



# ANCIENT ALTERNATIVES

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www.AncientAlternatives.com



Hello everyone,

I'm just back from **CHINA** after a longer than expected trip. Everything was successful but that country practically comes to a halt for two weeks before and two weeks after Chinese New Year which was on January 26th.

Before leaving I had started working on producing a new **TAI CHI DVD** that I hope will be ready before the end of this year. I have developed a new "Nine Palaces" Tai Chi style that I think you will really enjoy.

For those of you who know **WAYNE**, he has retired from doing acupressure at the clinic and has been doing a lot of

traveling. He drops in here at the clinic frequently for a visit so you may still see him around.

My two therapists, **ALICE** and **ANTHONY**, are very capable of looking after all the clients who have been seeing Wayne and me all these years. They do pulse readings, acupressure and acupuncture and are both licensed.

If you come to the clinic and happen to detect some interesting burning smells, that will be



One of the 9 Palace moves.

Anthony doing **MOXABUSTION** (burning a cone or cylinder of Chinese herbal material called moxa on the skin to induce energy flow). Come in and try it.

According to Traditional Chinese Medicine (TCM), late winter (now) is the time to do a **LIVER AND GALLBLADDER CLEANSE**. The energy moves into these organs in the spring and they should be cleansed before that happens. Liver Klanser (#10C) works well for this purpose. Once the energy has moved to these organs in the spring they should be nourished using Liver-HJ (#10A). You can see my TCM Calendar of Cleansing on our website.

I have been writing a series of articles for a **NEW MAGAZINE** called "Feeling Great". It is full of tips for anyone who is interested in regaining and maintaining their health through holistic and natural medicine. The website is [www.holistic-health-solutions.com](http://www.holistic-health-solutions.com). Check it out.

Have a healthy spring,  
Victor



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Knowledge  
Condensed Into  
One  
Master Herbalist



To send this newsletter to a friend please send a request to:  
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## DID YOU KNOW...

### PROLAPSED ORGANS:

(Prolapsed literally means "To fall out of place." In medicine, prolapsed is a condition where organs, such as the uterus, bladder or transverse colon, fall down or slip out of place. Hemorrhoids can also be prolapsed.) If you take the unlikely combination of L-Energiser (#5B) together with Hair Gain (#12) they can help lift these back into place even if you've been suffering for many years. Results can be very quick but it's best to stay on the formulas for at least three months. This combination also works for leaking semen and premature ejaculation. The effects of this combination were a fortuitous discovery by one of Victor's clients who happened to be taking these two products at the same time and had a prolapsed condition reverse itself.

**MENOPAUSE BLUES:** If you are suffering from 'hot flashes' due to menopause you can benefit by taking Liver Klanser (#10C) because it will help to remove excess heat. Also of value is Xstrogen (#14B) as it is a completely natural source of estrogen. If you add Stresslax (#17) to your regimen, it can help lift your mood.

### EASY CHOLESTEROL CHECK:

You can check your cholesterol on your shins by just running your thumb down the inside of your shin bones with a gentle pressure. Go down from the knee cap two to three inches. The greater the discomfort you feel while doing this the higher is your cholesterol level. Ouch? Better look at starting on Kolestolrite (#11).

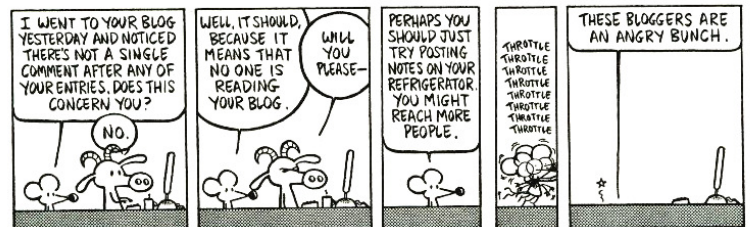
## NEW CONSULTANTS

Please support our new consultant/distributors:

- Darlene Levesque** (Valleyview AB), **Monica Lloyd** (Fairview AB), **Tatianna Hommy** (Grande Prairie AB), **Cynthia Sebry** (Lacombe AB), **Glenn Nemeth** (Edmonton AB), **Dr Lambert and Judy Sindelar** (Wetaskiwin AB), **Debbie Leidl** (Edmonton AB), **Roger Baker** (Wasaga Beach ON) and **Alexander Silzer** (Sherwood Park AB).

All their contact information can be found on the Ancient Alternatives website in the tab marked 'Herbal Stores'.

### Pearls Before Swine



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## NEW SLIMFIT KIT

Excess weight is not only a result of the calories we eat, but also of how much energy our body has available to use those calories. If energy is deficient, digestion and elimination become slow; we then will retain water and accumulate phlegm and fat. The way to reduce and prevent fat and cellulite is to improve our energy or chi. The most common cause of weight gain is when our spleen, liver and kidneys become weak and out of balance. **The Slimfit Kit** is formulated to energize and balance these organs. Slimfit (9A) Improves the internal organs making them healthy so that normal metabolism can be achieved. Enerslim (9B) Suppresses appetite, boosts energy and helps to balance the thyroid.

Slimfit Tea (T18) Boosts the kidneys to increase metabolic rate.

Herbal Fiber (5C) Promotes digestion and cleanses the colon.

DVD of Tai Chi based breathing exercises specifically geared to weight normalization.

Check our website as the new kit will be available soon.