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AND MANY MORE!



NEW ONLINE SHOP @ www.crossgatesfarm.co.uk

You can now order and pay for a selection of combination Remedies, Flower Essences, Tinctures, Supplements and Bio-resonance Analysis online, we hope this will be a great service for you. If you haven't tried it yet, please take a look. Any feedback would be greatly appreciated.

NEW PRODUCTS



The new **e-Pebble** (as shown) is a smaller pocket friendly version of the **e-Capsule**. It is aimed at those clients who prefer to have something they can hold, in a pocket, or put under your pillow at night, to bring an awareness to the balancing that is taking place. Approx. weight 19g.



The **e-Pendant** also smaller and lighter than the **e-Capsule**, (as shown), and can be worn around the neck, the design is neutral for both men and women to wear. Approx. weight 13g.

The **e-Capsules** can still be used, but there will not be any new ones available. If you decide to switch to the **e-Pebble** / **e-Pendant**, you could give your **e-Capsule** to a family member. We can transfer their details to the **e-Capsule** when they have an analysis and balancing session. All these devices will need to be re-energised every 3 months for you to get the most benefit. (See Health Analysis Service below).

STAFF UPDATE

We have a new staff member, Alison, a student Homeopath who will qualify in July 2010. Alison is working with our Homeopaths Samantha and Sue. Julie, our Managing Director, who founded the business in 1998 qualified as a Homeopath in July 2009.

FRANCHISING

We are initiating talks with a franchise consultant on how to open up our service to other therapists to run as their own business. If you or someone you know would like a prospectus please contact us by phone or email.

ENERGETIC HEALTH ANALYSIS SERVICE

We work with one of the most advanced and effective Bio-resonance Balancing & Remedy Selection systems in energetic medicine. This fully automatic PC-based system analysis, tests for over 300,000 different imbalances, disorders (physical and psychological), destructive substances (poisons, toxins, bacteria, fungi, viruses, parasites, allergens) & deficiencies in a totally objective way. This energetic (not medical) test detects energetic weaknesses or reactions in the body. By using a small sample of hair, The system creates a unique combination remedy for any individual at the time of the analysis, helping the body energetically balance in a holistic way.

PRICES INCREASE 1ST JANUARY 2010

The Vat returns to 17.5% on the 1st of January, and with other costs increasing we are giving you an early warning. We hope you will still see our service as great value for money. So for the last two months of 2009 you can still get your hair analysis and remedy at the current prices! If you would like a consultation in person, at our offices please contact us for the price.

Hair Analysis by post	Until 31 st Dec 2009	1 st Jan 2010
Option 1: Extra Long Test (125 mins.) for specific areas	£105.57	£108.10
Option 2: Long Test (95 mins.)	£86.25	£89.30
Option 3 Health Scheme (95 mins.) No consultation	£55.78	£57.58

For **e-Pebble** and **e-Pendant** prices please contact us or go to our website.

OPENING HOURS

MON – FRI
9AM – 4PM

CLOSED BANK HOLIDAYS

**GIFT
VOUCHERS
AVAILABLE**

ONLINE

www.crossgates
humanhealth.co.uk

ebay.co.uk

WENDY BRACEWELL

I used to have bad
Chilblains every
winter, until I used
Crossgates
Chilblain Cream!
Now I only need to
use it when one is
starting, brilliant!

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RAY HOLDEN - HY-FLY GAME HATCHERIES OF PILLING, LANCASHIRE. WROTE IN THE SHOOTING GAZETTE NOVEMBER 2009

"The most important thing that has happened to me recently was being introduced to Julie and Chris from Crossgates Bioenergetics, they came to speak to me about our Game birds. Edith, my wife, had been suffering pain and discomfort for 5 months, with visits to the doctor proving unsuccessful. This was my chance to try out a remedy on a talking guinea pig. With a snip of hair off they went with a promise to call the following day with the results. We got the call and the following morning the remedies arrived. Within four days Edith's pain vanished and has not returned. Edith now feels much better and is quickly returning to her normal self. Following this success all our breeding stock are being tested and treated."

FLOWER ESSENCES

Most physical illness is the end result of emotional imbalance. The flower essences can help to balance and support the emotions. At Crossgates the most popular ranges of flower essences are Bailey, Bach and Australian Bush, which are often used in combinations.

Bailey Essences are useful to deal with attitudes of mind and old conditioned patterns. They help with personal growth, liberation and blossoming.

Bach Essences help with emotional difficulties.

Bush Essences heal by helping to bring emotional, spiritual and mental harmony.

Please contact us and we can advise you on a combination of essences that would suit your needs.

SPORTRON SUPPLEMENTS

DIGESTRON

Many problems can be traced back to an inefficient digestive system. Digestron helps with the management of the following symptoms: Constipation, Flatulence, Indigestion, Nausea, Constipation, Stomach cramps, Diverticulitis, Gall Bladder Disorders, Haemorrhoids, Halitosis (Bad Breath), Irritable Bowl Syndrome, Liver Health.



ULTRAGARD FORTE

The threat of illness is a reality for everyone. Chronic lifestyle related diseases have become the largest causes of death in our modern world. Research, however, has demonstrated that nutrition plays a critical role in the protection against disease.

However, people often do not obtain sufficient quantities of essential nutrients from food. Soils have become depleted of essential nutrients; the nutrient value of food has been eroded through modern processing, transportation and preservatives. These factors, combined with poor food choices and an unbalanced diet, contribute to an inadequate intake of vital nutrients. Nutritional supplementation is, therefore, essential in the modern world. At Crossgates we can highly recommend Ultragard Forte.



SWINE FLU

*Since the middle of 2009 we have updated our colds and flu remedy with the H1N1 virus to help protect and strengthen people against Swine Flu. If you want to have a natural solution to help you and your family get over any colds and flu over the winter months please order the **Swine Flu Formula**. You can also use **Natural Infection Fighter** alongside.*

TESTIMONIALS

SUE BOYD NOV 2009
Sue has been using our **S.A.D. formula**.

(Seasonal Affective Disorder) It helped me through the winter months last year and I will be using it again this year. My daughter also swears by the **Muscles & Tissues formula**.

HELEN REES SEPT 09:
My son put your **Eczema cream** on every day and started to see changes after two weeks. After 10 weeks he was clear and has had no relapses, even when he changed schools he did not have any recurrence.

ANDREW BUTCHER JUNE 09:
I had suffered from Blepharitis for a few years and have had frequent flare ups in the past. I had a **Crossgates Bioresonance Test**. I used my remedy and I haven't had an attack since. This has sustained for several weeks and I am confident the remedy has really helped me. To have this condition under control has been a real boost to my quality of life. Advice and support since taking the remedy has also been excellent.

NATURAL INFECTION FIGHTER

A combination of six herbal tinctures to reduce inflammation in the body and support the immune system. **£10.99** 50ml dropper bottle. Use 5-10 drops in a little water once a day as a preventative, increase to 3 times daily if needed.