



 Living Valley
springs



Absolute Health Retreat



In this booklet you will discover one of the most comprehensive, yet simple and effective healing programs in the world. After nearly half a lifetime of poor

habits and sub-standard health, I discovered that our bodies can recover from just about anything if we produce the right conditions. This concept changed my life. At the age of 35 I entered the field of natural medicine and have since dedicated all my energies to the promotion of good health and true happiness.

In 1990 I purchased a magnificent property in the Noosa Hinterland to establish a genuine retreat for people who are serious about their health. I have carefully selected professional, experienced, caring personnel to create a team that is second to none. I invite you to experience this unique program. It may just be the start of a **brand new you!**

Gary Martin ND.AFAIM

Co- Founder. General Manager



We nurture...

We are a team...

Experienced, professional...

Ever advancing...

We implement solutions...

We share all we know.

Our Vision:

A healthier & happier World!

For You

***Living Valley Springs is the health retreat for you!
Your wellness and longevity are our absolute priority!***

Personal

Living Valley Springs is a genuine lifestyle retreat and therapy centre staffed by a team of qualified, enthusiastic and competent carers. At Living Valley Springs you will experience a health program that is second to none!

Personal consultations with our Naturopathic Doctors, counselling, unique natural therapies, health lectures, lifestyle planning and individual attentions will provide solutions and remedies for most health problems.

Professional

Our health professionals will focus on any condition with determination and resolve. Our therapists will care for you with a variety of treatments including therapeutic massage, colonic hydrotherapy, lymphatic drainage, clay wraps and more. Daily steam baths, stretch classes and walks will also contribute to your personal rejuvenation. Our lectures will equip you with vital information that, if applied, will add life to your years and years to your life. Emotional counselling and personal fitness training are also available. After cleansing and fine-tuning your system we will optimise your health potential by providing you with a personalised ongoing lifestyle program. Our naturopaths will also be available for ongoing phone or outpatient consultations.

"Thank you for saving my life"

"Thank you for saving my life... It has been seven months since I left Living Valley Springs and my life has been different. Victories, successes and blessings have followed me from your front gate. Thank you for being there for people like me."

Julie Hallam

Your Cleanse

For two decades Living Valley Springs has been renowned for “The Cleanse”- a medically designed ten-day program which rejuvenates the system, restoring vitality and enhancing physical and mental performance. Often, like cars, our bodies fail to give optimum performance when they are not properly tuned. At Living Valley Springs, an effective personal tune-up is accomplished for most people in ten days. Longer programs are available.

Our expertise is found in our ability to investigate and determine the causes of sub-optimal health and to provide solutions.

On arrival, you will be consulted by two highly acclaimed Naturopaths. One will conduct a series of tests, including a live-cell blood analysis. The other will gather information about your present state of health, lifestyle, teeth, spinal health, hormones, medications and much more. Together they will design your program to ensure that all issues are fully addressed.

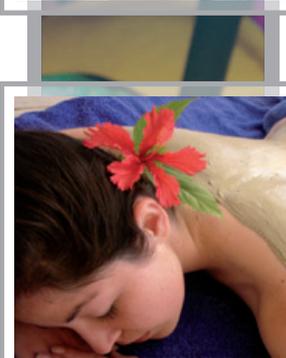
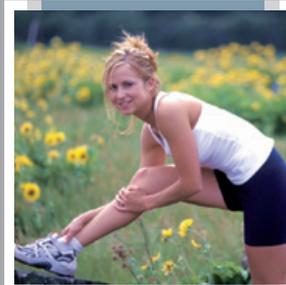
Each ten day program is divided into four parts.

- Phase One** Detoxification - A variety of fresh juices, minerals and tonics will assist in cleansing your body of toxic waste. This process is enhanced with daily Russian steambaths and personal treatments.
- Phase Two** Regeneration - Highly nutritious meals using organically grown produce will strengthen your entire system, while the steambaths and treatments continue to cleanse it.
- Review:** A mid-program review with the naturopaths will keep you on track.
- Phase Three** Deep tissue cleanse - For two days fresh juices and herbal teas will initiate a deeper level of detoxification.
- Phase Four** Exhilaration - Beautifully prepared meals will once again strengthen your system. Your eyes and hair will shine, your skin will glow and your energy levels will reach new heights.
- Graduation:** Before the end of your program you will have another medical assessment to evaluate your achievements. Then during a final naturopathic consultation you will be given a personalised lifestyle plan for you to follow at home.

"The 10 day cleanse....changed my life"

“What a treat! The 10 day cleanse that I did is a genuine value for money break that changed my life. Nothing was too much trouble and all aspects of life were addressed - physical, emotional and spiritual - in a holistic way by professional and caring staff. I would recommend this to anyone.

Kerrie Turon



24 & 38 Days



Extended programs are particularly suited to those who are addressing serious health issues, addictions, obesity, nervous breakdown, post-operative rehabilitation and more. They are also excellent for those who just need an extended health holiday.

Weightloss

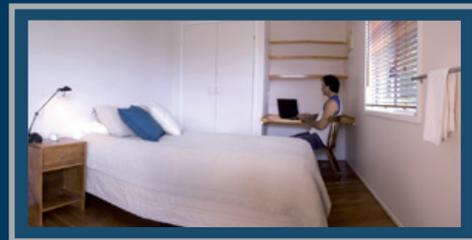
"I was turning 49, overweight and leading a very unhealthy lifestyle. I have now lost over 25 kilos, can see my toes again and feel fitter than I have in years. This was all achieved through attending the Living Valley Springs 24 day cleansing program."

Bruce Edgerton

Your Room

Hilltop Rooms

Basic rooms with a single bed, wardrobe and desk. Shared bathroom. Fair walk to main centre. Beautiful **outlook**. **Very comfortable**.



Intermediate Rooms

Lovely rooms fairly close to the main centre. You can choose one with a small private bathroom or you may share a bathroom with another guest. Available with double or single beds. Beautiful views of flora & fauna. Very pleasant.



Valley View Rooms

Open-style rooms with private ensuite and deck. Available with queen beds. Moderate walk to main centre. Refreshing valley views. **Very soothing**.



Our Best Rooms

Spacious air-conditioned rooms with queen beds, private bathrooms and decks. Four of these are a moderate distance from the main centre, featuring a peaceful outlook. One room is very central with wheelchair access and a large bathroom. Suitable for disabled persons.



Multiple Sclerosis

“Thank you not only for the 10 days of pampering me, studying me, cleansing me, teaching me and feeding me, but also for the direction and follow up that has culminated in my total recovery from MS. After years of immobility, I now lead a normal life and I have astounded my doctors. I will be back every year.”

Jane Wood

Your achievement!



I graduated in medicine in 1978 and have worked in general practice for over 20 years. As a doctor, I have always believed that there is more to health than mere symptom relief. I prefer the natural approach that ascertains the cause of sickness, then guides the patient through lifestyle changes to support the body's own defence and healing processes. The Living Valley Springs ten-day cleanse was the beginning of doing just this. From the initial naturopathic evaluations through to the final lifestyle planning consultations, I felt safe, knowing that I was in the best of hands. The therapists are gifted in service and I thank each of them for treating me as an individual. The lectures packed wisdom and knowledge into ten days and the teaching was so clear. The personal empowerment and emotional package was beneficial to me. I would recommend those sessions to everyone. Ten days at Living Valley Springs has transformed my life.

Dr. Peter Johnson



My decision to go to Living Valley Springs changed my life. After only one consultation with Gary Martin, I had many answers. I had suspected I had MS, and Gary suspected mercury poisoning and neurological interference after looking into my mouth. Gary arranged an appointment with DR Eric Davis BDS (a Biological Dentist) and I was very fortunate to get in quickly on a cancellation. I had extensive dental work done and I followed my recommended new eating plan religiously. My condition went into complete remission. I thank both Gary Martin and Eric Davis for saving me from a life which could have seen me stuck in a wheelchair for the rest of my days. The naturopaths, therapists and carers are incredible. The treatments, lectures and guidance are second to none.

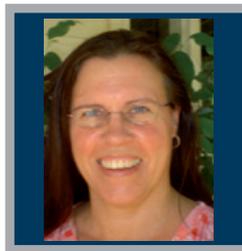
Jennifer Hayes



When I first arrived at Living Valley Springs, I wondered if I looked as tired as the rest of the people in the group. It is remarkable to the point of miraculous to me that in just 10 days the staff could turn that scruffy assorted collection of people into a shiny, energetic, enthusiastic and hopeful troupe ready to 'soldier on.' First, they put you in an environment of beauty, fresh air and sunshine. Then they gently remove the toxins from your body and feed you healthy, nutritious, yummy food. They nurture you with massages, clay wraps, steam baths, facials, etc. Next, they add a good dose of useful information about how our bodies are designed to live and how we can best look after them. There wasn't a thing that was left undone, no problem that wasn't solved immediately, and they always had a smile for you and never seemed rushed (although I know they worked very hard!). So by the time my stay was over, I felt well. Really well. I felt refreshed from top to bottom – spirit, soul, and body. Living Valley Springs is truly an oasis in a dry and dusty world. I will be back for another stay – and next time I am bringing my husband!

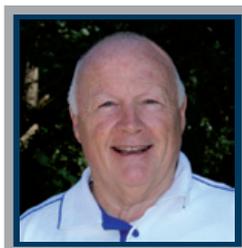
Shelley Birrell

My health hit rock bottom in my late twenties. The past 17 years have included sugar & carbohydrate cravings, hemochromatosis, fibromyalgia, chronic fatigue, constant abdominal & joint pain, depression, suicidal thoughts, asthma, chest infections, courses of antibiotics, abnormal cervical cells, constant candida, bloating, coffee addiction, codeine addiction, years of unexplained stomach pain, a headache that lasted 11 years, 35 kg weight gain, infertility, two miscarriages, panic attacks, endometriosis, polycystic ovaries and all over pain, pain, pain! I refused to accept my condition. I prayed for help. My prayer was answered beyond expectation. I was lead to Living Valley Springs. I had full blood chemistries analysed and adopted an exciting diet to help my body recover. I started to improve for the first time in 13 years. The depression, abdominal pain, infertility, endometriosis, polycystic ovaries, etc., have all gone. I have now been to Living Valley Springs for a third detox and more education and have put into practice much of what I have learnt. I have seen improvement in my skin, nails, hair and even my eyes show the healing. I thank everyone at Living Valley Springs for your willingness to earnestly care for people and desire their good in the way that you do. I thank God for your work.



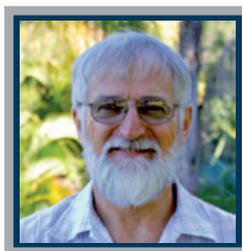
Anna Hetherington Ph:(07) 4658 5624 muyong@bigpond.com

After considerable turmoil in my business I suffered a severe stroke, which caused paralysis of my right side. It affected my speech and I lost the use of my leg and arm. I was hospitalised and unable to walk for four months. I was dosed up on all sorts of drugs for pain, cholesterol, high blood pressure, reflux, depression and more. I decided that if I would have any chance of regaining health and mobility, I needed to get to Living Valley Springs and seek the help of Gary Martin and his team. I discharged myself from hospital and got to Kin Kin post haste. I am very pleased, after just twenty days of therapy at Living Valley Springs, to report substantial improvement in mobility and general wellbeing. I feel better than I have felt for years. I am not taking any drugs, yet my blood pressure is perfect. I am not depressed. I have no reflux. My cholesterol is spot on. I am walking everywhere with only the aid of a walking stick. I have also learnt how to handle crises without falling apart. I thank Gary and his team of experts for their love, care and professional attention to my needs.



Geoffrey Horne

In 1992, after 4 years of debilitating fatigue, I was diagnosed as having chronic fatigue syndrome. I was also suffering with extreme multiple chemical sensitivity. Life had become a living hell as I struggled to maintain my family and professional responsibilities. I could no longer work at all. For 18 years I dragged my body around like a dead weight, not to mention all the other debilitating symptoms. It was while assisting a dear friend with cancer that I discovered Living Valley Springs. In April 2006 I attended the 10 day program. Amazingly, within six days I was able to climb Mt. Cooroora in under 54 minutes. To my surprise, there was no relapse of CFS symptoms. I am now as healthy and energetic as I was before the onset of CFS 18 years ago. Living Valley Springs has provided me with the opportunity to effectively detox and get my life back. I AM FREE!



Patrick Slattery 0407 392 686

My name is Øivind Otto Hansen and I'm from Norway. Gary Martin and his staff at Living Valley Springs have saved my life – not once, but three times - no doubt about that. I suffer with very severe food allergies from all kinds of foods. I'm also allergic to all kinds of medicines and anaesthetics which makes it impossible for me to undergo any medical treatments or surgery in hospitals. About four years ago I became severely constipated due to my limited and very poor diet. I visited the toilet once a month for a whole year. My colon was so full that I could not eat any more food. The hospital could not help me and I was sure that I would soon die. My whole body was poisoned. My legs were so weak that I had to use crutches. The reputation of Living Valley Springs was well known in Norway, so I travelled to Australia to receive ten weeks of treatment. The therapists worked my colon everyday with water treatments and massages, and centimetre by centimetre they managed to clean it up. At last I could start eating food again and prolong my life. I have now travelled to Australia three times to receive treatment at Living Valley Springs for life-threatening conditions, and each time my life has been saved. It is a fact that without the help of Gary Martin and his staff I would not be alive today. I am very grateful.



Øivind Otto Hansen

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"My expectations were truly exceeded"

"I would like to sincerely thank you all for the love and inspiration whilst staying at Living Valley Springs. My expectations were truly exceeded. I am feeling wonderful and have made many changes to my day to day life. It is so rare to meet such warm people who know such a great deal about good health."

Rosalie Crowder



In March 2004 I was diagnosed with Multiple Sclerosis. My doctor recommended daily injections of an immuno-suppressive substance for the rest of my life. In the weeks following a series of events led me to Gary Martin and Living Valley Springs... I'm now the most healthy and energetic I have felt for many years. Gary Martin and the dedicated team members that make Living Valley Springs what it is, are truly remarkable. Their commitment and passion for what they do is inspirational. I credited Gary with having been instrumental in saving my life. I acknowledge all at Living Valley Springs Health Retreat for their excellence in care, service and support.

Carmel Egan



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