



**Rochelle McKay-Masterton**  
Naturopath / Herbalist  
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## Secret Women's Business Aside.....

Do you need evidence?

Ever felt unwell? Had all the medical testing just to be informed that there is nothing wrong with you?

There may not be a definable disease, but that does not mean the very real discomforts are in your mind. Disease does not just erupt without warning.

Observable imbalances occur well before disease arises; you can feel it.

Working preventatively is working holistically. Symptoms most often have common causes and awareness of causative factors is the only viable option when taking responsibility for your health.

Because the precursors to serious health imbalances are observable in the blood, microscopy techniques including live blood analysis and clot retraction tests enable validation of early warning indicators supporting informed lifestyle changes and individualised remediation of nutritional deficiencies to rebalance the physiology.

Both techniques can also track the reversal of degenerative conditions as you undertake therapeutic protocols.

Correcting the internal environment of the body allows a

return to harmonious and synergistic states that promotes wellbeing.

Whilst live blood analysis assesses fundamental parameters of health, a clot retraction test has the potential to isolate more specific causal factors including hormonal, organ and parasitic manifestations. Combined together and supported by urinary analysis, you have a complete non-invasive array of analytic techniques capable of directing your choices and nurturing your body toward the ultimate of optimal wellbeing. Nurture yourself now, if not now, when?

Our comprehensive analytical consultation outlines the priorities you will need to attend to.

Rochelle

- **Natural Fertility Management** • **Clinic Tests**
- **Hormonal Conditions** • **Weight Management**
- **Detoxification** • **Digestive Conditions**
- **Blood Analysis** • **All Health Concerns**

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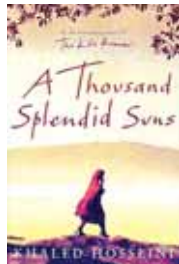
## Book Bites



### Why First Borns Rule The World And Last Borns Want To Change It

- by Michael Grose

This book reveals how birth order may be a factor in determining our character and the lives we lead. What role do you play in your family? Are you a boss? Or a follower? The clown or the one who fixes everyone up and sends them away? An interesting read, which will make for animated chats with friends and family.



### A Thousand Splendid Suns

- by Khaled Hosseini

This is a story of a wounded country, set in Afghanistan before and during the rule of the Taliban. The streets of Kabul are alive with the sound of gunfire and bombs, life a desperate struggle against brutality, starvation and fear. Yet love can move a person to act in unexpected ways - a deeply moving story of a family and friendship.



### Author for July

Alexander McCall Smith

Born in Zimbabwe and having written more than fifty books from childrens to specialist academic titles concerning Bioethics, human genetics, law and medical ethics.

He is well known for his mystery series 'The No 1 Ladies Detective Agency' featuring feisty Detective Precious Ramotse, the only female detective in Botswana.

## The Book Pilgrim

Montville Village Square (opposite the Post Office)

Ph: 5478 5698

## Tasmanian Art & Craft Escape

**Book this exclusive Tour to Tassie which includes the opportunity to view the best of Tasmania's craft people in action!**

Every November, the picturesque town of Deloraine is transformed through its hosting of the **Tasmanian Craft Fair**. Celebrating its 27th year, it is billed as the largest working Craft Fair in the Southern Hemisphere!

Spread over 12 fantastic venues and 200 plus stalls, the Tasmanian Craft Fair is your opportunity to view and talk directly with craftsmen.

With an innovative mix of exhibitors including woodcarvers glassware, leather, metal work, toys, garments, calligraphy, quilting, spinning, silk screen painting and more... this exclusive small tour offers historic first class accommodation, a visit to Salamanca Markets, and the opportunity to sample fine Tassie cuisine and wine.

From October 31 to November 7  
- 7 nights, \$1,595pp twin share

For full tour details phone Gillian.



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