



## SPECIAL INTEREST ARTICLES:

- ❖ HEALTH SCHEME
- ❖ HAIR TESTING
- ❖ TINCTURES
- ❖ FAMILY REMEDIES

## INDIVIDUAL HIGHLIGHTS:

TRAVEL

HAYFEVER / ALLERGIES

BEYOND GREENS

FLOWER ESSENCES

SPECIAL OFFERS

WE'RE ON THE WEB!

SEE US AT

[www.crossgates  
bioenergetics.co.uk](http://www.crossgatesbioenergetics.co.uk)

&

 [eBay.co.uk](http://eBay.co.uk)

DIRECT LINE  
TEL: 0845  
130 8241



## HEALTH SCHEME

**We have great pleasure in announcing our new Health Care Scheme for Employers and employees in Business, Gym/Health Clubs and individuals who have already had a full hair test consultation.**

There is a lot of focus at the moment on how much employee absence is costing businesses and we want to promote employee health using our Bioenergetic Hair Testing machine. More than 50% of employers are unable to accurately measure employee absence and its financial impact. Research by the CIPD says the annual average cost to an organization now stands at £659 per employee.

**The Program:** Four times a Year:

Send a sample of hair to us from our testing kit. An energetic balancing session is done. It is not a medical test, but energetically assesses and corrects energetic imbalances relating to various areas of the body, i.e. cardiovascular, hormones, bacteria, viruses, immune, psychological, digestive and genitourinary systems etc. A 30ml spray remedy is made. The report of imbalances and remedy is sent to the client. The Client takes the remedy for 4 – 6 weeks, squirting the remedy onto the tongue twice a day. (Keep by your bedside!)

**The cost of this program is £45 per session.**

Your employer may contribute up to 50% of the cost of the yearly treatment. Payment is by standing order and your kit will be sent to you for the yearly program. If there are specific problems that you feel you need to talk to our Homeopath about, you can be treated as our other clients, at the general consultation price, until you want to transfer to the Health Scheme.

## HAIR TESTING

This is still our most popular form of therapy and there is no limit to the problems we can help, because the e-test and remedy helps support your body's inbuilt healing system you can only go from strength to strength by using our remedies.

The main question we are asked is, how long will it take to feel better? The truth is every experience is individual. Some clients have said that after 3 days they have felt more energized, lighter and more enthusiastic about life; some take a more gradual journey back to health, it all depends on the individual.

Testimonial March 2008: **"My daughter had a test in December 07, as she was having a lot of unpleasant symptoms whenever she was near animals or their hair. We haven't got any animals in our house yet, but she has been in a number of situations, where there was a lot of dog hair and near other people's animals, where she would have been badly affected before having the remedy, and now is not. We are obviously very pleased with this outcome."**

**M.Russell**

## ALLERGIES

If like many others you suffer from Hayfever you not try our **Hayfever - Allergy relief formula.** For the best results start to use the remedy before the pollen levels start to rise and use more often on days of high pollen exposure. The remedy reduces symptoms of itchy streaming eyes and that bunged up feeling. If Hayfever is relatively new to you, there could be an underlying weakness that needs to be addressed. We can also help by testing for other allergies.

## HELIOS KITS

- 36 Remedy Kit
- Childbirth Remedy Kit
- Travel Remedy Kits
- 18 First Aid Remedy Kit

It is a great way to start to build your confidence using remedies for everyday conditions.

All kits come with an instruction book.

**36 Remedy Kit £38.95**



**SPECIAL  
OFFERS**

**BUY ANY 2  
30ML  
REMEDIES  
CHOOSE A  
3<sup>RD</sup> FREE**

**20% OFF  
HAIR  
TESTING**

**5 x 5  
LITRES ACV  
£48.90 INC  
POSTAGE**

**VALID UNTIL  
31<sup>ST</sup> AUG  
2008**

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**TINCTURES**

Tinctures provide micronutrients for the organs of the body, these can be to stimulate a sluggish organ, help it detoxify more efficiently, or encourage healthier tissue in the process of cell renewal.

**Did you know your body completely renews all it's tissues including bone tissue every 7 years.**

This takes a lot of energy and correct maintenance to keep things working efficiently. Why then do we get ill? Factors such as nutrient rich food, good quality water, moderate exercise and balanced emotional life are important to keep our bodies well maintained.

If any of these factors becomes out of balance this puts extra pressure on the body to compensate trying to keep the status quo. Tinctures are really useful for short or long-term problems giving the extra food your organs need to keep them in balance.

Some of our most popular tinctures are detailed below.

Crataegus / Cactus	<b>Heart</b> tonic	5-10 drops in water 3 times daily (Long term)
Berberis / Solidago	<b>Kidney</b> tonic	5-10 drops in water 3 times daily (Short term)
Chelidonium / Carduus Mar	<b>Liver</b> tonic	5-10 drops in water 3 times daily (Long term)
Echinacea	<b>Immune</b>	5-10 drops in water 3 times daily (Short term)
Lobelia	<b>Lung</b> tonic	5-10 drops in water 3 times daily (Long term)

Some tinctures may need more time than others to act favorably. With all long-term tinctures it is worthwhile taking a two-week break every couple of months for the body to naturally detoxify. Echinacea should only be taken in short bursts either as a preventative or after flu.

**HELP SUPPORT THE WHOLE FAMILY**

**Childbirth**

Exhaustion, Strong contractions,  
Pain/healing post birth.

**Babies**

Teething, Colic, Earache, Fevers, Nappy Rash, Colds.

**Children**

Colds, Flu, Tonsillitis, Acne, Warts, Hormones.  
Emotional problems, e.g. bullying, grief, sensitive.

**Family Remedies**

**Arnica (cream or spray)**

Bruises, Injuries, Knocks, Bumps (For ALL the family)

**Hypericum/Calendula (cream or spray)**

Cuts, Grazes, Bites and Stings, Chapped skin,  
Nappy rash.

**Ruta, Rhus Tox, Arnica (cream or spray)**

Sprains, Strains, Muscles, Tendons, Ligaments,  
Rheumatic pains.

**Urtica cream**

Minor burns, Urticaria, Eczema, Psoriasis,  
Stings, Allergy.

**Symphytum**

Once bones are set, helps promote healing.

**Nux Vom**

Stomach upsets, over-indulgence.

**UDO'S CHOICE BEYOND GREENS**

A Blend of green foods, fibre, essential fats, whole food concentrates, phytonutrients, antioxidants and digestive enzymes. Gently cleanses the digestive tract. For a quick nutritious breakfast, add to water or juice, stir and drink. Add to protein shakes, fruit or yoghurt smoothies to replace a meal.

Take 1 tablespoon mixed well with water or juice up to 3 times daily.

We have tried it here and love it!

**£19.95 255g**

**TRAVEL**

Travel can be very stressful on our bodies. There are various remedies and Flower Essences that can be of benefit when traveling.

**Travel Essence** – refreshes, centers, reduces jet lag

**Travel Sickness** – car/boat/plane

**Immune Enhancer**

**Nux Vom** – upset stomach

**Bites / Stings**

**Sol** – sunburn / heat

**RRA** – bruises / sprains / strains

**Probiotics and Digestive**

**Enzymes**– for digestive health

**FLOWER ESSENCES**

**Woman Essence**

Moods, PMT, Menopause

**Emergency Essence**

Panic, Distress, Fear

**Adol Essence**

Teenagers, moody, sensitive

**Calm & Clear Essence**

Rushing, worry, impatience,

**Cognis Essence**

Confusion, overwhelm, study

**Confid Essence**

Shy, low self-esteem, guilt

**Relationship Essence**

Pain, turmoil, resentment

**Electro Essence**

Drained, flat, computer work

**Dynamis Essence**

Loss of drive, enthusiasm

**Solaris Essence**

Fire, heat stroke, sunburn

