

Vitality for Life

Individual
Optimal
Nutrition

Who can benefit?

Vitality For Life will demystify the confusion about exactly what you should eat for short and long-term results, maximum health and true vitality.

For those with a family history of heart disease and cancer it is of great importance to invest daily in good health and nutrition.

Those people suffering from any recurrent or long-term condition or illness will benefit from changes in diet and nutrition status.

Equally, those who will benefit to a great amount include those with:

- Ongoing tiredness, fatigue and exhaustion
- Change in body composition eg. weight gain or muscle weakness
- Loss of appetite and anorexia
- Mental and emotional impairment - including apathy and mental dullness, depression and emotional lability due to stress-anxiety
- Children with behaviour disorders,
- Athletes aiming to keep ahead of the pack
- Those who have any of the conditions listed under "Food Sensitivity and Health"

"Avert the onset of disease with early intervention to treat underlying nutritional imbalances,"

Traditional and Modern Medical Practice

Current health practices teach doctors, pharmacists, naturopaths and most other health professionals to follow treatment protocols for each condition or illness. Often this means that more medicines and sometimes surgery are the mainstays of Western medicine treatment.

Once you are 'boxed' or labeled with a condition, disease or illness, the treatment guidelines stipulate how to handle it. Complications arise and more medicines or surgery result as more 'boxes' are labeled.



Through *Vitality For Life* you receive a detailed and uniquely tailored food and nutrient management plan, based on the underlying patterns of the cause of your health situation.

A full initial consultation, for example, is considerably long compared to standard practitioner times. The physical examination is extremely thorough and focused on identifying signs indicative of nutrient insufficiency and physiological dysfunction. This coincides with assessment of history, signs, symptoms and pathology in a very specific way.

What is Nutrition Medicine?

Nutrition-related metabolic disturbance accounts for 60-70% of chronic disease and >80% of GP consultations.

Diet and nutritional therapy can:

1. correct metabolic function
2. modulate disease progression, and
3. remediate disease progression

The interplay between genetic inheritance and the environment is a major factor that determines propensity towards disease or health. Patterns of nutrient deficiencies are evident from physical signs, symptoms and utilising standard and specialised pathology.

Nutrition Medicine is the combination of the applied knowledge and qualitative analyses of the critical components of cellular metabolism - *all proven biochemistry studied by every health professional at some stage* - yet a specialised treatment option provided by expertly trained nutrition medicine practitioners.

The main parameters of nutrient medicine include:

- Nurturing & sensitive foods
- Antioxidants
- Essential Fatty Acids
- Bowel health
- Liver function
- Hormone balance
- Neuro-endocrine balance

Demands from our Environment

The underlying cause of disease is based on our genetic make-up and the demands of the environment. Over time, functional nutritional inadequacies can result in a variety of chronic health conditions.

The factors of normal life activity often lead to an underlying upset of nutritional function.

Lifestyle factors >

- STRESS • SMOKING • CHEMICAL EXPOSURE
- LACK OF ACTIVITY/MOVEMENT
- POOR DIET • CARCINOGEN EXPOSURE

Automatically depletes >

- Vit B • Folic Acid • Vitamin C • Magnesium
- Calcium • Iron • Chromium • Zinc • Vitamin E

Affects >

CELLULAR DYSFUNCTION

Leads to >

- Cancer • Chronic Fatigue • Depression
- Infertility • Diabetes • Immunity • Obesity
- Heart Disease Anorexia

A *Vitality For Life* consultation will help establish nutritional inadequacies that have contributed to your health complaints or those that are likely to lead to the collapse of your health as you age.



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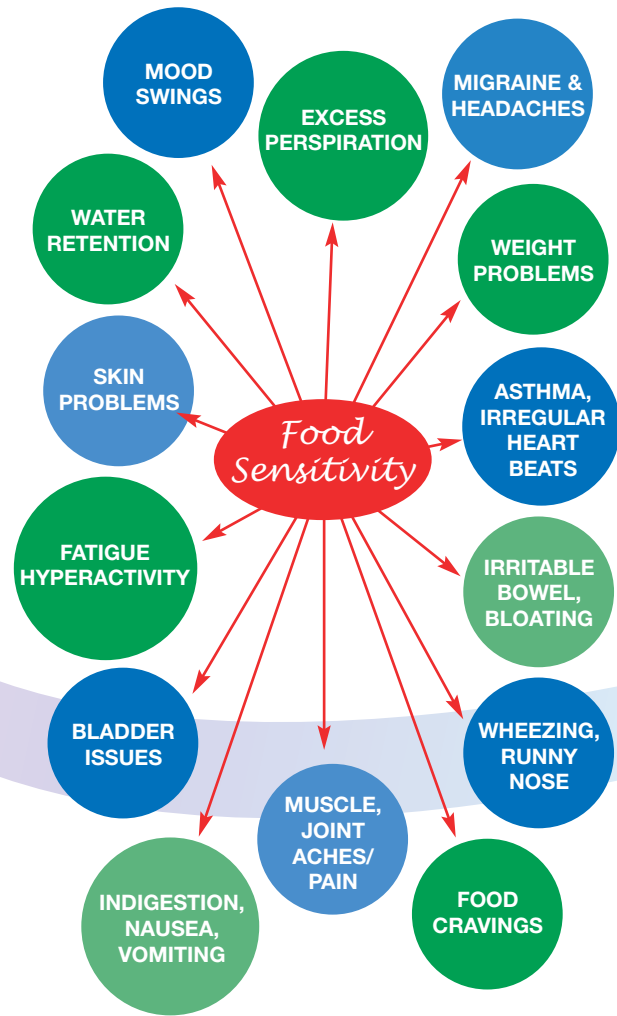
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Food Sensitivity and Health

Food sensitivities can occur at any age, trigger many different symptoms and contribute to a variety of disorders, including:

- Bowel and digestion problems
- Fatigue
- ADD/ADHD and other learning disorders
- Migraines
- Skin problems
- Arthritis and joint or muscle problems
- Sinusitis
- Recurrent ear infections
- Mood swings

Reactions are usually very difficult to pin-point as they can occur hours or even days after consumption of an offending food. These 'hidden' food allergies or sensitivities significantly upset our immune system and nutrient imbalances over time.

Base your health and wellness on your genetic make-up, and factors from your environment to achieve *Individual Optimal Nutrition for you.*

Take control of your symptoms and discomforts by identifying the foods that directly influence your health and wellbeing. Let the right foods for your genes be your medicine for true vitality and zest.

ARE YOU LIVING THE LIFE YOU CAME HERE TO LEAD?

Who am I?

Vitality For Life is the unique life-long health pathway started by Ben Wilkins.

It embodies Ben's ability to apply scientific principles to dietary intervention, taking account of specific individual requirements and translating these into an adequate diet. It is this combination of individualised and optimal nutrition that makes *Vitality For Life* integral to prevent many chronic diseases as well as achieving true wellness, zest and vibrancy.

These scientific principles include known metabolic and physiological patterns, pharmaceutical and disease knowledge and specific nutrition medicine principles.

Ben has a variety of educational backgrounds including:

- Registered Pharmacist
- Nutrition Medicine Practitioner
- Accredited Pharmacist for Home Medicines Review
- Registered Bowen Therapy

Ben has gained nutritional and pharmaceutical knowledge and skills during a journey since 1992.

Amongst some of Ben's history in health and business include:

- Pharmacy business proprietor
- Consultancy services to the pharmaceutical industry
- Extensive background working with the Medical Profession in particular, under Medicare
- Journalist and Writer for Pharmacy Education journals
- Professionally, many successes including the Aventis Pharma **Medal of Excellence in Pharmacy Practice** 2002.

Ben looks forward to *identifying, educating, coaching and supporting you to feel in control and happy with your health and wellbeing.*

Vitality For Life supports that
"Good nutrition leads to health and resistance to disease; poor nutrition leads to ill-health and susceptibility to many diseases."

Contact Ben Wilkins on (02) 6559 2740 to arrange to work with you on your pathway to fantastic health.

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