



**www.goodvitality.com**

**01293 446244**

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

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## Welcome to the December 2006 edition of the Good Vitality newsletter!

It's nearly Christmas - but the good news is that we've got a few ideas for presents that can all be bought off our website! Not only can you avoid the Christmas shopping hordes, but you can also drop subtle hints to friends and family on what you might like for yourself!

Many people have been asking us about this year's crop of Walnuts, from which we make the Black (green) Walnut Hull tincture. The good news is that Good Vitality have secured a supply of Walnuts from an organic source in England. We've got a special feature on page three all about the Walnut and its impressive health-giving properties.

We have also had a lot of enquiries about using the Ozonator to clean fruit and vegetables. If you use the Ozone Protocol then you need to read our feature on page two to see how you can maximise its benefits.

I hope that you have a Happy Christmas and a healthy start to 2007.

Until the next newsletter, enjoy the best of Good Vitality!

Chris Hyslop

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## Your Christmas Vitality selections!

Christmas can be a nightmare. Not only have you got to find the perfect present for the most awkward people to buy for, but you have to drop hints about what you want, to avoid getting 13 pairs of socks again.

So, if you're scratching your head over Christmas lists, why not take a look at the following suggestions:

- **D101 cream** - Get rid of those Christmas worry wrinkles safely and naturally with D101. Our ingredients are of the highest quality and act to repair the elasticity of collagen fibres in your skin. And the more elastic your collagen fibres, the tauter your skin is.
- **EMF Detector** - you would be amazed at the amount of EMF radiation being beamed at you from every angle. EMF can be damaging to your health, so find out where the sources are in your house and avoid them! This detector is simple to use and can even pin-point wires or cables within your walls.
- **i-Lift gel** - an amazingly effective 'pick me up' for tired eyes. Developed in our laboratories from all natural ingredients, i-Lift works quickly, leaves no residue and keeps you looking great **33% off until 2007**.

All of these products are available to order online from [www.goodvitality.com](http://www.goodvitality.com). Don't forget to allow plenty of time before Christmas for your order to make it through the post!

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## Have you thought of this?

If you've got a cut or have broken the skin, Colloidal Silver will help to get rid of any infections. However, it might not always be convenient to apply it and let it sink into your skin.

So why not put it on a plaster?

It sounds like a simple suggestion and we're amazed that the idea hasn't filtered through before. Especially useful for protecting damaged fingers (anything from a paper cut to an encounter with a turkey trimming knife), waterproof plasters will keep the Colloidal Silver gel on your wound, so maximising its effectiveness.



Colloidal Silver has been proven to be an extremely effective antibacterial agent, protecting you and your family from a wide range of infections. See our website for further details!

**December**

**2006**

## Maximise the effectiveness of your parasite protocol!

Parasites in the blood don't make for pleasant thoughts. However, as many people will know, they can be eliminated through the Parasite Protocol - which uses the Becks Zapper, taking of Ozonated Water and Colloidal Silver. The correct usage of these will help to purify your blood.

It is also worth thinking about what you are putting into your body at the same time. It's all very well to rid your system of parasites and other toxins, but if you simply put them straight back in through your food, you may as well not use the protocol at all!

Even fresh, organic, fruit and vegetables can carry parasites that simple washing won't remove. This is why we recommend using the Ozonator to purify your food before you eat it. By simply placing your fresh fruit and vegetables in a bowl of water and running the Ozone through the water, you will kill parasites which otherwise would have entered your system.

This use of the Ozonator compliments the Parasite and other protocols, to ensure that your system remains free from harmful intruders that will harm your vitality.

For more information on the Ozonator, see [www.goodvitality.com](http://www.goodvitality.com). See our feature over the page as well for more details!



### Are you a Chocoholic?

Many people joke that they are Chocoholics, bouncing from one chocolate fix to the next. While some people just can't say no to immediate pleasure, others may have a genuine reason for needing a quick fix every few hours.

If this sounds like you, try this simple test.

Avoid chocolate all day until you get a real craving. Then make a drink containing real cocoa powder, an artificial sweetener and skimmed milk. Drink this and wait for 20 minutes.

If your craving has disappeared, then you are receiving an **endorphin boost** from the cocoa itself. Some patients find that taking a dose of 5HTP at bedtime relieves this craving.

If your craving didn't disappear, repeat the process as above, but use sugar rather than a sweetener.

If you are now free from chocolate craving, you could be **chromium deficient** - and a 100ug dose of Chromium Picolinate per day will relieve this.

In the event that neither of the above stopped your craving, then your **fatty acids are imbalanced**. Most people will find that taking a dose of EPA/GLA with their main meal will help.

In any of the above cases, you will need to take the supplement for at least a month before the cravings disappear completely.

### Detox - the natural way!

January will be our homeopathic detox month, so readers of this newsletter can look forward to a feature dedicated to the subject.

In the meantime, those wishing to get detoxified before Christmas might wish to avail themselves of our homeopathic detox kit.

Costing just £8, the combination of Nux Vom and Sulph work together to cleanse the liver to help you feel lighter and more full of energy.

Full instructions are given with our Homeopathic Detox Kit, so order one today to feel great in the run up to Christmas and into 2007!

We will also be featuring a weight-loss program in January to help you shed those post Christmas pounds and keep them off!



**Would you like to receive this newsletter electronically?**

## **Kill parasites the natural way!**

We've already mentioned the Parasite Killing Protocol earlier in this news letter. If you were able to see what lives in your body, you would be horrified!

All of us carry various parasites, and all of them are at different stages of development from eggs to fully grown fluke worms.

It is important to purify the body from these invaders as they are literally sapping the strength out of you. We suggest using the following combination of herbs below, which have been known for centuries to help keep the body healthy. Like so many things, they need to be used in combination to maximise their effectiveness.



### **Black Walnut Hull**

Our Black Walnut Hull tincture comes from an organic source deep within the English Countryside and is actually a mild shade of green. This is the correct colour - many darker tinctures have been oxidised and are therefore useless.

Patients using the tincture should build up how much of it they take per day. Starting with one drop in water four times a day, the protocol then suggests that the amount is slowly built up to 20 drops four times per day. Once you've reached this point, switch to 20 drops once a day for three months.

This will kill parasites in your gut.

### **Wormwood**

Best known as the active ingredient in absinthe, Wormwood is an intensely bitter plant. However, if it doesn't taste too appetising, it must be good for you!

Indeed, Wormwood acts as a tonic to the digestive system. It acts to increase the stomach's acidity and bile production - this makes an extremely inhospitable environment for any parasites to live in.

### **Cloves**

Cloves have long been used as a spice in cooking or tea preparations and are much valued for their pleasant smell and rich taste.

Within the Parasite Killing Protocol, they help to prevent any discomfort to the stomach and provide another extremely effective way of assassinating any parasites lurking in your system.

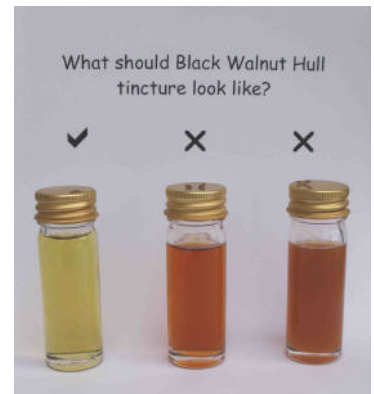
The herbs must be taken together to realise the full effect of the protocol, which should be followed for three months before moving to a maintenance protocol.



To help you get started with this effective method of returning you to your totally vital self, we offer a 10% discount on all of the herbs above when bought together. Go to our website - [www.goodvitality.com](http://www.goodvitality.com) - to place your order.

In the next newsletter, we'll be looking at the homeopathic detox kit and protocol - just the thing after Christmas! If you can't wait, then check out [www.goodvitality.com](http://www.goodvitality.com) where you'll find the kit for sale.

**If so, send us an email and we'll put you on the distribution list!**



## Your Say

Every week, the Good Vitality team get letters and emails from customers, telling them about the effectiveness of a certain product or protocol, or offering hints, tips and personal experience of getting the most from Good Vitality products.

Mr B has contacted the team since the last newsletter, telling us about his method of curing mouth ulcers.

He writes: *"I've had a persistent ulcer in my mouth that nothing was shifting. My wife suggested that I try some Colloidal Silver. To ensure that the Colloidal Silver actually stayed on the ulcer, I soaked a piece of cotton wool in the solution, and then put that right over the ulcer. After a couple of days, the ulcer disappeared completely - such a relief!"*

It's obviously a mouth-month as we were contacted by a gentleman with a case of oral herpes. Once again, nothing was helping him - however, he found his own solution.

*"Thanks to the herpes, I have been enduring a massive sore inside my mouth for some weeks. In desperation, I turned to my Zapper. Connecting the electrodes to stainless steel spoons, I placed one spoon inside my mouth over the sore and the other spoon on the other side of my cheek. And, what do you know? The Zapper zapped the sore into oblivion!"*

It's great to hear that our patients are getting such good results from our products - and it just goes to show that there are a hundred and one different ways of using the same product in different situations. Keep your stories coming!

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## Making Colloidal Silver

As many Good Vitality customers will know, Colloidal Silver has hundreds of different applications from healing paper cuts to clearing stubborn and persistent infections. The purer the Colloidal Silver solution, the more effective it will be.

Colloidal Silver solution is easy to make at home, but to ensure that you are getting the best possible quality, we would recommend using a starter solution.

Such a solution will assist in the production of the purest form of Colloidal Silver (Golden Colloidal Silver) and make the quality of your home made Colloidal Silver more reliable.

The starter solution can be purchased from Good Vitality's website and costs £8.00.



## Beck's Training Day

Early next year, Good Vitality will be holding a very special training on the use and applications of the Beck's Zapper.

The day will be for anyone with an interest in the Becks Protocol and there is no need to have any prior knowledge of how it works, nor detailed medical knowledge.

All attendees will be given a certificate and have their names published on the Good Vitality website to show that they've undertaken the relevant training.

Topics to be covered will include:

- Becks Zapping
- Colloidal Silver making
- Use of Ozone
- Magnetic pulsing

There will be demonstrations of the above topics and plenty of time for questions and answer sessions.

To register your interest in attending this special event, please contact the Good Vitality team either by email - [info@goodvitality.com](mailto:info@goodvitality.com) - or by telephone: 01293 466244.

## Good Vitality

11 Hylands Close, Crawley, West Sussex RH10 6RX  
01293 446244  
[www.goodvitality.com](http://www.goodvitality.com)