

HEALTH CARE IS SELF CARE

Health is the result of Healthful Living. When people live in harmony with their physiological needs, health is the inevitable result. By supplying the body with its basic requirements (natural unadulterated food, sunshine, clean fresh air, pure water, appropriate physical, emotional, mental and spiritual activities and a productive lifestyle) while simultaneously eliminating all harmful factors and influences, the self-constructing, self-preserving and self-healing qualities of the body are given full reign, for a long and happy disease and sickness free life.



YOUR HOSTS

BILLY — Has been a staff member at various Health retreats and resorts world wide, including work with Dr. Ann Wigmore at her Research and Educational Foundation in Boston U.S.A. (ex Hippocrates Health Institute). He commenced his training in Health and Nutritional Science (Natural Hygiene) in 1975.

WENDY — Has a broad knowledge of various meditation and relaxation techniques, is a qualified Swedish Masseuse, Shiatsu Therapist, Reiki Channel and Sports Science Instructor.

DO IT NOW

Implement the conditions of health in your life.



Overcome bad habits such as tobacco, coffee, drugs and alcohol



Revitalize your nerves and rejuvenate your cells



Free yourself of the many false notions about diet and health



Learn and apply simple methods for high energy nutrition and vibrant health in beautiful quiet surroundings, with fresh sea breezes, a glorious ocean view and superb sunny days.

HEALTH EXCELLENCE ON A BUDGET

ALL INCLUSIVE: Meals, Informal Daily Classes, Airport and Bus, Pickup and Return

Shared Room (2 beds)

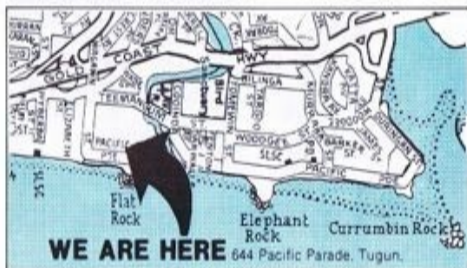
Daily — \$48
Weekly Sun (pm) — Fri (pm) — \$240
Weekend Fri (pm) — Sun (pm) — \$96

Private Room (add 25%)

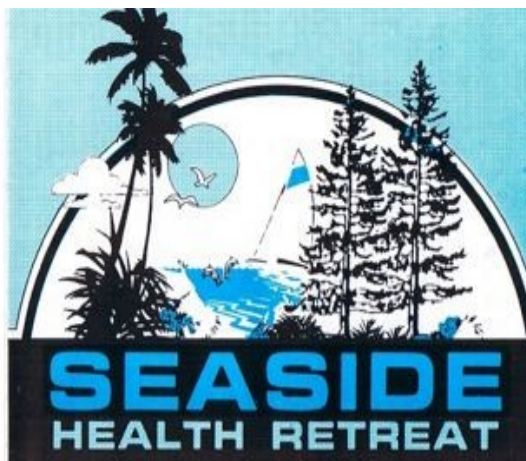
Extended Stay

Daily Rate [7 - 14 days — \$44
14 days and over — \$40

As the retreat only accommodates limited numbers, you are assured of lovingly individualised care for your special health needs. Please book early.



WE ARE HERE 644 Pacific Parade, Tugun.



OFFERING

Living Foods Lifestyle Program
Supervised Fasting
Detoxification Program

644 Pacific Parade, Tugun, Qld. 4224
Postal: P.O. Box 321, Palm Beach, Qld. 4221.
PHONE: (075) 341 814

SEASIDE HEALTH RETREAT

A health holiday retreat nestled amongst bushland on the side of a hill overlooking the beautiful, quiet beaches of Currumbin and Tugun.

Take time to rest and relax, go beachcombing, sunbathe, swim in surf or nearby calm estuary waters.

Come touring through Currumbin Valley and unspoilt rainforest, (only 20 min away) enjoying waterfalls, rockpools and a delicious picnic lunch by the creek.

The Currumbin Bird and Wildlife Sanctuary where you can feed the birds and cuddle the kangaroos, is conveniently situated just around the corner.

LIVING FOODS LIFESTYLE PROGRAM

Incorporated into your stay here is our Learn-By-Doing Educational Program designed to have you gain first hand experience in starting and continuing a totally effective, optimal health maintenance system in your own home, by showing you how it is done here.

Informal Classes Include:

- Safe, Permanent, Weight-Loss method
- Food Combining for superior digestion
- Body Cycles and Energy
- Menu Planning and Food Preparation
- Simple indoor/outdoor Gardening and Composting methods for high-energy sprouts and salad greens
- Strengthening the Immune System
- Wheatgrass
- Toxemia and Disease
- Art and Science of Fasting
- Stretching and Exercise
- Massage and Reflexology
- Meditation and Creative Visualization
- Goal Setting and Personal Motivation

MEALS

Luscious ripe fruits, succulent fresh vegetables, delectable nuts and seeds, hearty whole grains and super sprouts comprise the raw ingredients in the diet.

These are then transformed into gourmet delights and tantalising treats full of vibrant colours, enticing the taste buds and so wonderfully healthy.

SUPERVISED FASTING/DETOXIFICATION PROGRAM

In a loving and tranquil atmosphere, under supervised care, you rest and relax, spending as much time in bed as you feel inclined. The first few days of detoxification usually occasion an unusual amount of sleep during which time lots of nerve energy is built up.

Fasting is the most effective and rapid way to enable the body to overcome problems, to detoxify and to restore itself to high-level function. Nerve energy is the key to revitalisation. In an atmosphere that enables you to easily generate this precious energy and drains you of none, your recovery to greater health, heightened sensory awareness and a new zest for living is quite rapid.

Fasting is the complete abstinence from food except water and perhaps, on occasion, some lemon juice.

Fasting is a comfortable experience for most people. After a few days of fasting there is little or no desire for food and the cravings for nicotine, alcohol, caffeine and other addictive drugs virtually ceases.

We advise our guests to plan their stay so that the period of re-feeding after the fast is as least equal to half the duration of the fast.

There is no easier way to make the transition to a more healthy lifestyle than by fasting.

BEING HEALTHY IS BEING HAPPY

Make yourself at home here and enjoy:-

- Latest Health videos, Tapes and Books
- Talks and discussion periods
- Nearby winter heated swimming pools
- Racing bikes, sports and games
- Relaxing afternoon massages
- Siestas in a hammock
- Sing-Songs and smiling faces
- Candlelight dinner under the stars.



REGISTRATION FORM

NAME: Mr, Mrs, Miss _____

ADDRESS: _____

HOME PH: _____ WORK: _____

AGE: _____

PROGRAM INTEREST

- Living Foods Lifestyle
- Supervised Fasting/ Detoxification
- Rest and Relaxation

HEALTH GOALS

- Weight-Loss
- Stop-Smoking
- Detoxification
- Overcoming Addictions and Bad Habits
- Fitness
- Dietary retraining, Health Education

Other: _____

ARRIVAL

Date: _____ Time: _____

Details: _____

Pickup and Return from Coolangatta Airport or Inncercity Bus Stop No. 4 at Tugun available at your request.

DEPOSIT

A deposit of \$50 is required to secure your reservation, (payable with registration). Your deposit is fully refundable if two weeks notice is given prior to your intended arrival.

Deposit Enclosed

DEPARTURE DATE

Extended stay at the retreat at the reduced rate is available for those who would like to continue the program for extra re-inforcement and greater detoxification.

Date: _____