Improving Reproductive Outcomes

with care for both partners before conception.

Janette Roberts  B.Pharm (Hons) Dip. Clinical Nutrition
Feb/March 2008

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Discussion

• Historical

• Current research
  – Foresight Association
  – Prof David Barker Southampton University (UK)
  – The Jocelyn Centre (Sydney Australia)

• How effective?

• What’s involved
  – Self-help measures
  – Supporting products
  – Practitioner-guided care
Historical precedents

- Ancient Greeks and Romans
- Tribal societies
- Farmers, stockbreeders, veterinarians
- Foresight Association for the Promotion of Preconceptual Care (UK 1978)
“Preventing heart disease and Type 2 diabetes needs to begin before a baby is even conceived.

Research has found low birth-weight babies to be at increased risk of heart attacks, strokes, diabetes, high blood pressure and osteoporosis.” *

*Professor David Barker University of Southampton
Professor David Barker

- Professor of Clinical Epidemiology at the University of Southampton's Developmental Origins of Health and Disease research centre (DOHaD)
- Professor in the Department of Medicine at Oregon Health and Science University
- Awarded a CBE in the 2006 New Year's Honours list. The award recognises his pioneering medical research work on the links between low birth weight and the later development of disease.
Key researchers:

- Derek Bryce-Smith (UK) – zinc/heavy metals
- Elizabeth Lodge-Rees (USA) – toxic metals
- Arthur & Margaret Wynn – smoking and alcohol
- Dr Ellen Grant – oral contraceptives, exogenous hormones, GUIs
- Mrs Colleen Norman – Natural Family Planning
- Mrs Enfys Chapman of PEGS – pesticides
- Dr John Dickerson (Surrey Uni) - supplements
- Dr Neil Ward (Surrey Uni) – hair analysis
- Belinda Barnes - Founder
Foresight achievements

• Original research
• Own laboratory
• Foresight supplements
• Foresight Resource Centre
• Foresight Reference Library
• Foresight publications – include thousands of references to published research

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Foresight Study #1 - 367 couples

- No previous adverse history: 41%
- Infertility (1-10 years): 37%
- Miscarriage: 38%
- Therapeutic termination: 11%
- Stillbirth: 3%
- Low birth weight: 15%
- Malformation: 2%
Foresight # 1 - at end of 2 years...

- 89% had a healthy baby
- 81% of infertile couples had a baby
- no births before 36 weeks
- no baby lighter than 5lb 3oz. (2368g)
- no miscarriages
- no perinatal deaths
- no malformations
- no baby in intensive care
Foresight Study #2 – 1067 Couples

- Miscarriage rate 3.5%
- Malformation rate 0.47%
- 7lb 11oz (3487g) average birth weight
- Only 4.6% of the babies weighed under 5lb 8oz (2410g), compared to normal 9% of babies under this weight.
- When couples resorted to IVF, or other assisted reproductive technologies, after completing their preconception preparation, the average success rate was 43.5% compared to an expected rate of 22.6%.
The Jocelyn Centre

- Australia's first integrated fertility clinic
- Founded by Francesca Naish
- Specialist in fertility issues since 1975
  - Naturopaths
  - MDs
  - Counsellors
  - Midwife/birth educator
- Research in conjunction with University of New England, Australia
Books: Jan Roberts & Francesca Naish

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Care before conception

MEANS …
Better reproductive, infant & long term health

- Optimal fertility
- Healthy, full-term pregnancy
- Short, straightforward labor
- Appropriate bonding
- Successful long-term breastfeeding
- Beautiful, bright, happy, healthy baby
- Ongoing physical/mental health for lifetime of individual
- Truly effective wellness-focused care
Care before conception means PREVENTING THIS..
Current statistics

- Infertility — 1 in 6
- Miscarriage — 1 in 4 (?)
- Toxaemia — 1 in 10
- Premature — 1 in 10
- Abnormality — 1 in 30
- Post-natal depression — 1 in 3
- Breastfeeding at 12m — 1 in 10 (WHO = 2 yrs)
- Learn/behavior problem - 1 in 10
- Asthma — 1 in 5 (doubled in 10 years)
- Average male 11.2 years chronic disability
- Average female 13.6 years chronic disability
<table>
<thead>
<tr>
<th>Immunological Imbalance</th>
<th>Inflammation</th>
<th>Leaky Gut</th>
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<td>Oxidative Stress Disorders</td>
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<td>Dyspraxia</td>
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<td>Epilepsy</td>
<td>Eczema</td>
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<td>Infection</td>
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<tr>
<td>Schizophrenia</td>
<td>Learning Delay</td>
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<tr>
<td>Ulcerative Colitis</td>
<td>Sensory Processing Disorder</td>
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</tbody>
</table>
Preconception healthcare

• For both partners

• For a minimum period of four months before conception
  – sperm take up to 116 days to form
  – ova are susceptible to damage for 100 days prior to ovulation

• Abundance of essential ‘building blocks’

• Absence of any potential toxicity
Addressing all stressors
Balancing the effects of nutritional stress

Out of balance

Whole foods
Organic
Protein
Nutrients

Balance
Are you zinc deficient?

Researchers now believe that zinc deficiency is the most widespread deficiency in the developed world!
Zinc is the most important trace element

“If a new drug had been discovered with this broad range of properties, it would have been hailed as the discovery of the century.”

Professor Derek Bryce-Smith
Dept. Organic Chemistry, Reading University UK
Zinc deficiency

CSIRO study

• 67% Australian men - below RDA
• 85% Australian women - below RDA
Zinc deficiency

• Uni. Queensland study 1999

• Two thirds of Australian children are zinc deficient
  – zinc deficiency may begin in utero, particularly after use of ‘the ORAL CONTRACEPTIVE pill’
Zinc involved in 200 enzyme systems …

- Fertility
- Adequate sexual function
- Taste perception
- Immune system (formation AND function)
- Brain (formation AND function)
- Collagen formation
- Optimal growth
- Wound healing
Zinc deficiency implicated in...

- Low libido (no sex drive)
- Infertility
- Stretch marks
- Toxemia
- Poor fetal growth
- Premature birth
- Congenital defects
- Prolonged labor
- Postnatal depression
- Cracked nipples

- Poor maternal instinct
- Irritable, jittery baby
- Poor taste perception
- Anorexia
- Compromised immunity
- Learning/behavior problems
- Slow wound healing
- Malabsorption
- Delayed growth (maturation)
- Chronic illness (incl. diabetes, cancer)
Zinc – lost/increased needs

- Non-organic farming
- Refined grains (white flour, sugar)
- Alcohol
- Diuretics (e.g. caffeine)
- Smoking
- Detoxification – (e.g. heavy metals- mercury, lead)
- Growth, pregnancy, breastfeeding
- Stress, illness,
- Oral contraceptives, iron supplements
Replace oral contraceptives

• Femmenessence MacaHarmony
  – Regulates cycles
  – Corrects amenorrhoea
  – Acts via HPA axis
  – 29-day cycle for optimal reproduction

• Advise on Natural Fertility Management
Sources of zinc

- Whole grains
- Meat
- Oysters
- Brewer’s yeast
- Wheat germ
- Fruit
- Vegetables
- Nuts
- Fish/shellfish
- Poultry
The Zinc Taste Test

- Strong, unpleasant taste – promptly = *adequate status*
- Dry mineral, sweet or furry, delayed taste = *marginal status*
- No taste (like water) = *zinc deficient*
Zinc - one of 40+ essential nutrients

- Zinc is just one of 40+ essential nutrients
- Zinc deficiency never occurs in isolation
- The factors contributing to zinc deficiency can be attributed to modern living
  - Diet
  - Lifestyle
  - Environment
  - Attitude
NFM range for practitioners

1. Multi + Mineral
2. Calcium/Magnesium
3. Zinc
4. Selenium
5. Omega Formulation
6. High Potency C
7. Detoxification

Modern diets...the problem

- Nutritional deficiencies
  - Refined food/processed food
  - Non-organic food
  - Fast food
  - Overeating
  - Missed meals
  - Fad diets

- Inappropriate balance – Protein:Carbohydrate:Fat
Organic / inorganic food comparison
Firman E. Baer report, Rutgers University

Calcium
parts per million

<table>
<thead>
<tr>
<th></th>
<th>Tomato</th>
<th>Beans</th>
<th>Cabbage</th>
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<tr>
<td>Inorganic</td>
<td></td>
<td></td>
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<tr>
<td>Organic</td>
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<td></td>
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Organic / inorganic food comparison
Firman E. Baer report, Rutgers University

Manganese parts per million

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<th>Food</th>
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<th>Organic</th>
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<td>2</td>
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<tr>
<td>Beans</td>
<td>1</td>
<td>60</td>
</tr>
<tr>
<td>Tomato</td>
<td>3</td>
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</tbody>
</table>
Organic / inorganic food comparison
Firman E. Baer report, Rutgers University

Iron parts per million

<table>
<thead>
<tr>
<th>Food</th>
<th>Inorganic</th>
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<td>Spinach</td>
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<td>2000</td>
</tr>
<tr>
<td>Tomato</td>
<td>100</td>
<td>2000</td>
</tr>
</tbody>
</table>
Modern diets…the solution

- Whole/unrefined
- **Organically grown/produced**
- Avoid products containing unfermented soy/pasteurised milk
- Avoid products containing sugar/white flour
- Avoid products containing chemicals
- Avoid GM products
- Take comprehensive nutritional support – no single nutrients
Modern diets...the solution

• Balance Protein: Carbohydrate: Fat 40:30:30

• Staying in ‘The Zone’

• Balances 2 key hormones
  – Insulin
  – Glucagon
Insulin

This anabolic ‘saving’ hormone tells body to...

• Use glucose for fuel
• Store fat
Glucagon

This catabolic ‘spending’ hormone tells the body to...

• Burn fat
Insulin and glucagon in balance...

- Body/mind at peak efficiency
- Mental clarity
- Emotional stability
- Normal appetite
- Fat burning
- Protection against disease
- Better performance/endurance
- Improved healing
Achieving the balance...

1. Work out protein requirements
2. Balance protein with carbohydrates
3. Add healthy fats/oils
4. Drink 8 x 8oz glasses of purified water (2 quarts = ½ gallon) daily
Select your protein...

- **At each meal** - portion the same *size and thickness* as the palm of your hand

- **At each snack** - portion *one third* the *size and thickness* of the palm of your hand
Types of protein (all organically raised/fed)

- Lean meat
- Poultry
- Wild game
- Nuts/seeds/legumes/grains (combine for vegetarian)
- Fish (cold water)
- Dairy (raw milk)
- Eggs
Balance protein with carbohydrates (eat most - low glycemic)

<table>
<thead>
<tr>
<th>Protein Sources</th>
<th>Carbohydrate Sources</th>
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<tbody>
<tr>
<td>Asparagus</td>
<td>Apples</td>
</tr>
<tr>
<td>Cabbage family</td>
<td>Apricots</td>
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<tr>
<td>Capsicum</td>
<td>Cherries</td>
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<tr>
<td>Chick peas</td>
<td>Grapes</td>
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<tr>
<td>Eggplant</td>
<td>Melons</td>
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<tr>
<td>Lentils</td>
<td>Oranges</td>
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<tr>
<td>Lettuce</td>
<td>Peaches</td>
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<tr>
<td>Mushrooms</td>
<td>Pears</td>
</tr>
<tr>
<td>Onions</td>
<td>Strawberries</td>
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<tr>
<td>Balance protein with carbohydrates (eat reduced amounts - high glycemic)</td>
<td></td>
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<tr>
<td>---------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>• Baked beans</td>
<td></td>
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<tr>
<td>• Carrots</td>
<td></td>
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<tr>
<td>• Corn</td>
<td></td>
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<tr>
<td>• Peas</td>
<td></td>
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<tr>
<td>• Potato</td>
<td></td>
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<tr>
<td>• Sweet potato</td>
<td></td>
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<tr>
<td>• Banana</td>
<td></td>
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<tr>
<td>• Dates</td>
<td></td>
</tr>
<tr>
<td>• Figs</td>
<td></td>
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<tr>
<td>• Fruit juices</td>
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<tr>
<td>• Biscuits</td>
<td></td>
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<tr>
<td>• Bread</td>
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<tr>
<td>• Doughnut</td>
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<tr>
<td>• Muffin</td>
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<tr>
<td>• Pasta</td>
<td></td>
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<tr>
<td>• Rice</td>
<td></td>
</tr>
<tr>
<td>• Tacos/tortillas</td>
<td></td>
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<tr>
<td>• Relishes</td>
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</table>
Meal examples

• Animal protein = 1/3 of your plate, then select low-GI carbohydrates = 2/3 of your plate
e.g. beef and vegetables (1:2 ratio)

• Animal protein = 1/3 of your plate, then select high-GI carbohydrates = 1/3 of the plate
  e.g. chicken breast and pasta (1:1 ratio)

• Vegetable protein = 1/2 of your plate, then select low-GI carbohydrates = 1/2 of your plate
  e.g tofu/vegetables and lentils (1:1 ratio)

• Vegetable protein = 1/2 of your plate, then select high-GI carbohydrates = 1/3 of the plate
  e.g. tofu and rice
Add...healthy fats/oils

- Cooking - olive, sesame oil
- Seeds - flax, pumpkin, sesame
- Nuts - almonds, hazelnuts, walnuts
- Avocado
- Organic/soya mayonnaise
- Dressings - flax, pumpkin, walnut, olive oil
- Coconut oil
Avoid these oils/fats

- Fatty red meat
- Fried food
- Organ meats
- Delicatessen meats
- Saturated fats
- Polyunsaturated oils
Why are oils/fats necessary?

• Reduce insulin response
• Turn on ‘I’ve eaten enough’ switch
• Component of all cell walls
• Absorption of fat soluble vitamins
• **Precursor of hormones** & other highly biologically active substances
Mood and food

• Folate - part of B-complex group
• B Vitamins - whole grains (missing from refined grains)
• Omega-3 EFAs – fish
• Zinc
Himalayan Crystal Salt

- Re-mineralizes the body with 84 minerals and trace elements
- Ionic/colloidal form assists in cellular absorption of minerals (angstrom size)
- Replenishes electrolytes and helps to balance the body’s pH
- Significant positive changes in respiratory, circulatory, organ connective tissue and nervous system functions.
Creating balance – alkalising

- Modern diets and lifestyles lead to acid pH in body
- pH for optimal wellbeing = 7.3 (slightly alkaline)
- Appropriate acid/alkali balance created by diet which is high in plant-based products
- pH Quintessence™ (pure 100% organic alfalfa) supports appropriate dietary modification
Balancing the effects of lifestyle/environmental stress

Out of balance

Balance

Water
Detoxification
EMR
Pollution

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Lifestyle … the problem

- Alcohol
- Caffeine
- Cigarettes (4,000 chemicals)
- Pharmaceutical drugs
  - Prescribed (incl. oral contraceptives)
  - Over-the-counter products
- Recreational drugs
Environment ... the problem

- 20,000 chemicals in food production
- 4,000 chemicals in food supply (10% on labels)
- Bathroom (12 products = 175 chemicals)
- Kitchen
- Laundry
- Garage / toolshed
- Office (photocopying, air conditioning, fluorescent lighting)
- Workplace (industry/agriculture)
Personal care (175 chemicals daily)

- Parabens Methyl, propyl, butyl and ethyl paraben
- Propylene glycol
- Sodium lauryl sulphate
- Isopropyl alcohol
- Phthalates
- DEA (diethanolamine)
- TEA (Triethanolamine)

- Formaldehyde
- Imidazolidinyl urea
- DMDM hydantoin
- Petrolatum/Mineral oil
- Lanoline
- PABA
- Fragrances
- Colouring agents

http://betterbabies.well4life.com.au
• Sodium bicarbonate
• Borax
• Salt
• White vinegar/hot water
• Lavender oil
• Citronella oil
• Companion planting
Heavy metals – the problem

- Lead – residues of leaded petrol, old paint
- Mercury - dental amalgam, vaccines
- Cadmium - cigarette smoke
- Aluminum - cookware
Electromagnetic stress – the problem

- Computers
- Mobile and cordless phones
- Wireless hotspots
- Video games
- Electric blankets
- Water beds
- Electric motors
- Fuse boxes
- High voltage power lines
- Cosmic radiation (flying)
Electromagnetic stress – the solution

- Turn off monitor/move away
- Laptop or LCD (AVOID LAPTOP IN LAP)
- No EMR in bedroom
- Shield for mobile phone (NO MOBILE PHONE ON HIP OR IN POCKET)
- Protective devices for PCs and electrical goods
- Personal protective devices
- Anti-oxidants, herbs, homeopathics,
Lifestyle stressors – detoxification

- Anti-oxidant nutrients
- **Purified water - 2 litres daily (e.g. Wellness Filter)**
- Onions and garlic
- Specific foods - e.g. asparagus, eggs, citrus fruits, butter (for mercury), yoghurt, legumes
- Dandelion root coffee
- Aerobic exercise
- Practitioner-guided detoxification
Why 2 quarts water daily?

• 75% of the body
• 80% of the brain
• 90% of the blood
• Transports nutrients
• Removes toxins
• Wellness Water does it better
Wellness Filter

- Natural purification processes + advanced technology
- Removes harmful contaminants
- Enhances the water via patented process
- Essential minerals/anti-oxidant effects
- Complex microcrystalline structure
- Documented by research scientists

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Wellness Shower

- Effectively reduces up to 99% of Chlorine for 24 months
- Increases hydration of skin and hair by 115%
- Used by the #1 Health Spa in the world
- Antioxidant effect assists repair of damaged skin and hair
- Supports body’s ability to resist bacteria & fungus
- Wellness Wand/Carafe/Shower/Kitchen/Home
- 10% discount – quote Jan Roberts or CODE: 17633
Balancing the effects of physical/structural stress

Out of balance

Aerobic
Muscle
Stamina
Massage

Balance

Nutritional
Chemical

Physical
Structural

Mental
Emotional
Spiritual

Electro-
magnetic
Physical/structural stress – the problem

• Lack of muscle-building exercise
• Lack of aerobic exercise
• Poor spinal health (esp. lower back = nerves + circulation to reproductive organs)
• Inappropriate work practices (RSI)
• Injuries (e.g. sports)
• Lack of touch
Physical/structural stress – the solution

- Resistance (weight) training
- Aerobic conditioning
- Flexibility – stretching
- Core strengthening
- Chiropractic/osteopathy
- Regular massage/other body work
Oxytocin

- Secreted into bloodstream (hormone)
- Secreted by nerve endings (signalling substance)
- Uterine contractions, ‘let-down’ reflex, orgasm
- Stimulated by touch, intimacy
- Present in both men and women
- Hormone of calm, love, healing, connection, stress-reduction
- **Sets the stage for attached parenting!**
Balancing the effects of mental/emotional stress

Out of balance

Balance

Stress
Goals
Sleep
Relationship

Nutritional Chemical
Mental Emotional Spiritual
Physical Structural
Electro-magnetic
Mental/emotional stress – the problem

- Poor stress management skills
- Difficult relationships at home/work
- Job - frustrations/challenges/changes
- Juggling career/family
- Sleep deprivation
- No ‘time-out’
- Lack of faith/spiritual beliefs
- Dissatisfaction with sex life (becomes a vicious circle)
Stress depletes these nutrients (and more)

- B-complex vitamins
- Vitamin C
- Vitamin E
- Calcium
- Magnesium
- Zinc
- Potassium
- Sodium
Mental/emotional stress – the solution

- Nutrients
- Adaptogens
- Regular exercise
- Meditation
- Yoga
- Massage
- Acupressure
- Reflexology
- Hypnotherapy
- Herbal medicine
- Time-out
- Restful sleep
- Regular, satisfying sex

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Get started – one step at a time

• Read “The Natural Way to Better Babies – Preconception Healthcare”

• Agree on the program – timeline

• Eat more protein

• Eat fewer grains, more green vegies

• Eat healthy oils

• Test your zinc status and supplement appropriately

• Take nutritional supplements

• Use low toxicity products

• Reduce exposure to EMR

• Drink more water, avoid caffeine/alcohol

• Enjoy regular massage/other bodywork

• Build muscle

• Get more sleep

• Stay positive/reduce stress!

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Practitioner-guided treatments

- Reproductive problems
- Hormone imbalance
- Poor sperm health
- Toxic burden/detoxification
- Digestive health
- Thyroid function
- Immune system

- Candida
- Allergies
- Infections (esp. GUIs)
- Acid/alkali imbalance
- Other chronic health problems
- Natural Fertility Management
- Timing for conception
Products to restore balance

Whole foods
Organic
Protein
Nutrients

Out of balance

Aerobic
Muscle
Stamina
Massage

Balance

Stress
Goals
Sleep
Relationship

Water
Detoxification
EMR
Pollution

Nutritional
Chemical
Mental
Emotional
Spiritual

Physical
Structural
Electro-magnetic

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Books: Jan Roberts & Francesca Naish

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Femenessence™ MacaHarmony™
Revolution Macalibrium™

• For her

• For him
Work through HPA axis to create balance

- Balance hormones
- Support immune function
- Improve ability to deal with stress
- Positively affect nervous/mental function
- Enhance gastro-intestinal absorption
- Balance blood glucose levels/improve stamina
- Revolution Macalibrium™ improves sperm health
Optimal pH for fertility

- Modern diets and lifestyles lead to acid pH in body
- pH for optimal wellbeing = 7.3 (slightly alkaline)
- Appropriate acid/alkali balance created by diet which is high in plant-based products
- pH Quintessence™ (pure 100% organic alfalfa) supports appropriate dietary modification
Support Phase II detoxification

- Enhances body’s normal detoxification mechanisms and removes free radicals
- Helps cells to resist stress
- Helps balance protein and energy metabolism
- Supports skin health
- pH Quintessence™ (pure 100% organic alfalfa) supports appropriate dietary modification
Requirements

- Highly bio-available
- Free from
  - Chemical excipients
  - Solvents
  - Fillers
- Clinically active (e.g. D₂ vs D₃)
- Full spectrum actives
Nutritional support for both partners

- Robust/comprehensive/balanced
  - Trace elements
  - Vitamins
  - Essential fatty acids
  - Amino acids
- Avoid single nutrients (e.g. folic acid, iron, calcium)
- Zinc taste test regularly – supplement as required
- NFM practitioner-only range

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NFM Contraception/Conception Kits

• **NFM Contraception Kit**
  Natural Fertility Management offers you contraception that is healthy and natural.

• **NFM Conception Kit**
  Preparing to conceive a child is a very special time. Natural Fertility Management offers you a way to optimise your chances of achieving a natural, healthy conception, pregnancy, birth and baby.
Wellness Filter

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• Removes harmful contaminants
• Enhances the water via patented process
• Essential minerals/anti-oxidant effects
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Genes4Fertility = individual exercise/lifestyle programs

DNA test (15 genes) reveals:

- Poor Phase 11 detoxification
- Reduced anti-oxidant activity
- Over-active inflammatory response
- Reduced fat burning during exercise, higher BMI and accumulation of body fat.
- Risk of Type II diabetes and/or cardiovascular disease
- Reduced VO2 Max, lowering aerobic performance
- More (specific to fertility)
Websites

- www.naturalhi.com
- www.fertility.com.au
- www.genes4health.com
- www.tonicaustralia.com.au

• jan@well4life.com.au
Improving Reproductive Outcomes with care for both partners before conception.

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Feb/March 2008

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