

# MENTAL ACUITY, MEMORY AND LEARNING

## EXPAND YOUR BRAIN POWER USING THE ULTRA-INTELLIGENCE PROGRAM!

### Boosts Your Mind Power Like Nothing Else

- Ability to think faster
- Increased short and long-term memory
- Improved focus and concentration
- 200-400% increased ability to multi task
- Increased sensory awareness
- Ability to remain calm when "in crisis"



The sound patterns communicate directly to the brain, creating a bio-chemical response in the neurotransmitters of the brain resulting in dramatic improvements of a wide variety of mental functions.

Simply listen twice a day for 20 minutes. That's it! The pleasant music and sound patterns progress each week. 2 months later your done. Release the power of your hidden potential.

Total 105 minutes.

Headphones required.

**#74022 Ultra-Intelligence DVD and 2 CDs \$349.95**

**FREE CD OFFER:**  
With each purchase, you will receive JOHN-DAVID'S "Discoveries of the Mind"

Based on 20 years of research with sound patterns and tones **John-David** created this program to stimulate specific areas of the brain's neurons and increase synaptic response.

## 5 Mind Power Breakthroughs

### The Brain Supercharger—Mind Lab (12 titles on 6 CDs)

Titles: Ultra Success Conditioning. Perfect Body Image, Project a Winning Image, Mastering Stress, Unleashing Creativity, Healthy Mind-Body, Super Memory, Sports Performance, Soaring Self-Confidence, Improve Love Relationships, Attract Wealth, Enhance Psychic Functioning.

**The Millionaire's Mind (2 CDs)** Neuro-Mapping technique for implanting and activating winning feelings. Use "Programmer CD" to link positive emotions with specific success actions and "Activator CD" to activate those winning feelings and trigger your "millionaire's mind" into action.

### The Photographic Mind (16 Lessons on 8 CDs)

Teaches you the secrets of your holographic brain and how to integrate your verbal left and visual right

brain along with emotions to record, retain, and retrieve memories.

**The Instant Motivation System (12 Lessons on 6 CDs)** Designed to turn desire into success actions. Learn the technique in about 20 minutes.

**Super Vocabulary (22 Lessons on 10 CDs)** Learn 500 new words in 22 lessons. Words you'll be able to use in power meetings, or in casual conversations wit someone you'd like to know better.

**PLUS 5—FREE BONUSES:** Super Brain Power Book, Super Intelligence CD, Ultra Speed Reading, Project a Winner's Image, & Super Time Management.

**#63453 Mind Power Library \$199.95**



## Harness Your Harmonics For A Brain Workout

Tom Kenyon, one of the most respected sound healers in the world has developed "BioPulse" technology – a subtle frequency that leads the brain naturally into different states to promote learning, creative visualization, and cognitive growth. By applying this innovative acoustic frequency in a wide array of programs, Kenyon has created a complete "gymnasium" for the brain that includes:

- Programs to transport you immediately from the everyday beta state to the relaxed focused alpha, the rejuvenating delta, or the dream state of theta
- Active exercises that build new neurological connections ... physical pathways between the two hemispheres of the brain
- Guided visualization sessions to help you break free from the "perceptual boxes" that limit

learning and innovative thinking

- Deep entrainment journeys through the "magic window" of alpha and theta to help you access powerful altered states for healing and insight
- An audio user's guide to help listeners develop their own sustained psychoacoustic practice and create lasting, positive improvements.
- How to harness sound for emotional development, relaxation, and opening the heart

This comprehensive program is the culmination of 20 years of research by Tom Kenyon, as he isolated the harmonics and frequencies that create genuine, positive change in our brains. 9 CDs; 9 hours.



**#45705 The Ultimate Brain \$99.00**

## 233 Mental, Emotional And Spirituality Exercises



Too many people allow vast quantities of their brain cells to go dormant through misuse. Such neuronal inactivity results in many brain disorders

that impair one's functioning as a happy human being. These creative exercises reverse this self-destructive process through a natural program of diversified stimulation, allowing more of your gray matter to be available to you when you need it.

384 pages.

**#34003 The 100% Brain Course \$59.95**

## Whole Brain Technology Book And CD

This is written by Hemi-Sync users describing the many applications of this ground-breaking technology, including uses in medicine, business, science, schools and homes. Covers childhood development, ADD, depression, addiction, sleep research and more. Includes an audio CD so readers can begin their own Hemi-Sync experience. 320 pages.



**#42674 Focusing The Whole Brain \$15.95**

*From The Monroe Institute*

## Master Your Mind

Flow into a state of relaxed concentration where the right and left hemispheres of your brain move into perfect sync. You'll feel invigorated as you access up to 90% more of your untapped ability to learn.

**#45003 Brain Power \$14.95**



# MENTAL ACUITY, MEMORY AND LEARNING

## Fuel For Your Brain Cells

Brain Lightning™ is a highly advanced neurological formula suited for the discriminating 21st century individual. Brain Lightning™ features a natural, synergistic, safe, and effective formulation that will assist anyone who has a need for increased focus, concentration, or better memory at home, at school, or on the job.



The European Journal of Clinical Pharmacology reported in 1985 that Vinpocetine accelerated the rate of learning by 40% and that short-term memory was improved in one hour in 62% of persons tested. In 1997, the Journal of American Medical Association, reported that Huperzine

A increased brain levels of acetylcholine and other neurotransmitters while decreasing neuronal cell death from stroke, epilepsy, and other brain disorders. Further exciting findings came from Walter Reed Army Medical Research Institute that Huperzine A was capable of protecting brain cells against toxins.

Brain Lightning™ comprehensively serves both the neurological and endocrine systems, and does not contain the “biological noise” of many other products available today. Brain Lightning™ offers 100% natural, best grade, and the highest purity in all its ingredients. The proprietary synergistic formula is finely tuned to achieve the maximum neuro-physiological benefit, far outweighing the capability of any other product.

### Providing the Best Nutrition for the Human Brain

Brain Lightning™ provides a balanced blend of ten major neurological support substances including Huperzine A, Vinpocetine, DMAE, Trimethylglycine, DL-Phenylalanine, GABA, L-Tyrosine, Ginkgo Biloba, and Pregnenolone, supported by a wide spectrum of specific vitamins and minerals of the highest natural quality. 90 capsules.

#71061 Brain Lightning \$69.95

Buy 3 bottles and SAVE! \$59.95 each

In a Princeton study by Gould and Gross, they discovered that three areas of the cerebral cortex was capable of regrowing brain cells, the prefrontal, the inferior temporal, and the posterior parietal regions. Brown University and the Howard Hughes Medical Institute investigated synaptic chemical activity in the brain. Their findings hint that connections in the brain can be modified thus facilitating long-term memory storage. Cornell University Medical College and McGill University in Montreal demonstrated that brain cells responsible for memory and learning are able to regenerate, and that the process of replacing brain cells continues throughout life. More recently, a team of New Zealand scientists determined that our brain cells can regenerate themselves after injury or disease.

### Powerful Natural Substances Aid Super Brain Function & Longevity

From the periwinkle plant to the weed-like Chinese Club Moss, Vinpocetine and Huperzine A are extracted. Vinpocetine has been extensively researched for over 30 years involving 30,000 patients and over 100 clinical trials published. Huperzine A also has had numerous published studies. Over 100,000 people with memory loss or Alzheimer’s disease have been treated with Huperzine A.

### Key Benefits Of Brain Lightning:

- Promotes better short-term & long-term memory
- Enhances focus & concentration
- Faster, accurate thinking
- Improves mental & intellectual function
- Protects against age-related cognitive decline
- Protects against neurotransmitter exhaustion
- Improves glucose & oxygen utilization in the brain
- Improves cognitive function in Alzheimer’s patients
- Facilitates cerebral metabolism
- Assists cerebral detoxification
- Increases acetylcholine in brain
- Improves vision & hearing
- Enhances blood flow to brain
- Increases mental sharpness
- Increases memory recall
- Prevents nerve gas toxicity
- Alleviates glaucoma symptoms
- Helps scavenge free radicals in the brain
- Facilitates clarity of thought
- Increases mental energy

*“BRAIN LIGHTNING has reduced my fatigue headaches and eye strain from too much time on the computer.” GM, New Jersey*

*“I have not felt this clear in years.” JG, Washington*

*“Our daughter suffered brain damage in an automobile accident. Thanks to BRAIN LIGHTNING, she has shown great improvement with her reflexes, problem solving, hearing, disposition, and facial tics. And, it’s wonderful to see her smile and hear her laugh again.” LG, California*

*“My father has Alzheimer’s Disease. Since taking BRAIN LIGHTNING, we’ve seen a wonderful improvement. Needless to say, many thanks. JG, Texas*

### Strengthen Your Memory And Concentration

Ever wish you could learn more and faster, and then retain the information longer? See page 9

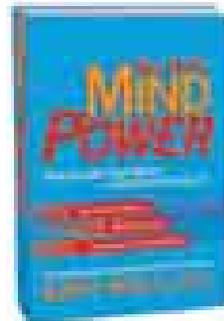
#45004 Deep Learning CD \$14.95



### Protect Your Brain From The Common Effects Of Aging

With a wellness plan rooted in extensive research, scientific data, and hundreds of studies, the author (talk show host and champion athlete) has developed a strategy that not only protects the brain, but helps to counter the effects of aging and such common detrimental conditions as Alzheimer’s, Parkinson’s, depression, memory loss, senility, insomnia and others. 336 pages.

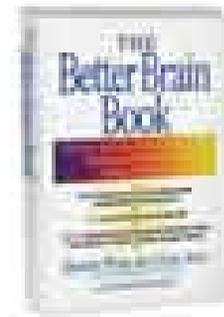
#45708 Mind Power \$24.95



### Improve Memory, Sharpness And Prevent Aging Of The Brain

Provides the tools for rejuvenating the mind, whether you’ve become forgetful and less able to focus at work, or are trying to help a loved one who has suffered a serious illness. Many topics are covered such as: hidden brain toxins in your medicine cabinet and in the food you eat, treating stroke, Alzheimer’s, Parkinson’s and much more. 336 pages.

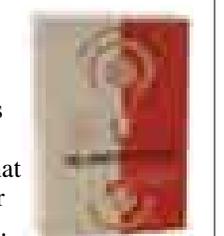
#45703 The Better Brain Book \$24.95



### Sharpen Your Memory And Reading Skills

Condition your mind for brilliance with exercises and new perceptions that stimulate your hidden genius. 348 pages

#46035 The Einstein Factor \$16.95



**ACTIVATE YOUR MIND**

**MENTAL ACUITY, MEMORY AND LEARNING**

**See How Bright You Really Are!**

Improve your performance in memory, quickness, IQ and learning capacity. The ImageStreaming process opens a secret passageway to the dynamic resources of your brain. You'll feel brighter,

clearer, calmer, more confident and happier. Two mental exercises, "Hidden Question" and "High Think Tank" get the noise and interference that seem to clog the lines between the conscious and the genius mind. This improves problem solving and increases the speed of getting intuitive and creative insights. You get 8 Program CDs, "Think Visually" booklet and a workbook.

**#83047 Genius Code \$174.95**



**A Complete Brain-Boosting Program**

You exercise your body to keep it at peak performance, but what about your brain? At UCLA, Gary Small, M.D. is proving that you can **boost memory, sharpen concentration, enhance verbal fluency** and more – in less than two weeks. Kit includes:

- 2 CDs: 2 hours
  - 52 page workbook
  - 35 brain-training cards
- Co-authored with Andrew Weil, M.D., this will give you the most essential skills for keeping your brain in optimum shape



today, and in the years ahead.  
**#62506 The Healthy Brain Kit \$26.95**

**PHOTOREADING® PERSONAL LEARNING COURSE**

**Gives You The Ability To Read At Speeds Most People Find Unbelievable**

Too many web pages to read? Too many books, newspapers and magazines to study? To be successful in today's world you need information. PhotoReading can help you digest information quickly and easily. Want to learn how to golf? Great, go pick out the five best books on the subject. Then, with PhotoReading, read all of them in about 2 hours. Wait 24 hours, while your mind organizes and stores the information (while you are enjoying life!). Next use proven techniques to recall what you read, and how

each book helped you. This is a powerful way to learn ANY new subject. Like a mini-college course all available to you in a couple of days.

**After a few weeks with PhotoReading®, you will learn to:**

- Enter peak learning states
- Improve memory and concentration
- Save hours of time AND stay ahead of your competition
- Never let "too much information" slow you down

Your subconscious mind can process an unlimited amount of information. Be learning and using these proven techniques, you can take your knowledge to new levels. In our information rich world you need to keep up. PhotoReading will help you do just that.

**Here is How It Works:**

1. Place a book or magazine in front of you.
2. Relax, close your eyes, notice your breathing and sit up straight.
3. State your purpose for reading.
4. Open your eyes, and turn the pages in a relaxed rhythm
5. Focus on the entire page, and mainly the white space, not the letters. Your mind is now working like a copy machine to store each page in its entirety in your subconscious
6. Close the book, and state that you have completed learning
7. Wait 20 minutes to 24 hours. (Longer is better to allow your mind to process the information)
8. Use the activation techniques to bring what you've read into your conscious mind

**What you get:**

16 PhotoReading instruction sessions on CDs, and 4 books: The PhotoReading Whole Mind System by Paul Scheele, Natural Brilliance by Paul Scheele, a manual, and a pocket dictionary.

PLUS A FREE Memory Supercharger CD.

**#42547 PhotoReading Personal Learning Course \$244.95**



**Clearer Thinking And Greater Vitality**

The vitality of Oxy-Bliss Liquid is incredibly psychoactive, producing a high-energy feeling of well being, optimism and clearer thinking.

Preferred by athletes and creative types. Sublingual for faster and more complete absorption. Stimulates clearer thinking and a general feeling of vitality and helps detoxify the body by scavenging free radicals and toxins. (1-2 month supply) 1 oz. bottle.



**#46038 Oxy-Bliss \$46.95**  
Buy 2 and SAVE! \$43.50 each

**Get Peak Mental Performance**

ATP (Adenosine Triphosphate) gives you the highest energy levels for physical and mental peak performance. All energy from foods must be converted to ATP to be utilized by cells, but environmental oxygen deficiencies result in our bodies' reduced ability to create required amount of ATP for demanding physical or mental output.

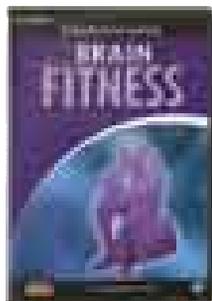


**#46037 Soma ATP \$49.95**  
Buy 2 and SAVE! \$47.95 each

# MENTAL ACUITY, MEMORY AND LEARNING

## Increase Memory Capacity – Improve Concentration And Language Abilities – Enhance Mental Efficiency Sharpen Cognitive Processing

Brain Fitness is a new way to improve your thinking ability quickly and easily. 20 minutes a day is all that is needed to greatly improve your cognitive skills. It will give your mind a workout that tests your recent memory, language skills, concentration, and ability to decipher, classify, and order concepts.



and track your progress... and compare your performance with other individuals of the same age, gender, and educational level.

For example: You can choose to take a tour of exotic places around the world. You'll be asked to remember details about your "virtual visits" throughout the exercises. Engage

your friends and family to join you; Brain Fitness can track the progress of multiple users.

No matter what your age or skill-level, your mind will be challenged. If you choose to put your mind to work, to stimulate it and use it in the most efficient way, Brain Fitness is for you. Makes a great gift, too! System requirements: Windows, Pentium II 266, 64 MB RAM, CD-ROM 4X, and 100 MB free disk space.

#99825 Brain Fitness \$64.95

The CD-ROM contains 28 fun and innovative exercises (with difficulty levels) and tools that will provide your brain with a full mental workout. Your brain requires complex stimulation to build brainpower and this program provides just that!

You'll increase thinking ability, prevent brain aging, and hone all five cognitive functions: memory, language, logic, concentration and visual/spatial skills. Moreover, it will provide you with the tools to monitor

## Supercharge Your Memory



Contains everything you need to improve your memory and maximize your powers of recall. From certain special tricks and training methods of the world's memory masters to proven exercises like Kim's Game, this captivating, yet entertaining pack is presented in a clear and accessible manner. Contains: game board, color memory tiles, personality and image cards, memory bag and 72 page booklet.

#75348 Memory Pack \$29.95

## Your Brain And The Neuroscience Of Everyday Life

This pop science book suggests that to understand one's own mind, one should first understand one's own brain.

The book explains how the most recent theories in neuroscience have an impact on the way we think about thinking. The author does more than simply put forward this idea; he actually puts it into practice by undergoing a series of neurological tests and connecting the results of these tests to how he was thinking and feeling at the time. A clever and very provocative approach to an intriguing subject. Softcover, 288 pages.

#45711 Mind Wide Open \$15.00



## USE IT OR LOSE IT!

### Test And Improve Your Memory

This is a workout designed to challenge the limits of your mind, build-up your brain power, develop creativity...

and have some fun without noticing that you are improving your memory. These exercises take the memory function and place it in a unique and fun universe, training with various "games" and difficulty

levels. There are 12 programs that work not only on your

memory but also all other mental skills such as logic, language and attention. It's quite an innovative approach

to a problem that's getting much attention these days... not only with senior citizens, but from baby boomers as well. You will love the beautiful graphics and how easy it is to operate. A PC and a 4x CD-ROM is required.



#42672 Test And Improve Your Memory \$59.95

## Background Sounds For Study, Focus And To Clear Mental Fog

Played softly in the background, this program contains subliminal sounds that are proven to boost alertness and reduce mental fuzziness. Listening for only two minutes produces great results.



Paul Swingle, Ph.D.

trees or the "shushing" of distant traffic. Its frequency tones are embedded at a much lower volume, below the threshold of awareness.

### How To Use Effectively

It is effective with speakers or headphones. It can be played immediately before any activity when mental clarity is desired, or continuously for as long as an hour when unbroken concentration is desired. Longer

This CD actually reduces the "neurological noise" so you can concentrate; it was developed by Dr. Paul Swingle Ph.D., a clinical psycho-physiologist.

### Play Gently in the Background

The audible "pink noise" (a warmer version of "white noise") should be played softly in the background.

It sounds like the "whooshing" of wind through



lasting results can be achieved by setting the CD player to "Repeat". 15 minutes

#48410 Attention!™ CD \$19.95

Great for classroom and therapeutic work!

## Nourish Your Memory

Bacopa Monniera, a 1000 year old Indian Ayurvedic brain nerve tonic, is now being recognized for its memory-enhancing and revitalizing effects. It also nourishes neurons, inhibits age-related cognitive decline, improves spatial memory, enhances episodic memory, and alleviates anxiety.

#75019 Bacopa Vitality 90 capsules \$15.95



# ENERGIZE YOUR HOME, OFFICE, FOOD OR YOURSELF

## Beam Energy Into Your Body and Food

The Beamer is our most popular and effective subtle energy device. Several precious metals are plated to the beamer, making it more powerful! Make your food, supplements or drinks vibrate at a higher frequency and create "highly energized" food. The Beamer is filled with noble gases, that when excited, emit high vibration energy which can restructure the molecular bond between elements. The Beamer is versatile. It can be used:

- As an acupuncture tool to open meridians

- As a meditation tool
- To reduce pain
- To raise the resonance of the food you eat, making it easier to assimilate and digest. Enhances the taste of food and beverage, too.
- To help restore balance to the aura
- To help clear negative energy in the auric field
- To improve the overall energy of the room that you are in
- To increase the auric field of the person holding it by 60% or more.

7" long, 3/4" diameter.

#46067 Beamer \$119.95



## A Super Beamer

Balance all of your meridians simultaneously. Just sit a few feet away, relax and let the Super Beamer energize and balance your whole body.

Receive a complete body treatment in 10 to 20 minutes. 13" long, 1 1/2" diameter.

#75294 Super Body Beamer \$1,299.95

## Clear And Balance Energy Fields

A major factor in our well being is the free flow of energy throughout our bodies. The Tetrahedron Beamer AMPLIFIES our ever popular Beamer BY OVER 50%. The tetrahedron tunes and strengthens the field emitted by the Beamer. Use it to charge your food or water, "beam" your supplements or focus on the body to balance energy pathways (a non-invasive acupuncture device!). This all-purpose energy device

is wonderful for enhancing meditation, (aim the Beamer at your third eye), clearing negative energy patterns, or charging your aura. An excellent tool for alternative health practitioners and those who want to access the subtle energy bodies for accelerating spiritual growth.

#63549 Tetrahedron Beamer \$189.95



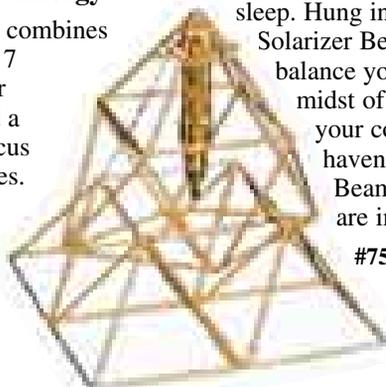
## Fill Your Room With Subtle Energy

The Solarizer combines the energy of 7 pyramids, star geometry and a Beamer to focus higher energies.

Hang the Solarizer Beamer in your kitchen to energize ALL of your

food, or over your bed for more restful and rejuvenating sleep. Hung in an office the Solarizer Beamer helps to balance your energy in the midst of long days at your computer. If you haven't experienced Beamer energy you are in for a treat.

#75063 Solarizer Beamer \$239.95



## INCREASE YOUR AURIC FIELD 6 TIMES

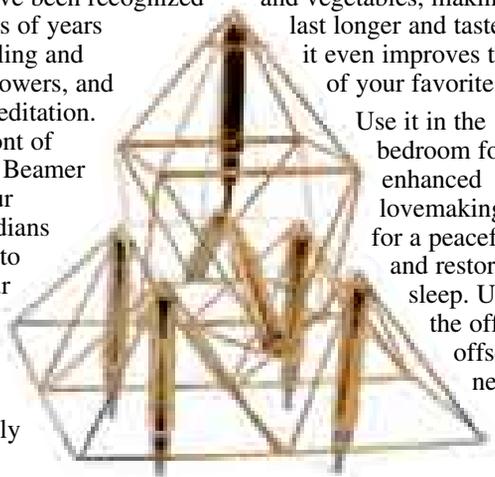
Pyramids have been recognized for thousands of years for their healing and restorative powers, and to deepen meditation. Sitting in front of the Pyramid Beamer balances your energy meridians and chakras to improve your health. 7 pyramids and 7 Beamers synergistically combine to create a system many times more powerful than a single Beamer. Spinning this system creates even more power. The effect of this powerful subtle energy system will be perceived rather quickly. Put it on a table to energize an entire room. In the kitchen, it will energize fruits

and vegetables, making them last longer and taste better; it even improves the taste of your favorite wine.

Use it in the bedroom for enhanced lovemaking and for a peaceful and restorative sleep. Use it in the office to offset the negative effects from your computer and other electronics.

Works quickly and silently. Nothing to plug in or turn on, and nothing to break. Quality construction throughout; gold plated. 16" high x 14" x 14"

#42765 Pyramid Beamer \$1,299.95



A Beamer System Like No Other

## ENERGIZE WHAT YOU EAT AND DRINK

These anodized purple aluminum plates are tuned energetically to emit positive life force energy. They act to revitalize whatever you place on them, be it food, drinks, or you! The large plate is great for placing on refrigerator shelves to revitalize food and drinks, or under your mattress for your own personal energy

boost. Small plates work well as coasters, or tucked in a pocket.

### Positive Purple Energy Plate

#46051 Large 12" x 12" \$49.95

#46052 Small 4 1/2" x 2 1/4" \$14.95



## Neutralize Bad Energy

The rings use free energy channeled by layered precious metals including Gold and Rhodium. Both rings work well to neutralize negative energy fields (such as microwaves, negative thoughts, electromagnetic pollution, machine resonances from food processing) from your food, drinks and nutritional supplements.

#63507 4" Neutralization Ring (weighs 3 oz.) \$34.95

#75232 13" Neutralization Ring (weighs 3 lbs.) \$239.95



# PSYCHIC EXPLORATIONS & DREAMING

## Learn How To Become Consciously Aware During Your Dreams, How To Remain Lucid And Apply Conscious Dreaming For Personal Growth And Benefit

- Easily remember your dreams
- Analyze the deeper personal meaning of dream events and symbols
- Track specific dream patterns and identify your own dream cues
- Use your dreams to understand and work out subconscious issues
- Use your dreams to achieve personal growth in waking life
- Induce a lucid dream from the waking state
- Use your dreams to rehearse situations for waking life
- Induce a lucid dream from the waking state



to going to bed. The CD triggers a combination of Alpha and Theta brainwave states in order to increase your dream recall, trigger more vivid and lucid dreams, and teach your mind how to remain consciously aware while the body sleeps. Also contains CD-ROM features that include: interactive dream dictionary, techniques for developing dreaming skills, dream journal templates and more.

Requirements: Windows 98 and above, Adobe Reader (free download from Adobe.com)

**#51034 Dreamwalk \$29.95**

Dreamwalk contains two audio CD tracks with binaural beats, which can be listened to prior

### Dreamcatcher

Drift gently into the mystical dream state with soothing ambient music, calming water sounds and Hemi-Sync sound technology.

**#45011 Dreamcatcher \$19.95**



### Lucid Dreaming

Here is a unique opportunity to benefit from states of expanded awareness during times we are not normally conscious. This four-exercise series on DVD is designed to teach you how to program and consciously participate in your own personal dreamscape. Clinical research suggests that focusing on the dream you wish to experience while remembering that you can consciously participate in your dream state can dramatically increase your chance of success. This Lucid Dreaming Series provides a substantial



advantage for those interested in lucid dreaming by incorporating the Hemi-Sync sound technologies from Monroe Products.

These exercises were designed to facilitate the brainwave states found in naturally occurring sleep cycles. Accordingly, each of the first three exercises is 90 minutes in length. With the

expanded capacity of DVD, exercise #4 is designed for a full eight-hour sleep period to support your lucid dreaming practice. Incorporates the hemispheric sound technologies from The Monroe Institute.

**#99850 Hemi-Sync Lucid Dreaming \$49.95**

## Enter Meditative States Faster With Sounds Of Tibetan Monks

Tibetan instruments have been used for thousands of years for mental healing and to access profound meditative states. Relax and gently stretch for a few minutes, lay down, slow down your breathing and soon you'll be experiencing lush internal imagery and satisfying blissful meditation. This will quickly



**#82069 Tibetan Bells and Bows \$49.95**

open your psyche! People commonly report being able to see energy fields and auras afterwards. Headphones

potentiate the experience. The bells and bowls generate high energy, high-wavering frequencies, combined with a lower trance inducing wavering pitch. 3 CD set.

## A Complete Course For Conscious Dream Travel

Stephen LaBerge, Ph., a recognized authority, teaches his simple, proven methods for becoming fully conscious in the dream state. Now anyone can learn to consciously explore and use their dreams for self-discovery, emotional healing, and profound insights. Includes: book plus two guided dream induction sessions on CD.

**#42528 Lucid Dreaming \$19.95**



## Past Life Explorations And Out-Of-Body Travels

Precisely tuned soundwaves are used to create binaural beats, included self-initiated and controlled altered states of consciousness. This program will help to transport you to a higher state of mind, opening your consciousness to endless possibilities and realities. You will experience guided meditations, hypnosis and instructional discussions, presented in a home workshop format. 5 CD, 60 minutes each.

- Find out how to receive and trust impressions
- Help resolve past life issues
- Experience a progression to a future event or lifetime
- Alter negative patterns that were created in the past
- Learn to harness your own innate ability to explore expanded states of consciousness
- Explore the unseen energies that influence your life

**#41019 Exploring Your Past Lives \$69.95**



## The Seven Sacred Secrets Of Manifestation

"The Kyballion" was written in 1908 by three Hermetic students. Now, in "Divine Magic," a clearly edited version, it is presented in understandable and modern language. Comments and practical suggestions are given by the author based on her own success in using Hermetic teachings. You can master your moods,

release negativity, manifest new levels of abundance, and attract wonderful opportunities in all areas of your life. Hardcover, 96 pages plus a meditative CD.

**#62176 Divine Magic \$17.95**



# PSYCHIC EXPLORATIONS & DREAMING

## Adventures Beyond The Body

William Buhlman, a pioneer in out-of-the-body exploration, guides you on a journey to shimmering realms of being beyond your consciousness awareness. Its set of guided meditations provides the listener with powerful tools for optimum out-of-body travel. This set of 4 CDs will put you in touch with your pure, divine nature. You will experience total freedom as you leave the limitations of your physical body behind and become aware of the radiance of your astral body. An incredible lightness of being will be yours. The four CD titles are:

- Sleep Programming
- Spiritual Awakening
- Target Technique
- The Vibrational Technique

#99869 **Adventures Beyond The Body**  
\$49.00



## SECRET OF THE SOUL

### Four Advanced Out-Of-Body Techniques

This 4 CD set from William Buhlman has these titles:

- The Christo Technique
- The Energy Body Technique
- The Rope Technique
- The Shaman/Bird Technique

This is a new 4 CD set of guided meditations providing the listener with advanced techniques for optimum out-of-body travel.

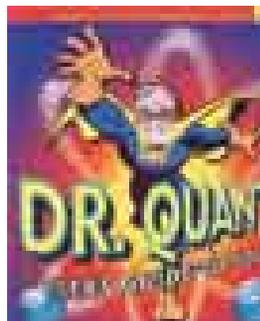
#62148 **Secret Of The Soul**  
\$49.00



## YOUR MIND IS A QUANTUM ENGINE

### Are You Ready To Fire It Up?

The art of "applied quantum



physics" is learning how to harness the power of consciousness as we move through space and time. At the heart of quantum theory lies an astounding truth: that the act

of observing events in your life can alter their outcome. Our minds may not be just along for the ride in an impersonal universe. Instead, we can define the fabric of reality at a fundamental level with the choices we make, the things we choose to see or not see, and most importantly, our intentions in each moment.

Quantum physics is an astounding (and mind-boggling) field of science, and you can actually use it to change your life with this "User's Guide To Your Universe." 6 CDs; 7½ hours of wisdom, lucidity and humor.

#51049 **Dr. Quantum Presents: A User's Guide To The Universe** \$69.95

## Induction Music For Out-Of-Body Travel

This 2 CD set combines hypnotic ancient rhythms with the latest psychoacoustic mind technologies. This music will help transport the listener from the beta to delta brainwave state. "Waves Of Light" produces specific frequencies to create whole-brain consciousness and tunes the body to the



natural harmonics of the earth and sun. A relaxing ride to Nirvana. "The Power of 7" energizes and balances the heart chakra (thymus) by resonating the subtle energy levels of the listener. Helpful for healing, inducing altered states of consciousness and out-of-body travel.

#62149 **Induction Music For Out-Of-Body Travel**  
\$29.00



## Waking From The Trance

Have you ever felt that your thoughts, feelings, perceptions and memories... everything you've known to be "you"... might be just the surface of something far more expansive? That somehow, there might be a way to "wake up" to an entirely new revelation of the world and of yourself?

In this program, you are invited to discover a revolutionary new



understanding of the nature of consciousness that can help us to see beyond the inner structures that limit our awareness. You will learn how to identify the "frames" that organize your most basic experiences, extend your awareness

to every level of who you are... and, ultimately, to realize whom you are beyond your thoughts, emotions, memories, associations and perceptions. 7 CDs and a 20 page booklet.

#62135 **Waking From The Trance** \$69.95

## Balance Your Chakras, Harmonize The Auric Field

This music creates a unified field within and around the human bio-energetic matrix, in preparation for altered states of exploration, shamanic journeys,



out-of-body experiences and other ascension dynamics.

Listen to this CD prior to the DNA series on page 51 for the most integrated and expansive journey to the infinite probabilities of the Multiverse. 58 minutes.

#34011 **The Odyssey** \$19.95

## Journeys Out Of The Body

The out-of-body experience is a state in which one's consciousness appears to depart the physical body allowing perception by means other than those of the physical senses. This Monroe Institute series was designed



for those who desire to achieve this state. With practice, one can be brought up to the borderland sleep state, and through it, to experience the out-of-body state with full conscious awareness. 6 CDs and manual.

#51088 **Journeys Out Of The Body** \$99.95

Noise keeping you awake? See our Sound Screen on page 91



## STRESS ERASER PROVIDES RELAXING NIGHTS SO YOU CAN ENJOY STRESS-FREE DAYS

### Learn How To Stay Calm During Highly Stressful Situations

When your stimulating nerves become more active, they cause you to feel nervous, tense and restless by increasing your heart rate, breathing pace and brain activity. When the pacifying nerves become more active, they decrease

your heart rate. Your heart rate continually rises and falls in a wave-like manner based on the changing interplay of the stimulating and pacifying nerves. The StressEraser allows you to visualize this wavelike activity on its screen, and guides you to synchronize your breathing with it. Within 15 minutes, you'll achieve deep relaxation. Using it for two weeks, you'll feel the difference all day long. Within a month, you'll have stress-free days. For excellent results, use

StressEraser before bed to relax and recharge during the night.

This is a medical-quality device that previously has been available only to psychology professionals. The name of this product is aptly named; using it will not only "erase" stress; it will change your approach to life and its everyday issues. It provides a lasting therapeutic benefit.

Lightweight and about the size of an iPod, the StressEraser comes with a carrying case, User's Manual, a terrific

"Getting Started" Guide and a one year warranty. Battery-operated. For sale only to U.S. customers.

**#99871 StressEraser \$299.00**



### The Natural Solution For A Restful Night's Sleep



Based on the principles of traditional Chinese medicine, Dreamate produces a double frequency massage stimulation on specific sleep-related acupressure points on the

underside of your left wrist for calming, sleep-inducing stress relief without side effects. Pulsed electronic waves promote blood circulation to help normalize the body's biological clock into a natural sleep rhythm. Dreamate is designed to help your body naturally improve sleep quality gradually, providing a long term solution to your sleep problem, not a temporary



"quick fix." If you're having trouble falling asleep because of noisy neighbors, insomnia, stress, or traffic noise, this could be the answer you've been looking for. Ideal for shift workers, frequent travelers and insomniacs. Battery-operated.

**#99870 Dreamate \$79.95**



The "sleeping golden triangle" is located on the inner wrist and is responsible for calming the body, stress relief and sleep induction.

### Blue Light Therapy Sleep System

Many studies have shown that the occurrence of sleep disturbance increases with age. The natural Circadian rhythm that regulates your body's sleep cycles can be thrown off by spending more time indoors as we age. Young children can experience difficulty falling asleep and experiencing a restful slumber. Instead of seeking relief from potentially dangerous drugs, many people are looking for natural alternatives.

The new TwiLight Mini Ultra Blue Light Therapy System



provides excellent blue light exposure that has been shown to optimize the re-calibration of the body's Circadian rhythm. Placing this light in the bedroom and turn it on for 30-60 minutes prior to falling asleep will help you fall asleep faster and provide more restful and effective sleep patterns for all ages.

The lamp is cool to the touch, so it's safe to use. The flicker-free, no-buzz bulb lasts 10,000 hours. The lamp itself has clean, contemporary styling. 12" high. 3 year warranty.

**#62503 TwiLight Blue Light Sleep System \$89.95**

**#62504 Replacement bulb \$24.95**

### Restorative Sleep And Stress Reduction

This is a pioneering combination of psychoacoustic music and synchronized cinematography. Two 30 minute segments are specifically designed to slow brainwaves and heart rate to the ideal mind-body state necessary for deep,



recuperative sleep. The music and corresponding images of this program use progressively slowing tempos and reduced visual and auditory complexity to achieve optimal effect. The net result: a natural, drug-free experience formulated to quickly reduce stress and facilitate an easy drifting off to sleep. Produced by Louie Schwartzberg and Joshua Leeds. DVD, 60 minutes.

**#62505 Easy To Sleep \$29.98**

### Music For Sleep by Dr. Jeffrey Thompson

A clinically proven musical system that helps you fall asleep, stay asleep and wake up rested and refreshed.



Peaceful musical soundscapes blended with Delta wave pulses quiet your mind and lead you into deep restorative sleep.

**#62192 Music For Sleep \$29.98**



## MAGNETIC MATTRESS PAD

### For Deep, Energizing Sleep

Our magnetic mattress pad is the best and easiest way to bathe your entire body in an all-north pole magnetic field. Strong grade VIII ceramic magnets are spaced in a 4" grid over the entire surface of the mattress pad, each giving over 8" of field penetration.

The pads are covered in "loom state" fabric imported from Belgium and the quality is immediately apparent to anyone who touches it. The binding is color coordinated to match the cover and the whole pad has a non-skid backing. They are deliberately slightly narrower and shorter so they will fit on the mattress without overhang and can be covered with a conventional mattress pad to

help prevent soiling.

Every pad is checked and re-checked to be certain the magnets are arranged so that the North poles face the body. Tools For Wellness has the utmost confidence in the high quality construction and quality control standards used in the manufacture of these pads.

The proof is in the high degree of customer satisfaction; we just don't get returns from satisfied users!

- #48304 Travel 30" x 72",  
119 magnets \$159.95
- #48305 Single 37" x 73",  
162 magnets \$179.95
- #48306 Full 52" x 73",  
234 magnets \$229.95
- #48307 Queen 59" x 78",  
266 magnets \$279.95
- #48308 King 75" x 78",  
342 magnets \$329.95
- #48309 Pillow 12" x 18",  
18 magnets \$29.95

Additional \$15.00 each for shipping except pillow. Rush/Express service not available. Continental U.S. delivery only. Non-returnable

### Shut Out The Light! Shut Out The Noise!



Sleep Master was invented for people with sleeping difficulties, for those who just enjoy napping during the day or while traveling, and even for those whose partners watch TV or read late into the night.

It is an all-in-one sleep mask that combines light elimination and sound reduction. Sleep Master is the only sleep mask available on the market today with patented built-in sound muffling. Ear plugs included.

The Sleep Master fits easily and comfortably around your head, easily connected in the back by Velcro strips, simultaneously blocking both light and reducing sound.

One-size-fits-all, lightweight and compact so you can take it along with you. Very affordable so you can have more than one.

#34014 Sleep Master \$34.95

Buy 2 and SAVE! \$32.50 each

## RELAX YOUR WAY TO RESTFUL SLEEP

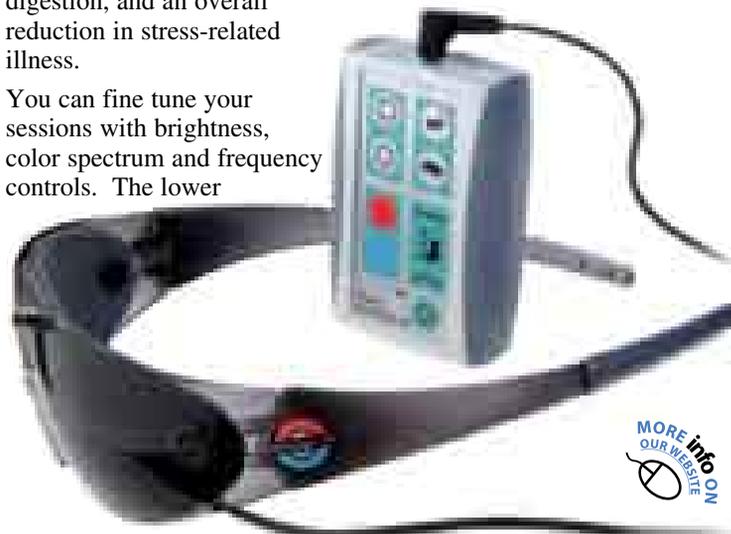
### The Shealy Relaxmate

90% of individuals report that its use leads to deep relaxation within 5-10 minutes. Superb, restorative sleep is achieved in about 30 minutes. The Relaxmate does not employ sound, just light pulses. It uses a specific bandwidth of frequencies and color saturation determined to be the most effective. Used 30-40 minutes a day induces mind-body states associated with lower blood pressure, headache relief, reduced anxiety, improved digestion, and an overall reduction in stress-related illness.

You can fine tune your sessions with brightness, color spectrum and frequency controls. The lower

frequency range (1-7 Hz) makes it much more comfortable to use than other more complex machines. Has a 20-60 minute timer. By regulating the length of the sessions, it can also be used to boost energy and improve concentration. We found it exceptionally easy-to-use; the results just happen without a whole lot of effort. Developed by Norm Shealy, M.D., a pioneer in the therapeutic use of light. Battery operated.

#45017 Relaxmate II \$149.95



### Sleeptracker Wake-Up Monitor Watch

Monitors your body and continuously looks for your best possible waking time. This revolutionary watch wakes you at just the right moment, during a window of time that you set. Its internal sensors detect



even the most subtle physical signals from your body. Worn like an everyday watch, this is ideal for anyone who wants to start off the day alert. Great for travelers, students, busy moms, and those with irregular work schedules. Many features and settings enable you to customize it to any situation, plus it functions like an ordinary watch during the day.

#45713 Sleeptracker Watch \$149.00

### Powerful Sounds For Deeper Sleep



Guides you into deep Delta brainwaves, the home of deep sleep. Includes two programs of soothing music and frequencies, forest and ocean sounds. 2 hours. 2 CDs

#46022 Delta Sleep System \$19.95

### A Sound Sleep With Hemi-Sync



On side 1, verbal guidance relaxes you while **Hemi-Sync sound patterns** from **The Monroe Institute** guide you into a totally refreshing Delta sleep. Side 2 features soothing sound effects embedded with Hemi-Sync to continue your deep sleep cycle. 70 minutes.

#62507 Sound Sleeper \$19.95



Many sleep problems happen because our minds are too cluttered with many thoughts. There are four stages in the process of sleep: first, our brainwaves begin to slow down from an alert state of beta to a more relaxed state of alpha. Then we drift off into a light state of sleep (theta) where we dream. Finally our brainwaves slow down further into delta where we enter into deep sleep.

# SLEEP

## SLEEP NEVER SOUNDED SO GOOD

### Get The New Sound Pillow

Wouldn't it be great if you could comfortably tune out the world and tune in to your

favorite music to help you fall asleep? Sound Pillow plugs directly into your sound source just like headphones, but the speakers are hidden inside the pillow so only you can hear. You get a full-size pillow with a 5' cord with speaker jack. Just think of all the things you can use this for... the kids can fall asleep to stories or music, self-help tapes, listen to an audiobook as you fall asleep, learning programs while you sleep.

#42751 Sound Pillow \$49.95



Virtually undetectable wafer thin micro-stereo speakers buried inside.

**SPECIAL OFFER**  
Use the Sound Pillow with our best selling, most effective sleep CD — Harmonic Sleep Buy both and SAVE! Only \$5.00 more for the sleep CD Order #51103 Sound Pillow and Harmonic Sleep CD \$54.95

Connect your own sound source.

Noise keeping you awake? See page 91 for the Sound Screen/Sleep Mate

## LISTEN TO YOUR FAVORITE TAPES, CDs, OR RADIO WITHOUT HEADPHONES

### Relax-Sleep Better-Relieve Tension

Just place Pillowsonic under your pillow cover, connect your sound source and enjoy the sounds. Two quality speakers are enclosed at both ends of a 14" long soft, thin cushion, that is then placed inside your pillow cover or under the pillow itself. Complete with a 6' cord.

Connect to your radio alarm clock, and awake without disturbing your spouse.

Excellent for the elderly, those with autism, ADD, or sensory integration dysfunction. For college students in dorms and for hospital patients who share a room.

#82058 Pillowsonic Stereo Pillow Speaker System \$29.95 Buy 2 and SAVE! \$26.95 each



Shows partially exposed CD player not included

**SPECIAL OFFER**  
Use the Pillowsonic with our best selling, most effective sleep CD — Harmonic Sleep Buy both and SAVE! Only \$5.00 more for the sleep CD Order #42033 Pillowsonic & Harmonic Sleep CD \$39.95

## Our Most Popular Sleep CD And No After Effects

Developed and tested by Dr. Paul Swingle, the noted psychoneurophysiologist... the harmonic blend in this 74 minute CD embodies a proven technology. It involves a complex harmonic blend that is embedded at a much lower level than the audible filtered "pink noise" that you hear.

- Reduces the time to fall asleep
- Enhances the quality of sleep; allows you to have good night

of natural, peaceful, and deep sleep

- Effective for persons with high stress and pain.

It seems like we all know someone who could benefit from Harmonic Sleep... it really works! It can be used for 15 minutes prior to retiring for the night or can be played continuously throughout the night with your CD player set on "continuous play".



#22150 Harmonic Sleep CD \$19.95

## KEEPS THE LIGHT OUT

### Total Darkness With Your Eyes Open

Great for airplane travel, deep meditation, biofeedback exercises, headaches and naps, while seated (but not for night time sleeping). With adjustable velcro strap and ear plugs. This is one of the very few products that we have tested that gives TOTAL DARKNESS.

#46021 Mindfold Mask \$19.95



## Get A "Good Sleep"

Includes three proven "harmonic retreats" to give you instant access to a state of restorative rest:

- The 22 minute vacation: Generate deeply rejuvenating states of body and mind
- The 22 minute nap: A quick period of rest when you feel sleep deprived
- Sweet delta: A full, revitalizing night of sleep

An excellent 68 minute CD from the renowned Tom Kenyon

#45722 Deep Rest \$16.98



## Better Sleep And Deep Peace

Your pineal gland is the gateway to lucid dream states, enhanced intuition and expanded perceptions of reality. Users report feelings of elation, deep peacefulness, visual imagery. Serenity contains pineal gland tissue, Vitamins E and C.

#48375 Serenity 100 capsules \$41.95

Buy 3 and SAVE! \$39.95 each



## Sleep Like A Baby Tonight!

Makes you fall asleep faster, keeps you asleep until it's time to wake up, enables you to wake feeling refreshed and well rested. Heightens REM sleep and improves mood, diminishes irritability. Melatonin, 5-HTP, coenzymated vitamin B-6, Choline, and Rhodiola Rosea, a plant substance that is very effective in reducing stress and helps with sleep disorders.

#72016 SleepTight 90 capsules \$18.95 Not for use by children, pregnant or lactating women, or those under 40.



# DEEP RELAXATION AND MEDITATION

## Universal Mind Meditation

With this outstanding audio CD, Kelly Howell imparts the sacred truth spiritual masters have taught for millennia. It starts by



changing your belief system, slowly, subtly and gently while you sleep. As you are lulled into blissful slumber, The Secret is whispered into your ears – first audibly, and then just below the level of consciousness. There's nothing that you need to do except listen; everything you need and desire will come to you through the great Law of Attraction. Theta and Delta frequencies and music only. 60 minutes

#62145 The Secret  
\$14.95



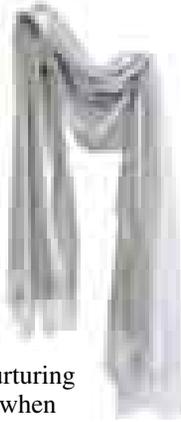
## Relaxation And Meditation Shawl

This shawl is 32" x 72" and is extremely soft and made of a Pashmina-like rayon.

It has been imprinted to emit a soothing, calming and nurturing energy pattern when worn on the body.

It is a wonderful support for meditation or for a restful sleep. In addition, it helps in de-stressing, relaxing and protecting from EMF. Users report it to be effective in clearing and opening the energy centers or chakras... pain relief... more energy and clarity, and an overall increase in general vitality. Can be washed and hung to dry.

#51093 Wrapture Relaxation Shawl: Cream \$79.95  
#51094 Wrapture Relaxation Shawl: Silver/Gray \$79.95



## Relax Anywhere Fast

Want to unwind at the end of the day?

Put the Relaxease glasses on, sit down and turn them on. Pulsating light guides you to deep relaxation, a great distraction from your busy world. Everything is in the glasses, so there are no wires to untangle, no bulky attachments. Take them to work, on vacation, business trips, or

anywhere you want. Enter deep alpha/theta states in minutes!

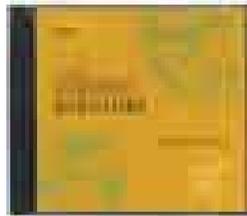
Relaxease comes with built-in brightness and frequency control (3-11Hz), so you can adjust them to fit your sensitivity. The timer can be set to 15, 30 or 60 minutes. Includes a cassette of relaxing ocean sounds. Battery operated.

#46041 Relaxease Light Glasses  
\$59.95

## MEDITATION

Simply put, it is to engage in contemplation or reflection. Some say it is the art of allowing your mind to do nothing. Anyone who wants to reduce stress and otherwise "clear their heads" will find great joy and solace in meditation, leading to marvelous, euphoric feelings for days.

## Learn About Guided Mindfulness Meditation



Mindfulness is finally being recognized as a highly effective tool for dealing with stress, chronic pain and other illnesses. By opening to an awareness of how things actually are in the present moment, we are often able to experience very deep states of relaxation and well-being – of both body and mind.

This is a four part home training course that will enable you to sample the universal aspects of stillness, clarity, wisdom, compassion, and well-being that Guided Mindfulness Meditation offers. 4 CDs, 5 hours.

#51056 Guided Mindfulness Meditation \$29.95

## MUSIC FOR THE MIND AND BEYOND

### Brian Paulson's Brain Buster



An exhilarating yet calming sonic journey into the mind, body and spirit. By combining the ancient knowledge of sacred geometry, harmonics and the recent discoveries in brain research, physics and cosmology... here is music capable of unleashing the untapped potential of the mind. Relaxation, creativity, intelligence, meditation can all be enhanced with this music. Headphones should be worn to make this CD more effective.

#51082 Brian's Brain Buster \$17.95

## Inner Peace With The Music Of Steven Halpern and Hemi-Sync



This CD from **The Monroe Institute** will immerse you in an inner peace that is uplifting and deeply restorative. It features a suite of seven hypnotic musical tracks of compelling meditative music fashioned around an infrastructure of low tones to ground the body and higher frequency harmonics to crystallize the delicate textures you feel spiraling around in your head. It quiets the mind while simultaneously resonates with body, mind and spirit. 57 minutes.

#51086 Deep Journeys \$19.95

## UNLEASH THE POWER OF THETA

### Vivid Imagery Sparkles Inside Your Mind's Eye

This comprehensive 2 CD program puts you into the deep and elusive Theta state. Over a 4-week period, your brain's electro-magnetic energy is progressively balanced, organized and amplified. You enter the precise state of meditation essentially empowering visualization and accelerating manifestation. Best results are achieved when used with headphones. 2 CDs. 60 minutes each.

#41047 Sacred Ground \$16.95



OPEN 24/7

ToolsForWellness.com

# DEEP RELAXATION AND MEDITATION

## LEARN HOW TO MEDITATE USING TRANCE MUSIC

### Ultra Meditation System: The 5-level Transcendence System.

You will be transported into another time and place, filled with delicious relaxation, stimulating memory flows, and heightened consciousness states.

**Ultra Meditation™** was designed to open the mind to greater levels of awareness, by driving consciousness inward and feeding the brain with a steady flow of psychic energy.

#### LEVEL I (Theta Consciousness)

For the first 30 days plug into Level 1. Using special sound frequencies and harmonics it's designed to shift your internal state and unfold a deep meditation and expanded awareness. The audio matrix is subsonic so you don't hear it, but you sure feel it. What you do hear are the sounds of an underground stream, Tibetan

bells and angelic voices.

#### LEVELS II-V (Transformation, Awareness, Cetacean Mink Link)

Each sound track uses an increasingly more intense matrix designed to expand awareness. And to further that goal, your kit includes several powerful bonus libraries.

#### TRANSCENDENTAL MIND LIBRARY

9 Transcendental Mind sound tracks are included... Zen Healing Chants, Amazon Shaman, Voodoo Mating Ritual, Mayan Sun Ritual, Indonesian Karma, Eskimo Spirits, Pyramid Visions, Avatar Transformation, and Aboriginal Dreamtime.

Because they use "sacred sounds" embedded within the matrix, they act as powerful triggers for personal breakthrough.



The difficulty with most traditional meditation practices is it takes years of concentrated effort to train your brain to redirect its energy into optimal patterns. That's why the Ultra Meditation System was developed.

#### HEALING MUSIC LIBRARY

**Healing Music™** is designed to further your spiritual awakening. The 8 titles include: Healing Dreams, Emotional Well-being, Inner Harmony Tune-up, Radiant Health, Peaceful Sleep, Dream Therapy, Inner Child Healing, Spiritual Healing.

5 additional items are included free. The **Super Brain Power** book and CD, plus 3 workshops on CD: Mind Power Secrets, The Secret of Living a Perfect Life, How To Find Your Mission.

\*Requires headphones!

**#63452 Ultra Meditation Transcendence System \$199.95**

### Use The Kaleidoscope To Relax And Meditate

You'll be amazed at how the rhythm of the animated morphing patterns magically matches the beat to your music selections. There is no audio, so you are free to enjoy



either the peaceful silence or choose whatever music you like. Use it alone or with a social gathering. Everyone will enjoy this beautiful, mystical experience. The title, "Tarriance" means "to linger in expectation." 60 minute DVD.

**#99847 Tarriance \$19.95**

### Soft And Sweet Classical Music To Produce Calm

Through the process of decreasing tempo and simplified harmonic complexities, the heart rate naturally slows and the mind unwinds ... creating a gentle repose free from stress or anxiety. The nervous system does not have to work hard to take in this music. These CDs



provide gentle, yet industrial strength stress reduction. Tempos are a soothing 50-70 beats per minute. 2 CDs.

**#62523 Calm \$24.95**



### A Twelve Month Meditation Correspondence Course



For thousands of years, meditation has served as the living cornerstone for every major spiritual tradition. From the founders of the Insight Meditation Society, this in-depth program is now in its eighth year. In your own home, you are now able to cultivate the sacred environment of a

meditation retreat... with the help of a personal instructor, assigned to you when you return your first lesson by mail. Insight Meditation presents: 12 sequential lessons, 18 hours of classical teachings, practices and meditations, an 88 page workbook with interactive exercises, resources and articles, plus one-on-one guidance from your personal instructor. Most people ask this about meditation: "How do I get started, and how do I keep going?" If this is you... this outstanding and complete program is the answer. 24 CDs in a binder plus workbook

**#51001 Insight Meditation \$198.00**

### Awakening Kundalini

Kundalini is the extraordinary powerhouse of cosmic energy that resides within you. It is the source from which all creativity, genius and psychic gifts spring. Traveling upward through the chakra system, it removes obstacles to living your highest potential.

A wonderful theta meditation program. CD: 60 minutes. See page 35.

**#45015 Kundalini \$14.95**



### Relieve Jet Lag



Arrive at your destination feeling refreshed, alert and ready to go. Helps balance and restore your brain's sodium and potassium levels, thus reducing mental fatigue and brain fog associated with jet lag. Contains no spoken words. Powerful combinations of brain wave frequencies are harmonically layered in beautiful music. 2 CDs: 120 minutes.

**#45014 Relieve Jet Lag \$16.95**

# DEEP RELAXATION AND MEDITATION

## For People Who Can't Let Go By John-David

- Eliminate self-sabotage
- Enhance your self-esteem
- Sharpen your recall
- Communicate better
- Improve your ability to concentrate, make decisions and solve problems

**BrainSpeak is an interactive, not passive, personal tool for transformation.**

BrainSpeak alters your brainwaves to achieve more relaxed alpha and theta states, a technique proven to be effective by neurologists, physicians and educators. The beauty of BrainSpeak is that YOU decide what results you want to produce... whether it's a tool for enhanced meditative practice, a doorway to better health, or a means of accelerated learning – your decisions activate your



subconscious mind. And, depending upon the issues and concerns facing you at any given moment, your subconscious will lead you to the answers that are right for you. 4 CD Set, 127 minutes.

Manual and John-David historical literature.

**#75354 BrainSpeak \$349.95**

## LIGHTS OUT! Total Darkness With Your Eyes Open



Great for airplane travel, deep meditation, biofeedback exercises, headaches and naps, while seated (but not for night time sleeping). With adjustable velcro strap and ear plugs. This is one of the very few products that we have tested that gives TOTAL DARKNESS.

**#46021 Mindfold Mask \$19.95**

## Music For Healing And Unwinding

Your body is a self-healing instrument. Given a chance, it will always tend towards a healthful balance. Using sophisticated sound technology these compositions create a response of deep relaxation, contentment, and well-being. We're pretty sure you play these over and over again. 2 CD set: 2 hours.

**#99862 Music For Healing And Unwinding \$19.98**



### EVERY INDIVIDUAL IS UNIQUE

Different products result in different effects on people. People with special sensitivities may experience some unwanted side effects. Other users report that benefits didn't start to occur for several days. This can be attributed to the cumulative effect from many of the products in this catalog.

## Ascend To Higher Levels

Binaural beat frequencies will lift your physical tensions and mental anxieties in minutes. Helps you reach a profound meditative state. See page 29

**#45006 Deep Meditation CD \$14.95**

## Heavenly Music

*Music by Iasos*

Described as similar to the "heavenly music" heard by people who have lived through near-death experiences. 60 minutes.

**#46042 Angelic Music CD \$16.95**

## Holographic Mind Music

Listen with headphones, close your eyes and leave the universe! Iasos' newest creation... 8 years in the making... this is his most

celestial album ever. Excellent for enhanced creativity, alignment, mood elevation and consciousness travel. 60 minutes.

**#81033 Realms of Light CD \$16.98**

## Sacred Sonic Tools

From Iasos, this book and CD present you with the opportunity to receive a hands-on experience with this very effective set of "sound tools" to enhance physical, emotional and mental well-being. Book: 63 pages. CD: 60 minutes.

**#36510 Sacred Sonic Tools Book and CD \$24.95**

## GETTING PAST SORROW Experience Joyful Wellness

by Marcey Hamm

We've received wonderful

feedback from customers as to how this particular CD has helped overcome grief, sadness and bad news. It contains continuous angelic music for true relaxation, balance, harmony and healing. Over 1 hour.

**#18703 Inward Harmony CD \$18.95**

## Achieve Joy And Bliss By Brian Paulson

A great recording that removes the edge from life, and evokes joy, bliss and expansive awareness. 260 Hz tone plus gently pulsing overtones. A delightful ride into peace and harmony. 26 minute continuous play CD.

**#74021 The Power of Seven CD \$18.95**



## Rest, Re-Balance, And Replenish With Classical Music For Healing



Listeners will enjoy a selection of soothing classical music, scientifically selected and performed to reduce physical tension, dispel anxiety, and create inner calm. Through subtle rearrangement and emphasis on the underlying psychoacoustic harmonics embedded in the music, Joshua Leeds and Andrew Weil, M.D. draw out each composition's innate healing potential. 74 minutes.

**#99858 Relax And De-Stress \$17.98**



#45006

#46042

#81033

#36510

#18703

#74021

SHARE US WITH A FRIEND  
Help someone else enjoy  
the life-enriching products at  
TOOLS FOR WELLNESS.  
Send us their name  
and we'll rush a catalog to them.

# TUNING FORKS

## Earth Resonant Sound

Low frequency for bones and ligaments. Based on the 7.83 Hz earth resonant frequency, or Schumann Resonance. Effective for grounding and deep relaxation.

- #46045 Otto Tuning Fork  
128 Hz  
\$41.95
- #42756 Otto Tuning Fork  
64 Hz  
\$41.95
- #42757 Otto Tuning Fork  
32 Hz  
\$41.95

**SPECIAL: Buy all 3 Otto Tuning Forks and SAVE!**  
Order #42758 \$119.95



## Energy Tuners

A set of three different high pitch tuners that are easy to use because they are lighter than the larger fork. High pitches have a more energizing effect on the brain than the lower pitch forks. 4225, 4096 and 4160 Hz.



Pouch included.

#46046 Angel Tuners \$52.95

## DNA Forks

These tuning forks (D and A) maintain the sacred ratio of 8:13 (phi). This interval is not usually found in contemporary music; it is found in nature and living organisms. Their tuning forks represent an outer spiral of the fibonacci series, where people seem to journey when they hear the sounds of this pair struck together. 288 (D) and 468 (A) Hz.



#71064 DNA Tuning Forks

## Crystal Tuner

The Crystal Tuner amplifies the healing power of crystals through sonic vibration, creating a bridge between heaven and earth. It is useful in dream work, spiritual work and physical work with the cranial rhythms. 4". 4096 Hz. Included in Angel Tuners Set #46046



#71065 Crystal Tuner  
\$22.95

## Starter Set Of Two Tuners

Two forks sound the interval of a fifth— the most important interval for relaxation, centering and aligning the body's energies. Contains: 256 Hz and 384 Hz, (C & G), plus instructions and carrying bag. Included in Harmonic Spectrum Kit.



#46047 Body Tuners™ \$49.95

## Tuning Fork Set

This set contains a full octave of tuning forks. When played together they create a series of overtones to help you relax and center yourself. Each interval relates to a different state of consciousness. Based on the work of Pythagoras, recognized as the world's first researcher to combine the science of sound with mathematics. Instructions and carrying pouch are included. Full octave: 256-512 Hz.



#46048 Solar Harmonic Spectrum™ Kit \$159.95

**Tuning forks balance your body, nervous system, muscles and organs. By tapping the tuning forks, you generate true sine wave patterns based on precise mathematical proportions. This is known as Pythagorean tuning.**

## Complete Tuning Fork Kit

Contains: Solar Harmonic Spectrum Kit, Calendula CD, the John Beaulieu video and the John Beaulieu book "Music and Sound in the Healing Arts."

#46049 Complete Tuning Fork Kit  
\$189.95



## BioSonic Brain Tuner Set

Brain Tuners are based on brainwave studies using electroencephalography (EEG) technology to map different states of consciousness known as Delta, Theta, Alpha, and Beta. When the Brain Tuners are simultaneously sounded (one in the left ear; the other in the right ear) the two hemispheres of the brain function together to integrate the two sounds, creating a third, different tone called the binaural beat. When the Fundamental Brain Tuner tuning fork is sounded with any of the other four, the difference between the two tuning forks creates a binaural beat which is heard as a pulsation ... which gently signals the brain into a different state of consciousness. Set of 5 tuning forks (256, 259, 262, 267, 271 Hz) and a wooden stand.

#99863 BioSonic  
Tuning Fork Set  
\$99.95



## BioResonator Set

The BioResonator Set uses tuning forks to create specific frequencies called different tones. These "difference tones" are used to align your brain waves for deep meditation, relaxed awareness, problem solving, creative thinking and other benefits linked to specific brain frequencies. One tuning fork has adjustable weights allowing you to create variable cps, creating different tones.

The different tones are related to Theta, Delta, Alpha, and Beta brainwave patterns. When you try different settings, you will see that each setting is like an inner ear yoga causing the ear

to "gate" in order to process the sounds. Trying different settings will increase your inner

ear strength and ability to listen. Notice the different tones you prefer and

the ones that are difficult. You can be creative. Serious users of tuning forks will love it!

The set includes two BioResonator boxes with tuning forks, plus a mallet.

#42759 BioResonator Set  
\$259.95



## SPOTLIGHT ON OHM

Ohm carries the frequency of 136.10 Hz, considered by many to be the most powerful of vibrations. It is described as primordial sound, the sound from which all other sounds emanate. The sound wave created by Ohm tuning forks works like kinetic energy to move disharmony and tension from the body, thereby restoring a sense of well-being. Disharmony, manifested by stress, muscle soreness, and fatigue, creates blockages to our natural energy flow.

When the different range Ohm forks are sounded together, the healing musical interval of an Ohm octave is experienced. By drawing the vibration of Ohm into your body, the forks enhance the musical experience while negating the source of the disharmony and assisting with meditation. It is truly a profound experience.

### Ohm Tuning Fork Octave Set

**MORE info ON OUR WEBSITE**

The Ohm Octave is a beautiful and healing musical interval, connecting us with the Earth and furthering our understanding of Ohm. Set consists of the Mid-Ohm (136.1 Hz) and the Low-Ohm (68.05 Hz) tuning forks, Activator, overview of sound healing,

plus information on octaves and overtones, plus instructional booklet.

**#43107 Ohm Tuning Fork Octave Set \$89.95**

### Mid-Ohm Tuning Fork Kit

Widely considered the classic Ohm frequency (136.10 Hz) and in the middle range. This is an excellent place to begin for those interested in sound healing. Includes: tuning fork, Activator, sound healing booklet and instructions.

**#43106 Mid-Ohm Tuning Fork Kit \$44.95**



### Tuning Fork Activator



Use this rubber Activator as a surface to gently strike the weighted end of the tuning fork to "activate" vibration. Works well with all tuning forks, weighted and unweighted. 2 1/2" wide x 1 1/2" high.

**#43110 Tuning Fork Activator \$14.95**

This model enables you to attach the Activator to your leg, allowing for hands-free use.

**#43125 Mobile Activator with Leg Strap \$34.95**

### Low-Ohm Tuning Fork

The Low-Ohm Tuning Fork has a deep and earthy reverberating quality with overtones when activated, and is an excellent choice for working on the body, as it is particularly grounding. Use alone or with the Mid-Ohm Tuning Fork to create an Ohm Octave, a beautiful music interval. 68.05 Hz. Made from space grade aluminum

**#43109 Low-Ohm Tuning Fork \$44.95**



## TUNING FORKS

Shown: 2 Mid-Ohm tuning forks. One fork on each side of upper chest wall, in groove toward armpit. This enhances and deepens breathing... releases tension in shoulders, arms, and upper back... is calming, soothing and energizing.

### Musical Compositions Created In the Ohm Frequency



Harmonizes beautifully with Ohm Tuning Forks. Listening to these CDs and the tuning forks together produce a harmonic or "stereo effect." While listening to the CD, place the forks on your body in specific places where there is tightness to relax the tension. Developed by an accomplished musician and sound healer. Each CD is approximately 50 minutes.

**#43104 There's No Place Like Ohm CD Vol. I \$16.95**

**#43105 There's No Place Like Ohm CD Vol. II \$17.95**

### A Tuning Fork Primer



This laminated, double sided chart demonstrates 14 useful applications for self-treatment and for treating of others. 11" x 17".

**#43112 Tuning Fork Instructional Chart \$14.95**

### High-Ohm Tuning Fork Set



Ideal for use in the energetic field around the body, and for clearing and resetting the energy of a room. Creates a sound wave that is soothing and therapeutic and can help restore balance. Contains two aluminum forks (272.2 Hz and 544.4 Hz) plus instructions.

**#43124 High-Ohm Tuning Fork Set \$74.95**

### Use The Entire Harmonic Spectrum For Healing

The Solar Harmonic Spectrum was used to create a healing sonic journey in which the notes of each Pythagorean interval move from the right ear to the left and back to balance the left and right brain hemispheres. Includes 20 page booklet



**#46050 Calendula CD \$18.95**

### Jumbo Tuning Fork Assortment

Contains: #46045, 46046, 46048, 43106 on these pages. Total: 13 tuning forks. If purchased separately, \$296.80

**#42755 Jumbo Tuning Fork Assortment \$269.95**

# REMOTE VIEWING

## The Gold Standard Course On Remote Viewing



Taught by the masters of the craft, the scientists, viewers, and military intelligence

officers who created the field of remote viewing: Hal Puthoff, Russell Targ, Ingo Swann, Dale Graff, Henry Reed, and Edgar Cayce. There is nothing like it on the market today.

Ten discs are broadcast quality DVDs that comprise 11 hours of instruction, accompanied by rare, little seen examples of some of Remote Viewing's most famous moments.

Four discs are stereo CDs, designed to be used over and over – which take you through experiential sessions exactly as if you had come in to a Remote Viewing laboratory.

A fifth CD contains forms used to conduct and record your

sessions, as well as how to judge and analyze them.

The presentations, benchmarks in the history of Remote Viewing, come from the actual intelligence projects, archaeological discoveries, and experiments. Rarely seen, they would be extremely hard to locate from other sources. This is truly a complete course on the art and science of Remote Viewing.

This series of 10 DVDs and 5 CDs offer scientifically based, clear, simple instructions to guide anyone through a Remote Viewing experience in a way that is as rich as anything a person would experience in a laboratory. The validity of this material has been tested

hundreds of thousands of times over almost 30 years of research at laboratories and universities around the world.

At the personal level, Remote Viewing expands our definition of what it means to be human. At the social level, it opens our view of the world to another dimension of the self and adds to our store of knowledge as to how we, as humans, fit into the universe.

**#42737 Remote Viewing Gold Standard Course**  
**\$229.95**

**Note: This is a combination of material contained in #42714 and #41059 (appear below), plus an additional bonus CD. If purchased separately, they would cost \$262.40**

## Become A Participant In The World Conference Of Remote Viewing

This 10 DVD set is the professionally produced, broadcast quality instruction on the history, the art and the science of Remote Viewing.

For the first time, the founders of Remote Viewing as well as other top experts in the field are on record as to how it developed, how it is done, what it has been used for, and what it means.

Includes pictures of legendary viewings, actual intelligence

projects, archaeological discoveries, and numerous experiments. Much of this material has only rarely been seen before.

**#42714 Remote Viewing Through Time And Space**  
**\$149.95**  
Included in #42737 above



**Healing** All religions and spiritual paths honor the power of therapeutic intent, which has now been confirmed scientifically.

This Healing CD combines a respect for the ancient traditions as well as the insights of science to



**NEW**

take you on an inner-voyage that will show you to link to the greater whole and activate your power to heal. Use once a week, or more often as needed, to heal yourself and to send healing to others.

**#62163 Healing CD \$19.95**

Included in Set #41059

## Remote Viewing Exercises

You will learn to master the skills necessary to access that part of your mind that can move outside of time and space. The 13 tracks are:

What is Remote Viewing? – How to Remote View – Targets Track – When To Do Your Session – Protocols – Judging and Analysis – Feedback – How To Deal With Problems – meditation – The Location Protocol – The Object Protocol – The Out-bound protocol – The Intuitive Diagnosis Protocol.

**#62165 Remote Viewing Exercises CD \$49.95**

Included in Set #41059



**NEW**

## Before The Beginning

Using techniques developed in the laboratory, this will take you back to the event when you decided to be you. At the deepest level, you incarnated for a purpose. This voyage through time lets you go back and, with full consciousness, learn your soul's purpose. The insights that you gain will help you make wise choices that permit you to realize your inner goals.

**#62166 Before The Beginning CD \$19.95**

Included in Set #41059



**NEW**

**2050: The Future** This is a shared adventure to describe the future, using a consensual Remote Viewing technique that has found lost ships, buried buildings, and murdered individuals. Earlier voyagers foresaw the coming of AIDS, and the development of virtual reality. Take the voyage and join an emerging reality.

**#62164 2050 CD \$19.95**

Included in Set #41059



**NEW**

## Stephan Schwartz Remote Viewing Basics Set

This set contains the 4 titles above (#62163, 62165, 62166, 62164). If purchased separately, they would cost \$109.80. These CDs will first teach you exactly how to remote view and, then, guide you through hours of experiences. It is a complete program that will help you explore your own abilities to move through time and space, using the power of your consciousness alone.

**#41059 Stephan Schwartz Remote Viewing Basics \$99.95** Included in #42737 at the top of this page

**Stephan A. Schwartz is one of the world's foremost authorities on Remote Viewing ... a writer, researcher, philosopher and adventurer. He has written several books and a myriad of articles in magazines and peer-reviewed journals and proceedings. He has been engaged by the U.S. government, universities and professional organizations.**

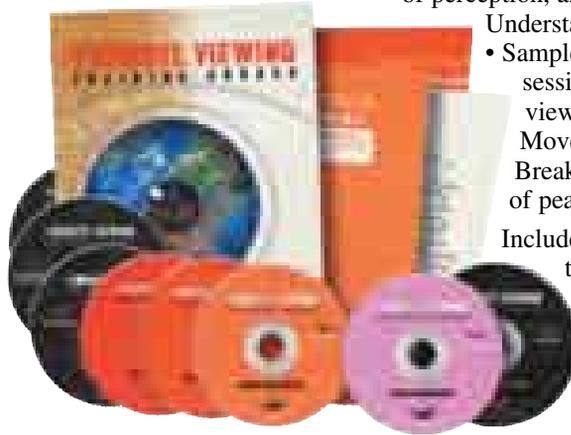
# REMOTE VIEWING

## SEEING IS BELIEVING

### Are You Ready To Open The Mind's Eye To Remote Viewing?

In 1988, David Morehouse found himself in the shrouded world of the U.S. military's top secret Stargate Program, where he performed Remote Viewing techniques to expose covert operations in other countries. Millions of dollars were spent to prove scientifically that we can literally extend our consciousness from the body through any physical boundaries to gather real, verifiable information. Today, dedicated to the peaceful uses of this practice for personal and spiritual growth, Mr. Morehouse offers this home study program with step-by-

step instructions: learn how to observe details from the past, the future, and across physical distances to change your personal destiny, and expand your consciousness of the many dimensions of reality. The Remote Viewing Training Course



contains: Introduction to remote viewing • The journey inward and beyond • Do you believe or do you know? • Transformation: waking from the dream • "Morphic resonance" • How we connect with the remote viewing target • Exploring time future and time past • Anything is possible for you, on the other side of the moment • The evolution of the global society • The holographic matrix field • Target coordinate theory • Four principal modalities of perception, and how to strengthen your ability in each •

Understanding target feedback • The cool-down process • Sample remote viewing sessions • Keeping control of a session • Practical applications of the model of remote viewing • Exceeding the limitation of language • Movement within a target: voluntary and involuntary • Breaking and ending a session • The seven imperatives of peace, and much more.

Includes a 284 page workbook, 20 hours of CDs, viewing training missions with sealed confirmations, a pink noise CD and more.

**#42729 David Morehouse Remote Viewing Course**  
\$249.95

Remote Viewing Made Easy For Anyone To Learn

### Learn Remote Viewing From Six Top Experts

In 1995, the CIA admitted to sponsoring a super-secret government program called STARGATE. For almost 20 years, the government used "psychic spies" to remotely view people, places and events. RV is similar to clairvoyance or ESP, and is a natural ability almost everyone possesses. The strict RV protocols were developed to isolate the imagination to allow a faint but pure information signal to flow through a person's mind. Since the RV program is no longer classified, we are able to present in this video series the top experts in the field of RV research and



operation. Learn the history and the latest applications of this amazing field of "intuitive science," and discover for yourself how to develop and use your own RV skills. Total length of the series is 5½ hours.

- Volume 1: Martial Art For The Mind.**
- Volume 2: Developing Sensory Awareness**
- Volume 3: Techniques For Remote Viewing The Future.**
- Volume 4: Direction Finding.**
- Volume 5: Selecting Training Targets**
- Volume 6: How We Think We Know What Really Isn't So.**

These 3 DVDs are presented by experts in their specialized field.

**#42736 The Remote Viewing Video Learning Series (3 DVDs) \$99.95**

Top Experts Give You  
The Basics of Remote Viewing

### Advanced Remote Influencing

While Remote Viewing is the act of obtaining information about people, places and events, Remote Influencing is the act of influencing another or one's self through a process similar to remote viewing. This series is for the more advanced practitioner of remote viewing. If you are new to Remote Viewing, begin with #42736 (to the left). 2 hours.



**#42739 Remote Viewing and Influencing Methods (2 DVDs) \$49.95**

Advanced Approaches. Not For Beginners.

OPEN 24/7

ToolsForWellness.com

### The Definitive Book On Remote Viewing By Stephan Schwartz



Provides clear and concise explanations about every aspect of Remote Viewing ... including what it is, how it works, how to carry out every protocol and the relationship between non-local awareness, spiritual practice, and creativity. "...a

bold, inspiring vision of the non-local nature of human consciousness and its implications for our origins, destiny, and how we live our lives." Larry Dossey, M.D., author of The Extraordinary Power Of Ordinary Things.

**#62167 Opening The Infinite Book \$24.95**

### Harness Your Innate Psychic Abilities



An exceptionally good introductory program perfect for those who want to get their first taste of their limitless

potential. Includes an overview of the science and history of Remote Viewing, four guided viewing sessions, and much more. 4 CDs and 1 DVD. 5 hours.

**#99856 Remote Viewing \$29.95**

### New Book About Robert Monroe

This is about the founder of The Monroe Institute and Hemi-Sync (see page 52) that helped cement the concept of astral travel into the American psyche and made the "out-of-body experience" a household word. Monroe created frequencies that have helped people with meditation and learning, to insomnia, quitting smoking, and pain control. Hardcover, 336 pages. AVAILABLE IN JULY, 2007.



**#62235 The Journey of Robert Monroe: From Out of Body Explorer to Consciousness Pioneer \$24.95**

1-800-456-9887

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# SKIN REJUVENATION

## A Skin Care System With Laser Technology



The NuLase Soft Touch Laser emits a safe and gentle laser light that oscillates in a uniform parallel wave length targeting skin cells. It gently stimulates cellular energy for an enriching and dynamic effect. It is particularly useful to maintain results from facials, intense professional treatments,

chemical peels, botox injections, and plastic surgery, as it stimulates the rejuvenation process without irritation or redness. It is also useful in healing skin problems such as puffiness, redness, breakouts from facials and irritation, in some cases, 50-75% quicker than the body naturally would.

Scientifically formulated, the NuLase Enhanced Skin Care System is a three step process. The accompanying skin care formulations renew your skin's outer layer and deliver restorative nutrients to the cellular level. Together, they replenish the youthful appearance of your skin. The System includes: Laser, travel case, User's Manual and instructional DVD, Foaming Cleanser, Microderm Exfoliator, and Regenerating Moisturizer. Battery-operated.

- #62508 NuLase Laser Skin Care System \$199.00
- #62509 NuLase Foaming Cleanser 4 oz. Refill \$24.00
- #62510 NuLase Microderm Exfoliator 2 oz. Refill \$38.00
- #62511 NuLase Regenerating Moisturizer 1.7 oz. Refill \$55.00

## LIGHT AND SOURCE ENERGY SKIN CARE TREATMENT

### For Healthy, Glowing Skin



The X Star50 Photo Rejuvenation System is a superb instrument for skin treatment by invigorating cellular regeneration.

- Uses Light and Source Energy: the 630 nanometer spectrum which NASA has determined to be the optimum frequency for cellular healing and regeneration.
- Utilizes the 12 Higher Harmonic, enabling your body to come into balance with this healing energy. This includes the same
- White Light Energy, a highly purifying carrying wave which is excellent for releasing negative energies from the body, on the physical, emotional, mental and etheric levels.
- A unique 50 ultra bright LED array, more than twice as powerful as the average 20 LED grouping.

Stimulates collagen which helps to smooth the skin, firms the skin, increases oxygen circulation, produces a healthy glow to the skin, assists with acne management, effective on enlarged pores and cold sores, and provides accelerated skin repair after accidents and/or surgery.

#83064 X Star50 Photo Rejuvenation System: Portable Rechargeable Battery Model \$1299.00

#42684 X Star50 Photo Rejuvenation System: AC Model \$999.00

Notice: Not intended for use to treat or cure disease. Use of this product should not be used in place of a health-care professional.

## BREAKTHROUGH TECHNOLOGY IN CELLULAR OXYGENATION!

OxyVital delivers more oxygen to your skin, soft tissue areas, gums, nasal passages and feet providing essential oxygen for radiant well-being. It contains Vital Life Force specifically formulated for cellular anti-aging. This proprietary process combines super oxygen bonded with the purest organic, therapeutic grade essential oils, Vitamin E, Vitamin A, and Omega anti-oxidants, recognized for their longevity and anti-aging benefits.

### OxyVital Skin Elixir

The Vitalized Oxygen immediately soothes, repairs and rejuvenates skin that has been chemically peeled, or skin that has been exposed to sun, wind, or other harsh elements. Contains Rose and Neroli Organic Essential Oils. Smells and feels wonderful on your skin!

#41083 OxyVital Skin Elixir 1oz. \$29.95



### OxyVital Nasal Elixir

Soothes and restores irritated nasal passages due to congestion, smoke, pollen,

environmental toxins and dryness. OxyVital Nasal Elixir can be inhaled nasally or taken sublingually before or instead of exercise to produce an aerobic lift resulting in heightened awareness, increased energy, mood enhancement and workout recovery. A great natural oxygen high!

#41086 OxyVital Nasal Elixir 1oz. \$24.95

Buy 2 and SAVE! \$23.50 each

### Ozonated Oil For Topical Use

Hyperozonated top-quality oil. A truly great home remedy. Ozone is well-known as a powerful killer of bacteria, yeast and fungus. OxyVital can be used on skin, gums, teeth, ears, vaginal or rectal tissues – or in nasal passages for an oxygen lift. Contains Olive Oil, Activated Oxygen, Vitamins A & E, Organic Flaxseed Oil. 2 oz.

bottle; 1-3 month supply.

#46076 OxyVital Oil \$46.95

Buy 2 and SAVE! \$43.50 each

### Foot Therapy

OxyVital's anti-fungal, anti bacterial formulation is excellent for healthy, happy and beautiful feet. Massage OxyVital's oxygen formulation into the feet regularly for the immediate relief and rejuvenation of, dry or cracked feet. Highly effective in removal of planters warts, fungus and athletes foot.

#41085 OxyVital Foot Therapy 1oz \$24.95

Buy 2 and SAVE! \$23.50 each

Individual results from using these products may vary. These products have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease.

**Verilux ClearWave  
Photo Therapy Skin Care  
System**

Here's a natural alternative to benzoyl peroxide cream and antibiotic drugs. Light at certain wave lengths has the power to wipe out the bacteria that causes acne.



It kills the acne which multiplies when oil glands are clogged, and has an anti-inflammatory effect on inflamed skin pores. Dramatic results after 12 weeks. People, who have literally hundreds of half-used creams and lotions can now find satisfaction with this blue/red light therapy. Not for use by people on antibiotic therapy. Built-in handle and counter stand, hardware for wall mount, one year guarantee, eye goggles and booklet. 20" high x 13" wide x 3 1/2" deep

**#42026 VERILUX® ClearWave  
Skin Care Light \$199.00**  
**#42054 Replacement Bulbs:  
Pack of 2 \$56.95**

**HIGH FREQUENCY TECHNOLOGY SKIN REJUVENATION**

**Rejuvenate Your Skin  
And Reduce Signs Of Aging**



Oxy Light is a direct, high frequency tool with "patting action" that stimulates the skin at 100,000 cycles per second. It encourages lifting, firming, purifying and toning throughout the face.

Other exceptional benefits... Oxy Light oxygenates the skin, producing a healthy glow with new clarity and texture. It also changes the surface tension of skin care products that you are now using, allowing deeper absorption and needed hydration. Excellent results have also been reported in reducing enlarged pores, targeting acne and pimples, and attacking cold sores.

Why pay \$50-\$75 per treatment when you can now have the same technology used by estheticians for a remarkably low price?

The technology used here was first developed over 100 years ago by the famed inventor, Nikola Tesla. High frequency now is renowned in the beauty industry for its many cosmetic benefits. It generates the purifying effects of oxygenation right on your skin. The stimulating activity revitalizes and ensured satisfying results for many non-invasive treatments.

It is hand held, lightweight and compact... very easy to use.

Uses 110v. 1-year warranty.

**STIMULATES**

- Peripheral circulation
- Synthesis of elastin production
- Collagen production
- Regeneration of cells faster than deterioration can occur
- Effective fluid retention release

**PURIFIES**

- Restores clarity for acne and enlarged pore skin conditions
- Generates the purifying effects of enriched oxygen on the skin

**BENEFICIAL FOR**

- Wrinkles, puffy eyes and sagging skin
- Cellulite treatments
- Scalp rejuvenation

**REJUVENATES**

- Lifts and tightens saggy-appearing skin
- Daily applications provide long term cumulative effects

Includes: Carrying case, user's manual

**#42529 Oxy Light \$109.95**



Comparable to High Priced Treatments

**SUPPORTS HEALTHY  
COLLAGEN**

**Anti-Aging Formula  
From Japan**

In a small village just outside of Tokyo, 10 times as many people live past the age of 85 than anyone in the United States. The residents there also age healthier, enjoy great joint mobility, healthy vision and display unusually smooth and well-toned skin.



Scientists and researchers have determined that Hyaluronic Acid (HA) found in the local diet is a most likely factor.

HA is a naturally occurring substance, which is present in all connective tissues of the human body. It is in high levels in the skin, ligaments and joint fluid. Also of benefit in helping the skin remain more flexible and for spinal discs remaining more viscous. Hyaluronic Acid, Biocell Collagen Type II and Chondroitin Sulfate.

**#81064 Hyaluronic Acid  
90 capsules \$39.95**  
Buy 3 bottles and SAVE! \$35.00 each

**Don't Accept Aging  
As A Fact Of Life**

The accumulation of acidic waste products within our bodies is the process of aging. Learn how to remove them and reverse aging. 123 pages



**#62077 Reverse Aging \$11.95**

**SKIN REJUVENATOR  
With Ozone Therapy**

- Generates pure ozone on contact with adjustable ozone output
- Reduces freckles and dark spots
- Use as a cleanser: Promotes wound healing, prevents infections and soothes burns
- Supports skin detoxification; removes bacteria and mites
- Enhances healthy immune and lymph systems

Recommended usage: once a day for no more than 30 minutes.

Lightweight and attractive design. Battery-operated for portability. Counter-top stand included.

**#99890 Skin Rejuvenator  
\$49.95**

Ozone waves penetrate deep to effectively clean skin inside and out



# INTIMACY AND SENSUALITY

NOTICE: The products listed on these pages are for adult audiences only and are not sold to anyone under 18 years old. Proof of age may be required when ordering.

## BREAKS DOWN BARRIERS BETWEEN PEOPLE

### Sexual Attractants To Improve Your Social And Sex Life

#### High Quality Pheromones That Really Work

Pheromones are naturally occurring body scents. Some people seem to have an overabundance, while others may be lacking. This formula combines two of the most powerful, experimental grade human pheromones: Alpha Androstenol and Alpha Androstenone. Added to these is a scent of a tropical beach.

Pheromones seem to work magically by breaking down barriers between people. Once these obstacles are gone, people tend to be more communicative, loving and more interactive with each other. Once the pheromones are working like this ... you can increase your ability to attract people wherever you go. Whether you want to turn up your social magnetism at work, at parties or whether you want to attract a lover. Roll-on style bottle contains 1/3 oz. (3 months supply)

**#46077 Beaches Sexual Attractant Body Oil \$39.95**

Buy 3 or more for only \$29.95 each!

#### The Power of BEACHES in a Convenient, Easy-To-Use Spray

The same tropical fragrance and very effective ingredients as our very popular BEACHES Body Oil is now available in a spray that you can carry with you and use whenever the situation arises. Use it by spraying on the skin or your clothing. 2 oz.

**#62501 Beaches Spray \$59.95**

Buy 2 and SAVE! \$49.95 each



#### The Art Of Conscious Lovemaking

With couples too tired to tango because of double careers and parenting, perhaps sex has lost its luster for you. This book familiarizes readers with spiritual, physical and emotional methods of achieving ecstasy in love using ancient Tantric secrets for deepening relationships, intimacy and passion. Softcover. 144 pages.

**#62189 Tantra \$13.95**



#### Turn Your Favorite Cream, Lotion, Perfume And After Shave Into Sexual Attractants

Mix your favorite after-shave, cologne, perfume, body oil, body lotion, body cream or moisturizer with Hi-Octane+2 for pheromone-powered effervescence. Hi-Octane+2 pheromones are suspended in witch hazel for combining with your favorite cologne or perfume. Comes in a 1/8 oz bottle (enough to mix with 4-12 oz of your favorite product), with a small funnel for easy pouring. **Bring the Beaches advantage to any of your personal care products.**

**#46078 Hi-Octane+2 Concentrate \$24.95**

## Beaches The Best Sexual Attractant We Have Found!

Beaches smells great, and most importantly, it works! We have seen cool relationships turn hot (sometimes after many years of benign neglect), and we have seen Beaches turn heads, start conversations, and become the source of endless flirtation and fun. Perhaps, you've seen pheromones advertised on television. Most are much higher-priced and may not have the necessary potency. None have the delicious scent of our product. But the real story is the many customers who come back to purchase again and again. This surely is a vote of confidence that you can rely on.

#### Pheromone Spray To Attract Women

The word "pheromone" is derived from Greek and means a communicator of excitement. In fact, they work so well that some people call them aphrodisiacs. This particular formula has a **woody, spicy, floral scent** that women are attracted to. The book, "The Joy Of Sex" suggests that



pheromones act directly on the brain's center to heighten arousal, but at a level below the threshold of awareness. 3-5 sprays on your clothing seem to be sufficient. Best applied on collars, cuffs, and wristbands. Compact shape of the spray bottle allows you to "discreetly" take it everywhere you go, "just in case." 1 oz.

**#42683 Discreet Spray \$39.95**

#### Sexual Attractant Hair Gel

Works invisibly to attract the opposite sex. Designed for both men and women, it contains the same sexual power as our very popular Beaches Body Oil. Special conditioners make your hair soft and silky. Even more potent when used in combination with Beaches Body Oil. With each use, the hair follicles absorb the special pheromones in this styling gel. Non-greasy and will not flake. 4 oz.

**#62037 Beaches Hair Styling Gel \$29.95**



#### Ancient Asian Remedy Restores Sexual Potency

The high potency is derived from the use of the deer antler tips, which are very expensive to find and extract, without harming the animal. Deer Antler is a powerful yang tonic believed in Asia to possess strong anti-aging qualities and is used to strengthen sexual power in men and women. Gel-like, premium grade substance in a 2 oz. dropper bottle.

**#42713 Deer Antler Drops \$74.95**



#### Increased Desire And Stronger Arousal

ProSexual ingredients create increased interest and desire, increases stamina and pleasure sensitivity. Women can experience increased frequency and intensity of orgasm. ProSexual Plus increases the production of Nitric Oxide in endothelial cells, for improved erectile dysfunction and female sensitivity and arousal. Use 6 capsules per dose. 180 capsules

**#46080 ProSexual Plus \$43.95**



**NOTICE:** The products listed on these pages are for adult audiences only and are not sold to anyone under 18 years old. Proof of age may be required when ordering.

# INTIMACY AND SENSUALITY

## SENSUAL LOVEMAKING

### Explicit, Yet Tastefully Presented

With captivating portrayals by three attractive couples, and the professional dialogue with several renowned sex therapists, both you and your lover will enjoy an amazing exploration of mind and body. This series of four DVDs will rekindle the passions within... and fan the flames. Each program is about 60 minutes. Give yourself and your partner the gift of passion and wonderful intimacy. Perhaps the best programs of this kind that we have seen.

From a simple caress or a loving gaze, to the most intimate symphony of passion, this program demonstrates: teasing, disrobing, creating anticipation, full-body massage, oral sex, and new positions.

**#41048 Intimacy to Ecstasy**  
**\$29.95**

This program will show you that orgasm is but a small part of the total sexual experience... one that is far more pleasurable than you ever dreamed possible. The Chinese texts of The Tao and The Kama Sutra will be your guides in reaching exhilarating new heights with your partner. Includes 39 artfully demonstrated positions and techniques.

**#41051 Positions of the Tao**  
**\$29.95**

With this program, you will discover that the lightest caress has the power to overwhelm the senses, creating the perfect atmosphere for the most

intimate expressions of love. Demonstrations include: sensuous styles of kissing, sensual massage, mutual bathing, shared masturbation, oral sex intensified.

**#41052 Touch and the Intimate Kiss**  
**\$29.95**

This program portrays the most incredible and fulfilling lovemaking as a flowing sequence of extremely intimate positions. With this wisdom, you will learn to move effortlessly from one embrace to the next, with varying tempos. This DVD depicts 39 imaginative and extraordinary positions with artful clarity. Each movement is demonstrated along with explanations of the benefits and pleasures available to each partner.

**#41050 Positions of the Perfumed Garden**  
**\$29.95**

**Buy the complete set of 4 and SAVE!**  
**Order #41053 DVD Set \$109.80**

### Erotic Background Music

Exquisite beautiful music based on Tantric traditions stimulates your sexual energy centers and opens your heart chakra. Experience peak pleasure and sexual fulfillment. 58 minutes. See page 9

**#75078 Ecstasy**  
**\$14.95**



### Europe's Best Selling Sex Education Series

Expert opinions from world renowned sex therapists guide you through proven techniques to overcome inhibitions and make sex more enjoyable. A real couple explicitly demonstrates these techniques for achieving sexual satisfaction. Practical advice is offered for



overcoming common sexual misconceptions, as well as making recommendations of ways for improving communication and intimacy to make sex more enjoyable for both partners. Three volumes: Satisfying Her, Satisfying Him and Shared Sexual Pleasures. 3 DVDs, each 60 minutes

**#62502 Sex: A Lifelong Pleasure**  
**\$49.95**

### THE ART OF SEDUCTION AND LOVEMAKING

#### Instruction For Men And Women



This 75 minute DVD features four couples who tastefully and sensually demonstrate easy-to-learn techniques on seduction, foreplay, touching, oral sexuality and a variety of sexual positions. How to encourage arousal, how to build sexual anticipation, how both partners can please one another, creating an environment for lovemaking are topics very well covered. For adults only.

**#99867 Lover's Guide To Sexual Ecstasy**  
**\$29.95**

### Please Your Partner With Eastern Love-Making Secrets

Take your love-making to new heights of pleasure and intimacy.

A delight to watch alone, or with your lover. This is a truly wonderful video for couples to enhance intimacy, emotional connection, sensuality and spiritual presence. Learn how to add more depth, feeling and pleasure to your love making. Featuring appearances by the leading authors and teachers of Eastern sexual enhancement techniques and demonstrations by skilled Tantric couples. Explicit, but not X-rated.

**#41155 Secrets of Sexual Ecstasy**  
**1 1/2 hrs. DVD \$29.95**

**OPEN 24/7**  
**ToolsForWellness.com**



### Attract Love

The electro-magnetic frequencies of the heart are 60 times more powerful than that of the brain. This program opens your heart to exude



an irresistible glow of radiance that attracts the love you desire. See page 9

**#42763 Attract Love**  
**\$14.95**

# IMPROVE YOUR VISION

## Take Full Advantage Of Nature's Full Spectrum Of Sunlight With OTT™ Protection Sunglasses



OTT Sunglasses are the only sunglasses designed with OTT Technology that lets natural light in and keeps damaging sun rays out so you can see things as they really are. Other sunglasses create distortion and color hues on your viewing area which can affect judgment and accuracy. These are the only sunglasses authorized to carry the name of Dr. John Ott, a man dedicated to teaching us the importance of natural sunlight to the human body.

#42039 Basic Women's \$39.95  
#42040 Aviator Men's \$39.95

## Improve Your Eyesight Naturally



The author, born without sight, refused to surrender to his blindness. Instead, he began an intensive exploration of sight and developed a profound self-healing system. This interactive kit will help you to discover how eyesight influences your overall well-being, and learn 13 exercises to increase your visual acuity and ocular health. Even if your vision is excellent, you're probably one of the 70% of computer users who suffers from repetitive eyestrain. Now, you can enhance, restore and protect your eyesight. Includes: 2 CD learning sessions, photo-illustrated practice cards, eye charts, and a guidebook.

#51053 The Natural Vision Improvement Kit \$26.95

## Improve Your Vision With Pinhole Glasses

If you suffer from eyestrain, blurry vision, nearsightedness, farsightedness, cataracts, astigmatism ... pinhole glasses may be of benefit to you. They work by directing light rays onto the retina at the back of the eye and not through the use of an artificial lens. They are best used when seated (excellent for the fatigue caused by computer use), but may not be used while driving. There are exercises to strengthen and retrain ocular muscles. They are not sunglasses or prescription glasses and do not treat medical conditions. One size fits all.



#62531 Tan Frame \$39.99



#99958 Flex Charcoal Gray Frame \$39.99



#99960 Black Designer Frame \$35.99



#99961 Blue Frame \$29.99



#46085 Black Wraparound Frame \$37.99



#46086 Grey Wraparound Frame \$37.99

# COLOR THERAPY

## LED Light Therapy Combined With Healthy Frequencies

Individual settings allow you to select from seven frequencies, or there is a built-in timer that automatically cycles through these healthy frequencies. Red or Near-Infrared light can be applied by placing the paddle anywhere on the body. A set of controls enable you to also customize pulsed or non-pulsed light, intensity, frequencies and more. This is a professionally designed quality unit, thoroughly tested and guaranteed to give excellent results. Lightweight and compact. AC operation with included international wall adaptor; use anywhere in the world. Carrying case included. 3 year warranty.



#62522 LightWorks \$299.95

## HOW COLORED LIGHT HEALS

Light and color have been used throughout time for healing. Shining different colors into the eyes activate photoreceptors in the retina and trigger the release of neurotransmitters causing mood elevation. Shining light on the skin activates the natural healing process because skin cells absorb the energy from the light, causing increased circulation. Beneficial effects of colored light on pain, headaches, wound healing, and inflammation have also been widely reported.

## Encyclopedia Of Light Therapy

From Darius Dinshah, one of the pre-eminent researchers and practitioners of color therapy. Includes instructions on how to use specific frequencies of colors for therapeutic benefit. 138 pages, sixth printing.



#46043 Let There Be Light \$19.95

6-hour video seminar by Darius Dinshah

#46044 Spectra-Chrome Video \$19.95

## Learn How Color Therapy Can Be Used to Re-balance Deficiencies In Your Life

This excellent 50 minute DVD includes:

- Origin of color therapy
- Healing properties of various colors
- A session with a color therapist
- Methods for applying colors
- Use of color therapy for various ailments



#43101 Color of Healing \$29.95

Individual results from products may vary. These products have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease.

SHARE US WITH A FRIEND Help someone else enjoy the life-enriching products at TOOLS FOR WELLNESS. Send us their name and we'll rush a catalog to them.

## COLOR THERAPY EYEWEAR

See What Color Can Do For You

Calm down using green. Perk up using yellow. Just decide what mood you would like to create, and put on

the corresponding color eye glasses. It's that easy. We've sold these glasses for years and every one seems to like them. The glasses are lightweight with comfortable

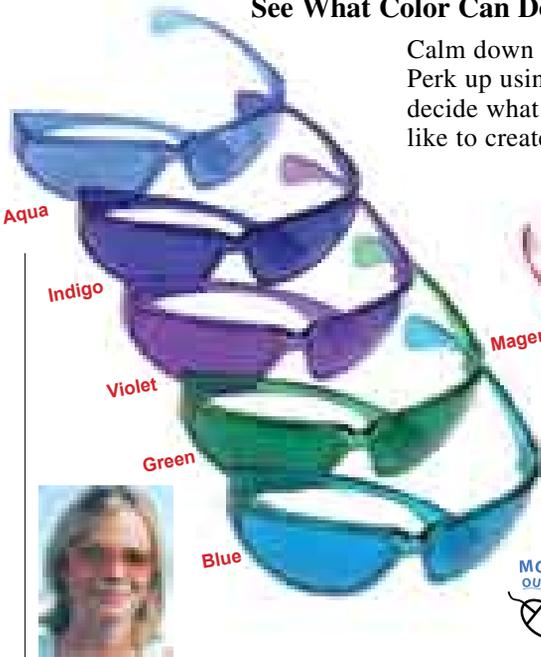
frames and acrylic lenses that block 95% UVB and

60% UVA rays.

**Our set of 9 colors includes:**

**Violet:** for relaxation, spiritual growth; **Indigo:** for eye, ear and nasal problems, clearing your mind; **Blue:** for creative expression, clear communication; **Green:** for over stimulation, calming; **Yellow:** for depression, desire, nerve builder; **Orange:** for sexual energy, releasing unwanted habits; **Red:** for vitality, loss of strength; **Aqua:** joy, love, communication; **Magenta:** for uplifting mood.

**#72083 Color Therapy Eyewear® Set of 9 Colors \$119.95**



MORE info ON OUR WEBSITE

### Healing With Heat And Light

"Provides a lucid account of humanity's unceasing effort to decode the mysteries of degenerative diseases." Paul Yanick, Ph.D, President of the



American Academy of Quantum Medicine. Offers provocative and refreshing new approaches to healing responses. 210 pages.

**#82061 Healing Energies of Heat and Light \$20.00**

### The Healing Energies Of Color

This practical guide to understanding and using color's therapeutic energies offers dozens of charts and diagrams with instructions for using color to



promote better health. You'll also learn how to create active energy zones, a soothing sleep environment and areas for physical and spiritual renewal. Softcover. 128 pages.

**#51026 The Healing Energies Of Color \$14.95**

### Beginner's Guide To Color Therapy

By means of astrology, Feng Shui, and traditional symbolism, the author analyzes the various uses and meanings of color, in western culture and beyond. Aided by bright and attractive photographs and



evocative illustrations and what red, blue, green, orange, pink, purple, gray, white, and black can represent and how they affect different personalities. What colors convey on both conscious and subconscious levels will help the reader. 112 pages

**#51102 Beginner's Guide To Color Therapy \$12.95**

### Peak Performance

Tap into the power of Mozart's music to generate unparalleled productivity. These early symphonies of Mozart embody a youthful exuberance that energizes the body, motivates the mind and uplifts the spirit. The result is a



dynamic musical momentum that allows you to accomplish the most challenging mental and physical tasks with ease and enjoyment. Tempo: 90-150 beats per minute. This is a high resolution 60 minute CD producing the richest possible listening experience.

**#51097 Peak Performance \$15.95**

### Healing Colors

Color therapy and chakra therapy are techniques of restoring balance to the body through the use of color. Each color has a specific vibration that affects human cells. These energy fields can be seen by energy field imaging, which allows us to obtain color graphic images of the energy field in



and around the body. This DVD shows where each chakra is located in the body and also incorporates the color associated with each chakra. Individual color therapy allows you to concentrate on specific energy fields that need additional attention and harmonizing. Included is an easy-to-follow, informative color and chakra guide.

**#99859 Healing Colors \$24.95**

### Maximum Focus

Discover the secret to total concentration, as Baroque masterpieces build the optimal sound environment for precise thinking and relaxed alertness. Designed to increase intellectual endurance, intensify



awareness and hone mental acuity. Tempo: 50-70 beats per minute. This is a high resolution 60 minute CD producing the richest possible listening experience.

**#51098 Maximum Focus \$15.95**

SHARE US WITH A FRIEND  
Help someone else enjoy  
the life-enriching products at  
TOOLS FOR WELLNESS.  
Send us their name  
and we'll rush a catalog to them.

OPEN 24/7

ToolsForWellness.com

1-800-456-9887

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# AIR IMPROVEMENT

## IONIZERS ELIMINATE DUST, POLLEN, SOOT, PET DANDER, AND OTHER VISIBLE PARTICULATES FROM THE AIR.

Cleaning indoor air is only partially effective by standard filter products because they typically do not remove the very small airborne particles, the very group that poses the greatest hazard to human health. It is well known that lung-damaging particles are in the 0.5 to 5 micron range (1 micron = 1/25,000 of an inch).

Using Electrophoresis, the **CLAIRITY IONIZER** removes the most harmful particles from the air while revitalizing it at the same time with refreshing, natural negative ions. This is performed quietly (great for sleeping!) with no loud fan, no motor noise, no drafts, no filters to replace, no costly maintenance, no moving parts and less than 1 watt of power consumption. To clean, wipe with a cloth.

**CLAIRITY IONIZER** removes allergens, molds, bacteria, plant spores, bacteria, pollen, animal dander, as well as the after effects of tobacco, insecticides, aerosols and cleaners... it collects up to 99% of contaminants. The silent, continuous cleaning will amaze you with both its quietness and

effectiveness. Users report an improvement in their breathing and a general feeling of well-being.

**CLAIRITY IONIZER** creates a continuous stream of negative ions that adhere to contaminants. They then flow back and are collected by the positively charged collector band, resulting in purified air. It works like a natural magnet.

Effective in areas up to 20' x 20' (400 sq.ft.). No fan or motor noise.

One of the best air cleaner you can buy. Excellent feedback from our customers.

The unit measures 7" x 7".



**#34009 Clairity Air Purifier \$169.95**

- We spend over 90% of our lives indoors
- Household indoor air can be five times more dangerous than outside air
- 50% of all illnesses are aggravated or caused by polluted indoor air
- Respiratory disease is the third largest cause of death

## OZONATORS DUPLICATE THE CLEAN, FRESH MOUNTAIN AIR THAT OCCURS NATURALLY OUTDOORS

### Ozone Is One Of The Most Powerful Oxidizing And Sanitizing Agents Known To Man

#### Features:

- May be used in home, office and/or car. Adaptors are included.
- No filters to change
- Quiet operation
- User-friendly
- May be mounted on the wall
- Used extensively to destroy tobacco and pet odors
- Energy efficient
- Meets EPA and OSHA standards
- Two-in-one unit that allows for ionization and activated oxygen

- One year warranty

#### Specifications:

- For use in areas up to 400 sq. ft.
- Automatic timer in 10 minute cycles
- Ozone output from 12 mg/hour to 24 mg/hour
- 5 1/2" x 3" x 4"

**#46097 Ozonator 400 \$159.95**



#### Features:

- Only maintenance is to clean the filter
- Electronic ballast
- Energy efficient
- One year warranty
- High quality construction; built to last

#### Specifications:

- For use in areas up to 2500 sq. ft.
- Quiet operation
- Uses ultraviolet light to convert oxygen to ozone
- Ozone output: 125 mg/hour
- Rugged aluminum housing
- 9" x 6" x 13 1/2"

**#46098 Ozonator 2500 \$469.95**



## PORTABLE AIR PURIFIER

### On-The-Go Ionic Therapy

- Filters out airborne bacteria, viruses, fungi, spores and suspended particles
  - Relieves allergies, hay fever, sinusitis, migraines, bronchial asthma and other respiratory conditions
  - Neutralizes odors
  - Increases energy, libido, and overall well-being
  - Improves mood and relieves winter "blues"
  - Effective area: 30-40 sq. ft.
- Contemporary design.  
Ozone level: .01 PPM.  
Battery life: 30 hours.  
Includes neck strap and a stand for indoor use.
- #99891 Portable Air Purifier \$24.95**



## Breathe Fresh Air Wherever You Go!

Many travelers feel exhausted and out-of-whack after a long plane trip. For some, a car trip is a nightmare. Energy is slowly depleted and they are susceptible to every cough, sneeze, and snuffle. Almost everyone reports feeling miserable after a flight, but very few seem to know why.

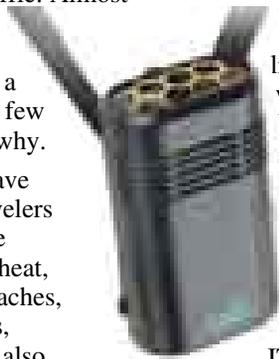
Experiments have shown that travelers who experience anxiety, rising heat, sweating, headaches, rising emotions, and nausea are also becoming depleted in magnetic energy. The answer is electromagnetic field supplementation... providing a constantly replenished supply

of free negative ions via magnetic flux. The CHlonizer was developed to surround the wearer with both free ions and a magnetic field which will cause fatigue, discomfort and symptoms of depleted vitality to vanish. TAKE CONTROL OF THE AIR AROUND YOU

Aside from using it in closed environments like airplanes, it works well wherever you go... killing off most airborne bacteria and viruses while deactivating smoke, dust and pollen. Everyone's concerned about the air we breathe. NOW YOU CAN DO SOMETHING ABOUT IT!

Ozone level: 28 PPM. 2 1/2" x 1 1/2" x 3/4". Includes neck cord. Runs 40 hours on Lithium battery (included).

#46001 CHlonizer \$119.95



### What Makes The Chlonizer So Special?

Its patented approach to providing a personal "clean air space" and increased bioelectric vitality results from three technologies:

- 1. ELECTRON IMPACT DECOMPOSITION**, the same technology used by the military to destroy toxic biological and nerve agents, works much like a thunderstorm, vaporizing airborne pathogens and irritants, leaving the air you breathe free from the effects of most bacteria, viruses, pollen, smoke, and unpleasant odors. In the process, it emits a fresh ozone fragrance just like the air after a thunderstorm.
- 2. MAGNETIC SUPPLEMENTATION** surrounds the body with a magnetic field similar to that found in nature. This protects you from the magnetic depletion which occurs in steel framed buildings and cars as well as high altitudes when flying. This magnetic supplementation prevents much of the rising heat, anxiety and irritability which can otherwise occur. Magnet placement over the lower cervical spine actually decreases sensitivity to crowds, an important factor in crowded jetliners, busy terminals, offices, factories, theaters, and shopping centers.
- 3. CORONA DISCHARGE IONIZATION** literally electrifies the air, surrounding you with free electrons, ozone and other electrically charged air molecules which, as you breathe, directly increase your electrical vitality. You arrive rested, protected, and vitalized.

Therefore, you can readily understand that the CHlonizer, while higher priced than other "around the neck" devices, is well worth the difference. This is a patented device, is very effective, and has many, many thousands of devoted users over the past several years.

**IMPORTANT NOTICE:** The CHlonizer is not a medical device. It is a bioelectronic environment conditioner which simulates the bioelectric characteristics in nature. Do not use this device if you wear a pacemaker or have any other implanted electrical devices.



### Automobile Air Purifier

- Deodorizes
- Limits molds, bacteria, viruses, fungi, spores, suspended particles, odors, yeast and protozoa
- Improves energy, promotes alertness, and fosters a sense of well-being

• Ozone level: less than .05 PPM  
Small size: 2 1/2" x 1". Car adaptor included. Styled to blend with any interior décor.

#99893 Automobile Air Purifier \$14.95

### IONIC AIR PURIFIER With Electrostatic Technology

- Filters out airborne bacteria, viruses, fungi, spores and suspended particles
- Relieves allergies, hay fever, sinusitis, migraines, bronchial asthma and other respiratory conditions
- Neutralizes odors
- Increases energy, libido and overall well-being
- Improves mood and relieves winter "blues"
- Ozone level: less than .01 PPM
- Battery life: 35 hours

Pleasant, unobtrusive design

blends with home or office. Effective area: 100-150 sq. ft. Works with batteries or with AC adaptor (included). 3" x 3".

#99892 Ionic Air Purifier \$39.95



### DUAL ACTION AIR CLEANER Air Purifier and Ionizer For Rooms And Automobiles

Uses advanced parallel plate dust collecting technology to increase purification efficiency. Its electron beam generates active oxygen, which makes air pure and fresh by effectively neutralizing noxious gases and eliminating smoke and odors. Very proficient in killing harmful bacteria, viruses and molds.

Covers 80 sq. ft. indoors using the AC adaptor (included). When used with the car adapter (included), it covers about 16sq. ft. Quiet operation, no filters

to replace, energy saving operating cycles, and it uses no chemicals. Quite a lot of air cleaner for the money! 12" x 7".

#99866 Dual Action Air Cleaner \$39.95



# AIR IMPROVEMENT

## OZONATORS NEUTRALIZE ODORS, MILDEW, BACTERIA, FUNGUS, MOLD, CHEMICAL FUMES, PAINT ODOR, AND PATHOGENS IN ANIMAL DROPPINGS

### A Combination Ozonator And Ionizer

Here's a 2-in-1 machine that performs well in doing both. Use it as a complete air purifier. It's very, very effective, and you can use it

with or without the ozonator in operation. Ozone output is adjustable; at any setting, it excels. This air purifier doesn't mask odors; it destroys odor-causing bacteria. We tested it in a room with a 20-year residual musty odor and it worked like a charm. We think you'll agree with us... "Wow, what a machine!"

Effective in areas up to 600 sq. ft. AC operation. Car adapter included. 7" x 5"

#42746 2-in-1 Air Purifier  
\$179.95



### Eliminate Indoor Air Pollution

This is a user friendly, energy efficient, top rated ozone output generator. It eliminates odors and germs with a quiet operation that requires no filter changing and can also be used in your car. There are no chemical components. The compact (6" x 4") unit has a timer and will effectively cover a 400 sq. ft. area.

#45002 Ozone Air Purifier  
\$159.95



The three molecules of ozone (O<sub>3</sub>) are converted from oxygen (O<sub>2</sub>) as a result of an electrical charge, such as from lightning or an air purifier. Ozone is highly reactive, so it interacts with most contaminants and allergens, destroying pollutants through oxidation. Most ozonators are designed to produce safe ozone levels.

### FEEL BETTER WHILE YOU DRIVE

#### Ionizer For Your Car

Effectively eliminates odors, dust, pollen, germs, bacteria and smoke. Helps relieve fatigue

and promotes alertness while driving. Uses no chemicals or agents... produces a cleaner driving environment.

Plugs into your cigarette lighter and it's maintenance-free. Chrome finish.

#75233 Automobile Ionizer \$29.95



### A Light Bulb That Also Cleans The Air

The built-in negative ion generator clears dust, smoke, pollen, bacteria, other pollutants, and odors from the air. It also helps reduce asthma and allergy symptoms and you'll feel more vital and alert. The most common reaction is "The air feels different and I'm breathing better." The full-spectrum bulb is equivalent to a 60 watt conventional bulb and has a long life of 10,000 hours. It fits a normal light socket.

#42666 IonLite 13 watt \$29.95



# MANIFESTATION AND DNA

## AWAKEN YOUR POTENTIAL!

### Activate Your Dormant DNA

Expanded consciousness, increased energy, a sense of serenity, an enhanced ability to handle stress, changes in sleeping and eating habits and occasional spontaneous healing of long-standing illnesses have been attributed to activating dormant DNA.

These four powerful CDs use channeled transcendent

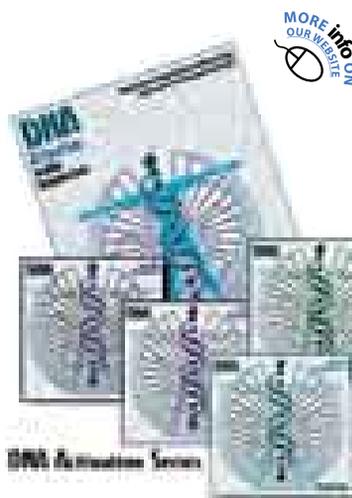
soundscapes designed to reawaken the frequency maps of your evolutionary path. They resonate with the codes within your DNA. Each CD is a 50 minute journey. Compelling space music elements take you through inner and outer landscapes for deep consciousness explorations and cyber-shamanic journeys into the many faceted realms of Light and Awareness.

Used with conscious intent by the listener, these four CDs are profoundly powerful tools of preparation for the next evolutionary wave now manifesting in our universe.

Start with CD #1 and move sequentially through all four. Listen to each 7 times before moving on. The accompanying

Guidebook contains more information regarding this approach to DNA activation through music/sound as well as answers to commonly asked questions. 4 CDs and Guidebook.

#75251 DNA Activation Series  
\$99.95



## UNFOLD YOUR POTENTIAL

### Embrace The Life You Were Meant To Live



Precision-engineered brain wave frequencies guide you into exquisite states of wholeness and unity. As negative thoughts are swept away by insight and inspiration, you align with the divine ordering principle of the universe. 3 CDs: 3 hours

#45016 Unfold Your Potential  
\$24.95

## Colloidal DNA Boost

The body is reminded to heal itself through the Bioenergetic Resonance Re-patterning and entrainment of resonant fields enabling healthy DNA to be transferred to the body. This is a powerful and effective cellular regeneration booster... containing colloidal Gold, Silver, Rhodium, Iridium, Platinum, Chromium, Vanadium and Silica.



#75338 Colloidal DNA Boost  
2 oz. dropper bottle  
\$79.95

## Awaken Awareness Of The Living Intelligence And Wisdom Of The Body Temple



This program begins with the primal energy of Water, a catalyst and a conductor of Life and Lifeforce. It is a precursor, a transporter of energy and information necessary for transformation and rejuvenation of the Body Temple (composed of almost 70% water). It is also a major factor in the activation and initiation of the multi-strand DNA codex. The intent within the ReJuva soundscape is to assist in restructuring water's essence into the most open and fluid matrix of potentials and possibilities. With the openness, receptivity and conscious engagement, the physical being of the experiencer becomes increasingly more conductive and receptive to a higher vibrational matrix of manifestation and personal

empowerment. If you engage deeply with music here, you will find it to be one of the most powerful tools on the planet for assisting in the emergence of the LightBody. If done with heartfelt sincerity, resonance and participation, you will initiate the next stage of multidimensional abundance, experience and awareness. You will be able to establish a direct connection to the most ascendant level of wellbeing, wealth, happiness and a joyous sense of purpose. Includes:

- 80 minute music CD: instrumental, electronic ambient with some vocal chanting
- Guide which contains information about manifesting abundance in one's life... guidance, inspirational writings, teachings of higher principles of Abundance and rejuvenation of the physical body
- Audio CD: includes guided journeys and poetic styled readings
- Flower essence: ½ oz. bottle; put drops in water or on body to enhance subtle energy field
- ReJuva Vibrational Spritzer: 4 oz. bottle. Spray on and around body for uplifting aromas and clearing energy field.

**#99855 Abundance: ReJuva**  
\$82.95

## The Mystery And Magic Of Shamballa



Within our DNA lies the mystery and magic of Shamballa, simply waiting for

you to initiate the process of awakening. This esoteric CD provides you with profound frequency maps to harmonize your body temple and its surrounding energetic fields with this vast influx of loving energy. Highly recommended to those who enjoy the DNA Series on page 86. 61 minutes.

**#41006 Shamballa:**  
**Journey Home**  
\$22.95

## Listen To The Rhythms Of DNA

The building blocks of life. Science and music all in one! Sequencia is an eloquent, playful recording that accurately expresses the ratios and rhythms of human DNA. The tunings are derived entirely from the



vibrations of DNA molecules, and take you right into an altered

state of awareness. Includes violin, synthesizer, cello, voice tabla and sax. "The Grail Quest set to Music" 60 minutes.

**#46066 Sequencia CD**  
\$19.95

# MANIFESTATION AND DNA

## Transcend Life's Challenges

Every Transcend product transmits a soothing energy that brightens and clears your energy system. This enables you to restructure your energy field toward a greater level of inner order and balance. Each card is made of a gold holographic grid, which is imprinted with an energetic program that interacts with your bio-energy fields. This effects us on both the mental and physical levels, for clear, positive focus and enhanced energy. The cards have been repeatedly confirmed effective via kinesiology and electrodiagnosis.

**Transcend Cards** — Each card is tuned to improve a specific type of energy for you. They measure 2" x 2" to easily fit in your pocket. Generally, only one Transcend card should be worn at a time. Blocker sleeve and carrying case included.

Designed to clear resistance to receiving positive change. Heart opening. Strengthens and balances.  
**#83100 Joy \$44.95**

Helps promote prosperity, consciousness, optimism and increased confidence.  
**#83101 Prosperity \$44.95**

Helps to establish greater balance and acceptance. Amplifies the effects of other Transcend Cards  
**#83102 Attunement \$44.95**

Helps to dissolve stress, anxiety, and negative thoughts for greater peace and serenity.  
**#83103 Serenity \$44.95**

Helps to reduce fatigue and increase physical energy and mental alertness.  
**#83104 Vitalizer \$44.95**



Front



Back

Designed for professionals and practitioners to filter out the negative patterns of coworkers and clients. Also protects from harmful electromagnetic

fields. Ideal for work environments and helpful for jet lag during travel.  
**#83105 Protectoplex \$44.95**

Helps to support deep relaxation and regeneration through restful sleep.  
**#83106 Sleep \$44.95**



## Optimizes The DNA Function

A naturally occurring trace mineral complex and homeopathic combination. Designed to balance and harmonize the electromagnetic energies of any



other substance or organism it comes in contact with. It enhances food, other dietary supplements and the human body. Facilitates the removal of heavy metals at the cellular level.

**#75339 Aulterra 300 mg 60 capsules**  
\$29.95

## Unleashing The Power Of Consciousness



The author, a medical school professor and researcher, examines in detail how cells receive information. The book

shows that genes and DNA

do not control our biology; that instead DNA is controlled by signals from outside the cell... including the energetic messages emanating from our positive and negative thoughts. A major breakthrough in biology and quantum physics. 224 pages.

**#99767 The Biology Of Belief: Unleashing The Power Of Consciousness \$25.00**

# WATER IMPROVEMENT

## FLOOD YOUR BODY WITH OXYGEN

**No More Toxic Chemicals, Disease-Causing Bacteria – Gives You Energy, Too!**

You will be amazed at how just one glass of ozonated water will quickly lift your energy level, giving you more clarity and focus. It's very beneficial for both sick and healthy people.

You can also use the ozonated water to sanitize your fruits and vegetables against bacteria, fungus and molds. Using it on your plants will make them "come alive" and require less fertilizer, too. To make the ozonated water: attach the water

diffuser tube to the machine. Place the tube in the water.

It takes only a few minutes. It's that easy! Cold corona generator with **Nikola Tesla technology**. Many people use it this way:

- 1) Fill your kitchen sink with water
- 2) Place the diffuser ball in the water and turn the machine on
- 3) Submerge your food products in the water.

It works by breaking down the residual traces of toxic chemicals and pathogens commonly found on fruits and vegetables. It kills bacteria on meat, fish and poultry. In addition to being healthy for you, this process enhances the taste of food products and also enhances their shelf life.

This unit produces significantly more ozone than older units, and has a new automatic timer for 5, 10, or 15 minute presets. Ozone output: 250mg/hour.

- #42049 **Water Ozonator** \$299.95
- #42050 **Extra Diffuser Stone** \$11.95



## Energize Your Body By Hydrating Your Cells

Now you can have the "Fountain of Youth" in your own home. The E-Water Machine produces high quality, very affordable clustered water in under 3 minutes.

What is clustered water? Water has a tendency for its molecules to "associate", forming short-lived and ever-changing polymeric units called "clusters." This smaller, clustered water has less surface tension and, therefore, is much more absorbable by the cells. Then, as the body is hydrated... the refreshing feeling is very evident as you drink this

water. Clustered water changes the structure of water to make it more available to the cells of your body.

The secret is a magnetic field produced across a cotton ball, which creates very active clustered water. The electricity works with the minerals in the water to create a process similar to electric fields produced by nature's natural electrolytes and ores.

Clustered water also cleanses, detoxifies, and enhances nutrient absorption.

6" square: works on two 9 volt batteries.

**#81026 The E-Water Machine \$199.95**



**MORE info ON OUR WEBSITE**

## THE FOUNTAIN OF YOUTH MAY BE IN WHAT YOU DRINK

**Just Reduce The Cluster Size Of Your Water**

It's rather easy to understand the principle. Reducing the surface tension of drinking water makes the water "wetter" and increases its solvent capacity. Crystal Energy Drops is a catalytic liquid which, when added to water and other liquids, enhances their solvency power by altering their molecular structure. This enables you to get the most of nutrients and vitamins from

foods, which are assimilated easier by the body.

It can be used in a variety of situations. Rinse vegetables and fruit to reduce cooking time. Use in your bath water or add to your mouthwash or shampoo. Use as a mist for house plants. Reduce shaving nicks.



**#75089 Crystal Energy Concentrate Drops 4 oz. \$49.95**

**Buy 2 and SAVE! \$46.50 each**

## Take A Look At

### Detoxify While You Sleep



The footpads are placed on the arch of the foot to maximize the detoxification, since that particular area of

the body hosts reflexology points to most of the major organs of the body. For best results, alternate between left and right foot, and use for at least 10 days. Through stimulation of circulation, the normally slow detoxification of the system (through the body's sweat mechanism) is accelerated, allowing for the removal of toxins such as Mercury, Lead, Arsenic, asbestos, plastics, dyes, etc. from the body. The visual evidence is compelling... the pads become discolored. 10 pads per box.

**#51081 DetoxPads \$29.95**

**See Page 31**

### SHARE US WITH A FRIEND

Help someone else enjoy the life-enriching products at **TOOLS FOR WELLNESS**. Send us their name and we'll rush a catalog to them.

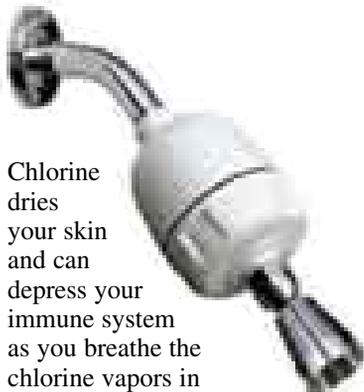
**OPEN 24/7**

**ToolsForWellness.com**

# RAINSHOW'R

Dechlorinating Shower Filter

## An Energizing Shower Experience With Superior Chlorine Removal



Chlorine dries your skin and can depress your immune system as you breathe the chlorine vapors in your shower. The filter removes over 95% of free chlorine for a healthier shower. Your skin feels better and looks younger. Even color-treated hair becomes more manageable. Complete with designer polished chrome head, pop-in replaceable cartridge, sediment trap and quartz crystals for a healthier shower experience. A solid brass collar molded

into the body assures a strong, unbreakable connection. With test strips.

- #62072 Rainshow'r \$47.95
- #62073 Replacement Filter \$18.95

Replace filter every six months  
Buy 3 and SAVE! \$17.95 each

### Hand Held Adapter

Permits you to use the Rainshow'r (purchased separately) as a hand held shower. The kit includes: 59" hose, shower arm bracket and shower handle.

- #51032 Rainshow'r Adapter Kit \$28.95

Buy the Rainshow'r and Adapter Kit and SAVE!  
Order #51033 \$67.95



MORE info ON OUR WEBSITE

**Specially-Formulated Bacteriostatic KDF® Media** better chlorine removal than standard KDF® formula

**Pop-In, Replaceable Cartridge** easy to replace, no backflushing

**Fine Stainless Steel Screen** special screen retains media without reducing flow rate

**Built-In Jet Dispersal** improves water flow-through

**Sediment Trap** reduces clogging and extends media performance

**Crystalline Quartz** for energy-enhanced shower "feel" and better lathering

## A HEALTHIER BATHING EXPERIENCE

### With Chlorine-Free Water

Chlorine is removed faster when there is circulation of this Crystal Ball in the bath water. Chlorine ions are converted to harmless chloride, and the toxic effects are eliminated. You'll get improved lathering and sudsing as well as relief from



dry skin, too. Safe for infants, adults and pets. No plumbing or fittings; it just

floats in the water. Replace the filter media

once a year.

- #75036 Crystal Ball® Dechlorinator \$36.95

- #75376 Replacement Bag

#### EVERY INDIVIDUAL IS UNIQUE

Different products result in different effects on people. People with special sensitivities may experience some unwanted side effects. Other users report that benefits didn't start to occur for several days. This can be attributed to the cumulative effect from many of the products in this catalog.

# WATER IMPROVEMENT

## Get Healthy, Oxygen-Rich Water 24/7

Perk up the natural way with a glass of oxygenated water from the O<sub>2</sub> cooler! Adding oxygen to your bloodstream has been proven to speed up metabolism, strengthen your immune system, increase energy, create younger looking skin and even enhance brain function for clearer, more alert thinking.

And now, with the O<sub>2</sub> cooler you can drink crystal-clear, highly oxygenated water any time you like.

Unlike bottled oxygenated water, which loses its oxygenation just days after manufacturing, the O<sub>2</sub> cooler keeps your water fresh, tasty and packed with up to 500% more oxygen than normal tap water. Great for the home, office, or gym.

This product has succeeded in producing a super oxygenating patented water cooler system that increases the dissolved oxygen level in the drinking water, which is normally 7 PPM (Parts Per Million), up to 45 PPM at the maximum - an increase of over 600%!

As a comparison, oxygen-rich mountain streams can have up to 15 PPM.

### Why Drink Oxygenated Water?

The dissolved oxygen in the water is absorbed through our digestive system and provides:

- Extra supply of oxygen to the body for over-all health improvement
- Enhancement of the brain function for clearer thinking

and alertness

- More oxygen to the muscle to increase energy and performance
- More oxygen to skin cells for healthier, younger looking skin
- Enhanced metabolism and waste removal
- Enhancement of the body's ability to fight bacteria and viruses



- Better absorption of vitamins, minerals and other nutrients
- Comes with flow-through cap.
- Dimensions: 13.5" x 11.75" x 58" (W x L x H) w/ 5 gallon bottle and cover.
- Capacity: Stainless Steel 316L grade reservoir with a 3 liter capacity.
- Weight: 50 lbs.
- Power Requirements: Normal household current
- Water Temperature: 185 F to 35 F (Hot/Cold Model) Room Temp. to 35 F (RoomTemp./Cold Model)

This is a patented process consisting of its own oxygen-creating generator.

1 Year Manufacturer Warranty. No metal contact except for stainless steel. Safe for distilled or Reverse Osmosis water. Water bottle not included. Cover included

- #33801 Millennium Charcoal Hot/Cold Water: \$995.00
- #33802 Millennium Silver Hot/Cold Water: \$995.00
- #33803 Millennium Charcoal Room Temp/Cold Water: \$895.00
- #33804 Millennium Silver Room Temp/Cold Water: \$895.00

Due to weight, an additional \$60 shipping charge is added to your order. Ships via Standard Delivery only, and to Continental U.S. addresses only. Please allow an additional 7-10 days for delivery.

# WATER IMPROVEMENT

## ADD OXYGEN DROPS TO YOUR DRINKING WATER

### Recharge Your Body's Energy Reserve

The body constantly uses oxygen to oxidize and eliminate disease-causing microbes and to eliminate the body's waste. OxyLift is a liquid concentrate making it easy to add oxygen to your drinking water while on-the-go. The ingredients contain what your body needs for



immune system maintenance, waste elimination, improved digestion, and cellular repair. OxyLift is a synergistic blend of Hydrogen isotopes for waste elimination and energy, Sea-Source Minerals for electrolytes and energy, Amino Acids necessary for rebuilding cells, and enzymes for better assimilation. Add 1 to 8 drops to an 8 oz. glass of water three times a day. One month's supply.

#42032 OxyLift 1oz.  
\$27.99

### Add Electrolytes And Micro-Nutrients To Your Water

Users report improved energy, alertness, and more resistance to illness. Tens of thousands of people have used Willard Water over the last 30 years. Here are some of the benefits reported:

- Warmer hands and feet
- Better sleep
- Better regularity and digestion
- Better alertness and memory
- Fewer aches and pains
- More energy
- Dealing with stress better
- Supplements seem to be working better

Helps with increased



absorption of nutrients, elimination of toxins, and appears to be a super antioxidant and free radical scavenger because of its nearly unlimited supply of free electrons. 20 patents support the safety and effectiveness of REAL Willard Water. 1 ounce makes 1 gallon of drinking water. 8 oz., 2 months of regular use.

#46012 Clear Willard Water 8 oz. \$21.95  
#46013 Dark Willard Water 8 oz. \$21.95

When diluted, its trace minerals from prehistoric vegetation make it look like pale iced tea. 8 oz makes 32 gallons.

### Increase The Vitality Of Your Water

Our best selling water enhancement product. Drop the SuperBullet into a gallon of water and its bio-energetic action begins immediately. The crystals inside the bullet are from a volcanic source and their paramagnetic properties attract



Place the SuperBullet in a pitcher or water cooler

the Earth's natural magnetic field. This results in a slightly higher pH, lower chemical presence and increased energetic qualities. It's an inexpensive and easy way to energize your drinking water. No batteries required.

#63544 Virgin Waters SuperBullet \$39.95

NEVER WEARS OUT!

LIFE LOOSED WITH BETTER HEALTH WITH AN ALKALINE SYSTEM

### Normal Eating Habits Won't Do It

There are very few foods that are alkaline. A 100% alkaline vegetable diet would be very boring, and not easily accepted by many. A total discontinuance of acidic foods would be rather challenging. While we can and should be able to give up drinking acidic soda pop, the vast majority of food, especially meats, are acidic in nature. The vegetable group has the best track record for being alkaline, but most people don't want to become strict vegetarians.

### Electrolyte Supplements Won't Do It

Many alkaline teas don't have balanced, organic electrolytes. Cheap "Gatorade-type" drinks have too much Sodium and too little Potassium according to exercise physiologists. Good electrolyte supplements should have a high Potassium concentration and a low Sodium concentration.

### Most Trace Mineral Formulas Won't Do It

You should insist that your trace minerals are amino acid chelated to guarantee that they are high in absorption and low in irritation.

### Alkazon Will Do It

Alkazon was created to solve the problems mentioned above. It is based on mild, organic Potassium salts. It contains

79 amino acid chelated trace minerals from ancient dead sea marine deposits. Alkazon drops go to work instantly.

Just add 2 drops to an 8 oz. Glass of water (or your favorite beverage) a few times a day and you have guaranteed the neutralizing of acid wastes. You'll feel better! You'll look better! Many athletes would get deathly

sick during a really strenuous game or workout if they didn't take an electrolyte replacement. Regretfully, they tend to rely on cheap drinks that are given to them as samples.

Alkazon drops will keep your internal system at equilibrium by balancing acidic foods and drinks and helping eliminate acidic body waste. They are truly powerful, booster drops that will play a major part in your new, healthier lifestyle. 1.2 oz. Dropper bottle (about one month's supply)

#49017 Alkazon pH Booster \$24.95  
Buy 3 and SAVE! \$22.50 each



MORE info ON OUR WEBSITE



~~"Get A Life"~~  
"Get An Alkaline Life"

### Take A Look At

#### Powerful Sounds For Deeper Sleep

Guides you into deep Delta brainwaves, the home of deep sleep. Includes two programs of soothing music and frequencies, forest and ocean sounds. 2 hours. 2 CDs

#46022 Delta Sleep System \$19.95

See page 69



# NOISE REDUCTION

**FOR BETTER SLEEP, SEE PAGE 68**

## NOISE KEEPING YOU AWAKE? Get Rid Of The Racket And Commotion

We've sold a lot of these to thousands of satisfied users, and we recommend it enthusiastically. The units are durable, lightweight and are providing many years of reliable service. They create a consistent, smooth sound of rushing air. Tone and volume of the sound are regulated by simple controls. The remarkable "white noise" sound effectively masks unwanted noises and creates a sense of calm, making it easier to concentrate, relax and/or sleep.

This popular and very economical sound

*"What a great product! Whether you are trying to cover obnoxious neighbor noise or just trying to soothe yourself to sleep, this works great. Whenever I have your noise machine on, I fall asleep quickly... and it's good quality sleep, too! I recommend this to anyone looking for a good sleep-aid." M.N. Massachusetts*

conditioner is widely used for restless sleepers and to overcome appliance noises and the constant din of air conditioners. With the widespread use of office cubicles, our sound conditioners are used to effectively mask conversations to allow for better concentration. The durable beige plastic housing is suitable for use anywhere and it occupies only 6" of space; 3" high. AC operation.

**#63041 Sound Screen/Sleep Mate 2 speed**  
**\$56.95 Buy 2 and SAVE! \$49.95 each**

*"Thanks to your Sound Screen, our 1 year old is sleeping better. It is great fro drowning out other noises. We're very pleased with our purchase." L.L. Virginia*

*"Your Sound Machine helps my two year old to stay asleep while my 6 month old cries in the night. Works like magic. Even my pediatrician uses them because the office walls are a little thin. I highly recommend this to other moms." L.S. Illinois*



### Travel Model

Compact and lightweight, it masks unwanted sounds and noises with a variety of nature sounds. Haven't we all encountered trash trucks outside our hotel or loud people in the adjoining room? Not any more. Comes with a travel pouch. 6" x 4". AC operation.

**#81036 Travel Sound Conditioner \$79.95**



### Use The Sounds Of Nature To Relax And Sleep

For home or office: to fall asleep, to relax, to concentrate. Loaded with a variety of nature sounds.

Controls for volume and tone allows for customizing to create the perfect sound environment at home or work.

**#81035 Programmable Sound Conditioner \$129.95**



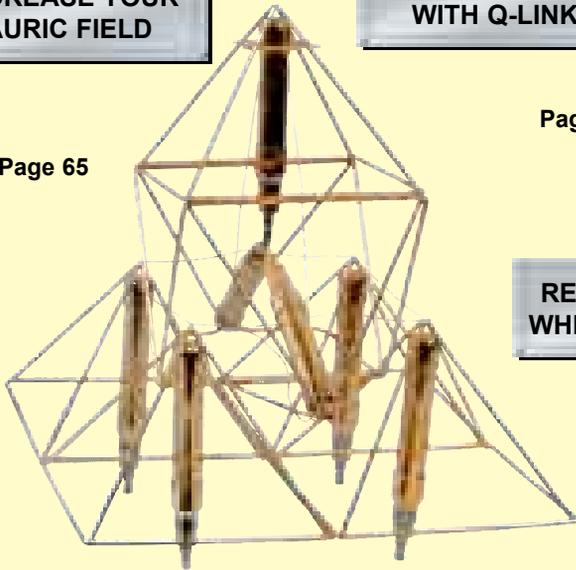
Sound Conditioners add pleasant, soothing sounds to any environment. Used in the home to mask noises such as: street noise, television and stereos, barking dogs, snoring, air traffic, noisy neighbors and buzzing in the ears. At college, they are used to allow uninterrupted study or sleep. At the office, sound conditioners mask noises such as: keyboard clicking, light manufacturing noises and also to mask confidential conversations. **WHAT IS WHITE NOISE?** It contains every frequency within the range of human hearing and can produce a multitude of soothing effects such as wind, surf and space whooshes.

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**AN ULTRA-LISTENING  
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**BETTER HEALTH  
WITH ALKALINITY**



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