

New For Winter 2010

The Natural Balance Feel Good Plan

Are you tired, stressed and snappy? Fed up of eating rubbish and piling on the pounds? Do you wish you had more time, more money, more space?

NOW is the time to stop... now is the time to make a change.

The **Feel Good Plan** combines the ancient therapy of internal cleansing with a 21st century therapy, NLP, in four personally tailored sessions designed to reconnect your body and mind.

Here's some of the ways in which you'll begin to feel better and more alive:

Learn how you can easily overcome stress and anxiety

The modern world offers us many challenges, and sometimes we find ourselves in situations that demand action – you must respond, do something about a problem immediately, now. Most of the time though, our 'problems' are just in our minds they aren't happening now, we simply keep thinking about them. This obsessive thinking has powerful effects on our health and wellbeing, from disturbed sleep and eating patterns to emotional and physical stress.

The Feel Good Plan is all about feeling good now. You will quickly learn how to quieten your thinking and let go of mind created 'problems' so that you can get on with enjoying life in the moment.

Take control of your eating in 4 easy steps

If you've tried dieting or weight loss plans before you'll know that it takes a lot of will power and restriction to achieve weight loss goals. You'll have set a target and measured your progress weekly (or daily!) and talked about 'being good' and 'being bad'. You probably found yourself thinking about food constantly and straining to resist cravings. On achieving your goal, you'll have felt great and relieved to finally be off the diet. That's usually the point when the weight you lost begins to creep back on again, until you find yourself back where you started.

Now is the time to try something completely different. The Feel Good Plan includes tried and tested NLP techniques that will re-programme your thinking around food. Helping you to eat less, instinctively, so that your desired weight loss happens naturally.

Reconnect mind and body through a unique therapeutic experience

The practice of internal cleansing with water or herbs has been used for thousands of years. Modern colonic hydrotherapy equipment ensures a discrete, hygienic treatment so that you are able to relax completely. Working in harmony with your body, warm water washes the colon to leave you feeling lighter and refreshed inside and out.

So, close your eyes and relax in sumptuous surroundings on a warm, soft couch, let the soothing sounds of tranquil music wash over you and the exotic fragrance of essential oils sink deeply into your senses. Every sensation in this experience is natural, and instinctive, all you need to do is relax deeply...

The Natural Balance Feel Good Plan is available at the special introductory price of £180 for four sessions. A session could be NLP and/or colonic hydrotherapy and will last no longer than 2 hours. Each session will be different and will depend on your particular needs.

For more information about Neuro-Linguistic Programming and Colonic Hydrotherapy from Natural Balance visit www.naturalbalancewirral.co.uk

NLP and colonic hydrotherapy are also available as single sessions or courses.

Remember Bliss Retreat gift letters and vouchers may be redeemed against any Natural Balance services. Ask at reception for more details.

I look forward to helping you to feel good very soon.

Angela

Angela Beasor RGN is a member of The Association and Register of Colonic Hydrotherapists and is a licensed Master Practitioner of Neuro-Linguistic Programming

