪ Detoxifies The System</li> <li>▪ Stimulates &amp; Regulates Metabolism</li> <li>▪ Regulates Thyroid Function</li> <li>▪ Helps With Glandular Function</li> <li>▪ Helps With Treating Obesity</li> </ul>
L-Carnitine Bitartrate	<ul style="list-style-type: none"> <li>▪ Used For Fat Burning (Reduces Fat Mass)</li> <li>▪ Increases Energy</li> <li>▪ Helps Build Muscle</li> <li>▪ Reduces Feeling Of Hunger And Weakness</li> <li>▪ Enhances Metabolism</li> <li>▪ Increases Heart's Output And Cardiac Performance</li> <li>▪ Cardio Vascular System Greatly Benefits</li> <li>▪ Enhances Mental Clarity And Focus</li> <li>▪ Great Anti-Oxidant</li> <li>▪ Improves Recovery From Exercise</li> <li>▪ Helps With Hyper-Thyroidism</li> </ul>
Vitamin B6 (Pyridoxine HCl)	<ul style="list-style-type: none"> <li>▪ Vital In Fat Metabolism</li> <li>▪ Helps The Body Use Nutrients From Fats And Proteins</li> <li>▪ Strengthens The Adrenal Gland</li> <li>▪ Works In The Blood To Carry Oxygen To The Cells And Tissues</li> <li>▪ Increases The Function Of The Energy Cycle</li> <li>▪ Helps Control Blood Sugar</li> </ul>
Spirulina	<ul style="list-style-type: none"> <li>▪ Supports The Immune System</li> <li>▪ Boosts Energy Levels</li> <li>▪ Anti-Viral Activity</li> </ul>
White Oak Bark	<ul style="list-style-type: none"> <li>▪ Natural Astringent For The Skin</li> <li>▪ Also Used For The Immune System, Varicose Veins, Skin Problems And Poor Digestion</li> <li>▪ Helps With Diarrhoea, Fevers And Colds</li> </ul>

### Kelp:

Kelp is commonly referred to as seaweed, growing in the strong oxygen rich wave action of the Atlantic surf zone off the West Coast of South Africa, one of the most unpolluted and pristine coastlines in the world. Ecklonia Maxima is fed by the up-welling of the mineral rich cold Antarctic water of the Benguela current.

Wet seaweed undergoes the South African patented '*Cell Burst*' process. The Ecklonia is freshly harvested by divers and undergoes this cell bursting technique, releasing (but not denaturing) the precious minerals, amino acids, trace elements and vitamins that are trapped within the extremely tough cell walls. The process obviates the use of heat, freezing or dehydration, all of which are factors that destroy the components of organic plant life.

Kelp is especially high in iodine, which must be present for proper glandular function and metabolism. It tops the list for naturally chelated iron, sodium, phosphorus and calcium as well as magnesium and potassium. Kelp is a source of Vitamin A, B1, B2, C, D and E, as well as Amino Acids.

No fewer than 92 different mineral elements have been found in seaweeds, including some elements which we require only in trace amounts, but whose presence is nonetheless vital to our complete well being. Seaweeds contain many times more minerals than land grown plants, as much as 50 times more according to Dr Black (Proc Nutr Soc (Eng.), 32 1953). Since that was more than half a century ago, it is to be expected that land grown plants are even less nutritious now.

- Detoxifies The System
- Stimulates & Regulates Metabolism
- Regulates Thyroid Function
- Helps With Glandular Function
- Helps Treating Obesity
- Contains Chelated Minerals
- Contains Amino Acids
- Contains Vitamins: A, B1, B2, C, D & E
- High In Iodine

### L-Carnitine Bitartrate:

L-Carnitine is used by the body to transport long chain fatty acids to the mitochondria in cells, where it is burned for energy. Since this fat burning is such a major source of muscular energy, deficiencies in Carnitine are manifested as low energy levels and muscular weakness. They can also appear as mental confusion or cloudiness, angina (heart pain) and weight gain.

Acetyl-L-Carnitine has a significantly more noticeable effect on the mind than Carnitine. Acetyl-L-Carnitine usually enhances mental clarity and focus, along with slight mood elevation.

The effects of Carnitine are more physical than mental, in the sense that Carnitine may provide physical energy whereas Acetyl-L-Carnitine provides more mental energy. Both Acetyl-L-Carnitine and Carnitine are wonderful antioxidants, although the former may be more powerful. Deficiencies can result in premature ageing.

- Used For Fat Burning (reduces fat mass)
- Increases Energy
- Helps Build Muscle
- Reduces Feeling Of Hunger And Weakness
- Enhances Metabolism
- Increases Hearts Output And Cardiac Performance
- Cardio Vascular System Greatly Benefits
- Enhances Mental Clarity And Focus
- Great Anti-Oxidant
- Improves Recovery From Exercise
- Helps With Hyper-Thyroidism

### **Pyridoxine HCl (Vitamin B6):**

Vitamin B6, also known as Pyridoxine, is part of the B group Vitamins, is water soluble and is required for both mental and physical health. Pyridoxine is required for the balancing of hormonal changes in women as well as assisting the immune system and the growth of new cells. It is also used in the processing and metabolism of proteins, fats and carbohydrates, while assisting with controlling your mood as well as your behaviour. Vitamin B6 might also be of benefit for children with learning difficulties.

- Vital In Fat Metabolism
- Helps The Body Use Nutrients From Fats And Proteins
- Strengthens The Adrenal Gland
- Works In The Blood To Carry Oxygen To The Cells And Tissues
- Increases The Function Of The Energy Cycle
- Helps Control Blood Sugar

### **Spirulina (Cyanobacteria SPP):**

This tiny aquatic plant offers 60 per cent all vegetable protein, essential vitamins and phytonutrients such as the antioxidant beta-carotene, the rare essential fatty acid GLA, sulfolipids, glycolipids and polysaccharides. Also contains chlorophyll, carotenoids, minerals, gamma-linoleic acid phycopigments.

- Supports The Immune System
- Boosts Energy Levels
- Anti-Viral Activity

### White Oak Bark:

White Oak is the classic eastern oak species. White Oak Bark has been an important herb used by Native American cultures for hundreds of years as a medicine to treat wounds and intestinal problems. White Oak Bark's *astringent* properties, alongside its active blood-clotting agents (Bio-flavonoids), tighten tissues and strengthen blood vessels. White Oak Bark is used as a natural astringent for the skin. With rapid weight loss it will help prevent sagging skin. Also used for the immune system, varicose veins, skin problems and poor digestion. Helps with diarrhoea, fevers and colds. The bark contains tannins.

- Natural Astringent For The Skin

### TRIMWAY DROPS

<i>INGREDIENT</i>	<i>ACTION</i>
Buchu	<ul style="list-style-type: none"> <li>▪ Diuretic Properties</li> <li>▪ Used For Inflammation Of The Kidneys &amp; Urinary Tract</li> <li>▪ Used For Gout And Rheumatism</li> </ul>
Artichoke Leaves	<ul style="list-style-type: none"> <li>▪ Lowers Blood Cholesterol</li> <li>▪ Lowers Blood Sugar Levels</li> <li>▪ Promotion Of Blood Circulation</li> <li>▪ Mobilization Of Energy Reserves</li> <li>▪ Increase In The RNA Content Of Liver Cells</li> <li>▪ Stimulation Of Cell Division</li> <li>▪ Used in Treatment of Liver Dysfunction, Bloating and Loss of Appetite</li> </ul>
Fennel	<ul style="list-style-type: none"> <li>▪ Aids Slimming</li> <li>▪ A Remedy For Irritable Bowel Syndrome</li> <li>▪ Aids Digestion And Relieves Constipation</li> <li>▪ Relieves Bloating</li> <li>▪ It Is A Diuretic</li> <li>▪ Used For Indigestion And Flatulence</li> <li>▪ Blood And Liver Cleanser</li> <li>▪ Promotes Good Health</li> </ul>
Bladderwrack (Kelp)	<ul style="list-style-type: none"> <li>▪ Used For Treating Thyroid Conditions</li> <li>▪ Aids In Treating Obesity</li> </ul>
Cleavers	<ul style="list-style-type: none"> <li>▪ Reliable Diuretic</li> <li>▪ Stimulates The Lymphatic System And Relieves Swollen Lymph Glands</li> <li>▪ Aids Urinary Tract Infections</li> <li>▪ Helps Lower Blood Pressure</li> </ul>
Liquorice	<ul style="list-style-type: none"> <li>▪ Aromatic Herb</li> <li>▪ Gentle Laxative</li> </ul>

Dandelion	<ul style="list-style-type: none"> <li>▪ Diuretic</li> <li>▪ Stimulant To The System</li> <li>▪ Used In kidney And Liver Disorders</li> <li>▪ Assists With Gout</li> <li>▪ Used For Water Retention Problems</li> <li>▪ Assists With Eczema</li> <li>▪ High Blood Pressure</li> <li>▪ Activates The Eliminary Processes, Removes Toxins</li> <li>▪ Promotes Bile Flow</li> </ul>
Ginger	<ul style="list-style-type: none"> <li>▪ Helps To Neutralize Stomach Acids</li> <li>▪ Stimulates The Appetite</li> <li>▪ Tones The Muscles Of The Digestive Tract</li> </ul>
Sacred Bark	<ul style="list-style-type: none"> <li>▪ Helps Settle The Digestive Tract</li> <li>▪ Neutralises Stomach Acids</li> <li>▪ Enhances The Secretion Of Digestive Juices</li> <li>▪ Stimulates The Circulation</li> <li>▪ Helps High Blood Pressure</li> </ul>

### *Buchu:*

Buchu is a small shrub which grows principally in South Africa. It has been used in South Africa long before colonisation. Buchu is a Hottentot word. They used the dried leaves to treat various urinary disorders. Buchu is still commonly used for a variety of ailments, especially urinary, kidney and prostate problems. It is also used to treat gout and rheumatism.

- Diuretic Properties
- Used For Inflammation Of The Kidneys & Urinary Tract
- Used For Gout And Rheumatism

### *Directions for use:*

- In a 1 ½ litre bottle of water, drip 45 drops of Trimway drops, and drink during the day.
- Extra water is recommended, for drinking during the day.

### *Precautions:*

- *Speak To Your Doctor If You Are Pregnant Before Taking Buchu Or Any Diuretic.*
- *Avoid Buchu If You Have A History Of Kidney Disease.*

### *Artichoke Leaves:*

This plant belongs to the Milk Thistle family and grows to a height of about two meters, producing large violet-green flower heads. The flower petals and fleshy flower bottoms are eaten as a vegetable throughout the world. Artichoke leaves are useful as a diuretic, but are also

known to lower blood cholesterol and blood sugar levels. In addition it stimulates regeneration of liver cells, demonstrating the following effects on the liver:

- Promotion Of Blood Circulation
- Mobilization Of Energy Reserves
- Increase In The RNA Content Of Liver Cells
- Stimulation Of Cell Division
- Used In Treatment Of Liver Dysfunction, Bloating And Loss Of Appetite.

### **Fennel:**

Fennel is a short-lived perennial indigenous to Europe and cultivated in India, China and Egypt. It is an excellent stomach and intestinal remedy which relieves flatulence and colic, whilst also stimulating the digestion and appetite. It is similar to Aniseed in its calming effect on bronchitis and coughs. The blood stream quickly absorbs the goodness of fennel and carries away lots of toxins, cleansing the blood and the liver and restoring the body to its natural functions.

- Aids Slimming
- A Remedy For Irritable Bowel Syndrome
- Aids Digestion And Relieves Constipation
- Relieves Bloating
- It Is A Diuretic
- Used For Indigestion And Flatulence
- It Is Also Aromatic
- Promotes Good Health

### **Bladderwrack:**

See Information On Kelp In The *TRIMWAY Capsules* Notes.

- Used For Treating Thyroid Conditions
- Aids In Treating Obesity

### **Cleavers:**

Cleavers is a reliable diuretic used to help clean gravel and urinary stones and to treat urinary infections. The extract stimulates the lymphatic system and relieves swollen lymph glands. It is also useful in treating diseases such as eczema, psoriasis and arthritis in which the body requires cleansing. Traditionally it has been used for cancer, particularly that of the lymphatic system. It is reputed to help lower blood pressure and cool the body during fevers and is used as an external wash for sores and wounds.

- Reliable Diuretic
- Aids Urinary Tract Infections
- Helps Lower Blood Pressure

### Liquorice:

Mainly used in this instance to disguise the bitter flavour of The Sacred Bark. Liquorice is also useful as a gentle laxative.

### Dandelion:

The common name Dandelion came from the French, '*dent de lion*', or teeth of the lion. This common '*weed*' is in fact one of nature's most powerful diuretics. It is indeed a powerful herb that can be used as a detoxifier and eliminator.

The dandelion has been in use for centuries for its many abilities, as a folk remedy for warts and liver spots. Italian people have cooked it as a delicious vegetable. The Chinese herbalists used dandelion to treat breast abscess and lymph node enlargement and even skin conditions. It is also a general stimulant to the system, but especially to the urinary organs, and is chiefly used in kidney and liver disorders. Its beneficial action is best obtained when combined with other agents.

- Diuretic
- Stimulant To The System
- Used In Kidney And Liver Disorders
- Gout
- Water Retention
- Eczema
- High Blood Pressure
- Activates The Eliminary Processes, Removes Toxins
- Promotes Bile Flow

### Ginger:

Ginger is native to Asia. It is a rhizome which is unearthed when the plant is ten months old. It is a time-proven remedy for upset stomach, indigestion and cramps. The Chinese have been using ginger for more than two thousand years. The Japanese serve ginger slices with sushi to clear the palate and aid digestion.

Ginger's effectiveness as a digestive aid is due largely to its active ingredients, gingerols and shogaols. These substances help to neutralize stomach acids, enhance the secretion of digestive juices, stimulating the appetite, and tone the muscles of the digestive tract. There are also anti-inflammatory properties in ginger as well.

- Aids Digestion
- Anti Inflammatory Properties

### Sacred Bark:

Also known as Cascara, Bear wood, Chittim wood, Holy Bark etc. As a nutritional support for the eliminative function, the bark has been used by cultures around the world, including the Native North Americans and American settlers. Spanish missionaries noticed its use among the natives and called it sacred; hence, the Spanish name. It was first marketed in 1877, and was later acknowledged and used by the medical profession.

Clinical researchers have isolated several Anthraquinone glycosides as the active principles in Cascara. These glycosides are hydrolyzed by bacteria in the colon, resulting in its laxative activity. These active substances cause an increased peristalsis locally in the large intestine, and also help by circulating in the bloodstream and stimulating a nerve centre to trigger a laxative effect.

- Helps Settle The Digestive Tract
- Neutralises Stomach Acids
- Enhances The Secretion Of Digestive Juices
- Stimulates The Circulation
- Helps High Blood Pressure

### TIPS FOR CONSULTANTS:

#### *Things to Check When Putting a Person on TRIMWAY :*

- Ask The Person What Their General Diet Is To Find Out What Product Would Be Most Beneficial.
- Is The Person Allergic To Iodine? There Is Iodine In The Kelp In The Capsules.
- Has The Person A Hormone Imbalance, Which Would Account For Weight Loss Problems?
- Have They Had Their Thyroid Checked - Is It Functioning Correctly?
- **NOT RECOMMENDED FOR PREGNANT OR LACTATING WOMEN.**
- **NOT RECOMMENDED FOR CHILDREN.**
- **NOT RECOMMENDED FOR PEOPLE ON CHRONIC MEDICATION.**

### Some Helpful Benefits:

- **TRIMWAY** Capsules Stimulate The Metabolism. Some People Have Taken A Capsule Late In The Afternoon If They Are Expecting A Late Night, As This Keeps One Alert And Full Of Energy.
- One **Does Not** Experience The Nervousness And Irritability That Some Diet Pills Cause As This Formula Is Completely Safe And Natural.
- **TRIMWAY** Is **Not** Addictive.

### *Helpful Tips To Your Prospective Clients:*

- We Advise That Our Client's Measure Themselves Using the Chart Provided Rather Than Weighing Themselves Which Can Be Misleading.
- *Tip:* When Measuring Pull The Tape Very Tightly.
- Drink 3 Litres Of Water Per Day.
- Eat Regularly Throughout The Day. Snack Mid-Morning And Mid-Afternoon.
- Exercise Does Increase The Metabolism, Which Burns Fat And Builds Your Muscle Mass, Which Also Burns Calories.
- With The Aid Of **TRIMWAY** Help Them To Start Improving Their Food Choices.

## **CARBOWAY**

### *Cuts Carbohydrate and Sugar Absorption*

Most people think that just curbing fat intake will help with weight reduction....did you know that excess carbohydrates (starch) consumption could be just as bad for your waistline?

Many people gain weight, not by the amount of fat they consume, but from the carbohydrate content of their diet. Once sufficient carbohydrates have been consumed to satisfy the body's immediate energy needs, the body can start to store them, potentially turning carbohydrates into molecules of fat.

Many people are starting to question high carbohydrate diets, yet potatoes and cereals are consumed on a daily basis. Therefore the choice is simple - we can either cut down on the carbohydrates in our diets or we can use **CARBOWAY**. *This means you can still consume your normal food intake, but may actually start to lose weight!* The product also works very effectively to reduce the bloated feeling that many people experience after a large meal. **CARBOWAY** is tipped to change the face of the weight management industry forever, and is an excellent sister product to **TRIMWAY** and **CHEATAWAY**.

### *Directions For Use:*

- Take 1 Capsule with water, before each meal when you want to reduce carbohydrate or starch absorption.
- A 2<sup>nd</sup> Capsule half way through your meal is recommended in an unusually high carbohydrate meal.
- 

### *Warning:*

- If you are pregnant or lactating consult a health professional before using this product.
- Do not exceed recommended dosage.

## *CARBOWAY Capsules*

<i>INGREDIENTS</i>	<i>ACTION</i>
Chromium Polynicotinate	<ul style="list-style-type: none"> <li>▪ Blood Sugar Control</li> <li>▪ Enhances The Effectiveness Of Insulin Thereby Helping In The Processing Of Glucose</li> <li>▪ Helps Lose Fat And Build Lean Muscles</li> <li>▪ Increases Metabolism</li> </ul>
Gymnema Sylvestris	<ul style="list-style-type: none"> <li>▪ Enhances The Ability Of The Pancreas To Produce Insulin</li> <li>▪ Helps Control Blood Sugar Levels</li> <li>▪ Gives A Sense Of Well Being, Better Alertness</li> <li>▪ Helps Prevent Intestines Absorbing Excess Sugar and Carbohydrates</li> <li>▪ Helps Control Sugar Cravings</li> </ul>
Vitamin B6 (Pyridoxine HCl)	<ul style="list-style-type: none"> <li>▪ Helps Maintain Blood Sugar Levels</li> <li>▪ Immune Booster</li> <li>▪ Processes Protein, Fats And Carbohydrates</li> <li>▪ Helps Control Mood And Behaviour</li> </ul>

### *Chromium Polynicotinate:*

Chromium is a very important nutrient for blood-sugar control. Chromium is not readily absorbed from foods and the body has difficulty in absorbing Chromium from most nutritional supplements. Chromium Polynicotinate is a mineral that aids in controlling weight, helps you lose fat and build lean strong body muscles. It also lowers cholesterol and even reduces elevated blood sugar in diabetics. It increases metabolism and uses more stored fat and less protein. It's an essential insulin co-factor.

Chromium increases the ability of insulin to bind to cells and leads to increased insulin sensitivity of body tissue. This leads to the body being better able to absorb and use the blood sugar in cases of diabetes and hypoglycaemia.

Current data suggests that Chromium supplementation can be useful for people with glucose intolerance, Type 2 diabetes, gestational diabetes, and steroid induced diabetes. Up to 90 per cent of all people don't receive their recommended intake of 120mcg from their diet. Chromium is found in black pepper, brewers yeast, broccoli and potatoes.

### *Chromium Is Important For:*

- Blood Sugar Control
- Enhances The Effectiveness Of Insulin Thereby Helping In The Processing Of Glucose.
- Helps Lose Fat And Build Lean Muscles
- Increases Metabolism

## *Gymnema Sylvestris:*

Gymnema Sylvestris is a woody, vine-like plant, which climbs on bushes and trees in the tropical forests of central and southern India. The Latin name means 'Destroyer of Sugar'. The leaves when chewed interfere with the ability of the tongue to taste sweetness.

It has been found to be of benefit for those suffering with diabetes. It helps to tone and strengthen the pancreatic function, helping the body to handle and process sugar. In a clinical study, patients reported a sense of well-being and better alertness and less exhaustion during work. Later clinical tests show that regular use over a period of three to four months helped to reduce glycosuria or the appearance of carbohydrates in the urine.

The glucose-like molecules in the Gymnemic acid fill the receptor locations in the absorptive external layers of the intestine, thereby preventing the intestine from absorbing the sugar molecules. Because there is a change in the absorption of sugar, there is a consequent change in the blood sugar level.

Gymnema blocks the transformation of excess glycogen into fat by binding with the enzyme necessary for this reaction, 'Acetyl Coenzyme A'. As well as helping to stop the conversion of glycogen, Gymnema also tones the blood and strengthens the body.

It has been used for over 2,000 yrs in the treatment of obesity and diabetes in India by their medical community. Most studies confirm the blood sugar lowering or anti-diabetic property of Gymnema. The word control best describes the action of Gymnema on blood sugar and diabetes.

*It is not a cure and does not substitute for proper dietary habits or medicine, but its use will help keep blood sugar levels within acceptable limits. Most of the research into Gymnema has very important implications in weight control. With better glucose utilisation there are fewer empty kilojoules to be disposed of by the body.*

Gymnema raises insulin levels and is also noted for lowering serum cholesterol and triglycerides. Gymnema Sylvestris blocks the sensation of sweetness when it is applied to the tongue. This herb also triggers production of insulin in the body. In one study with 27 Type 1 and Type 2 diabetes the Gymnema extract reduced the insulin requirements and lowered the fasting blood glucose levels.

Gymnema enhances the ability of the pancreas to produce insulin, possibly by regeneration of the residual beta cells in Type 1 diabetes. (J Ethnopharmacol 30(1990) : 281 -94.) An animal study supports this. In diabetic rat pancreas, extracts of Gymnema were able to double the islet number (clumps of pancreatic cells) and beta cell number (insulin producing cells). These results show that Gymnema may improve the health of the pancreas. (J Ethnopharmacol 30 (1990) : 265 -79). According to research this herb has no side effects and exerts its blood sugar-lowering activity only in cases of diabetes.

### *Gymnema Is Helpful With:*

- Controlling Blood Sugar Levels
- Giving A Sense Of Well Being, Better Alertness
- Preventing Intestine Absorbing Excess Sugar And Carbohydrates
- Controlling Sugar Cravings

### *Pyridoxine (Vitamin B6):*

Vitamin B<sub>6</sub> is a water-soluble vitamin that exists in three major chemical forms: Pyridoxine, Pyridoxal, and Pyridoxamine. It performs a wide variety of functions in your body and is essential for your good health. For example, vitamin B<sub>6</sub> is needed for more than 100 enzymes involved in protein metabolism. It is also essential for red blood cell metabolism. The nervous and immune systems need vitamin B<sub>6</sub> to function efficiently.

Haemoglobin within red blood cells carries oxygen to tissues. Your body needs vitamin B<sub>6</sub> to make haemoglobin. Vitamin B<sub>6</sub> also helps increase the amount of oxygen carried by haemoglobin. A Vitamin B<sub>6</sub> deficiency can result in a form of anaemia that is similar to iron deficiency anaemia.

Vitamin B<sub>6</sub> helps maintain your blood glucose (sugar) within a normal range. When caloric intake is low your body needs vitamin B<sub>6</sub> to help convert stored carbohydrate or other nutrients to glucose to maintain normal blood sugar levels.

Pyridoxine is required for the balancing of hormonal changes in women as well as assisting the immune system and the growth of new cells. It is also used in the processing and metabolism of proteins, fats and carbohydrates, while assisting with controlling your mood as well as your behaviour.

### *Pyridoxine Is Helpful In:*

- Helps Maintain Blood Sugar Levels
- Immune Booster
- Processes Protein, Fats And Carbohydrates
- Helps Control Mood And Behaviour

### *TIPS FOR CONSULTANTS:*

**CARBOWAY** is an effective appetite controller, because it supports normal insulin activity, reducing appetite/cravings. Insulin is a hormone that promotes uptake of glucose by the cells of the body. The cells can then use the glucose for energy, or convert it to fat for storage. By enhancing the activity of insulin, the glucose gets into the cells and you will “feel full” and therefore reduce appetite/cravings.

**CARBOWAY** is an anti-carbohydrate absorber, it inhibits the activity of carbohydrate digesting enzymes in the GI tract (the enzyme breaks down starches into simple sugars for absorption). This leaves the carbohydrates in a state that is to be absorbed.

### *What Are Blood Sugar Levels?*

Blood sugar is simply the amount of sugar (glucose) we have in our blood. When we eat, the body breaks down the carbohydrates in foods to produce sugars. The sugar is absorbed into the bloodstream, which carries it to every cell in the body. Blood sugar fuels the cells, providing them with energy they need to keep us healthy.

It is extremely important that blood sugar levels remain consistent and not be too high or too low. The hormone insulin largely controls the amount of sugar. When the body recognizes that we are eating and turning foods into sugars, the pancreas secretes insulin. Insulin acts as a travel guide, escorting sugar through the blood stream and then 'knocking on and unlocking the cells' doors' to allow glucose to enter. When the pancreas, insulin, and the cells are not working in harmony, the result can be diabetes (high levels of blood sugar).

### *What Is Diabetes?*

Diabetes – here the blood sugar levels are too high. There are two reasons for this:

- Insulin dependant diabetes, known as Type 1 diabetes or juvenile-onset diabetes, is caused by damage to the pancreas. Part of the pancreas, beta cells, manufactures the insulin that escorts blood sugar to the cells.
- If beta cells are not working, or not working well, you do not produce enough insulin, there are no travel guides to get the blood to the cells. The result is that blood sugar remains in the bloodstream (high blood sugar levels).
- In Non-insulin dependant diabetes, known as Type 2 diabetes or adult-onset diabetes, insulin is produced, but the cells remain resistant to it. You might say they keep 'changing the locks' so that the insulin cannot bring in the blood sugar. This also results in high blood sugar levels. Type 2 diabetes is by far the most prevalent, accounting for 90 -95 percent of all diabetics.

Diabetes and high blood sugar result in frequent urination, extreme thirst, increased appetite, unexplained weight loss, dry skin and frequent skin infections, recurrent vaginitis, long term complications that can lead to increased risk for arthrosclerosis and cardiovascular disease, visual problems and blindness, slow healing of injuries, kidney failure and damage to the nervous system.

### *Benefits of Using CARBOWAY:*

- Blocks Carbohydrate (Starches And Sugars) Absorption In The Intestines
- Helps Stabilize Blood Sugar Levels
- Controls Appetite

- Stimulates Insulin Release
- Lowers Cholesterol Levels
- Helps Constipation and Prevents Water Retention
- Curbs Sugar Cravings
- If Sprinkled On The Tongue Will Remove Sugar Cravings For Several Hours
- All Natural Remedy - No Side Effects, Fast, Easy And Effective
- Stimulates Weight Loss And Improves Digestion
- Reduces Bloating Feeling Some Have After Large Meals (Helps With Digestion)
- Gymnema Sylvestris Works In Two Ways;
  1. Enhances The Ability Of The Pancreas To Produce Insulin
  2. Reduces the Absorption of Sugars by the Intestinal Tract
 This Combination Results in the Carbohydrates Moving Through the System and Not Being Stored As Fat
- Over A Period, Clinical Tests Indicate A Reduction In Glycosuria Or The Appearance Of Carbohydrates In Urine
- Some Women Have Noted A Relief From Thrush Infections
- There Are No Side Effects Listed, Only Those Which Seem To Be Connected With Hypoglycaemia

#### **Who Should Use CARBOWAY:**

- Anyone Who Needs To Lose Weight And That Has A High Carbohydrate Diet
- Diabetics Are Helped As Their Blood Sugar Levels Are Stabilized
- ***NOTE: Never Prescribe That A Diabetic Goes Off Their Medication. CARBOWAY Should Not Be Used As A Substitute, Only A Supplement***
- People Whose Life Style Requires Help
- People Who Have Carbohydrate Cravings
- People Who Have High Cholesterol Levels

#### **Helpful Steps to a Healthier Lifestyle with CARBOWAY:**

We don't put weight on because of one single factor so we don't get rid of weight with one single solution. Lasting success will require a comprehensive weight loss system.

**Step 1 - Don't Diet:** Short-term diets don't work and crash diets are especially useless. When you are hungry for a length of time, your body's defences against starvation kick in. In order to protect you from wasting away, your body slows its metabolism, making it even more difficult to burn calories and shed body fat. In addition, when you starve yourself, about 50 per cent of the weight you lose is lean muscle tissue. Your muscles produce enzymes that burn fat. So it follows that when you have less muscle, you're producing fewer enzymes and you're burning less fat. When you finally get around to eating again, your body converts the food into fat to protect you from starvation.

**Step 2 - Increase Fibre Intake:** One of the best ways to control your weight is to increase your dietary fibre. Fibre helps you to feel full without adding more kilojoules. Fibre has been shown to help lower serum cholesterol, reduce the risk for cancer and help diabetics control their blood

sugar levels better. Make better choices in your foods such as brown rice rather than white, brown bread rather than white, fruit instead of sweets or cake etc.

**Step 3 - Cleanse:** We recommend that all weight loss programs start with a thorough cleansing program. Modern food processing has removed most of the enzymes and fibre from our foods. Meat and dairy products contain no fibre at all. Inadequate fibre slows the movement of the intestines and encourages the build up of waste and toxins in the bowel, liver and blood. Accumulated toxins have been linked with diverse health problems including fibromyalgia, cancer, Irritable Bowel Syndrome (IBS), poor skin, headaches, high blood pressure and digestive disturbances. Everyone can benefit from a periodic cleanse to clear out these accumulations.

**Step 4 - Eat Well:** Eat at least 5 servings of vegetables and fruit each day. They are full of vitamins, minerals and other phytonutrients as well as fibre. Include lean protein, a variety of beans, whole grains, raw nuts and seeds. Minimize high fat foods, these come mostly from meat, dairy products (milk, cheese, yoghurt, etc) and snack foods (potato chips, cookies and highly processed foods).

**Step 5 - Drink Plenty Of Water:** It won't result in weight gain! 'Plenty of water' is about one litre of water for every 25kgs you weigh, 3 litres per day is great! Water has many benefits and also helps fibre in moving out the toxins and helps reducing feelings of hunger. Drinking plenty of water makes it easier for your liver and kidneys to cope with the breakdown and elimination of toxins and waste products.

**Step 6 - Exercise:** Any calorie burning exercise such as aerobics, brisk walking, cycling, swimming, dancing will stimulate the metabolism and you really will feel better, have more energy and lose weight!

## **CHEATAWAY**

***An Effective Kilojoule Blocker - Cheat and Eat!***

### **How Cheataway works:**

**CHEATAWAY** combines with the food you eat and reduces kilojoule absorption. Because the body needs kilojoules to operate, it breaks down soft fat and cellulite as a source of energy instead. This means that you can lose weight whether or not you do exercise! **CHEATAWAY** also increases your metabolism, helps with the reduction of cholesterol, and Vitamin B6 also helps with improving your mood.

**CHEATAWAY** can be used with **TRIMWAY** for those binge days (when you feel like being naughty!), or simply as an effective diet programme on its own.

**Directions for Use:**

- Take 2-3 Capsules 20 Minutes Before Any Meal With A Glass Of Water.
- **CHEATAWAY** Can Be Taken Before Any Large Meal, Big Eating Event, Dinner Or Party.

**Warnings:**

- Ensure That Medication Is Taken One Hour Before Or After Your **CHEATAWAY** Capsules.
- Not Recommended For Pregnant Or Lactating Women.

**CHEATAWAY Capsules**

<b><i>INGREDIENTS</i></b>	<b><i>ACTION</i></b>
Guar Gum	<ul style="list-style-type: none"> <li>▪ Dietary Fibre</li> <li>▪ Helps Regulate Absorption Of Nutrients</li> <li>▪ Used To Treat Diabetes, Constipation, Irritable Bowel Syndrome And Ulcerative Colitis</li> <li>▪ Decreases Cholesterol</li> </ul>
Magnesium Stearate	<ul style="list-style-type: none"> <li>▪ Used As A Binder For The Other Ingredients</li> </ul>
Pectin	<ul style="list-style-type: none"> <li>▪ Soluble Fibre</li> <li>▪ Helps In The Management Of Constipation And Diarrhoea</li> <li>▪ Helps In Lowering Cholesterol Levels</li> </ul>
Vitamin B6 (Pyridoxine HCl)	<ul style="list-style-type: none"> <li>▪ Vital In Fat Metabolism</li> <li>▪ Helps The Body Use Nutrients From Fats And Proteins</li> <li>▪ Strengthens The Adrenal Gland</li> <li>▪ Works In The Blood To Carry Oxygen-The Cells &amp; Tissues</li> <li>▪ Increases The Function Of The Energy Cycle</li> <li>▪ Helps Control Blood Sugar</li> <li>▪ Helps Keep A Healthy Immune System</li> </ul>
Vitamin B2 (Riboflavin HCl)	<ul style="list-style-type: none"> <li>▪ Essential Vitamin; Is Easily Destroyed By Light</li> </ul>
Stinging Nettle	<ul style="list-style-type: none"> <li>▪ Waste Products</li> <li>▪ Stimulates Gland Secretion In The Digestive Tract</li> <li>▪ Contains High Content Of Minerals</li> <li>▪ Anti-Ageing Properties</li> </ul>
Vitamin B1 (Thiamine HCl)	<ul style="list-style-type: none"> <li>▪ Helps The Body To Process Carbohydrates, Fats And Proteins</li> <li>▪ Promotes Positive Mental Attitude</li> </ul>

### *Guar Gum:*

Guar Gum is a dietary fibre, thickener and stabilizer in foods. It is made from the seeds of the Guar plant. It helps regulate the rate of absorption of nutrients, including sugar, spreading it over a longer period of time. The result is a slower rise in blood sugar levels.

Guar Gum is also a herbal medicine sometimes used to treat diabetes, constipation, irritable bowel syndrome, ulcerative colitis, and to decrease cholesterol.

- Helps Regulate Absorption Of Nutrients
- Used To Treat Diabetes, Constipation, Irritable Bowel Syndrome And Ulcerative Colitis
- Decreases Cholesterol

### *Magnesium Stearate:*

Octadecanoic acid, or Magnesium Stearate, is a white substance which is solid at room temperature. Magnesium Stearate melts at about 88 °c, is not soluble in water, and is generally considered safe for human consumption. Because it is widely regarded as harmless, it is often used as a filling agent in the manufacture of medical pills. In this regard, the substance is also useful because it has lubricating properties, preventing ingredients from sticking to manufacturing equipment during the compression of chemical powders into solid pills. It is also a common ingredient in baby powders.

When used as a filling agent in the manufacture of pills, such as vitamins, the source of this ingredient is typically beef. However, there are an increasing number of vegetarian options in which the product specifically indicates it contains Magnesium Stearate from vegetable sources.

### *Pectin:*

Pectin is classified as a soluble fibre. It is found in most plants, but is most concentrated in citrus fruits (oranges, lemons, grapefruits) and apples, and is widely used in the food industry as a gelling agent. It also has pharmaceutical applications.

Pectin is used in combination with the clay kaolin for the management of diarrhoea. It is also marketed as a nutritional supplement for the management of elevated cholesterol. Pectin used daily lowers cholesterol levels by raising the excretion of faecal bile acids and neutral sterols. It is used in some multi-ingredient preparations for the treatment of constipation and diarrhoea. There is a recent preliminary animal study suggesting that Pectin could have some anti-cancer activity.

Pectin Is To Be Used With Plenty Of Fluids.

- Helps In The Management Of Constipation And Diarrhoea
- Helps In Lowering Cholesterol Levels

### *Pyridoxine HCl (Vitamin B6):*

Vitamin B6, also known as Pyridoxine, is part of the B group vitamins and is water soluble. It is required for both mental and physical health. Pyridoxine is required for the balancing of hormonal changes in women as well as assisting the immune system and the growth of new cells. It is also used in the processing and metabolism of proteins, fats and carbohydrates, while assisting with controlling your mood as well as your behaviour. Vitamin B6 might also be of benefit for children with learning difficulties.

- Vital In Fat Metabolism
- Helps The Body Use Nutrients From Fats And Proteins
- Strengthens The Adrenal Gland
- Works In The Blood To Carry Oxygen To The Cells And Tissues
- Increases The Function Of The Energy Cycle
- Helps Control Blood Sugar
- Helps Keep A Healthy Immune System

### *Riboflavin (Vitamin B2):*

Vitamin B2 is an essential vitamin and plays an important role in cell metabolism. It is also important for energy metabolism, processing nutrients like [protein](#), [fat](#) and carbohydrates into a form of energy that the body can use for normal eyesight and healthy skin.

Foods high in riboflavin are [milk](#), yogurt, cheese, meat, leafy green vegetables, whole and enriched grains.

Riboflavin Is An Essential Vitamin And Is Easily Destroyed By Light.

- Important For Energy
- Important For Cell Metabolism

### *Stinging Nettle*

Stinging nettle is the name given to common nettle, garden nettle, and hybrids of these two plants. Originally from the colder regions of northern Europe and Asia, today this herbaceous shrub grows all over the world. Stinging nettle grows well in nitrogen-rich soil, blooms between June and September, and reaches nearly 3 feet high. The branching stems underground multiply by themselves and have multiple shoots. The leaves are heart-shaped, finely toothed, and tapered at the ends. The entire plant is covered with tiny stinging hairs, mostly on the underside of the leaves and stem. One of the best known and acclaimed uses of natural, fresh pressed nettle juice is as a blood purifier. The experiments and tests of the well-known Swiss pharmacist Walther Schoenenberger have shown that nettle juice stimulates the metabolism by dissolving metabolic waste products (toxins) in the organs and, due to nettle's strong diuretic properties, flushing them out of the system.

Since both dissolving and flushing actions are most important for the purification of the blood, stinging nettle juice is the remedy *par excellence* for all complaints where toxicity and/or over-acidity of the blood are the source of the problem, including rheumatism and arthritis.

Given its ability to dissolve and flush waste, nettle juice is also a “*natural*” for weight reduction. As stinging nettle stimulates gland secretion, particularly of the digestive tract, various eczemas and acne can be cleared up by regularly drinking nettle herbal tea.

But let’s not forget the tonic and restorative properties of this wondrous medicinal “*weed*”. Because of nettle’s blood-building ability and high content of minerals such as iron, silica, calcium, magnesium and sulphur, it is recommended for treating anaemia, degenerative diseases and symptoms of ageing.

- Strong Diuretic
- Purifies The Blood
- Flushes Waste Products
- Stimulates Gland Secretion In The Digestive Tract
- Contains High Content Of Minerals
- Anti-Aging Properties.

### Thiamine HCl {Vitamin B1}:

Vitamin B1, also referred to as Thiamine, is thought to be highly absorbable from the diet. Good sources of B1 include meat, legumes, and whole grain products. Vitamin B1 is needed by the body to process carbohydrates, fats and proteins. Nerve cells require Vitamin B1 to function as well. Vitamin B1 maintains normality of heart, muscle, and nervous system functions. It has also been proven to promote positive mental attitudes and even fight car and sea sickness. Vitamin B1 is sometimes used to relieve tooth and gum pain after dental surgery.

**Natural Sources:** Beans, Enriched Flour, Fish, Meat, Peanuts, Peas, Wheat Germ, Whole Wheat.

- Helps The Body To Process Carbohydrates, Fats And Proteins
- Promotes Positive Mental Attitude

## OXYGEN THERAPY

**Oxygen is Life** - the primary element for virtually all life on Earth. Oxygen permits proper metabolic functioning in the body, increased digestion, assimilation and elimination of waste products. Every cell of the body needs it to function. Plentiful oxygen provides for the strengthening of the immune system and is critical in all tissue rebuilding functions.

Oxygen deficiency can result in everything from low energy to life-threatening disease. When oxygen levels decrease within the body, an acidic, anaerobic environment is established within which bacteria, viruses, moulds, and fungi flourish. Unfortunately, many people are seriously oxygen-deficient from a sedentary lifestyle, failure to breathe correctly (most of us do not use our lungs to their full potential) poor diet, and numerous environmental factors and toxins.

Advanced Activated Oxygen Technology - **OXYGEN THERAPY** is a 100% natural oxygen-producing and releasing magnesium supplement. It has been derived and upgraded from the original formula developed by famed German homeopathic physician Dr. Eugene Blass in the early 1930s. Dr. Blass found that stabilized oxygen, in the form of magnesium peroxide, not only destroyed bacteria and viruses, but also fungi, protozoa and parasites. His research strongly suggested that hyper-oxygenation of the body could also help the system purge heavy metals, chemicals, and a wide range of other dangerous toxins. Blass also determined that increased oxygen enhances the body's ability to utilize vitamins, minerals, and amino acids from the food we eat.

### **What Does OXYGEN THERAPY Do?**

- Helps Oxygenate The Body
- Helps Energise The Body
- Helps Detoxify The Body
- Helps To Cleanse The Gastro Intestinal Tract & Colon
- Helps Cleanse The Arteries And Blood

### **Some Interesting Tips:**

- Feel A Cold Or Flu Coming On? Try 3-4 Capsules Of **OXYGEN THERAPY** 3 Times Per Day And See What Happens.
- **OXYGEN THERAPY** Can Also Be Applied Topically To The Skin To Aid In A Wide Range Of Problems Such As Acne, Faster Healing Of Cuts And Abrasions, Calming The Pain And Itch Of Insect Bites.
- It Is Even Helpful In Relieving The Discomfort And Symptoms Of Psoriasis And Sunburn. Simply Open A Capsule Or Two, Make A Paste With A Small Amount Of Water And Apply It To The Skin As Often As Necessary.

### **Directions for use:**

- **OXYGEN THERAPY** Is Best Taken 3 Times A Day, On An Empty Stomach, ½ Hour Before Meals.
- **For The Initial Dosage:** For The First Three Days, Take 2 Capsules 3 Times A Day ½ An Hour Before Meals (i.e. on an Empty Stomach); Thereafter 1 Capsule 3 Times A Day ½ An Hour Before Meals.

**Tip:** If You Feel Poorly With A Cold Coming On, Take 2 Capsules 3 Times A Day, until you have recovered.

### *OXYGEN THERAPY Capsules*

<i>INGREDIENT</i>	<i>ACTION</i>
Magnesium Peroxide	<ul style="list-style-type: none"> <li>▪ Superior Carrier Of Oxygen</li> <li>▪ Essential For Proper Enzyme Activity At Cellular Level</li> <li>▪ Increases Bowel Activity And Removes Old, Impacted Matter</li> <li>▪ Reduces Toxins In The Intestines</li> <li>▪ Aids In The Prevention Of Heart Disease And Arrhythmia</li> <li>▪ Helps Control Hypertension</li> <li>▪ Is Used In Treating Premature Labour</li> <li>▪ Is Used To Prevent Blockage Of Blood To The Brain</li> <li>▪ Is Used In Chronic Pain Therapy</li> <li>▪ Decreases The Risk Of Stroke</li> <li>▪ Aids The Transport Of Sugar Through The System</li> <li>▪ Does Not Produce Hydroxyl Radicals In The Body</li> </ul>
Magnesium Stearate	<ul style="list-style-type: none"> <li>▪ Used As A Binder For The Other Ingredients</li> </ul>
Cancer Bush	<ul style="list-style-type: none"> <li>▪ Stress Reliever</li> <li>▪ Anti-Oxidant Properties</li> </ul>
Vitamin C (Ascorbic Acid)	<ul style="list-style-type: none"> <li>▪ Has Antiviral And Antibacterial Properties</li> <li>▪ Is Necessary For Proper Adrenal Function</li> <li>▪ Is A Free Radical Scavenger</li> <li>▪ Builds Collagen</li> <li>▪ Is Effective In Lowering Total Cholesterol And Raising HDL Levels</li> <li>▪ Is Effective In Reducing The Risk Of Chronic Degenerative Diseases</li> </ul>
Methyl Sulphonyl Methane (MSM)	<ul style="list-style-type: none"> <li>▪ Has Anti-Inflammatory Effects</li> </ul>
Vitamin B6 (Pyridoxine HCl)	<ul style="list-style-type: none"> <li>▪ Vital In Fat Metabolism</li> <li>▪ Helps The Body Use Nutrients From Fats And Proteins</li> <li>▪ Strengthens The Adrenal Gland</li> <li>▪ Works In The Blood To Carry Oxygen To The Cells And Tissues</li> <li>▪ Increases The Function Of The Energy Cycle</li> <li>▪ Helps Control Blood Sugar</li> <li>▪ Helps Keep A Healthy Immune System</li> </ul>

#### *Magnesium Peroxide:*

Magnesium is a superior carrier of oxygen and is also essential for proper enzyme activity to occur at the cellular level. Among the many benefits of Magnesium Peroxide is its multi-tiered approach to colon cleansing. ***OXYGEN THERAPY*** increases bowel activity and removes old, impacted matter as it detoxifies and oxygenates your entire digestive tract.

**OXYGEN THERAPY** actually breaks down and dissolves the hardened deposits built up over the years on the walls of the digestive tract. It is safe, gentle, and also will help keep your digestive tract free of toxins and pathogens. A clean digestive tract adds up to a major increase in the assimilation and absorption of vital minerals and nutrients which might otherwise pass right through the body.

It is best to begin with 2 Capsules of **OXYGEN THERAPY** three times a day. Many people take more, some take less, even just one or two capsules at bedtime. Experiment and determine what works best for you. An increase in bowel activity can be expected for the first few days or weeks as the digestive tract is purged of built-up waste. This will subside as you determine the correct daily amount of this extraordinary 100% all-natural supplement for your system.

**OXYGEN THERAPY** is also unique in its oxygen process as the Magnesium Peroxide is actually broken down by the vitamin C in each capsule. An amazing 80% of the Magnesium Peroxide in each capsule actually converts into oxygen. In fact the high amount of oxygen that is released can easily be measured with peroxide test strips. This pure oxygen is quickly absorbed and taken into the blood stream.

Take **OXYGEN THERAPY** with your favourite fruit juice for an even faster liberation of oxygen. **OXYGEN THERAPY** is superior to psyllium and other fibre/vegetable products which simply push matter out through the centre of a clogged colon and can weaken colon muscles.

**OXYGEN THERAPY** is many times more oxygenating than food grade hydrogen peroxide or oxygenated waters produced by '*liquid oxygen*' drops. Furthermore, **OXYGEN THERAPY** is far more cost effective and does not produce hydroxyl radicals in the body, which destroy cells as does hydrogen peroxide. The oxygen produced by **OXYGEN THERAPY** reduces toxins in the intestines, which subsequently allows for far more oxygen to enter the blood stream and then to the rest of the body cells.

### Magnesium:

- Aids In The Prevention Of Heart Disease And Arrhythmia
- Helps Control Hypertension
- Is Used In Treating Premature Labour
- Is Used To Prevent Blockage Of Blood To The Brain
- Is Used In Chronic Pain Therapy
- Decreases The Risk Of Stroke

### Peroxide:

- Is Formed In The Bodies Of All Higher Life Forms On Earth
- Is Used By Active Acidophilus To Control Their Natural Enemy Candida Albicans
- Is Produced In The Blood By The Lymphocytes And Is Used By The Cells As Their First Line Of Defence {Actually "*Offence*"!}
- Naturally Occurs In The Waters At Many Famous Healing Spas
- Aids The Transport Of Sugar Through The System {Similar To Insulin}

- As Generated By Vitamin C To Protect Against Infections
- May Be As Vital As Thyroid For The Generation Of Heat
- Cleans Plaque Build-Up In The Arteries And The Gastrointestinal Tract Of People With Arteriosclerosis Conditions
- Ozone And Hydrogen Peroxide Are Nature's Purifiers
- Is Found In Mothers Milk

### Magnesium Stearate:

Magnesium Stearate Is Used In **OXYGEN THERAPY** As A Binder For The Other Ingredients And To Make The Ingredients Smooth.

### Cancer Bush:

Two independent studies at South African universities have demonstrated the stress-relieving and anti-oxidant properties of *Sutherlandia frutescens*, otherwise known as Cancer Bush, and "*the one that dispels darkness*". It is a great indigenous plant that supports and strengthens the functioning of the immune system, and has been used for centuries as a tonic and cancer treatment. It has been scientifically shown to have medicinal properties. It has antiseptic and anti-inflammatory properties and assists the body in fighting disease-causing pathogens. This herb is used as an old Cape remedy for stomach problems and internal cancer.

- Stress Reliever
- Anti-Oxidant Properties

### Ascorbic Acid (Vitamin):

Vitamin C is antiviral and antibacterial, it helps maintain a strong immune system, normalizes blood cholesterol, prevents periodontal disease, improves longevity and helps prevent, and perhaps even cure, certain types of cancer.

The Nutrition and Dietary Consultant, when referring to ageing says, "*When there is a lack of oxygen, the body is unable to assimilate vitamin C properly. There is a collagen breakdown. A lack of oxygen is why body organs grow old, permitting arteries and veins to harden. It is the primary cause of strokes and deterioration of the brain.*"

- Has Antiviral And Antibacterial Properties
- Is Necessary For Proper Adrenal Function
- Is A Free Radical Scavenger
- Builds Collagen
- Is Effective In Lowering Total Cholesterol And Raising HDL Levels
- Is Effective In Reducing The Risk Of Chronic Degenerative Diseases

### **MSM (Methylsulphonyl Methane):**

Because of its polarity and thermal stability, MSM is used to make pharmaceuticals.

Several researchers have suggested that MSM has **anti-inflammatory** effects. Clinical evidence for the usefulness of MSM is limited to animal studies and four published clinical studies in humans. These pilot studies have suggested some benefits, particularly for treatment of osteoarthritis. Further studies would be needed to test the usefulness of the chemical as a medical therapy.

- Has Anti-Inflammatory Effects

### **Pyridoxine HCl (Vitamin B6):**

Vitamin B6, also known as Pyridoxine, is part of the B group vitamins and is water soluble. It is required for both mental and physical health. Pyridoxine is required for the balancing of hormonal changes in women as well as assisting the immune system and the growth of new cells. It is also used in the processing and metabolism of proteins, fats and carbohydrates, while assisting with controlling your mood as well as your behaviour. Vitamin B6 might also be of benefit for children with learning difficulties.

- Vital In Fat Metabolism
- Helps The Body Use Nutrients From Fats And Proteins
- Strengthens The Adrenal Gland
- Works In The Blood To Carry Oxygen To The Cells And Tissues
- Increases The Function Of The Energy Cycle
- Helps Control Blood Sugar
- Helps Keep A Healthy Immune System

### **TIPS FOR CONSULTANTS:**

In centuries past, there were vast forests that covered much more of the Earth than today and the oceans were healthy and teeming with life. The result was atmospheric oxygen content of as much as 38%. This has been confirmed by deep core ice drilling, among many other techniques. The Earth's oxygen levels today have dropped to 18%, and even lower in many large pollution-choked cities. The result is a major increase in disease and ill health stemming directly from oxygen deficiency.

German scientist Dr. Otto Warburg, twice winner of the Nobel Prize, determined that the prime precondition for cancer is oxygen deficiency. He stated flatly: *"Cancer has only one prime cause...the replacement of normal cellular respiration with anaerobic {lacking in oxygen} cellular respiration"*. In other words, the more oxygen at the cellular level, the better your health will be.

### **Why OXYGEN THERAPY Is Needed:**

As a result of poor diet, lack of exercise, polluted air, shallow breathing and stress, many of us are in a low oxygen/toxic state. This creates inefficient metabolism, causing the body to accumulate waste products faster than it can eliminate them. This leads to a favourable environment for the proliferation of pathogenic microbes (viruses, bacteria, fungi, etc.) which, in turn, create disease conditions (flu's, herpes, Candida, chronic fatigue, cancer, AIDS, etc.). If, however, the oxygen level around these anaerobic pathogens is increased, they die, unable to survive the high-oxygen environment.

### **TANWAY**

#### *Natural Tanning from The Inside*

**TANWAY's** main function is to build up the melanin pigment in the layers of the skin, causing the skin to tan more quickly, dramatically decreasing the time needed in the sun. The tan will also last longer naturally.

It is strongly advised to use **TANWAY** in conjunction with suntan lotion, especially if you have a sensitive skin or have not acquired a degree of tanning.

**TANWAY** is also a mood enhancer; the main ingredient, L-Tyrosine, acts on the dopamine levels of the body. Low dopamine levels result in depression. L-Tyrosine has also been used in animals to treat low blood pressure.

#### **Directions for use:**

- Take 2 Capsules Three Times A Day For The First Week, Then 1 to 2 Capsules Per Day Thereafter.

#### **TANWAY Capsules**

<i><b>INGREDIENT</b></i>	<i><b>ACTION</b></i>
L-Tyrosine	<ul style="list-style-type: none"> <li>▪ Mood Enhancer</li> <li>▪ Appetite Suppression</li> <li>▪ Antioxidant Effect</li> <li>▪ Stimulates Melanin Production In The Skin</li> <li>▪ Used In Animals To Normalise Low Blood Pressure</li> </ul>
Vitamin A Acetate	<ul style="list-style-type: none"> <li>▪ Maintains Healthy Skin, Teeth, Gums And The Epithelial Layer Of The Skin</li> </ul>
Vitamin B6 (Pyridoxine HCl)	<ul style="list-style-type: none"> <li>▪ Essential For Physical And Mental Health</li> <li>▪ Used In Very Small Quantity To Assist Assimilation Of Other Ingredients</li> </ul>

### *L-Tyrosine:*

L-Tyrosine is found in dairy products, meats, fish, wheat, oats and most other protein-containing foods. L-Tyrosine is a non-essential amino acid, and can be made from other amino acids in the body. It serves as one of the direct building blocks of several neurotransmitters and of thyroid hormones. All of these biochemical compounds are stimulants to your metabolism and nervous system.

L-Tyrosine has several effects in the body including mood enhancement, appetite suppression, and growth hormone stimulation. In addition, L-Tyrosine is reported to have an antioxidant effect, which may protect people from cancer development, coronary heart disease, and ageing. L-Tyrosine is also converted by skin cells into melanin, the dark pigment that protects against the harmful effects of ultraviolet light.

- Mood Enhancer
- Appetite Suppression
- Antioxidant Effect
- Stimulates Melanin Production In The Skin
- Used In Animals To Normalise Low Blood Pressure

### *Vitamin A Acetate:*

Excellent natural sources of Vitamin A include such foods as yellow and green leafy vegetables, yellow fruits, kale, spinach, collard greens, carrots, pumpkins, sweet potatoes, apricots, peaches and cantaloupes. Vitamin A is also found in whole milk, butter, eggs, liver, kidneys, and some fish.

It is not clear if Vitamin A or beta-carotene, taken by mouth or used on the skin with sunscreen, is beneficial in the prevention or treatment of sun burn. But, YES, we need Vitamin A in our diets for many important reasons. Along with forming and maintaining healthy hair, teeth and gums, Vitamin A also helps keep your skin and mucous membranes healthy. Vitamin A is the vitamin necessary for healthy skin. A serious lack or excess intake can cause dry, rough skin, among other problems.

A deficiency of Vitamin A injures the epithelial tissues throughout the body. These cells form the outer layer of the skin and the mucous membranes that line the mouth and the digestive, respiratory and genito-urinary tracts. The secretory glands, such as tear glands and digestive glands, are composed of specialized epithelial cells. Epithelial cells dry and flatten and slough off when Vitamin A is lacking. The epithelial cells, instead of being soft and moist, become hard and dry like scales.

- Maintains Healthy Skin, Teeth, Gums And The Epithelial Layer Of The Skin
- A Lack Of Vitamin A Causes Dry Skin

### *Pyridoxine HCl (Vitamin B6):*

Also known as Vitamin B6, it is involved in more bodily functions than almost any other single nutrient. It affects both physical and mental health. It is beneficial if you suffer from water retention, and is necessary for the production of hydrochloric acid and the absorption of fats and protein. Pyridoxine also aids in maintaining sodium and potassium balance, and promotes red blood cell formation. It is required by the nervous system and is needed for normal brain function and for the synthesis of the nucleic acids RNA and DNA, which contains the genetic instructions for the reproduction of all cells and for normal cellular growth.

**Note:** Vitamin B6 is in a very small dose in *TANWAY*, so it is there just to help with one's mood and helps with the assimilation of L-Tyrosine and Vitamin A.

### *LAXWAY*

#### *All Natural Gentle Systemic Laxative*

*LAXWAY* is a gentle natural way of dealing with life's pressures. It contains Aloe Bitters and Passion Flower. Aloe Bitters is a powerful laxative. It is non toxic and a great natural way to encourage a natural way to get rid of the build-up of waste in the colon. Passion Flower is used in the treatment of pain so therefore there will be no cramping commonly associated with the use of this laxative!

#### *Dosage:*

- Take 1 or 2 Capsules With Water 20 Minutes Before A Meal. Continue If Necessary. If You Are Sensitive To Laxatives Begin With A Small Dosage.

### *LAXWAY Capsules*

<i>INGREDIENT</i>	<i>ACTION</i>
Aloe Ferox Bitters Powder	<ul style="list-style-type: none"> <li>▪ Cleansing, Detoxifying Agent</li> <li>▪ Aids In Digestion By Stimulating Gastric Juices</li> <li>▪ Antibiotic Qualities</li> <li>▪ Potent Laxative</li> <li>▪ Stimulates Peristalsis</li> <li>▪ Prevents Constipation</li> <li>▪ Assists Liver To Eliminate Toxins</li> </ul>
Passion Flower	<ul style="list-style-type: none"> <li>▪ Relaxant And Sedative</li> <li>▪ Relieves Diarrhoea And Colic</li> <li>▪ Antispasmodic</li> <li>▪ Treats Pain</li> <li>▪ Anti-Inflammatory</li> </ul>

### *Aloe Ferox:*

Also known as Bitteraalwyn or Bitter Aloe, derived from the Greek work for 'fierce' or 'warlike', which refers to the spiny edged leaves of the plant. It is found in a wide area from South Western Cape to Kwazulu Natal.

The single stemmed, Bitter Aloe is most famous for its medicinal properties, which include benefits for those who suffer from respiratory problems, digestive and colonic problems, skin infections and irritations, and has even been used in the treatment of certain cancers.

The Ancient Egyptians, Greeks, Romans, and Mediterranean sailors all used Aloe. In Southern Africa, for hundreds of years, the many indigenous peoples used various Aloe plants for the treatment of wounds, ulcers, boils, ringworm, roundworm and as a general cleansing agent.

The Aloe Ferox plant contains two different juices, the yellow bitter sap and the white aloe gel from the remainder of the leaf. The bitter sap lies underneath the green peel and is part of the surface skin. When the leaf is cut this bitter yellow sap drains spontaneously.

When the bitter sap is concentrated it hardens into dark brown crystals. These bitter crystals are used for hay fever and sinus problems. The crystals are also used as a purgative and to detoxify the blood which is especially beneficial in the treatment of skin disorders. However, in addition to the purgative effect the Anthraquinone (bitter) substance is also an antioxidant, antiviral and effective in helping cancer prevention.

- Aloe Ferox Is Herbal
- Aloe Ferox Is Non-Toxic Which Lessens Undesirable Side Effects
- Aloe Ferox Is A Cleansing Agent
- Aids In Digestion By Stimulating Gastric Juices
- Detoxifying Agent
  
- Antibiotic Qualities
- Potent Laxative
- Stimulates Peristalsis
- Prevents Constipation
- Assists Liver To Eliminate Toxins
- 

### *Passion Flower (Passiflora Incarnate):*

Native Americans record the use of Passion Flower as early as 1610. Early Spanish explorers found it in wide use throughout the native culture, and took samples back to Spain when they returned. From there it spread throughout Europe and eventually the world. Passion Flower is plentiful in the nutrient complexes, especially calcium and magnesium.

Despite its amorous name, Passion Flower has no aphrodisiacal effects. It is, on the contrary, a popular sedative. Early American settler, Captain John Smith, said that Passion Flower was cultivated by the Indians of Virginia who believed it to "*quiet and soothe*" the body and assure peaceful rest.

During the 19th century, the Eclectics used it as a treatment for many conditions including menstrual cramps and sleeplessness.

Today, Passion Flower is used as a muscle relaxant and sedative. It has been known to help calm anxiety, relieve its symptoms (i.e. headaches, muscle spasms etc.) and help you sleep better. It also has anti-inflammatory properties and may therefore help relieve the discomforts associated with certain arthritic conditions.

- Relaxant And Sedative
- Relieves Smooth Muscle Spasms, Such As Diarrhoea And Colic
- Antispasmodic
- Treats Pain
- Anti-Inflammatory

## MAXIMA CAPSULES

### Ocean Therapy

*(Ecklonia Maxima)*

#### *Amino Acid, Trace Element, Mineral Supplement*

Ecklonia Maxima kelp (algae) is fed by the up-welling of the mineral rich, cold Antarctic waters of the Benguela current. The South African West Coast is one of the most unpolluted and pristine coastlines in the world.

Kelp is a common name for a leafy algae or seaweed, a nutritious '*Vegetable of the Sea*'. It is harvested off the coasts of many of the oceans of the world. Kelp carry's all the positive qualities of the sea and the numerous rich elements that the oceans produce. Among its many uses for mankind, nutrition is one of them. It is an important part of the diet in Japan, Norway and Scotland and for vegans. Kelp supplies vitamin B12, which is normally found only in animal products. Kelp is particularly rich in iodine and was the original source of iodine, being discovered by Courtois in 1812. In 1862 a Dr. Dupare employed Kelp as an aid to *obesity*, and a Dr. Russell, burned dried Kelp and used it as a treatment for *goitre*. These are two maladies that are dependant upon Kelp's iodine content. Iodine does not appear in nature in uncombined form but is distributed in the form of iodides and iodates, which are found in sodium and potassium in seawater, some seaweeds and mineral springs.

### *Amino Acids:*

Kelp contains twenty one of the twenty eight amino acids, six are essential which cannot be manufactured by the body. Amino acids are the building blocks of the body. Besides building cells and repairing tissue they form antibodies to combat invading bacteria and viruses, they are part of the enzyme and hormonal system, they build nucleoproteins (RNA & DNA) they carry oxygen throughout the body and participate in muscle activity. When protein is broken down by digestion the result is 22 known amino acids. Eight are essential, (cannot be manufactured by the body) and the rest are non-essential (can be manufactured by the body).

### *Vitamins:*

Kelp also contains Vitamins A, B1, B2, C, Calcium Pantothenate, Niacin and Folic acid. These however are found in traces in the kelp, but add to the overall tonic effect that kelp has on the body.

### *Trace Minerals:*

Trace minerals or elements are those the body needs in only minuscule amounts. They aid in forming bones and other tissues, assist in growth and development, make up part of the genetic material DNA and help the body to burn fats and carbohydrates.

There have been hundreds of recent published papers which have shown that far more than the few, long known trace elements, they are absolutely "*essential*" to the normal function of our metabolism and immune systems - and for our health and well being. Kelp has a substantial amount of these trace minerals in its make up which makes kelp a sought after supplement in our diets. Kelp is being included in increasing amounts in recipes, a testimony to the importance of its qualities in our diets.

### *Beneficial Uses:*

Kelp is a thyroid tonic and a rich source of iodine. If this critical element is lacking in the diet, the deficiency may lead to thyroid malfunction, causing an under-active (or over-active) thyroid gland. Kelp nourishes the thyroid gland and so maintains a healthy metabolism and glandular function.

Goitre, a non-cancerous enlargement of the thyroid gland, visible as a swelling at the front of the neck and associated with iodine deficiency, has been said to be effectively treated by the use of Kelp. It has also been said to dissolve firm masses/lumps, ease swelling (such as enlarged thyroids, lymph node enlargement and swollen and painful testes, and reduce oedema). All of which can be caused by the malfunction of the thyroid gland.

When obesity is a direct result of thyroid disorders, Kelp may be of some help in weight control by boosting the thyroid's metabolism. There have been some reports that Kelp has also reduced cellulite deposits. Because of its high iodine content, many nutritionists assume that by

stimulating thyroid function, Kelp increases metabolism and the rate at which the body uses energy and consequently decreases fat deposits.

Kelp promotes a healthy functioning and balanced system throughout the body, building immunity and generally improving glandular functions overall. Kelp also aids digestion and respiration. Some Japanese studies have shown a direct relationship between ingestion of the algin contained in Kelp and the prevention of fibrocystic breasts and malignant cells. They believe it is partly mechanical, due to algin's fibre content and also biochemical, due to its enhancement of the immune system.

As a system cleanser, Kelp's rich supply of nutrients from the sea has a buffering ability to neutralize wastes from the body fluids to be more easily discharged from the body. The algin in Kelp absorbs toxins from the digestive system, improving digestion, stimulating kidney function, increasing circulation and purifying the blood. Kelp has been thought to absorb and remove drugs, chemicals, heavy metals and radioactive strontium from the body. The active ingredient sodium alginate, binds these toxins in the digestive tract, preventing their absorption into the body.

It is also a mild laxative as it provides fibre. It has been used to soothe the mucous membranes in the respiratory tract, thus reducing catarrh and relieving irritated throat and coughing. It is thought that elements in kelp handle uric acid that contributes to the pain associated with rheumatism; it helps with the elimination of uric acid from the body. The plant has also been known to help inflamed joints and tissues caused by arthritis. Kelp's rich supply of nutrients and ability to balance and strengthen overall bodily function helps to promote healthy growth of hair, skin and nails.

### *Directions for use:*

2 - 4 Tablets per Day.

***Precautions:*** Those Suffering From Hyperthyroidism, High Blood Pressure And Blood Vessel Disease Or Have Heart Problems Should Not Use This Product. Pregnant And Nursing Women Should Never Take Kelp. It Is A Uterine Stimulant And Can Dilate The Cervix And Induce Abortion. Discontinue Use If You Have A Side Effect Called 'Iodine Goitre' Associated With Iodine. This Is Only An Occasional Side Effect.

## *MAGNESIUM OIL (250ml)*

### *Transdermal Magnesium Therapy*

The use of Magnesium Oil spray is a breakthrough in Magnesium Supplementation that accelerates the absorption rate so that what normally takes 12 months can be achieved in one month.

Magnesium oil is actually not an oil but does have an oily feel to it. The evaporation of sea water will produce a salinity that results in the salt crystallising. The concentrated liquid sea water left after crystallisation of the salt is rich in Magnesium and other trace elements and minerals. This is referred to as 'Magnesium Oil'. Magnesium Oil can also be made from Diluting Magnesium into purified water.

Spraying the Magnesium Oil onto the skin results in rapid absorption of Magnesium into the body. The body only absorbs as much as it needs and with Transdermal application overdosing is not an issue.

### *Principles and Practices of Transdermal Medicine*

by Dr Mark Sircus, International Medical Veritas Association,

*Transdermal medicine delivers medications to the exact site of injury/pain.*

Transdermal medicine is ideal for pain management as well as sports and paediatric medicine. In fact it is one of the best ways of administering medicines quickly and effectively. Transdermal methods of delivery are widely used because they allow the absorption of medicine directly through the skin. Gels, emulsion creams, sprays and lip balm stick applicators are easy to use and are effective in getting medicine into the blood stream quickly.

Traditional methods of administering medicine such as tablets or capsules get watered down and become much less effective due to stomach acids and digestive enzymes, before they eventually get into the bloodstream. *Bypassing the stomach and liver means a much greater percentage of the active ingredient goes straight into the bloodstream where it's needed.* In many cases, transdermal methods are used to help avoid potential side effects such as stomach upset or drowsiness. The full potential for transdermal medicine has not been explored by modern medicine though it has been practiced for thousands of years in hot springs around the world.

Transdermal medicine is a versatile form of medicine everyone can use and benefit from. With transdermal medicine we can address systemic nutritional deficiencies, act to improve immune, hormonal and nervous systems, protect cells from oxidative damage, open up cell wall permeability, reduce the risk of cancers, shrink tumours and do just about anything else we do with oral and intravenous drugs.

Now imagine receiving your medical treatment right in the comfort of your own home if you cannot get to the warm sea water.

Transdermal Magnesium therapy *is ideal for pain management.* The combination of heat and Magnesium chloride *increases circulation and waste removal.* The therapeutic effect of Magnesium baths is to draw inflammation out of the muscles and joints. Magnesium chloride, when applied directly to the skin is transdermally absorbed and has an almost immediate effect on pain.

What better way to reduce or eliminate pain than by simply taking a therapeutic bath or rubbing Magnesium chloride substance in liquid form directly onto the skin or affected area of the body? From the pain of sports injuries to low back pain and sciatica, headaches, relief from kidney stones, the pain of restless legs, arthritic pain, and just about every painful condition imaginable will in all likelihood benefit from medicines applied topically.

*Medicines taken by mouth (oral) pass through the liver before they are absorbed into the bloodstream. Other forms of drug administration bypass the liver, entering the blood directly.*

Magnesium Oil can be applied directly to inflamed areas.

Transdermal Magnesium therapy in particular offers an exciting breakthrough in sports medicine. Coaches can now treat injuries, prevent them, and increase athletic performance all at the same time. Transdermal Magnesium chloride mineral therapy enhances recovery from athletic activity or injuries. It reduces pain and inflammation while propagating quicker regeneration of tissues. Topical application of Magnesium chloride increases flexibility, which helps avoid injury. It also increases strength and endurance. Transdermal Magnesium Therapy is a boon for athletes, coaches and doctors who practice sports medicine.

*What a few can do with intravenous Magnesium injections everyone can do with transdermal Magnesium "oils" that really have no oil but feel very oily.*

In summary, Magnesium is a safe and simple intervention (one of the highest considerations in most clinical situations). Transdermal mineral therapy with Magnesium Oil is the most powerful, safe, first line all purpose medical intervention we have to care for many of our needs. With the simple application of an oily lotion on the skin or used in baths we can easily have our patients take up their Magnesium to healthier levels. With patients who are deficient in Magnesium (the great majority of patients are Magnesium deficient) expect dramatic improvements in a broad range of conditions.

"Yesterday I witnessed one of the most amazing benefits of transdermal medicine I have ever seen. It certainly was a demonstration of the absorption properties of the skin. I work with another RN who is afflicted with arthritis, especially in her hands, and frequent muscle cramping/spasms in her legs. Yesterday I received a phone call from her begging me to please bring to the hospital some Magnesium oil ('oil' = Magnesium chloride hexahydrate flakes mixed with water 30 to 70%), as her hands were so cramped up and painful that she could barely stand to continue working.

"When I got there, her hands and fingers were very contorted in spasm. Her fingers were curled up and stiff and her legs were cramping badly. She reported they had been this way all day, and the pain was driving her to tears. She immediately slathered the Magnesium oil all over her hands. We were in report and she wanted it on her hands right away so the entire nursing staff watched and within 5 minutes you could visibly see her fingers extend back to normal and the finger movement return. We could literally see the relaxation taking place. Within minutes her hands were completely relaxed and functional again and stayed that way the remainder of the evening." *Claudia French RN*

### *Relevant Research – Transdermal Magnesium Therapy*

Dr. Norman Shealy MD, Ph.DC. one of the founders of the Holistic Medical Society and expert in pain management investigated the benefits of a 25% Magnesium chloride oil and has found that it is effectively absorbed through the skin and significantly raises Magnesium levels. Here he shows the typical results of a 25% Magnesium oil used in foot baths and daily all over application by means of Magnesium oil body spraying.

Dr. Shealy stated at the time: "This insight led me to test the possibility that the oil, known to contain up to 25% Magnesium chloride might facilitate absorption of Magnesium through the skin. We then recruited 16 individuals with low intracellular Magnesium levels to participate in the following experiment"

"Our purpose was to research whether or not Magnesium was absorbed through the skin. Exclusion factors included anyone taking oral or IV Magnesium during the last 6 weeks and smokers. Individuals **sprayed** a solution of 50% **Magnesium Oil** over the entire body once daily for a month **and** did a 20 minute **foot soak** in Magnesium Oil once daily for a month. Subjects had a baseline Intracellular Magnesium Test documenting their deficiency and another post-Intracellular Magnesium Test after 1 month of daily soaks.

The results were impressive. Twelve of sixteen patients, 75%, had significant improvements in intracellular Magnesium levels after only four weeks of foot soaking and skin spray."

#### **Test results before and after 4 weeks of foot soaks:**

Electrolyte Name	Foot Soaking		Normal
	Before Soaking	After Soaking	Reference Range
	(mEq/l)	(mEq/l)	(mEq/l)
Magnesium	31.4	41.2	33.9 - 41.9
Calcium	7.5	4.8	3.2 - 5.0
Potassium	132.2	124.5	80.0 - 240.0
Sodium	3.4	4.1	3.8 - 5.8
Chloride	3.2	3.4	3.4 - 6.0
Phosphorus	22.2	17.6	14.2 - 17.0
Phosphorus/Calcium	3.0	3.7	3.5 - 4.3
Magnesium/Calcium	4.2	8.6	7.8 - 10.9
Magnesium/Phosphorus	1.4	2.3	1.8 - 3.0
Potassium/Calcium	17.6	26.1	25.8 - 52.4
Potassium/Magnesium	4.2	3.0	2.4 - 4.6
Potassium/Sodium	39.1	30.5	21.5 - 44.6

## Magnesium deficiency:

### **Triggers or causes the following conditions:**

1. Anxiety and Panic attacks: Magnesium (Mg) normally keeps adrenal stress hormones under control.
2. Asthma: Both histamine production and bronchial spasms increase with Mg deficiency.
3. Blood clots: Mg has an important role to play in preventing blood clots and keeping the blood thin, much like aspirin but without the side effects.
4. Bowel disease: Mg deficiency slows down the bowel causing constipation, which could lead to toxicity and malabsorption of nutrients, as well as colitis.
5. Cystitis: Bladder spasms are worsened by Mg deficiency.
6. Depression: Serotonin, which elevates moods, is dependent on Mg. A Magnesium deficient brain is also more susceptible to allergens, foreign substances that can cause symptoms similar to mental illness.
7. Detoxification: Mg is crucial for the removal of toxic substances and heavy metals such as aluminium and lead.
8. Diabetes: Mg enhances insulin secretion, facilitating sugar metabolism. Without Mg insulin is not able to transfer glucose into cells. Glucose and insulin build up in the blood causing various types of tissue damage.
9. Fatigue: Mg deficient patients commonly experience fatigue because dozens of enzyme systems are under-functioning. An early symptom of Mg deficiency is frequent fatigue.
10. Heart disease: Mg deficiency is common in people with heart disease. Mg is administered in hospitals for acute myocardial infarction and cardiac arrhythmia. Like any other muscle, the heart muscle requires Mg. Mg is also used to treat angina, or chest pain.
11. Hypertension: With insufficient Mg, spasm of blood vessels and high cholesterol occur, both of which lead to blood pressure problems.
12. Hypoglycaemia: Mg keeps insulin under control; without Mg episodes of low blood sugar can result.
13. Insomnia: Sleep-regulating melatonin production is disturbed without sufficient Mg.
14. Kidney Disease: Mg deficiency contributes to atherosclerotic kidney failure. Mg deficiency creates abnormal lipid levels and worsening blood sugar control in kidney transplant patients.
15. Liver Disease leading to liver failure: Mg deficiency commonly occurs during liver transplantation.
16. Migraine: Serotonin balance is Mg-dependent. Deficiency of serotonin can result in migraine headaches and depression.
17. Musculoskeletal conditions: Fibrositis, fibromyalgia, muscle spasms, eye twitches, cramps and chronic neck and back pain may be caused by Mg deficiency and can be relieved with Mg supplements.
18. Nerve problems: Mg alleviates peripheral nerve disturbances throughout the whole body, such as migraines, muscle contractions, gastrointestinal spasms, and calf, foot and toe cramps. It is also used in treating central nervous symptoms of vertigo and confusion.

19. Obstetrics and Gynaecology: Mg prevents Premenstrual Syndrome; prevents dysmenorrhoea (cramping pain during menses); is important in the treatment of infertility; and alleviates premature contractions, preeclampsia, and eclampsia in pregnancy. Intravenous Mg is given in obstetrical wards for pregnancy-induced hypertension and to lessen the risk of cerebral palsy and Sudden Infant Death Syndrome (SIDS). Mg should be a required supplement for pregnant mothers.
20. Osteoporosis: Use of calcium with Vitamin D to enhance calcium absorption without a balancing amount of Mg causes further Mg deficiency, which triggers a cascade of events leading to bone loss.
21. Raynaud's Syndrome: Mg helps relax the spastic blood vessels that cause pain and numbness of the fingers.
22. Tooth decay: Mg deficiency causes an unhealthy balance of phosphorus and calcium in saliva, which damages teeth. Material excerpted from Dean, Carolyn. *The Miracle of Magnesium* (2003 Ballantine Books: New York, NY), 2003. pp. 5-7.

### Application:

**1. Atomised Body Spray.** Spray Magnesium oil directly on the skin. This has been shown to be the easiest and most effective transdermal application method.

There are a few different approaches in using Magnesium oil as a spray. A simple, quick and effective method is to spray selected areas of the body, e.g. armpits, thighs, abdomen, feet etc. If possible a few spray applications, in accessible areas, during the day gives increased absorption. It is also beneficial to target specific problem areas, where you are experiencing joint pain and stiffness or sore and cramping muscles. The wet 'oil' can be rubbed into the skin, which will facilitate absorption. For best results leave the Magnesium Oil on for the day. Moisturiser can be applied after the 'oil' has dried on the skin. Do not moisturise before applying Magnesium Oil as this will affect the absorption. Sprayed into the armpits Magnesium oil is a very effective natural deodorant.

The Magnesium Oil can also be sprayed on the whole body and gently rubbed into the skin. For difficult areas to reach, the hands can be wet and then rubbed onto the area of skin needed. Sensitive areas may sting and it is not advised to spray onto skin immediately after shaving. The sting is similar to putting salt onto open pores and sensitive skin. No harm is done from the sting and a little extra water can be applied to the area to dilute the 'oil' and reduce the sting.

Once you have wet the whole body from neck to ankles leave on for 10 to 30 minutes before showering off, without using soap, and then dry yourself down. A light spray on specific small areas can also be done afterwards and left on for the day.

**2. Foot Bath.** Adding 100 to 200mls Magnesium oil to a foot bath also provides excellent Magnesium absorption and is great for problems in the feet and ankles.

**3. Bathing.** Pouring Magnesium oil into a bath of warm is extremely relaxing and provides good Magnesium absorption. At least 250mls should be used in a bath of water.

**Frequency:**

For best results regular, in fact daily, spray applications should be done for the first few months. This is a Magnesium supplement and to achieve and maintain optimum Magnesium levels consistent application is necessary. This should become part of your regular maintenance and supplementation. Spray at least 10 to 20mls on daily for the first few months. Some people use the oil less frequently after a few months to maintain Magnesium levels. It depends on your individual needs.

**Maximised Benefit Suggestions:****To increase the absorption of the Magnesium oil by the skin**

1. **Exfoliation or Brushing.** We recommend doing an exfoliation with African Healing Clay before applying the Magnesium Oil. Leaving the African Healing Clay on the area for 15 to 20 minutes will also provide an excellent detox before replenishing the Magnesium through Transdermal therapy. The African Healing Clay also stimulates the circulation and prepares the skin for optimal absorption. For the braver, opening the pores and stimulating the skin through dry brushing can also be beneficial.
2. **Massage.** Although Magnesium Oil is not actually Oil the oily feel lends itself to massaging the oil into the skin. Massaging stimulates circulation to the skin, and underlying tissues, which helps absorption of the Magnesium.
3. **Warm Bath or Shower.** Cleaning all residue of moisturising lotions, oils and chemicals off the skin, with the added circulatory stimulation from the warmth of a bath or shower, opens the pores and prepares the skin for better absorption.

**NB:** Do not apply any moisturiser, lotion or cream before applying Magnesium Oil. This will reduce effective absorption.

**Commonly Asked Questions:**

**Can Magnesium Oil be applied more than once a day?** Yes, especially in the initial stages to build Magnesium levels up to optimum point, the more often the better.

**What Is Magnesium oil?** Magnesium 'oil' is a term for a high % solution of Magnesium chloride in water usually with other trace elements found in Sea Water. In natural form, Magnesium Oil is the concentrated brine or 'bitterns' left after the salt has crystallised from the evaporation of Sea Water in pools. Magnesium Oil can also be made from USP grade Magnesium Chloride. We use the purest grade of Magnesium Chloride that is suitable for intravenous injections - especially used for people arriving at hospital with a heart attack. Magnesium reduces the mortality rate from heart attacks by up to 50%

### Testimonials:

- Repeated spraying has resulted in a mans skin tags (small warts) falling off.
- A lady burnt herself badly, applied a bandage and kept the bandage wet with Magnesium, the next day the result was amazing Plus NO PAIN whilst the area was wet.
- An 83yr old with osteoporosis, broke her ankle Magnesium oil was applied often during the day no pain was experienced and the ankle healed very quickly for an 83yr old.
- A man with extreme cramping in the leg dragged himself along the carpet to his bottle of Magnesium oil. Applied and within a few minutes the cramping left.
- Heart arrhythmia was cleared from a gentleman that had suffered for 6 years with irregular heart beat.
- Bruising: a lady in Gauteng fell down the stairs resulting in bad bruising on the upper arm. She sprayed with magnesium oil repeatedly during the day and within a few days the bruise had all but disappeared. No green, yellow, black skin from the bruising. Great also for stiffness resulting from blood clotting under the skin.

### DEODORANTS (120ml)

#### *Ylang-Ylang & Rose*

The deodorants are made up with a diluted form of the Magnesium Oil. It is then blended with essential oils to give a subtle scent.

The Magnesium kills off the bacteria that cause body odour and it is a very effective deodoriser. The Magnesium in the arm pits is also absorbed and adds to Magnesium supplementation. The deodorant cannot be used as a Magnesium supplements as it is diluted and is not sufficient.

An added benefit is for people who perspire a lot, the deodorant will prevent their clothes from picking up and accumulating the odours associated with sweating. This is good news for people who gym or run or any other vigorous exercise often.

### Note to Consultants:

The deodorant is NOT an antiperspirant. Antiperspirants are not recommended as they prevent the body from getting rid of waste and toxins as it was designed to.

Tell people to check their deodorants as many of them contain heavy metals and a concoction of chemicals. NOT great in the arm pit which is adjacent to many glands and especially breast tissue.

## **IONIC DETOX THERAPY CAPSULES**

### *Calcium Montmorillonite & Zeolite*

*100% Natural Detox And Systemic Cleanser  
African Healing Clay (Calcium Montmorillonite) And Zeolite Natural Mineral And  
Dietary Supplement*

### **The Best Internal Cleanser**

In This Day And Age, We **ALL** Need To Cleanse!

"In a world where dietary choices are poor, environmental pollution is heavy, stress levels are high, and exercise is often a last priority, *"Internal Cleansing Is More Important Than Ever for optimum health."* ~ Dr. Bernard Jensen

Understanding the basics of how our digestive system works is vital to understanding personal health. Before we can fully grasp the extreme importance of internal cleansing, we must first know what's going on in there. So, let's start with a quick primer on the digestive system.

Dr. Lindsey Duncan, CN, ND, Provides The Following Succinct Tutorial:

We live and die by what foods we put in our mouth and how our bodies assimilate these foods. Digestion starts in our mouths, when we bite into our food and begin chewing it and mixing it with saliva, a powerful digestive enzyme. As our food travels down to the stomach, it mixes with hydrochloric acid, a powerful digestive acid that liquefies the food and prepares it for further digestion in the small intestines with help from the pancreas and liver.

Our intestinal systems are connected to a network of blood vessels and veins which wrap around the stomach, small intestine, and bowel. Our blood receives nutrients from our digested food through this network of blood vessels, which look and function much like the roots of a tree, drawing dissolved nutrients out of the intestines and transporting them to the liver, where they undergo further breakdown, recombination, and storage. Later, the heart pumps these nutrients, stored in the liver, to nourish the various living cells that make up the tissues of the human body. By-products of the digestive process are passed into the bowel, where they solidify, and "in a perfect world", are completely excreted from the rectum.

This is basically how our body gets nourishment and energy. After it delivers nutrients throughout the body, the blood also collects cellular waste materials (by-products of metabolism) and "drops them off" at appropriate eliminative stations (lung, kidneys, skin, lymphatic system, colon) where, also, "in a perfect world" they are quickly excreted from the body.

Unfortunately, our "modern day society" is **NOT** a perfect world. Pollutants, toxins, chemicals, fertilizers, growth hormones, pesticides and other hazards to our health bombard and infiltrate

our air, water and food on a daily basis. Our diets, no longer wholesome and fresh, consist of fast foods, junk foods, pre-prepared foods, fatty foods, and devitalized foods.

There is no way our digestive systems can function optimally with the heavy burdens placed on them on a day-to-day basis. Digestion becomes sluggish, assimilation becomes inefficient, mal-absorption of nutrients begins, the metabolism slows down (weight gain) and elimination becomes poor.

A clean, properly functioning bowel is paramount to our well-being. Dr. Bernard Jensen, nutritionist, lecturer and author of over 30 books on natural health care, states this best:

"Every cell and tissue in the body is fed by the bloodstream, which is supplied by the bowel. When the bowel is dirty, the blood is dirty and so are the organs and tissues. It is the bowel that must be cared for first before any effective healing can take place."

## **So, How Do You Know The State Of Your Bowels? How Do You Know If You Need To Do An Internal Cleanse?**

Dr. Duncan Writes:

"Many of my seminar topics focus on internal cleansing and bowel management. Repeatedly, I am asked the same question by seminar attendees: "How do I know if I need to cleanse?" My answer is quite simple... After consulting with over 20,000 patients, I can honestly state that I have never worked with an individual that did not directly benefit from detoxifying his or her body. *In This Day & Age, We ALL Need To Cleanse!* In a world where dietary choices are poor, environmental pollution is heavy, stress levels are high, and exercise is often a last priority, *Internal Cleansing Is More Important Than Ever For Optimum Health.*"

Okay, I get it. I need to cleanse, you need to cleanse, *EVERYBODY* needs to cleanse!

### **How Is It Done and What Should Be Used?**

According to Ran Knishinsky, author of "*The Clay Cure*", the best, most natural way to internally cleanse is with clay. The following is an excerpt from his book:

"If the system fails to get rid of poisons through the bowels, a constipated condition arises in which the toxins never leave the body. They sit inside and putrefy. What's worse, the body doesn't know the difference between live food and dead food in the colon. It will still try to get nourishment out of waste you would never want to set your eyes upon. Naturally, this puts a strain on every functioning cell in the body".

### **The Volcanic Ash at Work:**

*Ionic Detox Therapy* 's immediate action upon the body is directly on the digestive channel. This involves the **clay actually binding with the toxic substances and removing them from the body with the stool.**

The Clay remains *inert*, in other words it does not enter the system it remains in the GI tract magnetically drawing all the impurities out of the blood. It performs this job with toxins, including those from the environment, such as heavy metals, and those that occur naturally as by-products of the body's own health processes, such as metabolic toxins. It's hard to believe that the body produces its own toxins, but that may happen as a result of stress, inefficient metabolism, or the proliferation of free radicals.

***Ionic Detox Therapy*** develops a negative electrical charge when hydrated. Most free radicals, toxins, heavy metals, viruses and bacteria are positively charged and are therefore drawn to the clay like a magnet. The Montmorillonite attracts and carries the impurities away bonded to its large surface. There is an *ionic exchange* that takes place. The impurities are drawn to the clay and as some are absorbed into the molecular structure of the clay, trace elements and minerals are in return released and thus impurities are exchanged in the body for ionic charged minerals and trace elements. This results in the powerful **Ionic Exchange Therapy**, purifying and feeding at the same time.

The body has no problem ridding itself of the ***Ionic Detox Therapy***. Don't worry about a tiny brick house being built in the middle of your colon. The

***Detox Therapy*** assists the body's eliminatory process by acting as a bulking agent, similar to psyllium fibre, sweeping out the old matter that doesn't need to be there. It is not digested in the same manner as food as it passes through the alimentary canal. Instead, it stimulates intestinal peristalsis, the muscular contractions that move food and stool through the bowels. The clay and the adsorbed toxins are both eliminated together; this keeps the toxins from being reabsorbed into the bloodstream.

***IDT*** works on the entire organism. No one part of the body is left untouched by its healing energies. 'I don't know of another supplement that is quite as capable as ***IDT*** of producing such a wide range of positive reactions – Ran Kinshinsky.

### ***Our Recommendations for Internal Cleansing:***

Ran Knishinsky recommends ingesting Clay on a **daily basis** to maintain optimal health. To do this, you can take "***Healthway's Ionic Detox Therapy***" Capsules. Generally, it is suggested that 3 to 6 capsules daily is the proper amount for an adult. It is recommended to take the clay on an empty stomach for best results. And if you're taking any medication, it is recommended to wait 2hours hours before ingesting clay, but please check with your physician, as medications vary in time release and content.

People who have made this a part of their daily routine have been astounded with the outcome. According to Knishinsky, benefits reported by people using ***Calcium Montmorillonite (IDT)*** for a period of two to four weeks include: improved *intestinal regularity; relief from chronic constipation, diarrhoea, indigestion, and ulcers; a surge in physical energy; clearer complexion; brighter, whiter eyes; enhanced alertness; emotional uplift; improved tissue and gum repair; and increased resistance to infections.* ***Calcium Montmorillonite (IDT)*** works on the entire organism. *No Part Of The Body Is Left Untouched By Its Healing Energies.*

So, begin your internal cleansing program today, take "*Healthway's Ionic Detox Therapy*" Capsules on a daily basis will get your intestines clean, and keep them that way! Make *IDT* a part of your daily routine, and experience all the life-enhancing benefits that *IDT* has to give!

## *Total Body Healing With Ionic Detox Therapy*

### *The Digestive System:*

**IDT (Ionic Detox Therapy)** is noted to be of great benefit to *any gastrointestinal disorder*. Naturopaths and herbalists have prescribed clay for its chemical and mechanical actions for many ailments including gastritis, Crohn's disease, and irritable bowel syndrome, and even to help protect against bowel cancer. REMEMBER **IDT** IS NOT A DRUG NOR DOES IT WORK LIKE ONE. **IDT** binds with and removes body toxins in the stomach, small intestine and colon. It also stimulates the normal mechanism of the intestinal tract. In this way, it activates the immune system to defend itself against illness caused by too long an exposure to harmful poisons that accumulate in the bowel.

Some of the conditions that **Ionic Detox Therapy** helps with:

Bad breath, Constipation, Diarrhoea, Diverticulosis, Irritable Bowel Syndrome, removal of heavy metals, Nausea and Vomiting, Food Poisoning, Overweight, Parasites Poisons ( Paraquat and Round-up found on fresh foods), Ulcers, Allergies and Hay fever, Acne, pimples, Eczema, Itching, Hives, Athletes foot, Psoriasis.

### *Constipation:*

The first thing to do is drink lots of water, no other liquids just water, that helps the clay work and get the system normalised. Clay produces bulk, which in turn stimulates normal intestinal motions that move food substances in the intestine.

Take **IDT** last thing at night, 3-6 capsules are recommended (*Always start on a low dosage and move up, some people are very toxic and will not feel well with the detox effect of IDT*). Allow 12 - 24 days to regulate the system.

**REMEMBER THE EXCHANGE:** The *Ionic Detox Therapy* will also, while in the GI tract, magnetically draw impurities such as, heavy metals, toxins, virus', and bacteria, out of the blood. In exchange, calcium, iron, magnesium, potassium, sulphur, manganese and silica as well as trace elements are absorbed into the system, in perfect ionic form.

### Diarrhoea:

IDT (Calcium Montmorillonite & Zeolite) is recognized worldwide as a treatment for diarrhoea. During World War II, the French armies used the clay from their famous deposit to combat dysentery. At the beginning of the century the Russian soldiers fighting near France used the clay in their mustard and it reduced the mortality rate from 60% to 3%.

For the treatment take 4 capsules of **IDT**, three times a day on an empty stomach. Drink lots of water. The condition responds better to quick, continued treatment; even after symptoms have disappeared continue for a couple of days afterwards, the **IDT** will help adsorb any residual toxins produced by the viral/bacterial infection.

### Diverticulosis:

When the colon is not properly emptied, the walls of the intestines form balloons, or diverticula. Soon, undigested food creeps into the pouches and may cause inflammation. This condition is mainly due to constipation. **IDT** may be taken frequently to prevent this.

If the person is already suffering from the condition, their doctor may recommend a three day juice fast to accelerate the healing process. While on the fast, take 4 capsules three times a day, to adsorb toxins and accelerate the elimination of intestinal waste. This will also help to form soft stools. After finishing the fast, reduce the dosage to 3 capsules at night.

### Irritable Bowel Syndrome:

This is characterised by alternating conditions of diarrhoea and constipation with gas, pain and emotional ups and downs. Take 2 capsules of **IDT** three times a day. After symptoms have been relieved, continue with 3 capsules at night.

### Overweight:

It is common practice in France to stir two teaspoons of **IDT** into a glass of water and drink the clay water before meals.

The clay swells in the stomach and gives a feeling of fullness. It also rids the body of toxic waste which the body usually stores in fat tissue to keep the toxins away from the vital organs. The clay also keeps the body regular which in turn prevents the body from re-absorbing toxins from stools in the intestine. Overall a great detox and hunger satisfier. Take 2 capsules **IDT** 15 minutes before meals.

### Parasites:

Parasites are taken more seriously now than ever before in the United States. The risk of parasitic infection is growing.

**Firstly** clay stimulates the gall bladder to increase the flow of bile according to Raymond Dextreit, a French naturopath. No parasite can live too long under any bilious condition.

**Secondly** The American Journal of Clinical Nutrition mentioned this in a recent article: 'Clay consuming can be a source of nutrients. Its primary way of enhancing nutritional status appears to be, however, to counter dietary toxins and the effects of gastrointestinal parasites.' (Johns & Duquette 1991)

**Thirdly** worms are attracted to clay and are clay-eaters themselves. As a result when the clay is eliminated from the body, so are the worms. This however is not a quick process as several eggs are usually left behind, so when the new worms hatch they are then in turn attracted to the clay and so on, until the infestation is eliminated.

### Poisoning:

IDT clay has been proved successful in counteracting the toxic effects of poisons after they were ingested. Clay was given in repeated doses rather than single doses. Paraquat and Roundup were successfully eliminated in rats, they did not die and the toxic damage was minimal.

*Note: Robert Robertson has a very interesting comment: 'The use of Montmorillonite as an antidote to poisons has been known for centuries, and the scientific reasons for its success have been known for decades, it is strange that, in a world where heavy metal solutions, alkaloids, cationic pesticides and detergents could be accidentally ingested, this clay is not yet included in First Aid boxes.'*

### Liver Problems:

The liver is referred to as the body's detoxification pilot. It breaks down poisons or transforms them into less harmful compounds. The poisons include toxins found in food (nitrates, monosodium glutamate and herbicides), toxins produced by the body (ketones, indoles, phenols, and aldehydes), as well as toxins in the environment.

**IDT** helps the liver indirectly by aiding the body to remove waste matter in the intestine, which if not removed gets reabsorbed into the blood stream and carried to the liver. As a result the liver does not have to re-process toxic waste.

### Allergies and Hay Fever:

Allergies and hay fever are caused by the release of histamines. The liver becomes plugged up with toxins and fatty tissue and therefore cannot produce the necessary antihistamines to neutralise the allergic reactions. The first thing to do is, clean and rebuild the liver. Once that is done, the allergies and hay fever may disappear.

The adsorptive surfaces of the clay prevent the allergic reaction by quickly neutralizing allergens before these foreign invaders can attach themselves to the blood cells. In addition any histamines produced by the allergens that have 'gotten away' can also be quickly adsorbed.

The **IDT** is also removing the build up of mucous in the intestinal wall which in itself causes sluggishness and lethargy.

Some people notice an immediate improvement in their condition and some find the allergies disappear all together. With others it takes time for the liver to respond to the detoxing effects of the **IDT**.

## THE SKIN - A CHANNEL OF ELIMINATION

### Acne & Pimples:

#### Recommended products:

Ionic Detox Therapy (IDT); TLC African Healing Clay; Clay & Rooibos Soap.

**IONIC DETOX THERAPY** used in conjunction with **AFRICAN HEALING CLAY**, detoxes the skin, inside the body and externally on the surface of the skin. The clay enriches and cleanses the blood, promoting better circulation and allowing the skin to get rid of waste.

In severe cases it is advisable to take 2 capsules three times a day and a face mask every day until the condition clears.

### Eczema, Itching, Rashes, Outbreaks:

#### Recommended Products:

TLC African Healing Clay blended with Olive oil (5-10 drops with 1, 10ml scoop of clay); Soap; Moisturising Lotion with Clay ; Ionic Detox Therapy; Clay & Rooibos Soap.

Take the **IDT** as per the instructions and use in conjunction with **AFRICAN HEALING CLAY** wraps on the affected areas. Remember to keep the clay wet, the clay is only active when wet. If necessary in severe cases of eczema wrap the area with plastic wrap (cling wrap) to keep the clay wet and in situ. Continue with treatment every day until the condition clears.

## *Eczema, Itching, Rashes, Outbreaks and Young children:*

### *Recommended Products:*

TLC African Healing Clay blended with Jojoba, Avocado / Olive oil (5 – 10 drops with 1, 10ml scoop of clay); Soap; Moisturising Lotion with Clay ; Soap; We also advise that young children from the age of 2 or 3 two capsules of Ionic Detox Therapy, can be administered.

Taking Ionic Detox internally for skin conditions is advisable for kids as young as three. **(We do have some moms who have administered IDT at a very young age, but, we leave that decision to the individual).** The best way to use the capsules is to open the capsule and sprinkle the contents into juice or rooibos tea. The best time to use the IDT is at night to allow the clay to work while the child is asleep.

For external use see page 48

### *Ionic Detox & Pregnancy:*

A Mother to be sometimes has strange cravings. For no apparent reason her body suddenly feels starved for certain inedible substances such as charcoal, chalk, or plain dirt.

Clay eating in some cultures is common during pregnancy and it is said to be the most favourable practice a mother can undertake to herself and her unborn child. Here are a few reasons:

- *African Healing Clay* removes toxic build up. Your gynaecologist will tell you not to smoke or partake in alcohol, because they are toxic to the foetus and it requires the body to process more toxic waste, therefore compromising the nutrition of the baby. Tests have been done with pigs that were fed *IDT* and the piglets were born with a better birth weight than those which did not have the clay in their diets.
- Promotes healthy digestion
- Prevents and/or counteracts morning sickness
- Helps with minor discomforts
- Has a mineral content and in return for your toxins, will present the body with calcium in perfect ionic form to be absorbed into the blood.
- Helps the foetus have healthy strong bones.
- Calms stomach acidity.
- Adsorbs metabolic toxins such as steroidal metabolites associated with pregnancy.
- *IDT* eases labour pains, accelerates the delivery.
- Breastfeeding: *IDT* helps keep the breast milk free from toxins and increases milk production.
- Mothers use *African Healing Clay* paste for sore nipples and to stimulate the secretion of milk, externally.

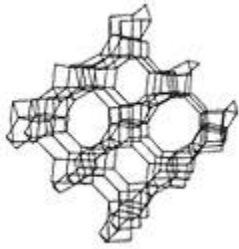
**If in doubt, consult your health professional or phone the Healthway office for further advice.**

## TIPS FOR CONSULTANTS:

- Increased thirst will be experienced, DRINK LOTS OF WATER. IDT needs water to perform its task of absorbing toxins. Water helps to keep your stools soft, improves digestion, raises energy levels and is great for detox.
- If you are suffering with constipation, this is due to the IDT binding waste in the colon, drink a laxative tea for the first couple of days until you become regular.
- Some people suffer from extreme detox symptoms such as headaches, lethargy, moodiness, flu like symptoms, aches and pains. If these are unbearable tell your client to cut back to either 2 or 1 capsule depending on severity. Then after one week increase the dosage by one every week.
- People want to know how long they need to detox, we are finding that it is highly beneficial to be on the Ionic Detox Therapy as a maintenance programme. People are loosing weight, feeling more alert, some find that they have less mucous (allergy sufferers), skin conditions heal faster, the body functions better.
- IDT works best when taken over a long period of time. That's because its actions are subtle. IDT does not offer instant cures for all ailments, but history shows it can encourage the body to put up a better fight when taken over a long period of time. It boosts the immune system.
- IDT is NOT addictive therefore there is NO risk discontinuing its use. But why not take something that is good for you and will help to clean out your body. Especially in today's highly polluted world, our liver and kidneys are so overworked they never have a chance to rest. Help your liver and kidneys to work better and keep your mind and body functioning in tip top conditioning.
- Don't be surprised by: passing smelly gas, eliminations being larger, eliminations more frequent, skin breaking out, weird pains all over body, feeling tired anxious or nervous. All symptoms of detox. All these symptoms are lesser or to a greater degree depending on the individuals overall state of health. Believe it, these symptoms mean that you are well on your way to health. It only gets better when these pass. You are experiencing a *'healing crisis'*. The cells are getting rid of nicotine, caffeine, drugs, pollutants and many other things.
- Be fair, it took years to get to where you are today, give it some time to adjust and work itself out. Health returns in a series of cycles, give yourself the time to heal.
- People who are using Ionic Detox Therapy and TLC Clay as part of their life style are getting amazing results. We believe that we are living in a toxic environment and that we need to be on these products for the rest of our lives. Try it and see the difference for yourself and wait for the comments of friends and family.

## Zeolite:

Zeolite is also a volcanic ash that fell on inland lakes but due to the different temperatures and other conditions, the ash crystallised. The molecular structure of the Zeolite is like a cage that absorbs large volumes of impurities.



What Zeolite does is trap toxins and other heavy metals in its honeycomb-like "cages" (see diagram to the left). Since it's one of the few negatively charged particles in nature, it works at the cellular level much like a magnet. Impurities and toxins get sucked in, trapped, and then flushed out. There are *no real side effects* except for minor dehydration.

## What Does Zeolite Do?

- Zeolite Helps To *Increase Your Immune System* Function By Removing Toxins, Viruses, Yeasts, Bacteria And Fungi, Which Can Depress Your Immune Function.
- Helps *Prevent Premature Aging* Which Primarily Is Due To A Build-Up Of Toxins Which Interferes With Optimal Metabolic Function And Cellular Repair. Removing The Toxic Overload Helps The Body Repair And Regenerate New Cells.

Zeolite and Calcium Montmorillonite are more effective when combined together. The Calcium Montmorillonite has a large surface area which draws the impurities and the Zeolite acts like a microscopic 'rubbish bin'. They work together to sweep the system of toxins and heavy metals, viruses and bacteria.

## Who Should Use Ionic Detox Therapy?

- Anybody Who Feels They Need To Detox.
- People Who Have Skin Problems Such As Pimples, Acne, Psoriasis, Eczema.
- People Who Want To Make Sure That Their Bodies Are Being Helped Fighting Free Radicals, Bacteria, Viruses And An Accumulation Of Heavy Metals.
- People Suffering From Constipation.

## Directions for Use:

Take 3 Capsules per day last thing at night with a large glass of water. Extra water is recommended whilst using Ionic Detox Therapy.

## Note:

If you have a skin condition, heavy metal problems, or just simply feel that you need to detox your body, increase the dosage gradually up to 6 capsules per day. Either take 3 capsules in the morning and 3 at night OR 2 capsules three times a day, on an empty stomach ½ an hour before meals.

**Precautions:**

Because of the drawing and elimination quantities of IDT this product may eliminate prescribed medication from the system and therefore it is not advised to take within three to four hours either side of taking medication and as a precaution to check with a doctor regarding the reduction in effectiveness of any medication being taken.

**IONIC DETOX THERAPY BULK POWDER (600ml)**

This contains the same blend of powders as the Ionic Detox Capsules. It is just a cheaper method to buy this excellent internal detox.

**How to use IDT Bulk Powder:**

It is odourless and tasteless, just slightly granular. It is easily mixed into water, fruit juice smoothies or yoghurt.

People with bad Eczema, psoriasis or pimples and acne should be steered towards using this alternative. Many people are seeing the value of detoxing the systems and are finding that using the Bulk Powder on a daily basis a good choice.

½ a scoop is equal to 3 capsules. One scoop equals 5ml which is 6 capsules of IDT.

In severe cases such as spider bites, acne, Eczema & psoriasis OR even just a thorough detox, 3 scoops or more have been used. (See table at the back of the manual for more details).

The insert in the Bulk powder will also give instruction on how to use.

**Precautions:**

The same precautions and advice given for the capsules will apply to the Bulk Powder.

**AFRICAN HEALING CLAY (TLC Tub)****TLC CLAY & CLAY-KELP TUBS  
*(Calcium Montmorillonite Clay)*****The History of Healing Volcanic Ash:**

*Calcium Montmorillonite* was formed from volcanic activity millions of years ago and is principally volcanic ash. Calcium based clays are referred to as living clays, as they principally

consist of minerals that contribute to the production of enzymes in all living organisms. They are the preferred clays to be ingested by humans, animals, plants and for incorporating into soil. We recommend a pure, *Calcium Montmorillonite* with a very fine mesh as found in *Healthway's TLC Clay & Clay-Kelp Tubs*

Healing clay may be a new concept to some, but it has been used for thousands of years. Long before recorded history, humans have used healing clays externally and internally to cure illnesses, sustain life and promote general health. Ancient tribes of the high Andes, Central Africa and the Aborigines of Australia used clay as a dietary staple, a supplement, and for healing purposes.

Early French cultures used clay for nutrition and medicinal purposes and also as a trading medium. They touted the clays healing effect on gum diseases, ulcers, rashes, dysentery, haemorrhoids, infected wounds and bites.

Early in the 20<sup>th</sup> Century, Julius Stump, a renowned Berlin Physician, successfully used Clay Therapy to treat Asiatic Cholera. A contemporary, Dr. Meyer Camberg, used *Calcium Montmorillonite* to neutralize arsenic poisoning. During the 1<sup>st</sup> World War, German physicians offered *Calcium Montmorillonite* therapy as a solution to food poisoning, dysentery, diarrhoea, and wound infection that was rampant among troops on both sides, greatly reducing mortality rates.

During the 1<sup>st</sup> World War, the Russian soldiers received 200 grams of *Calcium Montmorillonite* along with their rations and it was added to mustard in several French regiments, who remained free of the dysentery which ravaged nearby regiments.

Modern man is also beginning to appreciate the miraculous healing properties of *Calcium Montmorillonite* Clay. Russian scientists used *Calcium Montmorillonite* to protect their bodies from radiation when working with nuclear material. Because it adsorbs radiation so well, *Calcium Montmorillonite* was the material chosen to dump into the Chernobyl reactors after the nuclear meltdown there.

Today, Osteopaths, and other health professionals that include alternative medicine as a part of their practice, are increasingly recommending Montmorillonite Clay to their patients for detoxification and to address other illnesses and injuries.

### *Instructions on How To Use TLC Clay Or Clay/ Kelp As a Face Mask or Body Wrap*

- Inside the 250ml and 600ml Tubs are 10 ml scoops. One of these scoops will give enough clay to cover the face and neck area.
- To mix the clay: Put one scoop of clay into a bowl add 1 - 1 ½ scoops of warm to hot water.
- Mix to a smooth paste and apply to the face and neck.
- Leave the mask on for 20 minutes.

- Keep the mask wet by;
  - dipping the hands into water and patting the face area to keep the clay wet.
  - using a spray bottle with water in it to keep the clay wet.
  - using a brush to keep the clay wet.
- The clay **MUST** be kept damp as it is only active whilst wet.
- After the period is over, remove mask with gentle circular motions with wet hands for a gentle exfoliation.
- Rinse face well. Dry and apply a moisturiser.
- **Body wraps:** mix 150 to 180mls of clay with warm water to a smooth paste – just over equal quantities of clay and water.
- We recommend;
  - standing in a shallow warm bath, and then applying the clay to the entire body. Keep the clay wet by dipping your hands in the water and keep the clay wet for 15 – 20 minutes.
  - Or stand in a shower and apply the clay in the shower.
  - Or cut a large black bag open. Place onto a flat area like a bed. Lie on your stomach; get someone to apply the clay, to the back area. Turn over onto the black bag. Apply the clay to the front area and with another bag cover the area, then cover yourself with a blanket to keep warm. Leave on for 20 minutes. Then remove the clay in the shower or bath and moisturise.

### Tips:

For dry skins, add 5 – 15 drops of Jojoba, Marula, Coconut or Olive oil to one 10ml scoop of clay mixture, apply as normal. *Always avoid the eye area.*

### Using TLC Clay for Therapeutic Use:

#### Using TLC Clay on Eczema, Dermatitis or other skin irritations, such as rashes

The nature of the clay is to draw all impurities out of the skin like a magnet. The **African Healing Clay** has a very strong draw 25 to 30 times its own molecular weight in impurities. Because of this amazing draw it can bring toxins out to the surface of the skin to quickly causing discomfort. In cases like these mentioned above, we suggest that for the first 2 or 3 applications, the clay should only be left on the skin for a period of 15 to 20 minutes. Thereafter, it can be used for much longer periods of time such as overnight. The applications should be made daily.

Wrapping the clayed area with cling wrap is a good idea and then allowing the person to go to sleep with the poultice on the affected area. If the affected area is on the hands, plastic gloves are very useful for keeping the clay wet. **THE CLAY IS ONLY ACTIVE WHILST WET.**

Keep applying the clay until the outbreak has cleared. Thereafter apply the clay as necessary or as a precaution once a week to keep the levels of toxins to a minimum.

**TIP:** The clay does have a drying effect on the skin. As some eczemas and psoriasis are very dry, we recommend the use of coconut oil blended into the clay. This works very well in returning moisture to the skin. Also coconut oil has properties that help eczema and psoriasis.

### **Children with Eczema:**

As above, for the first few days, apply the clay for 5 to 10 minute periods on the skin, keeping it wet. Thereafter the area can be covered with cling wrap.

For small children (under 2 years old) with Eczema all over the body, run a shallow bath, apply the clay to the whole body and teach them to keep the clay wet with the water in the bath, try to keep them playing for a period of 10 minutes. Then they can play in the water with additional clay added to the water (2-3 tablespoons). The clay draws out all the impurities out of the skin while they are playing in the water.

Once the Eczema has cleared the applications can be once every three to four days and then once a week, this should keep the Eczema away. If there is a flair-up then go back to every day applications. A few applications will be necessary depending on the severity of the condition. There is a very high success rate with the clearing of Eczema.

### **Psoriasis:**

Applications can be made everyday, in the same way as you use the clay for Eczema. As the clay tends to dry the skin, use with either coconut, jojoba or olive oil. Blend the clay (plus a few drops of oil, if desired) into aqueous cream and apply to the skin, then wrap with cling wrap to keep the area moist. Unfortunately, psoriasis is very hard to get rid of, therefore the clay has to be used everyday, to get maximum benefit use Ionic Detox Therapy Capsules in conjunction with the clay wraps.

### **How Does The Calcium Montmorillonite Work?**

**Adsorption:** Describes the process by which the charged particles of other substances combine with the charged particles on the outer surface of the Clay Molecule. First imagine the structure of the Clay Molecule to be similar to a stack of business cards with spaces in between. It has unsatisfied ionic bonds around its edges and naturally seeks to satisfy those bonds. For this to happen it must come into contact with a molecule of another substance with unsatisfied bonds that carry an opposite electrical (ionic) charge. When the two molecules meet, the ions

held on the outer surface of the Clay Molecule are exchanged with the ions held on the outside surface of the molecule of the other substance.

*Calcium Montmorillonite* molecules carry a negative electrical charge while toxins, bacteria, viruses, parasites and other impurities carry a positive charge. When the Clay is taken into the human body, the positively charged toxins are attracted to the negatively charged surfaces of the Clay molecule. The Clay Molecule acts like a magnet, attracting and holding the toxins and impurities to its surface, and removing them when the Clay is removed or expelled.

**Absorption:** Is a slower and more complex process. Acting like a sponge, the *Calcium Montmorillonite* molecule draws other substances into its internal structure. *Absorption* can only occur when the foreign substance has undergone a chemical change and is then allowed to enter the molecular inner structure. Once the foreign substance has undergone the chemical change, it enters into the spaces between the inner structures. So the toxins that were formerly only sticking to the surface of the outer structure through ionic bonding, are now pulled inside the molecule. This is the primary reason why absorptive clays are labelled as mobile layered or expandable clays. The more substances that are pulled into the inner structure, the more the clay expands and its layers swell.

All absorbent Clays have a charge on their inner layers. This means that charged ions sit between the layers of the Clay Molecule surrounded by water molecules. The Clay expands as foreign substances are absorbed and fill the spaces between the Clay Molecules stacked layers. Absorbent Clay will absorb positively charged toxins and impurities and ignore negatively charged nutrients.

### *Calcium Montmorillonite Is By Far The Most Effective Clay With The Strongest Drawing Power*

#### **Kinds of Volcanic Ash Clay:**

Volcanic Ash falls into seven separate and distinct family groups. Within these seven families there are thousands of different types of general compositions, each unique and serving vastly different purposes in our world.

Smectite Clays compromise 99% of all clays used for health purposes today. Smectites are unique in that they swell while absorbing and adsorb positive charged ions. It is the favoured clay for health and dietary use as well as for many industrial applications.

Smectites are more complicated Clays and have a higher exchange capacity than the other six family groups of Clays. It has the unique ability to *absorb* and *adsorb* toxins at a greater rate than any other group.

Within the Smectite family there are hundreds of different types of Clays, each consisting of between 8 and 145 minerals. The most common sub family is Montmorillonite. Further along the Montmorillonite family tree are the various Bentonites. It's from the Smectite family tree that we find the *broadest spectrum healing modality on our planet "Calcium Montmorillonite"*.

Montmorillonite was named after the town of Montmorillon France where it was first identified. Its common name today is "*French Green*" and you will see it packaged under several different brands today and available in many health food stores. Your Green Swelling Clays are known for their remarkable healing properties. Not to say that Non-Swelling Clays are not good, but due to the molecular makeup the swelling clays have a greater drawing or detoxing potential.

*Calcium Montmorillonite* is the rarest in the Smectite family. There have been only a few finds, throughout history of mines, which contained a pure vein, natural, *Calcium Montmorillonite*.

Even though Sodium Bentonite and *Calcium Montmorillonite* are cousins from the same family genesis, they are as different as night and day in efficacy and intended uses.

The vein of *Calcium Montmorillonite* that "Heathway Natural Products" has located is the purest form in the world, running at up to 98% Pure Montmorillonite. The original discovery in France is + 75% pure and the well known deposit in Wyoming, USA is only 65% pure.

***So, If You're Looking For The Best Clay For Detoxing, Internal Cleansing, Or Any Sort Of Healing Use, Calcium Montmorillonite Clay-African Healing Clay Is The Number 1 Clay Of Choice.***

### ***Getting Rid Of Acne and Pimples Once and For All!***

To effectively deal with any problem, you must first understand and eliminate the root cause of it. To tackle and obliterate the acne problem, we must understand what exactly causes it in the first place.

Oil glands are located deep in the skin. They are also known as sebaceous glands. Each oil gland is connected to a tiny canal that contains a hair. The canal with its contained hair is called a follicle. The glands produce oil (also known as sebum) that flows to the surface of the skin through these canals to lubricate the hair follicles and the surrounding skin. The opening of the canal with the attached hair (follicle) onto the skin is the skin pore. Oily skin occurs when an overactive oil gland enlarges and overproduces oil. Acne develops when some of the pores become blocked, resulting in trapping of oil within the skin pores. The pores are blocked by skin cells that have been shed from the lining of the skin pore and have bunched together. A blackhead or white head will develop from this pore blockage.

### ***What Causes The Sebaceous Glands To Overproduce Resulting In Acne?***

According to Randall Neustaedter, OMD, the androgenic hormones, particularly testosterone, that increase at puberty, and the surge of premenstrual hormones, trigger increased production of sebum. The pores become clogged with both sebum and dead skin cells creating a prime breeding ground for bacteria. These bacteria and the breakdown products of sebum cause

irritation and inflammation in the pores. The result is acne *“blackheads, white heads, pustules, and cysts in the skin”*.

Karen Jessett, author of *Clear Skin*, says that food is also a factor. She states there is recent research pointing the finger at *“diet”* eating refined carbohydrates and sugar leads to a surge in insulin and an insulin-like growth factor called IGF-1. This in turn leads to an excess of male hormones, which encourage the skin to excrete large amounts of sebum. This grease-like substance encourages the growth of bacteria responsible for acne.

Then there's the issue of hygiene. Generally speaking, acne is not caused by poor hygiene. Exceptions to this statement would be people such as auto mechanics who are often in contact with skin damaging toxins. But for most people, the problem is not poor hygiene. In fact, vigorous scrubbing of the face does more harm than good. It can actually stimulate the sebaceous glands to overproduce, thus exacerbating the problem!

### *So Now That We Understand What Causes It, How Do We Get Rid Of It?*

We highly recommend a tight two fist approach. First, use a *Hydrated Calcium Montmorillonite* mask daily for two weeks, then scale back to three times a week. The best clay for this is a pure Calcium Montmorillonite, *“Healthway's TLC Tub”*. Its amazing drawing power will help to open and clean out the pores. It removes excess sebum and is an excellent exfoliator. *Calcium Montmorillonite* has natural antibacterial properties as well, and will dramatically speed the healing of the pimples. Many times, when people begin using clay masks to combat acne, they notice that their acne appears to worsen before it improves. Don't panic if this happens to you! This is a good thing! It means that the clay is doing its job, and is pulling the toxins from your skin. Also, your face may show some redness when you remove the clay. This is very normal. The *Calcium Montmorillonite* increases the blood circulation to the skin, which aids in the healing process.

But, that's only half the battle. Ran Knishinsky, author of *“The Clay Cure”*, recommends using *Calcium Montmorillonite* internally as well. The following is an excerpt from his book:

*“The condition of the skin is a good indication of what is happening inside the body. Most people are not aware that the skin is the largest organ and a means of eliminating waste; each day waste passes through the pores of the skin. Everything that affects the body in turn affects the skin. When the body is full of toxic wastes and cannot eliminate them properly, various skin ailments may result. The only effective way to get rid of these conditions is by cleaning the body inside and out”*.

*“Most acne is relatively easy to treat with the right methods--usually, a good diet and the daily ingestion of *Calcium Montmorillonite*. My younger teenage brother got rid of bad acne within one week of eating clay. At first he said it wasn't doing too much for his skin. Then, out of the blue, he called me and frantically asked me to bring over another jar of “dirt.” He had run out of the clay for a couple of days, and his pimples returned”*.

*“The *Calcium Montmorillonite* enriches and cleanses the blood, prompting better circulation and allowing the skin to get rid of waste”*.

It's Essential To Battle The Acne At Its Source, Which Is INSIDE The Body. Dr. James Meschine, DC, Writes:

*"To understand the relationship between detoxification, intestinal cleansing and prevention of acne, we must first understand the relationship between our skin, the digestive system and excretory system".*

*"Autointoxication: (also known as autotoxicosis, enterotoxication, intestinal intoxication, intestinal toxemia or self-poisoning) which means the toxins released by the decay process, brought on by bacteria, pass into the blood stream and travel to all parts of the body. Every cell in the body can be affected and many forms of sickness can result from it, including acne and other skin eruptions. Detoxification is a normal body process of eliminating or neutralizing toxins through the colon, liver, kidneys, lungs, lymph and skin."*

So, in addition to the **"TLC Tub"** Facial Masks, we highly recommend using Clay internally: Six Capsules of **"Ionic Detox Therapy"** daily for two weeks and then three Capsules daily thereafter. Ran Knishinsky recommends taking the **"Ionic Detox Therapy"** on an empty stomach. And if you're taking any medication, it is recommended to wait 2 hours before ingesting **"Ionic Detox Therapy"**, but please check with your physician, as medications vary in time release and content.

**NOTE:** In most cases the condition will worsen before it gets better. This is GOOD because the Montmorillonite is drawing out the toxic wastes that are under the surface of the skin. Montmorillonite does NOT make the waste, but rather draws it OUT and holds the waste in its structure until you wash it off.

***AFRICAN HEALING CLAY must be kept moist at all times for it to have maximum benefit***

### ***Eczema And Psoriasis - Wipe Them Out!!***

Eczema is the most common inflammatory disease of the skin and affects many millions of adults and children world-wide. It is estimated that between 10-20% of the world population is affected by this chronic, relapsing, and very itchy rash at some point in their lives. While not uncommon for adults to suffer with eczema, the disease often appears during childhood, or even during infancy. Eczema is a general term for any type of dermatitis or inflammation and itching of the skin; characterized by red, dry scaly skin. Atopic Dermatitis is the most common and severe form of Eczema, so the general term Eczema is often specifically applied to Atopic Dermatitis. Eczema is caused by an excessive response of the body's immune system to allergens.

Psoriasis is a relatively common skin disease affecting 1% to 2% of the population. The main feature of psoriasis is a red scaly area or patch. The patches appear particularly on the knees, elbows and scalp and sometimes on other parts of the body, and legs. Psoriasis can occur at any stage of life although it starts most frequently in young adults. Once thought to be a skin disorder, psoriasis is now understood to be a condition originating in the immune system that can appear in many different forms and can affect any part of the body, including the nails and

scalp. It is characterized by skin cells that multiply up to 10 times faster than normal.

As underlying cells reach the skin's surface and die, their sheer volume causes raised, red patches covered with white scale. Although no one single cause for psoriasis has been found, it is known that factors inherited from one's parents are important. An abnormal immune response to some part of the skin is now thought to be central. Involved skin is replaced much more rapidly, and has a more vigorous blood supply. This can lead to redness, scaling, thickening and itching of involved areas of skin. With both of these diseases, recent scientific study has shown that the body's immune system is the culprit. For some reasons yet unknown, in both these instances, the immune system begins to react abnormally, resulting in these debilitating, heart-breaking conditions. In most cases, these maladies are treated with steroids and other medications with highly questionable side effects. While there is no official cure for either of these diseases, many people have received great relief and often total removal of symptoms by using clay, with *Calcium Montmorillonite* being the clay of choice.

### Note to Consultants:

**Psoriasis :** (see notes on Ionic Detox Therapy to be used in conjunction with TLC Clay) We do **NOT** claim that *African Healing Clay* cures psoriasis. It does however help with the build-up of scales, if used on a daily basis. We are finding that people who have suffered with psoriasis **less than 5 years**, who use the clay on a daily basis, and use the *Ionic Detox Therapy Capsule*, have a good chance of getting rid of the affliction.

**Eczema:** (See notes on Ionic Detox Therapy ~ to be used in conjunction with TLC Clay) *African Healing Clay* takes the itch away within a couple of minutes of applying!! Keeping the clay wet is important. Through experience, we have noted that most cases of eczema have cleared through regular use of *African Healing Clay*. If used in conjunction with *Ionic Detox Therapy Capsules* the effect is much more lasting because the body is being cleansed of all the toxins that have caused the outbreak. *African Healing Clay* is perfectly safe for young children. If the eczema is all over the body we suggest that the child is stood in a shallow bath, the clay applied and the child encouraged to keep the clay wet with the warm water available. This should be repeated until the eczema has gone. Thereafter once or twice weekly should keep the child free of outbreaks.

### How Does Clay Help Fight These Afflictions?

*African Healing Clay ~ TLC Tub (Calcium Montmorillonite)* acts as a magnet and a sponge. Its highly charged negative ions attract all positive charged ions (bacteria, viruses, toxins, etc.) from your body. These substances stick to and are absorbed by the *Calcium Montmorillonite* and are eliminated from your body.

## Structure of Clay:

In his book "*The Clay Cure*" Ran Knishinsky writes:

*"When Calcium Montmorillonite is consumed, its vital force is released into the physical body and mingles with the vital energy of the body, creating a stronger, more powerful energy in the host. The natural magnetic action transmits a remarkable power to the organism and helps to rebuild vital potential through the liberation of latent energy. When the immune system does not function at its best, the clay stimulates the body's inner resources to awaken the stagnant energy. It supplies the body with the available magnetism to run well. Calcium Montmorillonite is said to propel the immune system to find a new healthy balance and strengthens the body to a point of higher resistance".*

### ***"Fight Skin Problems Using The Two-Fisted Approach - Both Externally And Internally"***

While applications of *Calcium Montmorillonite* may not cure cases of Psoriasis and Eczema, it will help in a significant way. The effective action begins through the electromagnetic process of adsorbing the inflammation in the lesions, along with the deformed cells and dead scales. Pain and itching stop almost instantly following the application of the *Calcium Montmorillonite*. The *Calcium Montmorillonite* then assists the body in building new tissue.

## Method of Application:

Smother the affected area with a thick layer of hydrated *Calcium Montmorillonite*, and then prevent the *Calcium Montmorillonite* from drying for several hours by wrapping the area with plastic food wrap. Glad Wrap is great for this purpose. After several hours, repeat the process with fresh *Calcium Montmorillonite* and plastic wrap. During the day if the *Calcium Montmorillonite* wrap is inconvenient just apply the hydrated *Calcium Montmorillonite* topically in a thin application and let it dry. Re-apply whenever you experience itching.

Combine this program with ingestion of "*Healthway's Ionic Detox*" Capsules, take three a day. In extreme cases, double the dosage. People report that this simultaneous external and internal regimen produces the best results. It may take several months to control or get rid of it depending on how severe it is. Also, it may appear to worsen at first as the dead skin flakes off and circulation is pulled to the area making it look red, but this is temporary.

## Spa Quality Clay Facials & Body Wraps At Home:

*Calcium Montmorillonite* is used in several of the world's finest spas and resorts. Its unique strong drawing power makes it the one of the most popular clays for facials and full body wraps. With one use you will notice it tightens, softens, exfoliates and firms the skin. You just have to use it to appreciate the difference it has over other muds and clays.

In his book "*The Healing Clay*", Michel Abehsera writes: *"Perhaps the easiest way to use clay is as a skin beautifier. When applied to the skin as a mask, oxidation and circulation are accelerated, defensive functions stimulated and body temperatures lightly raised. Thus clay acts rather like a light massage. In*

*addition, clay, is a balancer and revitalizer". Ran Knishinsky writes in his book "The Clay Cure": "The Calcium Montmorillonite mask deep-cleans pores, exfoliates dead cells, and leaves the skin feeling soft and clean. It stimulates skin circulation and has an astringent action on sagging tissues. The facial muscles become toned from the application of the Calcium Montmorillonite mask."*

### **How to Apply Facials and Body Wraps:**

For facials, we recommend a light to medium coating of Hydrated *Calcium Montmorillonite* over the face and neck area. It does not need to be applied thickly. Leave on for 15 to 20 minutes, keeping wet to prolong the ionic draw. Before removing, add a little more water and gently rub to exfoliate the skin, then wash it off thoroughly using warm water.

For full body wraps, cover your entire body with a light to medium coating of Hydrated *Calcium Montmorillonite*, and keep on for 15 to 30 minutes. To maximise the drawing power it can be kept moist or drying outside in the sun is also fine if possible (bikini required in public!). Then jump in the shower or in a stream if outside and wash off. Your skin will feel soft and firm.

In some cases, the complexion will appear red for a few minutes. The clay has successfully done its job and has pulled circulation to the area, which aids in healthy rejuvenation of the new skin. The *Calcium Montmorillonite* can be used 2-3 times a week or as needed. Once a week is a good maintenance if you have no significant skin problems, and just want to tighten, firm and soften.

*"Healthway's Clay/Kelp Tub"* is recommended as a moisturising face mask and body wrap. The *Calcium Montmorillonite* is mixed 50/50 with Ecklonia Maxima Kelp powder. The kelp powder nourishes the skin with natural moisturising factors at the same time that the *Calcium Montmorillonite* tightens, cleanses and detoxifies the skin.

## **AFRICAN HEALING CLAY**

### **TLC CLAY TUB**

#### ***Therapeutic Living Clay for Problematic Skins***

Calcium Montmorillonite is the volcanic ash clay of first choice. We in Southern Africa have the purest deposit of this clay in the world, 93 - 95% Montmorillonite compared to 75% from the original French deposit.

This clay is legendary and has been around for hundreds of years. It is very beneficial for use on problematic skins, because of its positive charge it draws out toxins, heavy metal, viruses and bacteria out of the skin like a magnet. This leaves the skin free of interference and allows it to heal naturally. The clay also has an astringent and anti-bacterial quality which promotes healing.

We have had many testimonies of people with eczema that have had great relief from the condition after a couple of applications.

## **TLC CLAY-KELP TUB**

### *Cleansing Moisturising Face Masks*

**Clay - Kelp** is a combination of *Calcium Montmorillonite* Volcanic Ash Clay and Ecklonia Maxima Kelp Powder.

The combination of Volcanic Clay & Kelp Powder work together well. The Clay has a wonderful cleansing action which leaves the skin velvety smooth and free of toxins, heavy metals, viruses and bacteria. The Kelp powder also has a cleansing action, but its main function is to moisturise the skin. Kelp has NMF's (Natural Moisturising Factors). You will notice that kelp exposed to the sun during low tide never gets dried out because of the NMF's. Seaweed is similar to human plasma. Thus amino acids and minerals are absorbed into the body and help to balance skin cells.

<b><i>INGREDIENT</i></b>	<b><i>ACTION</i></b>
Calcium Montmorillonite	<ul style="list-style-type: none"> <li>▪ Carries A Negative Electrical Charge Which Attracts: Toxins, Viruses, Parasites And Other Impurities.</li> <li>▪ Acts Like A Sponge Draws Other Substances Into Its Internal Structure.</li> <li>▪ Leaves The Skin Detoxed Which Results In Smoother, Softer And Slightly Firmer Skin.</li> </ul>
Ecklonia Maxima Kelp	<ul style="list-style-type: none"> <li>▪ Has A Chemical Draw</li> <li>▪ Has Natural Moisturising Factors Which Keeps The Skin Supple.</li> </ul>

### ***Benefits of Clay-Kelp:***

- Draws Out Free Radicals
- Draws Out Heavy Metals
- Draws Out Viruses And Bacteria
- Leaves Skin Cleansed And Detoxed
- Leaves Skin Moisturised
- Has An Astringent Effect On The Skin And Leaves It Firmer
- Has Been Known To Get Rid Of Blemishes

### Clay-Kelp Tubs:

- For a face mask one 10ml scoop of clay-kelp mixed with equal quantities of warm water into a smooth paste
- For a body wrap mix 180ml (large person) of powder with equal quantities of warm water, allow water to stand in the bowl with the powder until a gel forms. Then apply.

## HOW TO DEMO TLC and CLAY-KELP FACE MASKS and BODY WRAPS

“Good Morning would you like a sample of cleansing clay on the back of your hand?”

(See Next Page for how to do the Demonstration.)

This is volcanic ash clay. The volcanic ash gets spewed into the air falls on inland lakes and forms clay on lake beds. There are about 5 deposits of this particular type of clay in the world. Our deposit here in Africa is the purest deposit in the world and it has a much higher efficacy, drawing power than the other clays. It draws 25-30 times its molecular weight in impurities.

The wonderful thing about this clay is that when it gets wet it builds up a **NEGATIVE** electrical charge.

Our bodies are slightly negatively charged, that is why they reject things that are positively charged i.e. toxins heavy metals etc. The clay has a **higher** negative charge; this is why it is able to draw toxins out of the skin.

All toxins, heavy metals, viruses, bad bacteria and free radicals are positively charged.

Our bodies are exposed to these things every day and we all need to detox.

The clay pulls them all out just like a magnet would, leaving your skin cleansed and feeling amazingly soft and smooth.

**(This is the most important section to understand and to tell people, this is how the clay works and tells the people why this clay is so unique and why it works for skin problems.)**

If you were to use it as a face mask you would leave the mask on the skin for 20 minutes, KEEPING IT WET, that is when it is active, after only a minute or two you will be able to feel the difference the clay makes to the skin.

This volcanic clay has been around for hundreds of years, it was first discovered in France in a town called Montmorillon which is where it gets its name from. Calcium Montmorillonite, otherwise commonly known as French Green Healing clay. We have called our clay **African Healing Clay**.

*Ask the person if they have any skin ailments or if anyone in the family has. You can then suggest either the T.L.C or Clay-Kelp Kits/Tubs. It is a good time to give testimonials as well.*

Healthway has two different tubs:

**Clay-Kelp /Tub** the clay is mixed with seaweed powder – which has natural moisturizing factors in it – the clay cleanses & detoxes your skin while the seaweed powder moisturizes the skin. One only needs to do this 1 -2 times a week, although one can apply as often as you want as the clay does improve the condition of the skin. The blend cannot be used on broken skin and therefore is not used therapeutically.

(You **cannot** keep the Clay-Kelp mixture after it has been mixed, because there are NO preservatives in the blend)

Testimony: one of the ladies that work at Vita-Kem in Tygervalley is a beautician, she is so in love with our product because it removed some blemishes that she was struggling with and the product has left her skin feeling so wonderful that she has sent tubs overseas to her family.

**T.L.C Tub (250ml & 600ml):** is for problematic skins – the clay clears condition such as: eczema, pimples, acne, rashes, burns, athletes foot and helps with psoriasis. For these skin conditions it is advisable to do repeated applications until the condition clears. The unique thing about the clay is that it draws **OUT** the toxins, not like other products which try to treat the problem; this clay is **inert** which means it does not go into the skin but rather draws the toxins, free radicals, bacteria or whatever it is that is causing the eczema, pimples etc.

**For pimples:** use the product everyday until the pimples have cleared. **NOTE:** pimples do get WORSE before it gets better. After the pimples have cleared apply 2-3 times a week.

**For Eczema\* and other skin conditions:** apply the clay mixed with 5 – 10 drops of Jojoba / Olive oil, to the affected area at night or when convenient and wrap the area up with plastic wrap, this keeps the clay wet, the clay is only active while it is wet. Sleep with it on and re-apply every night or as often as you can till the condition clears. **NOTE:** the condition can get worse before it gets better this is because the toxins are being drawn to the surface of the skin. The great thing about the clay is that it is totally NATURAL so you are not putting more chemicals into the body.

**For extreme skin conditions and young children with eczema:** For the first few applications, apply for 10-15mins for the first few applications, sometimes the toxic level is very severe and discomfort might be experienced because of the toxins leaving the skin too quickly. Thereafter apply as for \*

**Testimonies:** We have had many people with eczema use the product and within three applications their condition has cleared.

A lady in Table View had eczema on the palms of her hands. It was red inflamed and even bled when she scratched it. She had got to the place where she was using cortisone cream to take the itch away, which did not help.

She used the clay on her hands for three nights keeping her hands in plastic gloves. After only three applications the eczema was gone and the skin returned to normal.

Lindi Bester works at M-Kem, she had psoriasis for over three years, she was not able to sleep through the night and often scratched her legs till they bled, she used the clay on the affected area wrapping it in plastic wrap for a week. (She changed the application of clay in the morning and evening). After the second day all her itching had left and after a week the psoriasis had gone, after two weeks the scar tissue was greatly reduced.) We have had many other testimonies, however everyone is different and we do not guarantee that it will help for everyone.

**Tip:** For people with very dry skin a tip is to add Jojoba oil or grape seed oil to the mask, because the clay tends to dry the skin out a little.

### *The Demonstration*

**We advise that you demonstrate with the TLC clay as it has a stronger draw, because it is not mixed with the kelp. It is also better because some people have an allergy to kelp and some people dislike the smell of the kelp powder.**

**To Mix:** Put 6 teaspoons of clay in a bowl (or however much you need). Pour equal quantities of warm water over the clay, leave for a few minutes until it forms a paste. Blend with a brush. Add more water if necessary, until you have a smooth paste that is not too runny.

Apply the clay to the back of the person's hand with a brush, then give the explanation of how the clay works on the skin. This will give the clay a chance to work. The clay should be on the person's hand for at least 1-2 minutes.

Show the person how to do a light exfoliation with rubbing the clay lightly with wet finger-tips. Explain that the clay removes a layer of dead skin cells.

Remove the clay off the person's hand. **Allow the skin to dry.**

Encourage them to feel the hand comparing it to the other untreated hand.

Explain that the difference is because the skin has been cleansed and detoxed.

Some people's hands are a different colour, it looks clean. (The clay does have a slight bleaching effect). With some people their blood vessels stand up, explain that because the clay has such a strong draw it stimulates the circulation.

Explain that there is a 10ml scoop in the tub. 10mls of clay blended with 10mls of water, will be enough to cover the face and the neck. There is enough clay in a 250ml tub to do 25-30 face masks. **Which costs less than R5 a face mask. "Dirt cheap!!" Ha Ha Ha. Cheaper than a face mask from Clicks which has loads of preservatives, perfumes and more toxins for your body to process! Stay with NATURAL ORGANIC products!**

People who have eczema, psoriasis or pimples, it is advisable to use the **Ionic Detox Therapy** capsules in conjunction with the clay. The capsules will cleanse and detox the body inside, the clay removes all the toxins, heavy metals, viruses and bacteria out of the skin. We advise a two fisted approach to the problem.

**Note:** People who have eczema or other bad skin conditions, it is because they have a build up of toxins in their bodies. This in turn will manifest on the skin.

For pimples, acne and eczema use the product everyday until the condition clears then continue with applications once or twice a week to maintain.

**For extreme cases of eczema or rashes, leave the clay on for 10 - 15 minute stretches, until the condition improves. Toxins rushing to the surface of the skin too rapidly may cause possible distress. After the initial 2 - 3 applications of 10 - 15 minutes, the area can be wrapped with cling wrap over night.**

### **Things to Look Out for:**

- Some people experience a tingling/burning/buzzing sensation on their skin when the clay has been applied. This is the magnetic draw of the clay.
- There have been cases of people feeling faint, nauseous, dry mouthed, weird. This is also a result of the detoxing effects of the clay. We have noted that people with fast metabolisms seem to be susceptible. People who have a high level of alcohol in the blood experience this. It does pass once the clay has been removed. This is just a testament of the amazing draw of the clay (25-30 times its own molecular weight). The more the people use the clay the better for the body, it is all part of detoxing the body so that it can function better.
- We have had one lady complain that the clay 'burned' the skin causing a heat and redness. The sensation passed and we just reassured her that it was because her metabolism is fast and she is sensitive to the draw of the clay, causing a tingling sensation.
- People with highly sensitive skins are scared to use the clay, their fears are unfounded, there are NO allergic reactions to the clay. With more use, the build up of toxins that cause the sensitivity in the skin will become less.
- When doing demonstrations on small children or adults with eczema, (especially if the eczema is itchy or an open sore) apply the clay to the area and make sure that the clay stays wet. Keep the clay on the person until the itching and irritation has left. This is a very powerful testament of the draw of the clay, up to 30 times its own molecular weight in impurities.

## DERMA PRISTINE RANGE

### Relax Face Masks & Body Wraps 250ml & 600ml

*This product comes in a Clay/Kelp blend or just Clay*

Derma Pristine Clay Muscle Relax is a Spa quality blend of African Healing Clay, Ecklonia Maxima Kelp and muscle relaxing essential oils. In keeping with our philosophy of keeping our products free of preservatives and chemicals as far as possible, we have carefully blended in pure essential oils without carrier oil. The Kelp is harvested from the pristine, nutrient rich, Benguela current off the Western Coast of Southern Africa. The Kelp powder is the finest grade available, tiny airborne particles from the processing of the kelp. The small kelp particles release the Natural Moisturising Factors and nutrients readily to be absorbed by the skin. Keeping the blend in a dry powder form means that the product can be packaged without any preservatives. Simply adding water activates the Ionic Exchange capacity of the African Healing Clay with the benefits of the muscle relaxing essential oils and nutrient rich Kelp.

Essential oils blended in are:

- *Ylang Ylang* - aphrodisiac, anti-depressant, relaxes mind and body, relaxes high blood pressure, calming.
- *Lemongrass* - citrus aroma, revitalizing, stimulant, energiser, sedative on nervous system, helps headaches and respiratory problems.
- *Lavender* - sedative, anti-depressant, helps headaches, relieves arthritic pain, painful joints.
- *Rosemary* - boosts circulation, aids concentration and mental fatigue, stimulating, good for aches and pains.

The blend of oils both relaxes and revitalizes tired and sore muscles.

Apply to the face or body, keep the clay wet for the duration of the mask or wrap 15-20 minutes. Before rinsing, exfoliate the skin with finger tips and circular motions to remove dead skin.

## *Detox Body Wraps*

*250ml & 600ml*

*This product comes in a Clay/Kelp blend or just Clay*

The Ionic Exchange Therapy of the African Healing Clay is enhanced by the added benefit of the detoxing properties of carefully selected essential oils, kelp and ivy.

This unique blend purifies and feeds the skin whilst detoxing the underlying fatty tissue cells to help smooth out cellulite and condition the skin. This product can only be used on the body and NOT on the face as the essential oil blend is too harsh for the facial skin.

For cellulite wraps, use cling wrap and cover the area being treated. Or use black plastic bags draped onto the bed, allow the person to lie on the bag apply the clay to the person turn them over and then apply clay to the other side, cover with a bag and then the duvet to keep warm. (large plastic sheets are available at beauty salons).

Leave the body wrap on for 15-20 minutes keeping it wet by wrapping or you can stand in the shower or in a shallow bath.

- *Rose Geranium* - clears toxins and wastes from the system, tonic for liver and kidneys, relieves menopausal symptoms, adrenal & hormone balancer, circulation problems.
- *Rosemary* - boosts circulation, aids concentration and mental fatigue, stimulating, good for aches and pains.
- *Grapefruit* - helps obesity, helps migraine, anti-depressant, stimulates glands, kidney and liver problems.
- *Fennel* - body cleanser, eliminates toxins, helps with PMS, menopause and digestive problems, reduces stress, decreases appetite and reduces stress.

**MOISTURISING LOTION (with Natural Oils)**  
125g & 250g

**Ingredients**

Aqua	Avocado Oil
Grapeseed oil	Olive Oil
Jojoba oil	Isopropyl myristate
Cetearyl alcohol	Cetearyl glucoside
Cetostearyl alcohol	Phenoxyethanol
Citric acid	Potassium sorbate
Rose Scent	

A paraben free daily moisturising body lotion can be used on the face as well. The cream base is blended with Olive, Jojoba, Avocado and Coconut for extra moisture. It has a pleasant Rose scent derived from a blend of essential oils.

**MOISTURISING LOTION (with African Healing Clay)**  
125g & 250g

**Ingredients**

Aqua	African Healing Clay
Avocado Oil	Grapeseed Oil
Jojoba oil	Olive Oil
Isopropyl	Myristate cetearyl alcohol
Cetearyl glucoside	Cetostearyl alcohol
Phenoxyethanol	Citric acid
Potassium sorbate	

This moisturising cream base has been blended with Olive, Jojoba, Avocado, Coconut and 6% Calcium Montmorillonite. Perfume free.

This lotion is HIGHLY recommended for :

- People suffering from eczema or psoriasis to be used after the TLC clay wraps and as a daily protection against skin irritations.
- Effective for sunburn.
- Effective for contact Dermatitis.
- Effective for itchy sensitive skins.
- Suitable for young children with eczema.
- Dry cracked skin.

NOTE: A rose scented version is available

## *SHEA CREAM - Ultra Moisturiser*

150g

### *Ingredients*

Shea Butter 20%	Jojoba Oil 10%
Aqua	Isopropyl Myristate
Cetearyl Alcohol	Cetearyl Glucoside
Citric Acid	Cetostearyl Alcohol
Phenoxyethanol	Potassium stearate

A thick paraben free moisturiser with potent moisturising properties of Jojoba and Shea Butter.

### *Used for:*

- People with very dry skins.
- Helps prevent and softens fine wrinkles.
- Can be used as a non greasy facial moisturiser for the more mature skin
- Perfume free, therefore ideal for people sensitive to added perfumes or scents.
- Great for cracked dry feet/heels

### *Shea Butter:*

Shea butter has been used in Africa for many years, primarily for its moisturising and healing properties. The butter, either in its pure form or in any of dozens of cosmetic forms such as lotions and lip balms.

- Full of vitamins and skin-conditioning fats.
- Anti-inflammatory.
- Mild degree of sun protection.
- Contains vitamins A, E and F, which all assist in healing and protecting skin.
- Proven to help treat or heal minor skin conditions.
- Well-known for its use combating stretch marks during pregnancy.
- Shea butter can be used on eczema, psoriasis, diaper rashes, other rashes, sunburn, cracked heels and minor burns. Dry skin, dry scalp, peeling skin (particularly after sunburn or tanning). Itchy skin can also benefit from Shea butter's soothing moisture and the elasticity it can return to skin.

**NOTE: Not to be used on Eczema/ Psoriasis where the patient has a nut allergy. OR an allergy to latex as the shea nut plant is related to the rubber plant.**

*Jojoba Oil:*

Cultivated by Native Americans for centuries for its medicinal properties, Jojoba Oil is a natural oil extracted from the seed of the Jojoba plant (*Simmondsia Chinensis*). A shrub native to the Sonoran Desert of North America. Jojoba oil is unique in that it is very similar to our human sebum (skin oils). This makes Jojoba the perfect oil for skin moisturising as it absorbs very easily and is non-greasy.

- For people who suffer from sensitive skin conditions, including psoriasis and eczema.
- Helps reduce wrinkles and other lines associated with aging.
- 

*SHEA CREAM**With African Healing Clay*  
*150ml*

(see Shea Cream for ingredients and properties).

*Uses:*

For sensitive skins that are prone to rashes or irritations, sunburn, even helps with hyper pigmentation due to over-exposure to the sun.

*Precautions:* Not for use on allergy skins or people with NUT allergies.

*SHEA FOOT BALM*  
*150ml*

Same ingredients as the Shea Cream with Lavender, Peppermint, Tea Tree, Eucalyptus essential oils added.

*Uses:*

- Stimulating hand and foot rub leaves tired feet feeling rejuvenated, refreshed and moisturised.
- Used for rough and cracked heels.
- Promotes the growth of new skin cells
- **Tip:** can be used for headaches/sinusitis if rubbed on the temples or on the chest and inhaled.

## HEALTHWAY SOAPS

### Clay & Rooibos Soap

80g, 120g & 200g

#### Ingredients

Calcium Montmorillonite Clay - 10 %

Rooibos Tea Powder

99% Vegetable origin Glycerine base

*A great formulation has proved very popular and a dinner bell to prospective customers, great as a free gift or a 'Thank You'.*

- Men are using the soap as a shaving cream.
- Highly recommended for eczema sufferers.
- Keeps the skin soft and moisturised.
- Perfectly safe for those 'tender areas'.
- Very popular as an all purpose soap, for the body and face
- 

### Clay & Tea Tree Soap

160g

#### Ingredients

Calcium Montmorillonite Clay - 10 %

Tea Tree Oil

99% Vegetable origin Glycerine base

A highly recommended soap for greasy skins or for teenagers with pimples or acne.

## ESSENTIAL OILS

### Jojoba Oil 11ml

Jojoba oil is actually a wax that is liquid at room temperatures. The 'oil' has similar chemical make up to the sebum oil that our skin produces naturally. In fact, it is one of the most easily absorbed vegetable oils available today.

The oil is wonderful for people who suffer from sensitive skin conditions, including psoriasis and eczema. It helps soften your skin and when applied to your hair will increase its shine. It is also known to help reduce wrinkles and other lines associated with aging. In addition, it helps promote the growth of new skin cells. It even has some anti-bacterial qualities too.

The structure of jojoba oil closely resembles that of your own skin sebum, and because of this it has a natural affinity to the skin, and is readily absorbed without making the skin feel greasy or tacky nor does it clog the pores and helps to balance the production of sebum, your skin's own lubricating medium. Jojoba oil has the ability to minimise fine lines and wrinkles, promoting skin suppleness while assisting with the rejuvenation of the skin and forms a non-greasy, non-tacky layer with exceptional trans-epidermal water control, regulates skin's moisture balance, helps in cases of dry, brittle skin.

Jojoba oil is well tolerated by people with skin problems and does not aggravate acne, and also helps to break down sebum in plugged-up pores.

*Jojoba Oil is blended into TLC, African Healing Clay to help counteract the drying effects of the clay on the skin. 5 - 10 drops per 10ml scoop of clay is recommended.*

- Used for dry skin types
- Can be used for psoriasis
- Can be used for eczema
- Can be used for pimples and acne - breaks down the build up of sebum in blackheads
- Used to loosen wax build up in ears. (apply warm)

## Lavender Oil

### 11ml

It is with good reason why Lavender oil is one of the most favourite essential oils, as it has wonderful qualities and also smells great. It's a calming, relaxing oil, which combats stress and crisis, while the antiseptic properties helps with cold, flu and other ailments. It is excellent for asthma and migraines. Apart from that, it supports female health and on the skin it has a healing effect, while preventing scarring and balancing the skin.

This popular oil can be added to *TLC African Healing Clay* to make a face mask or body wrap for sunburn or for a relaxing face, neck and shoulder mask.

*5 Drops per 10mls of TLC clay.*

### Oil properties:

Lavender oil has a light fresh aroma, is clear in colour and watery in viscosity.

### Origin of Lavender oil:

It is an evergreen woody shrub about 1 meter high (3 feet), with grey-green narrow linear leaves and the most beautiful purple-blue flowers, perched on a long stem. A few varieties of it grow wild in the Mediterranean region, but the main producer is France.

The name is derived from the Latin word 'lavera' which means 'to wash' and the Romans used it frequently in their bath routine, and it is said to have been introduced by them into England, where it soon was a firm favourite.

It was a favourite for strewing on the floor, since it released an aroma when walked upon and it is often used these days in toilet water, as an insecticide or in sachets to be placed between linen. It is also used to clean wounds and to treat burns.

### Precautions:

Although lavender oil is considered one of the safest essential oils, you should discontinue use if you have any allergic reactions.

### Therapeutic properties:

The therapeutic properties of lavender oil are antiseptic, analgesic, anti-convulsant, anti-depressant, anti-rheumatic, anti-spasmodic, anti-inflammatory, antiviral, bactericide, carminative, cholagogue, cicatrisant, cordial, cytophylactic, decongestant, deodorant, diuretic, emmenagogue, hypotensive, nervine, rubefacient, sedative, sudorific and vulnerary.

### Uses:

Lavender oil has a soothing and calming effect on the nerves, relieving tension, depression, panic, hysteria and nervous exhaustion in general and is effective for headaches, migraines and insomnia.

It is also very beneficial for problems such as bronchitis, asthma, colds, laryngitis, halitosis, throat infections and whooping cough and helps the digestive system deal with colic, nausea, vomiting and flatulence.

Lavender oil relieves pain when used for rheumatism, arthritis, lumbago and muscular aches and pains, especially those associated with sport.

On the skin, lavender oil tones and revitalizes and it is useful for all types of skin problems such as abscesses, acne, oily skin, boils, burns, sunburn, wounds, psoriasis, lice, insect bites, stings and also acts as an insect repellent.

Lavender oil is one of the few essential oils that can be used neat on the skin, and this is especially useful when treating a minor burn wound.

### Summary:

Lavender oil is one of the most versatile oils and is handy to have around the house, as it can be used for such a variety of problems.

It not only helps with nervous conditions, it is useful for the digestive system, the respiratory tract and skin problems, it also helps with muscle aches and pains and arthritis and rheumatism.

**Burners and vaporizers** - In vapour therapy, lavender oil can be useful for allergies, anorexia, dizziness, sleeplessness (also in children), hay fever, headaches, depression, trauma, anxiety, hysteria, fear, nightmares, nervous tension and as an insect repellent. Apart from that it can assist to lift depression, help in crisis situations, sooth irritability and relieve stress and thereby help with tense muscles and muscle spasms.

**Blended massage oil or in the bath** - Lavender oil can be used as a massage oil or diluted in the bath, for abdominal pains, allergies, anorexia, arthritis, bowel disorders, fatigue, hay fever, headaches, insomnia, moodiness, trauma, anxiety, depression, hysteria, nightmares, fear, irritability, nervous tension, stress and just for the plain pleasure of relaxing in such a fragrant surrounding.

**As a wash /on a cotton bud** - Lavender oil can be used as a wash or on a cotton bud for acne, insect bites, carbuncles, bruises, chilblains, dandruff and lice.

**Cold compress** - On a cold compress, lavender oil can be used for: arthritis, eczema and sores.

**Cream or lotion** - When it is used in a cream or lotion, it is most helpful with relieving burns, Its cicatrisant properties help the skin heal faster and the cytophylactic properties will help it do so with less scarring. The soothing and anti-inflammatory action of lavender oil will also have a balancing action on the skin and can be used for dermatitis, eczema, psoriasis, boils, carbuncles and acne. When employing the anti-inflammatory action of this oil, use in concentrations of less than 1%. Furthermore it will help ease the pain of sunburn and sunstroke and will also counter the itching effect of insect bites.

### **Lavender oil blends well with:-**

Although essential oils blend well with one another, lavender oil blends particularly well with cedarwood, clary sage, geranium, pine, nutmeg and all the citrus oils.

- Anti-depressant
- Antibiotic,
- Antiseptic, anti-bacterial
- For burns and headaches
- Earache, boils, ringworm, insect bites, insect repellent, lice
- Dermatitis, eczema, psoriasis
- Abdominal cramps
- Painful joints, relieves arthritic pains, sprains

Add 5 -10 drops lavender per 10mls scoop of clay, and add 10ml warm water to the blend. Apply as directed on the container.

## *Relax Massage Oil* *100ml*

**Grape Seed Oil** - rich in antioxidants, and also contains vitamins, minerals, protein, GLA, and vitamin E, all of Grape seed oils properties are also absorbed into the body through the skin providing soft, supple and firm tissue. Non-allergenic properties. Treats stressed and damaged tissue. Reduces stretch marks.

**Sunflower Oil** - excellent emollient properties. It has been tested and shown not to close pores on the skin when applied topically.

**Ylang Ylang** - aphrodisiac, anti-depressant, relaxes mind and body, relaxes high blood pressure, calming.

**Rose** - helps with insomnia, antiseptic, increases alertness, anti-depressant, stress, poor circulation.

**Lavender Oil** - sedative, antidepressant, helps headaches, relieves arthritic pain, painful joints

*A wonderful blend of oils for massaging, adding to baths and a great idea to blend into your TLC clay for relaxing body wraps & face masks.*

Most massage oils on the market don't retain their lubrication ability and are therefore not suitable for massaging. *Relax Massage Oil* keeps its lubricating ability, providing a great medium for massaging.

## Tea Tree Oil 11ml

No house should be without this essential oil, as it is one of the most powerful immune system stimulants and sorts out most viral, bacterial and fungal infections in a snap, while it is great to clean wounds and also relieves muscle aches and pains.

**Add 2-3 drops per 10ml scoop of TLC clay for pimples and acne, for an oily type of skin.**

### Oil properties:

It has a light spicy, rather pungent smell and is very pale in colour with a watery viscosity.

### Origin of tea tree oil:

It is a small tree from New South Wales in Australia, similar to Cypress, with needle-like leaves and heads of sessile yellow or purplish flowers and grows to about 7 meters (20 feet) high and thrives in marshy areas, though it is now cultivated in plantations.

Even when this tree is cut down, it flourishes and is ready for cutting again in two years. The oil is only produced in Australia where the Aborigines used it for a long time for a variety of medicinal purposes.

In World War II, the producers and the cutters were exempt from military service until enough essential oil had been accumulated. Each soldier and sailor was issued with some as part of their kit, to treat tropical infections and infected wounds.

Tea tree oil is an ingredient of soaps, creams, lotions, deodorants, disinfectants and air fresheners.

### Precautions:

Tea tree oil is considered a safe oil, as it is non-toxic and non-irritant, but some individuals show sensitising to this oil, and it should be used with this in mind. It should not be used on deep wounds or near the eyes, ears, nose or internally. Please remember that it is a most powerful oil, but using it unwisely could result in problems.

### Therapeutic properties:

The therapeutic properties of tea tree oil are antimicrobial, antiseptic, antiviral, balsamic, bactericide, cicatrisant, expectorant, fungicide, insecticide, stimulant and sudorific.

### Uses:

Tea tree oil is very important in the health of the immune system, as it acts as an immunostimulant and increases the body's ability to fight off any infections, while it also is used to revive the mind and body after shock.

The world over, this oil is used with great effectiveness to ward off infections of any kind, and it is active in all three varieties of infectious organisms:

- bacteria
- fungi
- viruses

It can help with influenza, cold sores, catarrh, glandular fever and gingivitis.

A course of massage with tea tree oil before an operation may help to fortify the body and reduce post-operative shock.

Apart from the superb anti-infectious properties of tea tree oil, it is also most effective to help clear bronchial congestion, asthma, coughs, sinusitis, whooping cough and tuberculosis.

On the genito-urinary system, it can be used to help clear vaginal thrush, cystitis and genital infections in general and on the skin, it clears abscesses, acne, burns, herpes, oily skin, athlete's foot, cold sores, blemishes, diaper rash, warts, sunburn and infected wounds, while fighting dandruff on the scalp.

### Summary:

Tea tree oil is one of the most powerful immune stimulant oils and helps fight infections of all kinds and helps clear the skin.

**Burners and vaporizers** - In vapour therapy, tea tree oil helps with colds, sinusitis, bronchitis and any other respiratory ailment and is also of use to help the mind cope after shock.

**Blended massage oil or in the bath** - As a blended massage oil or diluted in the bath, tea tree oil helps with all respiratory ailments, as well as arthritis, colds, dermatitis, skin infections, scalp disorders, sinusitis, viral infections, nettle rash, babies colds and coughs, bronchitis, as well as for sweaty feet.

**In wash or applied neat** - When it is added to the water for washing it has great value to treat abscesses, bed sores, acne, boils, lice, dandruff, wounds, as well as animal or human bites and can also be applied neat on problem areas with a cotton bud.

- For lice - apply neat onto the scalp - leave for 40 minutes and wash the hair. This must be repeated every second day for twelve days.
- Fungal outbreaks such as athlete's foot and nail infections (paronychia) as well as vaginal thrush and cradle cap can be treated with frequent direct application of a 2.5% dilution of tea tree oil.

**Please remember that it is a powerful essential oil, and the neat application onto the skin must be done with care.**

**Mouthwash** - Tea tree oil can be used as a mouthwash for gum infections, mouth ulcers, throat infections and tonsillitis, while garlic eaters believe that it reduces the smell of garlic on the breath. Although we know that the oil will definitely benefit the infectious problem, we are unsure of the success with the smell of garlic.

**Cream or lotion** - When tea tree oil is blended into a cream or lotion and applied to the skin, it will help to clear up any fungal, bacterial as well as viral infections, and can therefore be used for a variety of problems ranging from boils, abscesses, acne, bite wounds from animals and humans (although a medical practitioner must also be consulted), dandruff and other scalp disorders and is also effective to help sort out bed sores, diaper rash or any other rash.

**Tea Tree oil blends well with:-**

Although essential oils normally blend well together, tea tree oil blends particularly well with [cinnamon](#), [clary sage](#), [clove](#), [geranium](#), [lavender](#), [lemon](#), [myrrh](#), [nutmeg](#), [rosewood](#), [rosemary](#) and [thyme](#).

## Lemongrass 11ml

It is a fresh smelling oil that can be used with success for fighting jet lag, cellulite, revitalizing a tired body and mind, as well as keeping the family pet free of fleas and ticks.

### Oil properties:

Lemongrass oil has a lemony, sweet smell and is dark yellow to amber and reddish in colour, with a watery viscosity.

### Precautions:

Lemongrass oil can irritate a sensitive skin, so care should be taken. It should be avoided in pregnancy, due to it being a possible skin irritant.

### Therapeutic properties:

The therapeutic properties of lemongrass oil are analgesic, anti-depressant, anti-microbial, antipyretic, antiseptic, astringent, bactericidal, carminative, deodorant, diuretic, febrifuge, fungicidal, galactagogue, insecticidal, nervine, nervous system sedative and tonic.

### Uses:

Lemongrass oil revitalizes the body and relieves the symptoms of jetlag, clears headaches and helps to combat nervous exhaustion and stress-related conditions.

It is a great overall tonic for the body and it boosts the parasympathetic nervous system, which is a boon when recovering from illness, as it also stimulates glandular secretions.

It is useful with respiratory infections such as sore throats, laryngitis and fever and helps prevent spreading of infectious diseases. It is helpful with colitis, indigestion and gastroenteritis.

Lemongrass oil helps tone the muscles and tissue, relieves muscle pains by making the muscle more supple. It helps with correcting poor circulation and as an insect repellent. It helps to keep pets clean of fleas, ticks and lice.

It also is used for clearing up oily skin and acne, as well as athlete's foot. It alleviates excessive perspiration.

### Summary:

Lemongrass oil has great benefits as a muscle and skin toner, and revitalizes the body and mind, helps with infections and keeps the family pet flea and tick free and smelling nice.

**Burners and vaporizers** - In vapour therapy, Lemongrass oil can be used for nervousness and as an insect repellent. It is also great to revive the mind when feeling lethargic and to energise as well as relieving fatigue.

**Blended massage oil or in the bath** - Lemongrass oil can be used in blended massage oil or diluted in the bath to assist with cellulite, digestive problems, as a diuretic, for infections, nervousness, for over exerted ligaments and as a general tonic.

**Cream or lotion** - When used in a lotion or a cream, it has value in clearing cellulite, as well as toning the skin, opening blocked pores and helping with acne. The antiseptic properties are useful in treating athlete's foot and other fungal infections.

**Note** - Although some people may have an allergic reaction to lemongrass oil, most people do not show an allergy when it is used in concentrations lower than 3%. Since our oil only contains trace amounts of citral (whereas West and East Indian lemongrass (*Andropogon flexuosus* and *A. Citrates*) contains nearly 79%) the possibility of irritation or allergy is less.

### **Lemongrass oil blends well with:-**

Although essential oils blend well with one another, lemongrass oil blends particularly well with [basil](#), [cedarwood](#), [coriander](#), [geranium](#), [jasmine](#), [lavender](#) and [tea tree](#).

## *Peppermint* *11ml*

This cooling and refreshing essential oil is used in aromatherapy to stimulate the mind, increase mental agility and to increase focus, while cooling the skin, reducing redness and calming irritation and itchiness. It furthermore helps to ease spastic colon, migraine, headaches, sinus and chest congestion and boosts the digestive system.

### *Oil properties:*

Peppermint oil has a fresh, sharp, menthol smell, is clear to pale yellow in colour and watery in viscosity.

### *Precautions:*

Peppermint oil is non-toxic and non-irritant in low dilutions, but sensitization may be a problem due to the menthol content.

It can cause irritation to the skin and mucus membranes and should be kept well away from the eyes. It should be avoided during pregnancy and should not be used on children under seven.

### *Therapeutic properties:*

The therapeutic properties of peppermint oil are analgesic, anesthetic, antiseptic, antilactagogue, antiphlogistic, antispasmodic, astringent, carminative, cephalic, cholagogue, cordial, decongestant, emmenagogue, expectorant, febrifuge, hepatic, nervine, stimulant, stomachic, sudorific, vasoconstrictor and vermifuge.

### *Uses:*

Peppermint oil is excellent for mental fatigue and depression, refreshing the spirit and stimulating mental agility and improving concentration. It helps for apathy, shock, headache, migraine, nervous stress, vertigo and faintness and in general respiratory disorders, as well as dry coughs, sinus congestion, asthma, bronchitis, pneumonia, tuberculosis and cholera.

For the digestive system, peppermint oil is effective for a range of ailments, as it stimulates the gall bladder and the secretion of bile. It is used for colic, cramps, dyspepsia, spastic colon, flatulence and nausea and can relieve pain in cases of toothache, aching feet, rheumatism, neuralgia, muscular pains and painful periods.

On the skin, peppermint oil is used to relieve skin irritation and itchiness and also helps to reduce skin redness, where inflammation is present. It is used for dermatitis, acne, ringworm, scabies and pruritus and also relieves itching, sunburn and inflammation of the skin, while at the same time having a cooling action.

### Summary:

Peppermint oil can assist in nervous disorders and is dramatically effective in stimulating the mind and focusing concentration, for treating the respiratory tract, muscular aches and pains and for some skin problems.

**Burners and vaporizers** - In vapour therapy, peppermint oil can help to increase concentration and to stimulate the mind, as well as sorting out coughs, headaches, nausea and also has value as an insect repellent.

**Blended oil or in the bath** - As a blended massage oil or diluted in the bath, peppermint oil can assist with colic, cramps, back pain, inflamed bowel disorders, spastic colon, catarrh, colitis, circulation, constipation, coughs, diarrhoea, sweaty and tired feet, flatulence, headaches, muscular pains, cramps and spasms, neuralgia, nausea, rheumatism and mental fatigue, skin that is red, irritated and itchy, as well as other inflammatory conditions.

**Mouthwash** - A mouthwash with peppermint oil included can help with bad breath and gum infections.

**Cream or lotion** - When included in a cream or lotion, it will help to ease the sting of sunburn, reduce redness of inflamed skin, reduce itchiness and cools down the skin with its vasoconstrictor properties.

### **Peppermint oil blends well with:-**

Although most essential oils blend well with one another, peppermint oil blends particularly well with [benzoin](#), [eucalyptus](#), [lavender](#), [marjoram](#), [lemon](#) and [rosemary](#).

## Eucalyptus 11ml

In aromatherapy, this essential oil helps to clear the mind and focus concentration, while reducing swelling in the mucus membranes. It is very valuable in fighting respiratory problems, fighting inflammation and sore muscles, rheumatism, headaches and nervous exhaustion, while boosting wound and ulcer healing and soothing skin eruptions.

### Oil properties:

Eucalyptus has a clear, sharp, fresh and very distinctive smell, is pale yellow in colour and watery in viscosity.

### *Origin of eucalyptus oil:*

The Australian Blue-gum can sometimes reach a height of 100 meters (300 feet), making it one of the tallest trees in the world. There are over 500 species of Eucalyptus trees, with tough long and narrow blue-green leaves, creamy white flowers and smooth pale bark.

### *Precautions:*

Eucalyptus oil should be used with care and people with high blood pressure and epilepsy should avoid it. Excessive use of this oil may cause headaches.

### *Therapeutic properties:*

The therapeutic properties of eucalyptus oil are analgesic, anti-bacterial, anti-inflammatory, anti-neuralgic, anti-rheumatic, antiseptic, antispasmodic, antiviral, astringent, balsamic, cicatrisant, decongestant, deodorant, depurative, diuretic, expectorant, febrifuge, hypoglycaemic, rubefacient, stimulant, vermifuge and vulnerary.

### *Uses:*

Eucalyptus oil has a cooling and deodorising effect on the body, helping with fevers, migraine and malaria. For the respiratory tract, it helps with coughs, asthma, throat infections, sinusitis and catarrhal conditions. It soothes inflammation and eases mucus, clearing the head from the stuffiness of colds and hay fever.

Eucalyptus oil is useful as a warming oil when used for muscular aches and pains, rheumatoid arthritis, sprains and poor circulation.

In skin care it can be used for burns, blisters, herpes, cuts, wounds, skin infections and insect bites. It can furthermore boost the immune system and is helpful in cases of chicken pox, colds, flu and measles.

### *Summary:*

Eucalyptus oil is very helpful when used for headaches, fevers, ailments of the respiratory tract, muscular aches and pains and in skin care. It has a soothing and calming effect on the whole body and helps with the immune system.

The oil is also effective against bacteria - especially staphylococci, and has a refreshing and stimulating action on the mind, helping to improve concentration.

**Burners and vaporizers** - In vapour therapy, eucalyptus oil may be used for: frequent sneezing, hay fever, flu, respiratory problems, as an insect repellent, headaches and for helping to improve concentration.

**Blended massage oil or in the bath** - Eucalyptus oil can be used in blended massage oil, or diluted in the bath, to assist with arthritis, asthma, bronchitis, mucous congestion, colds, headaches, rheumatism, sinusitis, catarrh, fatigue and muscular aches and pains.

**In a cream or lotion** - Apart from giving pain relief to muscular spasms and rheumatism, eucalyptus oil can also help speed up the healing of slow healing wounds and ulcers, calm skin eruptions and clear congested skin.

**Used neat or dab on with a bud** - Eucalyptus oil can be used neat on the skin for insect bites or wounds, but care should be taken when doing so.

**Gargle** - When very diluted eucalyptus oil is added to a gargle, so it can be used for soothing a sore throat.

#### **Eucalyptus oil blends well with:-**

Although essential oils normally blend well together eucalyptus oil blends particularly well with [benzoin](#), [thyme](#), [lavender](#), [lemongrass](#), [lemon](#) and [pine](#).