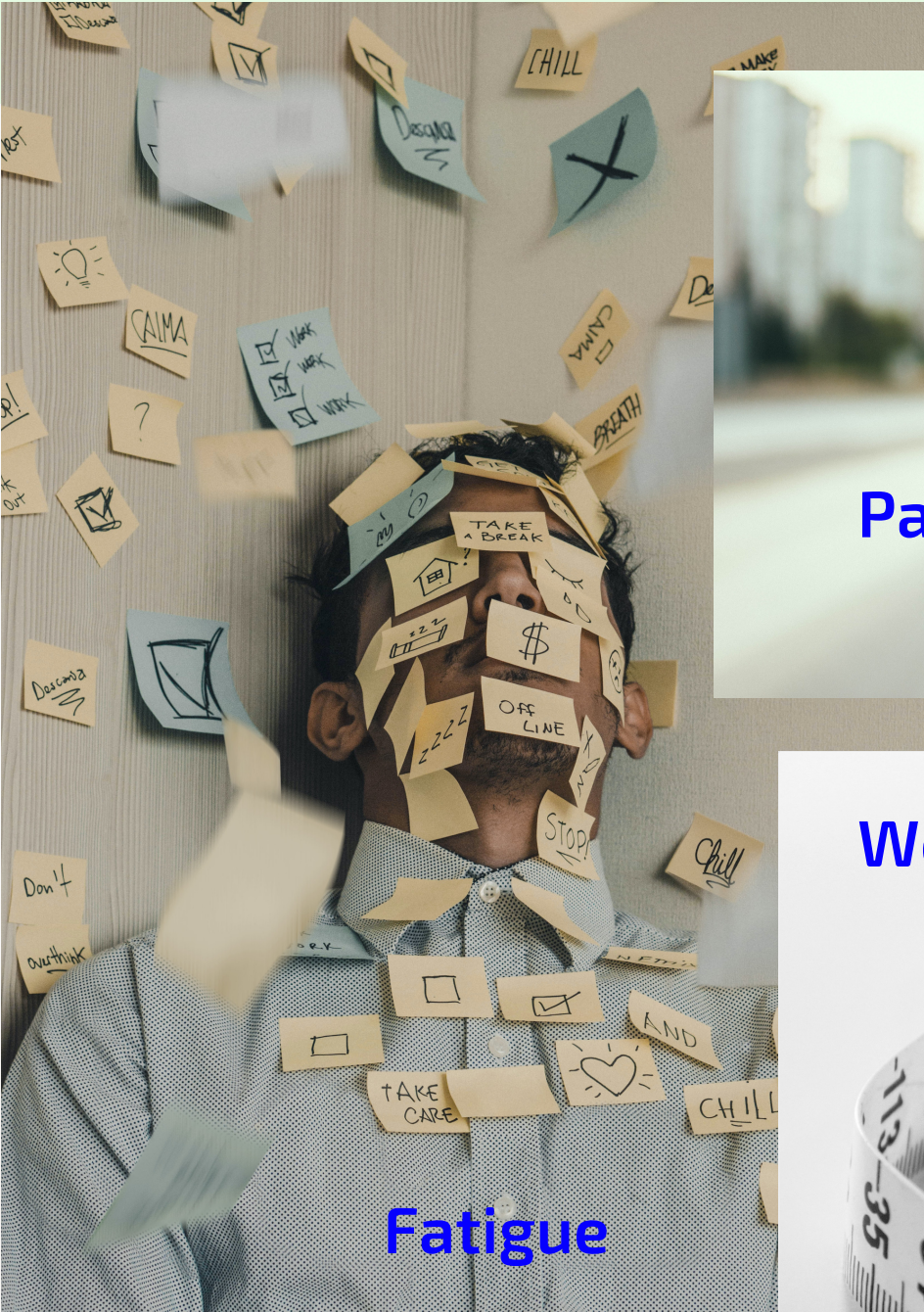


DO YOU EXPERIENCE THESE?



Fatigue



Pain



Poor Sleep



Weight Gain



Swelling



Sickly

THEN YOUR BODY MIGHT BE IN A TRAFFIC JAM



FACT!

Our bodies have a **super highway** in them, and when this gets blocked, we get **SICK** 🤒

The **lymphatic system** is made up of a large network of vessels, lymph fluid, lymph nodes, glands and organs.



Beauty products
Pharmaceuticals



CAUSES:

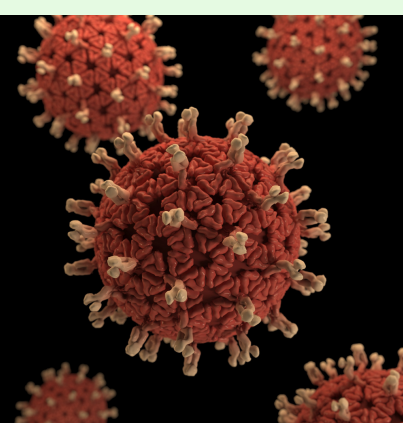
Lack of exercise or movement
Stress & Anxiety
Poor diet



Viruses
Bacteria
Toxins



Chemicals:
- agricultural
- household
- car fumes



WHAT CAN WE DO TO STOP **BODY JAMS**
FROM HAPPENING?

AMINO THERAPY



- works to reset the frequencies within the body to assist in the removal of inflammation, improve flow and liver function
- helps by working directly on nerve cells, called **neurons**, to reset the frequency, ie the speed at which it sends and receives signals, so that normal functioning can return and the body starts its self healing process, like it is designed to do.



CLIENT STORIES:

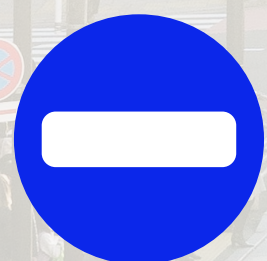


A lady with several investment properties, LOVED to clean with **very strong chemical cleaning products** but she wore no gloves or respirators. She presented with heel pain and arthritic fingers. On examination, I found her **lymphatic and liver to be severely inflamed**. We worked on clearing this and within 3 sessions, she reported an 80% improvement to her foot and hands.

Suzie always had aching legs in the morning and rarely felt rested when she woke. She had **very high levels of cadmium** in her system (from car fumes). Her **lymphatics and liver were also found to be inflamed on palpation**. We helped clear her system and she no longer complains of sore legs, is very much a morning person now as she feels rested when she wakes. 🙏

Several clients with **fibromyalgia** and **chronic fatigue** with a back history of glandular fever said that they never seemed to get fully over. We help the body clear the virus and/or the heavy metals it feeds on, **pain disappears, energy returns and QOL increases 10-fold**.

People with farming backgrounds, particularly those who use **sheep drench** - this is a very toxic chemical. These people can be quite ill, with cancers, Parkinson's-like symptoms, severe fatigue and again with very inflamed livers and lymphatics.



5 TIPS TO GET YOUR LYMPHATIC FLOWING:

1

Find an ANF health practitioner to get your lymphatics checked out

2

Walking gets the lymphatics pumping and helps to unclog the highway

3

Lymphatics get moving with actions like windmilling your arms, jumping up and down, nodding your head etc. to get the lymph moving

4

Do breathing exercises to get your lymphatics to have more flow

5

Remove as many chemical and toxins from your life as possible

