

# BODISYNC

◀ NATURAL HEALTH SOLUTIONS ▶

*A healthier you with BodiSync*



## Why choose Bodisync?

Bodisync aims to deliver the ultimate experience for their clients seeking relief from a variety of ailments or seeking non surgical facial treatments. Bespoke natural nutritional supplements and skin products are also available to complement and support our therapies

Our ethos at Bodisync is to improve the quality of life for our clients which involves understanding their lifestyles and aspirations, whilst always undertaking safe and innovative treatment procedures at the highest standards alongside providing honest advice.

During your one to one consultation we will assess your suitability for treatment and work with you to develop a bespoke treatment plan tailored to your unique goals. At Bodisync we believe no two people are the same so each client will have a treatment programme tailored individually for them to help achieve and maintain optimal health as nature intended.

At every step from your consultation to your follow up appointments, we are on hand to make sure feel comfortable and all your questions are answered. This is the reason why our clients keep coming back!

Call now and make an appointment at Bodisync to discuss your concerns and expectations. We will advice you on the best possible combination of treatments.

On the day of your treatment session we go through your medical history and make sure you are comfortable in proceeding with the treatment. Under our safe hands the treatment will commence and you are in total control throughout your treatment liaising with your practitioner at all times.

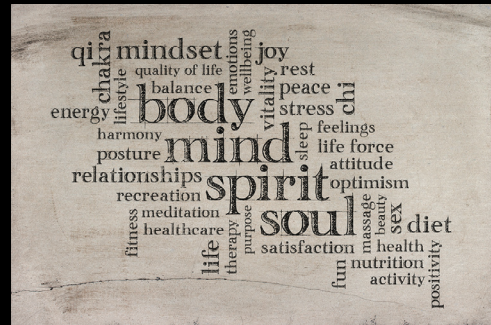


This booklet is designed to guide you through some useful information regarding the therapies and nutritional and skin care products available and what you can expect when you choose BodISync.

All our therapies and products are natural and designed to provide you with an effective and truly holistic approach to wellbeing. This is achieved by integrating various individual therapies together in a single session to balance the whole body combined with our nutritional supplements and skin care products providing additional support, allowing the body to heal and repair itself.

**We offer:**

- **Japanese Integrated Medicine**
- **Cosmetic Facial Acupuncture**
- **Allergy Treatments**
- **Food Sensitivity Testing**
- **Oxygen Therapy**
- **Computerised Health Assessments**
- **Natural Nutritional Supplements and Skin Care Serums and Creams**



## Japanese Integrated Medicine

At Bodisync we understand that suffering from ailments such as Musculo-Skeletal pain (Back Pain, Neck Pain, Arthritis etc), Allergies, Headaches, Asthma and many other conditions have a major impact on the quality of your life.

We all want and indeed strive for a healthier and pain free life. However often the reality is that we are suffering from a particular ailment or a range and combination of ailments.



Our body is a complex integrated system as such an imbalance in one area will lead to other imbalances developing.

For true long term health benefits and relief from these types of symptoms an integrated approach focusing on the balance of the body as a whole and complete system is required.



Modern medicine, complimentary, alternative and what is often termed mainstream often focuses on treating just the area of complaint without balancing the rest of your body.

However, the food we eat, the thoughts that go through our mind, the flow of energy around our body, the conditions we live and work within, the way we use our mind and body, affects our health and mobility.





## How Does it Work?

Japanese Integrated Medicine is a truly holistic approach to natural health care and remedial treatment being both complementary and alternative to other medical treatments. It can be sub divided into, Physical medicine and Internal medicine. Physical medicine integrates many natural “Therapies” to treat physical ailments such as back pain, slipped discs, knee strains, arthritis, sports injuries, aches, pains, strains, post-operative recovery, neuralgia, stroke rehabilitation, etc. Internal medicine again integrates many natural “Therapies” to provide treatment for conditions such as headaches, hormonal imbalances, digestive ailments, Fertility assistance, sinusitis, immunity, etc. The speciality of Japanese Integrated Medicine is that it is NOT a “Therapy” it integrates many “Therapies” together to enhance the therapeutic effect for long term health benefits! Japanese Integrated Medicine includes the following ‘Therapies’:

**Muscle functioning and Applied Kinesiology** - Function and postural ‘testing’ and analysis of muscle reactions and functions to elicit imbalances.

**Japanese 'Sekkotsu'** - Joint and spine mobilisation and adjustment techniques

**Japanese 'Anma' Massage** - Soft tissue balancing; Ligament balancing and Lymphatic drainage methods.

**Acupuncture** - We use traditional Japanese Acupuncture using less needles for a greater effect that can often be felt immediately.

**Nutrition, Integrated Herbal Super Tonic Foods** - Nutritional advice, specific dietary recommendations, and the use of super tonics for prevention and recovery.

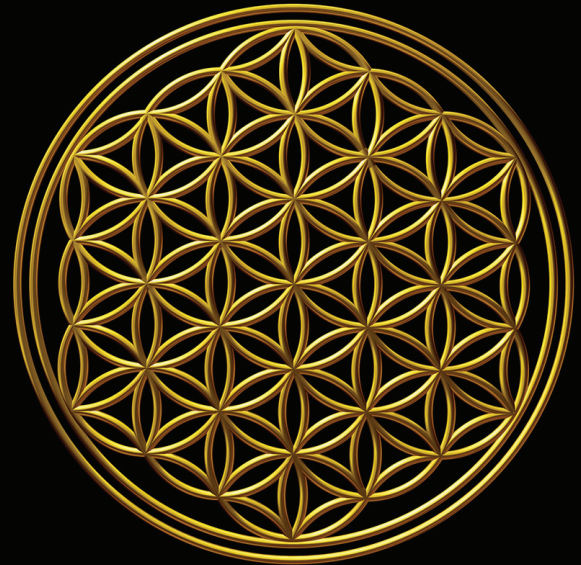
**Visceral Massage and Visceral Stimulation** - Integrating soft tissue techniques with nutritional advice to improve organ functions.

**Cranial Sacral Visceral Fascia Release** - Used to balance the internal system of the body to restore homeostasis, improve recovery and harmonise both the nervous system and meridian systems.

**Ultrasound** - Used for treating deep tissue and organ imbalances, to promote recovery by improving circulation of blood, Ki/Chi and lymph.

**Remedial Exercise and Lifestyle Change** - Once “Balance” has been restored specific remedial exercises will be provided. The exercises that we recommend have been tried and tested for thousands of years, tailored to individual requirements.

## Flower of Life



## Cosmetic Facial Acupuncture

True beauty is about being balanced on the inside. If you feel good about yourself, it will reflect in the way you look.

Not only can beauty and wellness go hand in hand they should, we all deserve to look and feel our best. Cosmetic acupuncture promotes subtle, natural looking changes to the skin over time.

As you age, your skin's inner layer loses collagen and, as a result becomes less supple and firm.



## How Does it Work?

Cosmetic acupuncture focuses on inserting fine needles to specific points and muscles of the face to improve the elasticity of the skin as well as re-sculpting the face, neck and jaw areas to decrease wrinkles and promote a healthier glowing appearance by activating natural collagen production. The treatment also works on lifting the face particularly where the face begins to sag around the cheek and beneath the chin areas. The result is revitalized and nourished skin, a brighter complexion and a more youthful appearance.



Acupuncture remedies the surface effects of ageing by triggering a self-repair response in the skin and addressing the internal stressors that contribute to the signs of ageing.

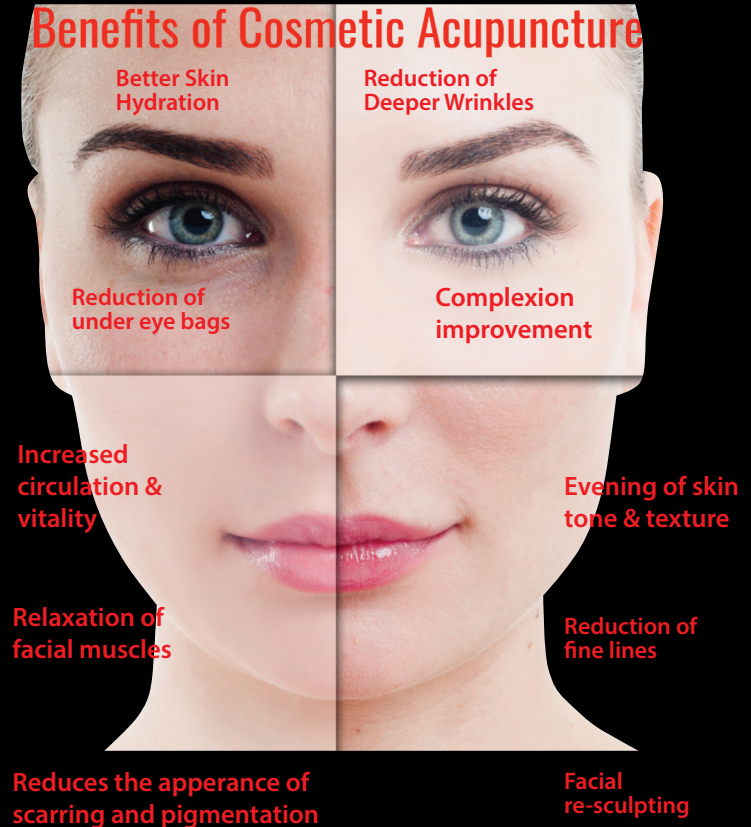
This ancient beauty secret is a non-invasive and natural approach to reduce the signs of ageing and help skin regain its youthful glow as well as reducing the appearance of scarring and pigmentations.



## Bodisync's Exclusive Treatment Protocol

The unique TEN point treatment protocol exclusively applied at Bodisync  
Involves:

1. Deep facial cleanse using natural products
2. Insertion of fine needles on specific points on the face and body to increase collagen formation and to promote the flow of blood to the face
3. Medical Micro-Needling to generate new collagen and skin tissue for smoother, firmer, more toned skin
4. Use of Jade roller to even the skin tone, manipulate the toxins through the lymph network and tone the facial muscles
5. Use of Gold T bar to further promote blood circulation and to keep the skin moist and elastic
6. Use of LED light therapy to tighten the skin, shrink any pores and red spots
7. Use of collagen enhancing face masks to further reduce fine lines and wrinkles, promote smoother skin texture and help restore and maintain the skin's elasticity
8. Facial cupping and sculpting to firm, tone and smooth fine lines
9. Traditional Japanese Anma facial massage including Gua Sha to improve circulation
10. Use of Ultra Sound to further diminish fine lines and wrinkles as well as tightening the skin.

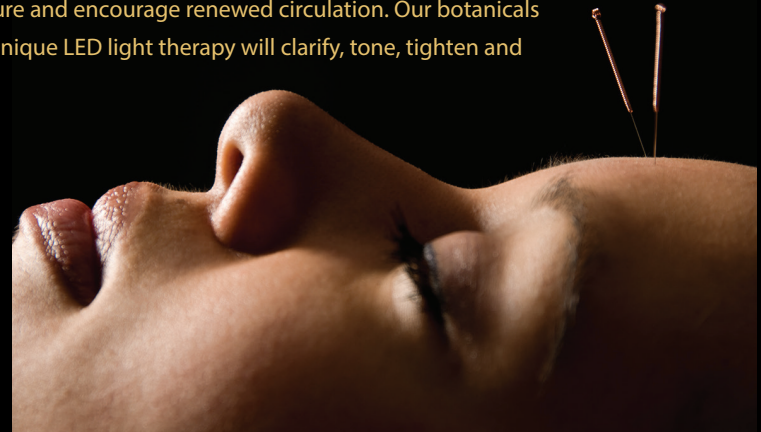


## Cosmetic Acupuncture Treatments

From beginning to end, relax while we nurture your skin. Starting with an indulgent cleansing ritual you'll feel yourself unwinding. Our gentle acupuncture techniques will relax facial muscles, define, sculpture and encourage renewed circulation. Our botanicals will nourish and hydrate your skin, whilst our peptide infusion masks and unique LED light therapy will clarify, tone, tighten and maintain the skins elasticity.

### Custom Rejuvenating Cosmetic Facial Acupuncture

Our bespoke cosmetic facial bespoke treatment invigorates skin with unrivalled luminosity whilst plumping and hydrating it. LED Light Therapy is gently combined with intradermal needles in a unique protocol that encourages collagen production, cellular renewal & clears blemishes. An invigorating Japanese Tui-Na massage, facial cupping and sculpting follow to firm, tone and smooth fine lines leaving you completely rejuvenated and revitalised.



### Men's Bespoke Contouring Facial Acupuncture

Fine cosmetic acupuncture needles are combined with LED light in a bespoke protocol specially adapted for the increased density of male skin.

Working at a deeper level to encourage collagen production, cellular renewal and smooth fine lines. Invigorating Anma massage, facial sculpting and cupping, are combined to improve the skin and muscle quality on the face, helping to firm and add definition.





## 24K Gold Rejuvenating Cosmetic Facial Acupuncture

Our luxurious deluxe facial treatment will ensure you will be glowing from the inside out. The power of cosmetic acupuncture, Medical Micro Needling and LED light therapy combined with 24 carat gold which has been shown to uniquely reduce inflammation and cell degradation.

Gold acupuncture needles, a gold infused peptide mask and gold serum are combined with a deep sculpting face massage. Facial muscles are toned and sculpted, fine lines are smoothed whilst stimulating collagen production for total glowing radiance.

### Benefits of Using Gold



Activates basal cells  
increasing elasticity

Ions in gold increase  
blood circulation

Reduces dryness of skin  
preventing premature ageing

Slows depletion of collagen



Decreases skin  
degradation

Slows melanin  
secretion

Slows formation  
of age spots

Enhances volume  
& tone of facial  
muscles

## Allergies & Health Assessments

BodiSync offers comprehensive Health Assessments using the world renowned Asyra system. This system is also used to provide Food Sensitivity Testing (over 200 foods can be tested).

The Asyra system heralds a new dimension in health assessments and consequently in providing better, more accurate treatment protocols.

It is quick, easy, accurate and completely painless delivering demonstrable gains in your health. The Asyra takes energetic readings by measuring electrically your body's response to signal outputs from the device. By testing thousands of signals a picture of the health status is built up in moments allowing the best course of treatment for you to be developed. Your own remedies can be imprinted in the device to enhance your treatment.



The device can also be used to provide a complete health assessment.

BodiSync also offers allergy and food intolerance treatments using the NAET protocol.

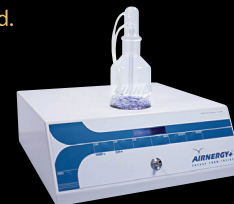
NAET®, is a non-invasive, drug free, natural solution to eliminate allergies of all types and intolerance's using the principles of Chinese medicine and the movement of energy in the channels or meridians which flow through the body. When the energy of a substance interferes with the smooth flow Qi or blocks the channel, then illness arises.

We also offer Oxygen Therapy using the renowned Airmergy system.

## Airnergy Oxygen Therapy

Airnergy is a combination of the two words “air” and “energy” and helps the body to increase its use of oxygen in a natural way. It enables a patent-protected process to take place which is technologically adapted from the natural processes of photosynthesis. The “Airnergy energy” noticeably improves the way that humans use oxygen and it has a positive effect on many of the body’s functions – without an additional supply of oxygen and without foreign substances. Airnergy can promote health, quality of life and wellbeing in a natural way. 75% of inhaled oxygen in the air is exhaled again unused.

Humans thus make relatively poor use of respiratory air. Of the 21% of oxygen contained in respiratory air, the human body can only use around 25% of this. 75% is exhaled again unused – one reason why mouth-to-mouth resuscitation is possible. And above all: The weaker or older you are, the less oxygen the body utilises. Airnergy is a method, a device and treatment in one.



## About Airnergy – an active air technology which reflects nature

The body uses oxygen for many different processes. The heart consumes the largest amount of oxygen in your body, followed by the brain and the eyes.

Airnergy active air technology is inspired by photosynthesis in plants. This natural process ensures that oxygen is activated in a way which your body understands. The oxygen present in respiratory air, the normal air we breathe, is not reactive. The body converts the oxygen in respiratory air into a reactive state or singlet state. This then allows the body to use it as a source of energy. As we age or suffer from stress or illness, our ability to use oxygen effectively diminishes. This in turn hinders performance, healing and regeneration. Using Airnergy assists the body by increasing its use of oxygen in a natural way, restoring health.

## How will it benefit me?

- Boosts energy levels making you feel stronger, fitter and faster
- Increases your mental agility, making you more alert
- Strengthens your immune system to fight infection and disease
- Stimulates your circulation, heart, lung and brain function
- Reduces stress, tiredness and the effects of chronic illness
- Nourishes your skin at the cellular level giving you a healthier and young looking complexion as well as treating skin conditions such as eczema
- Aids in the healing of broken limbs and joint pains such as back, shoulder and knee pain
- Treats asthma and bronchitis
- Treats allergies

## Natural Skin Care Products

Our powerful organic bio-active ingredients which are wild harvested from Australia are formulated to restore the natural balance of moisture to the skin, our range offers a simple and effective routine for hydrating, exfoliating and repairing the skin on our much deserved bodies.

It includes ingredients such as Aloe Vera\*, Bergamot\*, Cucumber, Desert Lime\*, Kakadu Plum\*, Lavender\*, Lilli Pilli, Lime\*, Neroli\*, Olive leaf extract, Orange\*, Oregano, Papaya\*, Pineapple, Quandong\*. Radish root, Rose hip oil, Rosemary, Tea Tree\*, Ylang Ylang\*

\* organic ingredients

## Cream Cleanser

Our soothing cream cleanser is infused with Jojoba Oil, Macadamia Oil and Australian Avocado Oil. Lilly Pilly and Quandong Extracts contain a potent blend of anti-oxidants and actives to help fight free radical damage and promote collagen production and radiant skin. Bisabolol has anti-irritant properties to soothe the skin.

Inside: Avocado Oil, Sunflower Seed Oil, Macadamia Seed Oil, Jojoba Seed Oil.



## Eye Gel

Our Eye Gel is a fusion of Aloe Vera, Cucumber Oil and Marine Collagen to sooth and moisturise, the antioxidant powers of Green Tea, the vitamin and mineral rich Seabuckthorn Oil known for its anti ageing effects and the toning abilities of Witch Hazel, will have you saying 'eye want more'.

Inside: Seabuckthorn Oil, Aloe Vera, Cucumber, Witch Hazel and Green Tea.



## Corrective Serum

Our Corrective Serum contains a 10% blend of Vitamin C & Kakadu Plum Extract. Tests have shown Kakadu Plum has the world's highest levels of Vitamin C that are well-known for their rejuvenating properties.

Inside: Kakadu Plum Extract, Aloe Vera Leaf Juice, Macadamia Oil and Jojoba Oil that are well-known for their rejuvenating properties.



## Hydrating Moisturiser

Our Hydrating Moisturiser contains a selection of natural oils that is beneficial to supporting and protecting healthy skin. Purposely-selected essential oils assist in regulating serum production helping to give the skin a matte and healthy appearance.

Inside: Avocado, Lavender, Aloe Vera, Shea Butter and Natural Vitamin E

The benefits of CBD as a pain reliever are well reported, but less well known is its value as a skincare and anti-ageing product.

## **How does CBD help our skin?**

Free-radicals are claimed to be harmful to the skin as they break down collagen, this makes skin sag. CBD is a powerful antioxidant which helps to avoid this, by minimising free-radicals and reversing the process.

The skin can age due to a number of factors, including sun damage and UV rays, smoking, a poor diet, pollution and alcohol. The antioxidants in cannabidiols can help lessen this damage and make the skin healthier. An additional benefit is a moisturizing effect which helps to make the skin appear healthier and line free.



## **Other anti-ageing benefits of CBD**

If we combine the use of CBD oil in our skincare with a CBD tincture we can increase the anti-ageing effects. Stress, tension and insomnia are very ageing for the body and the skin. CBD can alleviate those symptoms, allowing better sleep and relaxation, which in turn is beneficial for our health and our skin.

## The importance of nutritional therapy

In many ways, supplements are to humans what fertilizer is to plants. Give a plant adequate amounts of sunlight and water, and it will survive. Add some nutrient-rich fertilizer and the plant will thrive.

For us humans, the same principle applies. A healthful, balanced diet supplies the body with sufficient nutrients to carry out routine tasks. Supplements such as vitamins, minerals, essential fatty acids, phytochemicals, and more enrich the body's internal environment to fortify cellular protection, repair, and regeneration and support the Renewal process.

Supplementation not only protects against deficiency but also bridges the gap between average nutrition, which can culminate in poor health, and optimum nutrition, which increases health and aids the body in healing itself. The extra nutrients that supplements provide prevent marauding free radicals from harming healthy cells, speed the repair and regeneration of damaged cells, and facilitate renewal. The upshot of all this is a longer, healthier, more vital life.

## At Bodisync we have a range of natural supplements to support a healthier you!

### These include:


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### FlexAid

Glucosamine HCL complex with sour cherry, vitamin C, MSM, turmeric and other actives

- ✔ Contributes to normal collagen formation
- ✔ Supports cartilage and bones



60 Capsules FOOD SUPPLEMENT 

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### UltraOmega

A blend of fish oil, flaxseed oil, sunflower seed oil and vitamin E 1000mg

- ✔ Protection of cells from oxidative stress
- ✔ Contains EPA, DHA, ALA, LA and OA



60 Gelatin Capsules FOOD SUPPLEMENT 


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### LIV Cleanse

Herbal extracts and powders blend for a healthy liver

- ✔ Liver function
- ✔ Lipid and homocysteine metabolism
- ✔ Energy-yielding and macronutrient metabolism



60 Capsules FOOD SUPPLEMENT 


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### CherryAID

Montmorency cherry and beetroot, plus turmeric, curcumin, black pepper and vitamin B6

- ✔ Immune system support
- ✔ Red blood cell formation
- ✔ Reduction in tiredness and fatigue
- ✔ Protein and glycogen metabolism




60 Capsules FOOD SUPPLEMENT 

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**Digestizyme**


Plant-derived digestive enzymes with synergistic herbals, including curcumin from turmeric

- Plant enzymes
- Plus herbals



90 Capsules

FOOD SUPPLEMENT




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**UltraCollagen**

Beauty blend with marine collagen, hyaluronic acid, pine bark, astaxanthin and more

- Contributes to collagen formation
- Skin, hair and nails
- Contributes to normal bone, cartilage and connective tissue



60 Capsules

FOOD SUPPLEMENT



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**MindBoost**

Nutrients for the brain including DHA, ginkgo, ashwagandha, ginseng, curcumin and more

- Cognitive function
- Mental performance
- Reduction of tiredness and fatigue
- Nervous system support
- Immune system support



60 Capsules

FOOD SUPPLEMENT




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**TurmericUltra**

Organic turmeric powder with curcumin, black pepper, ginger and other synergistic ingredients

- Immune system support
- Protection of cells from oxidative stress
- Reduction of tiredness and fatigue



90 Capsules

FOOD SUPPLEMENT



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**InnerCALM**

Saccharomyces boulardii yeast biotic, plus olive leaf extract, vitamin D3 and biotin

- 5 billion viable organisms per capsule
- Inflammation response
- Immune system support
- Mucous membranes maintenance



30 Capsules

FOOD SUPPLEMENT



## LIV.5.2

Liv.5.2 (LiverCare) helps restore the functional efficiency of the liver by protecting the hepatic parenchyma and assists in promoting hepatocellular regeneration and prevents fatty infiltration of the liver. As a daily health supplement, Liv.5.2 helps improve appetite, digestion and assimilation processes.



## CBD Oil

According to a 2013 review published in the British Journal of Clinical Pharmacology, studies have found CBD to possess the following medical properties:

- **ANTIEMETIC** - Reduces nausea and vomiting
- **ANTICONVULSANT** - Suppresses seizure activity
- **ANTIPSYCHOTIC** - Combats psychosis disorders
- **ANT-INFLAMMATORY** - Combats inflammatory disorders
- **ANTI-OXIDANT** - Combats neurodegenerative disorders
- **ANTI-TUMORAL/ANTI-CANCER** - Combats tumour and cancer cells
- **ANXIOLYTIC / ANTI-DEPRESSANT** - Combats anxiety and depression disorders
- **ANALGESIC** - Combats pain and pain-related disorders







Contact us to order your supplements or to book an appointment



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Clinics located in Langley, Berkshire and 1 Harley Street

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