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## **HOW OLD ARE YOU? REALLY? YOUR FERTILITY AND YOUR EGGS' QUALITY**

If you are over 35 trying to get pregnant and would like to have younger eggs, it is vital to decrease your biological age to make your cells younger. How could you decrease your biological age?

Why there are people that do not age at the same pace? Genetics and lifestyle play an important part in your overall health and well being. Lifestyle research has determined that lifestyle changes, particularly proper nutrition and adequate exercise, may reverse the ageing process. Essentially, ageing is the accelerated breakdown and decelerated repair of body cells and tissues. Accelerated ageing can lead to chronic diseases; therefore, it is vital to undertake measures to decrease cell breakdown and increase cell growth as a way of slowing the ageing process. To decrease the production of free radicals that are linked with accelerated ageing is crucial that you change patterns and habits before they become debilitating to your health, which will secure your vitality and longevity. How to find out about your biological age, the age of your cells? How to keep your cells young, healthy and vital?

### **BIOLOGICAL AGE TEST**

Cellular Health Analysis using VLA tool is the latest in technological advancements in the world of health assessment. In fact, this assessment is able to accurately test the 6 key biomarkers of ageing, which are key physiological indicators of ageing and include:

- Muscle mass
- Body fat
- Cellular vitality
- Cellular toxicity
- Cellular inflammation
- Fluid (extra cellular water and intracellular water)
- Biological age

Lia Mills, our Naturopath sees this device as a vital measuring tool for assessing you current level of health and for improving your health and reversing the ageing process. After your test results Lia will discuss the options you have to help to rejuvenate your cells and keep your body healthy and increased vitality. You will receive advice on:

- Diet (good quality protein and low glycemic carbohydrates intake to maintain cellular vitality, vital energy and hormonal balance)
- Amazon Brazilian Herbal Tonics (phytonutrients that decrease the production of free radicals, promote hormone balance and detoxify at cellular level)
- Nutritional supplementation (antioxidants to maintain cellular energy and cellular vitality)
- Stress management (Reiki, Massage, Reflexology, Hypnotherapy, etc)