



TOTAL HEALTH
& PERFORMANCE
MANAGEMENT

INTEGRATED HEALTH

Troubling health conditions and symptoms indicate underlying malfunction in the body.

Yet the same illness or symptoms can have three different causes in three different people. By accurately identifying the reasons for the malfunction, clients can **relieve themselves** of the symptoms of disease and poor health, as well as reducing medication. As an experienced health practitioner Gavin Heward works with clients around the world to get to the root cause of their particular condition or symptom.

"Suffering from fibromyalgia, Barretts oesophagus, chronic fatigue, as well as organ removal, my health has been on a downward spiral for well over a decade. After testing, Gavin explained underlying root causes and provided a program that has rebuilt my health by addressing the causal factors. There has been medical confirmation of conditions "disappearing!" **Dr Zohl dé Ishtar, 2005**

Nobel Peace Prize Nominee



Through a comprehensive understanding of how bodily systems are interconnected, biochemical individuality and functional laboratory analysis, Gavin is able to **accurately** pin-point the specific cause of any health challenge. By utilising **nutritional counselling, supplemental support and lifestyle coaching**, Gavin can help his clients eliminate symptoms and restore optimal function for greater health.

Gavin has helped people find **answers and solutions** for a wide range of ailments from allergies to chronic fatigue, adrenal fatigue, hormone imbalances, fibromyalgia, thyroid malfunction, auto-immune illnesses, migraines, infertility, PCOS, depression, IBS and **much more**.

Please feel welcome to contact Gavin directly to discuss your personal challenge and to arrange a consultation.

"After being hospitalised for 50 days and experiencing a life threatening situation I was left with severe problems with my blood which required on going treatment with daily medication. For 4 months I was under the guidance of some of the best Haematologists and Consultants in the country yet there was little improvement in blood tests. I then consulted with Gavin who immediately drew up a plan of attack that improved my situation after just 4 weeks. My latest blood results have shown radical improvement and my need for medication is reducing." **JW, Australia**

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