

## Supporting Modality: emWave Heart Math

emWave Heart Math is a scientifically validated hardware / software system that teaches techniques to help you create an optimal state in which the heart, mind and emotions are operating in-sync and balanced. This is achieved through a simple process which displays heart rhythm patterns, showing you when you are in this high performance state. We call this optimal state coherence, this is when life is far more manageable and enjoyable.

## Supporting Modality: Counselling

Counselling offers a different perspective and stimulates your own ability to think of creative solutions to problems. Sharing your thoughts and feelings with someone not personally involved in your life can be most helpful. Counselling is excellent for a sense of: increased self confidence, health and well being; improved relationships, greater sense of balance between work and personal life, it can provide comfort to make decisions and resolve conflicts.

## Supporting Modality: Hypnotherapy

Hypnosis is a state of consciousness where the cognitive powers are at rest. It's something that you allow to happen to you, not something that the hypnotherapist does to you. A hypnotic state allows you to experience a deep state of relaxation, peace, calm, harmony and tranquillity. Hypnotherapy and Hypnoanalysis are therapeutic processes that are undertaken by the therapist while the client is in a state of hypnosis.



## Professional Association Memberships

The membership of Professional associations indicates adherence to standards of conduct, proficiency in skills and ensuring that practitioners remain current and satisfy strict standards.

- The Association for Meridian & Energy Therapies (The AMT)
- Member of The Bio-Energetic Research Institute (The BRI)
- Membership of the following associations: Aust. Society of Clinical Hypnotherapists (#1378V), Aust. Hypnotherapists' Association (#309313), Aust. Association of Clinical Hypnotherapy & Psychotherapy (#200304), National Guild Of Hypnotists USA (#32636)
- Australian Counselling Association (#8312)



## Consultation Fees

Standard consultations are 55 minutes in duration and the most current fee structure is published on the website [www.vitalityshift.com.au](http://www.vitalityshift.com.au): extended consultations are available on request. Follow-up consultations are usually 30 minutes.

## Consultation Fee Payments

Consultation fees are payable at the end of the session. We accept cash, eftpos and all major credit cards: MasterCard and Visa.



## Consultation Cancellation Policy

We appreciate that you may need to cancel or re-schedule an appointment, however, please do so with at least 24 hours notice to avoid a cancellation fee.

## Vitalityshift

For more information contact us on:

**mobile:** 0433 273 799  
**local call:** 1300 85 11 08  
**facsimile:** 03 8678 3855  
**email:** [info@vitalityshift.com.au](mailto:info@vitalityshift.com.au)  
**website:** [www.vitalityshift.com.au](http://www.vitalityshift.com.au)

## Consultation Locations

Consultations are strictly by appointment only, there is no need for a GP's referral. Consultations operate from:

St Kilda ~ Vitalityshift St Kilda ~ Stable Health Clinic ~ Suite 14, 22 Alma Road, St Kilda Vic 3182 (near intersection of Nepean Highway and Alma Road, opposite the 7-eleven, off street parking through the white gates, convenient access from the city via trams)

Moorabbin ~ Vitalityshift Moorabbin ~ Rear of 1010 Nepean Hwy, Moorabbin Vic 3189 (located 2 doors south of "Bar-B-Que's Galore", parking in the service lane, closest railway stations: Highett and Moorabbin)



# resolve long-term chronic issues



# vitalityshift ....

..... let us kick-start that for you

# Sick and tired of being sick and tired, change the long-term chronic issues in your life



Vitalityshift provides reliable, high quality, confidential and compassionate assistance to individuals who are sick and tired of being sick and tired, who are seeking to change and rid themselves of long term debilitating chronic issues.

## Long-term chronic issue resolution

Many people whose health problems have not responded well to other approaches respond well to the NES Provision System and as such Vitalityshift has been able to assist people restore their own body's balance, people with a range of presenting issues:

- Anxiety, panic attacks, nervous and social issues
- Depression, emotional mood swings
- Digestive system issues, IBS, constipation, stomach pain
- Exhaustion, chronic fatigue, lack of energy
- Insomnia, nightmares, sleep disorders
- Sexual dysfunction and hormonal imbalances
- Skin conditions: rashes, eczema, psoriasis
- Stress and relaxation issues
- Weight management issues, obesity, eating disorders

## The NES Provision System

The NES Provision System synthesises the principles of Chinese Medicine and the cutting edge technologies of Biology and Quantum Physics; it is the key to unlock the bodies own natural abilities.

The NES Provision System is quick, safe, non-invasive and a highly effective means of assessing a person's energetic health and re-activating their own natural and inherent healing processes.

The **Human Body Field** is like a road map that directs information around the body, it is in many respects the master control system. The ideal body field has been discovered, mapped and further refined by Professor Peter Fraser.

The major structures for every human body are uniform and they either match or do not match the common structure. The state of the Human Body Field is a dynamic entity and it reacts to physical and emotional



stress. When the body field is compromised and information transfer is disrupted, a variety of symptoms such as: sleep issues, lack of energy, poor digestion, poor immune system, nervous system issues, hormonal imbalances, skin problems, poor mental function, emotional swings and body weight issues may prevail. The NES Provision System has managed to get to a level behind the traditional bio-chemical model, to another operating and governing system that controls the biochemical processes, allowing information access to the root cause at an energetic level.

## The NES Scanning Process

The evaluation process is easy, safe and takes only a matter of seconds, as clients rest their hands on a palm sized scanner while the automated body field evaluation is completed. Once read, the client's body field is compared to the optimum body field encoded in the NES Provision

System software and the full scan report is shown instantly. The system presents over 150 extensive body field parameters about the person's energetic health including: body organs, acupuncture meridians, nervous system, digestive system, environmental toxins, nutrition status,

emotional balance and joint issues. The priority of each is indicated through the use of colours. Based on the scan report output, the NES practitioner designs a personalised program using the NES Infoceuticals to correct imbalances within the body field.

## NES Infoceuticals

The NES infoceuticals contain water, a small amount of organic alcohol (preservative), trace colloidal minerals along with the essential specific information encoded on them, to align a specific body field. The active part of the infoceutical is not chemical, herbal, nutritional, pharmaceutical, nor is it a homeopathic preparation or flower essence, instead they are encoded drops with information which interacts directly with the body field. Infoceuticals are pure information and come in 5 categories:

**Big Field Aligners** ~ to correct misalignment with the Earth's gravitation field, magnetic poles and spin; **Energetic Drivers** ~ to energize the body field, initiate detoxification, correct organ activity; **Energetic Integrators** ~ to restore information regulation, to balance acupuncture meridians, to assist mental functions and emotional communications; **Energetic Terrains** ~ to clear disruptions in the body field that mimic symptoms of viruses and bacteria's; **Energetic Stars** ~ to clear major blockages; they're the most powerful of the NES infoceuticals.



Bringing the body field back into balance is a sequential process, starting with the mildest Big Field Aligners to the strongest Energetic Stars. The 1st scan encompasses Big Fields Aligners, Drivers and Integrators. As the infoceuticals are used, subsequent scans reflect the changes in the body field and clients may then progress up a level with each scan. In this way, new layers open up and over time affect deeper and deeper layers, initiating deeper changes in health and vitality. Sometimes change is just on the surface, at other times the changes are much deeper.

## How long does it take to get the best results?

After years of working with people, it is clear that every person is truly unique. Some people experience change instantly and others find change takes a little longer. As a general rule, with compliance and consistency, people begin to see improvements after 8-10 weeks, however everyone is different. As with all modalities, it is important, to have a sincere intention and a willingness to be healed.

*Testimonial "I was prompted to try something new: I'd had a number of chronic conditions: fatigue, hormonal imbalances, menopausal, lack of energy, constantly tired, no motivation and poor digestion. I'd been to the GP, had tests and taken pharmaceutical drugs, and although I'd had small shifts, infrequently, the underlying issues still dominated my life. With scoliosis, disc problems in my back and with all the other stuff on top, sometimes I simply struggled to get through the day to day challenges that a normal working life presents. I started on the NES System and Infoceuticals on the basis of, "what have I got to lose" only a few weeks ago and I can already feel a change in my body. It's early days, yet I am experiencing improved digestion, increased energy, feelings of positivity: the shifts are subtle, yet powerful. I am looking forward to my follow up visits, to observe the latest results in front of me, seeing is believing."* Therese L - Abbotsford

## Principal Practitioner ~ Andrew Reay

Andrew has been working in the area of body energy systems since the late 1980's when he became a Practitioner of Energy Meditation, utilising the body's natural energy centres, voice dialogue, counselling techniques and has since extended his body-mind connection study and research:



- Masters Degree in Metaphysics
- Diploma In Clinical Hypnotherapy
- Diploma in Professional Counselling
- Diploma in Ego State Therapy
- Bio-Energetic Stress Testing Practitioner
- Neuro Linguistic Practitioner
- Nutri-Energetics System Practitioner
- Reiki Practitioner - Level I & II

- Meridian Energy Techniques: Emotional Freedom Technique & EmoTrance

Andrew's extensive knowledge of energy fields, diverse range of life experience, energetic drive, positive attitude and capacity to embrace others with respect and empathy allows him to assist many clients to get beyond being "sick and tired of being sick and tired" and to achieve changes to long-term chronic issues that have limited important aspects of their life.