



Dear Clients,

As we are approaching a very beautiful and special time of the year for us all, 'Mother's Day'. We would like to celebrate together with you by offering our Mother's Day Specials, services, gift ideas and consultations.

Please, visit our web site
www.divinedreambrisbane.com

May you stay happy, healthy and wise!
Vesna

The Perfect Gift Gift Voucher



Mother's Day Specials

Hello Everybody,

As always, I am trying to keep beauty treatments affordable as much as I can, as I believe they should be necessity not luxury. So for the all month of May the specials will be:

1. 1 Hour Byo Youth Facial
1 Hour Aromatherapy Massage
Scalp massage
Eye mask treatment
Only \$ 120.00
2. Full Body Exfoliation, 1 Hour Full Body Massage
Scalp massage
Hot towel treatment
Only \$ 99.00
3. Delux pedicure-parafin wax
1 Hour Collagen Facial
Foot, arms and scalp massage
Eye treatment
only \$145.00

You can either purchase a gift voucher and your mother can use it at the time it suits her, or you can make a booking for the Mother's day now.

Microdermabrasion

Pre pay for 5 treatments
& receive the
6th treatment free.

Microdermabrasion is approved
by the Therapeutic Goods Act
(T.G.A.)

Micro Crystals Sterilised
Registered with the Health
Department
FREE Consultation

Microdermabrasion was first developed in Europe in 1985, and since has been widely used in the treatment of skin imperfections.

This remarkable treatment will help to eliminate or improve facial lines, open pores, thickened skin, pitted scars and pigmentation or to give skin a healthy appearance. It can also be used to treat stretchmarks and body scaring.

Using minute aluminium oxide crystals, this skin is perforated and stimulated into regenerating skin cells, through the skins self healing process, and create new tissue. This regeneration of new skin cells will replace the damaged cells (the scar, pigmentation, etc.) and eventually leave you with a smooth textured, even coloured skin.

The advantages of this method over other treatments that give similar results is its minimal 'down time' and little trauma to the area being treated.

You should expect the skin to have a flushed pink to red colour immediately after a treatment. When treating scaring or facial lines, a red graze may be visible in the treated area and flaking of the skin

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What Happens to Your Body Within an Hour of Drinking a Coke

DO YOU WANT TO BE HEALTHY?
DRINKING SODA IS BAD FOR YOUR
HEALTH IN SO MANY WAYS;
SCIENCE CAN'T EVEN STATE ALL
THE CONSEQUENCES.

HERE'S WHAT HAPPENS IN YOUR
BODY WHEN YOU ASSAULT IT WITH
A COKE:

Within the first 10 minutes, 10 teaspoons of sugar hit your system. This is 100 percent of your recommended daily intake, and the only reason you don't vomit as a result of the overwhelming sweetness is because phosphoric acid cuts the flavor.



Within 20 minutes, your blood sugar spikes, and your liver responds to the resulting insulin burst by turning massive amounts of sugar into fat.

Within 40 minutes, caffeine absorption is complete; your pupils dilate, your blood pressure rises, and your livers dumps *more sugar* into your bloodstream.

Around 45 minutes, your body increases dopamine production, which stimulates the pleasure centers of your brain a physically identical response to that of heroin, by the way.

After 60 minutes, you'll start to have a sugar crash.

Sources: *Nutrition Research Center*
October 24, 2007

Dr Marcola's Comments:

How many sodas have you had today? How about your kids? As of 2005, white bread was dethroned as the number one source of calories in the American diet, being replaced by soft drinks.

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The average American drinks more than 60 gallons of soft drinks each year, but before you grab that next can of soda, consider this: one can of soda has about 10 teaspoons of sugar, 150 calories, 30 to 55 mg of caffeine, and is loaded with artificial food colors and sulphate. Not to mention the fact that it's also your largest source of dangerous high-fructose modified corn syrup.

Let's take a look at some of the other major components of a can of soda:

Phosphoric Acid: Which can interfere with the body's ability to use calcium, leading to osteoporosis or softening of the teeth and bones. It also neutralizes the hydrochloric acid in your stomach, which can interfere with digestion, making it difficult to utilize nutrients.

Sugar: It is a proven fact that sugar increases insulin levels, which can lead to high blood pressure, high cholesterol, heart disease, diabetes, weight gain, premature



aging and many more negative side effects. Most sodas include over 100 percent of the RDA of sugar. Sugar is so bad for your health in so many ways, I even created an entire list outlining *100-Plus Ways in Which Sugar Can Damage Your Health*

Aspartame: This chemical is used as a sugar substitute in diet soda. There are over 92 different health side effects associated with aspartame consumption including brain tumors, birth defects, diabetes, emotional disorders and epilepsy/seizures.

Caffeine: Caffeinated drinks cause jitters, insomnia, high blood pressure, irregular heartbeat, elevated blood cholesterol levels, vitamin and mineral depletion, breast lumps, birth defects, and perhaps some forms of cancer.

Tap Water: I recommend that everyone avoid drinking tap water because it can carry any number of chemicals including chlorine, trihalomethanes, lead, cadmium, and various organic pollutants. Tap water is the main ingredient in bottled soft drinks.

Clearly, the over-consumption of sodas and sweet drinks is one of the leading causes fueling the world-wide obesity epidemic. <http://www.mercola.com/>

10 Million Baby Boomers Face Alzheimer's Epidemic

BY 2050, THE REPORT ESTIMATES THAT A FULL 10 MILLION U.S. "BABY BOOMERS" WILL HAVE COME DOWN WITH ALZHEIMER'S, WHICH TRANSLATES TO 1 OUT OF 8!

What is Alzheimer's?

Alzheimer's disease is a chronic form of dementia that results in severe memory loss and eventually death. The average lifespan of someone with Alzheimer's is about eight years, although many can survive up to 20 years with proper care.

It's not entirely clear what causes Alzheimer's disease, but it (as well as autism) are related to thyroid hormone dysfunction, intracellular T3 (immune system cells) deficiency, and diabetes.

One type of Alzheimer's, called frontotemporal dementia, is characterized by cellular damage in the front and side regions of your brain. Researchers still have no idea what causes it only that excess production of a tiny protein fragment called beta-amyloid starts jamming the signals between your brain synapses, blocking information flow, leading to a cascade of damaging events that end in cell death.

Risk Factors for Alzheimer's Disease

The risk factors for AD include genetic, environmental and dietary factors. Certain diseases also heighten your risk. People with diabetes, for example, have up to 65 percent higher risk of developing Alzheimer's disease.

The primary genetic risk factor is the presence of the Apo lipoprotein E epsilon4 (APOE e4) allele, which is more common among Africans, Inuits, Amerindians, Northern Europeans than southern Europeans.

Primary dietary risk factors include trans-fatty acids that are found in so many processed foods (labeled as partially-hydrogenated vegetable oils). One prospective study also found that elevated homocysteine levels were associated with an increased risk for Alzheimer's. Homocysteine levels are elevated when you are deficient in vitamin B6, folate, and vitamin B12.

Primary environmental factors include: smoking, obesity, and exposure to fluoride, aluminum and mercury.

How to Prevent Alzheimer's

Fortunately, there are ways to reduce your chances of getting Alzheimer's. These simple

lifestyle changes can help keep your brain in optimal working order well past your 60's.

- Eat a nutritious diet with plenty of vegetables based on and pay special attention to avoiding sugar

- Eat plenty of high-quality omega-3 krill oil or fish oil. Avoid most fish (high in omega-3, but often contaminated with mercury)

- Avoid and remove mercury from your body. Dental amalgam fillings are one of the major sources of mercury, however you should be healthy prior to having them removed. Once you have adjusted to following the diet described in my Total Health Program, you can follow the mercury detox protocol and then find a biological dentist to have your amalgams removed.

Be careful as you could be jumping from the frying pan into the fire like I did if you see a conventional dentist to do the exchange. ONLY see a high quality biologically trained dentist or your health could get ruined.

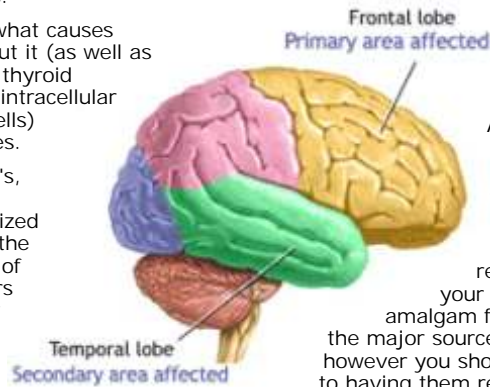
- Avoid aluminum, such as in antiperspirants, cookware, etc.

- Exercise for three to five hours per week. According to one study, the odds of developing Alzheimer's were nearly quadrupled in people who were less active during their leisure time, between the ages of 20 and 60, compared with their peers.

- Avoid flu vaccinations as they contain both mercury and aluminum!

- Wild blueberries, which have high anthocyanin and antioxidant content are known to guard against Alzheimer's and other neurological diseases.

Challenge your mind daily. Mental stimulation, such as traveling, learning to play an instrument or doing crossword puzzles, is associated with a decreased risk of Alzheimer's. Researchers suspect that mental challenge helps to build up your brain, making it less susceptible to the lesions associated with Alzheimer's disease.



Microdermabrasion

may occur two to three days after the treatment. Make up may be worn over treated area.

For the best and quickest results, a home care routine involving the use of a Glycolic cream or lotion should be used to speed up the process.

This product can simply be added to your current home care routine without the need to purchase certain cleansers and toners. Alternatively, if you currently do

not have a basic home care routine involving cleaning, toning and moisturising the skin at least twice a day, our qualified staff will be able to suggest and recommend the products and a routine to suit your individual need.

One of the most important aspects of Microdermabrasion is that results are permanent: keeping in mind that we can not stop the aging process (yet).

While other treatments show some temporary improvements, reversal over

time is quite common. Microdermabrasion, however, brings results that last.

- face \$99
- face, decoltage & neck \$155
- spot treatments \$45
- hands \$85
- Packages of five
- face \$495
- face, decoltage & neck \$775

Pre pay for 5 treatments & receive the 6th treatment free.

**Vaccines can harm,
and in some cases,
even kill.**



The Dangers of Excessive Childhood Vaccinations

By Russell L. Blaylock, M.D.



In 1976, children received 10 vaccines before attending school. Today they will receive over 36 injections. The American Academy of Pediatrics and the Center for Disease Control assured parents that it was safe to not only give these vaccines, but that they could be given at one time with complete safety.

Is this true? Or are we being lied to on a grand scale?

The medical establishment has created a set of terms, which they use constantly to boost their egos and firm up their authority as the unique holders of medical wisdom -- the mantra is "evidence-based medicine", as if everything outside their anointing touch is bogus and suspect.

A careful examination of many of the accepted treatments reveals that most have little or no scientific "evidence-based" data to support it. One often repeated study found that almost 80 percent of medical practice had no scientific backing.

I find it interesting that there exist an incredible double standard when it comes to our evidence versus theirs. The proponents of vaccination safety can just say they are safe, without any supporting evidence what-so-ever, and it is to be

accepted without question.

Yet, let me, or anyone else, suggest that excessive vaccination can increase the risk of not only autism, but also schizophrenia and neurodegenerative diseases, and they will scream like banshees *Where is the evidence? Where is the evidence?*

When we produce study after study, they always proclaim them to be insufficient evidence or unacceptable studies.

More often than not, they just completely ignore the evidence. This is despite the fact that we produce dozens or even hundreds of studies that not only demonstrate the link clinically and scientifically, but also clearly show the mechanism by which the damage is being done -- even on a molecular level. These include cell culture studies, mixed cell cultures, organotypic tissue studies, *in vivo* animal studies using multiple species and even human studies. To the defenders of vaccine safety -- our evidence is never sufficient and, if we face reality -- never will be.

The Autism Disaster: Is it Man Made?

In the early 1980s, the incidence of autism was 1 in 10,000 births. By 2005, the incidence had leaped to 1 in 250 births, and today it is 1 in 150 births and still climbing.

One of the strongest links to this terrible set of disorders was a drastic change in the vaccine programs of the United States and many other countries, which included a dramatic increase in the number of vaccines being given at a very early age. No other explanation has been forthcoming from the medical elite.

In this paper I shall present evidence, some of which has not been adequately discussed, that provides a connection between excessive vaccination and neurodevelopmental disorders.

Dr. Mercola urge you to read Dr. Blaylock's full-length article, The Danger of Excessive Vaccination During Brain Development: The Case for a Link to Autism Spectrum Disorders, a Mercola.com exclusive, for an in-depth understanding of how childhood vaccinations can damage your child's brain, resulting in autism.

<http://articles.mercola.com/sites/articles/pages/the-danger-of-excessive-vaccination-during-brain-development.aspx>

READ Dr. Mercola's Comments on the next page

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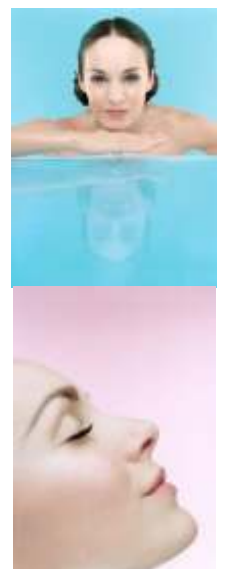
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manicure
brow wax, lip wax
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- Tinting
- Beauty Packages





Dr. Mercola's Comments:

First, I'd like to thank Dr. Russell Blaylock for sharing his excellent writings on this vital issue. If you missed his last article *How Vaccines Can Damage Your Brain*, where he explains how vaccines exacerbate depression and more serious neurodegenerative diseases in people over 50, I highly recommend reading it now as well.

The issue of vaccination has been a controversial topic for many years. It remains one of the bedrocks of "prevention" in conventional medicine, despite the overwhelming evidence showing that vaccinations at best do not work, and at worst can cause serious health problems.

And yet, anyone who opposes them is viewed as a dangerous quack and a threat to public health. I understand this because that was precisely the view I had when I graduated medical school. However, after more than two decades of practice where I encountered hundreds of vaccine casualties - which spurred me to review the evidence through a more critical lens -- I changed my mind-set entirely.

There may be a slight glimmer of hope that this dangerous tide will eventually change, however. The U.S. government recently came to the unprecedented conclusion that childhood vaccines did contribute to the onset of autism in 9-year-old Hannah Poling. According to U.S. Division of Vaccine Injury Compensation, the shots "significantly aggravated an underlying mitochondrial disorder" and resulted in a brain disorder "with features of autism spectrum disorder."

Poling was one of three test cases alleging the vaccine preservative thimerosal caused autism. So even though federal officials keep insisting there is no link between autism and vaccines, this concession says otherwise, and may influence the outcome of the remaining 4,900 cases pending review by the "Vaccine Court."

The fact that the Vaccine Injury Compensation Program has paid out more than \$1.5 billion to families and children who have been injured or killed by vaccines also speaks volumes about the supposed "safety" record of vaccines...

The Insanity of the Recommended Childhood Immunization Schedule

I published Dr. Donald Miller's excellent article, *A User-Friendly Vaccination Schedule* in 2004. At that time, 12 different vaccines were given to children before they reached the age of two.

As of 2008, the Recommended Childhood Immunization Schedule put out by the Centers for Disease Control and Prevention (CDC), that number has risen to 14 in the first 24 months, plus the meningococcal vaccine, which is to be administered between the age of two and six.

Infants and toddlers aged 0 to 6 years of age are now inoculated against the following:

- Hepatitis B
- Rotavirus

- Hepatitis A
- Measles
- Diphtheria
- Mumps
- Tetanus (lockjaw)
- Rubella (German measles)
- Pertussis (whooping cough)
- Varicella (chickenpox)
- Polio
- Meningococcal
- Pneumococcal infections
- Influenza (yearly flu shots)
- Hemophilus influenzae type b infections

By the time your child starts school he or she will have received more than 36 injections, including four doses each of vaccines for Hemophilus influenzae type b infections, diphtheria, tetanus and pertussis -all of them given during the first 12 months of life.

And now consider this: one vaccine injected into a 13-pound, two-month old infant is equivalent to 10 doses of the same in a 130-pound adult. Where is the common sense in these guidelines?

Would any adult concede to being injected with 360 doses of vaccines within a couple of years' span; equal to one injection every other day for two years?

Public health officials have NEVER proven that it is indeed safe to inject this number and volume of vaccines into infants. What's more, they cannot explain why, concurrent with an increasing number of vaccinations, there has been an explosion of neurological and immune system disorders in American children.

Is There a More Sensible Vaccination Schedule?

Dr. Donald Miller is a cardiac surgeon and Professor of Surgery at the University of Washington in Seattle and a member of Doctors for Disaster Preparedness. His more sensible vaccination schedule, which I published back in 2004, is worthy of being revisited at this time.

Many are both scared and confused as they try to make healthier choices for their children, and his guidelines may help you devise a more appropriate vaccination plan for your child a schedule that takes the best interests of your child into consideration rather than what biased government planners cite as being best for society. His is a far better approach than the "one-size-fits-all" dogma foisted on Americans by the CDC panel.

And, as Dr. Blaylock describes so vividly in this article, there's plenty of information and knowledge in neuroimmunology (the study of how the brain's immune system works) that raises serious questions about the wisdom of injecting vaccines in children less than 2 years of age.

A Child's Best Time Table

Your brain has its own specialized immune system, separate from that of the rest of your body. When you are vaccinated, specialized immune cells in your brain, the

microglia, become activated. Multiple vaccinations spaced close together over-stimulate the microglia, causing them to release a variety of toxic elements -- cytokines, chemokines, excitotoxins, proteases, complement, free radicals -- that damage brain cells and their synaptic connections.

The damage caused by these toxic substances is what both Dr. Miller and Dr. Blaylock refer to as "bystander injury."

In humans, the most rapid period of brain development begins in the third trimester and continues over the first two years. (By then, brain development is 80 percent complete.)

From a risk-benefit perspective, there is little doubt that the risk of neurological and autoimmune diseases from vaccinations at this stage far outweigh the benefits of avoiding the childhood infections that they (supposedly) prevent. (One exception is the hepatitis B vaccine, IF the mother tests positive for hepatitis B.)

As a more sensible, "user-friendly" vaccination schedule, Dr. Miller advises the following:

1. No vaccinations until your child is two years old.
2. No vaccines that contain thimerosal (mercury).
3. No live virus vaccines.
4. The following vaccines should be given one at a time (not as a combination vaccine), every six months, beginning at age 2:
 - o Pertussis (acellular, not whole cell)
 - o Diphtheria
 - o Tetanus
 - o Polio (the Salk vaccine, cultured in human cells)

And that would be pretty much it as far as vaccinations. Your pediatrician will not like this schedule, but if you have reviewed the evidence and still feel your child should be inoculated to a certain degree, this is a far safer alternative to the standard vaccination schedule.

But please, please do review the research and don't just vaccinate your child simply because your doctor says you "have to."

Don't Forget About VAERS

Another thing most people are unaware of is that YOU can report vaccine side effects to VAERS.

<https://secure.vaers.org/VaersDataEntryIntro.htm>

VAERS is a post-marketing safety surveillance program that collects information about adverse events that occur after the administration of vaccines. They accept reports from both concerned individuals and organizations.

Unfortunately, the system is completely voluntary, and most doctors will never report side effects, even if you point them out.

A good case in point is the large discrepancy between American reports of side effects of Tamiflu, compared to Japan's more stringent reporting rules.