



www.goodvitality.com

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Good Vitality is the new name for Commercial Science, dedicated to helping you maintain your good health and vitality

Welcome to the September 2006 edition of the Good Vitality newsletter!

In this issue, we will be looking at a protocol for fighting the Adeno 36 virus (which has been linked to obesity in many cases), discussing the merits of GLA cream in fighting eczema and hearing from you about your successes using our products.

Many of you will be concerned about the reports in the media that the MRSA bacteria is getting stronger and more resistant to conventional treatments. New strains are emerging and spreading through countries with a previously low incidence of MRSA. Our research suggests that many of our products will be beneficial in fighting the bacteria and we suggest that you get in contact for further information. Log onto the website - www.goodvitality.com - or email Chris@goodvitality.com for further information.

I hope that you enjoy this edition of the newsletter - and remember to get in touch if there is something that you would specifically like featured!

Preservative free cosmetics.

Regular customers will recollect that we were selling preservative Free cosmetics recently. In order to improve our customer service, we have moved these products to a company called 'Super Naturals' - it's the same high quality natural cosmetics, just under a different brand! You will still be able to buy the products from www.goodvitality.com for a short time before they move to www.supernaturals.org.uk



Colloidal Silver Gel leaflet

Many customers are already aware of the benefits of Colloidal Silver gel - which is unique to Good Vitality. With its ability to heal persistent infections quickly, it is fast becoming a staple of medicine cabinets worldwide.

To satisfy the demand for information, Good Vitality has issued a new leaflet all about Colloidal Silver, its uses and applications. For a copy, call us on 01239 446244 or look at the website - www.comsci.org.uk

You will find it in the Colloidal Silver section, CS Gel bottom of the page.

A new application for D101?

Many customers are using our D101 cream to naturally ease away the signs of aging. However, others have been applying it to their eczema - and noticed substantial improvements. Is this a common experience - if so, please please tell us! Your feedback makes our research and product development all the more vibrant!

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If you have visited the Good Vitality website recently, you'll have seen that the content has been moved around somewhat.

This was done in consultation with a number of customers to make the site even more user friendly.

If you have any comments on the layout of the site, or anything that you would particularly like to see featured on there, please let us know and we'll do our best to include all suggestions!



Zappers, Clarks, Becks
Silver/Zapper, Ozone Maker, Aura Cleanser Electronics and consumables
Good Vitality manufactures and retails a range of electronic systems designed to improve your health. You may also buy the consumables here.

Colloidal Silver, Makers, Gel and solution
Purchase the apparatus for making colloidal silver or buy ready-made colloidal silver gel and solution.

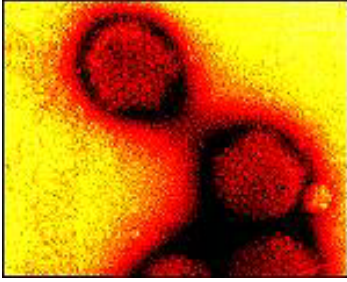
Vitamins, minerals and herbs
Choose the right vitamins, minerals and herbs to help improve your health and vitality.

i-Lift Gel - exclusive to Good Vitality 5ml
A brand new product launched onto the market, i-Lift gel has been shown to reduce the

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Protocol for Obesity Virus (Adeno 36)



In certain cases, infection by the Adeno 36 virus can leave the body with a slower metabolism, meaning that it takes longer to convert the food you eat into energy that you can use. This differential is then stored as fat, contributing to cases of obesity.

While the general advice of eating healthily and taking regular exercise can help, the Adeno 36 virus can stay in your system, where it affects the adrenal glands and keeping your metabolism running slower than it should. The following protocol will help you to rid your system of the virus, restoring your metabolic rate and allowing you to enjoy your previous good vitality again.

Note – to clear your system of the virus completely, you will need to consistently adhere to the protocol to prevent a relapse where the virus can multiply once more.

1) **Becks Zapping.** The Becks Zapper damages foreign cells within your blood stream through the application of a small electrical current. The process helps to purify your blood stream and you will pass the foreign bodies out as the blood is filtered within the body.

To feel the full benefit of 'zapping', you will need to adhere to the following regime:

In **week one**, you should zap for **15** minutes per day.

In **week two**, the zapping should last for **30** minutes per day.

By **week three**, you should be zapping for **45** minutes per day

In the **fourth week**, you should use the Zapper for **1 hour** each day – and keep using the Becks Zapper for this length of time on an ongoing basis.

Don't forget that regular use of the Becks Zapper will run the batteries down – so it would be wise to invest in rechargeable ones!

2) **Colloidal Silver.** A Becks Zapper from Good Vitality will also double as a Colloidal Silver maker, giving you two benefits in one easy to use, affordable package!

As part of this protocol, you should take 15ml of Colloidal Silver per day, administered sub-lingually (under the tongue). Leave the solution under your tongue until it disappears naturally.

3) **Diet supplementation.** Your metabolic system is just like the rest of your body or a car engine, for that matter. Without the proper inflow of nutrients (fuel), it can't work to maximum efficiency. Not everyone's diet contains the right balance of nutrients, so we recommend the following:

VM75 multi-vitamin supplement (available from www.goodvitality.com under the Vitamins, Minerals and Herbs section). Take one per day after your main meal. The combination of vitamins and minerals will provide the right background to your metabolism restarting.

Lipotropic factors (again, available from www.goodvitality.com). Take one after each meal to assist with fat metabolism in the liver. This will also help to lower cholesterol and prevent fat buildup in the liver itself.

4) **Water** – the plainer the better! You should drink at least 1.5-litres per day to see the full benefits from this protocol. Avoid tea, coffee (including the de-cafeinated ones) as well as fizzy drinks.

5) **Food.** You need to eat a normal, healthy diet. An excellent diet that supports this protocol is the Alkaline diet, featured on the next page. As with all healthy eating regimes, you should eat until you feel full – and then stop. Overindulgence will not assist you in losing weight.

6) **Exercise.** To get your metabolism stimulated, you will need to exercise, gradually building up from a brisk five minute walk every day to twenty minutes a day or more when you're ready. Whatever period you exercise for, you should work your body until you are slightly out of breath – ie that you can still talk but have an elevated heart rate and are breathing slightly faster. This will prevent you 'over-doing' it and causing your body damage.

The Alkaline diet – complimenting the obesity protocol

Changing your diet will be one of the most profound things that you can do to ensure your good health and vitality. Just like any other machine, our bodies start to break down if not given the right nutrition. The below diet isn't a 'diet' in the common sense (ie an eating regime designed with the express purpose of a reduction in body weight) – it is a recommendation of foods to increase and decrease the intake of to ensure that your body has the right balance of nutrients, as well as acid/alkaline foods.

The recommendations are as follows:

Increase your intake of:



- Vegetables – especially green, leafy vegetables
- Vegetable oils
- Whole grain products (such as brown rice, millet and buck-wheat)

- Oats
- Kidney beans
- Dried fruit (such as figs and raisins)
- Pumpkin, sunflower and sesame seeds
- Pineapple, papaya, mango and guava fruits
- Berries (such as blueberries, blackberries and cherries)
- Oily fish (including herring, mackerel, salmon, tuna and sardines)

You should drink plenty of water and herbal cleansing teas as well. The following list will give you pointers on how to reduce acidic foods.

Reduce your intake of:

- Meat – especially sausages, processed meats, bacon and ham
- Processed food in general
- Animal fat and dairy products
- White flour
- Sugar – especially white sugar
- Eggs
- Citrus fruits (such as oranges, grapefruit, lemons, tangerines and clementines)
- Alcohol
- Fizzy drinks
- Coffee
- Salt – especially highly salted foods and snacks.



Many Good Vitality customers have tried this diet and – although it can take a lot of thinking about at first – they have reported changes in their general feelings of well-being and vitality.

Creams for enjoying good vitality!

Good Vitality stocks a large range of hand-made health and beauty creams, all of which are made of only the finest products. From a cream to reduce the signs of aging in the skin, to one that helps boost the immune system, Good Vitality's experts have what you need.

In this issue of the Good Vitality newsletter, we're going to look at GLA (Gamma Linolenic acid) cream, which has been widely acclaimed for its effects on psoriasis and eczema.

Good Vitality's GLA cream contains cold pressed borage seed oil, a direct source of Gamma Linolenic acid. In certain people, the biological process that transforms Linolenic acid into GLA may be impaired, so Good Vitality's cream provides an instant boost to the body.

Research conducted over the past two decades has suggested that eczema may be linked to a lack of GLA in the body – replacing this GLA (in the form of Good Vitality's cream) can have patients reporting a decrease in the eczema's itching of upto 90% in just two weeks. While not a 'miracle cure', GLA cream can work wonders on eczema and other skin conditions.

We recommend that customers also consider taking GLA supplements with their diets to maximise the effects of the GLA cream, especially in cases of severe and persistent eczema.

Good Vitality has recently redesigned and reprinted the popular "Health Creams" leaflet, which customers can collect from the surgery. Alternatively, log onto www.goodvitality.com

To reinforce the amazing properties of GLA cream, we were recently contacted by a mother whose teenage son has been trying unsuccessfully to control his eczema. She explained that she persuaded him to try our GLA cream.

"The improvements were cumulative – the longer we used it, the less of a problem the eczema became. After a few months, it cleared up completely and my son hasn't had another flare-up!"

To try GLA cream for yourself, log onto **www.goodvitality.com** where you can place an order.

Your say: this is your page to tell us, and our subscribers, about your latest advances in health and good vitality.

1) **EMF Detection:** Mr H writes:

"I used to wake up each and every morning with terrible headaches and tried everything I could think of to avoid them. When all else failed, a friend of mine recommended that I try out an EMF Detector.



"Within a few moments, I discovered that I had an electric cable running directly behind my head. On the strength of this, I decided to rearrange my bedroom – and, from the next morning, the headaches have stopped!"

Chris says: "EMF (Electromagnetic frequency) radiation comes from anything with a live current running through it. It is amazing how much radiation we are bombarded with every day – and some people can really notice its effects. Our EMF detector can be a really helpful tool in identifying hidden cabling or demonstrating how much radiation household

objects are emitting. With this information in hand, you can make small changes – for example moving a bed – to help you improve your health and vitality.

2) **Aura Cleanser.** Mr T writes:

"Chris, I had to tell you about a recent experience with your Aura Cleaner. I'd been having chest pains for a while, and went to my doctor. He suggested a CAT scan – which showed up an arterial blockage and I fully expected to have to go through complicated surgery.

"However, I decided that I should give the Aura Cleanser a try. I used it three times, and drank lots of water as recommended. I felt a bit better the next day – and the improvement has continued. My chest pains are now gone completely and I feel fantastic!"

Chris says: "Another customer has recently been in contact, saying how much of a help the Aura Cleanser has been in restoring their health and vitality."



3) **Scutellaria.** Mrs C recently contact Good Vitality:

"I have been suffering terribly with hayfever this year and, to cap it all off, the heat made my eczema much worse than usual as well. In desperation, I tried Scutellaria and found that – within 24 hours – the eczema had visibly reduced and my asthma was much improved."

4) **Colloidal Silver**

We have received some new hints and tips from our customers on how to use Colloidal Silver.



1) For a sore throat, Mr S suggests drizzling CS solution down the nose. Apparently this works amazingly quickly.

2) Mr DC has discovered that CS solution has impressive beauty properties. He has seen ladies restore their eyebrows to their natural colour in one week, ominous spots on the face disappear and the skin on the throat firming up, just from spraying CS solution onto the skin.

3) One customer has cured the acne on their back with regular applications of Colloidal Silver Gel. Apparently the transformation is really quite fast.

4) Another customer has a severe case of cellulitis in his leg (the leg was approximately four times its normal size) as well as three painful ulcers. Regular applications of CS gel, D101 cream and Aloe Vera have helped to clear the ulcers and reduce the inflammation of the leg.

5) One of our customers was in contact recent to explain his latest triumph with CS gel:

"After an accident, I was left with some severe cuts to the back of my leg. I applied CS gel directly to the flap of skin – and I've never had an injury heal so fast and so perfectly! I'm delighted that I gave it a try, otherwise I'd probably have an unsightly scar for the rest of my life."

All of the products mentioned on this page are available from www.goodvitality.com