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For information on orders, our products, or other inquiries, call us at 1-800-456-9887 Monday-Friday 8:30 a.m. to 4:00 p.m. Pacific Time. For faster service, contact us at www.ToolsForWellness.com/ContactUs.html and we'll usually reply within 24 hours or less!

SHIPPING INFORMATION

Just about every in-stock order is shipped within 24 business hours of receipt. Please allow 5-7 business days for delivery for Standard Delivery shipments. We'll only charge your credit card when your items ship, and only charge for shipping once per order. To expedite delivery to you, some items are sent directly from our suppliers and publishers.

Any foreign duties, taxes and customs charges, if any, are the responsibility of the recipient.

Need Faster Delivery?

We can deliver your in-stock order within 2-4 business days with our Rush Delivery or within 1-2 days via our Express Delivery.

GIFT CERTIFICATES

With over 1200 items, sometimes it's easier to give the right gift with a Tools For Wellness Gift Certificate. It's available in any denomination of \$20 or higher and we'll include our latest catalog, too. There is no shipping charge for gift certificates. Item #99906

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We never share our customers'

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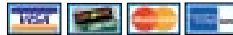
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WE WANT YOU TO BE SATISFIED

Our staff shares a philosophy of

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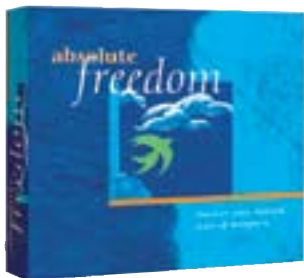
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Mental Well-Being, Learning, Intelligence

ACHIEVE EMOTIONAL BREAKTHROUGH



This audio program utilizes Holistic Releasing to help you easily recognize and dissolve the barriers that you imagine are keeping you from perceiving your true nature. This is a technique in which you release back and forth between two different polarities or opposites. Includes:

- **OPENING TO FREEDOM** Helps you cut through conflicting ideas on the correct way to wake up to your true nature.

BODY-MIND-SPIRIT CROSS TRAINING APPROACH TO WELLNESS

Here is a highly flexible system for working on your physical health, spiritual awareness, emotional balance, mental clarity, relational joy, and energy level within a framework where everything fits together... where YOU finally make sense, because no important part of you is left out. This very comprehensive and well thought-out series of programs lets you choose what to work on and how to work on it, according to your lifestyles and needs.

- The 3-Body Workout is a daily practice that integrates strength training, subtle energy practice and feeling to infinity.
- The Big Mind Meditation gives you a profound experience, integrating Zen and Western psychology.

- **BEYOND THE ILLUSION OF TIME AND SPACE** You will experientially discover the truth about time and space.

- **OPENING TO LOVE** Helps you dissolve the concepts that you hold inside about love.

- **BEYOND SELF AND OTHER** Assists you to discover what lies beyond both self and other, yet embraces the two.

- **THE FINEST LEVEL OF CREATION** Allows you to go beyond the confines of the limitations of the mind. **THIS PROGRAM IS AN ADVANCED RELEASING COURSE. PREREQUISITE:** The Sedona Method.

Five CDs with booklet plus two free bonus CDs: "Beyond Everything And Nothing" and "Remembering Who You Are."

#42725 **Absolute Freedom** \$129.95

- 3-2-1 Process reveals your hidden or "shadow" aspects of yourself
- Provides mental clarity with the AQAL Framework, a map of human awareness.

Rather than focus on merely one aspect of the self, INTEGRAL LIFE PRACTICE brings a whole and balanced approach to realizing the full spectrum of your being. For those willing to make a serious commitment to wellness through body-mind-spirit cross training. The kit also teaches a series of 1-Minute Modules, for those pressed for time. Written by some outstanding scholars and practitioners, such as Ken Wilber, Terry Patten and others.

Contains: 5 DVDs, 2 CDs, 3 booklets and a poster.

#83158 **Integral Life Practice** \$199.00

This approach in the art of human development is based on over 30 years of research by hundreds of scholars in dozens of disciplines... and drawing upon centuries of wisdom, East and West, this is a highly flexible system that lets you choose what to work on and how to work on it, according to your lifestyle and needs.



BALANCE YOUR EMOTIONS WITH THE BIO TUNER / BT-7



A push-button switch easily changes the output through each of six different pulse modes. Two of the modes contain the 7.83 Hz Schumann (Earth resonance) frequency, which is used by many for meditation. Colored LED lights indicate each of the different modes.

- Over 500 frequency harmonics in each pulse
- Advanced microcomputer operation
- Six selectable pulse output modes
- Two selectable pulse width adjustments: 550 or 220 microseconds
- Green LED "power on" indicator
- Red LED "low battery" indicator"
- 20 minute auto shutoff timer
- Quartz crystal frequency controller

Includes: ear clips, arm clip and band, carrying case, battery, 3 year warranty.

Bio Tuner BT-7 weighs just 3 oz. and is very compact in size. Put it into your pocket and use it on-the-go. Bio Tuner BT-7 replaces the Brain Tuner BT-5 and BT-6, which have been discontinued.

We make no medical claims for the Bio Tuner BT-7; it is offered as an experimental instrument only. The possible range of benefits is based upon many years of experience of users. Individual results will vary. Typically, individuals will report a range of improvements—from very substantial—to very little. The many reported benefits of the Bio Tuner BT-7 tend to be cumulative in nature, gently unfolding over 2–3 weeks.

#41153 **Bio Tuner BT-7** \$199.95



These CDs have energetic formulations that affect the body by balancing specific chakras. Benefits: reduced stress, body harmony, increased vitality and renewed peak performance. There is no music or spoken word. Headphones are not required.

BETTER MEMORY AND LEARNING

Let go of confusion, self doubt and fear. Increase visual processing skills and raise cognitive learning!

#41091 **HiChi CD #3** \$29.95

COMMUNICATION SKILLS

Discover your inner voice. Inspires objective, emotionally balanced, and intuitive listening.

#41092 **HiChi CD #4** \$29.95



A CHINESE HERBAL FORMULA TO STIMULATE MENTAL AND CREATIVE POWER

This is an eleven hundred year old formula used by a Chinese emperor to provide creative and proactive power. It has gained a reputation for stimulating mental and creative power, and is described by some users as producing a fabulous mental "spark." It is also a superb sexual tonic, an excellent athlete's formula and potent immunity booster. Within Chinese medicine, it is regarded as an extremely potent and well balanced Yang Jing tonic suitable for most men and many women. Made by one of the foremost Chinese herbalists, Ron Teeguarden. 100 capsules.



#72098 **Supreme Creation** \$54.95

Mental Well-Being, Learning, Intelligence

FUEL FOR YOUR BRAIN CELLS

Brain Lightning™ is a highly advanced neurological product and 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.

Powerful Natural Substances

Aid Super Brain Function & Longevity

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. It also increases brain levels of neuron-transmitters while decreasing neuronal cell death from stroke, epilepsy and other brain disorders. It also increases the rate of learning and short term memory.

#71061 Brain Lightning \$69.95

Buy 3 bottles and SAVE! \$59.95 each



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 neuro-transmitter 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

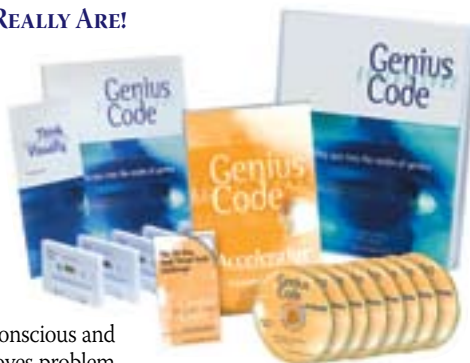
“Our daughter suffered brain damage in an automobile accident. Thanks to BRAIN LIGHTNING, she has shown great improvement with her reflexes, problem solving, hearing, disposition, and facial tics. And, it's wonderful to see her smile and hear her laugh again.”
-LG, California

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

SEE HOW BRIGHT YOU REALLY ARE!

Improve your performance in memory, quickness, IQ and learning capacity. 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



GET PEAK MENTAL PERFORMANCE

ATP (Adenosine Triphosphate) gives you the highest energy levels for physical and mental peak performance but environmental oxygen deficiencies result in our bodies' reduced ability to create required amount of ATP for demanding physical or mental output. 75 tablets; 3 month supply

#46037 Soma ATP \$59.95

Buy 2 and SAVE! \$57.95 each



NOURISH YOUR MEMORY

Bacopa Monniera, a 1000 year old Indian Ayurvedic brain nerve tonic, is 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



CLEARER THINKING AND GREATER VITALITY

This is psychoactive, producing a high-energy feeling of well being, optimism and clearer thinking used by athletes and creative types. Sublingual for efficient absorption. Stimulates clearer thinking and a general feeling of vitality. (1-2 month supply) 1 oz. bottle.

#46038 Oxy-Bliss \$46.95

Buy 2 and SAVE! \$43.95 each



READ AT UNBELIEVABLE SPEEDS

Too many web pages to read? Too many books, newspapers and magazines to study? 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. This is a powerful way to learn ANY new subject. Like a mini-college course all available to you in a couple of days.

You will learn to:

- Enter peak learning states

- Improve memory and concentration
- Save hours of time
- Never let “too much information” slow you down

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. Open your eyes, and turn the pages in a relaxed rhythm
4. 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
5. Close the book, and state that you have completed learning
6. Wait 20 minutes to 24 hours. (Longer is better to allow your mind to process the information)
7. Use the activation techniques to bring what you've read into your conscious mind

16 Photo-Reading instruction sessions on CDs, 4 books, a manual, and a pocket dictionary.

#42547 PhotoReading Personal Learning Course \$244.95



Read about these and other products

ONLINE

ToolsForWellness.com

Mental Well-Being, Learning, Intelligence

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.

The audible “pink noises” (a warmer version of “white noise”) is played softly in the background. It sounds like the “whooshing” of wind through trees or the “shushing” of distant traffic. Its frequency tones are embedded at a much lower volume, below the threshold of awareness.



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

#48410 Attention!™ CD \$19.95

GIVE YOURSELF A BRAIN WORKOUT

Tom 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

9 CDs; 9 hours.

#45705 The Ultimate Brain \$99.00



STRENGTHEN YOUR MEMORY AND CONCENTRATION

Ever wish you could learn more and faster, and then retain the information longer? This program improves memory and retrieving information from the subconscious. You’ll find the clarity and speed with which you can concentrate, study, integrate and store information are greatly enhanced. CD

#45004 Deep Learning \$14.95



EXPAND YOUR BRAIN POWER

- 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. 105 minutes. Headphones required.

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

You will also receive JOHN-DAVID’S “Discoveries of the Mind”



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. CD

#45003 Brain Power \$14.95

10 MINUTES TO FASTER READING



Watch your reading speed increase immediately. Even your concentration improves. CD

#42716 Double Your Reading Speed in 10 minutes \$19.95

WE CALL THIS “OLYMPICS FOR THE BRAIN” FIND OUT WHAT YOUR BRAIN CAN REALLY DO



Train your brain with a library of more than 20 diverse, visual, auditory and focus exercises that adjust to your skill level. Each exercise begins and ends with listening to psychoacoustically-based classical music produced with visual imagery to relax your body and alert your mind for optimal cognitive performance. You’ll enjoy fun and interactive brain games. And, best of all, the results are measurable! You’ll be able to watch your brain performance improve as you move through this dynamic program.

This personalized brain fitness program can give you these results:

- Better memory and attention
- Sharper focus and clearer thinking
- Improved visual and auditory processing
- Enhanced brain health and longevity
- Increased BrainSpeed, providing you with a score, that makes it easy to interpret your test results
- Stronger problem-solving skills

BrainBuilder trains the brain to expand its capability to sequentially process auditory and visual information. Sequential processing is fundamental to all learning activities, communication, social interaction and higher order cognitive functions. Psychologists and educators call it “sequential processing.” It is essential to every mental process including verbal skills ... taking in more of what there is to see and clear ... the ability to grasp concepts quickly. You’ll see the difference in school, office, social settings, and throughout your life. BrainBuilder has been **proven effective over a 30 year period**. It has been scientifically designed for use by children, teens and adults, including seniors.

You receive: Introductory DVD, BrainBuilder CD-ROM, Guidebook, Diary, 2 high definition recordings for peak performance and maximum focus.

THIS IS A REMARKABLE PROGRAM DESIGNED BY FULL TIME BRAIN TECHNOLOGY SPECIALISTS.

#84010 BrainBuilder (New 2008 Release) \$249.95

Healing with Sound



TECHNOLOGY FOR TRANSFORMATION

BRAIN SYNC™ is the brain wave technology most often recommended by physicians and psychologists around the world. These CDs (60 minutes) have been clinically tested with an astounding 95% success rate. They will enhance your ability to give and receive love, direct your will to achieve new goals, and generate vibrant states of health and well being. Kelly Howell, creator of Brain Sync, is internationally acclaimed for her pioneering work in mind expansion.

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

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

#45004 Deep Learning \$14.95

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.

#42763 Attract Love \$14.95

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

#75078 Ecstasy \$14.95

THE SECRET TO ATTRACTING WEALTH

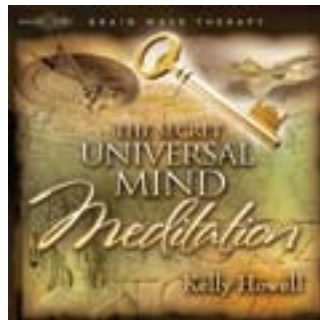
This meditation program takes you into a super-deep trance state called Deep Mind, which allows you to manifest your dreams and attract wealth. At this level of mind, you become what you think you are, for truly your thoughts are creative. In the days and weeks to come, you'll start attracting ideas, opportunities and people to make your prosperity goals a reality. The results are profound.

Beta, Alpha, Theta and Delta frequencies and music. 60 minutes. Headphones are required.

#46110 The Secret to Attracting Wealth \$14.95

An extraordinary powerhouse of cosmic energy resides within you. Traveling upward through the chakra system, it removes obstacles to living your highest potential. Theta frequencies. 60 minutes.

#45015 Kundalini \$14.95



This CD imparts the sacred truth spiritual masters have taught for millennia. It starts by changing your belief system, slowly, subtly and gently while you sleep. The Secret is whispered into your ears—first audibly, and then below the level of consciousness.

#62145 The Secret—Universal Mind Meditation \$14.95

THE SECRET UNIVERSAL MIND MEDITATION II

This program takes you deeper into the magic and mystery of the Universal

Mind. All the love, abundance and joy you want already exist within you; the secret is discovering it. Through repeated nightly listening, you will move into alignment with infinite intelligence. You'll surrender personal will to Divine Will; what you need and want comes to you. Manifesting becomes easy and fun. There's nothing you need to do except relax and listen. As negative beliefs are replaced, you'll start attracting people, ideas and opportunities.

- Increase your attracting force
- Dissolve limiting beliefs
- Breakthrough to a new level of being

Beta, Alpha, Theta and Delta frequencies and music. 60 minutes. Headphones required.

#46109 The Secret—Universal Meditation II \$14.95

You'll go to progressively deeper levels producing vivid visualization and manifestation.

#41047 Sacred Ground \$16.95

LUSH, AMBIENT MUSIC WITH BRAINWAVE PULSES

Alpha Relaxation and Meditation: Quiet your mind, and renew your body and spirit **Alpha-Theta Awakened Mind:** Expand your awareness and meditate deeply **Theta Insight and Intuition:**

Experience inspired artistic expression and creative insight **Delta Sleep and Rejuvenation:** Fall asleep and wake up refreshed, easily and naturally.

After a few minutes of listening, your own brainwaves naturally "lock" onto these audio pulses, to lead you easily to the state of mind you want to experience. 4 CDs

#46028 Brainwave Suite \$29.95



MUSIC TO UNLOCK THE LIFE FORCE OF THE EARTH!

A combination of musical instruments tuned to perfect intervals and creative sound design using binaural beats at 8 Hz and 4 Hz. This generates powerful Alpha and Theta brain states, a state associated with ecstasy. 30 minute continuous play CD.



#41057 Pulse of Life \$16.95

ORCHESTRATE YOUR STATE OF MIND

Selected works the masters: Mozart, Beethoven, Bach and others blended with brainwave pulses. Play in the background. 4 CDs

- Alpha: Relax and let go
- Beta: energize and focus
- Theta: meditate and create
- Delta: Unwind and sleep.

#34072 Brainwave Symphony \$29.95



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.

IMMERSE YOURSELF IN ALL FOUR BRAINWAVE STATES

On this 4 CD set, Anna Wise empowers you to be more productive, positive, emotionally balanced, and spiritually aware.

You can manage your own states of consciousness by deliberately altering your brainwave pattern, a process used by many highly productive and creative people, individuals of high performance.

- Concentrate and focus more clearly
- Encourage self-healing

- Relax and de-stress
- Develop hidden creativity
- Reach profound meditative states
- Handle challenges and solve problems
- Access and transform deep inner issues
- Improve spiritual connection

Features "frequency scores," binaural beat pulses of sound embedded in words and music to help you developed the desired brainwaves. Teaches you a

variety of ways to use your higher states of consciousness...

including personal transformation, relaxation, creativity, self-healing, intuition, empathy, and sensuality skills. Includes an informative booklet on brainwave frequencies.

#22129 High Performance Mind 4 CD Set \$44.95



Healing with Sound



Robert A. Monroe
1915-1995

The Hemi-Sync process uses sound to influence brainwave activity in a way shown to enhance physical, mental and emotional states. Hemi-Sync users may be able to develop specific linguistic and/or mathematical skills, the ability to hyper focus attention when appropriate, and the remembering of some types of information with new clarity and recall.



wave pattern generated by these different pitches creates a third tone which entrains your brainwaves to experience the same frequency. This technique is reflected in the name HEMI-SYNC; both hemispheres of the brain now in sync with the frequency and with each other.

The Hemi-Sync frequencies used are not the same for every program, and there are no embedded or subliminal messages. Specific elements, such as verbal guidance, music, and pink noise are carefully selected and integrated with the appropriate Hemi-Sync sound frequencies to create the desired effect for each recording.

YOUR BRAIN



Normal brainwave pattern with limited focus

YOUR BRAIN WITH HEMI-SYNC



Highly focused whole-brain pattern with enhanced potential

with new clarity and recall.

Hemi-Sync technology uses binaural beat sounds that utilize two pitches slightly out of key with each other. The sound

MUSIC FOR INGENUITY

Music that includes relaxation while heightening mental abilities produces what is known as the "Mozart Effect." Now, combined with the remarkable brain synchronizing effects of Hemi-Sync®. Reported to be helpful for ADHD. 60 minutes.

#46023 Einstein's Dream CD \$19.95

MEDITATION



Deeply relaxing sound patterns will gently lead you into powerful, free-flow explorations. Will leave you centered, focused and totally refreshed. Non-verbal. 45 minutes

#99854 Hemi-Sync Meditation \$19.95

TRANQUILITY

A sensual fusion of East-West music. This program's ultimate charm is its artful, unspoken appeal for East-West unity, spiritual awareness and

world peace. Richly composed and beautifully played, this program weaves intricate textures of Indian music with Western music, resulting in a relaxing soundscape. 53 minutes.

#48631 Tranquility \$19.95

SUPER SLEEP

Produces the natural brain-wave patterns of the Delta-sleep state and offers the benefits of totally refreshing, deep restorative sleep. Non-verbal. 45 minutes.

#45718 Super Sleep \$19.95

OVERCOME LEARNING CHALLENGES

This CD mixes high quality electronic music with unique Hemi-Sync concentration frequencies for super-learning. Also helpful for ADD/ADHD, and other learning challenges. 71 minutes.

#41033 Indigo CD \$19.95

DEVELOP MENTAL SHARPNESS

Develop greater confidence in your mental sharpness, stimulate or enhance creativity, improve memory and recall with this CD from the Monroe Institute. 30 minutes.

#71048 Think Fast CD \$19.95

TRANSCENDENCE

Move beyond your thoughts and daily concerns into the free-flow exploration of expanded states of consciousness. 73 minutes.

#63423 Transcendence \$19.95

BETWEEN WORLDS

Captivating shamanic music combined with sounds from the rain forest contribute to the surreal, organic ambience. Vivid images emerge as time blurs and the world disappears. 52 minutes.

#48621 Between Worlds \$19.95

BREAKTHROUGH

Upbeat electronic music with fast-paced tempo and driving-rhythms support faster beta patterns designed for peak performance, super learning and creative flow. 44 minutes

#48622 Breakthrough \$19.95

THE SHAMAN'S HEART

Spellbinding shamanic stylized music helps one remain "heart centered" in the face of adversity... a hallmark of spiritual maturity. Best results are achieved when listening in a darkened, meditative environment. 73 minutes

#48630 The Shaman's Heart \$19.95

THE "SO" CHORD

Provides an ideal sonic background to support experiential meditation. Powerful vibrational harmonics restores balance and harmony to your mind-body. An exceptional meditative tool. 45 minutes

#48629 The "SO" Chord \$19.95

ETERNITY WITHIN

Inspired by Robert Monroe's own experiences, this program provides a basis for fundamental revelation to many on a path of self-discovery and personal transformation. 45 minutes

#48623 Eternity Within \$19.95

FOR ADD AND ADHD SUFFERERS

Focus with powerful Hemi-Sync® and electronic music designed for learning enhancement, peak performance and creative flow. Reported to be helpful for ADHD. 66 minutes.

#46040 Remembrance CD \$19.95

SHARPEN YOUR FOCUS AND CONCENTRATION

Perfect for any task requiring focus and concentration—use at home, work or school while studying, reading, working on a computer or balancing a check book. Non-verbal. 53 minutes.

#46039 Concentration CD \$19.95

In addition to verbal instructions, this auditory-guidance process involves carefully constructed blends and sequences of stereo sound patterns designed to evoke beneficial brainwave states through neurological mechanisms.

Are headphones required for the sound programs that we offer?

In most cases, they are not an absolute necessity. But results are much better because headphones allow the mind to concentrate on the sounds, spoken word and music, particularly when they contain complex frequencies. Also, the programs tend to be more effective with headphones because you are isolated from outside noises and distractions.

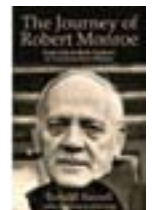
FREE MERCHANDISE CERTIFICATES
WHEN YOU ORDER FROM TOOLS FOR WELLNESS

- With your order of \$175 —We'll enclose a \$5.00 merchandise certificate
- With your order of \$275 —We'll enclose two \$5.00 merchandise certificates
- With your order of \$550 or more—We'll enclose five \$5.00 merchandise certificates
- Use these certificates to save on your future orders or give them as gifts.



ABOUT ROBERT MONROE

The founder of The Monroe Institute and Hemi-Sync 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.



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

Healing with Sound

WHAT IS SO VERY DIFFERENT ABOUT THESE SOUND THERAPY PROGRAMS?

Listeners have reported many benefits: improved hearing, deeper, refreshing sleep, greater vitality, energy and creativity, relief from anxiety and depression, improved memory and concentration, help for ADD and ADHD, help with dyslexia and speech problems. Today we are bombarded by low frequency noise from traffic, air conditioners, appliances and the intensity of everyday life. The response of the ear, brain and nervous system is to “shut down” to this onslaught, resulting in also shutting down the nurturing high frequency sounds. These programs are recorded with enhanced high frequencies and a special pattern of high and low tones to re-open the listening pathway and balance the nervous system. As this gentle exercise rehabilitates the ear, many hearing disorders are rectified. As ear performance improves, more high frequencies reach the brain, creating a constant cycle of improvement. Anyone who truly enjoys classical music is in for a new experience as they will enjoy the FULL SPECTRUM of the music.

LEVEL 1: BASIC KIT

This is the introductory kit for this remarkable technology. It makes it possible for listeners using this

start with this kit before proceeding to Levels 2 and 3, found elsewhere on this page.

You receive the filtered listening program of four 90 minute music CDs (with ascending frequencies), the Self-Help Listener's Workbook consisting of 2 DVDs and numerous support materials. This CD program uses digital sound for the final playback stage.

#62527 Sound Therapy Basic Kit \$399.95

LEVEL 2: FULL SPECTRUM KIT

Designed to further enhance the ear and brain improvements initiated by the Basic Kit (#62527). It combines whole, unadulterated classical music with another band of quiet, highly filtered (10 KHz) SOUND THERAPY music. Contains: 4 CDs, Sound Therapy CDs, Full Spectrum Self-Help Listeners Workbook and Training Course.

#21468 Sound Therapy Full Spectrum Kit \$399.95

LEVEL 3: HEARING & TINNITUS KIT

This advanced kit is designed to further enhance the hearing improvement initiated by the Basic Kit. It combines a range of instruments and filtering styles to activate and soothe the ear. Includes



a Sound Therapy Self Help Listeners Workbook and Training Course for Hearing Issues. Set of four 90 minute CDs designed specifically to improve ringing in the ears and ear function.

#33807 Hearing & Tinnitus Kit \$399.95

THE STORY BEHIND SOUND THERAPY TAPES

Patricia Joudry's story will inspire anyone who has suffered a noise-related problem. This 11th edition is fully updated with the latest documented results for: tinnitus (ringing in the ears), chronic fatigue, insomnia, stress, anxiety,

hearing loss, sound sensitivity, dizziness, Meniere's disease, travel sickness, jet lag, ADD, memory, and concentration. 205 pages.

#51011 Sound Therapy: Music to Recharge Your Brain \$24.95

HOPE FOR TINNITUS SUFFERERS

Over 80% have been helped by this remarkable book, written by the Joudrys, who have considerable experience with Tinnitus. Revised 2nd printing. Softcover; 214 pages.

#49601 Triumph Over Tinnitus \$24.95

Additional information on these products can be found on our website.



program at home in their own time to experience the full benefits and support that would be offered through clinical treatment. Answers to FAQs, what to expect, what others have experienced, how to get the best results, expert lectures, live user testimonials, clinical results and a self-assessment program. The activation and filtering of the music produces a powerful therapeutic program for the ear and brain, with outstanding results. You should



ADVANCED MIND STIMULATION MACHINE

This is a powerful and versatile CES device with 18 preset sessions and 18 blank locations for you to create and store personalized sessions. It monitors and adjusts the intensity of the stimulation 1000 times per second to ensure consistent and comfortable stimulation. Throughout the entire session, the CESta will check the electrode connections and automatically make the necessary adjustments. All sessions are pre-timed so the machine will turn off when your session is completed.

Research demonstrates that CES produces a mild stimulation in the



hypothalamic areas of the brain, resulting in balancing neurotransmitter activity, creating an effect similar to that of “jogger's high.”

Other research over the past 25 years has shown that CES reduces anxiety and improves cognition and is very helpful with drug addiction therapy.

Includes: carry bag, ear clip stimulation cable, battery, manual and one year warranty.

DO NOT USE if you have a cardiac pacemaker, if you have epilepsy, brain tumor, recent stroke or are pregnant.

#21456 CESta Machine \$349.95

All information contained herein is for educational purposes only. No health claims are intended or inferred. Statements made in this catalog have not been evaluated or approved by the U.S. Food and Drug Administration. If you have a medical condition, please consult your healthcare professional.

INNER PEACE WITH THE MUSIC OF STEVEN HALPERN AND THE MONROE INSTITUTE

This CD from The Monroe Institute 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



Paraliminal Recordings

"Para" is the Latin prefix for "beyond." "Liminal" refers to the "limen" or "threshold" of consciousness awareness. The term literally means, "beyond the threshold of human awareness." With paraliminal learning sessions, the listener can hear messages coming into each ear, but it is beyond the conscious mind's ability to process both messages simultaneously. The result is an interesting multilevel communication to different hemispheres of the brain. Subliminal recordings hide positive statements of affirmations in music or environment sounds. There are no subliminal messages on paraliminal recordings.

Do you have a habit that is harming your health, hurting your job performance, ruining your home life, keeping you from having the great life that you want?

#45717 Break The Habit \$29.95



Attract, nurture, and maintain strong, loving, rich, and satisfying relationships. Discover the secrets of solving people problems and healing inter-personal wounds.

#99620 Positive Relationships \$29.95



Makes it easier for you to talk and get the results you want. Helps condition your mind to speak with ease.

#45715 Talking To Win \$29.95



Become youthful with new, unbridled vitality. Listening to this CD will rejuvenate your body, mind and spirit. It will help bring back traits of youthfulness and ward off the physical, mental and emotional rigidity characteristics of being old.

#99625 Youthful Vitality \$29.95



Effortlessly cut back or give up smoking. The healthy lifestyle of a non-smoker can be attained in just 20 minutes a day.

#99624 Smoke-Free \$29.95



Strengthen your memory and concentration.

#99613 Memory Supercharger \$29.95



Eliminate negative self-talk and vaporize self-sabotage. Use your inner mind to enter a flow state and then attain goals. Learn to function at peak efficiency and build commitment to your goals.

#99605 Automatic Pilot \$29.95



Motivates you into action to create the most powerful ways possible to attain results. Eating healthfully, take a class, read a book, fix the car, clean the house, finish a project.

#45714 Peak Performance \$29.95



Strengthen belief in your ability to perform. If you believe you cannot do something, you can change that belief by listening to this CD.

#99606 Belief \$29.95

Accelerate your learning abilities.

#99618 Personal Genius \$29.95



Enhance how you use your mind to positively affect your immune system, tolerance for pain, recovery from illness or injury and level of health. You will learn to think in terms of wellness instead of sickness.

#99617 Perfect Health \$29.95

Reach and maintain your ideal weight naturally.

#99611 Ideal Weight \$29.95



Allow the universe to help you attract everything you need. Experience the joy of living your dreams and celebrating each moment.

#99632 Living The Law Of Attraction \$29.95



"How can I find someone who is attracted to me?" "How can I get passion back in my marriage?" The shift in your mental and emotional state will cause your evening to sizzle. Even helps with overcoming resistance to asking for that first date.

#45716 Creating Sparks \$29.95



Eliminate procrastination and succeed by design.

#99609 Get Around To It \$29.95



Open the flow of abundance in your life.

#99619 Prosperity \$29.95

Turn on praise, charm, and sex appeal.

#99612 Instantaneous Personal Magnetism \$29.95



Develop new habits to build a stronger inner home for happiness with this fresh approach for discovering your true natural state of peace within.

#99631 Happy For No Reason \$29.95



Change emotions and memories that stop you. Things from the past belong in the past, and they need not adversely affect you. As you listen, you learn from your memories and eliminate their negative effect on your life.

#99615 New History Generator \$29.95



Gain profound confidence and feel great about yourself.

#99622 Self-Esteem Supercharger \$29.95

Neutralize unwanted behaviors and take on new ones.

#99614 New Behavior Generator \$29.95

Are headphones required for the sound programs that we offer? In most cases, they are not an absolute necessity. But results are much better because headphones allow the mind to concentrate on the sounds, spoken word and music, particularly when they contain complex frequencies. Also, the programs tend to be more effective with headphones because you are isolated from outside noises and distractions.

Healing with Sound

LISTENING AND LEARNING WITHOUT DISTRACTIONS

The Neurophone provides a means for ultrasonic waves to be interpreted by our brain as "hearing." This technology bypasses the normal audio mechanisms used by the body to hear sounds and provides a direct neural stimulation to the brain. Meditating, studying and learning becomes easier to comprehend and retain. The Neurophone effectively allows you to "hear without your ears," eliminating distractions. Use with language and memorization programs for direct ultrasonic input to the brain by connecting a CD player to the Neurophone.

You will find that over time you are able to hear the output of the Neurophone at a seemingly higher volume even though you are turning down the gain control.

Listening to pink noise, a favorite for meditation and relaxation, has been said to be analogous to listening to a waterfall in the distance. This will take your mind from your daily affairs to a new level of relaxation and meditation. It is a precision scientific instrument with an extensive digital sound processor that encodes sound and modulates it into ultrasonic signals. Its digital engineering offers a quality of ultrasonic transmission that is more accurate and richer in harmonics than an analog representation. Using the Neurophone is simple... put the transducers on your forehead using the headband as shown. Everything is supplied with your purchase.

#83077 Flanagan Neurophone
\$549.95



Choose Neurophone if you are:

- Having trouble screening out extraneous noises
- Studying memorization programs
- Finding it difficult to focus, comprehend, and retain information
- Serious about meditating

TREAT YOURSELF TO MARVELOUS LISTENING YOU'LL HEAR THE DIFFERENCE IMMEDIATELY

You are short-changing yourself by using inexpensive headphones. Using Sennheiser headphones makes an enormous difference.

- Made by one of the world's most outstanding audio manufacturers.
- Broad frequency response: 15–28,000 Hz spatial sound for professionals and audiophiles.
- Open, dynamic, stereo design with ergonomic comfort.
- Advanced Duofol diaphragm technology.
- Highly optimized, neodymium magnet systems.
- Outstanding wearing comfort for long listening sessions.
- Excellent high frequency response, ideal for Samonas, Patricia Joudry programs and other brainwave entertainment CDs.
- Lightweight aluminum voice coils for highly efficient and dynamic sound quality.
- Listen to classical music with new-found clarity.



These headphones are for those who want the very best effect and benefit from sound therapy programs and classical music. Once you hear the difference, you will never go back to regular headphones again.

#42535 Sennheiser Headphones **\$169.95**

GET MATCHLESS SOUND— A NEW LISTENING EXPERIENCE AWAITS YOU

The Echofone generates the sensation of sound through neural induction, without any mechanical stimulation of the listener's eardrums. The modulated ultrasonic signals are perceived as high frequency audible sound. The Echofone extends your hearing perception to sounds well above anyone's hearing range. Music and sound from any high quality source comes alive with astonishing fidelity and dimension.

You can close your eyes and perceive where instruments in a recorded orchestra actually are in space. The results are enhanced tone, crispness and depth... greatly amplifying the fidelity of quality recordings. If you have any high frequency hearing loss, such as damage caused by exposure to loud sounds, Echofone allows perception of the full dynamic range of music without missing the high frequencies.

Recommended for: sound therapy sessions, programs with binaural beats, listening to high quality recordings of music, learning languages and other instances where extremely faithful reproduction is required. The Echofone headband allows you to attach the transducers easily and comfortably. Includes a cable to attach to a CD player.

#48609 Echofone **\$399.95**

Choose Echophone if you are:

- Passionate about listening to high quality music
- Learning a new language and must listen to enunciation with clarity
- Suffering from high frequency hearing issues
- Listening to sound therapy programs using full dynamic range



ELIMINATE SELF SABOTAGE

This program, created by Dr. John-David, is designed to eliminate subconscious self-sabotaging behaviors and patterns that undermine your personal and professional life. Documenting progress and writing daily affirmations, as directed in the manual, makes the entire process easy, yet incredibly powerful. Here's what the program deals with:

- Overcome mental obstacles and self-defeating thoughts and actions
- Experience new levels of personal and career success along with financial prosperity
- Improve relationships, intimacy and sex
- Rehabilitate those with head trauma, stroke, or other debilitating illnesses

This series contains both "active" and "passive" listening tracks—all with positive, life-enhancing subliminal messages and embedded sound patterns, tones and frequencies.



Includes guided visualizations and brain/mind exercises.

Advanced technology allows the listener to perceive sound in three dimensions, both inside and outside the brain, which maximizes the psycho-acoustical impact of sound vibrations in the skull.

Headphones are required for several tracks on the 5 CDs. 50 page workbook included.

#82032 Eliminate Self Sabotage
\$199.95

Healing with Sound

LEARN HOW SOUND THERAPY WORKS ON YOUR BRAIN

Sound and music has been used for thousands of years to alter human states of consciousness. Drums and chanting have been used in rituals and ceremonies to heal, and to induce trance states. In modern times, the use of sound is used to change brainwave states, to heighten focus and concentration, to hasten relaxation, to induce meditation, and to assist with healing.

Each sound track in this program contains a different blend of music: relaxing sounds, primordial, 3-D effects, brainwave-altering pitches, energizing tones, and pulsed healing sounds. What you

hear is the music mixed with nature, primordial rhythms, and 3-D sounds. The neuroacoustic technology is embedded in this musical matrix at an inaudible level.

You will find this program a very straightforward and effective tool to take command and control of your brainwaves.

When listening to these CDs, people frequently report feeling a lasting euphoria, a heightened sense of mental clarity, experience a peaceful state of mind, and even a sense of timelessness. 2 CDs: 2½ hours. Headphones are required.

#42541 **Five Directions** \$39.95



YOU CAN MAKE CHANGES TO YOURSELF, BY YOURSELF

- Rid yourself of bad habits
- Rid yourself of limiting beliefs and destructive thought patterns



- Change emotional reactions
- Access helpful mental states on demand
- Explore self-hypnosis and visualization
- Reduce depression and headaches
- Attain an addiction-free life
- Reduce anxiety attacks
- Increase your IQ and accelerate learning
- Improve sports performance
- Reduce pain and stress
- Achieve deep meditation
- Overcome insomnia

This advanced CD-ROM program targets very specific brainwave patterns which have been proven to make the mind most receptive to psychological change. This program permits you to no longer accept your limitations.

It also makes the mind more receptive to psychological intervention, guiding you to a relaxed, receptive mental state.

While in the receptive state thus created, you can make striking changes in your behavior, thought

patterns and emotions... by bypassing mental and emotional barriers that would normally make the mind resistant to change.

This program guides you to achieving rapid and long-lasting personal changes, that you thought were not possible.

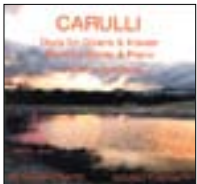
Included is a 200 page e-book style documentation, detailed user guide, research, psychological techniques and exercises.

#51028 **Neuro Programmer 2** \$49.95

SAMONAS RECORDINGS FROM GERMANY

These CDs are of the highest quality that we have encountered. They offer a rich spectrum of higher harmonics, detailed awareness of space, energetic and affective stimulation. They are about as "perfect" as you can get, providing the medium for true sound therapy. Embedment of signals make them unable to replicate the effect if CDs are copied. Headphones are required.

FOCUS



For people who need to improve their ability to concentrate, stay focused, be more alert and for those who are learning challenged.

Features guitar and piano music. The recording is right ear-weighted so as to stimulate the left hemisphere of the brain and thereby activate the logical domain.

#63448 **Carulli Duos CD** \$59.95

DEEP RELAXATION

These CDs use natural sounds to take you down to "very deep" states of rest and relaxation, even meditation.



The natural circulation of water is combined with pure tones of music played on natural instruments. The level of deep relaxation produced here lies in the creative Alpha and Theta domains. Altered states of consciousness have also been experienced in addition to deep relaxation.

#46030 **Mystery of Water** \$68.95

Peaceful pulsating of two seas in the evening, conveys the tranquility of nature. The vibrating tone of a Tibetan sound bowl is heard. The listener is led into deep relaxation.

Particularly suitable for those who do not want distracting influences.

#46032 **Nature-Sound-Synergy** \$68.95



These 45 minute CDs have energetic formulations that affect the body by balancing specific chakras.

Benefits: reduced stress, body harmony and well-being, increased vitality and renewed peak performance. There is no music or spoken word. Headphones are not required.

PROBLEM SOLVING

Overcome limitations. Think outside the box. Release blockages to greater courage and strength. Elevate your mood and step into a whole new reality!

#41088 **HiChi CD #1** \$29.95

PROSPERITY AND ABUNDANCE

Raise your mood level and self-esteem. Release doubts and fears. Manifest your desires and live your dreams.

#41089 **HiChi CD #2** \$29.95



RELEASING ADDICTIONS AND COMPULSIVE OBSSIVE BEHAVIOR

Stress releasing, relaxing, balancing and inspirational. Enables personal freedom. A great natural high!

#41097 **HiChi CD #8** \$29.95

PERSONAL POWER, GOALS AND MOTIVATION

Know your higher purpose. Become open to your self-worth, self-value, self-esteem and self confidence. Let go of who you're not!

#41098 **HiChi CD #9** \$29.95

Read about these and other products

ONLINE

ToolsForWellness.com

1-800-456-9887

Healing with Sound

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 \$179.95



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 \$69.95

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 \$49.95

#42756 Otto Tuning Fork 64 Hz \$49.95

#42757 Otto Tuning Fork 32 Hz \$49.95

SPECIAL: Buy all 3 Otto Tuning Forks and SAVE! Order #42758 \$139.95



Aluminum

DNA TUNING 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.



Aluminum

#71064 DNA Tuning Forks \$49.95

FIBONACCI TUNING FORKS



The Fibonacci Tuners are a sound tool that work with balancing the nervous system and altered states of consciousness to increase creativity and help in healing trauma and addictions. When we listen to these tuners, like children putting a seashell to their ear, we naturally seek out alternate realities within the sound. The Fibonacci Tuners create a bridge

between these realities which can promote a healing response. The 8 tuners that you will receive are labeled by ratios based on the Fibonacci numbering series which starts at 1.

If you already own our Solar Harmonic Spectrum Kit (#46048), we suggest you purchase the Fibonacci Upgrade Kit, which consists of 4 tuners and a pouch.

If you wish to start from the beginning with a complete set of tuners, you should purchase Fibonacci Tuning Fork Set, which consists of 8 tuners and a pouch.

More information about TUNING FORKS can be found on our website.

#83160 Fibonacci Tuning Fork Set \$179.95

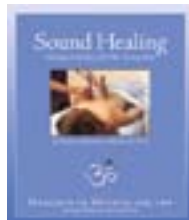
#83161 Fibonacci Upgrade Kit \$89.95



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



VIBRATIONAL HEALING WITH TUNING FORKS

If you are interested in tuning forks, here is a thorough, yet practical manual and DVD. It covers the healing aspects of vibration, sound and music. It includes 25 illustrated treatment protocols plus many other illustrations and photos. The DVD demonstrates tuning fork application methods for the physical and energetic body, how to treat others, and much more.

#84009 Sound Healing: Vibrational Healing with Ohm Tuning Forks \$59.95

CLARITY, FOCUS, AND AN ORGANIZED MIND

Strengthen The Mind: For Intelligence and Learning #12136 \$15.95

Unlock The Creative Spirit: For Creativity and Imagination #12138 \$15.95

The Mozart Effect

Heal The Body: For Rest and Relaxation #12137 \$15.95

Projects and Study: For Focus and Clarity (2 CDs) #12130 \$29.95

Deep Rest and Rejuvenation: To Relax and Unwind #12131 \$16.95

Morning, Noon and Night: For Yoga Practitioners #41032 \$16.95



#12136



#12137



#12138



#12130



#12131



#41032

Each recording has been sequenced, edited and mastered to realize the transformative powers found in Mozart's compositions. The complete set will allow you to select just the right piece for a particular situation. Makes an extraordinary gift, also! Each CD: 60 minutes

Buy all 6 and SAVE! Order #75260 \$84.95

Healing with Sound

In use for 300 years, tuning forks are used to achieve deep relaxation, relieve muscle tension and pain, improve circulation, and support overall body harmony. They are pleasant, easy to use, and work by creating vibrations that generate specific sound waves the body responds to.



#43107

OHM TUNING FORK OCTAVE SET

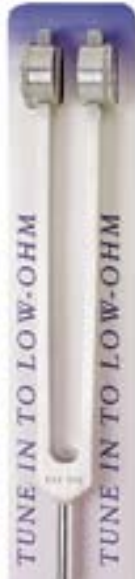
The Ohm Octave is a beautiful and healing musical interval, connecting us with the Earth and furthering our understanding of Ohm. Set consists of the Mid-Ohm (136.1 Hz) and the Low-Ohm (68.05 Hz) tuning forks, Activator, overview of sound healing, plus information on octaves and overtones, plus instructional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

#43107 Ohm Tuning Fork Octave Set \$99.95

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 \$49.95



#43109

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 \$49.95



#43124

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. Aluminum.

#43124 High-Ohm Tuning Fork Set \$79.95



#99863

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. Set of 5 tuning forks (256, 259, 262, 267, 271 Hz) and a wooden stand. Aluminum.

#99863 BioSonic Tuning Fork Set \$124.95

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 \$24.95



Aluminum

COMPLETE TUNING FORK KIT



Aluminum

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 \$209.95

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. 2½" wide x 1½" high.

#43110 Tuning Fork Activator \$19.95

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

#43125 Mobile Activator with Leg Strap \$38.95

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.

STARTER SET OF TWO TUNERS



Aluminum

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™ \$59.95

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



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 1 hour.

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

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

Healing with Sound

VERTONING: THE COMPLETE GUIDE TO HEALING WITH THE HUMAN VOICE



Explore the natural overtones and harmonics within the human voice and develop its innate therapeutic capabilities. Learn how to transform your health, relationships and spiritual awareness with this practical and complete handbook to vocal mastery, sound healing and transformation. Softcover, 383 pages.

#62169 **Overtoning** \$22.95

VIBRATIONAL HEALING, VOCAL PRACTICES AND TONING



Discover the natural vibrations, overtones, and harmonics within the human voice, and how you can develop its innate therapeutic capabilities. You'll learn how to use your voice:

- To free the body from stress, pain and vibrational toxicity
- To consciously create and sustain the magnetic attraction of chemistry and compatibility in personal relationships
- Can measure and evaluate healthy and non-healthy energies, frequencies, and vibrations

It is a complete guide for developing and expressing your true voice by Wayne Perry, the acclaimed vibrational healer and educator.

Also included is a CD that explains and demonstrates the key exercises in the book. Softcover, 320 pages

#21457 **Sound Medicine: The Complete Guide to Healing with the Human Voice**
Book + CD \$21.99

GETTING PAST SORROW AND EXPERIENCE JOYFUL WELLNESS



Helps to overcome grief, sadness and bad news. Contains continuous angelic music for true relaxation, balance, harmony and healing. 60 minutes.

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

CREATE YOUR OWN SOUND THERAPY



Choose from 1 to 37 Hertz; each track has a different brainwave... just use the "auto repeat" setting, allowing you complete entrainment control. Whether you are a musician, therapist or mind explorer, this CD will take you to the exact brainwave state that you select.

#75351 **LoopLogic 515** \$59.95

FOR HEALING AND HIGHER CONSCIOUSNESS

Hear the sounds of natural and psychoacoustically engineered rain, duplicating the maximum-resonance of DNA photon emission—a hypnoticsonicexcursionuseful for healing, transcendence and the removal of subtle energy blocks. 29 minutes



#71023 **Mystic Rain CD**
\$16.95

SOUND THERAPY TONES

This is a brainwave entrainment CD set of 12 frequencies (C, C#, D, D#, E, F, F#, G, G#, A, A#, B). Each frequency is composed of three octaves of all vocal harmonics and overtones and is sustained for 15 minutes each. No synthesizers or tone generators were used. There is a description of what each of the 12 frequencies target on

a physical and emotional level and also gives instructions for how the listener may select the best frequency for themselves for that particular moment or day. Included is a booklet that contains a powerfully effective toning release exercise. The CDs do not feature musical chords, lyrics or embellishments of any kind. Wayne Perry uses this set with his private clients to assist in bringing them

back into vibrational alignment and resonance. 4 CDs and booklet.

#62151 **Sound Therapy Tones**
\$149.95



REALIZE YOUR DEEPEST DESIRES CHANGE YOUR ENERGY PATTERNS

Go deeper into your mind and reach higher goals with a new generation of sound technology designed to have you enter an ideal brain state for relaxation and learning.

This program has four new SONIC ACCESS paraliminal meditations:

1. Success: realization of abundance in your life, self-limiting beliefs, self-confidence, the ideal career, a new lifestyle
2. Health: empower your body's natural healing ability, calm your nervous system, reduce stress and pain, improve circulation and stamina
3. Relationships: free yourself from fear, anger, and resentment, the law of attraction, enhance your emotional and psychological outlook, increase your overall happiness, bring your intimate personal relationships to their ultimate level
4. Spiritual Growth: perceive the world beyond your five senses, fulfill your destiny, usher in serenity, enjoy serendipity

All you have to do is relax, close your eyes, and listen. There are no complicated exercises or assignments. After just one listening, you'll feel your new power. This personal transformation program with its unique technology was written by experienced and accomplished leaders in the field. 5 CDs and a course manual.

#83149 **Sonic Access** \$129.95



HEAVENLY MUSIC

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



BEAUTIFUL MUSIC THAT OPENS THE HEART & SOUL

Captures both the essence of sacred sound and powerful psy-choacoustics. Incorporates techniques from sacred Egyptian and Greek harmonies along with Tom Kenyon's own 4 octave voice to create a musical vision. Can be used alone or in groups. Instructions on how to conduct The Ghandarva Ceremony. 61 minutes.

#46026 **The Ghandarva Experience CD** \$19.95



Healing with Sound

ACHIEVE BEHAVIORAL CHANGE WITH POWERFUL SOUND TECHNIQUES

Are you stuck to old ways of thinking or being? Breakthrough your obsolete behaviors with these popular Hypno-Peripheral-Processing programs. They are a proven, effective way to generate positive behavior. You hear two stories at the same time, one in each ear. This allows both sides of the brain to hear new information in the form they hear best. Each CD is 55 minutes. Use with headphones.

Generate new ideas spontaneously. Overcome internal obstacles and stimulate innate creativity.

#42523 Breaking Through Creative Blocks 1 CD \$24.95

Personal Power, Setting Priorities, Getting Started and Problem Solving.

#82022 Procrastination 2 CD set \$39.95



The Complete Self-Esteem Program: Self-Respect, Confidence, Assertiveness and Relationships

#82025 Personal Ecology 2 CD set \$39.95

A Motivational Weight-Loss Program: Motivation, Discipline, Lifestyle Changes and Exercise.

#82026 Inside/Outside 2 CD set \$39.95

Learn to take responsible risks. Control negative emotions such as anger and anxiety. Manage your life successfully. Put resilience in a whole new light as a lifestyle, not simply as a response to dramatic events.

#42525 The Power to Bounce Back 4 CD set \$79.95

Learn to Boost Your Immune System, Healing, Staying Healthy & Taking Charge of Your Life.

#82023 Feeling Better Mind/Body Connections 2 CD set \$39.95

A Stress-Management Program: Building Self-Esteem, Alleviating Anxiety, Coping with Anger and Lifting Depression.

#82021 Changing Emotions 2 CD set \$39.95

Listening, Influencing, Competing and Closing Sales.

#42018 Sales Mastery 2 CD set \$39.95

Maximizing Performance for Business, Sports and the Arts. Goal Setting, Confidence, Maximizing Performance and Handling Pressure.

#82024 The Quest for Excellence 2 CD set \$39.95

Learn to speak confidently in public. Gain confidence and assertiveness. Become an effective communicator.

#42524 Power Communication 1 CD \$24.95

Setting goals, generating new beliefs, increasing productivity, avoiding self-sabotage, unleashing personal power and self mastery.

#82027 Money, Wealth and Prosperity 2 CD set \$54.95

Learn to prioritize, organize, and, most importantly, how to follow-through to completion.

#42522 Creative Time Management 2 CD set \$39.95

Hypno-Peripheral-Processing was developed by Dr. Lloyd Glauberman

GET HIGHER QUALITY SLEEP WITH THESE VERSATILE SOUND MACHINES



Listen to sound samples on our website

Blocks out irritating noises, helps circumvent tinnitus discomfort and creates a soothing atmosphere so users fall asleep easier, get higher quality sleep, enhance concentration, and feel more alert and comfortable throughout the day. 12 programs are included in this model:

1. Ocean Surf: A relaxing oceanside environment
2. Rain: A gentle, peaceful setting
3. White Noise: Masks unwanted, background sounds. Cascading waterfall
4. Forest: Relaxation or

contemplation in a secluded forest

5. Mountain Stream: Rippling mountain stream
6. Thunderstorm: Exhilarating, but soothing sound of distant thunder
7. Energy Chimes: Sounds of a relaxing summer evening
8. Tranquility: Calming sound of a xylophone
9. Alpha Clouds: A soothing harp
10. Sleep Surf: A sleep-inducing oceanside environment
11. Delta Voyage: Rhythmic white noise with Delta frequencies
12. Dream Echoes: Echoing melodies to encourage deep, restorative sleep

Superb sound quality, alarm clock, timer, headphone jack, AC adaptor, battery-operated. Optional sound cards give this model an extended range and great versatility.

- Spa Retreat: 12 beautiful spa environment sounds for the ultimate in relaxation
- Nature Journey: 12 of the most popular pure nature sounds
- Ear Therapy: 12 exceptional sounds to help relieve tinnitus discomfort

#83209 Sound Therapy System \$99.95

#83210 Spa Retreat Sound Card \$24.95

#83211 Nature Journey Sound Card \$24.95

#83212 Ear Therapy Sound Card \$24.95

The deluxe model is the most advanced sound conditioner/sound therapy system available. It allows users to create their very own sound environment conducive to relaxation, sleep and improvement in everyday life.

Features:

- 20 main sounds and 5 mix sounds create 120 possibilities; all built-in with nothing extra to buy
- 3 speakers (including subwoofer) producing high sound fidelity
- Voice memo recording
- AM/FM stereo radio with presets
- Backlit clock with 3 alarm sounds and digital calendar
- 3 position timer plus a nap timer
- Memory button to replay last sound
- Headphone jack



Listen to sound samples on our website

- CD/MP3 input jack
 - AC powered with battery back-up
- #83203 Sound Therapy System Deluxe Model \$149.95**

THESE ARE THE DOCTORS BEHIND THE SOUNDS OF THESE AMAZING MACHINES

Dr. Lee Bartel: Professor of Music at the University of Toronto and scientific designer of the internationally best-selling "Music For Your Health" series

Dr. Fred Schwartz: an acclaimed expert on the use of music to reduce stress in premature babies, in the operating room, and with hospital patients.

Dr. Jeffrey Thompson: recognized as one of the world's leading experts in sound therapy. He has created over 60 CDs, which are sold in 26 countries

Dr. Steven Halpern: the world's leading composer and recording artist of music for relaxation, wellness and sound health.

A SOUND SLEEP WITH HEMI-SYNC

Verbal guidance relaxes you while Hemi-Sync sound patterns from The Monroe Institute guide you into a totally refreshing Delta sleep. Also features soothing sound effects embedded with Hemi-Sync to continue your deep sleep cycle. 70 minutes.

#62507 Sound Sleeper \$19.95



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



Skin Care

RESTORE THE SKIN OF YOUR YOUTH

Specifically designed and engineered red and infrared LEDs, proven to reverse the dreaded signs of aging by diminishing fine lines, creases, furrows and crow's feet. This lamp uses "Photon Energy" to stimulate deep into the skin to repair damaged tissue. A smoother, younger complexion is the result with none of the painful and expensive surgery, peels, or injections. It's all natural ... your skin is plumped, refreshed and replenished from deep within, using DPL Therapy (Deep Penetrating Light.) While LED devices have been around for many years, it has only been since NASA's first studies on wound healing about 20 years ago that LED technology has been validated.

Here are some of the benefits that you can expect:

- Helps sun-damaged skin



It's For Pain—It's For Beauty—It's For Both

The DPL System treats minor muscle and joint aches, minor sprains, minor back pain muscle spasms, and arthritic pain and stiffness.

- Creates more skin moisture which will help fill out the skin
- Increases circulation, producing a healthier skin tone
- Reduces melanin production, which causes brown age spots
- Activates fibroblast cells which create collagen and elastin
- Restores the skin's natural cellular collagen activity
- Lessens skin coarseness and pore size
- Smooths skin texture and reduces skin degradation
- Reduces overall redness, flushing and dilated capillaries

DPL therapy is a non-invasive procedure that activates skin cells with pulses of low-level, non-thermal light energy. DPL therapy converts light energy within the skin cells, like photosynthesis, which takes sunlight and converts it into food energy in plants.

Use for 9 minutes once or twice a day. It is used with eyes closed; eye shields are furnished for your convenience but are not necessary. The black/grey unit contains 2 panels (each 6" x 9") mounted on a stand. Minor assembly is required. You'll receive a Quick Start



Guide, User Manual, and a one year warranty card. AC operation.

This is a high quality, proven system that will give outstanding results. Regular users are enthusiastic about the improvements that have been achieved.

#83202 Deep Penetrating Light
\$349.99



IMPROVES SKIN CLARITY, HELPS DELAY SIGNS OF AGING

The Ozone Cleansing and Beauty Kit delivers oxygen to the skin, rejuvenating tired skin cells and allowing the skin to breathe. It gives the skin a beautiful, clearer and more youthful appearance. It works effectively by combining ozone and micro-vibration, keeping the skin free of germs and bacteria. It strengthens the cells' function to expel carbon dioxide and to absorb more oxygen, which allows for better circulation and accelerated metabolism of the skin. By cleansing the pores, it is very useful in resolving acne and blemishes as well as reducing inflammation.

The high frequency waves stimulate the deep skin layers, greatly improving circulation while the oxygen's negative ions balance the pH from acidic to more alkaline levels, thus neutralizing excess acids and promoting healthy, beautiful skin.

FOREHEAD
Massage in a circular motion

NOSE
Massage in an up-and-down motion.

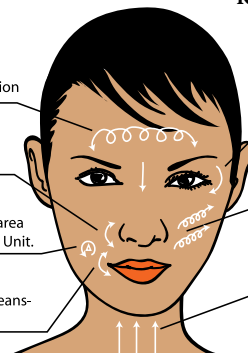
PIMPLE & ACNE
Zap each pimple or acne area with the Ozone Cleansing Unit.

MOUTH CORNER
Avoid using the Ozone Cleansing Unit on the lip area.

EYES
Avoid using the Ozone Cleansing Unit on or near the eyes.

CHEEK
Using a circular motion, starting from the jaw line, move slowly upward.

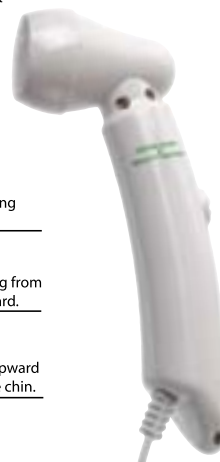
NECK
Apply on the neck area in an upward motion, toward the base of the chin.



It is also used with great results on wrinkles, puffy eyes, cold sores, sagging skin, collagen production and effective reduction of fluid retention areas.

The results achieved with this hand held unit compare very favorably with the \$50 to \$100 treatments offered in fancy salons. It is lightweight and compact ... very easy to use. AC operation. 1 year warranty.

#42529 Ozone Clean and Beauty Kit
\$114.95



90% OF USERS GET FAST RESULTS FOR MANY OF THEIR SKIN PROBLEMS



This is an advanced light therapy product, with the approach that beautiful skin begins from within. It is an effective treatment for visible signs of aging, acne and other skin problems with the face and body. This particular light therapy system uses the same wavelengths and frequencies that are used by professionals.

- Using both red and amber light, it has powerful anti-inflammatory properties and helps promote fibroblasts and collagen, producing long lasting results. The near Infrared light penetrates more deeply, stimulating blood flow and circulation. By using multiple wavelengths simultaneously and sequentially pulsating the light, you'll get faster, more effective results.
- The small healing head helps to treat and concentrate on the areas you are most concerned with.



Easy to use, non-invasive, painless, and free of side effects.

Lightweight, AC operation. 1 year warranty. U.S. shipments only.

Not for use for those with these conditions: pregnancy, epilepsy, steroid injections, medications causing photosensitivity, thyroid medication.

#82104 Baby Quasar Photorejuvenation System
\$449.00

IMPROVE FACIAL TONING

The muscles and skin tissues are lifted and toned using non-invasive, gentle electrical stimulation. You glide the easy-to-use NuFace device along the contour of the face while a gentle alternating current is emitted through dual spherical probes. The University of Washington's Pathology Department reported "This technology works in harmony with the body is evident. Examination of skin tissue treated in this manner showed a 45% increase in the number of elastin fibers in the dermis, collagen thickness in connective tissue increased 10%, and the number of blood vessels increased by 35%. The application of microcurrent to skin and tissue produced a firmer and tighter feeling on the skin surface."



In an efficacy study, users used NuFace 5 minutes a day for 30 consecutive days. Within only a four week evaluation, it reported a 67% reduction in facial lines and wrinkles, 13% reduction in sagging skin, 31% reduction in skin roughness and surface irregularities, as well as making the skin appear lighter and well toned.

Microcurrent technology is used in luxurious spas and dermal clinics to lift and tone the face, reduce and eliminate fine lines and wrinkles, improve facial circulation, skin exfoliation, lymphatic drainage, sun damage treatment, and skin pigment improvement.

In fact, the Food & Drug Administration has cleared NuFace as an in-home cosmetic device that safely and effectively improves the appearance of the face through the use of microcurrent technology. Regular use will maintain a healthy facial muscle tone and integrity.

- #83204 NuFace Kit **\$379.00**
- #83205 Optimizing Mist Refill 8 oz. **\$32.00**
- #83208 Derma-Gel Refill 8 1/2 oz. **\$25.00**

Kit contains: Derma-Gel (applied to skin areas), Optimizing Mist (used after the treatment to promote continual hydrating and firming), instructional DVD, user manual and 9v battery.



GET RID OF ACNE IN 12 WEEKS

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 cause acne.

It kills the acne which multiplies when oil glands are clogged. People, who have "tried everything" can now find satisfaction with this blue/red light therapy, the same used by dermatologists. Not for use by people on antibiotic therapy. Built-in handle, counter stand, and 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**



ACHIEVE FIRMER, YOUNGER LOOKING SKIN

This is a safe and painless way to stimulate your own skin's rejuvenating process. Many women call it their "Anti-Aging Partner." The RejuvaWand provides the basis for unlocking the natural restorative powers of your body without invasive and painful surgery, chemical peels, high-powered laser treatments, and Collagen or Botox injections. By combining the rejuvenating effects of red and infrared light with a gentle massage action, the RejuvaWand diminishes the



appearance of fine lines and wrinkles, and improves skin tone, resulting in radiant and youthful looking skin. It uses low level light energy and works to improve your skin's condition in a non-irritating, non-invasive way. There is no redness, swelling or downtime from the treatment.

When you read the owner's manual, you'll quickly understand that this system is well thought-out and prepared by skin care professionals and is backed by customer support.

#82004 RejuvaWand (with charging base and Enhancing Gel) \$199.00

The RejuvaWand people recommend the following products, but they are not absolutely necessary to achieve the extraordinary results provided by the RejuvaWand. A description of these four products can be found on our website.

- #84013 Rejuva Cleanse 4 oz. **\$18.00**
- #83014 Rejuva Toner 4 oz. **\$18.00**
- #83015 Rejuva Moist 2 oz. **\$35.00**
- #83016 Rejuva Gel 2 oz. **\$35.00**

THE PHOTO REJUVENATION SYSTEM FOR HEALTHY, GLOWING SKIN

The X Star LED Model is a superb instrument for skin treatment and invigorating cellular regeneration that is basic to a glowing appearance. It penetrates several millimeters deep, with its super bright LED, 630 nanometer output, which NASA has determined to be the optimum output for cellular healing and regeneration.

The X-Star 50 Photo Rejuvenation System, energized with the 12 Higher Harmonics, acts as a catalyst to the body's metabolism. This accelerates the healing of damaged skin by clearing away psychophysical blocks, thereby speeding the revitalization process. The LED and laser systems are effective on the physical body and also on the mental and emotional levels as well.

The secret of its success is that it penetrates several millimeters deep using 50 super-bright mini LEDs. (similar products have only 20 LEDs.)

- Stimulates collagen which helps smooth the skin
- Produces a healthy glow to the skin with new clarity and texture
- Firms the skin with its facial toning action
- Increases oxygen circulation which allows for faster recovery time after accidents and/or surgery
- Helps damaged cells to be replaced faster
- Assists with the management of acne
- Attacks enlarged pores and cold sores

With your unit, you will receive OxyVital Skin Therapy, a highly effective delivery system of energized oxygen and essential oils which work

synergistically with the Photo Rejuvenation System to produce professional level results right in your own home.

The AC model is made for 110v U.S. use only. If you're looking for portability, order the battery-operated model. Otherwise, the AC model is best.

- #83064 X Star50 Photo Rejuvenation System: Portable Rechargeable Battery Model **\$1299.00**
- #42684 X Star50 AC Model **\$1299.00**

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



Water Treatment

PURIFY AND ENERGIZE YOUR WATER SIMPLY, SAFELY AND ECONOMICALLY

You will be amazed at how just one glass of ozonated water will quickly lift your energy level, giving you more clarity and focus.

You can also use the Nature-Kleen Water Ozonator 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. For centuries, it has gained a reputation of being a “wonder water”.

Ozone is a three-atom form of oxygen—it’s quite simple, when O₂ interacts with electricity in a specially designed generator, some of the atoms split and become O₃. Ozone is able to destroy a wider range of organisms in drinking water than chlorine and removes most objectionable tastes and odors from the water. Plus, it breaks down residual trace elements of toxic chemicals and pathogens and kills bacteria (including E-Coli) on food products including meats, fruits and vegetables.

Ozone assures you of the cleanest and safest water possible. Ozonation can strip water of iron, manganese and sulfur by oxidizing them into insoluble compounds—and eliminates up to **99.99% of bacteria and viruses.**

The U.S. Environmental Protection Agency (EPA) advises that ozone is a water treatment that will protect people from E-Coli. Water

ozonation is already used by many U.S. cities to protect their water systems and is being used by many major water bottling companies for sterilization.

Great Uses for the Water Ozonator

Energize Drinking Water: For an 8 oz. glass of water, use the bubbler for 2 minutes. For larger containers, it could take 5 to 15 minutes.

Food Sterilization: There is no better or faster way to sterilize meat, seafood, fruit or, vegetables. At retail stores, these products are exposed to bacteria. Your food will taste distinctively fresher, especially seafood, and it will make your vegetables extremely crisp!

PLUS: Toothbrush Sanitization, Purification of Fish Tanks/Aquariums and Bath Water

1-year manufacturer warranty.

WATER FILTERS DO NOT HAVE THE ABILITY TO ACTUALLY KILL BACTERIA IN WATER; THIS PRODUCT DOES.

#42049 Water Ozonator \$299.95

#42050 Extra Diffuser Stone \$11.95

HYDRATE YOUR BODY AND FEEL A NEW SENSE OF ENERGY

This is the very best and economical way to make CLUSTERED WATER quickly and efficiently in your own home. Using regular tap water, the E-Water Machine takes less than a minute to produce small cluster water ... ideal for energizing your body by hydrating cells and organs, cleansing, detoxifying and enhancing the absorption of nutrients. It’s easy to use and you’ll feel refreshed from your “new water”. Battery-operated.



#81026 E-Water Machine \$199.95

ADD OXYGEN DROPS TO YOUR DRINKING WATER

The body constantly uses oxygen to oxidize and eliminate disease-causing microbes and to eliminate the body’s waste. OxyLift is a liquid concentrate with ingredients that contain what your body needs for immune system maintenance, waste elimination, improved digestion, and cellular repair. 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

All information contained herein is for educational purposes only. No health claims are intended or inferred. Statements made in this catalog have not been evaluated or approved by the U.S. Food and Drug Administration. If you have a medical condition, please consult your healthcare professional.

CHANGE THE MOLECULAR STRUCTURE OF WATER IT WILL WORK WONDERS FOR YOU

Willard Water, itself, is not a nutrient but a superb vehicle by which nutrients are transported throughout the body’s cells and waste is effectively removed. It acts by changing the molecular structure of the water that it is added to.



- Improved energy
- Increased alertness
- Better sleep
- Better regularity and digestion
- Better alertness and memory
- Fewer aches and pains

- More energy
- Dealing with stress better
- Supplements seem to be more effective

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. 6 teaspoons of this concentrate will make 1 gallon. Most people start by drinking 8 oz. a day and gradually increase to 4 glasses daily. Clear and Dark are essentially the same. The dark color results from minerals added to it.

#46012 Clear Willard Water 8 oz. \$21.95

#46013 Dark Willard Water 8 oz. \$21.95

ENERGIZE YOUR WATER

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 the Earth’s natural magnetic field. This results in a slightly higher pH, lower chemical presence and increased energetic qualities. No batteries required.



Place the Super-Bullet in a pitcher or water cooler

#63544 Virgin Waters SuperBullet \$39.95

COMPLETE BRAIN-BOOSTING PROGRAM



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

ALKAZONE ALKALINE BOOSTER



It supplies valuable minerals in the form of a colorless, odorless, and tasteless drop that can be added to water. By adding just 3–4 drops to a glass of water, you can increase the pH to about 8–10. The minerals can buffer acidity from normal metabolism in the body. You'll feel the difference! You'll look better!

pH Balance is Important Stress and diet present challenges to our system.

Drinking water is the easiest thing to do, and drinking **better water** is the really smart thing to do.

Many foods create excess acidity in the body, and high stress can further add to the load. Eating foods that alkalize the body will help to support the need for buffering the acidity.

Drinking water with plentiful mineral content (Alkazon has Potassium Lactate, Potassium Citrate and 79 trace minerals from marine deposits) is another easy measure.

This product has no Sodium. The small 1.2 oz. dropper bottle (about 1 month's supply) is ideal for traveling.

Most of the foods we eat and drink are acidic in nature: meats, soda pop, electrolyte drinks. Keep your system in proper equilibrium and assist in eliminating acidic body waste ... get into an "alkaline booster habit" with Alkazon

#49017 Alkazon pH Booster \$24.95

Buy 3 and SAVE! \$22.50 each

Read about these and other products

ONLINE

ToolsForWellness.com

GET HEALTHY, OXYGEN-RICH WATER 24/7 WITH AN OXYGEN WATER COOLER

Perk up the natural way with a glass of oxygenated water from the O₂ 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 O₂ 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 O₂ 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.

FINALLY! A product that has succeeded in integrating the miniature oxygen generator with the household water cooler mechanism, resulting in a super oxygenating water cooler system contained in single body. This patented system increases the dissolved oxygen level in the drinking water, which is normally 7 PPM (Parts per Million), up to 25 PPM at the maximum—an increase of over 600%! As a comparison, oxygen-rich mountain streams can have up to 15 PPM.

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 muscles to increase energy and performance
- More oxygen to skin cells for healthier, younger looking skin
- Enhanced metabolism and waste removal
- Improves the body's ability to fight bacteria and viruses
- Better absorption of vitamins, minerals and other nutrients

Uses a 3 or 5 gallon bottle of water (not included)

The floor model dimensions are: 13½" x 13" x 39" without bottle

The counter top model is 13½" x 13" x 21" without bottle

Note: Bottle is not included.

1 Year Manufacturer Warranty.

#33816 Oxygen Water Cooler Floor Model \$995.00

#33817 Counter-top Model \$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.



#33817

#33816

FLANAGAN MICROCLUSTER WATER CONCENTRATE



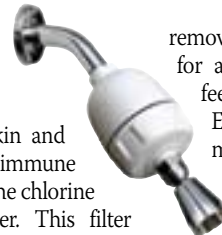
It's rather easy to understand the principle. Reducing the surface tension of drinking water makes the water "wetter" and increases its solvent capacity. Crystal Energy Drops is a catalytic liquid which, when added to water and other liquids, enhances solvency power by altering their molecular structure.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

THE BEST SHOWER FILTER TO REMOVE CHLORINE

Chlorine dries your skin and can depress your immune system as you breathe the chlorine vapors in your shower. This 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. Chrome head, pop-in replaceable

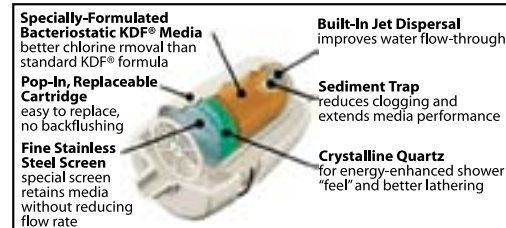
cartridge, sediment trap

and quartz crystals for a healthier shower experience.

#62072 Rainshow'r \$47.95

#62073 Replacement Filter \$19.95

Replace filter every six months



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 Dispersion improves water flow-through

Sediment Trap reduces clogging and extends media performance

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

HAND HELD ADAPTER



Permits you to use the Rainshow'r (purchased separately) as a hand held shower. 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

CHLORINE-FREE BATH WATER

Chlorine is removed faster when there is circulation of this Crystal Ball in the bath water.



It just floats in the water. Replace the filter media once a year.

#75036 Crystal Ball® Dechlorinator \$36.95

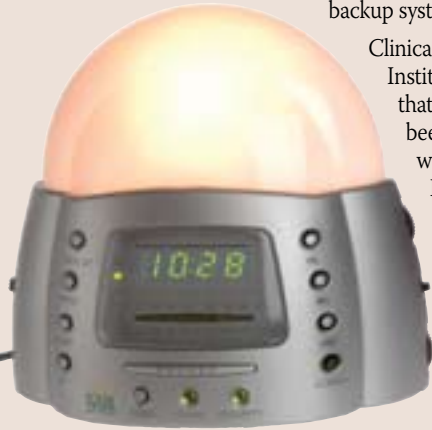
#75376 Replacement Bag \$24.95

Lighting

WAKE UP REFRESHED WITH A NATURAL SUNRISE "WAKE-UP CALL"

The Sun Alarm effectively increases your energy levels and helps you to wake up easier and gently every morning. Waking up "with the sun" can be activated from 15 to 120 minutes, gradually increasing brightness to simulate a sunrise. Likewise, there's a "sunset" feature. AM/FM radio is built-in along with a flash/beeper feature for heavy sleepers. It has a snooze button, alarm, AC adapter and a battery backup system.

Clinical studies at the National Institute of Health indicate that waking to light has been known to help people with Seasonal Affective Disorder, various forms of depression, and sleep disorders to overcome their problems by increasing daytime energy, limiting winter weight gain, and allowing them to wake up easier. 5"H x 5"W x 3"D



#42548 Soleil Sun Alarm Ultima \$89.95

WAKE UP TO YOUR OWN PERSONAL SUNRISE, NATURALLY

Loaded with features, this clock creates a natural sunrise that tells your body clock that it's time to wake up, gently waking your body from its final sleep stage so you can wake refreshed and alert. Dawn simulation restores the balance of sunrise/sunset that our bodies crave. Your body knows when to go to sleep and when to wake up from the light/dark signals it receives. Unlike the sudden jolt of an alarm clock, this sunrise simulator clock provides a natural sunrise that wakes you gradually, matching the actual light patterns of a natural sunrise.

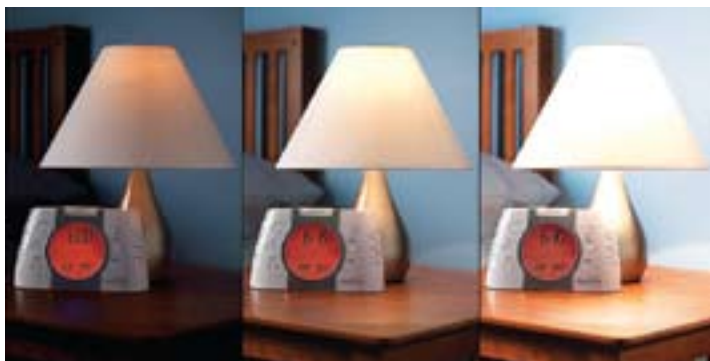
Begin every morning this way and see how easy it is to get going. Get the right amount of light before you wake up,



get your body clock started properly, and start every day refreshed!

Features include: brightens automatically, sunset mode, two wake time settings, AM/FM radio alarm, brightness control, 2 year warranty. AC operation. 7" x 11" x 17"

#21459 DayBreak Duo Sunrise Simulator Alarm Clock \$199.00



RELIEF FROM SLEEP DISORDERS, JET LAG, WINTER BLUES AND SAD

The goLite will lift your mood during the day, improve sleeping cycles and quality of sleep, help avoid jet lag illness, and irregular sleep patterns and energy deficiencies due to erratic work habits.

The light produces natural sunlight without any ultraviolet radiation. The lamp is used 20" away from the face at a slight angle, with the eyes open.

For many years, it has been known that full-spectrum, 10,000 lux light can be very effective in treating seasonal affective disorder and other circadian rhythm related mood disorders. Recently, The goLite delivers blue light at the most effective wavelengths, which means a more convenient treatment and fewer side effects than the traditional 10,000 lux light therapy devices.

Fully programmable for treatment length and scheduling plus numerous personal settings. Great for traveling: protective flip-down cover and weighs less than 1 pound. 2 year limited warranty. 6" x 6" x 2". Carry case.

#62162 goLite M-2 \$299.00



FULL SPECTRUM LIGHT THERAPY

Here is a terrific full spectrum, 10,000 lux lightbox that produces 100% of the right kind of light. Most light boxes don't produce enough of this action spectrum to be really effective. This one is engineered to bring the benefits of new lamp research; it has 50% more of the effective bandwidth (460-485 nm) than others at the same distance. This will accurately shift your circadian rhythm.

Recommended usage distance: 2-3 ft. Lens diffuses the light evenly. No harmful UV. Color corrected temperature: 6,500 Kelvin. 7" x 11" x 17". AC operation. Four timer settings with automatic shut off.

This lamp offers great relief for SAD sufferers with its up-to-the-minute new technological advances and many features.

#21460 BriteLite Full Spectrum Light Therapy Lamp \$299.00



RISE & SHINE BEDSIDE LAMP WITH WAKE-UP ALARM

This programmable natural light and sound alarm clock simulates sunrise to wake you gently. Light and sound gradually increase and decrease according to choice of 4 pre-set times. Lasts 2,000 hours.

Choice of 8 nature sounds, plus alarm/snooze and AM/FM radio. Battery backup. 24" high, 6 1/2" base diameter. Shade: 12" diameter. Easy to operate.

- Wake up and fall asleep gently
- Feel refreshed and energized
- Reduces stress



- Full Size Linen Lamp Shade
- Super Bright Xenon Bulb Technology (Bulb Included)
- AM/FM Radio
- High Fidelity Mylar Speaker
- Manual On/Off Dimming Knob
- 7 Color Display Options
- Snooze
- 8 Nature Sounds:
 - Song Birds
 - Harbor Cove
 - New England Village
 - Mountain Brook
 - Ocean Surf
 - Woodland Forest
 - Spring Rain
 - Gentle Breeze

#51085 Rise & Shine Bedside Lamp Ivory \$179.95

#18788 Replacement bulb \$19.95

HappyLite[®] SUNSHINE SIMULATOR[™] Deluxe

GET YOUR DAILY "DOSE" OF SUNSHINE

Boost your body's sense of well-being, alertness and energy with the VERILUX[®] HappyLite Deluxe Sunshine Simulator. Although our lives, health and well-being are



dependent upon the sun, most of us do not get enough sunshine every day. Bright light is used for alleviating symptoms associated with seasonal affective disorder (SAD), jet lag, shift work fatigue, seasonal change and insomnia.

- Ultra lightweight... only 7 lbs.
- Sleek white satin lens cover
- Soothing glare-free light
- Flicker-free light, low EMI
- 10,000 Lux daylight natural spectrum light
- Built-in stand and carrying handle
- Can be wall mounted
- 20"H x 13"W x 4"D

#42001 HappyLite Deluxe \$189.95

#42514 Replacement Pack 2 bulbs \$56.95



PUT SUNSHINE ON YOUR DESK

Space-saving and lightweight, this sunshine supplement lamp will fit on any table or desk. Delivers 5,000 LUX of healthful light for treating S.A.D. and improving your mood. 12" high.



#99882 HappyLite Mini \$89.95
#62144 Replacement Bulb \$24.95

SUPER BRIGHT, FULL SPECTRUM RECHARGEABLE FLASHLIGHT

Extra wide beam and 6 powerful LED bulbs provide lighting to a wide area. It has a solar panel that lasts 20 years and gives 4 hours of light. Runs on 3-AA rechargeable batteries. 8 1/2" and made of rugged ABS plastic. One year warranty.



#82105 ReadyLight Full Spectrum Flashlight \$29.95

Online
Store
OPEN
24/7



ADJUST YOUR BODY CLOCK WITH THE BLUE LIGHT SLEEP SYSTEM

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. Flicker-free, no-buzz bulb. 12" high. 3 year warranty.

#62503 Twilight Blue Light Sleep System \$89.95

#62504 Replacement bulb \$24.95

FULL SPECTRUM LIGHT BULBS

Based on years of research and testing, not only do they bring out true, vibrant colors—they can ease eye fatigue, improve your mood, and they simply look and "feel right." These pure neodymium-glass bulbs work just like regular incandescent bulbs—but they emit a natural spectrum of light that is the closest you can get to sunlight indoors! They fit any standard incandescent bulb socket and last 5,000 hours—5 times longer



than incandescent bulbs. They work great anywhere—for table, desk and reading lamps, in workshops, kitchens and art studios and wherever you want quality light.

Regular Bulbs \$8.95 each			Other Bulbs Frosted Only			
	CLEAR	FROSTED	3 way	50/100/150W	#46082	\$11.95
60 Watt	—	#46084	Flood	75W	#48358	\$17.95
75 Watt	#48354	#46071	Beauty Bulb	40W	#34073	\$10.95
100 Watt	#48356	#45023	Shows skin colors accurately			
150 Watt	—	#46083	LARGER SELECTION ONLINE			

48" FLUORESCENT BULBS

Our fluorescent tubes are the closest representation of natural light available with unsurpassed color rendition, visual appeal, less eyestrain and a reduction in headaches. You will notice a dramatic difference when you get rid of your old light tubes.



#51002 T-12, 1 1/4" diameter, 48" long, 40 watt. For most applications. Pack of 4 \$54.95

#51003 T-8, 1" diameter, 48" long, 32 watt. For electronic ballasts only. Pack of 4 \$54.95

See a larger selection of replacement bulbs at ToolsForWellness.com

FULL SPECTRUM COMPACT FLUORESCENT BULBS

These bulbs help you see and feel better, while also helping to heal the earth. Verilux CFL technology helps stop the advance of global warming by assuring each bulb uses 75% less energy, yielding a life of more than 10,000 hours. This means less energy used, fewer greenhouse gas emissions, and fewer bulbs in landfills. If that isn't enough, the energy savings from just one bulb can save you almost \$100 over the life of the bulb.



#24110 13 watt (equivalent to 60w) Pack of 2 \$11.95

#24112 18 watt (100w) Pack of 2 \$19.95

#24114 26 watt (150w) Pack of 2 \$24.95

#24109 3 way 12w-20w-26w (60-100-150w) \$24.95

#24115 15w Indoor Flood (60w) \$17.95

#24108 23w Indoor Flood (125w) \$19.95

#24113 23w Outdoor Flood (125w) \$24.95

ENERGY-FRIENDLY BULB AND AIR CLEANER, TOO

Don't let the looks fool you. Yes, it's one of those new, energy efficient fluorescent light bulbs ... but there's more. This one has a built-in negative ion generator that removes positive ions in the air. These "bad" ions, generated by TVs, computers and other electrical devices, are what make us feel tired, depressed and irritable. These new technology bulbs remove smoke, smells, germs and harmful fumes, too! Saves on the energy bills, cleans the air, helps the environment, and gives you more personal energy; need we say more?



Negative Ion Bulb

#83310 15 watt (60 w equivalent) \$19.95

#83311 20 watt (75 w) \$21.95

#83312 25 watt (100 w) \$23.95

Share Us With A Friend
Help someone else enjoy
the life-enriching products at
TOOLS FOR WELLNESS.

Air Improvement

“IS IT ME ... OR THE AIR AROUND ME?”

THIS PERSONAL AIR PURIFICATION SYSTEM GIVES THE ANSWER



In most confined spaces (airplanes, automobiles, trains, offices), a growing number of people report a lack of energy, mild disorientation, anxiety, headaches, nausea and a general feeling of “just being downright miserable.” What’s frustrating is that it comes on suddenly and you just don’t know why.

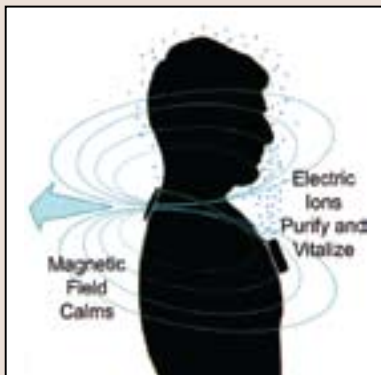
Research has shown that it’s nothing you are doing wrong ... it’s the air around you: the bacteria, the viruses, the pollen, the dust, the invisible smoke and a depletion of free electrical charges in the body. The passenger who sneezes four rows away from you in an airplane can affect you in just a few minutes. The air containing coughing and sneezing by others is constantly being recycled.

This small ionizer surrounds the body with negative ions and a magnetic field to keep your bioelectric vitality strong. It puts up a shield around you, providing a constantly replenished supply of free negative ions and a defensive magnetic field. The CH Personal Ionizer does not treat or cure people of any disease. It does treat the air that you breathe to help make it fresher and safer because it substantially reduces the inhalation of toxic particles. It performs this very well, indeed.

Now you can understand why many people (travelers in particular) feel exhausted and “out-of-whack” after a long plane flight. Find someone who is suffering from this type of discomfort and let them wear this personal air purifier. Within 10 minutes, they will feel considerably relieved. Here’s another test: If your hotel room smells with odors (from mold, cigarette smoke, etc.), leave the CH Personal Ionizer running in the room to knock out the odors. Come back in 20 minutes; you will smell and feel the difference.

The unit is very compact and lightweight, produces a very safe .028 ppm of ozone, is battered operated and comes with a neck cord. It is not a medical device and should not be used in place of a healthcare professional.

It should not be used if you wear a pacemaker or have any other implanted devices.



#46001 CH Personal Ionizer

\$119.95

CLEAN AIR WHILE YOU DRIVE

This car ionizer eliminates odors, dust, pollen, germs, bacteria and smoke. Helps relieve fatigue and promotes alertness while driving. Produces a cleaner, pollution-free environment while driving.



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

#75233 Automobile Ionizer \$29.95

PUT SOME NEGATIVE IONS IN YOUR LIFE AND GET SOME POSITIVE RESULTS

Recharge your mind, body and spirit while eliminating odors, dust, pollen, smoke. You’ll also cancel out the effects of appliances, air conditioners, fluorescent lighting, building materials, and computers. With a negative ion generator, you’ll energize your body and mind by increasing oxygen flow to your brain and levels of serotonin to your blood.



It’s like the refreshing feeling you get by opening a window and breathe in fresh air with a little moisture. How wonderful that makes you feel! Remember the feeling standing close to a waterfall? An effective negative ion generator like these one will outperform the waterfall, and they produce no ozone. The effectiveness of both models is the same.

#82106 Ionic Lifestyle Negative Ion Generator AC Model

\$47.95

ATTENTION COMPUTER USERS: GET REFRESHED WHILE YOU WORK



Plug directly into your computer's USB port

Computers are prime offenders in emitting positive ions and electromagnetic waves.

Having this negative ion generator nearby will reduce the fatigue that many of us feel sitting in front a screen for long periods. This model plugs directly into your computer’s USB port.

#82107 Ion Generator For Computers

\$47.95

ROOM AND CAR OZONATOR AND IONIZER

Here’s a more powerful 2-in-1 air purifier machine. Ozone output is adjustable. This air purifier doesn’t mask odors; it destroys odor-causing bacteria. Effective in areas up to 600 sq. ft. AC operation. Car adaptor included. 7” x 5”



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

Read about these and other products

ONLINE

ToolsForWellness.com

IONIC AIR PURIFIER

- Its electrostatic technology actually absorbs contaminants in the air with 95% efficiency
- Filters out airborne bacteria, viruses, fungi, spores and suspended particles
- Relieves allergies, hay fever, sinusitis, migraines, and bronchial asthma
- 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

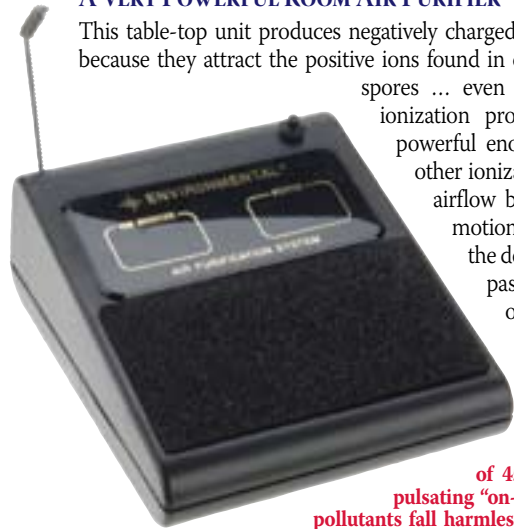
Effective area: 100–150 sq. ft. Works with batteries or with AC adaptor (included). 3” x 3”.

#99892 Ionic Air Purifier \$39.95



A VERY POWERFUL ROOM AIR PURIFIER

This table-top unit produces negatively charged ions that are beneficial to the environment because they attract the positive ions found in dust, pollen, bacteria, cigarette smoke, mold spores ... even toxic chemical fumes. It imitates nature's ionization process efficiently and economically that is powerful enough to air spaces up to 800 sq. ft. Unlike other ionization devices, the ion emitter here stimulates airflow by discharging ions in a rapid, spiral vortex motion ... actually drawing airborne pollutants to the device, instead of waiting for them to randomly pass near the unit. These powerful vortex waves of ions are electronically swirled into the air at a rate of 150 feet per minute, effectively washing the air of even the most microscopic pollutants.



You'll notice the difference the moment you plug it in. It releases a powerful stream of 450 trillion ions per second into the air in a pulsating "on-off" cycle. During the "off" cycle, the ionized pollutants fall harmlessly to the foam collector pad, or to the floor. The pollutants are then removed during normal vacuuming and dusting, and when you wipe the unit's pad clean.

Excellent information about ionizers and air purification is contained in the user's guide. AC adapter is included.

#81099 Room Air Purification System \$129.95

IONIC AIR PURIFIER



This air purifier is equipped with an ionizer to help reduce the concentration of airborne microorganisms. The compact, space saving design permits you to place it inconspicuously in your home and office, and it's light enough to move around with ease. The air cleaner has a three speed fan to continuously purify the air. The Aller Free is especially helpful for allergy and asthma patients.

HEPA filter, 99.97% filter effectiveness at capturing airborne particles as small as 0.3 microns from the air that passes through the filter.

Ionizer releases negative ions helping to reduce the concentration of airborne micro-organisms.

- Air is exchanged 3 times per hour
- Very quiet air circulation system
- Timer settings: 1, 2, 4 or 8 hours
- Adjustable ionizer switch releases ions from 0 to 7KV
- Fragrance chamber to customize with your favorite scent
- For room size: up to 14' x 16'
- Dimensions: 17" wide x 18" high x 7" deep. Weight: 16 lbs.

#75266 Aller Free Air System \$159.95

Additional \$10.00 shipping charge

#75364 Replacement Filter \$29.95

(Replace twice a year)



PORTABLE AIR PURIFIER

- Filters out airborne bacteria, viruses and fungi
- Relieves allergies, hay fever, sinusitis, migraines, and bronchial asthma
- Neutralizes odors
- Increases energy
- Improves mood and relieves winter "blues"
- Effective area: 30-40 sq.



Ozone level: .01 PPM. Battery life: 30 hours. Includes neck strap and a stand for indoor use.

#99891 Portable Air Purifier \$24.95

These products should not be used in place of medical care. If you have a medical condition or are in doubt, ask your healthcare professional first.

FREE MERCHANDISE CERTIFICATES

WHEN YOU ORDER FROM TOOLS FOR WELLNESS

- With your order of \$175 —We'll enclose a \$5.00 merchandise certificate
- With your order of \$275 —We'll enclose two \$5.00 merchandise certificates
- With your order of \$550 or more—We'll enclose five \$5.00 merchandise certificates
- Use these certificates to save on your future orders or give them as gifts.



AIR PURIFIER AND IONIZER FOR ROOMS AND AUTOMOBILES



Uses dust collecting technology to kill harmful bacteria, viruses, molds and odors. Covers 80 sq. ft. indoors using the AC adaptor (included). When used with the car adapter (included), it covers about 16 sq. ft. Quiet operation and no filters to replace 12" x 7".

#99866 Dual Action Air Cleaner 39.95

Love & Intimacy

“Wow, The Fire Is Back”

ARE YOU LOOKING TO BRING THE SPARK BACK IN YOUR RELATIONSHIP? ARE YOU READY TO FALL IN LOVE AGAIN?

A great deal of information exists as to how to improve relationships. Unfortunately, insight and understanding do not necessarily translate into change. Rekindling The Flame, however, focuses on unconscious patterns



of intimate communication that result in spontaneous improvement on all levels of your relationship, from everyday communication to sexual passion.

So how do you raise the temperature of your love life?

Rekindling The Flame is a method to program your unconscious mind to make relationship changes. This method “short circuits” any

frustrations or disconnects between lovers and installs more appropriate rhythms of two people communicating harmoniously. This is not a sex education program; it is designed to bypass your conscious mind allowing you and your partner to change effortlessly for a mutual reward.

You will find yourself less anxious, communicating more easily and becoming more sensual and sexual. You might even rediscover the excitement of when you first met! And it will all seem natural. This program works best if both parties are using the program. However, individual use will also result in relationship breakthroughs and rising temperatures!

We all want to spice up our love life and feel the heat of passion burn. You can remove any unconscious barriers and have the relationship of your life with Rekindling the Flame.

This program consists of 4 CDs:

- Communication
- Sensuality
- Sexuality: For Women
- Sexuality: For Men

#42733 **Rekindling The Flame** \$79.95

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.

RELEASING INHIBITIONS FOR SEXUAL ECSTASY

This 45 minute CD has energetic formulations that affect the body by balancing specific chakras. Benefits: reduced stress, body harmony and well-being, increased vitality and renewed peak performance. There is no music or spoken word. Headphones are not required.



Experience passion and ecstasy! Reconnect with your joy and passion. It speaks to all of the cells of the body reaching the primal depths of the spirit. One actually seems to float in a field of pure space. Clears your energy field of stress, leaving you in a vitalized, harmonious and balanced peak performance state.

#41099 **HiChi CD #10** \$29.95

Read about these and other products

ONLINE

ToolsForWellness.com

ANCIENT CHINESE 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. 2 oz. dropper bottle.

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



DEVELOP PERSONAL MAGNETISM



Turn on your own charisma. After using this CD, you and others will notice a change right away as your newly discovered magnetism builds. It is based on the premise that we all have energies that flow through our bodies. These energies can be directed in such a way that others perceive us to be magnetic. Best results are achieved when you listen to the CD within two hours of experiencing someone who is magnetic. This is a fun CD that can have interesting personal and professional ramifications. It is based on paraliminal technology (see page 39 for details). There are no subliminal messages on paraliminal recordings.

#99612 **Instantaneous Personal Magnetism** \$29.95

EROTIC BACKGROUND MUSIC

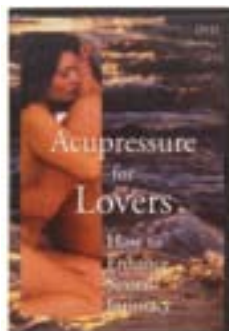
Music based on Eastern Tantric traditions opens and activates your heart and sexual chakras. You experience a euphoric rush of “releasing” and exaltation as



endorphins flood your system. This rapturous state of delight removes psychic barriers, deeply entrenched inhibitions and fears. You are transported to a realm of sensual inspiration and attuned to experience peak pleasure and sexual fulfillment. CD. 60 minutes.

#75078 **Ecstasy** \$14.95

ACUPRESSURE TO ENHANCE SEXUAL INTIMACY



Stimulate 12 acupressure points in a fully guided erotic routine. 40 minute DVD.

#83146 **Acupressure for Lovers** \$29.95

THE POWERFUL 9 PYRAMID MATRIX SLEEP SYSTEM “THE ATLANTIAN NINE”

The nine pyramid matrix technology works like a giant lens which focuses the more powerful energy fields discharging off the tops of 9 pyramids to a point of concentrated energy below. There are 8 platinum anodized pyramids plus the center 30” collector pyramid which is gold anodized. Users report more restful sleep, heightened energy and healing, increased dreaming, awareness, rejuvenation and increased sexual pleasure. The aluminum-titanium alloy shafts are charged with a powerful 1,000,000 volt Tesla Coil Pyramid Charger to produce a very high energy output. Some assembly is required. Be aware that this is a very powerful energy matrix; the name was inspired by Atlantis.



#84011 **9 Pyramid Matrix Sleep System** \$299.95

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** \$24.95

HAVE YOU EVER FELT THERE MUST BE SOMETHING MORE TO SEX?

This educational, erotic and visually stunning 100 minute DVD will show you ways to more intimacy, passion and emotional connection than you can now imagine. It will reveal to you the secrets of awakening, deepening and increasing the power of female orgasmic energy. It contains seldom seen, beautiful footage of Tantric loving, sacred spot massage, and female pleasure.

Revealing yet tastefully done (not X-rated), it depicts sexual loving with an innocence, beauty and wisdom that transforms sex into another art form. You will watch it again and again with lovers and friends.

- Significantly increases your love-making skills
- Clear instruction, easy-to-learn techniques
- Demonstrations by couples ages 20 to 60

This is definitely for an adult audience and is not sold to anyone under 18 years old.

#41157 **Secrets of Female Ecstasy** \$39.95

ATTRACT LOVE

The frequencies of the heart are more powerful than the brain. This program opens your heart to exude an irresistible glow of radiance that attracts the love you desire. CD

#42763 **Attract Love** \$14.95

EUROPE'S BEST SELLING SEX EDUCATION SERIES



Expert opinions from world renowned sex therapists guide you through proven techniques to overcome inhibitions

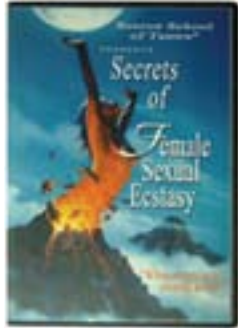
and make sex more enjoyable. A real couple explicitly demonstrates these techniques for achieving sexual satisfaction. Three volumes: Satisfying Her, Satisfying Him and Shared Sexual Pleasures.

3 DVDs, each 60 minutes
#62502 **Sex: A Lifelong Pleasure** \$59.95

PLEASE YOUR PARTNER WITH EASTERN LOVE-MAKING SECRETS

A delight to watch alone, or with your lover. For couples to enhance intimacy, emotional connection, sensuality and spiritual presence. Learn how to add more depth, feeling and pleasure to your love making. Explicit, but not X-rated.

#41155 **Secrets of Sexual Ecstasy** 1½ hrs. DVD \$24.95



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.

BEACHES IS 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.

IMPROVE YOUR SOCIAL AND SEX LIFE WITH ATTRACTANTS THAT REALLY WORK

Pheromones are naturally occurring body scents. 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. Roll-on 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

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 and 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. 4 oz.

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

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. Take it everywhere you go, "just in case." 1 oz.

#42683 **Discreet Spray** \$39.95



TURN YOUR FAVORITE CREAM, LOTION, PERFUME AND AFTERSHAVE 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.

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

Healing with Color

THE HEALING POWER OF COLORED LIGHT

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 the 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.

SEE WHAT COLOR THERAPY EYEWEAR CAN DO FOR YOU

Just decide what mood you would like to create, and put on the corresponding color eye glasses. It's that easy. 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 \$124.95



ENCYCLOPEDIA OF LIGHT THERAPY

From Darius Dinsah, a researcher and practitioner of color therapy. Includes instructions on how to use specific frequencies of colors for therapeutic benefit. 138 pages, 9th printing.

Revised 2007

#46043 Let There Be Light \$19.95



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. DVD plays on a continuous loop for endless enjoyment!

#99859 Healing Colors Color Therapy DVD

\$24.95

NOW INCLUDES EMF PROTECTION!

Healing Colors DVD contains embedded frequencies that may help protect the human body from EMF radiation. It takes, on average, only 7 minutes of watching Healing Colors for the person's energy fields to become harmonized and resistant to the detrimental effects of EMF.

ACHIEVE MORE ENERGY AND A SENSE OF WELL-BEING WITH LIGHT THERAPY



LightWorks offers the benefits of LED light combined with healthy frequencies. These frequencies gently stimulate the *body electric* for energy, general health and well-being. A built-in timer automatically cycles through

seven healthy frequencies or individual settings can be chosen. Red or Near-Infrared light can be applied by placing the paddle anywhere on the body. Controls enable you to customize pulsed or non-pulsed light, intensity, and frequencies. Lightweight and compact. AC operation; an international adapter is included. Carrying case included. Professionally designed and quality-built. 3 year warranty.

#62522 LightWorks

\$299.95



These products should not be used in place of medical care. If you have a medical condition or are in doubt, ask your healthcare professional first.

EASY TO LEARN MEDITATION TECHNIQUES



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 ... giving you wonderful relaxation, stimulating memory flows, and heightened states.

LEVEL 1 (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 2-5 (Transformation, Awareness, Cetacean Mink Link)

Each sound track uses an increasingly more intense matrix designed to expand awareness.

TRANSCENDENTAL MIND LIBRARY

9 Transcendental Mind sound tracks.

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.

You will also receive: 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

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. The Ultra Meditation System was developed to solve this problem.

RELAXATION AND MEDITATION SHAWL



This shawl is 28" x 72" 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. For meditation or for a restful sleep, helps in de-stressing, relaxing and protecting from EMF, clearing and opening the chakras, pain relief, more energy and clarity, and an increase in general vitality.

Can be washed and hung to dry.

#83223 Paisley patterns with red and blue \$89.95

#83224 Turquoise with black threads \$89.95

REDUCE STRESS, BALANCE EMOTIONS AND INCREASE PERFORMANCE ANYTIME, ANYWHERE

From The HeartMath Institute, a handheld, portable and convenient way to reduce stress, balance emotions and increase performance anytime, anywhere. It is especially useful when preparing for highly stressful meetings, for improving sleep, to improve athletic performance, to overcome the effects of stress associated with health issues or to recover quickly from stressful situations.

Stress, the number one malady of our time, creates incoherence in our heart rhythms. However, when we are in high heart rhythm coherence, the nervous system, heart, hormonal and immune systems are working efficiently and we feel good emotionally. emWave Personal Stress Reliever helps you reduce your emotional stress by displaying your level of heart rhythm coherence in real time. Then, it guides you toward stress relief by training you to shift

into a coherent, high performance state. It is a precision device providing lifetime enhancement technology.

Weights only 2 oz. Includes: hands-free ear sensor, carry case, battery charger, 55 page owner's manual and quick start guide, finger sensor and one year warranty.

#62170 emWave Stress Reliever \$199.00



DID YOU KNOW THAT YOU CAN MEASURE YOUR OWN STRESS AND THEN REDUCE IT?

The GSR-2 precisely monitors your stress levels by translating tiny tension-related changes in skin pores into a rising or falling tone. By resting two fingers on the sensors, you learn to lower the pitch and your stress level.

It can also be used for entering deep states of relaxation, enabling you to access guided imagery, psychotherapy, physical rejuvenation, meditation and to manage your stress levels.

It's easy to use and takes only 15 minutes. The Deluxe System allows you to do hand warming" biofeedback, as it also includes a temperature sensor and remote electrodes for hands and feet.

DELUXE SYSTEM
GSR2 Biofeedback unit, earpiece, finger temperature and GSR gauge, temperature meter, thermometer, owner's manual, instructional CD and carrying case.

#46069 Deluxe GSR2 Biofeedback System \$149.95

BASIC SYSTEM GSR2 Biofeedback unit, earpiece, operator's manual and instructional CD.

#46068 Basic GSR2 Biofeedback System \$69.95

If you are under any medical treatment, consult your doctor before using this product.



Relaxation, Meditation, Stress

PUT THE RELAXEASE GLASSES ON. PULSATING LIGHT GUIDES YOU TOWARDS DEEP RELAXATION. PROVIDES A GREAT DISTRACTION FROM YOUR BUSY WORLD.



It all started round 200 A.D. when someone noted that when he placed a spinning, spoked wheel between an observer and the sun, the flickering of the sunlight through the spokes caused patterns and colors to appear before the eyes of the observer, and this could produce a feeling of contentment. At the turn of the century, a French psychiatrist noticed that when patients in a Parisian were exposed to flickering light, they experienced reductions in hysteria and increases in relaxation.

When modern, scientific research into effects of rhythmic light and sound began, scientists discovered that electrical rhythms of the brain tended to mimic the rhythm of a flashing light stylus. A British neuroscientist used an electronic strobe and advanced diagnostic equipment to investigate what he called the "flicker phenomenon", he found that rhythmic flashing light quickly altered brain wave activity, producing profound relaxation and vivid mental imagery. Today, scientists call this principle "entrainment" and with Relaxease, you can enter deep alpha/theta states in minutes.

RelaxEase is not intrusive and follows the same natural principles used by these scientists over the years, to create an effective brain entrainment device.

Everything is in the glasses, so there are no wires to untangle, no bulky attachments. Take them to work, on vacation, on business trips, or anywhere you want.

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. Battery operated. Includes a cassette of relaxing ocean sounds.

Note: RelaxEase is designed for relaxation only, and is not intended as a treatment for any medical illness. Epileptics, photophobics, pregnant women or those wearing heart pacemakers should consult their physician before using.

#46041 Relaxease Glasses \$59.95

RELAX WITH THE MYSTERIOUS SOUNDS FROM SPACE

These beautiful and mysterious recordings of the interactions between the Solar Wind and the magneto-sphere of planets, moons and rings of our Solar System create frequencies in the plasma energy "ocean" that fills the void of space. Each planet, moon and ring system has a distinctive "musical" pattern.

Listening to this unusual collection has a mysteriously relaxing effect. A must for users of mind (light and sound) machines. 10 CDs. Total: 5 hours.

#63044 Space Sounds \$119.95



LEARN HOW TO QUIET THE MIND, REDUCE STRESS AND SETTLE YOURSELF DOWN

You can get control over your migraine headaches. You can quiet the mind before sleeping. You can stay calm during stressful situations. You can monitor your heart rate. You really can change your life.

With a lightweight, slick-looking device about the size of an iPod, you'll be able to monitor body functions, make some recommended changes, and then watch the display screen as it shows the "new you." Years ago, the medical professionals called this a biofeedback device; today it's called Stress Eraser. We think it should be referred to as "Stress Relief Tutor."

You'll learn to adjust your breathing, your mental focus, your emotional state. In short, you'll be able to monitor **YOU**.

By watching the high tech screen, you'll be able to meditate, do yoga, and change your behavior and lifestyle.

Comes with user's guide and elegant black carry sleeve. Battery-operated.

#99871 StressEraser \$179.00



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. When using with speakers, just stretch out for a few minutes, lay down, slow down your breathing and soon you'll be experiencing lush internal imagery and satisfying blissful meditation. People commonly report being able to see energy fields and auras afterwards.

Headphones potentiate the experience... you'll be able to achieve one-pointed concentration and meditation. The bells and bowls generate high energy, high-wavering frequencies, combined with a lower trance inducing wavering pitch. 3 CD set.

#82069 Tibetan Bells and Bowls \$49.95



Read about these and other products

ONLINE

ToolsForWellness.com

Relaxation, Meditation, Stress

TEACH YOUR BODY TO RELAX AND REDUCE STRESS

The ThoughtStream Performance Feedback System precisely measures minute changes in the conductivity of your skin. Changes in your skin resistance directly correspond to changes in your stress or relaxation level as reflected in changes in perspiration, muscle tension, pulse rate, respiration, body temperature, blood pressure, etc. It is a powerful way for you to acquire more control over your life. You can learn to become more relaxed, to release stress with greater ease, and to be able to exercise greater control over the influences that affect the way you feel and react to situations in stress-filled lives.

How it works: ThoughtStream measures changes in the electrical conductivity of your skin. When skin moisture increases, conductivity



goes down; moist skin conducts electricity better than dry skin. As you relax, your skin moisture content decreases meaning that electrical conductivity decreases as well—a highly accurate reflection of changes in your physiology. This information is translated into audio and visual signals which provides the biofeedback reading.

#75049 ThoughtStream \$129.00

SEE THE STRESS MELT AWAY

The Stress Thermometer displays accurate digital temperature readings.



By testing different methods of relaxing, breathing, laughing, or just letting go of held muscle tension you will see the temperature rise. With practice, you can learn to relax at will. Easy to read digital display with tilting desktop stand

Includes: "Time To Relax" CD, and training guide.

#46070 Stress Thermometer™ Kit \$29.95

Buy 5 and SAVE! Only \$24.95 each.

NATURAL SOUNDS FOR DEEP RELAXATION



These CDs use natural sounds to take you down to "very deep" states of rest and relaxation, even meditation.

The natural circulation of water is combined with pure tones of music played on natural instruments. The level of deep relaxation produced here lies in the creative Alpha and Theta domains. Altered states of consciousness have also been experienced in addition to deep relaxation.

#46030 Mystery of Water \$68.95

RELAXATION TECHNIQUES FOR CHILDREN

If you have problems getting a child to come down from a "high" and get ready for bedtime, this DVD could be the answer you have been looking for. Developed by The Children's Hospital Of Michigan and produced by Academy Award winning Sue Marx.

#83148 Relaxation Station \$19.95

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.



GET A BETTER MEDITATION EXPERIENCE WITH THE MEDITATION CLOCK AND TIMER

The Enso (means circle in Japanese) allows for interval timing in which the user can set sequential timers that run one-after-the-other to compose an overall session. At the end of each interval or timer, one of several available soothing chimes is played. The Enso Clock's chimes are recorded from Japanese and Tibetan singing bowls as used in traditional meditation sessions. The high quality reproduction of the singing bowl chimes is virtually indistinguishable from the original source.

The Enso Ring is slowly drawn on screen as the timer counts down, showing your relative progress through the timer, freeing your thoughts from distracting numbers and times. The Interval Timer allows you to create sets of up to 50 sequential timers tailored to your sessions. In addition to countdown timing, it can also be used as an alarm clock, featuring the same soothing chimes. The user can glance at the Enso and see the relative amount of time that has elapsed, eliminating the distraction of focusing on the exact numerical time that remains.

Those who have a deep interest in meditation will find the Enso Clock to be a wonderful adjunct to their regimen.

The clock can be placed flat on the floor for use during seated meditation, or propped up using the hinged stand that folds out of the back of the clock. A carrying case is included.

It is approximately 4" in diameter. Battery operated.

#21470 Enso Clock \$99.00



DREAMCATCHER



Drift gently into the mystical dream state with soothing ambient music, calming water sounds and Hemi-Sync sound technology. Its shamanic influence makes it useful for powerful meditation, also. CD

#45011 Dreamcatcher \$19.95

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.

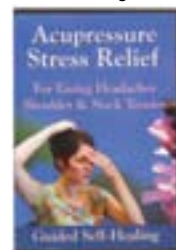
STRESS RELEASE, DEEP RELAXATION AND PEACE



EASES HEADACHES, SHOULDER AND NECK TENSION

Learn to relieve your stress in just 10-15 minutes in a chair using self-acupressure, gentle stretching and deep breathing. Easy-to-use routines that you can use anywhere, anytime. 30 minute DVD

#83147 Acupressure Stress Relief \$19.95



This 45 minute CD has energetic formulations that affect the body by balancing specific chakras. Benefits: reduced stress, body harmony and well-being, increased vitality and renewed peak performance. There is no music or spoken word. Headphones are not required.

Release stress, fear, negative thoughts, emotions and attitudes about work, financial and relationship issues.

#41093 HiChi CD #5 \$29.95

1-800-456-9887

Relaxation, Meditation, Stress

“WHAT’S YOUR PROBLEM?” CAN’T SLEEP? TOO MUCH NOISE? CAN’T UNWIND? WANT MORE PRIVACY TO YOUR CONVERSATIONS?

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 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.



They create a consistent, smooth sound of rushing air. Tone and volume of the sound are regulated by simple controls.

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.

The durable beige plastic housing is suitable for use anywhere and it occupies only 6” of space; 3” high. AC operation.

#63041 White Noise Machine 2 speed \$56.95
Buy 2 and SAVE! \$49.95 each

“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

“Thanks to your Sound Screen, our 1 year old is sleeping better. It is great for drowning out other noises. We’re very pleased with our purchase.” –L.L. Virginia

“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



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

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.

Read about these and other products

ONLINE

ToolsForWellness.com

ACHIEVE A DEEPER SENSE OF WELL-BEING, RELIEVE STRESS, AND LIVE A MORE BALANCED LIFE

Healing Rhythms (from the makers of WILD DIVINE) is an entirely unique and interactive program that uses biofeedback to help you achieve a deeper sense of well-being, to relieve stress, and to live a stronger, more balanced life, using interactive imagery with expert coaching. Instead of the adventure-type setting, users have direct access to:

- Guided meditation and breathing exercises led by Wild Divine’s expert coaches
- Visually interactive biofeedback activities where users can practice the techniques they learn in the program
- Biofeedback monitor screen that allows the user to monitor their physiology as they improve their mind-body skills
- Online journal feature that allows users to track their improvements over time
- Finger sensors measure your skin conductivity levels and heart rate variability

- You are able to watch your real-time feedback
- Outstanding full color training manual and user’s guide
- Track your improvement over time
- 30 guided meditation and breathing exercises
- Developed in conjunction with Andrew Weil, M.D., Deepak Chopra, M.D. and Dean Ornish, M.D.

#99868 Healing Rhythms \$299.00



RELAXATION MASK

This is so good that you can experience total darkness with your eyes open. Just right for meditation, reducing stress, listening to soft music and distancing yourself from your surroundings.

It has a flexible plastic face plate backed with soft foam padding. The padding has cutouts that allow you to experience total darkness with your eyes open. Adjustable head strap. It also can be used for biofeedback sessions, airplane travel, headache recovery and massage therapy.

The face plate makes it a little uncomfortable for sleeping, but works just fine for catnaps in a chair.

#46021 Mindfold Mask \$19.95

BRAINWAVE CHART

Brainwaves range from fast to slow (approximately 0.5 to 40 Hertz, or cycles per second)

Brainwaves	Active State	Passive State
(frequency—c/s)	(when Rested)	(When Stressed)
Beta 13+ c/s	Concentration	Alert
Alpha 8–12 c/s	Learning-recall	Day Dreaming
Theta 5–7	Lucid visualization	Dreaming
Delta 0.5–4 c/s	Clearing	Deep Sleep

Relaxation, Meditation, Stress



FOR ANYONE WHO HAS A DIFFICULT TIME RELAXING

Do you have trouble unwinding? Do you want to get rid of tension, but can't? Have you tried just about every product as seen on television and in magazines? Are you turned off with the wild claims made in ads? Are you skeptical about getting "wired up" to devices?

BioCircuits require no such wires; it works on the body's natural energy flow. When the body's energy centers are connected with a conductive material (in this case, Copper or Silver is used), energy flow becomes greatly intensified, producing a serenity, effortless relaxation and peacefulness, healing, stress relief ... leaving you refreshed and energized.

This is a progressive relaxation exercise of 15–30 minutes daily, lying on your back, holding a handle in each hand connected to screens under your body. You are guided along by a CD that provides verbal instructions on exactly how to get ready, how to incorporate breathing exercises, how to train your body to relax with the final stage of these instructions guiding you to a 20–30 minute catnap, if you so desire. By following these directions, you will experience THE PREMIER

APPROACH TO RELAXATION and achieve the maximum benefits.

There are two handles attached to screens. Hold the two handles in each hand and put the screens under each ankle. When the body's primary energy centers are directly connected

with a conductive material like Copper or Silver, energy flow becomes greatly intensified, leading to increased vitality and peacefulness, furthering healing, effortless relaxation, and the relief of stress. 15–30 minutes a day is all it takes.



Users report that simply lying on a BioCircuit for thirty minutes refreshes them as deeply as a two hour nap. BioCircuits work by externally linking key energy centers, circulating and balancing the body's natural energy. This deeply releases and refreshes both the body and the mind. It's that simple, with no electrical power source and no batteries required.

COPPER

Superb Conductivity, Good Choice For Beginners

Excellent for a first experience. For relaxing, falling asleep, jet lag and power naps. Contains: components as listed above.

#46053 **Copper BioCircuit**
\$134.95

The kit contains: Copper BioCircuit plus a reservoir bottle (for adding ingredients to your energy circuit) and two additional Copper screens.

#75098 **Copper BioCircuit Kit**
\$154.95

The Copper and Silver BioCircuits contain:

- Two (Copper or Silver) handles attached to two (Copper or Silver) screens
- "The Science of BioCircuits" booklet
- Neck to base of spine segment with two (Copper or Silver) screens
- Instructional CD and booklet
- Carrying pouch

SILVER

Produces a stronger flow. Silver is one of the most powerful conductors. It is used to assist you to stay mentally alert, produce more spontaneous creativity, and enhance visualization. Contains: components plus two foot straps.

#46054 **Silver BioCircuit**
\$234.95

The kit contains: Silver BioCircuit Basic plus a reservoir bottle (for adding ingredients to your energy circuit) and two additional Silver screens.

#75099 **Silver BioCircuit Kit**
\$254.95

ALTER BRAIN ACTIVITY, BLOOD PRESSURE, MUSCLE TENSION AND OTHER CRITICAL BODILY FUNCTIONS WITH NEW TECHNIQUES



By integrating biofeedback as a tool to gain access to the mind-body connection, WILD DIVINE allows a person to "see" how their body is responding to certain stimuli. As a result, you will learn techniques to alter brain activity, blood pressure, muscle tension and other critical bodily functions.

Using the LightStone™ and finger sensors, this unique biofeedback device allows you to progress through the game's enchanting and mythical landscapes using the power of your thoughts, feelings, breath and awareness.

Meet Your Guides: Wise mentors teach you meditation and breathing exercises as they guide you gently throughout the realm helping you to cultivate a new sense of self awareness that is both peaceful and mindful.

Biofeedback Events: Learn to focus through Zen Archery, build a magic stairway with your breath, juggle halls with your laughter—these are just a few of over 40 energy events you will discover on your journey.

The benefits of doing the sessions include:

- Enhanced powers of creativity, intuition and concentration
- Reduced stress and anxiety
- A sense of being in balance, connected, and in the "zone"
- Increased relaxation and energy
- Improved mental and physical performance
- Greater awareness of mind and body

Works with PC and Mac.

#42556 **Wild Divine** \$159.95

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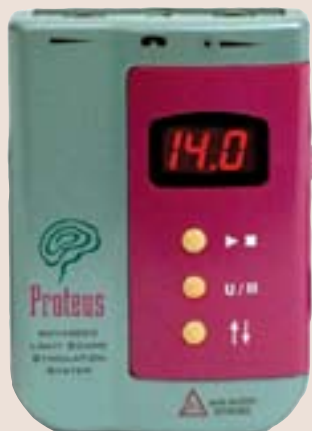
Relaxation, Meditation, Stress

MIND MACHINES (ALSO KNOWN AS LIGHT AND SOUND MACHINES)

They are very effective for relaxation, stress reduction and meditation. More experienced users access dream-like states and use the visual and auditory stimuli to affect the brain in a myriad of ways, such as to stimulate creativity, relieve pain, boost memory, accelerate learning, get rid of bad habits, and improve job/athletic performance. You can also connect your CD player to the mind machine and listen to your favorite music while enjoying the "light show."

You put on a pair of special glasses that are plugged into a compact, hand-held control panel that is connected to headphones. Spinning patterns of intense light and colors appear along with a low, pulsating beat. The experience, which varies for as long as you like, transports the user to a choice of brain states. The difference in the various machines that we offer depend on the machine's versatility and the amount of control you want over your "session." Advanced machines have as many as 100 different built-in programs to choose from. Space is limited in this catalog; we have much more information on our website.

ADVANCED COLOR TECHNOLOGY AND 50 BUILT-IN SESSIONS



You can control two color channels at one time. What does this mean to you? For example, relaxation frequencies can be set to a soothing green, while energizing frequencies are red (hot!). The whole system delivers some really vibrant colors. The basic circuitry of this machine has an advanced processor which is super fast. There's also an advanced Flash memory for both sessions and operating system data. Downloading is seamless. Storage capacity allows you to store up to four waveforms. Proteus has 50 built-in sessions and can store up to a total of 200. It connects to external music sources.

It is recommended for advanced users and those who are comfortable with computer programming. If you are particularly interested in consciousness explorations and "doing your own thing," consider the Proteus. With this



and all our other mind machines, go to our website for more information.

Comes with ruby/emerald glasses, headphones, patch cord and cable, and comprehensive user's manual. It's a lot of machine packed into a conveniently small size.

#75044 Proteus \$159.00

HERE'S A GREAT MACHINE TO START WITH PACKED WITH FEATURES AND AT A LOW PRICE

If you're not familiar with mind machines, the Sirius was designed for you. It has 23 built-in programs that include relaxation, peak performance, and learning enhancement to mention just a few. You can choose to improve your focus, you can choose to energize yourself or you can choose to listen to music accompanied by a sensational light show. The lights are bright, but not overpowering; the programs are fun to use and well thought-out.

Before the Sirius, you would need two machines to produce similar effects, and cost would be close to \$400. Before this

"little beauty" came on the market, there was no machine with its multiple functions that cost less than \$150.

A unique feature is its ColorPulse program. When connected to any audio source, the music beat will control the light flashes, turning "regular" music into a kaleidoscopic light show. You can also use it with your own music source to be converted into ColorPulse signals, with its built-in microphone.

It's easy-to-use. We've sold a lot of these and can certainly vouch for its reliability. A terrific value! You get: PureWhite glasses, headphones, case, stereo patch cord, and a comprehensive user's manual. One year warranty.

#42688 Sirius \$99.00



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Relaxation, Meditation, Stress

GET THE BEST SOUND FROM YOUR MIND MACHINE

They offer the low frequency response that many other headphones are not capable of detecting. With a light and sound machine capable of low binaural beats frequencies, these headphones can be used and offer superb music reproduction as they produce a full range frequency response. We also recommend their use with audio-only entrainment programs, whether in combination with audio-visual stimulation or alone. Great with programs such as Hemi-Sync, Hypno-Peripheral Processing and paralingual recordings, Brain Sync, meditation and others.

These have the largest headpiece among all high quality headphones, a feature critical to all light and sound users, as these headphones shut out the "outside world." Included: handbook on light and sound, explanation of binaural beats, and pulsed beat frequencies.

#45019 UltraBass Headphones \$199.00



ADVANCED AUDIO-VISUAL TECHNOLOGY IN AN ALL-IN-ONE "PACKAGE"

This machine has no limitations. You'll be able to accomplish anything that you want to ... you'll be able to reach new states of consciousness, experiment to a limit previously thought impossible. "State-of-the-art" doesn't fully describe how good this "little wonder" is. It's technology is very advanced and is not recommended if you're just getting started in mind machines.

You get the ability to receive millions of color possibilities, multiple visual effects, smooth transition between pure color (Ganzfeld Effect) to flicker frequency range, advanced programming software, large flash memory storage, digital audio interface with pure digital sound, USB port, and SYNCHRO-

MUSE, an exclusive feature that is ideal for use with color exploration, language learning, hypnotherapy, and personal growth. The presets are particularly easy to use. It can interface with a PC and connects to a variety of all the latest music sources.

Includes: glasses, headphones, USB cable, carrying case, free programming software via downloads, and an extensive owner's manual. One year warranty.

There is so much to say about this unit that we just can't cover in this space. Go to our website and read much more.

#46081 Procyon \$269.95



REDUCE STRESS AND SLEEP BETTER WITH THIS USER-FRIENDLY MACHINE

This machine was designed with ease of operation in mind. The controls carry through with this theme; you'll adapt quickly and be using this machine in no time at all. There are 18 programs, plus an additional 15 advanced alpha, beta, theta and delta brain state programs that can be downloaded. And, there are 12 free music selections. Add to this psychoacoustic programs by Ruth Olmstead, Ph.D, and



HIGHEST QUALITY AND LOTS OF FEATURES. YEAR IN AND YEAR OUT, ONE OF THE BEST MACHINES WE HAVE



This machine has so much "going for it" that you must consider it. First of all, you won't outgrow it. It offers more programs (100 built-in) than any other machine. We sell lots of them; no bugs, no quality issues, and great support.

With its 100 sessions plus capacity for 100 more downloads, you can do just about anything with the NovaPro 100: relaxation, meditation, sleep, learning, energizing, visualization, entertainment, peak performance, and much, much more. Other great features: two user capability, variable session run time, expanded pitch, broad frequency range, light phase control, tone selection, dual monaural beats, microphone jack, ramp up feature, programming with a PC plus more.



This machine is for experienced and advanced users of mind machines. It also appeals to researchers and professionals because of its great flexibility and versatility. We repeat **YOU WON'T OUTGROW THIS**

MACHINE! You get: internal rechargeable battery, glasses, headphones, AC adapter, cables, carrying bag and user's manual. There's more about this remarkable machine on our website.

48604 NovaPro 100. with ColorTrack Glasses. \$523.95

you have quite a variety of options at your fingertips.

Included with your MindSpa, you will receive some remarkable glasses: broad spectrum CrystalWhite LED multi-purpose glasses and CalmBlue glasses. Unique in its field, these glasses have six lights per eye located along the outside edges. This produces outstanding brightness. And, the glasses may be used with eyes open or closed for deep relaxation or open-eye cognitive stimulation.

You get the two pair of glasses, earbuds, USB cable, case. Also, you'll be able to download an additional 18 free programs (with authoring software) to create your own custom sessions. One year warranty!

#42008 MindSpa \$349.95





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Deep and Penetrating Relief for Sore Muscles

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Improve Focus and Memory

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Purify and Energize Your Water

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Get a Good Night's Sleep

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ToolsForWellness.com



Air Purifiers

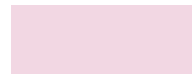
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