



How OLD are you REALLY?



The Following is a letter from a client Pam Wright (picture) who lost 8kg of fat after struggling for years to lose weight. She also lost 10years off her biological age.

“ Dear Tracey & Staff of Holistic Health and Wellness. I am writing to thank you for all your wonderful care and attention over the last 12 months.

I hope my story helps inspires other people to take part in your innovative wellness program!

Tracey helped me to look at

Special points of interest:

- > Letter from Pam, a happy client who lost 10years off her biological age.
- > What is VLA?
- > How can you reduce your biological age

A Letter from a client

my health care as a whole. The VLA machine was able to give me accurate, individualized information which helped pinpoint specific supplements etc needed instead of hit & miss trials. This gave me the confidence that the true cause of my condition was being addressed.

Tracey was even able to pick up that whilst I had been tested for diabetes and was in the acceptable range that if I continued my present lifestyle and my dependence on sugar I would potentially develop health problems later – what a great preventative.

After following Tracey’s guidelines I have found I don’t crave sweets anymore and my taste buds have become more refined so I am able to appreciate and enjoy the subtleties of flavour. I

can really appreciate my new healthy lifestyle without feeling deprived.

My first VLA test was a wake up call when it showed that my cells were aging about 10 years older than my birth age! I was shocked as most people thought I looked younger than my 57 years and I thought that I had always eaten well and been proactive with my health. In fact I had seen a number of health care professionals over the years and had a special interest in natural medicine.

I knew I was carrying excess weight around the middle area of my body but had always been able to dress as to appear thinner. Therefore it was a further shock to realize that I was carrying a dangerous amount of fat (continues page 2)

She will make a great practitioner but sadly we will miss her.

She will be leaving in November, so everyone please wish her well.

We would love to hear from YOU!

My staff and I love to hear from past clients. If you have a story to tell like Pam please write to us.

Our best feed back to new clients is experiences other clients have had.

What’s New

Katy, who has been working at the clinic for the past 4 years, has decided to continue her studies at Lismore Southern Cross University and become a qualified naturopath.

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around my heart area. I was becoming increasingly frustrated trying to lose weight as I was eating less and less and still putting on more weight!

This is where Tracey's program become so revolutionary to me as I was able to feel more satisfied by using the Whey Protein powder and supplements and yet I managed to lose 8kgs of body fat and more importantly have keep it off for over 6 months now.

The Whey Protein powder has been a brilliant way to satisfy hunger as it is so convenient

and tasty. Now I am in the routine of making smoothies I appreciate the natural taste of the Whey powder as it blends well with whatever I put with it. I have always had a fondness for 'creamy' foods so just with a bit of extra blending my smoothies come out thick and fluffy. YUM! The Whey powder has also been very handy for those nights when it is too late to eat a big meal or I am just too busy to cook.

Not only have I lost a lot of weight but my cellular age has been dramatically reduced

which means I feel more energetic and my whole quality of life has improved – I am now feeling positive about ageing gracefully.

I would urge anybody who is serious about creating wellbeing for themselves to try Tracey Lee Morley's clinic and products especially the Whey Protein Powder – they will give you a new lease on life.

Thanks again.
Kind regards
Pamela Wright

"Pam's wake up call was realizing her biological age was 10year older!"

What is the VLA machine?

The term VLA is short for 'Vitality, Longevity and healthy Aging. The VLA machine is a BioImpedance Analysis (also called BIA)

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.

The VLA machine attaches to your wrist and ankle and

measures how effectively your body conducts an small electrical charge. The reading from the VLA machine along with measurements such as height, weight etc are entered into a computer program.

The computer then generates a two page 'health' report (for you to keep) which includes an accurate measure of your;

- body composition (muscle/fat ratios), your water and hydration levels,
- your biological age (i.e. how

fast your cells are aging),

- muscle quality (which can be used to design the best form of exercise for your body) plus
- Other indicators that can help me, the practitioner identify causes of why you might not be losing the weight you would like.

The VLA (or BIA) test is quick, easy and painless.

Pam's Biological Age was 10years older!

Pam's first VLA test, as she said, was a wake up call! Her biological age was 10years older.

The main reason her age was so much higher was, firstly her water level was too low (she was dehydrated even after having drunk plenty of water).

Her cells were in fact what I call 'leaky cells'. Pam's water reading was higher outside the cells and less inside the cells. Which indicates her body was not 'holding' onto the water she drinks. In this case she was low in magnesium and other nutrients which play a vital role in water 'balance'.

Secondly her fat mass was 9kg over ideal. By correcting the reason behind why her body wasn't 'holding on to' water and losing the 8 kg of fat (without losing her muscle mass) she dropped 10yrs in age.

Pam was one happy client!

What is your REAL age? Biological Age, how fast are your cells aging?

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.

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 VLA machine will confirm your new and younger REAL you! (i.e. a lower biological age).

If you want to lose weight

When seeking to lose weight we automatically jump on the scales to measure our weight for a comparison.

Measuring your weight tells you nothing about HOW your body is losing (or gaining) weight.

The VLA tests are an accurate way to monitor lean muscle mass and fat mass. This helps in the determination of safe weight loss programs which can be modified as required to

get faster results and avoid muscle loss.

With these VLA tests we will be able to chart your weight loss over time, helping you with motivation and giving you a real sense of achievement.

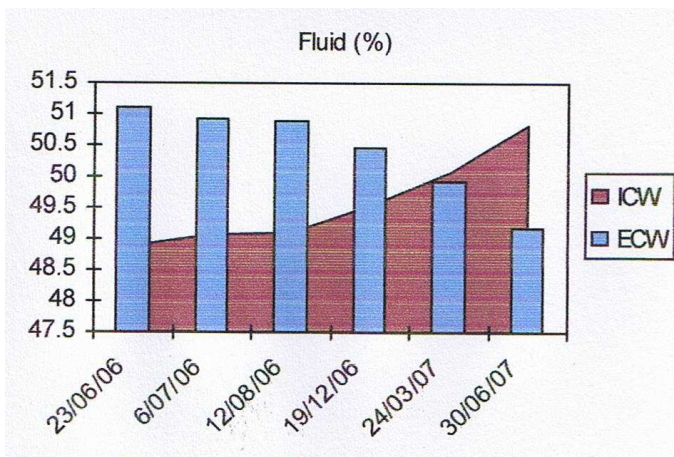
You don't just want to lose weight, you want to LOSE FAT, and at the same time, maintain or reach your ideal muscle mass. Too many 'dieters' lose their muscle mass as they lose weight.

Note on scales or other measures of body fat; (e.g. scales you stand on to measure fat %) most of these give inaccurate reading as they do not pass through the most important area; your abdomen.

The 'dangerous' fat is the fat we store internally in the abdominal region. The best self test is to measure your waist line. For women aim for under 80cm and men under 94cm (note all heights and all ages).

You don't just want to lose weight, you want to LOSE FAT and maintain a good muscle mass. Too many 'dieters' lose their muscle as they lose weight.

The Correct Water balance keeps you younger!



This is one of the many charts the VLA report can generate. This is Pam's water reading. Each column represents one test (see date below it).

Pam's water balance improved dramatically over time with changes she made in her lifestyle and diet.

She felt healthier and her biological age was lowered by improving her water balance.

The purple on the chart is the water INSIDE the cell and the blue is the water OUTSIDE the cell.

For a healthy body you want the 'purple' colour to be higher than the blue. This means that the cells can 'hold' water correctly. The cells become more like grapes rather than dried up sultanas. The better each cell is hydrated (i.e. it's ability to hold water) the younger you look and feel!



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There are a number of biomarkers used to determine your biological age. Your body composition is one very important biomarker.

A VLA test can give you an accurate measures of your body composition.

In Pam's VLA test (see below) it showed she had to lose 9 kg of fat and needed to gain 1.83kg of muscle. ***By losing fat and gaining muscle you reduce your biological age and feel younger!***

Below is part of the VLA report each client receives after a VLA test. As you lose weight you can check in with a VLA test every few weeks to check that you are losing FAT and gaining muscle.

A VLA test is a great way to check that your program is working for you.

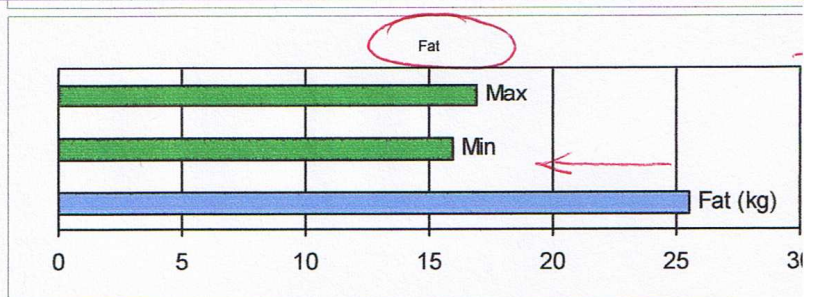


Body Composition and Cellular Health Analysis

Fat Mass

Fat (kg):	25.49
Ideal Fat Mass (kg):	16.44
% of Total Weight:	38.34%
% of Ideal Fat Mass:	155.04%
Difference from Ideal (kg):	9.05

To lose



Active Tissue Mass

ATM (kg):	19.15
Ideal ATM (kg):	20.98
% of Total Weight:	28.79%
% of Ideal ATM:	91.27%
Difference from Ideal (kg):	-1.83

To gain

