

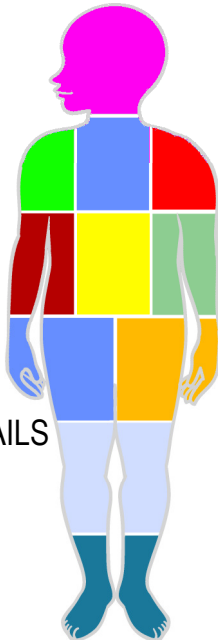
YOUR BODY HAS

ELEVEN MAJOR SYSTEMS

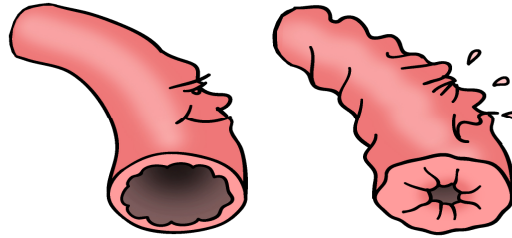
WHICH ARE MADE UP OF
OVER 100 TRILLION CELLS
and

SEVERAL HUNDRED THOUSAND
KILOMETRES OF TUBES OF
VARIOUS KINDS..

CIRCULATORY
DIGESTIVE
ENDOCRINE
LYMPHATIC
MUSCULAR
NERVOUS
RESPIRATORY
REPRODUCTIVE
SKIN – HAIR – NAILS
SKELETAL
URINARY



If anything happens to cause any of tubes in these systems to go into uncontrolled spasm we get symptoms:



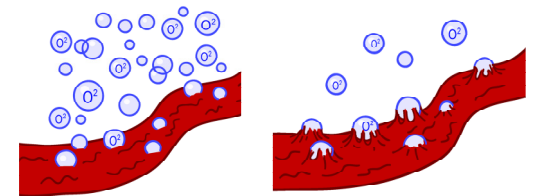
Tube relaxed with easy flow of contents

Tube in spasm with pain and reduced flow

These symptoms can include:

- Allergic reactions
- Anxiety/Panic attacks
- Asthma
- Bloating
- Blocked nose
- Breathing problems
- Constipation
- Digestive disorders
- High blood pressure
- Night-time toilet trips
- Reflux
- Sinusitis

If anything happens to interrupt the smooth and regular flow of oxygen to our cells we get symptoms:



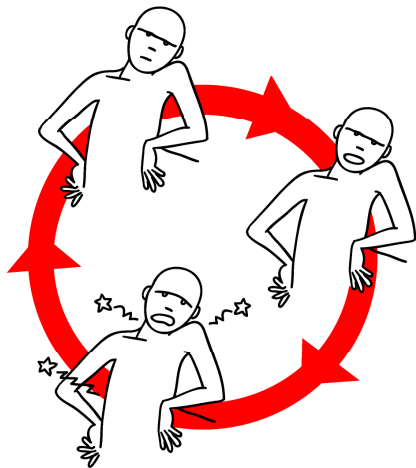
Oxygen flowing freely from blood to cells

Oxygen sticking to blood due to incorrect chemistry

These symptoms can include:

- Chronic tiredness
- Crooked teeth and crowded mouth
- Disturbed sleep patterns
- Eczema and dry skin
- Inability to exercise easily
- Inattentiveness
- Irritability
- Lack of stamina
- Mouth Breathing
- Poor concentration
- Poor memory
- Sleep Apnoea
- Snoring

- BOTH OF THESE SYSTEMS ARE DIRECTLY CONTROLLED BY YOUR BREATHING
- YOUR BREATHING IS CONTROLLED BY WHAT YOU DO
- VERY OFTEN WHAT YOU DO IS CONTROLLED BY HOW YOU FEEL



THE PRIME CAUSES OF POOR BREATHING ARE:

Your posture and the way you function physically.



What you eat, drink, inhale, ingest, breathe, and the pollutants you are exposed to.

How you handle the stresses and challenges of modern day living, emotions and relationships.



HAVE YOU EVER WONDERED WHY YOU DON'T FEEL AS WELL AS YOU COULD?

HAVE YOU EVER WANTED TO ACHIEVE A LEVEL OF HEALTH OR PERFORMANCE FAR BEYOND THE NORM?

LEARN HOW TO BRING YOUR BREATHING BACK INTO BALANCE AND INTEGRATE YOUR BODY IN 5 EASY SESSIONS OF 2 HOURS EACH.
TIM 0425 739 918 OR MARK 0417 358 832