



TAKE CHARGE OF YOUR HEALTH AND DISCOVER HOW YOU CAN OPEN DOORS TO BETTER HEALTH.

Do you really understand how your body chemistry impacts on everything you do? You wouldn't run a high performance car on paraffin, would you?

The human body is a very complex and highly efficient biochemical system that has a unique ability to repair itself. However constant abuse through consuming the wrong combination of foods and drinks combined with the ever increasing impact of environmental toxins eventually creates an imbalance.

Check on www.bodyburden.org

Everyone's body chemistry is unique to them and subject to change. This is an example of the human body's self preservation system. As body chemistries differ widely some people are able to withstand mistreatment for longer, but the fact remains that the body will react and shows symptoms of disease in time. The only effective way of understanding how far your body chemistry is compromised is to undergo a comprehensive analysis of blood and urine.

The service we provide utilises the most comprehensive blood and urine analysis available in Australia and the USA. The analysis is presented on a one to one consultation where findings are discussed in detail and a strategy for recovery is formulated. The recovery period can take from between 3-12 months, dependant upon your commitment to change. Your willingness to be educated, to understand how you can control your short and long term health and wellbeing. **Take control and action now!**

10 BENEFITS OF THE PROGRAM

The comprehensive analysis of blood and urine will provide a detailed insight into your personal body chemistry. We provide expert interpretation of the results. By following the guidance and adhering to the dietary recommendations some of the benefits from participating over a 3 or 4 month period include:

- 1 You will feel more alert.
- 2 You will feel fitter with more energy.
- 3 You will awake feeling refreshed after a sound night's sleep.
- 4 You will understand what nutrition your body needs and how to satisfy this need.
- 5 You will understand the requirement for differing levels and types of nutrition though out the day.
- 6 You will understand how much carbohydrate your body requires and more importantly the best source of carbohydrates.
- 7 You will become more conscious of your eating habits which have a direct impact upon your dietary requirements.
- 8 You will feel healthier, more vibrant, less mood swings and more able to concentrate on tasks for longer.
- 9 You will understand the best sources of protein, carbohydrates and fats to maintain your body chemistry at its optimum.
- 10 This programme will change your life.

HELENA EDERVEEN



Associate Member Australasian College
Nutritional & Environmental Medicine
TGA Schedule One Certificate
Clinical Nutritionist | Master Practitioner
Neuro Linguistic Programming
Advanced Practitioner Eriksonian Hypnosis
Z Point Practitioner | Counsellor
Conflict Mediation and Conciliation
Life Style Coach | Guest Speaker

SPECIALITIES

Snoring/Sleep Apnoea | Fibromyalgia | Depression
Ongoing Health Concerns | Memory Decline