

## OUR RANGE OF SERVICES AND PRODUCTS...

**Health and Wellness Coaching** – We'll help prioritise your health needs and mentor you towards better health, fitness and happiness. Each program includes a FREE Super Healthy Coaching Manual, and heaps more...

**Torque Release Chiropractic** – Safe, gentle, natural, relaxing, effective and modern: "TRT" is the first chiropractic method to be developed through a scientific research project, combining the best chiropractic analysis with the latest in adjusting instrument technology – no more need for what many people call "bone crunching"...

**Micro-current Auriculotherapy** – The high-tech evolution from ear acupuncture: The neurological reflex points on the surface of the ear are the most direct connections to brain function. Using micro-current technology to detect and correct abnormal reflexes can have many beneficial effects to the way you feel and function...

**Postural Correction** – Using the world's number one digital postural analysis computer system allows us to objectively assess your posture and help to correct your postural habits...

**Binaural Beat Meditation** – Learn how to achieve the benefits of advanced meditation by the simple and enjoyable daily habit of listening to high-tech subliminal sound frequencies: No training or sitting on hilltops necessary...

**Body Awareness Breath Work** – Never before have stretching and relaxation exercises been so easy and convenient – you can experience big improvements in spinal flexibility and tension without the need for any Lycra...

**Certified Organic Body and Skin Care** – No potentially toxic chemical ingredients – just the highest quality certified organic products to make you look and feel naturally beautiful...

**Super Food Nutrients** – Your body needs more than vitamins and minerals – it wants nutrients – supplements specifically chosen for effectiveness...



**Dr Nick Hodgson**  
**2005 Victorian Chiropractor of the Year**  
**Wellness Coach**  
**Practice: 186 High St Belmont 3216**  
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Sick of settling for average health – or worse? Would you like to get back in charge of your wellbeing? Like to have enough energy to enjoy your family and interests AFTER work and the chores are done? Time to trim off those extra pounds and get back into the shape you were once in? Aches and pains, headaches and stiffness preventing you from doing all that you would like? Need some simple strategies to improve your fitness?

Our new practice, located at 186 High Street Belmont, is dedicated to provide you with the answers, resources, products, coaching, treatment and support to achieve YOUR own personal health goals...

## JOIN US TO ENJOY...

**Improved Health** – We aim for more than just the relief of annoying symptoms – We aim to assist you towards improvement in your TOTAL health...

**Optimal Wellbeing** – Three words – "QUALITY OF LIFE" – Health, Fitness, Happiness...

**Increased Energy** – Do you run out of energy mid-morning, hit the wall after lunch, and collapse on the couch after tea – more energy and stamina await you...

**Better Sleep** – When you enjoy better quality and quantity of sleep then the other two thirds of the day starts to look a whole lot better...

**Straighter Posture** – Bad posture has been linked to everything from headaches, neck and back pain and stiffness, fatigue, negative thoughts and emotions, to poor health status, lung and heart dysfunction, and even premature death – worth correcting hey?

**Reduced Aches and Pains** – Imagine what you will be able to do once those annoying niggles disappear – better golf, better bowls, better ???

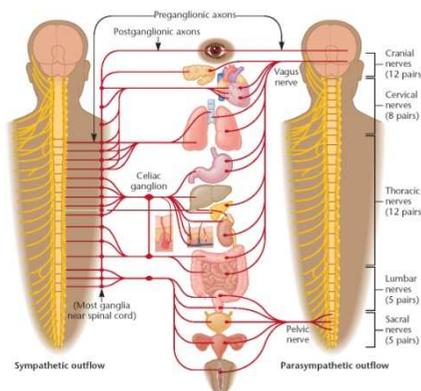
**Less Tension** – Tension makes you stiff, ache and even throb, fatigues you, stresses you out, and wears you down – how about getting that weight off your shoulders?

**Greater Flexibility** – When your flexibility improves you can do so much more – further, heavier, longer, faster, with less chance of pinching or pulling something...

## YOUR NERVOUS SYSTEM

Which system of the human body controls and regulates ALL the other systems? That's right – the Central Nervous System. This consists of the brain AND the Spinal Cord. It would therefore make perfect sense that if you wanted to improve the performance of the whole body, you would influence the thing that can influence the whole body – the Central Nervous System.

For this reason all of our methods and coaching techniques aim first and foremost to improve the function of the Central Nervous System. Chiropractic to improve the function of your spinal cord, Auriculotherapy to tap into vital brain centres, exercises which stimulate and reawaken the nerve system, binaural meditation to restore ideal brain wave states, and good sound advice and coaching to help you minimise the amount of toxic insult and overload so prevalent in our culture.



## WHAT'S INCLUDED IN A SUPER HEALTHY PROGRAM?

Sign-up Dr Nick as your own Chiropractor and Wellness Coach and you will profit from many benefits: Your program will use an individualised mix of strategies to help you achieve your health goals:

- **Torque Release Chiropractic Adjustments**
- **Auriculotherapy Treatment**
- **Postural Correction Exercises**
- **Body Awareness Breath Exercises**
- Complimentary Copy Of Dr Nick's **Super Healthy Coaching Manual**
- **Teaching and Coaching Sessions**
- **Super Healthy Reassessment** To Chart Your Progress

## Plus, All The Benefits Of Our Online Membership Services...

- Regular Email Super Healthy Tips
- Access To Our Online Super Healthy BLOG
- Download FREE and Members-Only Super Healthy Fact Sheets
- Search our [www.superhealthy.com.au](http://www.superhealthy.com.au) web-site for health information relevant to you...
- Unlimited Email Support
- Join Our Super Healthy Forum Discussions...

## FREE SECOND OPINION

Could your health problems be helped by a more natural approach? What sort of shape is your wellbeing really in right now? What can you do to help yourself? Would you benefit from Wellness Coaching and/or Treatment?

Call now to book in for a **FREE no-obligation consultation, assessment and opinion.** Vacancies are limited each week so don't wait till it's urgent – arrange for a Super Healthy opinion with Dr Nick right away...

## OTHER SERVICES AVAILABLE...

- **Corporate and Group Wellness Coaching**
- **Super Posture Educational Program** for Business and Groups
- **Super Behaviour** – Education, Coaching and Natural Treatment Program for ADD and ADHD
- **Super Recovery** – Education, Coaching and Natural Treatment Program for People Recovering from Substance Abuse, Addictive and Compulsive Disorders
- **Super Fertility** – Education, Coaching and Natural Treatment Program for People Searching for Natural Fertility Enhancement
- **Veteran Affairs and Seniors Treatment** – Our Gentle and Non-Invasive Methods are Ideally Suited to Assisting the Elderly to Improve Their Daily Function, Quality of Life and Health Status

## ABOUT DR NICK HODGSON

Nick is a 1990 graduate of the Phillip Institute of Technology (now RMIT University) where he received the academic award for Chiropractic Science. He has practised full-time for eighteen years and ran the longest established and largest natural health practice in his region. During this time he coached hundreds of people to higher levels of health and wellness. Nick has been recognised by both the Chiropractors' Association of Australia (Vic) and RMIT University Alumni for his contributions and service to the chiropractic profession, and was named the **VICTORIAN CHIROPRACTOR OF THE YEAR IN 2005**. Nick has been responsible for introducing Torque Release Technique, Auriculotherapy and Addictionology training to the Australian Chiropractic profession.

