

## 11 Important News Items for You!

**Welcome to 2008!**

This special New Year issue is about **NEWNESS!** Dr Ari has just returned from the United States, ready for a dynamic new year. He visited other doctors, researchers and practices and, no doubt, will have **news** of the **best** and **newest** in health, wellness and optimal living to share with you all.

**This issue we feature**

1. **Affirmations for the New Year**
2. **Thank you all!**
3. **Now Open Please note hours**
4. **Welcome New Chiropractic Assistants**
5. **New SRI Workshop dates with Liz Kelly**
6. **New Chris Howard tickets valued at \$1790.00 FREE for you!**
7. **New Photographic Healing Art Exhibit (\$200.00 value gift)**
8. **Summer reading... Renew!**
9. **New Healthy locally made living food bars for you**
10. **Steve Acuff here again! New presentation**
11. **Discover Healthier Living Presentations™**  
Powerful strategies to give you the edge

**Be well**, and live your New Year summer time **life without limits**,  
The Diskin Life Team

**1. Affirmations for the New Year**

We invite you to consider and create some **personal** New Year affirmations for 2008. Much has been reported about the **profound effects** of affirmations on **your life direction**.

By creating a **clear, accurate, written** statement of what you are committed to, repeating it, focusing on it and being mindful of it, you may begin to make decisions to **effect it**.

Try it. Construct your affirmations in the **positive** and **present**, using words such as I, now, and today.

Some examples are; "Everyday in every way, I am getting better and better." "I am a positive person", "I am confident and make decisions".

Send us some of your creations. We will share them as **inspiration** for others (without saying who they came from).

*"Yesterday is history, tomorrow is a mystery,  
today is a gift, that's why we call it the present."  
Babatunde Olatunji*

**2. Thank you all!**

To all of you that sent such lovely congratulations and well wishes on **Dr. Ari being honoured** and made a **Fellow**, one of the youngest ever in the field of Professional Activity late last year, we say a very warm heartfelt thank you!

Also, to those that sent such complimentary comments about our **all new website** [www.DiskinLife.com](http://www.DiskinLife.com) we also thank you and are grateful. Your feedback means a lot to us! Watch out for even more new content and features in the months to come.

Finally, on behalf of the **Salvation Army** we thank all of you that generously donated and made a difference to the lives of those in need over the recent festive season. Well done!

### **3. Now Open for 2008 Please note hours**

We reopened on Monday the 14<sup>th</sup> January, and resumed our usual appointment days and hours on **Mondays and Wednesdays 9:30am to 7pm, Thursdays 9:30am to 8pm and Sunday evenings from 6pm** (during daylight savings).  
We have returned reinvigorated and refreshed to serve you optimally, once again.  
**Closed Australia Day Monday January 28**  
**Open (instead) Tuesday January 29**

*"Life shrinks or expands, in proportion to one's courage."*  
Anais Nin

### **4. Welcome New Chiropractic Assistants**

We welcome our new dynamic Chiropractic Assistants **Carla** and **Ben**, who bring a **wealth** of talent, experience, energy and their own unique gifts to Diskin Life. They join our always smiling, efficient, loved by all and nurturing **Dina**. We are sure you will enjoy them as they you and look forward to a dynamic 2008 with their able assistance.

*"And in the end, the love you take, is equal to the love you make."*  
The Beatles

### **5. New SRI workshop dates with Liz Kelly**

Our Talented SRI facilitator Liz Kelly will **return in February** with **intimate workshops** in SRI for both **beginners** and those who wish to **advance**.  
These always sell out, so if you want to secure your place, please book as soon as possible.  
The workshop dates for February are available at reception.

*"A little knowledge that acts, is worth infinitely more than much knowledge that is idle."*  
Kahlil Gibran

## **Very Special Offer and Opportunity in Australia USA and Europe**

### **6. New Chris Howard Tickets valued at \$1790.00 (for 2) FREE for you!**

The New-year brings reflection, assessment and thoughts of change and improvement. Here is an opportunity to **spend some focused time on you** at a weekend **seminar which we have organised for you and could provide you with some wonderful insights, tools and processes for continued growth**.

YOU are part of a select group of people who have been invited to take part in the acclaimed, 3 day **Breakthrough to Success** weekend seminar, with international accelerated human change expert, **Christopher Howard**... completely **COMPLIMENTARY**... as part of a Scholarship program (valued at \$1,790 for 2 tickets).

It is 3 days of fun, fast-paced and revolutionary education which is light years ahead in relation to the personal development programs of the past.

Join us to discover (and use) a set of remarkable cutting edge tools and techniques, including **Neuro Linguistic Programming (NLP)** and Neurological Repatterning, techniques that literally have you **TAPPING** directly into the power of your sub-conscious mind to create immediate and lasting change in ALL areas of your life... right then and there **AT** the seminar. It's exciting!

We invite you and a colleague to join us **COMPLIMENTARY**. People normally pay **\$1,790** to be part of the event, which is a small price to pay given the massive value people receive.

<http://champions.universalevents.com.au/bts.asp?wc=ae&fid=link&cli=CLI2005770>

There are **no fees** for you to pay and **no obligation** to on purchase anything.  
Some at Diskin Life including **Dr. Diskin** have **attended** this program already. We believe you will receive great value from it.

## **7. New Photographic Healing Art Exhibit (\$200.00 value gift)**

2008 welcomes a fresh Healing Art exhibit at Diskin Life. Enjoy a sample of professional photographic portraits by renown photographer Kon of Ikon Images. Amongst many innovative and eye catching images, Kon was the photographer for Dr Ari's book, website and other promotional images.

### **Limited time offer for Diskin Life clients**

**Mention Diskin Life for a complimentary portrait photo shoot and \$50 credit towards any photographs, valued at \$200. Offer valid until 29th February.**

See more samples of their photography and for further enquiries [www.ikonimages.com.au](http://www.ikonimages.com.au) or [phone 1300 794 194](tel:1300794194)

*"I run on the road, long before I dance under the lights."*

Muhammad Ali

## **8. Summer reading... Renew!**

*Summer time is a great time to exercise our minds and bodies.*

*Consider the following book titles available...*

**Well Adjusted Babies \$35** a real A to Z of priceless information by a professional who is also a 3 time mum!

**Changing Habits, Changing Lives** Healthy eating and living habits and inspiring companion cookbook \$25 and \$27

**Secrets of Small Business Owners Exposed only \$25** (compare our price with \$41.95 in some bookstores),

which Dr. Ari will be happy to **sign** for that added thoughtful touch.

**From Dr. Donny Epstein Fantastic prices!**

**Healing Myths, Healing Magic only \$30**

**The 12 Stages of Healing only \$30**

**The Boomerang Principle only \$14**

**The 100 year Lifestyle** by Dr. Eric Plasker **only \$32** (compared with \$43.95 in bookstores)

**Chiropractic First and Chiropractic Works each only \$15**

### **Gift Vouchers Available:**

**For services at Diskin Life in 2008!** A great way to start the New Year! We can tailor these for you, including initial assessments and reports of findings with Dr. Ari, SRI workshops (with Liz) or Wellness Education presentations by Dr. Ari.

**Discover Healthier Living Presentation Series™ tickets**, and even

**Dr Ari as a "gift a speaker"**, with Dr. Ari, all his wisdom and humour to your family or friends, workplace, social or community group in 2008. (For "Gift a Speaker" please email [Roselyn@Roselyn.com.au](mailto:Roselyn@Roselyn.com.au))

*"I can't go back to yesterday, because I was a different person then."*

Lewis Carroll

## **9. New Healthy Locally Made Living Food Bars for You.**

As in years past, we are always on the lookout for great new products for you.

We now have a range of Living Food bars that are **produced locally**, are **all natural, vegan, gluten free, certified organic, raw**, have **no added sugar** and are **"made with love"**. They are called **Living Foods**- whilst certainly not a meal replacement, they are one of the healthiest bars we have found on the market to date. They are also **delicious!** Much better than processed junk food, for that snack whilst caught out or travelling.

## 10. Steve Acuff here again! New Presentation February 27

Steven returns to Diskin Life from his yearly round the world travels with the **latest cutting edge** information and insights for you. Last time when Steve presented here February last year, the topic was so popular, we agreed to run a continuation of it this time. If you missed last time's session, you are still welcome to attend, as it will still make sense and be of benefit to you.

### **How to Read Your Face & Body's Health Indicators**

How do you interpret what your body is trying to tell you?

Discover how to observe and recognise health indicators on your face, tongue, hands, skin and more...

Gain valuable insight into your health condition, by better understanding strengths and weaknesses in your body.

**Wednesday February 27**

**7.30pm - 9.30pm+**

**\$15 cash per person**

**Limited space, so book early**

**Pre registration is required**

Always a sell out fun evening, where you leave with so much more than you came with, and take another step forward with your health and wellness. A great background to get the most from these is attending Dr. Ari's first 2008 Discover Healthier Living presentation™ **Food for Thought** on the 31<sup>st</sup> January, 2008. For details read on below.

*"Nurture your mind with great thoughts, for you will never go any higher than you think."*

Benjamin Disraeli

## 11. Discover Healthier Living Presentations™ 2008 **Make a note now!**

### **Thursdays 6-7pm by appointment**

Mark your diary, and bring or refer your friends, family and colleagues.

Fantastic **gift** or **expression of gratitude** - Fee of **\$47 per session waived** for clients and their guests.

**January 31**

Presentation 9

### **Food for Thought ~ *What does "health food" really mean?***

**Discover your options, facts and myths**

With so many contradictory theories around; you need answers about this very confusing subject. You will be provided with more clarity, based upon what *really works*, from *practical experience*, rather than just theory. *Compare the pros & cons of different diets*- and discover where and how (through "marketing") toxic chemicals are in your food, and what you can do about it. You'll be surprised!

***If you are what you eat, first find out what "health food" really means!***

### **Reserve Your Seats**

**Telephone 9417 7222 or Email [ca@DiskinLife.com](mailto:ca@DiskinLife.com)**

*"The more you know, the less you need."*

Aboriginal Proverb

Refer your family, friends and colleagues for a **complimentary get-to-know-you consultation NOW** with Dr Diskin to find out in-person without-obligation, if our approach is suitable for them.

Just call **9417 7222** and ask for a **complimentary consultation**.

Please **forward this message** to any work colleagues, family or friends- who you believe may benefit from the content.

**They will be grateful to you for caring about them, and we for your expression of confidence in us.**

If this has been forwarded to you, and you would like to be on our list, please subscribe directly to [email@DiskinLife.com](mailto:email@DiskinLife.com)