

Detox program includes:

- Wellness consultation with holistic practitioner.
- Iridology.
- Traditional chinese tongue and pulse diagnosis.
- In clinic testing: Zinc level testing, urinary indican test to check gut dysbiosis, blood typing test, glucose test, urine pH test.
- Complete Detox protocols and Newsletters for each week.
- Appropriate Detox allowable foodlist diet.

Initial Consultation **\$145** - Tests and Detox Program from **\$65**

Are you reacting to the foods you eat?

Get a food tolerance test today!



60 min Test **\$289**

FoodDetective

Could you be suffering from food intolerance? Find out with precision!

Bloated after eating certain foods? Tired at certain times of the day? Suffer headaches for no apparent reason? These are all symptoms of food intolerance ... and you could be one of the millions who are suffering from it!

Easy to use food intolerance test with immediate results



For those who want more **Vitality!**

VLA uses a scientifically validated test known as Bioelectrical Impedance Analysis (BIA).

The test is completed in a matter of minutes and is painless. This is done by attaching electrodes to your feet and hands that connect to the VLA machine. This assessment measures a bio-impedance current by sending a painless electrical charge between the electrodes. The process is completed within seconds and you don't feel a thing! The results of the VLA give the best indicator of how well your cells are functioning, your overall vitality and wellness, and is a great starting block to getting your whole health and wellness back on track.

This also provides your practitioner with insight into aspects of your health such as how much fat you have in your body. VLA can also help your practitioner to monitor your cellular health, in particular your fluid distribution. This Cellular Health Analysis using bio-impedance technology is a quick and sophisticated assessment measuring the health of your cells, including how well

you are ageing (your "biological age"), total fat and muscle mass, your toxicity levels, cellular hydration and more. This assessment lets you know what is going on ... on the "inside"!

Benefits for you :

- Weight and fat loss
- Detoxification
- Recovery from injury
- Muscle pain
- Management of the chronic diseases associated with ageing
- Improve energy levels
- Improved health and vitality

VLA: **\$75**

Assays for Wellness **CR3000**



The image shows a female doctor in a white coat looking at a CR3000 assay machine. The machine is white and has a small screen and a printer. The background is a laboratory setting with shelves of bottles.

Innovation in Point of care diagnostics

The CR3000 series are a range of instruments for screening and monitoring of primary care assays, especially created for the point of care setting, offering the practitioner the latest technology on the market.

- Complete lipid profile
- Primary haematology test
- Diabetic screening and monitoring
- Oxidative stress marker
- Cardiovascular risk

Test from **\$55**

Acupuncture, Holistic and Wellness Therapies



Total Bliss Health and Beauty



Phone:
3846 1222

Open:

Mon - Fri 9 am - 8* pm

Saturday: 9 am - 4* pm

*Closing times vary

Sunday by appointment

●
TOTAL BLISS
Health and Beauty
586 Stanley Street,
South Brisbane

●
ANJELEEN'S ROOMS
Ground Level
104 Dawson Road
Upper Mount Gravatt

Email: anjeleenkoklas@tbhb.com.au

Acupuncture, Cupping, Detox and Wellness Programs

Acupuncture is one of the oldest and most long-standing health care systems in the world. Today, acupuncture is an effective, natural and increasingly popular form of health care. Acupuncture takes a holistic approach to understanding normal function and disease processes and focuses as much on the prevention of illness as on the treatment.

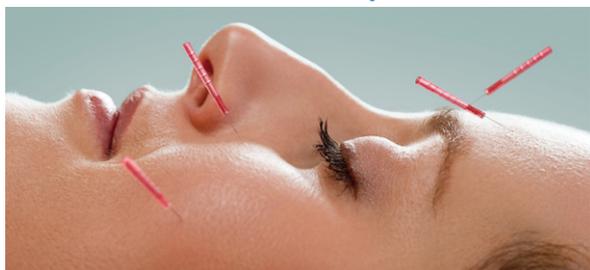
What is qi and how does it affect the body? When healthy, an abundant supply of qi or "life energy" flows through the body's meridians (a network of invisible channels through the body). If the flow of qi in the meridians becomes blocked or there is an inadequate supply of qi, then the body fails to maintain harmony, balance and order, and disease or illness follows. This can result from stress, overwork, poor diet, disease pathogens, weather and environmental conditions, and other lifestyle factors and becomes evident to the acupuncturist through observable signs of bodily dysfunction.

Acupuncturists look carefully for these signs of health and dysfunction, paying particular attention not only to the presenting signs and symptoms, but also to the **medical history, general constitution, and the pulse and tongue.**

How does acupuncture work? Acupuncture treatment involves the insertion of fine, sterile needles into specific sites (acupuncture points) along the body's meridians to clear energy blockages and encourage the normal flow of qi through the individual. As a natural form of healing, acupuncture has the following benefits:

- Provides **drug-free pain relief.**
- Effectively treats a wide range of **acute and chronic ailments.**
- Treats the underlying cause of disease and illness as well as the symptoms.
- Provides an holistic approach to the treatment of disease and illness, linking body, mind and emotions.
- Assists in the prevention against disease and illness as well as the maintenance of general well-being.

Cosmetic Facelift Acupuncture



Facial rejuvenation using acupuncture is a non-invasive painless and a holistic treatment to reduce signs of aging "naturally"

fighting fine lines, wrinkles and sagging skin by stimulating facial rejuvenation using acupuncture and is a non-invasive painless and holistic treatment to reduce signs of aging "naturally" fighting fine lines, wrinkles and sagging skin by stimulating collagen production and unblocks energy pathways to the face and skin which gives the skin a smoother and lustrous look! It's a gentle and effective alternative to botox, collagen injection, microdermabrasion and surgery. Cosmetic acupuncture is a holistic treatment focused on repairing internal imbalances that manifest as puffiness, wrinkles, dark rings and blemishes. So it focuses on creating beauty from inside out so unlike other facial treatment, you not only look younger but you feel younger as your internal health gets balanced as well. The treatment incorporates traditional Chinese meridian and ayurvedic massage techniques using Saffron herbal oil serum which is regarded as the queen in beauty treatment restoring natural glow and moisture to the skin. It prevents wrinkle formation and gives a glowing beauty and freshness to the skin. Another technique used is the Gua Sha and luxurious Jade Roller to rejuvenate, lift the skintone and beautify the facial muscles.

Cupping

Cupping works by placing small cups, usually made of glass, that have been heated, on various acupressure points of the body. The warm cups are placed in specific areas, creating negative pressure, which is used to draw out toxins and other fluids through the skin.



Why should I have a cupping treatment?

Cupping is used to improve circulation and stimulate the peripheral nervous system. According to its Traditional Chinese origins, it acts by drawing out the cold, wind and damp from the body, in order to rebalance Yin Yang and Qi energy. Cupping treatments can be used to draw out toxins and to treat back and muscle pain, hypertension, pneumonia, arthritis, menstrual cramps and the common cold. Cupping therapy works by lifting the body's connective tissue, loosening any adhesions and restoring blood flow to areas of the body that have been restricted. It is an excellent treatment for stress, fatigue, aches and pains and is often recommended for new

mums. As a complementary method to deep tissue massage, cupping can be used to treat very tight muscles, by enhancing the body's ability to drain toxins and inflammatory substances, stimulate the nerves and allowing fresh blood flow to various muscles.



Lets you claim on the spot
with major Health Insurers



Fees

Cosmetic Facelift Acupuncture: Initial session 2 hrs **\$230**
Subsequent sessions 90 mins **\$175**

Acupuncture Initial Consultation **\$75**
Subsequent Visits **\$55** **Cupping session** 30 mins **\$50**
Cupping added to Acupuncture or Massage **\$30**

Detox Programs

Are Toxins Affecting Your Health?

Toxins can make you feel sluggish, tired, irritable and generally unwell. To find out if your health is being affected by toxins, ask yourself these questions:

- Are you often tired or lethargic?
- Do you regularly suffer from bloating, diarrhoea, constipation or other digestive disturbances?
- Do you get recurrent headaches?
- Are you regularly suffering from muscle aches and pains?
- Do poor short-term memory and concentration affect your ability to function at work?
- Do you have allergies or sensitivities?
- Do you suffer from depression, anxiety and/or mood swings?

If you answered "Yes" to one or more of these questions, your body may be overburdened by toxicity.

Our three step detoxification program is the most effective way of giving your body a thorough spring clean to get you feeling fantastic again!

The Three Step Spring Clean

A good detox program should involve three major steps. First, you need to remove the "bad" bugs from your digestive system; and then replace the "bad" bugs with new "good" bugs (out with the old and in with the new). Finally, you need to support and enhance your liver's and kidneys' capacity to remove waste from your body. Recommended to do once per year for 6 weeks
Note: During this detox program weightloss will occur.