

## Tackle your Health and Wellbeing Now!

*Support for the healing of stress-related ailments:*

- Chronic fatigue
- Digestive issues
- Stress; Hypertension
- Insomnia
- Depression
- Sports injuries
- Back Pain
- Trauma
- Pain, inflammation

*Pro-Active support for:*

- Anti-Aging
- Learning and Mental focus
- Athlete performance
- Spiritual development



- PhD (Immunology)
- Diploma in Biofeedback
- Natural Therapies Practitioner
  - ◆ Quantum Biofeedback
  - ◆ The Liquid Crystals
  - ◆ Mineral Therapy (Tissue Salts)
  - ◆ Essential oils
  - ◆ Reiki

**LISA WILLIAMS (PhD)**  
**Natural Therapies**  
**Practitioner**

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**A Natural, Sensible  
Approach to Reducing  
Stress & Maintaining  
Balance, Health and  
Vitality**



**LISA WILLIAMS (PhD)**  
**Natural Therapies**  
**Practitioner**

**Naturally Resilient  
Health & Wellbeing**

# HOMEOSTASIS: Self Regulating Health, Vitality & Balance....

## Health in Balance

Do you have the energy level that you desire?  
Are you constantly tired, running to catch up,  
fighting sickness or recurring niggling injuries?  
Are you aging gracefully?

Stress & 21st century living can take its toll.  
Most of us don't notice our health or vitality  
has deteriorated until it's been happening for a  
long time and symptoms start to appear.

Emotional stress impacts the body; physical  
stress impacts our emotional state & sense of  
wellbeing—the two are linked.

Time and the right support can help you get  
your vitality back!!

## Mineral Therapy

The human body is made up of minerals.....they  
underpin the tissues & all the major metabolic  
processes in the body. When they are in excess,  
deficient, or un-balanced the body may not be  
functioning perfectly....

Combinations of twelve mineral salts identified as  
vital to body function naturally supports healing &  
restores vitality.

The Active Elements® formulas combine physical &  
homeopathically prepared mineral salts, linking the  
energetic & physical properties of the mineral  
elements.

A simple, free online questionnaire can identify the  
perfect combination to help restore YOUR health!!

Tel 027 448 0468 or email [lisawnz68@gmail.com](mailto:lisawnz68@gmail.com) for  
more details

## Indigo-Quantum Biofeedback

A high-tech device that measures super-sensitive  
stress reactions to >11,000 items interacting with  
the human body, giving a profile of stress factors  
relating to your lifestyle & wellness.

Specifically tailored programmes then promote stress  
release in the body. Subtle changes in the human  
energy field affect physical, mental, emotional and  
spiritual aspects of health leaving you feeling  
revitalized, balanced and with more energy.

Indigo sessions promote greater resilience in the body  
and mind, bring about balance & relaxation, stimulate  
healing and are Anti-Aging.

### Benefits include:

- ◆ Ability to relax more quickly;
- ◆ Improved sleep; Decreased pain/headaches
- ◆ Reduced stress, tension, anxiety;
- ◆ Enhanced tissue healing; muscle mobility &  
flexibility;
- ◆ Enhanced mental clarity, memory, focus
- ◆

Biofeedback sessions are relaxing, completely  
confidential and combine well with other natural or  
medical healing modalities.

**Indigo Session (2h)**

**\$160**

## The Liquid Crystals

A Global Vibrational Therapy\* based on the Natural  
Minerals of Earth; they awaken & support harmony,  
health & balance on all levels of Life.

The mineral properties of crystals, coupled with their  
geometric structure & colour, provide an energy that  
we can benefit from ...

Imprinting a mineral's unique vibrational healing  
signature into water and holding it there with its own  
natural geometries gives it life as a liquid, that can be  
safely taken into the body to effect healing....

*“ The Liquid Crystals are a path to Rediscover,  
Revitalise and Recharge your spirit, Senses and  
Physical being; Embrace Earth Healing”*

TLC are available in easy to use dropper bottles, with  
prescribed doses taken over a 21 day period.

1 x 20mL TLC	\$12.50
1 x TLC Trinity	\$30.00
Consult (per 30min)	\$40.00

\*[www.theliquidcrystals.com](http://www.theliquidcrystals.com)

## Seraphic Energy Healing

Powerful energy healing with universal healing  
energies from the *Seraphic Light Sequence*.

Light energy healing for beyond 2012....

Aimed at assisting in your vibrational shift.

Hugely relaxing; promotes physical  
regeneration; aids emotional integration and  
eases mental tension....

Give yourself a new vista on life!

**Seraphic Light Hands-on-healing (1h) \$80**