



Dear Clients,

A very Happy New Financial Year to you from everyone at Divine Dream Beauty Therapy! We wish you a very productive, healthy and successful 2008/2009. We proudly support two Incorporated Organisations:

Canhelp Australia Wide

Invitation - You Are Cordially Invited To The worldwide launch of s new DVD Conquering Cancer

Hear exciting news for the millions of people affected by or afflicted with this modern disease which now threatens half of all Australians. MORE ON PAGE 2



Brisbane Institute of Strengths Based Practice Inc

Invitation - Foundrising Dinner

18th July 2008 Friday from 8:00 PM

Venue: MacGregor Stat School. MORE ON PAGE 3

The Perfect Gift
Gift Voucher



Vitamin D in a New Light

by Donald W. Miller, Jr., MD



There are thirteen vitamins humans need for growth and development and to maintain good health. The human body cannot make these essential bio-molecules. They must be supplied in

the diet or by bacteria in the intestine, except for vitamin D. Skin makes vitamin D when exposed to ultraviolet B (UVB) radiation from the sun. A light-skinned person will synthesize 20,000 IU(international units) of vitamin D in 20 minutes sunbathing on a Caribbean beach.

Vitamin D is also unique in another way. It is the only vitamin that is a hormone, a type of steroid hormone known as a *secosteroid*, with three carbon rings.

Steroid hormones such as cortisone, estrogen, and testosterone have four carbon rings. Ultraviolet B radiation in sunlight breaks open one of the rings in a steroid alcohol present in the skin, *7-dehydrocholesterol*, to form vitamin D (cholecalciferol).

The vitamin D hormone system controls the expression of more than 200 genes and the proteins they produce. In addition to its well-known role in calcium metabolism, vitamin D activates genes that control cell growth and programmed cell death (apoptosis), express mediators that regulate the immune system, and release neurotransmitters (e.g., serotonin) that influence one's mental state.

There is now strong scientific evidence

<http://www.doctorsaredangerous.com/articles/vitamind.htm>

that vitamin D does indeed reduce the risk of cancer. Evidence from a well-conducted, randomized, placebo-controlled, double-blind trial proves beyond a reasonable doubt that this is the case, at least with regard to breast cancer. A Creighton University study has shown that women over the age of 55 who took a 1,100 IU/day vitamin D supplement, with calcium, and were followed for 4 years had a highly statistically significant ($P < 0.005$) 75% reduction in breast cancer (diagnosed after the first 12 months) compared with women who took a placebo (*Am J Clin Nutr* 2007; 85: 15681591).

Some of the genes vitamin D activates make proteins that halt cancer by inducing apoptosis (programmed cell death), which destroys aberrant cells before they become cancerous, like adenoma cells in the colon and rectum. Others promote cell differentiation and reining in of out-of-control growth of cancer cells (like prostate cancer cells). Vitamin D-expressed genes inhibit angiogenesis, the formation of new blood vessels that malignant tumors need to grow, as studies on lung and breast cancers show. Other genes inhibit metastases, preventing cancer that arises in one organ from spreading its cells to other parts of the body, as studied in breast, and prostate cancers.

If you want to read more about vitamin D and it's correlation with cardiovascular disease, influenza, Multiple sclerosis (MS) please visit:

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Most commercial tanning beds can be a cause for concern

By Dr. Mercola

In case you didn't know, the best way to produce vitamin D in your body and help give your skin a healthier look is getting some exposure to beneficial ultraviolet A and B rays, like those produced by the sun.

Tanning beds produce ultraviolet A and B rays as well...And yes, I've been asked many times if there is such a thing as a tanning bed that won't put you at risk.

My answer was always: A tanning bed can be useful, but in my opinion most commercial tanning beds can be a cause for concern. You see, there are potential problems associated with them that may have a negative impact on your health:

- X-Rays These rays, emitted by the ends of the bulbs, are a form of radiation, and can be potentially hazardous.
- Electromagnetic Field (EMF) Rays which are emitted by the magnetic ballast, are also a cause for concern.
- Hygiene Do you know who was lying (and sweating) on that tanning bed before you got there? Was it properly disinfected?

So although they produce the same beneficial ultraviolet A (UVA) and ultraviolet B (UVB) rays as the sun and add a pleasant tone to your skin, I've always believed that the best source of those beneficial rays is the sun itself, in moderation. You see, **the UVB rays from the sun help your skin to produce up to 80% of the vitamin D in your body. Your body simply can't make vitamin D without exposure to UVB energy.**

Your Skin is Designed to Tan as a Natural Body Function!

And the UVA rays produce a tan that not only makes your skin more pleasing in appearance, but is also your body's natural defense against sunburn.

That's right. **Your skin is designed to tan as a natural bodily function!**

But for many of you, getting ample sunlight just isn't an option. You have busy lives that don't allow for getting outdoors a lot, much less sunbathing.

And depending upon where you live, it could be cold out, raining out, or cloudy for weeks on end... you get the idea.

I knew that if they could find a way to shield those harmful emissions and make a convenient and affordable tanning system, there'd be a huge demand for it.



CanHelp Australia Wide Inc

Canhelp programme has been designed for the resolution of cancer without drugs, radium therapy or chemotherapy. <http://www.help-cure-cancer.com/>



On the Canhelp home page we can read : "Canhelp offers cancer solutions - whether you need cancer support, cancer prevention or a cancer recovery programme, Canhelp with founder Darryl Jones will guide you towards your goal."

Canhelp programme has been designed for the resolution of cancer without drugs, radium therapy or chemotherapy.

Cancer Champions
People on the Canhelp Programme are called Cancer Champions because if they stay on the Programme, they usually WIN

On Canhelp web site you can read success stories, and testimonials from real people enjoying a real recovery from their battle with cancer. These success stories are from those who committed to and followed the Canhelp programme. We'd love YOUR success story to be included here.

Prevention of Cancer
Canhelp Australia Wide is passionate about cancer prevention and offers information and guidance to steps you

can take to prevent cancer, to identify and reduce cancer risk factors in your life...cancer prevention is a more desirable path than cancer cure.

Founders and Directors of Canhelp:
Darryl Jones & Jan Jones
Directors:
Bruce Bell, Chris Dent, Graeme Harry, Margot Hutchinson, Mansell James

They say: "We care. Built by volunteers, Canhelp people are not after your money. They get a great buzz out of extending compassion to you and seeing you regain your life. We find it an inspiring thing to ease the terror a cancer diagnosis brings, to prevent bereavements in families; to know that children are not going to be orphans, spouses bereft and parents heartbroken. Life can be wonderful."

Their Promise: "We utilise modern technology to help people anywhere on the planet. Our streaming website will soon be interactive and use webcams to do 'face to face' reviews of Cancer

Champions and, with e-mails, give encouragement and advice. We are also developing an efficient database for our whole operation.

Invitation

You Are Cordially Invited To
The worldwide launch of Canhelp
Australia Wide's new DVD
Conquering Cancer

Hear exciting news for the millions of people affected by or afflicted with this modern disease which now threatens half of all Australians.

Canhelp is a registered charity based on Queensland's Sunshine Coast which for over a decade has been researching and succeeding with conquering all types of cancer in all sorts of people.

Meet long term cancer SURVIVORS and learn how success with cancer does not have to involve surgery, chemotherapy, radiotherapy or a miserable quality of life.

Tuesday July 8th 2008
7 pm for 7 30 pm

Novotel Twin Waters Resort
Sunshine Coast
WANDINY ROOM

Ocean Drive, Twin Waters,
Sunshine Coast,
Australia, 4564



Positive Energy Massage with Brett Jensen

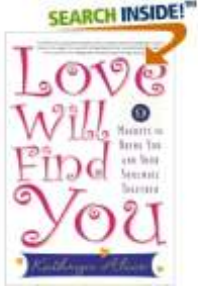
- * remedial massage
- * swedish massage
- * structural realignment
- * treatments for headaches and migraines
- * m.o.f.o Bowen therapy
- * treatments for chronic and acute pain

Every love should start first with self- love

So what does self- love look like?

Here are some characteristics:

You've got good boundaries. No doormat, you're willing to draw the line if



someone tries to take advantage of you or if you feel unhappy with how you're being treated.

You regard yourself highly, knowing

you are worthy and inherently important, without being egotistical or dismissive of others.

You trust that you are deserving of good things in life, and you don't settle for less than what you want or deserve.

You feel no need to try to be something you're not

You don't let so-called rejection make you feel undesirable, because you

understand that some people are just wrong fit.

You don't let toxic people into your life. You create some distance between yourself and anyone who might cut you down or denigrate you.

You're not defensive. You know that if you make a mistake, it doesn't negate your worth as a person.

Instead, you're able to graciously apologize, realizing that like everyone else, you're human and will make mistakes, even stupid ones

You are able to forgive yourself for not being perfect and don't continually blame yourself for everything that goes wrong.

You don't engage in negative self-talk, denigrating yourself mentally or in front of others.

If you want to know more about how Love can find you:

"Love Will Find You": 9 Magnets to Bring You and Your Soulmate Together (Kathryn Alice)

divine dream beauty packages - specials

Perfect gift for mothers day

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½ hour body massage
1 hour pedicure
free eye mask treatment & scalp massage

pack 3 \$135 save \$54
1 hour facial
1 hour full body massage
free eye mask treatment & scalp massage

pack 4 \$120 save \$54
1 hour facial
1 hour pedicure
free eye mask treatment & scalp massage

pack 5 \$280 save \$54
1 hour facial
1 hour full body massage
1 hour pedicure
manicure
brow wax, lip wax
lash tint, brow tint
free eye mask treatment scalp massage



Brisbane Institute of Strengths Based Practice Inc

Propagates, and supports strengths based Human Resource Development Through Strengths-based strategies, Appreciative Enquiry, Asset based Community Development and Counselling Within Australia and the Asia Pacific Region

Conference Announcement

The Brisbane Institute of Strengths based Practice and the Society for Psychological Assistance, Zagreb <http://www.dpp.hr/eng/onama.php>

With likely collaboration from a number of International Societies for Trauma and Stress Studies, mental health community development and peace building, clinicians and policy academics, therapists and activist organisations.

Announces an open call for presentation.

Date claimer October - 2nd Week 2009 - Where else but Dubrovnik!

Venue: Almost everything and every space in the unique Dubrovnik!

See <http://www.tzdubrovnik.hr/english/index.php>

<http://www.croatia.hr/English/Multimedija/Video.aspx>

Invitation

18th July 2008 Friday from 8:00 PM

Venue: Macgregor Stat School, (behind Sunnybank Park shopping centre)

Dinner (Indian food) with Indian dances
\$30 - dinner included

Microdermabrasion

www.divinedreambrisbane.com

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The 9 Insights of the Wealthy Soul

By Dr. Michael Norwood

Whether you desire to transform a dream into reality, failure into triumph, grief into grace, or a relationship breakdown into a bridge of love and higher understanding, these universal principles are the means you can naturally accomplish your goals:

Insight 1: INSIGHT

Just as a tree begins with a seed, so too, is Insight the "seed" that begins your transformation. One of the greatest insights is simply the knowledge that "You Can." You CAN overcome your greatest challenges. You CAN transform your dreams into your own living, breathing reality. You CAN create a new life for yourself and your loved ones.



Insight 2: TIMING

The saying "timing is everything" is not just a nice expression. Without developing excellent timing, you will always be fighting the natural ebb and flow of the universe. Just as most seeds sprout on a particular day in springtime, YOU can develop the ability to recognize the precise day of spring for all you do.

Whether asking for a raise, launching a business venture, or bringing up a difficult subject to a friend, loved one or business partner, your ability to recognize the often brief moments of maximum opportunity will determine how much success and balance you achieve.

Insight 3: PATIENCE

Only humans are impatient. Seeds do not attempt to turn into trees in winter.

Eagles don't try to soar during rainstorms. And mayflowers do not blossom in August.

Developing patience - your ability to wait for the right moment in your life cycle to accomplish a



particular task or goal - is all important to develop excellent timing and great success.

Insight 4: SURRENDER

What must you do to let go of your need to control things? How can you let go of your past mistakes and history that may be preventing you from moving forward? How do you spiritually surrender to "the process?"

Without spiritual surrender, you will never be content, you will never have patience and excellent timing.

You will never experience the joy and "flow" of having the greatest business and life partner you could ever possibly have: namely, "The Universe" and "God."

Insight 5: GROUNDING

With strong roots, a tree will survive any storm. When YOU create a strong foundation, your greatest efforts will withstand the many storms and challenges you inevitably face in achieving your goals.

Grounding is what you use to nourish and nurture your goals. Grounding is the books, tapes, schooling, seminars, and people you surround yourself with to support yourself in whatever you want to achieve.

Want to have a great relationship? Learn from those who already have one. Want to earn a million dollars? Read books, listen to tapes, and receive coaching by those who show you how. When you have ample "grounding" to support your dreams, the challenges that come along are merely temporary storms that ultimately make you stronger and more highly energized.

Insight 6: BALANCE

This is a tough one, especially for the most successful people. Even when a tree is well developed, without regular water, sunshine and nourishment, it will not be healthy. What must you do to balance yourself?

How much sunshine do you get? How much exercise do you regularly do?

How nourishing is your diet?

How much quiet time do you take on a daily basis with yourself and your loved ones?

Life is a balancing act. Isn't the minute, hour, day or month you save by working through your natural point of balance just another minute, hour, day or month you subtract from your lifetime?

Take breaks to smell the roses along the way, and in fact, you'll naturally discover the universe rises up to become your partner rather than it being you against the world.

Insight 7: GROWTH

Growth automatically occurs in direct proportion to your ability to empower yourself with the first 6 Insights.

Insight 8: EVOLUTION

Evolution blossoms when your growth takes you to a new and higher stage of life, unfolding a powerful Vision of your life you probably never foresaw.

Insight 9: TRANSFORMATION

Transformation occurs when you become something very different than that which you started off as. Your initial seed of Insight becomes a tree of knowledge and accomplishment. You are ready for something greater than achieving for your own personal gain.

You, the student, become the teacher, the mentor, the leader. You are the vessel of seeds to birth a new generation. You enjoy the glow of knowing you have followed your highest path that ultimately leads you to helping others follow theirs. All along, you have been transforming into a balanced, wealthy and fulfilled human being.

All along, you have been transforming yourself into a "Wealthy Soul."

our services

Microdermabrasion

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Tinting

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