

# We've made a pact



bring back  
the ENERGY  
of youth



to LIVE  
the best life ever



no other  
time but  
NOW

she will get back to size 8 &  
he will be wearing a 32" inch belt

Further info on the next page. Press reviews are available at [www.globalvitalsource.com](http://www.globalvitalsource.com).

## INTERNAL SPA™ Digestive Clean-up

a Holistic Lifestyle  
Workshop at the  
Club Punta Fuego on  
February 6-8, 2010  
(Saturday – Monday)

**YES, YOU CAN**

- Defy Aging & Lose Weight
- Understand Disease & Fight Back
- Know about Food as Medicine & spend less on Medication !

Join Wellness Advocate -  
**Jean Goulbourn**, Holistic  
Practitioner - **Dale V.  
Flores** and the thousands  
of enlightened Filipinos  
who have discovered the  
holistic lifestyle (please  
refer to the last page for  
testimonials).



# INTERNAL SPA™ DIGESTIVE CLEAN-UP

Club Punta Fuego • February 6-8, 2010 / Sunday-Monday

The GVS Wellness Team welcomes those who wish to experience the ultimate in pampering. Discover the **Internal Spa™ Program** at the **Club Punta Fuego**.

For the past three years the GVS Team has been touring the Philippines, sharing the gift of wellness to all! It is active information, naturopathic support and understanding that helps address stress & disease – in an exceptionally relaxed and pleasurable setting. The Internal Spa Program is an avenue to learn, share, and actively do something about one's well-being.

GVS is dedicated to transform the lifestyle of its participants through complete immersion into healthy and mindful living, offering personalized programs that blend holistic activities, such as organic nutrition medicine, wellbeing lifestyle makeovers, self-discovery classes and relaxation, as well as renewal sessions. Preventative wellness is a fundamental component, combined with new holistic nutritional and naturopathic knowledge which provides participants with the ability to consciously support their health and to overcome and alleviate stress, and live a more healthful & fulfilling life.

### 3 DAY / 2 NIGHT, INTERNAL SPA™ PACKAGE

- Overnight stay at a Club Punta Fuego Casita
- Holistic Food & Beverage sustenance for the entire workshop
- Medically supervised natural and non-invasive Naturopath formulated internal cleansing & detoxification protocol
- Complimentary Diagnostic Blood Testing
- Informative & Inspirational Sessions with Holistic Practitioner Dale V. Flores, Physician & Licensed Acupuncturist Mikey Vergara M.D. and Author & Naturopathic Doctor with PhD's in Natural Health & Holistic Nutrition Christine E.V. Gonzalez, ND, PhD
- Use of Club Punta Fuego Facilities and Golf Course

- Energy Healing by Reiki Master from Russia, Jo Bilasano
- Choice of Therapeutic Massage including Anti-Ageing Facials, Hand & Foot Pampering Therapies, and Head, Neck & Shoulder Treatments
- A range of light Watersport activities or Guided Cycling
- Tibetan Stretching & Meditation & Qi-gong Session
- Bollywood Dancing Workout Session
- Healthy Connoisseurs' Departure Lunch by the Executive Chef
- Post-cleansing Complimentary Holistic Nutrition Assessment & Lifestyle Evaluation supported with Healing Foods

Participants are scheduled for Blood Chemistry at the New World Hotel Makati City on January 30, 2010 from 7:00 to 9:00 a.m.

In support of life enrichment and stress management, Executive Diagnostic Testing scheduled prior to the event date with our partner the Medical City is available upon request.

#### RATES:

##### MEMBERS

PHP 56,280 net on single occupancy basis  
PHP 37,520 net on double occupancy basis

##### NON-MEMBERS

PHP 58,800 net on single occupancy basis  
PHP 42,800 net on double occupancy basis

\*quoted rates are inclusive of taxes

\*BDO credit card holders are entitled to a 6 month no interest deferred payment scheme.

\*Registration will commence on January 12, 2010.

Deadline for registration is on **January 30, 2010**. Forms are to be completed prior to the event date and fees must be settled in full before being admitted to the workshop.

## Immune System Boosters

The GVS Board of Consultants is headed by wellness advocate Jeannie Goulbourn and holistic practitioner Dale V. Flores who has extensive experience in Naturopathy. Members include Dr. Christine E.V. Gonzalez, author, researcher and Doctor of Naturopathic Medicine, & Dr. Mikey Vergara, Physician and Licensed Acupuncturist.

The team endorses two whole food supplements that are highly efficient to aid and maintain a very strong immune system. These are recommended for all ages.

- Life Source (100% Pure Colostrum)
- HASH Power Greens (A proprietary blend of Chlorella, Spirulina & other algae)

\*Please advise us on your preference

\*Each bottle is at PHP 675 (30 capsules per bottle)

FOR REGISTRATION & INFORMATION PLEASE CONTACT:

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Joy Mañalac at 897.2217/0923.4427325  
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what participants  
have to say about

# INTERNAL SPA™



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"The rich harvest of stones resulting from the short fun session has drawn people who already knew they had a problem with their gall bladders, and would have undergone surgery if they did not discover this alternative process.

**-Linda Bolido, Journalist, Philippine Daily Inquirer**

"I've never felt so light. I didn't realize that I had many gallstones. I feel cleaner after having seen everything flushed out."

**-Ed Calma, Architect**

"Perfect! I will definitely do this again!"

**-Nelson Canlas, Journalist, GMA 7**

"I've always thought of myself as a fairly healthy person. It turned out, I had the most toxins. It's a clean sweep!"

**-Pauline Juan, Editor-in-chief, Preview Magazine**

"I really felt toxins were flushed out of my system, around a dozen pea-sized greenish solids were strained. The sharings of the line speakers were the most memorable treasures I got from this wellness program."

**-Fr. Francisco Z. Hernandez, SDB**

"I am so grateful I did the flush. Let's try to get more people to believe in healthy living."

**-Madeline de Rosas Valera, Field Tutor, Harvard Medical School**

"The total experience was amazing and appalling. I lost 10 lbs., and it's fantastic!"

**-Allan & Rubie Arriola**

"We came in as pessimists...but came out as believers. It was a relief to see the harvests. The speakers were engaging, and they spoke about topics that were very relevant. Looking forward to your next flush."

**-Glenn & Jane Glinoga**

"As a chemist, I'm a skeptic of natural healing. After the flush, I went to Germany and my doctor was shocked at the results. I no longer need surgery.

**-Cris Aquino, President & Owner, CCT Chemicals Inc., Past President of Henkel**

"You feel the refreshing feeling you get after you've just brushed your teeth and flossed after a hearty meal of kare-kare and bagoong."

**-Joanna Rae M. Ramirez, Editor-in-chief, People Asia**

"After the flush, not only did I become aware of the effects of food in my body, but also, I lost 29 lbs. My arthritis is gone. I no longer need knee surgery."

**-Sr. Mary Niere, Carmelite Sister, Zamboanga City**

"The food served was not much of a sacrifice. It was all-natural. We were all shocked when we saw the harvest."

**-Lorraine Belmonte, Vice President, Mega Publishing Corporation**

"I had the most harvest. The evidence was compelling!"

**-Paulina Suaco, Editor-in-chief Preview Magazine**