

# Be well, Be healthy, Be free



## Spring is a time to blossom & let go of unhealthy habits



Isn't it time to repair, renew, rebuild and revitalize yourself? The blossom is out and Spring is in the air...everyone seems to be smiling a whole lot more and there seems to be a bit more of a buzz around. We are all thinking about enjoying the sunshine and making plans to get into better shape...for many of us it is time to engage in an exercise routine along with better eating habits to try and let go of those kilos that crept on while we were staying warm during winter... We are all set with our walking gear and we remind ourselves that we

need to reduce the amount of food we are eating along with the little comforts that have become our daily habits. The more we think about what we have to do in order to get ourselves back in balance the harder it becomes. **Our habits don't care that Spring has come along but that they are being nurtured. Your daily habits have a mind of their own and the more you try to let go of them the more persistent they become...**

In order to achieve your Spring time goals, it is important to address those little habits that have crept into your daily routine... Be Free – Habit Free formula is a great way to get yourself back on track this Spring...10 drops 8 x per day for at least 10 – 14 days will provide you with an excellent start to your mind and body detox that will jump start all that you are doing...commitment and motivation and the energy to be all that you can be is just part of what you will begin to experience...why not take the Spring challenge and take the formula for 21 days and see how you feel.....

### Inspirational Testimonial

Dear Susan

Thanks for the courtesy of your phone call and also for taking the time to discuss the results of your Homoeopathic medicine "Break Free", which I have been taking for the relief of the cramps that I have been experiencing.

I would describe myself as a chronic sufferer of cramps especially at night. I was never able to get a good night's sleep and would experience cramps from my groin to my toes. The pain was excruciating and it was with the greatest difficulty that I would leap out of bed to relieve the cramp, only to find that I could not hold myself upright. Then, throughout the day I would experience muscle soreness. I tried an array of medications, ranging from tablets to ointments, in a desperate effort to gain some relief from the pain and discomfort, with no success.

Your Homoeopathic medicine "Break Free" was recommended to me and I commenced using this medication about two weeks ago. I take 10 drops 4 times a day sometimes 3 times a day before meals. From day one of the commencement of my taking this medication, I have been completely free of cramps. I now go to bed confident of a good nights sleep, whereas previously I would be reluctant to go to bed for fear of getting another series of cramps. I now take great pleasure in stretching out in bed at night without fear of cramping. My muscles feel more relaxed as well.

Some people may find the foregoing hard to believe, but I am stating the facts and experience, as they applied to me. You may use this letter as a reference if you so desire and I will be only too glad to discuss these results with any sufferer of cramps.

Yours sincerely,  
Cecil Dharmaratne

• Freedom • Motivation • Calm • Weight loss

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### *21 Days to a New You With Be Free – Habit Free*

- Increased energy
- Improved mood
- Reduced cravings
- Increased clarity
- Increased metabolic rate
- Successful weight loss
- Improved sleep
- Improved bowel movement

## Spring .....

is a great time to start:  
21 Days to a New You Programme  
and lose up to 5 kilos  
Make **New habits** while leaving  
**Unhealthy habits** behind.

**Book in for your session today**  
**Ph: 9819 2920**

## Persephone – Myth Or Magic Of The Seasons?

She is the Maiden, Goddess of the Springtime. Her Realm is the world of plants, herbs, spices, fruits and flowers. She is often pictured holding an overflowing cornucopia, the symbol of fertility and abundance. In the Winter She is the Wise Woman. Her sphere of influence is the Underworld, the dark unknown, the unconscious. Here in the womb of the earth, She brings forth the magic of life, the miracle of birth. She is the veiled Goddess symbolizing renewal, transformation, nurturing, healing and wisdom.

At Persé we celebrate the gifts of the Goddess by using her finest organic ingredients to create our product range. We draw on her infinite wisdom to guide us in our preparations.

“We invite you to celebrate the ever-changing nature of Persephone with us.”

### Why Persé?

#### Organic & 100% Natural

Persé has evolved in response to the growing demand for everyday products derived wholly from pure, organic & 100% natural ingredients. Our aim was to create our own range and make it easy to find 100% natural essentials for the entire family. Our range comprises of 100% Pure Essential Oils, Massage & Bath Oils, Organic Hair, Body & Face Care products as well as our ever so popular Organic Kids & Baby Range (something for the whole family). There's nothing secret about our botanical knowledge we're just passionate about nature's ingredients, it's all about getting back to basics and keeping things simple.

#### Healthy For You & Our Earth

Persé products are made without harsh ingredients and chemicals. Persé products include only natural ingredients such as water, salt and plant ingredients and are packaged from recyclable materials. Persé products are so pure and have been formulated to ensure the natural therapeutic active ingredients in the plants will be the most beneficial organic beauty products for your skin whilst supporting Organic Farming.

#### Australian Made & Owned

Ensuring the highest standards & working for Australia,, Persé products are made in Australia.

#### Persé & Be Free Now

At Persé we are thrilled to be making exclusive products for Be Free Now as part of the Trinity of Woman range.

**Trinity of Woman Body Oil** with Persephone's Pomegranate blended with Pure Essential Oils of Bergamot, Grapefruit, Orange, Lemon & Rose Geranium. Massage all over to help balance, detox, cleanse & most importantly love yourself.

**Trinity of Woman Organic Lip Balm** with Calendula, Beeswax, Vitamin E, Jojoba, Persephone's Pomegranate & Orange Pure Essential Oil. This golden formula will help soften, moisturise & pamper your lips.

**Trinity of Woman Face Oil** with hydrating Jojoba, Vitamin E & Persephone's Pomegranate will help nourish, replenish & regenerate your skin.

**Trinity of Woman Hand Poured Glycerine Soap** with Jojoba, Persephone's Pomegranate & Grapefruit pure essential oil to cleanse & moisturise your skin.

*Feel Like The Goddess That You Truly Are!!*

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