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VLA Testing The Missing Link to
WELLNESS & VITALITY



How Old Are You REALLY?

Are poor diet and lifestyle making your body a decade older than it should be?

We all know exactly how old we are in years and with the celebration of each birthday comes a sobering reminder of just how quickly time is ticking by. But how old is your body really; are you as old (or as young) as you think you are?

The bad news is that the wrong sort of diet and lifestyle could mean you're aging faster than you should be, without even knowing it

Tracey Lee is now using cutting edge technology that is able to determine a person's REAL, (also called biological) age. This technology is called a VLA or also known

as a Bioelectrical Impedance Analysis (BIA). It takes about three minutes to do a test and is painless.

It takes an internal snapshot to reveal a person's general health (i.e. cellular health, how the cells of your body are working) and then gauges how quickly or slowly your body is aging on the inside.

Scientific research has devised ways to measure how quickly or slowly your body is aging. These measures are called 'biomarkers'. Biomarkers can accurately reflect the body's aging status. There are a number of different biomarkers and one of the most accurate ways to measure certain biomarkers is to have a VLA test.

The good news is that once you discover what is making your body old, it's possible to reverse the process, slow aging and make yourself young again. In the same way that you can stack on the years, you can now also strip them off.

Once you correct any imbalances in your diet and lifestyle which are causing your cells to age faster, a quick retesting on the BIA will confirm your new and younger REAL you! (i.e. a lower biological age).

If you would like to know how old you REALLY are, ask Tracey Lee for a VLA test at your next appointment.

**June Issue
 Wellness & Vitality**

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The VLA (also called BioImpedance Analysis) is a simple, quick and painless test that can discover the missing pieces to your ongoing health and wellbeing

Many Aspects of Ageing Can Be REVERSED!

With proper assessment, monitoring and coaching your metabolism can be shifted favorably, your energy markedly improved and your risks to the diseases of accelerated ageing substantially reduced.



Staying Young is all about your level of WELLNESS

Youth or youthful looking imagines bombard us daily through magazines, television and billboards. Why? We all want it, we all spend money trying to achieve a more youthful appearance. But have you ever considered how to naturally stay younger?

How much money have you spent over the years on 'youth enhancement products'? From cosmetics, skin-care, hair care to clothing and even cosmetic surgery/procedures to make yourself look and feel more youthful?

But these all work only on the outside. Have you really thought about what you can do from the inside out to make yourself more youthful?

Nothing looks as good as absolute wellness!

Have you ever noticed some people who have been through a major 'stressful' event in their life and within a short time look as if they have aged substantially.

Aging is not simply about looking older, it also accelerates the onset of many 'age-related' diseases of our modern world including cardiovascular disease, high blood pressure, diabetes, joint problems, some cancers, lack of mobility and weight gain.

So how do you reverse accelerated aging? Working from the inside of the body out. How do you stay younger, fit and well?

Let's look at the some of the lead factors in the following sections;

Nothing looks as good as absolute WELLNESS!

When you are well, your eyes shine, your skin glows, your whole body radiates health! You feel good, strong, happy and energetic.

Staying Young: Are your cells 'grapes' or 'sultanas'?

1. Drink water, Drink water, Drink water.

We all know we 'should' drink at least 8 glasses of water a day but do you?

It is the most fundamental of all to improve your body's health and wellness. By drinking adequate water the cells of your body can be more like healthy plump grapes and not like dried up sultanas.

So many people simply do not drink enough water for days, months and even years causing all sorts of health problems.

If you are low in the minerals magnesium and potassium it more difficult for the body to 'hold onto' the water you drink (i.e. to hydrate). In this case, you may be drinking your 8 glasses of water a day but your cells still remain like the 'sultanas' and not healthy 'grapes'.

A VLA test (or bioimpedance analysis) is one of the most accurate ways to determine firstly if your body has enough water and also if the water you are drinking is being 'held' by the cells of your body. In other words VLA test can tell if your cells are healthy 'plump grapes' or 'dried up sultanas'.

Many people do not notice any symptoms when they are low in water. Other may experience some of these common symptoms of low water; headache or dull/heavy or cloudy head, sluggish bowels, tiredness, dry skin, dry lips, coated tongue, bad taste in mouth, not feeling thirsty or drinking doesn't quench your thirst.

Alcohol, coffee & tea all cause your body to lose water (diuretics).

Now for the second most important factor in how to stay younger: Strong Muscles. (see page 3)



When your cells are well hydrated they are more like plump grapes instead of dried sultanas.

Staying Young is STAYING STRONG!

2. Strong Muscles.

Strong healthy muscles keep you younger! It is a scientific and well researched fact.

Strong muscles keep you healthy in more than one way including to help keep your immune system strong and to balance your blood sugar levels.

As we age we lose muscle, so to reverse accelerated aging it is important to stop your muscle loss and improve your total muscle weight.

Use your muscles or lose them! From young adult years we lose 3kgs of muscle every decade (that's quite a lot!).

The VLA test is one of the MOST accurate way of testing if you have a healthy amount of muscle.

To reduce accelerated aging you need to have MORE muscle weight than your fat weight.

If you are trying to lose weight it is important NOT to lose muscle, you want to only lose fat and excess fluid.

So many people diet to lose weight but end up losing muscle as well as fat. Losing muscle weight is unhealthy, acceler-

ates aging and ensures that when you stop dieting, you will put fat weight back on more quickly, making it harder to lose the weight for the long term.

If you are trying to lose weight have a weekly VLA test to check that you are losing your fat and NOT your muscle weight.

The best way to have strong muscles is to do resistance exercise. Ask Tracey Lee for her booklet on exercise for more information.

If you find it difficult to exercise, or that you find yourself becoming too tired or fatigued when attempting to exercise there is probably a reason. Most people put it down to simply lack of motivation, but there can be physical reasons. One reason can be that the 'quality' (as oppose to the amount or quantity of muscle) of your muscle is poor. If the quality of

your muscle is low /poor then your muscles cannot maintain the physical work load you are asking of it when exercising.

The VLA test is one of the only ways to check for poor muscle quality and it helps to indicate certain dietary and supplements to improve muscle quality.

No matter how old you are, muscle strength and muscle weight can ALWAYS be improved with correct dietary changes and correct types of exercise.



“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

Staying Young: Are your 'batteries' Duracell's or Eveready's?

How long do your batteries last throughout the day? Many of us 'run out' of charge long before we should or in some cases we are constantly running on near 'empty' and think it is normal.

The VLA test gives you a percentage of how 'charged up' you are, it will indicate how well your cells are 'charged' or in other words; tell you if you are running on Duracell batteries or eveready batteries.

This measurement on the VLA machine is a mathematical calculation based on a few different 'biomarkers' of the body.

The technical term for your 'charge level' is called the 'phase angle' for those readers who by now have there VLA test reports out and reading every name & measurement.

It is the best indicator of your cellular health and function, (or how 'healthy' your cell's membranes are functioning).

This 'battery' charge measurement from the VLA test can indicate if you are low in certain nutrients and if your diet/lifestyle and the supplements and you are taking are working correctly. It is great way to have an 'internal' wellness checkup.

A VLA test give you a two page report on a number of aspects of health and wellness. It is a useful tool to monitor your improving health with any change you are making to your diet, lifestyle or exercise program.

[A VLA test is a great way to have an 'internal' wellness checkup!](#)

Staying Young; Are you an APPLE or a PEAR Shape?

The next factor which makes your body age faster than it should is how much fat you carry and also WHERE on your body you are carrying your fat.

As we age our body increases the amount of fat we carry, even if our weight does NOT change. It is common for people not to notice that they are carrying more fat because the bathroom scales show you are still the same weight.

More importantly people notice that as they age, their SHAPE changes and it is commonly put down to 'middle age spread' or just getting older. Well yes it is a common effect of aging but if you want to stay WELL you need to do something about it.

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Human studies have shown that a sedentary man or women at the age of 65 has about DOUBLE the amount of body fat they had as a younger people!

A VLA test is one of the most accurate reading for your body's fat weight/mass. Bathroom scales that can read your fat percentage are often NOT accurate, the reason being is that the low electrical current bathroom scales used to check this, pass up one leg, across the pelvis and down the other leg without testing the upper body. Electricity will always follow the quickest route.

The most 'dangerous' fat to carry is often in places where it is easiest to hide. If you find your waist line expanding, that you are carrying more on your trunk of the body then in other places, then this is of more concern.

The 'apple' shape is more of a concern for your health than the 'pear' shape. Why? Because the apple type 'fat distribution' will have a stronger effect on your body's metabolism, cause more inflammation in the body, increases your blood sugar levels, causes hormonal (especially oestrogen) imbalances and predisposes you to cardiovascular disease.

Measure your waist line to see if you are in the risk group. For women over 80cm is medium risk and over 88cm is high risk. For men over 92cm is medium risk

and over 100cm is high risk. The VLA test incorporates WHERE you carry your fat into it's report and gives you your risk assessment.

The best ways to reduce fat levels is with aerobic exercise (walking at least 30mins EVERY day) and a low glycaemic load diet with adequate protein.

If you want to lose weight have a weekly VLA test to check it is your fat you are losing and not your muscle mass.

SYDNEY CLINIC IN JUNE

Tracey Lee will be at
90 Pitt St Sydney on
Friday the 23rd of June.



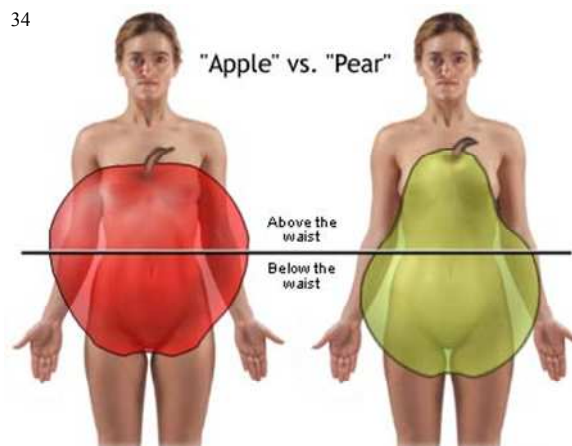
Is this sumo wrestler unhealthy?

He may be big but he has normal cholesterol levels and blood pressure. So why is he healthy?

He has a much greater muscle weight/mass to the amount of fat weight/mass. Which is a key factor in keeping him healthy and well.

As with many sport people the problem only starts when they stop exercising, keep eating the same amount and lose their muscle and gain fat instead.

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It is the amount of fat you carry AND WHERE you carry it that is the all important factor in determining how old your body is aging and what is your risk level of developing age-related illnesses. Apple types (above the waist carriers) are more of a concern than the pear shape types (who carry weight below waist line).