

# Product Book



Some of stock brands; Bioceuticals, Metagenics, Biofreeze, Posture Medic, Ortho care, Oppo, Triology, Painaway.

# Clinic Information

Stirling Health Professionals have been providing quality chiropractic care to the Western Australian community for over twenty years. Initially developed as solely a chiropractic practice, it now boasts physiotherapy, occupational therapy, podiatry and massage services to maximize optimal health. We recognize that 21st Century living places huge physical, chemical and emotional stresses on your body. Our friendly staff are dedicated to the goal of helping you and your family maintain a nervous system that is free from interference. This allows your body to achieve your full health potential rather than simply 'cope' with everyday life.

## Opening Hours:

Monday – Friday:

7:30am – 6:00pm

Saturday:

8:00am – 12:00pm

### DISCLAIMER

All of these products are available without prescription,  
However, consultation with your health professional is strongly recommended  
Please Note: Prices in this catalogue may be subject to change without notice.

### PAYMENT TERMS

All orders must be paid for at time of ordering.  
We accept Cash, Cheque, Amex or Credit Card



# CONTENTS

Chiropractic Pillows	Page 4 – 7
Bioceuticals Supplements Range	Page 8 – 15
Other Supplement Ranges	Page 16 – 19
Supportive care	Page 20 – 22
Exercise Products	Page 23
Orthosis and Foot care	Page 24 -25
Books	Page 26
Bars and Kombucha	Page 27-28

# CHIROPRACTIC PILLOWS

## Complete Sleeper Memory Pillow (Soft/Medium)

### **Benefits of using a memory foam contoured pillow**

The Complete Sleeper features 'higher' and 'lower' sides as well as contour variance for maximum individual support and comfort for side or back sleeping. The pillow's clever design encourages side sleeping which enhances breathing, which may also be helpful in minimizing light snoring. Scalloped under-edges allow shoulder when side sleeping to slip snugly under pillow.

- Head and neck are cushioned and supported during sleep.
- Designed to help alleviate and avoid neck and shoulder stress and muscle stiffness in both 'new' and 'old' injuries.
- Foam 'noodles' in corefoam surface can be removed to make for an even softer surface.
- May assist asthma sufferers and others who require clear breathing patterns.
- Pillow's contour may help minimize light snoring by enhancing the airway through encouraging better spinal alignment
- Channels in the corefoam surface, combined with the open-weave inner cover, allow air to circulate, for cooler, healthier sleep

### **Other features:**

- Channels in the core foam surface, combined with the open-weave inner cover, allow air to circulate, thus dispersing so called 'warm spots'. Sleep cooler, sleep healthier
- Foam 'noodles' in core foam surface can be removed to make for an even softer surface.
- Open weave cover allows pillow to 'breathe' for cooler, healthier sleep. Healthier sleep.
- Superb quality full-density foams selected for their pressure-diffusing and longevity properties.
- High and low sides cater to all physiques, and the pillow's clever design encourages side sleeping which is beneficial in enhancing breathing (which may also be helpful in minimizing light snoring).



# COMPLETE SLEEPER MEMORY FOAM PILLOWS

## Complete Sleeper ORIGINAL (soft)

### Memory Foam Pillow

ORIGINAL is a super-soft memory foam pillow designed for those who require a soft 'feel' to their pillow. And just because it's soft doesn't mean that it's not supportive. ORIGINAL is extremely supportive and you get the best of both worlds with this version. It is particularly suitable for small and average frame people, and for those who sleep on their side and back.



## Complete Sleeper PLUS (Medium)

### Memory Foam Pillow

The PLUS version is approximately 20% firmer than the ORIGINAL version, and this makes it perfect for the one-in-five people who prefer a firmer feel to their pillow. It is ideal for broader framed males who prefer to side sleep and who desire a firmer platform. That said, PLUS offers superb comfort and the firmness is more in the density of the memory foam rather than the surface 'feel' so it provides all the comfort you will ever need.



Australian Made Memory Form Is The Key To Quality

Our Australian made visco elastic memory foam is the perfect mixture of comfort and support that we are sure you'll love. Our precise R&D team has developed the perfect grade of memory foam. Soft and comfortable, yet supportive to hold the load of the head, neck, and body

# COMPLETE SLEEPER MEMORY FOAM PILLOWS – ADJUSTABLE TO SUIT ANY BODY SHAPE

Therapeutically contoured and designed by health professionals to give you the perfect neck support & alignment a memory foam pillow can offer. Two easily removable/re-workable inserts allow you to change the shape and height to suit your comfort and postural needs.

**Premium grade memory foam pillow - Made to measure. One suit suits all.**

The Complete Sleeper memory foam pillow takes the risk out of your pillow being too high, too low, too hard or too soft.



**Premium grade memory foam pillow - Made to measure.  
One suit suits all.**

The Complete Sleeper memory foam pillow takes the risk out of your pillow being too high, too low, too hard or too soft.



With both  
insert in for  
average  
physiques



Remove  
insert/s to  
adjust to suit



Leave one  
in for a  
lower far  
side



Both out for  
smaller  
framed  
persons



Ideal also  
for back  
sleeping

# GEL INFUSED CONTOUR MEMORY FOAM PILLOWS

First developed by NASA to help their Astronauts cope with the extreme G-force pressures associated with space travel. Memory foam softens and moulds after coming into contact with the body's warmth. Allowing for a more even distribution of pressure.

- Cooling effect
- Great comfort
- Non- allergenic
- Long lasting foam
- Contoured support

Small / Medium / Large sizes available

**Side sleepers** should aim to use the pillow size which is closest to the **width of their shoulder**. This would usually be small-medium for women and medium-large for men.

The pillow encourages side sleeping due to its contours and ridge which allows for the shoulder to fit comfortably against the pillow.

**Back sleepers** should aim for a pillow which is **one size smaller** than that which is closest to the width of their shoulder, in order to reduce the angle of incline of the neck.





# BIOCEUTICALS RANGE

## Bioceuticals D3 Drops Forte

Liquid Vitamin D3 Supplementation - 50mL EMULSION

Vitamin D3 plays an intrinsic role in calcium metabolism, the immune and nervous systems, bone, heart and kidney health. The working group of the Australian and New Zealand Bone and Mineral Society, Endocrine Society of Australia and Osteoporosis Australia state that a significant number of Australians are deficient in vitamin D.



## Bioceuticals D3 + K2 Spray

- Provides a therapeutic dose of vitamin D3 with 1000IU per spray.
- Uses the pure menaquinone 7 (MK-7) form of vitamin K2 for greater availability and longer half-life.
- Helps maintain normal, strong, healthy bones.
- Assists calcium absorption and metabolism.
- Influences skeletal development, growth and mineralisation.
- Helps maintain a normal healthy immune function.
- Supports normal healthy blood coagulation.



## Bioceuticals Advacal Forte

Maintain Healthy bones and manage osteoporosis with this calcium supplement - 90 & 180 tablets

AdvaCal Forte combines the highly absorbable hydroxyapatite and citrate forms of calcium together with the bone-supporting nutrients magnesium, zinc, manganese, copper, silica, vitamin D3 and vitamin K2. Together, these nutrients work to provide comprehensive bone support that may assist in the prevention and treatment of osteoporosis.

- 100mg of calcium and 1000IU of vitamin D3 per daily dose
- Supports bone growth and development
- Assists in the prevention and treatment of osteoporosis. Reduces the risk of hip fractures and the incidences of non-vertebral fractures in postmenopausal women and older men
- Provides relief from muscular aches, pains, cramps and spasms
- In addition to calcium, hydroxyapatite provides elements found naturally in healthy bone tissue including phosphorus, type I collagen, protein, bioactive growth factors, trace minerals and glycosaminoglycan's naturally found in bone matrix





## Bioceuticals Ultraclean EPA/DHA Plus

- Concentrated Omega – 3 (Fish oil) – 120 Tablets
- UltraClean EPA/DHA Plus contains “ultra-purified” EPAX concentrated omega-3 triglycerides fish oil that is produced using patented distillation and steam deodorising and processes to ensure optimal quality and purity with low odour
- Ultraclean EPA/DHA Plus contains pharmaceutical grade fish oil and is highly stable
- Exceeds quality standards set by the European Union and the Canadian Council for Responsible Nutrition regarding acceptable levels for common constraints including lead, cadmium, mercury, dioxins and polychlorinated biphenyls (PCBs)
- Capsules are enteric coated and flavoured with vanillin to minimise aftertaste
- Added vitamin E provides antioxidant activity



## Bioceuticals UltraClean Krill Oil Concentrate 1500mg

Krill oil from environmentally sustainable source

30 & 60 Capsules

UltraClean Krill Oil Concentrate contains a highly concentrated form of deodorised krill oil. Krill oil contains phospholipids, which are structural components of cell walls, as well as astaxanthin, an antioxidant.

- Sourced from a Marine Stewardship Council (MSC) certified sustainable fishery with the highest levels of traceability, using specialised harvesting technology to minimise environmental impact.
- May assist in the maintenance of triglycerides within the normal range in healthy individuals.
- A source of omega-3 fatty acids and assists in supplementation of EPA and DHA.
- Contains phospholipids which support healthy fat metabolism and cell formation.
- Naturally contains astaxanthin, an antioxidant of the carotenoid family.
- Advanced strength - more concentrated EPA, DHA and phosphatidyl choline levels compared to standard krill oil supplements.
- Deodorised through a filtration and purification process which removes trimethylamine, trimethylamine oxide and salts.



## BioCeuticals Ultra Muscleze Cream

### Triple-Action Muscle Relaxation Cream

Ultra Muscleze Cream provides magnesium, menthol and wintergreen oil for topical application to muscles. Magnesium is used in over 300 biochemical reactions in the body and magnesium depletion may result in muscle cramps. Prolonged exercise or endurance sports are associated with increased magnesium losses, via sweat and urine.

These losses may be aggravated by mental stress during competition.

Key features and benefits

- Contains magnesium, wintergreen oil and menthol in a topical cream.
- Topical magnesium has been shown to increase cellular magnesium levels.
- Magnesium is required for normal healthy muscle relaxation.
- Paraben-free.



## BioCeuticals Ultra Muscleze

### Advanced Magnesium Blend - 300g Oral Powder / 150g Oral Powder

Ultra Muscleze is a great-tasting, high dose magnesium powder featuring UltraMag, a specialized mineral delivery system that enhances absorption and intestinal tolerance of magnesium. Ultra Muscleze also contains the amino acids carnitine, glutamine and taurine, with malic acid, B vitamins and other supportive nutrients.

- UltraMag is a proprietary BioCeuticals blend of highly bioavailable magnesium chelates including Albion TRAACS™ magnesium lysyl glycinate.
- Supplies important cofactors to support the actions of magnesium, including malic acid, taurine, glutamine, carnitine and a range of B vitamins.
- Natural orange flavor.



## BioCeuticals TherActive (curcumin)

### Highly Bioavailable Curcumin - 30 caps

TherActive is an advanced curcumin product featuring a patented manufacturing technique that increases the bioavailability of curcumin. With 60mg of curcumin per capsule, it is the strongest formula on the Australian market. This preparation reduces the particle size of curcumin and suspends it in a unique matrix, dramatically increasing its solubility and absorption



## Bioceuticals TherActive Triple

Triple Strength, Highly Bioavailable Curcumin - 30 caps

TherActive Triple is an advanced curcumin product that is concentrated to contain 180mg of curcumin per capsule, with one capsule being bioequivalent to 4860mg of regular curcumin. Theracurmin has been clinically trialled to increase plasma curcumin levels in a dose-dependent manner.

### Key features and benefits

- Highly bioavailable curcumin.
- May help down-regulate inflammatory mediators.
- Helps reduce joint inflammation associated with arthritis.
- Antioxidant support.
- Helps protect LDL cholesterol from oxidation.
- Helps maintain healthy digestive function and emulsify fats in the digestive tract.
- Supports normal gallbladder contraction.
- In vitro evidence suggests curcumin may support liver function by up-regulating phase 2 detoxification enzymes.
- In vitro evidence suggests curcumin may support the repair of DNA damaged by oxidative stress.
- Vegan and vegetarian friendly



## Bioceuticals Chondroplex

Glucosamine / Chondroitin and MSM - 120 Capsules / 60 Capsules

ChondroPlex contains three key joint nutrients, glucosamine, chondroitin and MSM (methylsulfonylmethane), which work in unison to promote healthy joint tissue. ChondroPlex may assist in slowing the progression of osteoarthritis of the knee, in addition to providing temporary relief of symptoms such as joint swelling, pain and reduced mobility.

- Provides three key nutrients required for healthy joint structure and function.
- Assists in the management of osteoarthritis.
- May help to provide temporary relief of arthritic pain.
- May help to reduce joint swelling and improve joint motility.
- Contains glucosamine sulfate, the form of glucosamine utilised in most clinical studies.
- The doses of glucosamine and chondroitin featured in ChondroPlex replicates those used in successful clinical studies



## Bioceuticals Chondrocare

Ingredients in an Advanced Nutritional Joint Formula

A broad-spectrum joint support formula, ChondroCare Excel combines clinically trialled glucosamine and chondroitin with MSM plus vitamin C and trace minerals for the maintenance of healthy joints and nutritional support for connective tissue.



## Bioceuticals CoQ10

Supports Healthy Cardiovascular Function - 60 Capsules - 150mg

CoQ10 Excel 150mg delivers 150mg of the antioxidant coenzyme Q10 (CoQ10) to help protect the body from oxidative stress. CoQ10 provides nutritional support for healthy heart function and is involved in reducing oxidation of LDL cholesterol. CoQ10 is an essential component for the production of cellular energy.

- The elderly may have additional requirements for CoQ10 and may benefit from supplementation with regard to healthy heart function.
- CoQ10 is an antioxidant with membrane stabilising properties. It protects cell membranes and plasma lipoproteins from free radical damage.
- CoQ10 assists in post-exercise recovery processes that require energy and improves recovery time following strenuous exercise.



## Bioceuticals Babybiotics

Dairy-free probiotic bacteria for baby's digestive tract - 60g & 100g net powder  
BabyBiotic 0+yrs is a dairy-free probiotic supplement specifically designed to nurture healthy digestive health in neonates, infants and children. It combines three of the most common species of bifidobacteria present in the gastrointestinal tract of healthy breastfed newborns and infants.

- Promotes the growth and development of beneficial microflora in the infant intestinal tract
- Combines probiotic bifidobacteria and lactobacilli strains along with the prebiotic fibre inulin.
- Inulin, derived from chicory, has been shown to encourage the growth of healthy gastrointestinal flora in babies and young children.



## BioCeuticals UltraBiotic 45

Supports the maintenance of healthy intestinal and urogenital flora - 30 & 60 Capsules

UltraBiotic 45 is a unique, dairy-free blend of 10 probiotic strains delivering 45 billion beneficial organisms. Provides nutritional support for a normal healthy immune system, and supports against the immunosuppressive effects of intense and endurance exercise.

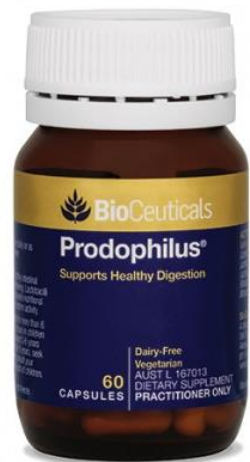


## BioCeuticals Prodophilus

Probiotic for everyday maintenance of health digestion - 60 & 120 Capsules

Prodophilus features five strains of bacteria to rebalance intestinal flora and provide nutritional support for normal immune function. It is a comprehensive dairy-free probiotic supplement featuring highly viable strains of lactobacilli and Bifidobacterium for nutritional support to assist healthy digestive function of immune health.

- Provides nutritional support for normal healthy intestinal flora.
- Helps maintain healthy digestive function and immune health.
- *L. acidophilus* may aid in the relief of diarrhoea.
- *L. rhamnosus* exists in the female urogenital tract.



## BioCeuticals Armaforce

Immune Booster - 60 & 120 Capsules

ArmaForce is a comprehensive formula combining the herbal and nutritional ingredients andrographis, echinacea, olive leaf, vitamin C and zinc. It has been scientifically formulated to provide relief of symptoms and decrease the duration of upper respiratory tract infections and colds. ArmaForce supplies nutritional support for healthy immune function.

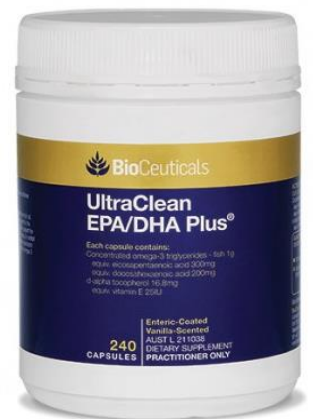
- Each tablet provides 62.5mg andrographolides from a standardised extract of andrographis to help support healthy immune function and provide relief from the symptoms of the common cold
- Andrographis, echinacea root and olive leaf are traditionally used to provide relief of symptoms of mild upper respiratory catarrh, sore throat and feverish conditions
- Vitamin C and zinc provide nutritional support for healthy immune function





## Bioceuticals Armaforce Pregnancy

- Concentrated Omega – 3 (Fish oil) – 120 Tablets
- UltraClean EPA/DHA Plus contains “ultra-purified” EPAX concentrated omega-3 triglycerides fish oil that is produced using patented distillation and steam deodorising and processes to ensure optimal quality and purity with low odour
- Ultraclean EPA/DHA Plus contains pharmaceutical grade fish oil and is highly stable
- Exceeds quality standards set by the European Union and the Canadian Council for Responsible Nutrition regarding acceptable levels for common constraints including lead, cadmium, mercury, dioxins and polychlorinated biphenyls (PCBs)
- Capsules are enteric coated and flavoured with vanillin to minimise aftertaste
- Added vitamin E provides antioxidant activity



## Bioceuticals Natal Essentials

Natal Essentials provides a broad range of nutrients to assist women in obtaining many of the increased nutritional requirements during preconception, pregnancy and breastfeeding.

An array of bioavailable and activated B vitamins are included; riboflavin sodium phosphate, pyridoxal-5-phosphate (P5P), levomefolic acid (5-MTHF), mecobalamin, nicotinic acid (a bioavailable form of vitamin B3) as well as iodine, choline, CoQ10, and vitamins D3 and K2.



## Bioceuticals Histammune Clear

Metabolism and Anti-inflammatory support - 60 Capsules

Featuring an excellent combination of flavonoids, vitamins C and B6, and proteolytic enzymes. Histammune Clear provides an innovative clinical tool to support a healthy immune response, reduce allergic reactivity, and manage inflammation and conditions related to excessive histamine release and/or accumulation, such as seasonal allergies.

- Vitamins C and B6 (in the bioavailable form of pyridoxal – 5- phosphate – P5P) support healthy histamine metabolism
- Quercetin may downregulate the allergic response by reducing the release of histamine
- Provides vitamin C and the bioflavonoids quercetin, rutin and hesperidin for their antioxidant properties to reduce the risk of cell damage attributed to free radicals
- Bromelain helps to support anti-inflammatory pathways
- Vitamin C provides support for a normal healthy immune system as well as healthy connective tissue
- Rutin and quercetin protect healthy capillaries and blood vessels
- Vitamin C assists healing of minor wounds and bruises
- Bromelain and protease assist in the digestion of protein
- Vegan friendly formula



## Bioceuticals Pharma Mag Forte

Cellular Energy Support - 60 & 120 Capsules

Pharma Mag Forte is a researched blend of the minerals magnesium, potassium and calcium. These minerals are integral for energy production and healthy cardiovascular, muscular and neural function. To increase the effectiveness of these minerals they are combined with the nutrient carrier's orotate and aspartate. Orotate is important for heart health but also carries magnesium directly into the cells that need it the most. Aspartate is required for energy production.

- Supports healthy energy production in the body
- Provides nutritional support for healthy heart function
- Contains nutrients that are necessary for the contraction and relaxation of muscles, including heart muscles
- Supports healthy nerve function
- Features nutrient carriers that provide additional benefits for heart function and energy production
- The orotate carrier transports magnesium directly into the cells where they participate in many biological roles





# OTHER PRODUCTS

## Triology Nutrition – Gaba Mag

The Trilogy Magnesium formula can be used to promote relaxation, fight the effects of stress and improve restful sleep. Our special Magnesium formula features a combination of three different form of magnesium to help absorption and utilisation of magnesium in the body. The formulation provides magnesium an essential cofactor for enzymes requiring ATP (these are involved in glycolysis, fatty acid oxidation and amino acid metabolism). It is also required for the synthesis of RNA and replication of DNA; neuromuscular transmission and calcium metabolism. Magnesium may assist in maintaining a health cardiovascular system in healthy individuals. Magnesium may assist in bone formation and strength and assists in maintaining healthy teeth.



## Biofreeze

Cold Therapy Pain Relief - 89ml

Biofreeze can be used to help with:

- Arthritis Pain
- Back & Muscle Pain
- Leg & Joint Pain
- Neck, Shoulder & Arm Pain
- Muscle Sprain
- Hip, Leg & Knee Pain
- Pain from Sports Injuries

Biofreeze can also be used for;

- Pain prior to having ultrasound treatments
- Use before massage therapy or trigger point therapy
- Use prior to doing rehabilitation exercises
- Can be used for Pre and Post Workout Stretch

### How Biofreeze works:

Biofreeze has an ingredient called Ilex (a South American holly scrub that was used by the Paraguay Indians) to help decrease pain

Biofreeze is a type of cryotherapy that has been shown to help decrease the aches & pains of daily life



## Pain Away

Arthritis pain relief cream

Whilst difficult to comprehend, Pain Away may assist with temporary Relief of Arthritic conditions. When used as directed, Pain Away may assist with circulation, swelling, bruising, and the fluid on and around joints. May help with flexibility and mobility.

Pain Away can be used for:

- Relief of pain
- Increasing circulation
- Attacking inflammation
- Reducing swelling
- Loosening stiff joints
- Increasing flexibility
- Increasing mobility



## Metagenics – Super Mushroom Complex

Traditionally, ingredients in Super Mushroom Complex have been shown to, or may:

- Enhance the strength and function of the immune system.
- Provide symptomatic relief of upper respiratory tract infections including mucus congestion.
- Great tasting, concentrated powder with tiered dosing.



## Metagenics – Ultra Probioplex

Gastro-Intestinal Health

Scientifically blended combination of colostrum, glyconutrients and supporting nutrients, developed to support optimum gastro-intestinal health.

Key applications may include

- Acute Gastrointestinal (GI) infections such as food poisoning
- Chronic GI infections
- Chronic inflammatory conditions such as food allergies
- Enhancing sports performance



This formula may be useful to encourage a healthy intestinal environment, enhance normal function of the immune system and support detoxification programs.

## Metagenics – Meta Zinc with Vitamin C

Ingredients in Meta Zinc with Vitamin C have been shown to or may:

- Prevent zinc deficiency. **Zinc** sulfate for fast **zinc** replenishment.
- Reduce severity and duration of colds.
- Assist in the healthy development of motor attention skills in children
- Exclusive Meta Zn®- Zinc bisglycinate powder is easily absorbed with little side effects, such as nausea. It's high strength, great tasting, and suitable for use in children.



## Nutraorganics – Collagen Beauty

Our skin is made up of over 75 % collagen, which begins to degenerate in our mid 20's, when we begin to show the signs of ageing skin and is accelerated by other lifestyle and environmental factors.

- Reduce skin wrinkles and smooth fine lines
- Increase skin hydration and improve moisture levels
- Increase skin elasticity
- Contributes to healthy gut and skin by supporting structure and function of connective tissue with Vitamin C
- Contributes to collagen formation & protection from free radical damage with Vitamin C
- Contribute to maintaining skin structure, support wound healing, and support healthy hair & nails with Zinc
- Support tissue building & repair with a good source of Protein



## Nutraorganics – Collagen Body

Together with a healthy, varied diet, this all-natural powder helps to support gut health, support tissue strength and building, and enhance bone mineral density. Collagen Body powder is unflavoured, odorless and can be mixed into both hot and cold liquids.

- Formulated with FORTIBONE® bioactive collagen peptides, vitamin D and calcium, Collagen Body naturally supports bone strength and structure, is ideal for anyone living an active lifestyle or for anyone concerned with bone health.
- Together with a healthy, varied diet, this all-natural powder helps to support gut health, support tissue strength and building, and enhance bone mineral density. Collagen Body powder is unflavoured, odorless and can be mixed into both hot and cold liquids.



## Flex ice – hot & cold relief

Effective Natural Healing Pain Relief

### COOL

#### **How do I cool the Flex-Ice Gel Pack?**

Store the Flex-Ice pack in the freezer ready for immediate use, when you cool a Flex-Ice gel pack the clear gel inside forms 'flex-ice' a unique soft white paste ready to deliver a recommended treatment.

#### **What does cold therapy actually do?**

Cold therapy is the clinically proven aid for most musculoskeletal injuries – promoting stronger healing and improving recovery.

Cold therapy provides strong pain relief, reducing the nerve transmissions from painful areas – where after 4-5 minutes sensory analgesia occurs.

#### **What are some common uses of cold therapy?**

- Sports injuries (sprains and strains)
- Neck of back injuries/spasm
- Migraine and headache
- All types of body aches and pains.

### HEAT

#### **How do I heat the Flex-Ice Gel Pack?**

Microwave: Heat the Flex-Ice pack for 1 minute on high.

If heating the pack directly from the freezer

Heat for 2 minutes

#### **What does heat therapy actually do?**

Heat therapy will increase blood flow to an area, soothe and relax muscles in spasm and enhance healing. Heat therapy provides mild pain relief by acting as a counter irritant “filling” the nerves with the sensation of heat instead of pain, thereby reducing the amount of pain perceived.

#### **What are some common uses of heat therapy?**

- Relieving pain and stiffness in joints and muscles.
- Alleviating stomach cramps and period pain.
- Relieving arthritic pain.



## Flex ice – wrap

To create a snug and comfortable fit wherever your body needs treatment apply a cold or hot Flex-Ice pack with a Flex-Strap. Providing professional therapy while maintaining comfort and mobility.



# SUPPORTIVE CARE

## Sacro Lumbar Support

### PRODUCT FEATURE:

Designed with straps crossing at the back and fastened in front.  
Comfortable to wear and provides excellent support.  
Four pliable support splints at the back for extra stability.  
Breathable elastic and soft pile bonded to foam.  
Available in two back heights: 9" (22.8cm) and 12" (30.4cm)

### HOW TO WEAR:

Wrap support around the waist and be sure the four stays are on each side of spine.  
Adjust to desired compression and secure the hook and loop strap to the front of support.  
Pull the elastic reinforcement straps to tighten, then secure to the front of support.

### APPLICATION:

Low back pain  
Muscle strain and ligament sprain  
Osteoporosis  
Spondylosis



## All care Ortho Light Back Support

### PRODUCT FEATURE:

Provides support for the lower back  
Helps relieve lower back pain

### APPLICATION:

Lumbago  
Back strain/ pain



SIZE GUIDE (CM):	
S	56 - 71
M	69 - 84
L	81 - 96
XL	94 - 109
XXL	107 - 122



## Ankle Brace

### PRODUCT FEATURE:

- Stabilises ankle
- Helps treat ankle injuries
- Helps prevent injury

### APPLICATION:

- Ankle injuries
- Ankle weakness



SIZE GUIDE:		BLACK:	WHITE:
XS	25 - 28	AS010152B	AS010152W
S	28 - 30	AS010153B	AS010153W
M	30 - 32	AS010154B	AS010154W
L	32 - 35	AS010155B	AS010155W
XL	35 - 37	AS010156B	AS010156W
XXL	37 - 40	AS010157B	AS010157W

## Wrist Splint with Elastic Strap

### PRODUCT FEATURE:

An elastic wrist strap gives greater wrist stability. Reversible aluminum splint may be easily be relocated to fit right or left hand.

### HOW TO WEAR:

Position the contoured stay on the palm side of hand. The top strap goes between the thumb and forefinger and attaches at the back of hand.

Secure each hook and loop straps to desired compression.

Wrap and secure the reinforced strap to desired compression.

### APPLICATION:

Carpal tunnel syndrome  
Severe wrist sprain



## Posture Aid/Clavicle Brace

### PRODUCT FEATURE:

Excellent aid in correcting poor posture and shoulder slump. Adjustable hook and loop closure facilitates proper fit.

### HOW TO WEAR:

Bring the hook and loop strap through the metal ring to form a loop on each side. Slip the arm through the loop. Keeping the straps in the back.

With padded loops over the shoulders, pull both straps to the front.

Fasten straps snugly.

### APPLICATION:

Poor posture  
Weak scapula muscles



## Posture Medic

Posture Medic is specifically designed to help you overcome your poor postural habits and retrain your body to stand up straight with our easy Stretch - Strengthen - Stabilise program. Using the Posture Medic for our short and simple 10 minute stretching and strengthening program can improve your range of motion and upper body strength. This can help you straighten up and stand tall naturally.

By wearing the Posture Medic as a dynamic brace, you can retrain your body to maintain the ideal position:

- head up
- straighter neck and back
- an open chest
- shoulders back and down

Most people feel the difference in just one use. We recommend that the Posture Medic needs to be worn for short periods of time initially to get used to the new posture. This is especially important for those with quite rounded posture as the changes will be more dramatic.

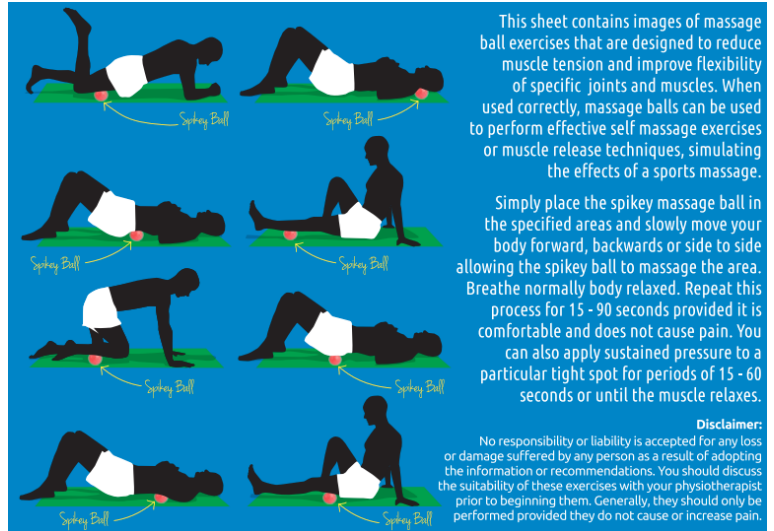




# EXERCISE PRODUCTS

## Short Spikey Massage Ball

- reducing tension
- relieving aching feet (from standing for long periods, walking, running )
- improving circulation



## Foam Rollers

Foam Rollers are an excellent way to develop balance, coordination, body awareness, flexibility and dynamic strength. This multi-functional form of training make them suitable for all ages. Various exercises can be performed by standing, sitting and lying.

### Product Features:

- Made of high density eva foam
- Provides firm support for all body types
- Excellent for balance and motor skill development
- Also used for self-massage, de-activating trigger points
- Use for soft tissue work, stretching, massage, stability exercises, core strengthening, injury prevention
- Use in physiotherapy and rehabilitation programs, pilates or yoga
- Strong enough to be used by large adults
- Can be used alone or with other exercise equipment such as exercise bands, tubing, weight and balls



# ORTHOSIS AND FOOT CARE

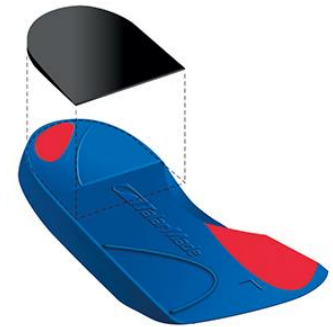
## Elevators (heel lifts)

Adding the TRIO Elevator (or heel lift) can help reduce the stress on the Achilles tendon and relieve pain associated with Achilles Tendonitis and Sever's Disease.

TRIO Elevators come in three different heights and should be placed under the heel area of the orthotic. They are manufactured from extra firm density to prevent wearing out or crushing.

The three sizes are:

- Small – 4mm
- Medium – 6mm
- Large – 8mm



## Vasyli Red High Density Orthotic – ¾ and Full length

Designed for high performance, this range provides both durability and solid biomechanical control. Red, high performance orthotics are ideal for athletes, high activity users and heavier patients.

Covered in a bonded fabric these insoles will alleviate the symptoms associated with flat footedness or over-pronation. The EVA, heat mouldable insole has a built in rear foot varus angle, a poron tear drop shock dot and heel grid to reduce slippage inside a shoe.

Available in ¾ and full length models.



	US - AUS	
	Men	Women
Small Kids (SK)	Youth 12-13	Youth 12-13
Kids (K)	1 <sup>1/2</sup> -3	1 <sup>1/2</sup> -4
X-Small (XS)	3 <sup>1/2</sup> -5	4 <sup>1/2</sup> -6
Small (S)	5 <sup>1/2</sup> -7	6 <sup>1/2</sup> -8
Medium (M)	7 <sup>1/2</sup> -9	8 <sup>1/2</sup> -10
Large (L)	9 <sup>1/2</sup> -11	10 <sup>1/2</sup> -12
X-Large (XL)	11 <sup>1/2</sup> -13	-
XX-Large (XXL)	13 <sup>1/2</sup> -15	-

## Cross Fit Balls

Effective self massaging tool to relieve muscle tension in tight muscles. Great for targeting hard to reach trigger points. Use on shoulders, upper & lower back, glutes, legs & feet.

Balls come in **Black, Blue, Pink, Red, Green or Yellow** (Box contains 4 Black, Blue and 4 Pink)



4

## AllCare K- Tape

Taping gives support and stability to joints and muscles without affecting circulation and range of movement.

K-taping reduces pain and inflammation, relaxes overused tired muscles, and to support muscles in movement.

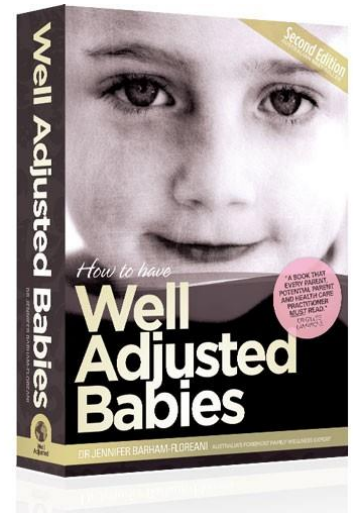


# BOOKS

## Well-adjusted babies

"The most unique collation of cutting edge information and knowledge on holistic parenting all in the one book!"

"Dr. Jennifer's Well Adjusted Babies provides concerned parents and caring health professionals with well-researched, essential and wholesome knowledge on important health issues, and helps them make healthy choices. It is an important book for all families".

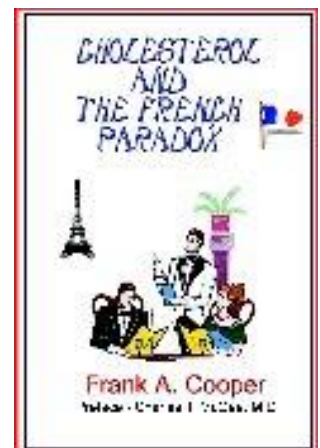


## Cholesterol and the French Paradox

### Is cholesterol the lead cause of coronary heart disease?

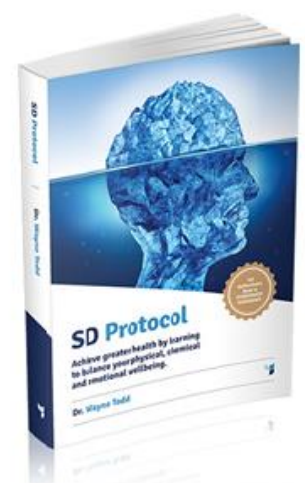
The French Paradox has baffled scientists for years, puzzled by the ability of the French to eat fatty cholesterol-laden foods, whilst enjoying low levels of heart disease.

This book provides a thorough, clear and concise explanation of the French Paradox. It introduces you to doctors around the world, showing their data and how it conflicts with what you have been told about cholesterol and heart disease.



## SD Protocol

This ground breaking book is about to change the way you look at health. No other book has linked the gut, posture and hormone system with the nervous system to create an easy-to-follow template for living a healthier life. Over decades in clinical practice, Dr. Wayne Todd has seen a disturbing trend regarding the impact of busy, demanding or stressful lifestyles on the survival mechanism in the brain. Furthermore, he has discovered undeniable similarities in the symptoms of people who stay in that zone for extended periods of time. The SD Protocol takes you back to where health starts to spiral out of control. It will show you how different conditions are linked and empower you with simple strategies to take back your physical, chemical and emotional health.





# BARS & KOMBUCHA

## Smart Protein Bars

All natural, raw, protein bars with no soy, preservatives, sugar alcohols or fillers!

The first bars of their kind, perfect for any weight loss, muscle building or low carb ketogenic diet!



## Sneaky Bars

Wholesome ingredients that are raw, naturally gluten free and free of refined sugars, preservatives and additives and use a selection of organic ingredients where possible. Completely Australian made and owned.

Flavours:

- Peanut Butter Caramel
- Apple Cinnamon
- Blueberry Cashew
- Betroot, Rose and Cacao
- Orange, Cashew and Cacao
- Salted Peanut Butter



## Remedy Kombucha

Kombucha is a sparkling probiotic tea, fermented for a fixed period of time to produce a slightly sweet and sour fizzy tonic.

Remedy Organic Kombucha is a living drink that's both delicious and detoxifying. Think of it like this: kombucha is to tea as yogurt is to milk. It's a cultured beverage made from a living blend of healthy bacteria and beneficial yeast called a SCOBY, which stands for Symbiotic Colony of Bacteria and Yeast.

This floppy, rubbery disk is also called the 'mother'. Multitudes of tiny but powerful probiotics live in each 330mL bottle of Remedy Kombucha, ready to move into your digestive tract, helping to keep your tummy clean and boost your immune system by promoting the health of your gut.



## Blue Dinosaur Paleo/Protein Bars

100% Australian made and owned, and made from the world's finest ingredients, Blue Dinosaur produces a range of paleo and protein bars as a healthy alternative to snack food bars

They only ever use whole food ingredients, and never contain gluten, soy, preservatives, added sugars, colours, stabilisers, flavours or anything artificial.

Flavours include:

- Lamington
- Coffee
- Banana Bread
- Lemon and Macadamia
- Peanut Butter
- Chocolate

