Meir Schneider’s Latest UK Tour

Meir Schneider PhD LMT is an internationally acclaimed health educator, author, pioneer therapist and founder of the non-profit School for Self-Healing in San Francisco. Schneider will teach a nine day self-healing class at Loudwater Farm near London, November 19-27, 2005. Integrated movement, massage and vision improvement therapies combined with visual imagery and proper breathing techniques create a powerful, intuitive and effective regimen for improving health and function.

Meir Schneider’s newest book Movement for Self-Healing: Essential Resource for Anyone Seeking Wellness reveals techniques to unlocking the body’s ability to heal. His recent multimedia release The Natural Vision Improvement Kit offers Schneider’s innovative methods for exercising your eyes back to health.

Further Information
Please contact Aileen Whiteford on Tel: 01877 581-9337; vision.education@btopenworld.com; www.self-healing.org

Goji Berry - New Super Food

Extreme Health Inc. has introduced Wild Tibetan Goji sun-dried berries, perhaps the most powerful antioxidant whole food. Research indicates that the little red berry, grown in the Himalayas, provides numerous health benefits that can help increase life span.

Packed with more beta-carotene than carrots, more iron than spinach, more vitamin C than oranges, plus B vitamins, vitamin E, 18 amino acids and 21 trace minerals, the Goji berry may be the world’s most nutritionally dense food, according to Earl Mindell PhD in his recent book, Goji: The Himalayan Health Secret. Furthermore, Goji berries are rich in linoleic acid and beta-sisterol (an anti-inflammatory).

Other health benefits of Wild Tibetan Goji Berries:
• Fortifies the immune system;
• Promotes normal heart function and blood pressure;
• Helps improve memory;
• Clears complexion, promotes youthfulness;
• Anti-inflammatory, anti-fungal and cleansing.

Further Information
Extreme Health’s Wild Tibetan Goji Berries, available in 5 oz. and 16 oz. bags, can be ordered on the www.extremehealthusa.com

Paul Chek Exercise and Nutrition Seminars

Paul Chek HHP NMT is a prominent expert in the field of holistic health and corrective and high performance exercise. Paul’s unique, holistic approach to treatment and education has changed the lives of countless clients, students and peers.

The CHEK Nutrition and Lifestyle Certification Programme looks at symptoms of disease and stress and how they can be prevented through principles of proper eating, exercise and stress management. The programme provides tools to not only assess your clients, but also allow you to determine their readiness for change. The CHEK Certification Program produces the finest and most highly trained exercise therapists and strength and conditioning specialists in the world. Unlike many other certification programme for exercise professionals, the CHEK Certification Programme is completed in four blocks of intensive modules, taught in a focused small-group setting, followed by examinations at the completion of the course work.

Further Information
For further product and course enquiries and to receive your free interview CD please contact: info@paulchekseminarsuk.com

Holistic Health Centre

Harmony Pharmacy in mid Sussex offers natural therapies, organic wholefoods, chemical free make-up and biodegradable products as well as a full traditional pharmacy and dispensing service. The centre is thought to be the only one of its kind in the district and is the culmination of years of commitment to natural healthcare by qualified pharmacist David McCarthy, who is supported by fellow pharmacist and business partner Neil Sinclair and manager Dianne Barton. Further information Tel: 01444 483130; www.harmonyprepharmacy.co.uk

Essential Oil Body Patch

Essential Oil Patch Therapy™ is a new concept designed to deliver an alternative for those who are bored of taking pills, or using oils, lotions and balms to combat their everyday ailments. Naturopatch™ comes in the form of an easy-to-use gel patch that works with your body chemistry to provide safe and natural relief. The patches come with Arnica, Bergamot, Lemongrass, Eucalyptus, Tea Tree and Rose Geranium and contain no artificial products, animal products or harsh chemicals.

Further information Tel: 01737 700020; www.Naturopatch.co.uk