

Balanced Concepts Ltd.

www.balancedconcepts.net

**Natural Health and
Nutritional Specialists**



www.balancedconcepts.net

Our Services

- We do **Metabolic Typing** to find out the perfect “diet” for your unique biochemistry.
- We do **allergy/food sensitivity** testing by checking to see if your immune system is producing antibodies to at least 96 foods.
- We do **saliva hormone testing** to see how your adrenal function, diet, lifestyle and exposure to environment chemicals, is affecting the balance of your hormones.
- We use **Live & Dry Blood Analysis** as an educational tool to show people what is going on in their bodies. This visual tool inspires people to want to take control of their health.
- We do **Nutritional Consulting** in person or online.
- We develop **Nutritional programs** for people.
- We use our knowledge from the various modalities of **Specialized Kinesiology** to help us assess the imbalances of the body. We also teach some of these techniques to clients.
- We do **presentations** on Health and Wellness.
- We run various **workshops**.

Specialized Kinesiology:

A valuable tool to use for determining what your body needs in order to heal itself.

Specialized Kinesiology is supported by:

- [Natural Health Practitioners of Canada Association](#) – 1-888-711-7701
- [Canadian Association of Specialized Kinesiology](#) – 1-604-669-8481

Many Types of Specialized Kinesiology

For certifications, you can contact **Christine Fisher** at the [Canadian Association of Specialized Kinesiology](#). You can phone her at **1-604-669-8481** or you can e-mail her at office@canask.org.

Touch for Health – A good start in Specialized Kinesiology

- Used in over 63 countries worldwide.
- Developed by a chiropractor out of “Applied Kinesiology” so that the “layman” person can use muscle testing.
- A great “beginner” class to take because you learn all the basic muscles used for “muscle testing”.

Ways that **Specialized Kinesiology** can help you:

- Increase your energy and vitality
- Improve memory and brain function
- Improve listening skills
- Helps improve attention span
- Helps improve circulation and heart function
- Helps remove energy blockages by stimulating the lymphatic fluid
- Relieve pain and muscle tension without drugs
- Reduce mental and physical stress
- Strengthen your body's immune system
- Overcome depression and anxiety
- Speed up healing when sick or injured
- Improve your sense of peace and wellbeing

**A Specialized Kinesiologist
is simply the the “vehicle”**

YOU are the driver!!

**Your body tells the
practitioner what “tools” it
needs to heal itself.....**

Kinesiology is the “study of muscle” movement.

This is great for learning which types of exercises benefit each muscle....

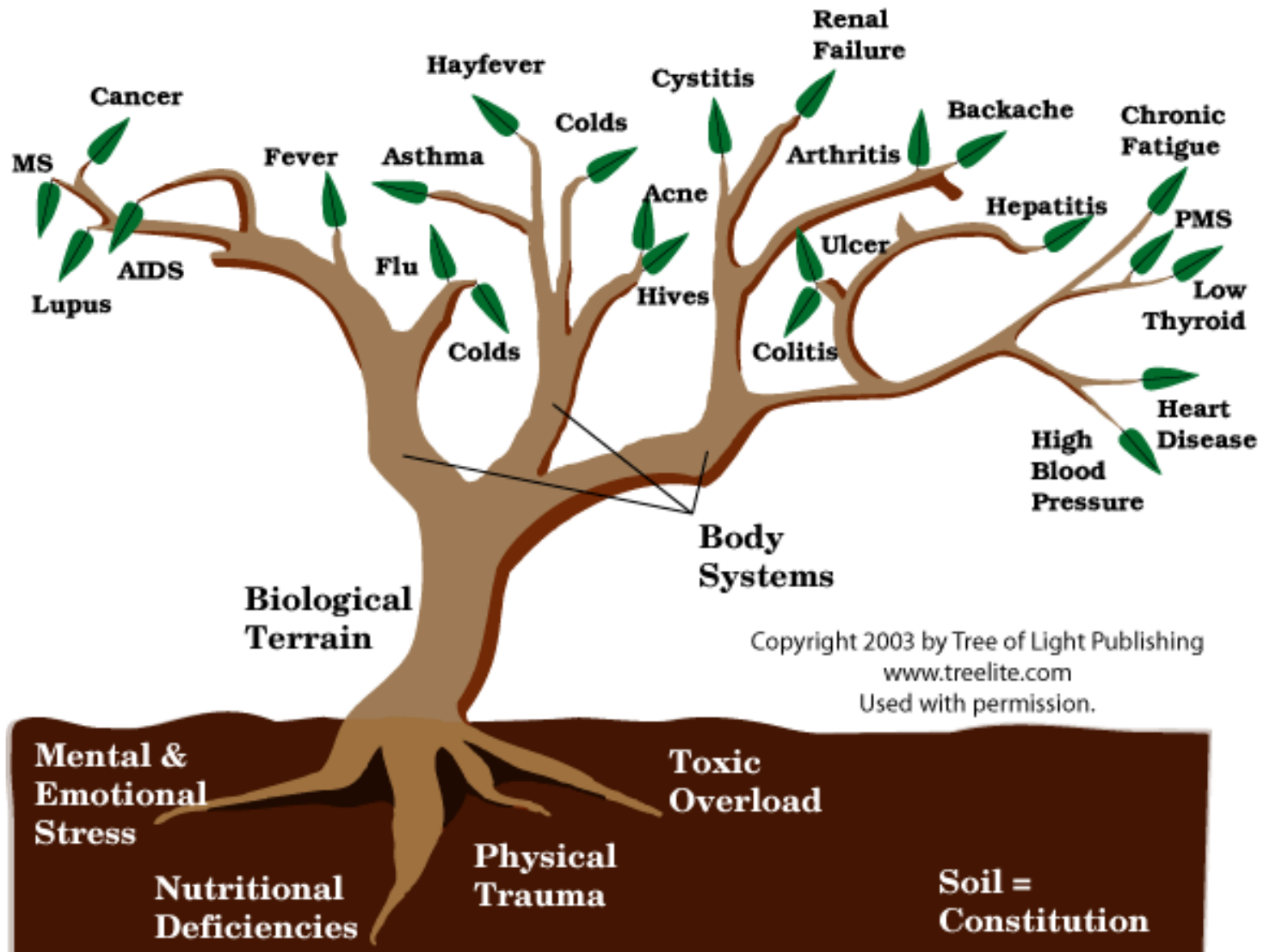
Specialized Kinesiology

- Uses “muscle testing” as a tool to determine imbalances in the body and helps to determine if the root causes are from:
 - Nutritional deficiencies
 - Mental or emotional stress
 - Physical trauma from previous injuries
 - Toxic overload due to poor detoxification

When we eliminate the “root causes” of disease....

.....the “symptoms” begin to disappear....

The Disease Tree



The Disease Tree

The “roots” represent the “root causes” of disease.

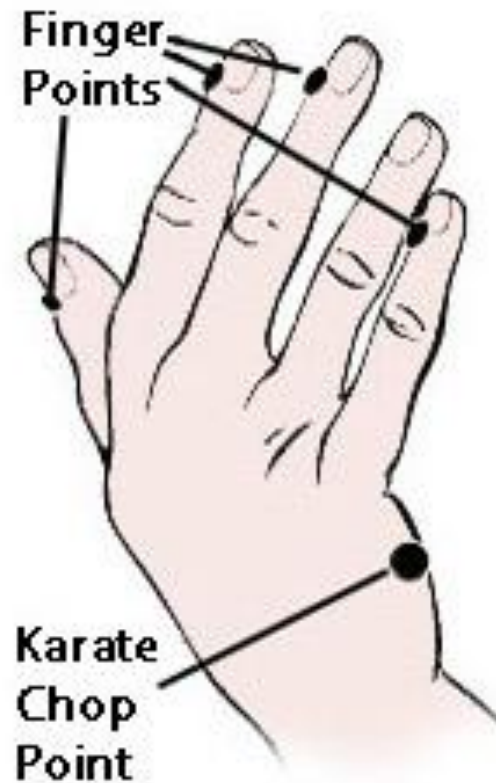
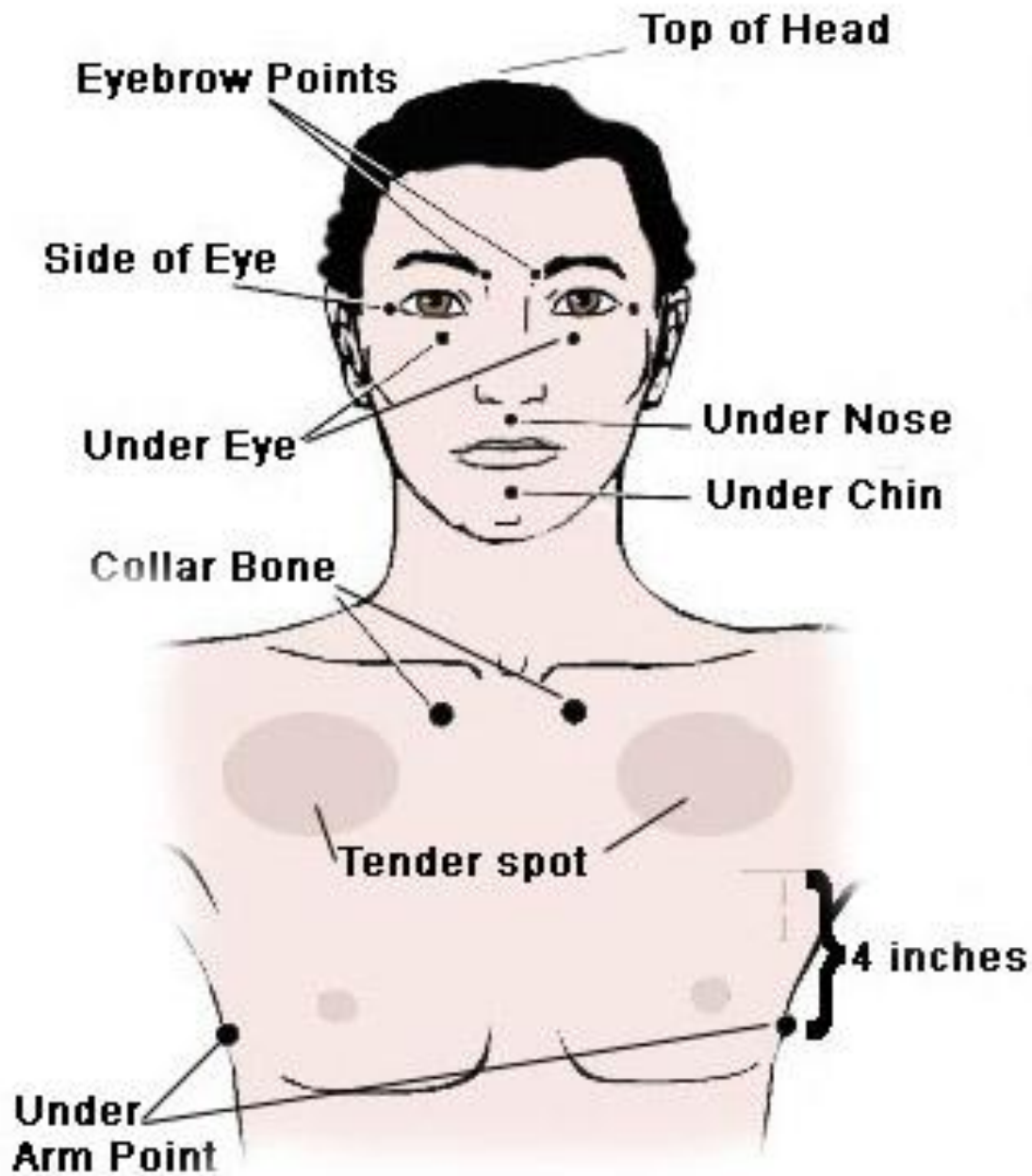
The “leaves” represent the “symptoms”.

Toxic waste and inflammation
start to build up in your
organs, arteries and cells as
soon as you are born.

Homeostasis

- The body has the amazing ability to constantly try to keep itself in balance as long as it is supported:
 - ✚ **Nutritionally** - through our diet (food, herbs, supplements)
 - ✚ **Physically** - through movement, exercise and stretching
 - ✚ **Emotionally** - through emotional healing which can be done through positive affirmations, visualizing the positive outcome of our goals, relaxation, stress management, meditation or spirituality.
- **Note:** EFT is a common tool that people are using today which helps them release toxic or unhealed emotions. EFT is “Emotional Freedom Technique” which is a tool where people stimulate different acupuncture points while focusing on an “issue” that they wish to heal from.

The following picture
shows the acupuncture
points used in
**Emotional Freedom
Technique**



Energy Medicine – A form of
Specialized Kinesiology that
uses Touch for Health
techniques in combination of
stimulating Acupuncture
points....

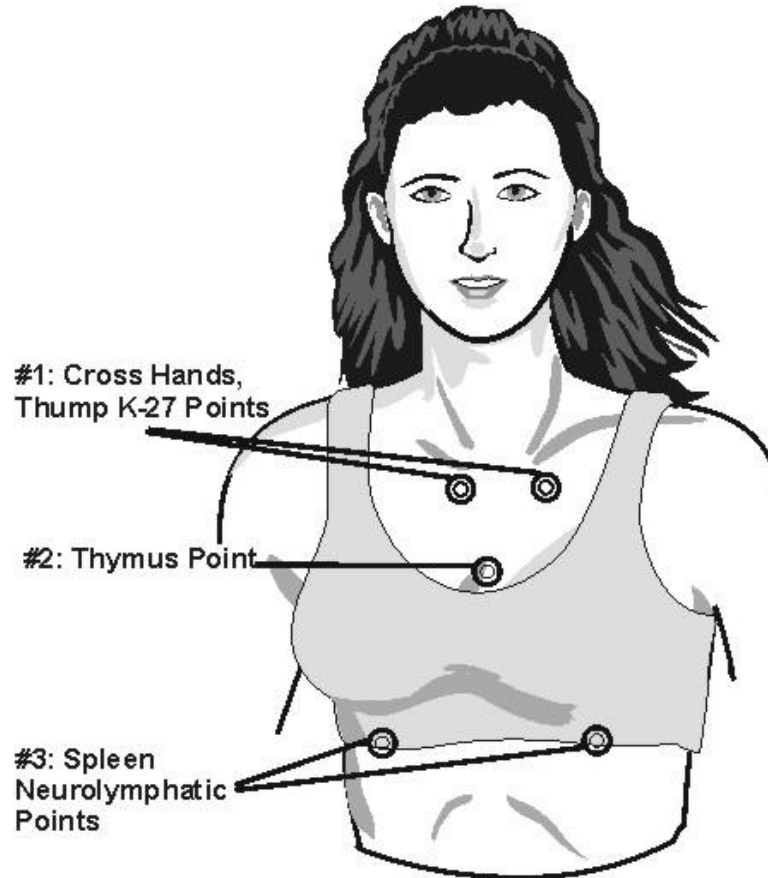
**On The Oprah Show, Dr. Oz
said that **Energy Medicine** is
the medicine of the future.
With **Energy Medicine** you
use your own energies to heal
and improve your life.**

The following is an example
of a technique used in
Energy Medicine

The Three Thumps

Perform Daily To:

- Boost Your Immune System
- Stimulate All Of Your Energies
- Increase Strength & Vitality



For each step, breath in through the nose & out through the mouth for about 20 seconds.

**Specialized Kinesiology
uses Chinese Medicine
perspectives to assess
imbalances in the body.**

We are all made of energy....

A strange concept?

Think of Chemistry....

- The periodic table of “elements” keeps track of how many electrons spin around each element...
- Everything is simply a “transfer” or “sharing” of electrons...

Periodic Table of Elements

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18																																																																						
1 H Hydrogen 1.00794	<table border="1"> <tr> <td>C Solid</td> <td colspan="10">Metals</td> <td colspan="6">Nonmetals</td> </tr> <tr> <td>Hg Liquid</td> <td>Alkali metals</td> <td>Alkaline earth metals</td> <td>Lanthanoids</td> <td>Transition metals</td> <td>Poor metals</td> <td>Other nonmetals</td> <td>Noble gases</td> <td colspan="10"></td> </tr> <tr> <td>H Gas</td> <td colspan="3">Actinoids</td> <td colspan="13"></td> </tr> <tr> <td>Rf Unknown</td> <td colspan="17"></td> </tr> </table>																C Solid	Metals										Nonmetals						Hg Liquid	Alkali metals	Alkaline earth metals	Lanthanoids	Transition metals	Poor metals	Other nonmetals	Noble gases											H Gas	Actinoids																Rf Unknown																		2 He Helium 4.002602
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11 Na Sodium 22.98976928	12 Mg Magnesium 24.3050																	13 Al Aluminium 26.9815386	14 Si Silicon 28.0855	15 P Phosphorus 30.973762	16 S Sulfur 32.065	17 Cl Chlorine 35.453	18 Ar Argon 39.948																																																																
19 K Potassium 39.0983	20 Ca Calcium 40.078	21 Sc Scandium 44.955912	22 Ti Titanium 47.887	23 V Vanadium 50.9415	24 Cr Chromium 51.9961	25 Mn Manganese 54.938045	26 Fe Iron 55.845	27 Co Cobalt 58.933195	28 Ni Nickel 58.6934	29 Cu Copper 63.546	30 Zn Zinc 65.38	31 Ga Gallium 69.723	32 Ge Germanium 72.64	33 As Arsenic 74.92160	34 Se Selenium 78.96	35 Br Bromine 79.904	36 Kr Krypton 83.798																																																																						
37 Rb Rubidium 85.4678	38 Sr Strontium 87.62	39 Y Yttrium 88.90585	40 Zr Zirconium 91.224	41 Nb Niobium 92.90638	42 Mo Molybdenum 95.96	43 Tc Technetium (97.9072)	44 Ru Ruthenium 101.07	45 Rh Rhodium 102.90550	46 Pd Palladium 106.42	47 Ag Silver 107.8682	48 Cd Cadmium 112.411	49 In Indium 114.818	50 Sn Tin 118.710	51 Sb Antimony 121.760	52 Te Tellurium 127.60	53 I Iodine 126.90447	54 Xe Xenon 131.293																																																																						
55 Cs Caesium 132.9054519	56 Ba Barium 137.327	57-71		72 Hf Hafnium 178.49	73 Ta Tantalum 180.94788	74 W Tungsten 183.84	75 Re Rhenium 186.207	76 Os Osmium 190.23	77 Ir Iridium 192.217	78 Pt Platinum 195.084	79 Au Gold 196.966569	80 Hg Mercury 200.59	81 Tl Thallium 204.3833	82 Pb Lead 207.2	83 Bi Bismuth 208.98040	84 Po Polonium (208.9824)	85 At Astatine (209.9871)	86 Rn Radon (222.0176)																																																																					
87 Fr Francium (223)	88 Ra Radium (226)	89-103		104 Rf Rutherfordium (261)	105 Db Dubnium (262)	106 Sg Seaborgium (266)	107 Bh Bohrium (264)	108 Hs Hassium (277)	109 Mt Meitnerium (268)	110 Ds Darmstadtium (271)	111 Rg Roentgenium (272)	112 Uub Ununbium (285)	113 Uut Ununtrium (284)	114 Uuq Ununquadium (289)	115 Uup Ununpentium (288)	116 Uuh Ununhexium (292)	117 Uus Ununseptium	118 Uuo Ununoctium (294)																																																																					

For elements with no stable isotopes, the mass number of the isotope with the longest half-life is in parentheses.

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57 La Lanthanum 138.90547	58 Ce Cerium 140.116	59 Pr Praseodymium 140.90765	60 Nd Neodymium 144.242	61 Pm Promethium (145)	62 Sm Samarium 150.36	63 Eu Europium 151.964	64 Gd Gadolinium 157.25	65 Tb Terbium 158.92535	66 Dy Dysprosium 162.500	67 Ho Holmium 164.93032	68 Er Erbium 167.259	69 Tm Thulium 168.93421	70 Yb Ytterbium 173.054	71 Lu Lutetium 174.9688
89 Ac Actinium (227)	90 Th Thorium 232.03806	91 Pa Protactinium 231.03688	92 U Uranium 238.02891	93 Np Neptunium (237)	94 Pu Plutonium (244)	95 Am Americium (243)	96 Cm Curium (247)	97 Bk Berkelium (247)	98 Cf Californium (251)	99 Es Einsteinium (252)	100 Fm Fermium (257)	101 Md Mendelevium (258)	102 No Nobelium (259)	103 Lr Lawrencium (262)

From a Biology book....

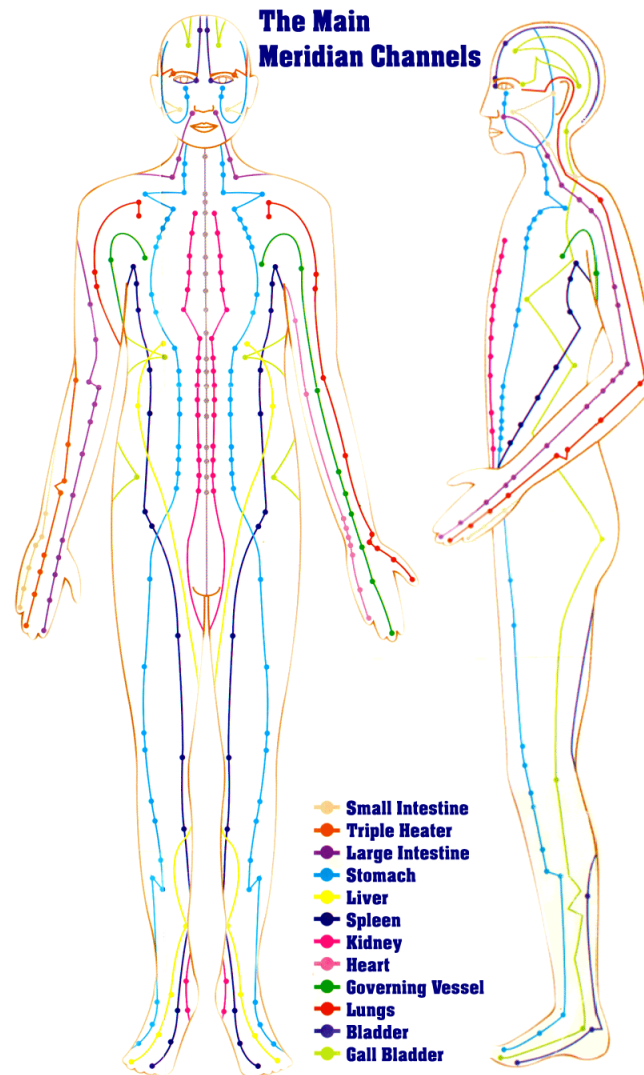
- In our bodies, we have minerals and enzymes that are like the “spark plug” for chemical reactions to occur.
- **“Energy cannot be created or destroyed”.....it simply manifests into different forms. For example:**
 - ✚ We see this when the sun’s energy gets converted into glucose in plants through photosynthesis.
 - ✚ We see this when the nutrients in food gets converted into energy in our cells.

According to Dr. Albert Szent-Gyorgyi:

“Health” occurs when there is an ample flow and interchange of electrons in your cells.

Impaired or poor electron flow and interchange equals "disease," and when the flow and interchange ceases entirely, your cells die.

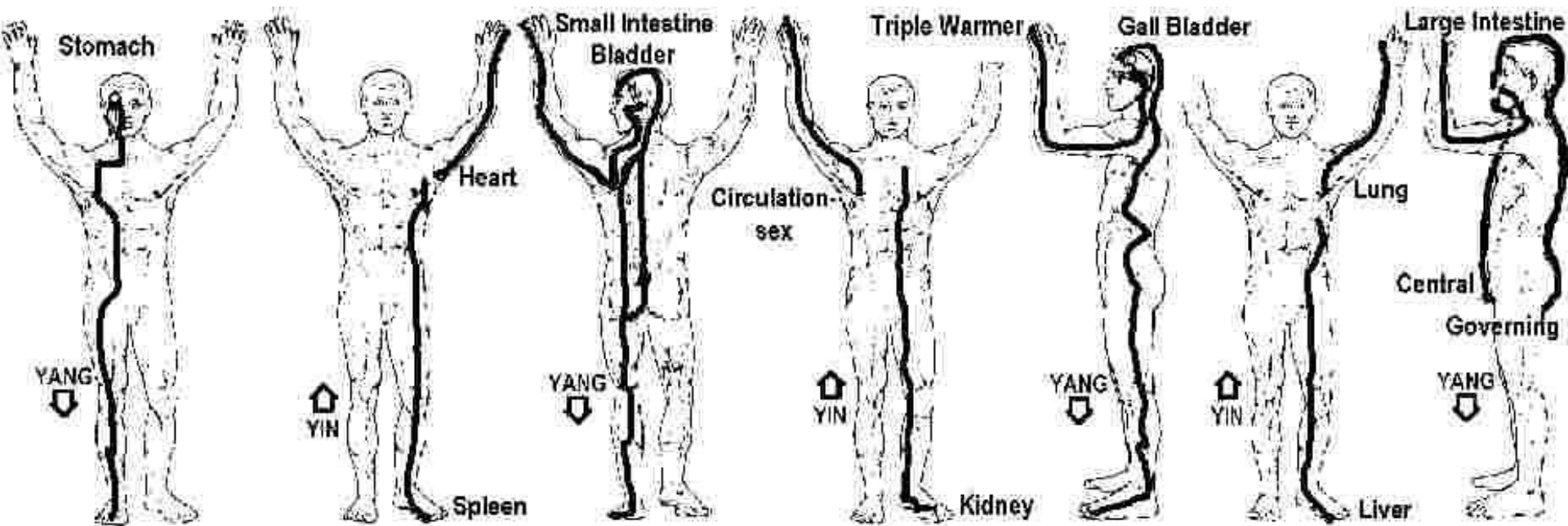
The Meridians



Meridians – Energy circuits in the body – a proven science!!

- There are 14 meridians that each represent an “organ” or “bodily function”.
- Each meridian flows in a certain direction.
- When a meridian is “out of balance”, it may be “stagnant” or it may flow “backwards”.
- Each meridian has a number of acupuncture points that can be stimulated to enhance and improve circulation in the body.
- Each meridian has at least one muscle that can be used to determine an imbalance.

14 Meridians – some are “Yin” and some are “Yang”



Yin = **FEMALE** energy

These are the organs that never stop
“working” or you die....

Ex: Heart, Lungs, Liver, Spleen, Kidneys

Yang = **MALE** energy

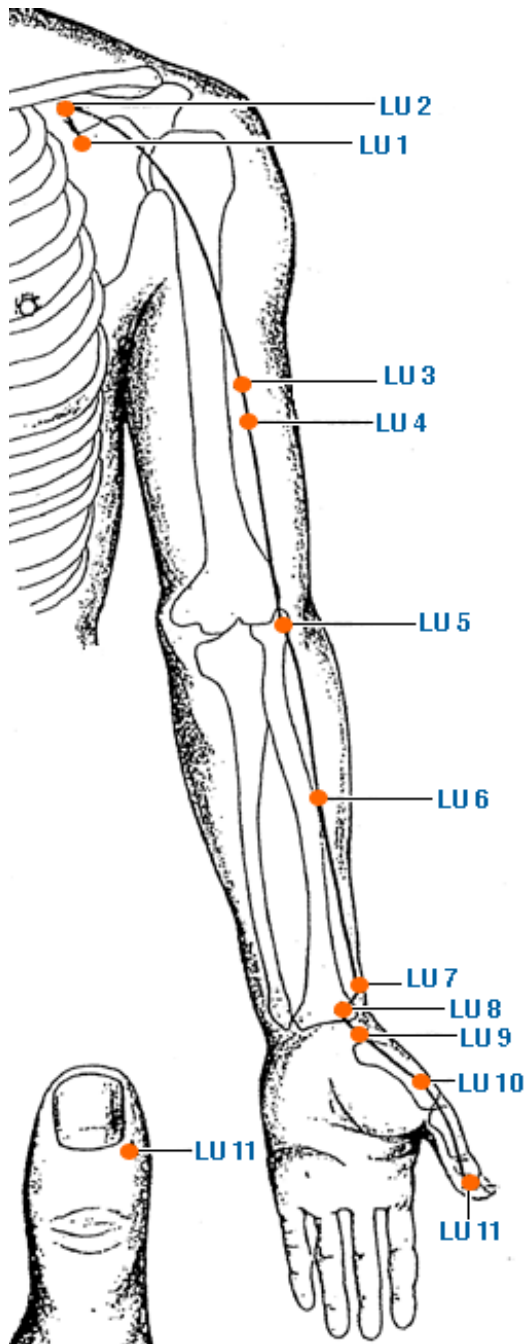
These are the organs that **ONLY** “work”
when they need to....

Ex: Bladder, Stomach, Gallbladder,
Large Intestine, Small Intestine

Following are 3 examples of meridians.

You will see:

- The **acupuncture points** on each meridian
- The **muscles** associated with each meridian
- Some **typical symptoms** associated with each meridian imbalance



Example:
Lung Meridian – has
11 acupuncture
points

Lung Meridian

internal branch disorders

shortness of breath and other breath disorders
chest tightness, asthma, emphysema, coughing
bronchial complaints

diaphragm disorders
associated disorders of the large intestine
like diarrhoea, diverticulitis, colic, and constipation, colitis
and other associated disorders of the stomach

meridian disorders

pain along the course of the meridian

shoulder pain

pain in the supraclavicular fossa

skin problems along the meridian

stiff forearm

eczema and moles

carpal tunnel syndrome

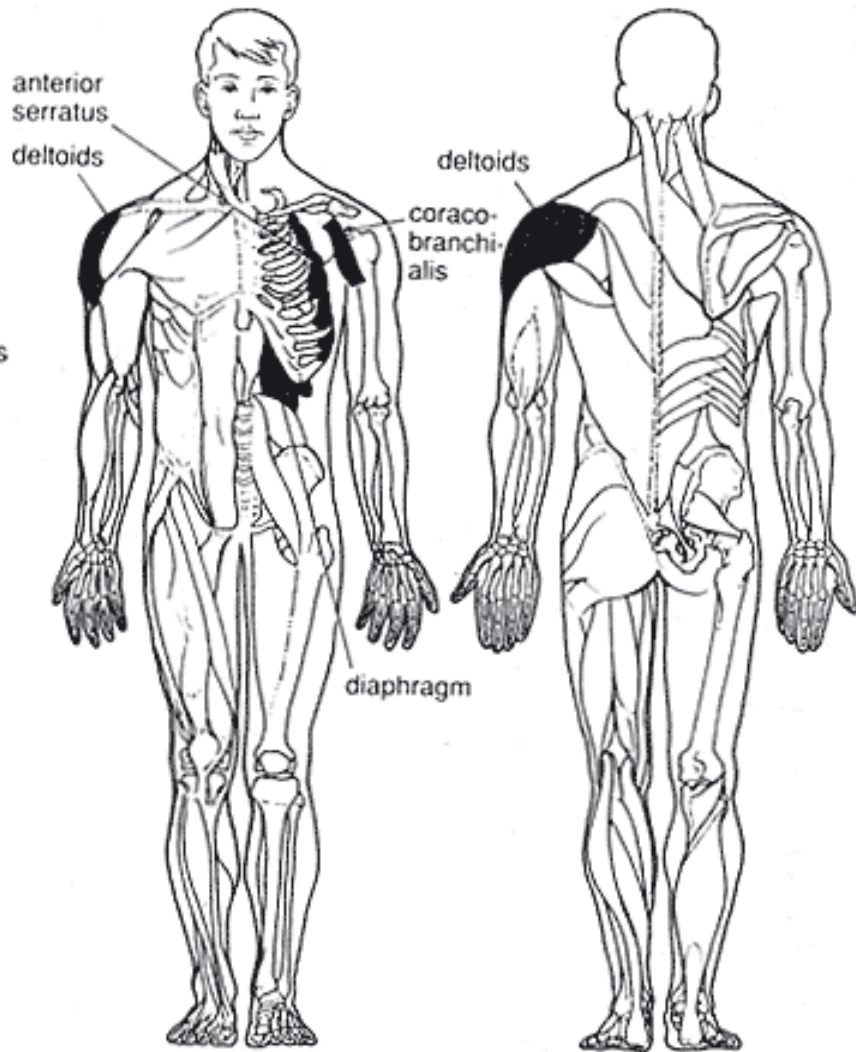
wrist disorders

warts

arthritis or stiffness in the thumb

white spots on thumb nail, ridges, whitlows

associated muscles

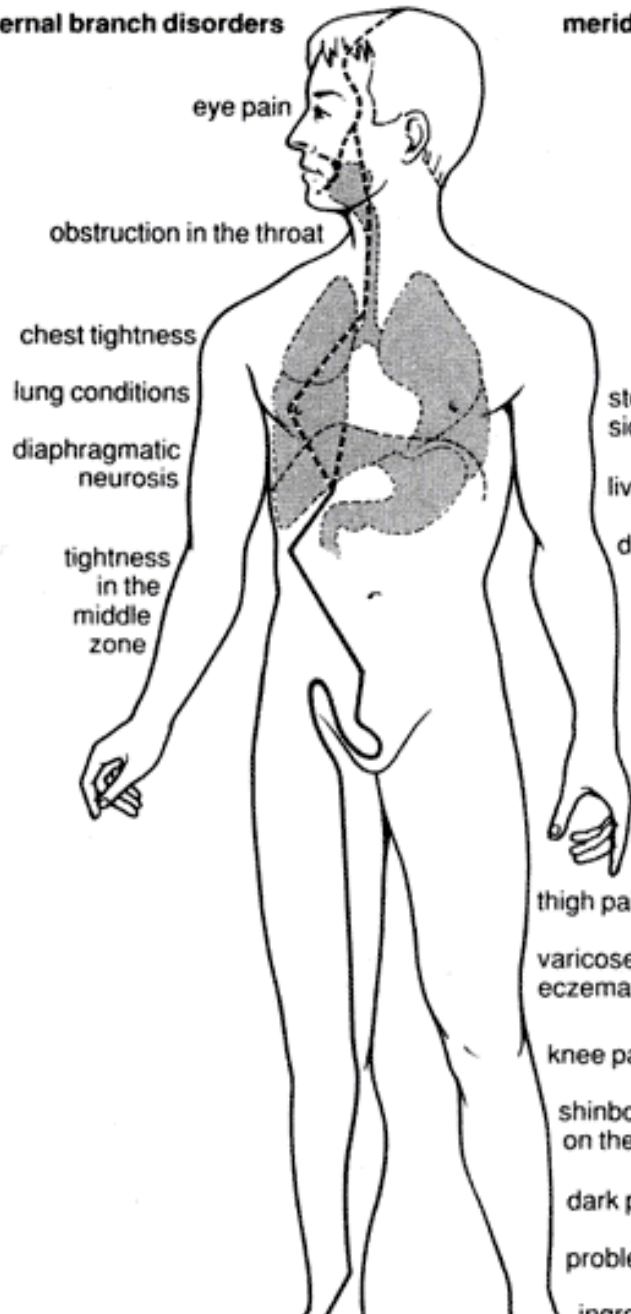


Liver Meridian

internal branch disorders

meridian disorders

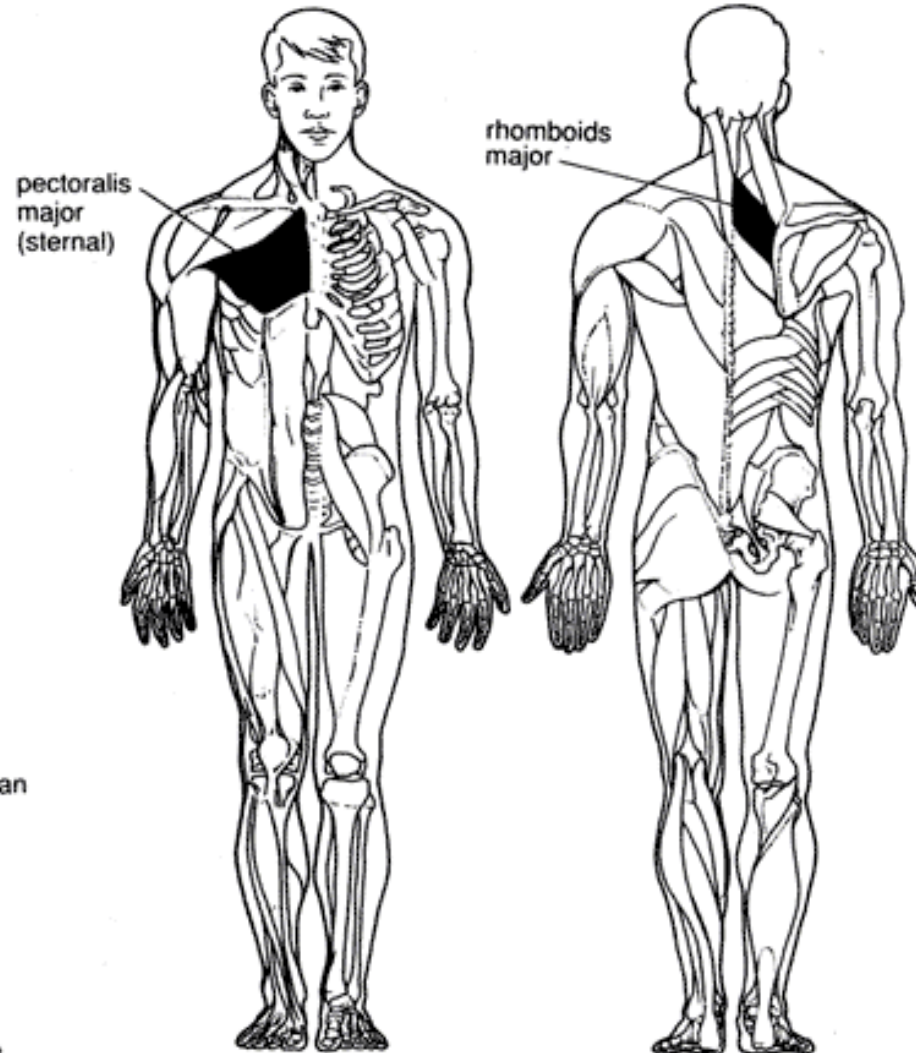
associated muscles



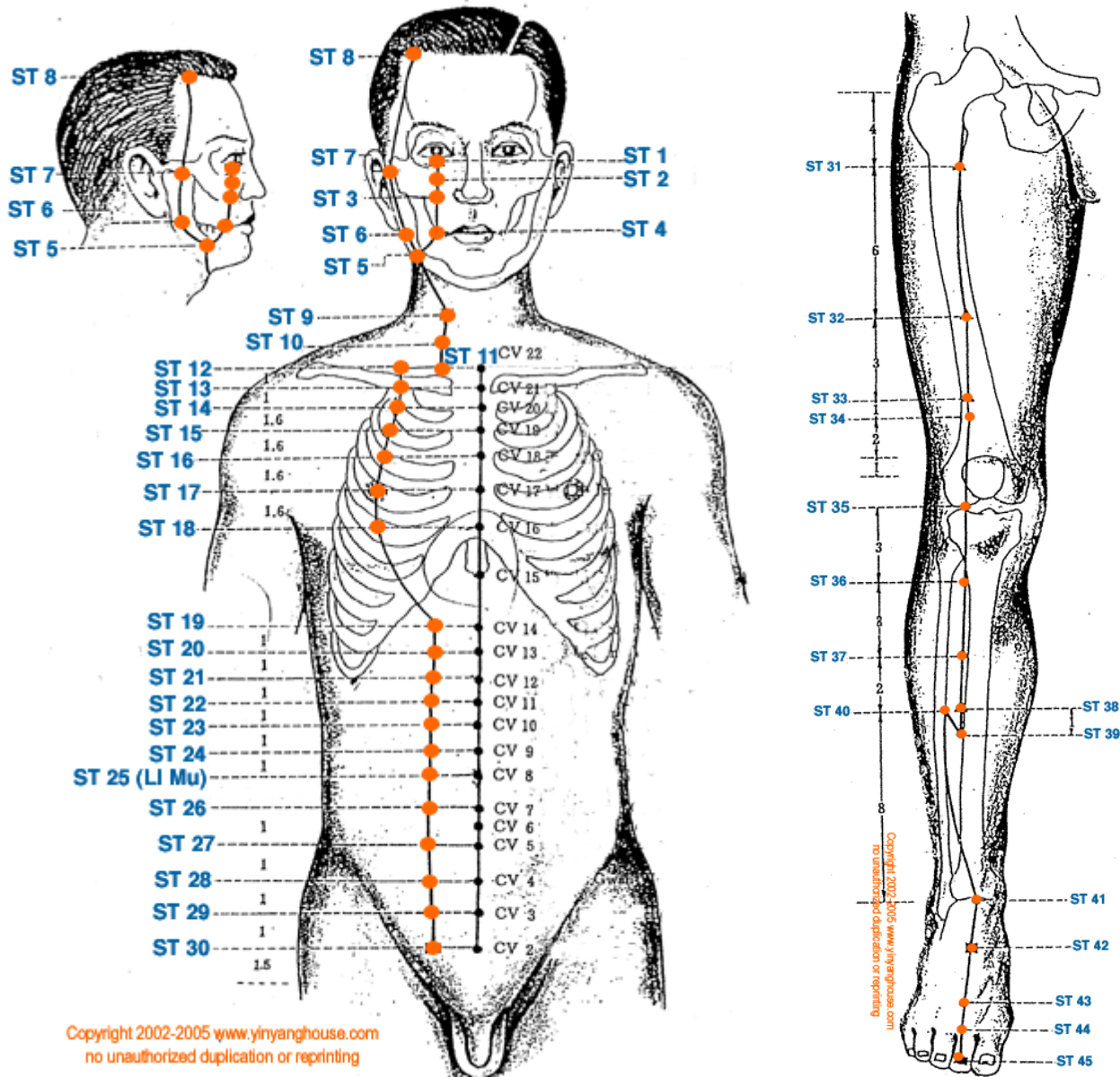
- stomach problems (left side)
- liver problems (right side)
- digestive problems
- uterus/prostate problems
- genital problems, eg herpes, low sperm count, candida, impotence, low sexual libido, eczema

- thigh pain
- varicose veins, broken capillaries eczema or psoriasis along meridian
- knee pain (medial)
- shinbone sores and phlebitis on the inner side of calf
- dark pigmentation on the calf
- problems in the big toe, eg gout,

ingrowing toenails, fungus, bent toe



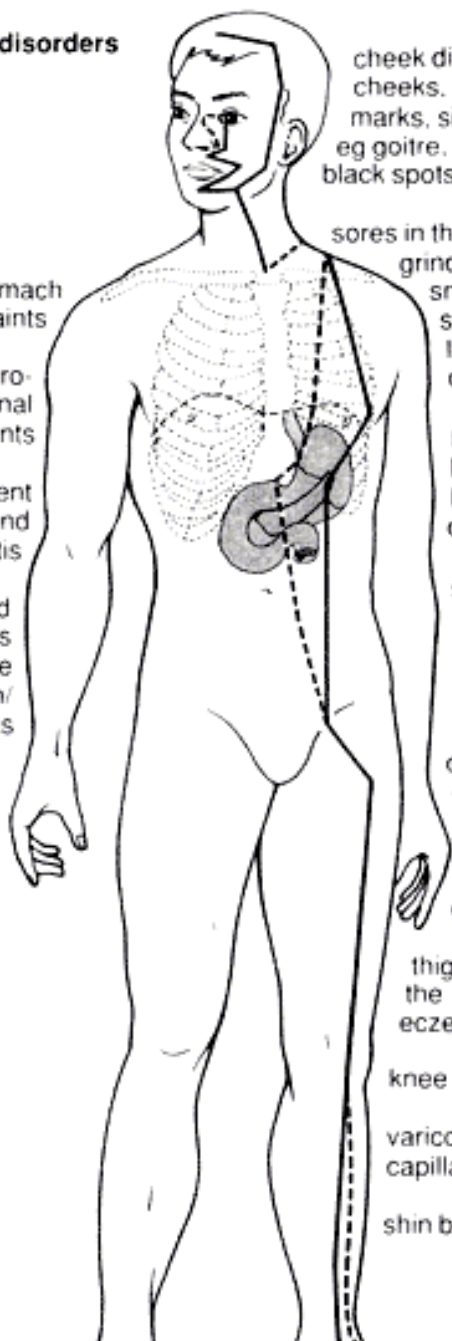
Stomach Meridian



Stomach Meridian

internal branch disorders

- stomach complaints
- gastro-intestinal complaints
- frequent hunger and gastritis
- associated disorders of the spleen/pancreas



meridian disorders

cheek disorders, eg broken capillaries, red cheeks, skin marks, blemishes, acne, birth marks, sinus, eye weakness, eg goitre, bags and shadows under the eye, black spots in front of the eyes

sores in the corners of the mouth, teeth problems, grinding teeth, dribbling during the night snoring and speech difficulties like stuttering, tonsillitis, sore throats, laryngitis, voice complaints, thyroid disorders

lung/bronchial complaints, breast/nipple sensitivity, sore breasts, lumps, inverted nipples, diaphragm disorders, eg hiatus hernia

stomach/pancreas/spleen disorders (left side), liver/gall bladder disorders (right side), kidney/adrenal disorders, eg allergies, blood pressure, infections, kidney stones

digestive problems, eg constipation, colic, diverticulitis, diarrhoea, appendix-problems (right side), ovarian disorders, eg cyst, infertility, blocked fallopian tubes, groin hernia

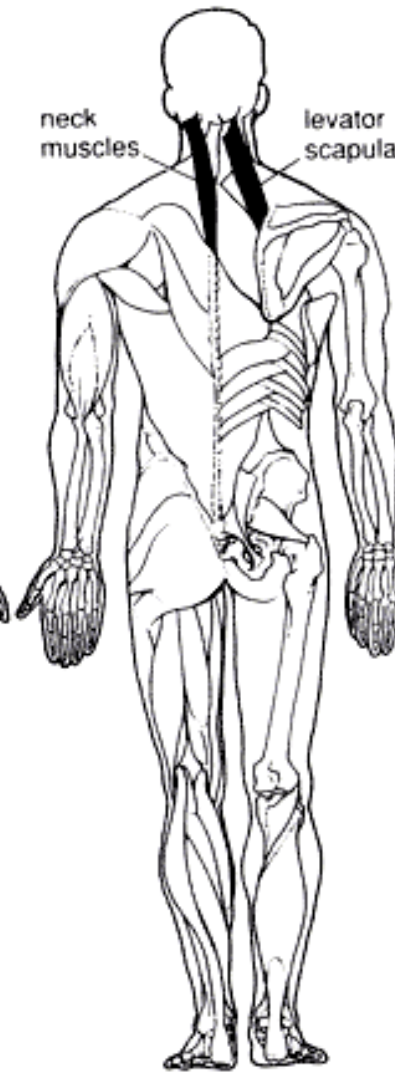
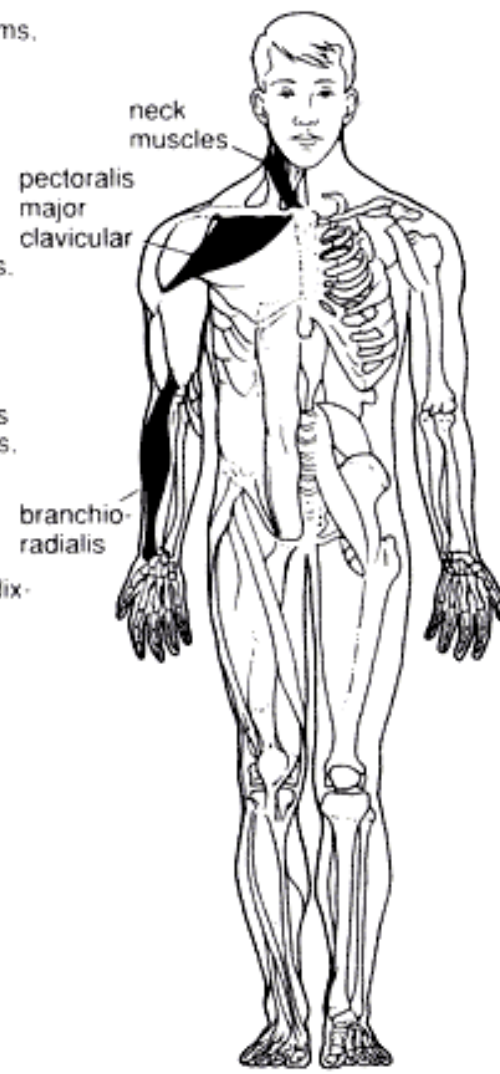
thigh pains, skin problems along the meridian, eg psoriasis, eczema and moles

knee pains

varicose veins, broken capillaries

shin bone problems

associated muscles



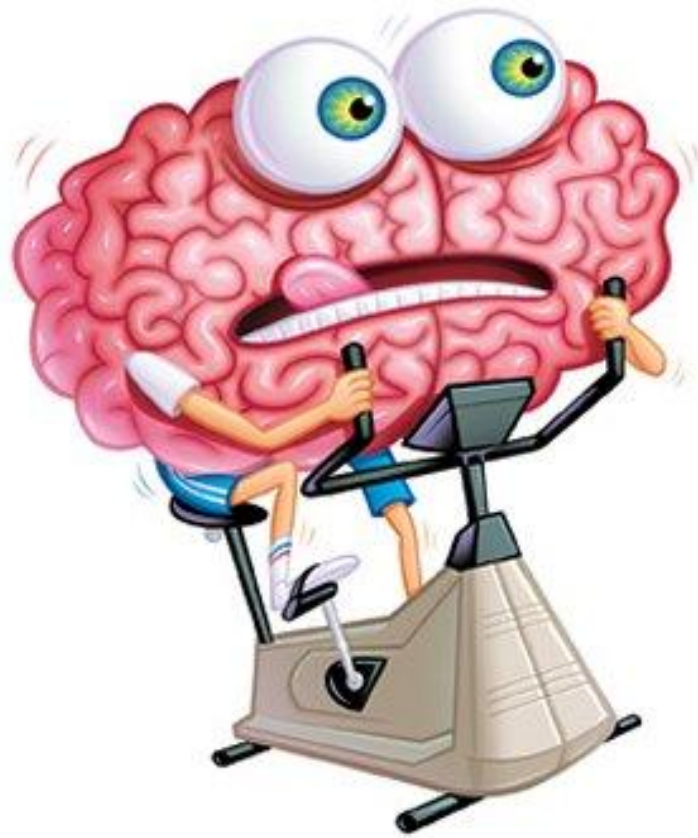
Brain Gym - a form of Specialized Kinesiology.

- Brain Gym is great for Brain Integration!!
- It comprises of techniques that are widely used and taught in elementary schools to enhance learning, focus and concentration.
- For example, children are taught to pull on their ears while rubbing them gently. This helps to improve their listening and thinking skills.

Future Brain Integration Workshops

- We can teach many Brain Integration techniques during workshops.
- Please contact us to register:
info@balancedconcepts.net

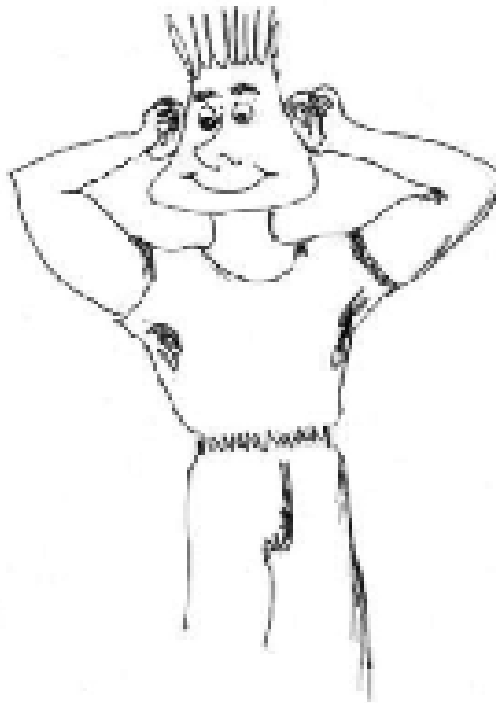
Brain Integration is a great way to “exercise” your brain....



Sample Brain Gym exercise

Put your “**Thinking Cap**” on....

This helps to improve listening skills, helps with focusing and paying attention.



Pre-Balances

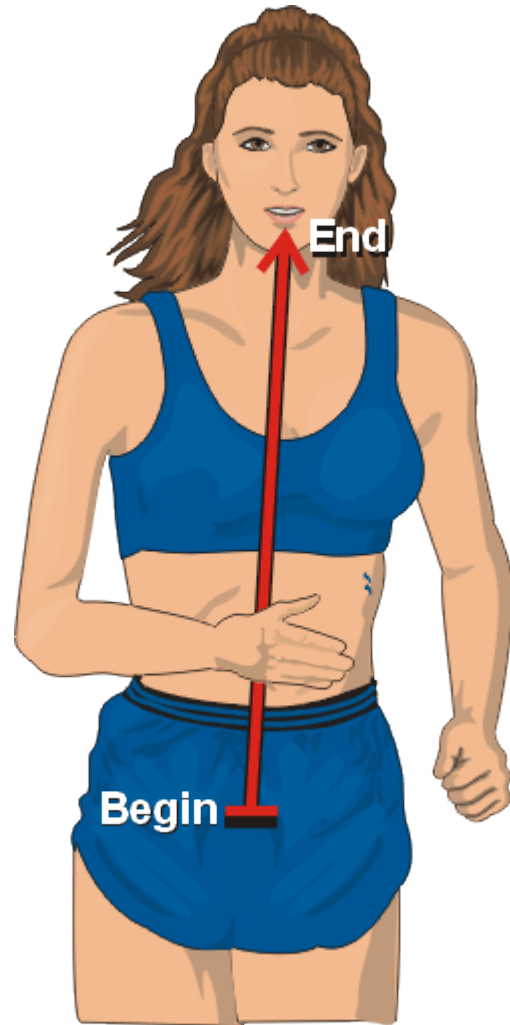
The following are some things you can do to balance your energy and get your brain integrated before you do any form of muscle testing.

The “pre-balance” exercises are **VERY** important or you will **NOT** get a correct response when you muscle test!!

Hydration – water conducts electricity (make sure it's filtered)



Zip Up – helps protect your energy field



Cross Crawl – helps both hemispheres of your brain to connect to what is going on with your body

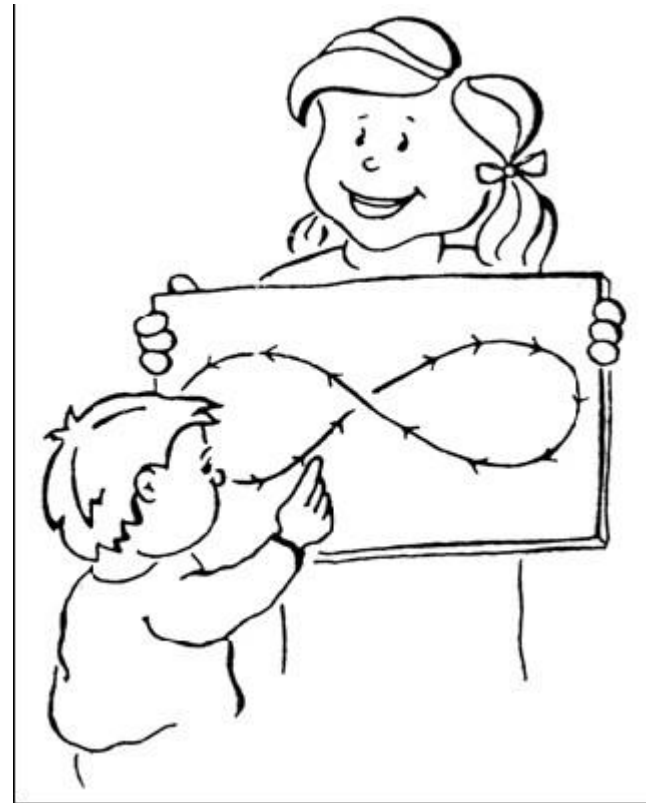


The
Cross-Crawl

(from *Everyday Bliss For Busy Women*)

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Figure Eights, Lazy Eights or Crazy Eights – great way to activate the brain for learning



K-27 – helps with Lymphatic circulation and circulation to the brain

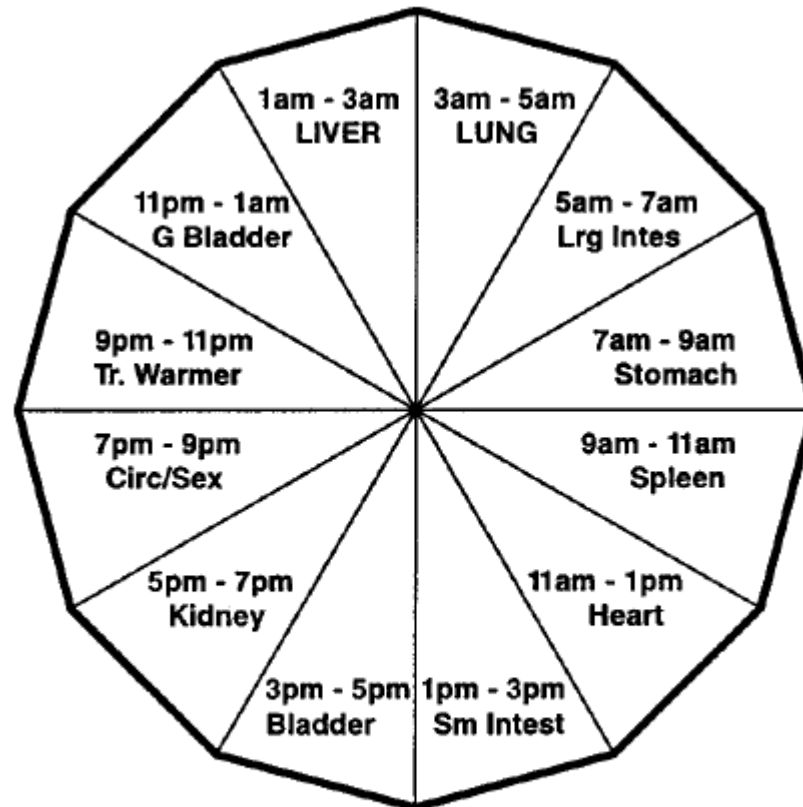


bg_gpc

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End of “pre-balances”....

The Meridian Clock shows the times that each meridian is “most active” or at it’s “peak performance.



BODY MERIDIAN CLOCK

Stomach meridian: 7-9am (peak performance time)

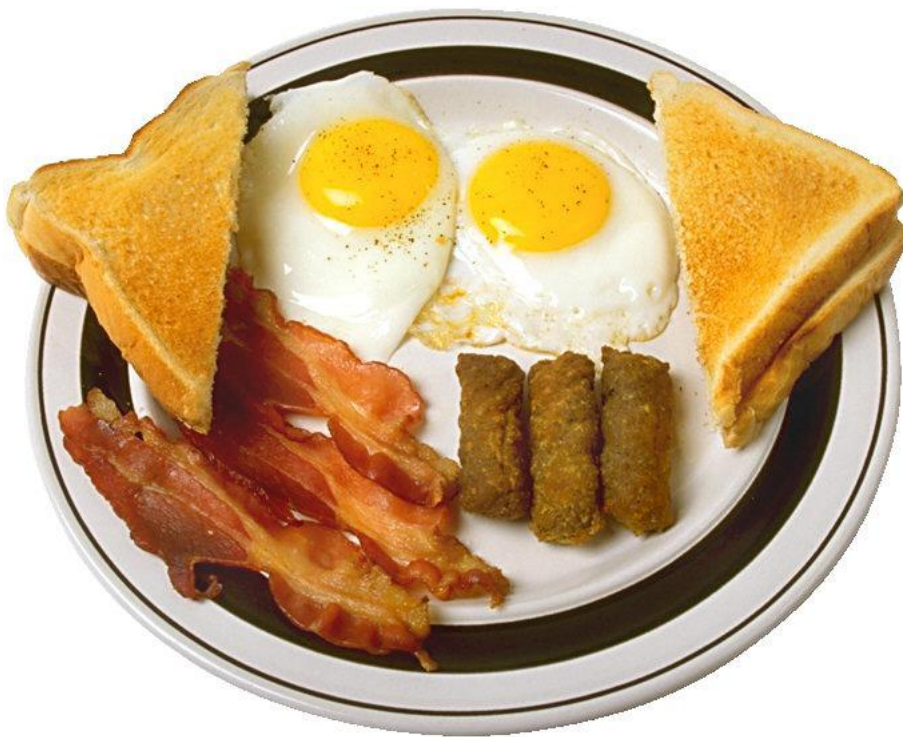
- Secretes hydrochloric acid most efficiently which allows for better protein digestion.
- Eating sugar with no protein causes “blood sugar imbalances” & weight gain.

Liver meridian: 1-3am (peak performance time)

- Detoxifies mainly between 1-3am
- Eating a lighter supper allows the liver to detoxify effectively.
- This prepares it to help with “digestion” in the morning.
- Over 700 functions – including metabolism of hormones and detoxification of chemicals.
- ➡ The more you avoid chemicals, the less stress you put on your liver.

NOTE: Many chemicals are “hormone disruptors”....

**Protein first thing in the morning and
with each meal to keep blood sugar
levels balanced.....**



Eat “good protein”NOT too much bacon or sausages!!

Refer to the **Blood Type Diet** page on our website for resources on where you can learn about which types of protein are best for you....

Meridians and Emotions

- Each meridian is affected by various emotions.
- The **positive** emotions related to each meridian enhance and **HELP** the function of the organs related to each meridian.
- The **negative** emotions related to each meridian **BLOCK** or inhibit the function of the organs related to each meridian.

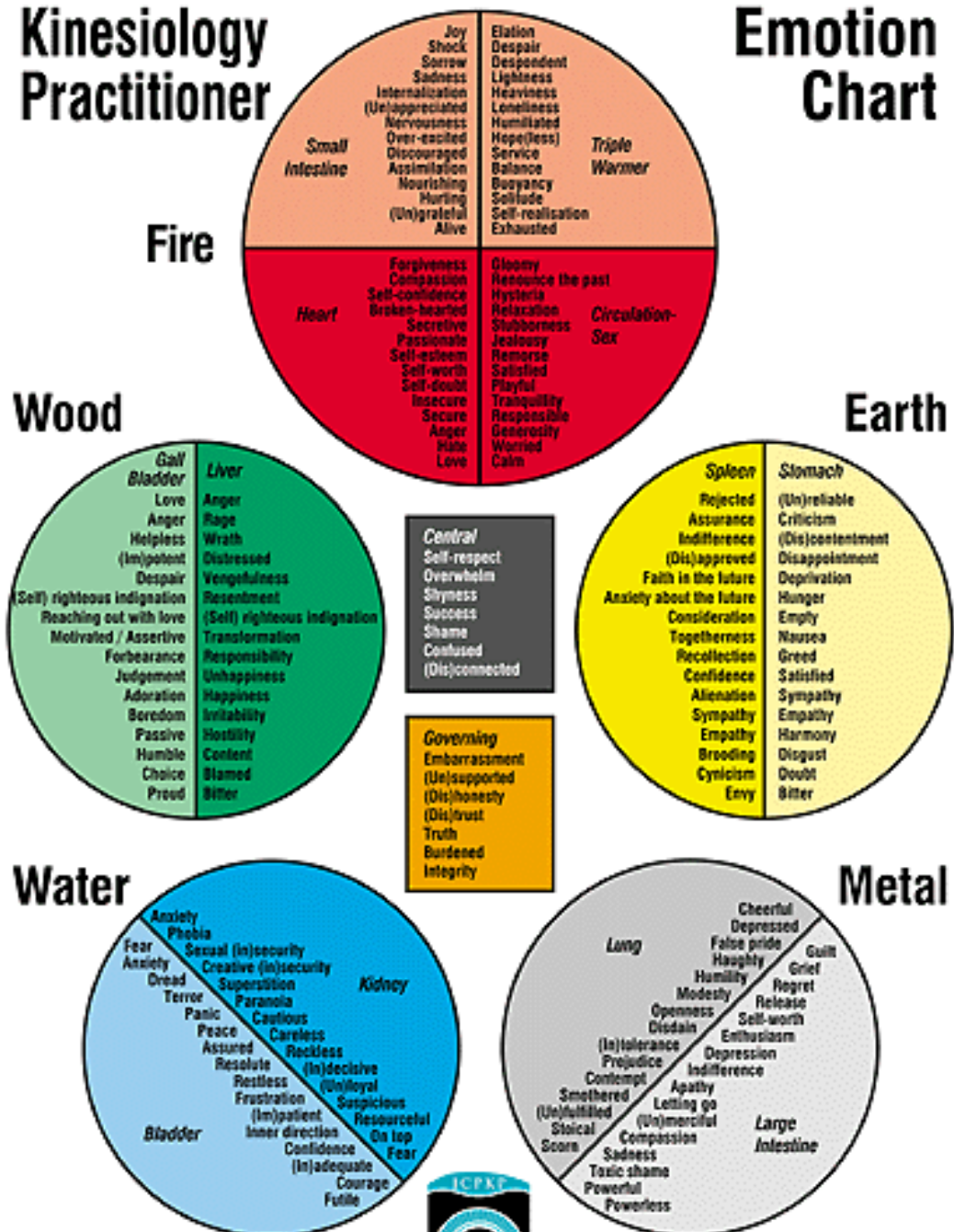
Next you will see the:

“5 Element Emotion Chart”

A great tool to use for
“emotional healing”!!

Professional Kinesiology Practitioner

Five Element Emotion Chart



Did you know....

A single fit of RAGE can use up to
3 grams of Vitamin C....

We know how important Vitamin C is for
the strength of our immune system....

Can you see the snowball effect?

Nutrients get used in every biochemical process, including metabolism and detoxification....

- Our body uses certain nutrients to “neutralize” free radicals caused by:
 - Stress
 - Strong emotions
 - Toxins from our diet and the environment
 - Injuries
 -and even “over” exercising....

What are “Free Radicals”?

They are unstable “electrons” caused by various things like:

- Stress
- Exposure to chemicals or toxins from our food or the environment (cleaning products, hormones, cosmetics, air fresheners, pesticides, etc....)
- Etc...

Oxidation, caused by **free radicals** in your body, involves the loss of electrons.

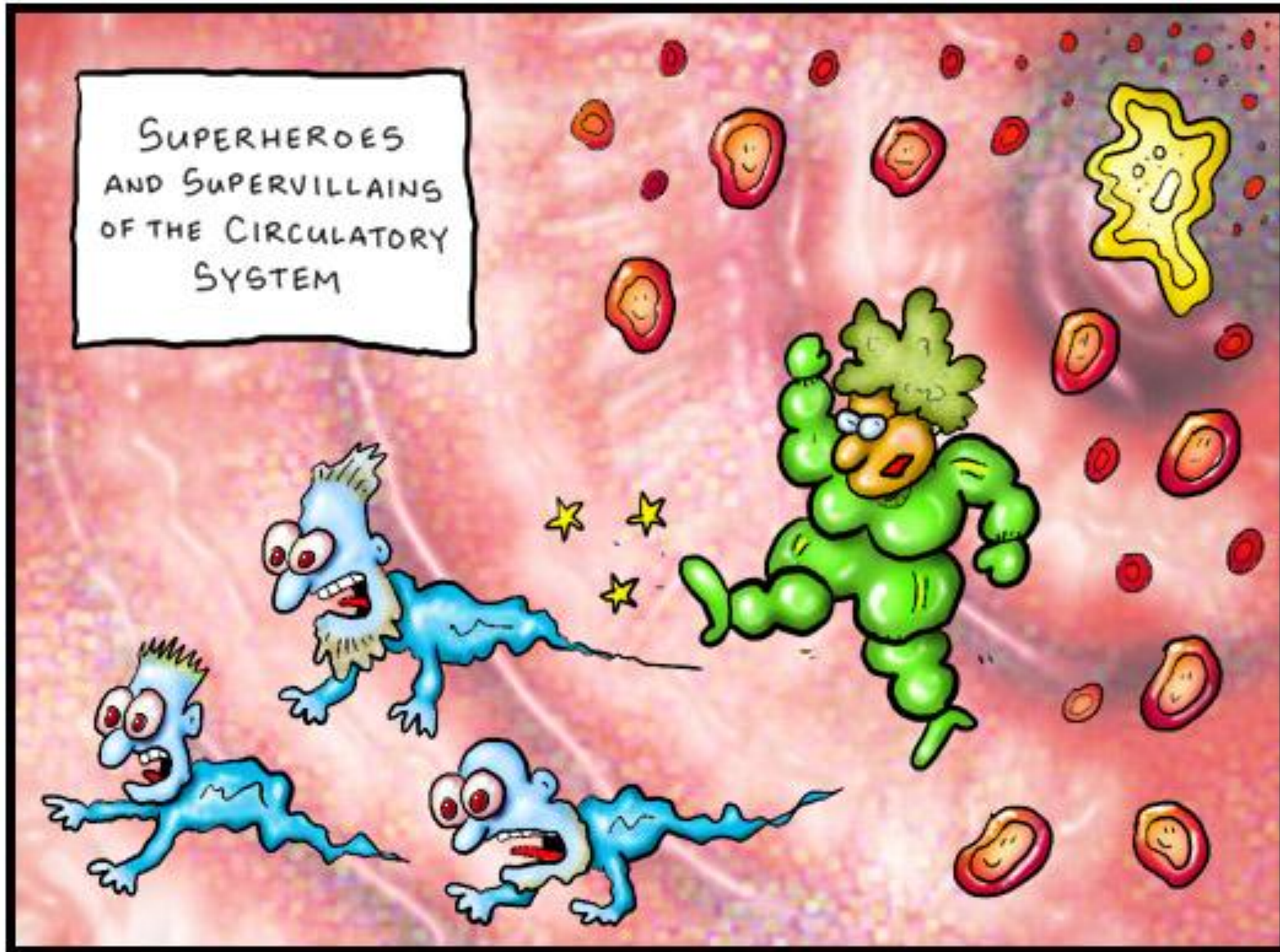
How do we “neutralize” Free Radicals?



Antioxidants!!!

Antioxidants counter the disease process caused by oxidation (loss of electrons) by supplying electrons.

Vitamin C is a major antioxidant, and perhaps the most important "electron donor" to maintain optimal electron flow in your cells.



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<http://metalab.unc.edu/Dave/drfun.html>

This cartoon is made available on the Internet for personal viewing only. Opinions expressed herein are solely those of the author.

Auntie Oxidant kicks out the Free Radicals.

Most commonly known Antioxidants

- **Carotenoids – over 60 found in food – Ex: Vitamin A, Beta-Carotene, Lutein, Lycopene: (fat-soluble)**
Bright-colored fruits and vegetables - carrots, squash, broccoli, sweet potatoes, tomatoes, cantaloupe, peaches and apricots & leafy green vegetables - kale, collards
- **Vitamin C: (water-soluble)**
citrus fruits like oranges and lime etc, green peppers, broccoli, green leafy vegetables, strawberries and tomatoes
- **Vitamin E: (fat-soluble)**
nuts & seeds, whole grains, green leafy vegetables, vegetable oil and liver oil
- **Selenium: (water-soluble)**
fish & shellfish, red meat, grains, eggs, chicken and garlic

Eat like the “rainbow” – different pigment colors have different nutrients....



**“What is food to one man is bitter poison
to others.”**

-- Lucretius --

**“Let your food be your medicine and let
your medicine be your food.”**

-- Hippocrates --

**“The germ is nothing; the terrain is
everything.”**

-- Louis Pasteur --

**Each meridian can be
balanced by many different
things...**

Even different types of food or
cooking methods help to bring each
meridian back into balance!!

	Fire	Earth	Metal	Water	Wood
Yin Organ	Heart	Spleen	Lungs	Kidneys	Liver
Yang Organ	Small Intestine	Stomach	Large Intestine	Urinary Bladder	Gall Bladder
Sense Organ	Tongue	Mouth	Nose	Ears	Eyes
Tissue	Blood Vessels	Muscles	Skin	Bone	Tendons
Tastes	Bitter	Sweet	Pungent	Salty	Sour
Colors	Red	Yellow	White	Blue	Green
Sounds	Laughing	Singing	Crying	Groaning	Shouting
Odor	scorched	fragrant	rotten	putrid	rancid
Emotion	Joy	Worry	Grief	Fear	Anger
Season	Summer	Late Summer	Autumn	Winter	Spring
Environment	Heat	Dampness	Dryness	Cold	Wind
Developmental Stage	Growth	Transformation	Harvest	Storage	Birth
Direction	South	Center	West	North	East
	pointed features	Large	Triangular	Round features	Tall slender

As you can see, each person may need different types of healing solutions to bring their body back into balance.

Easy Muscle Testing Techniques – Many choices....



Muscle Testing for Nutrition



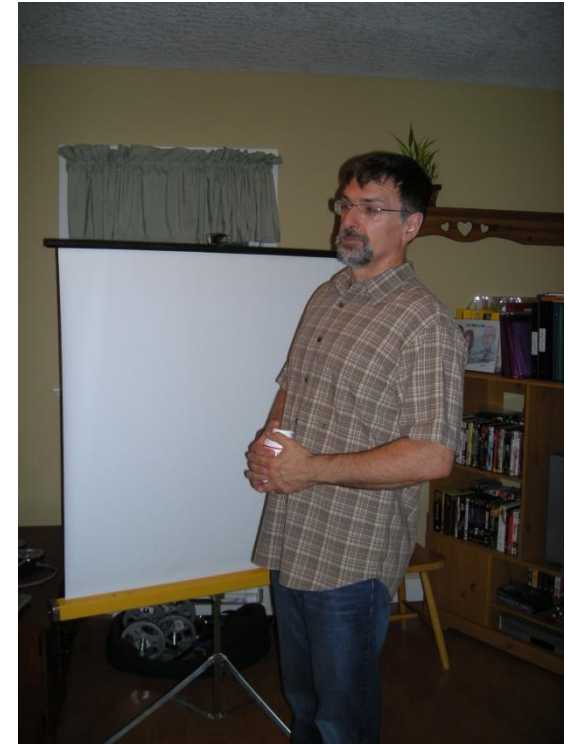
Standard Muscle Testing technique for nutrition



Following is another way to test
for nutrition....

Forward = Your body NEEDS it!!

Backwards = Your body DOES NOT need it!!



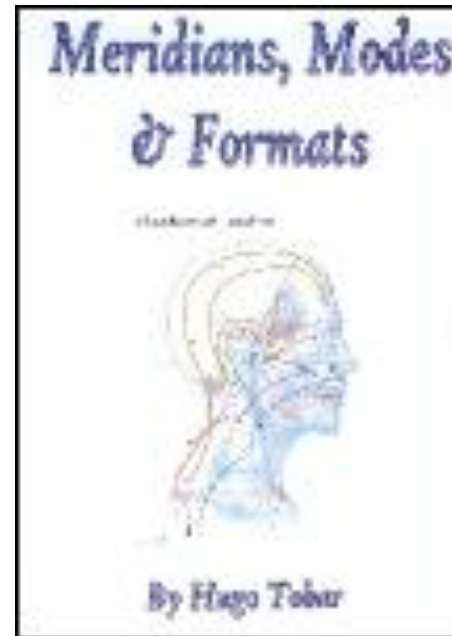
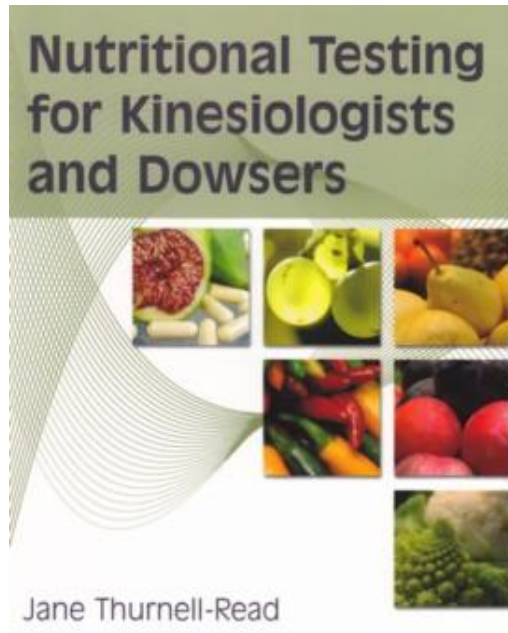
Asking “YES” or “NO” questions....



Another common technique....



Kinesiology books – contact us for sources....



**YOUR BODY TELLS
YOU WHAT IS
WRONG**

PAY ATTENTION



SYMPTOMS YOU MAY EXPERIENCE:

- Gas & Bloating
- Skin breakouts
- Bags under eyes
- Toothaches
- Sore joints
- Achy muscles
- Etc...

**TAKE
CONTROL OF
YOUR HEALTH**

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MAINTAIN OPTIMAL HEALTH



Please read or download and print the [Top 20 List](#) on the bottom right hand side of each page of our website. It will teach you basic steps to: **“Take Control of your Health”**
www.balancedconcepts.net

Does a list of 20 things
seem overwhelming?

TAKE BABY STEPS



Start small and build up.

Ex: Maybe start with 5 minutes on the elliptical, then increase by 1 minute each time.



Make small changes so they will
last.....

Too many changes at once will
only put stress on your
system....

Think of.....

"The Boiling Frog Phenomenon"

TIM SHEPPARD © Copyright
www.LastWordOn.com



If you want “frog soup”,
don't put the frog in hot
water or it will jump out.



Put the frog in lukewarm water
and it will sit happily inside the
pot....and before you know it,
you have Frog Soup!



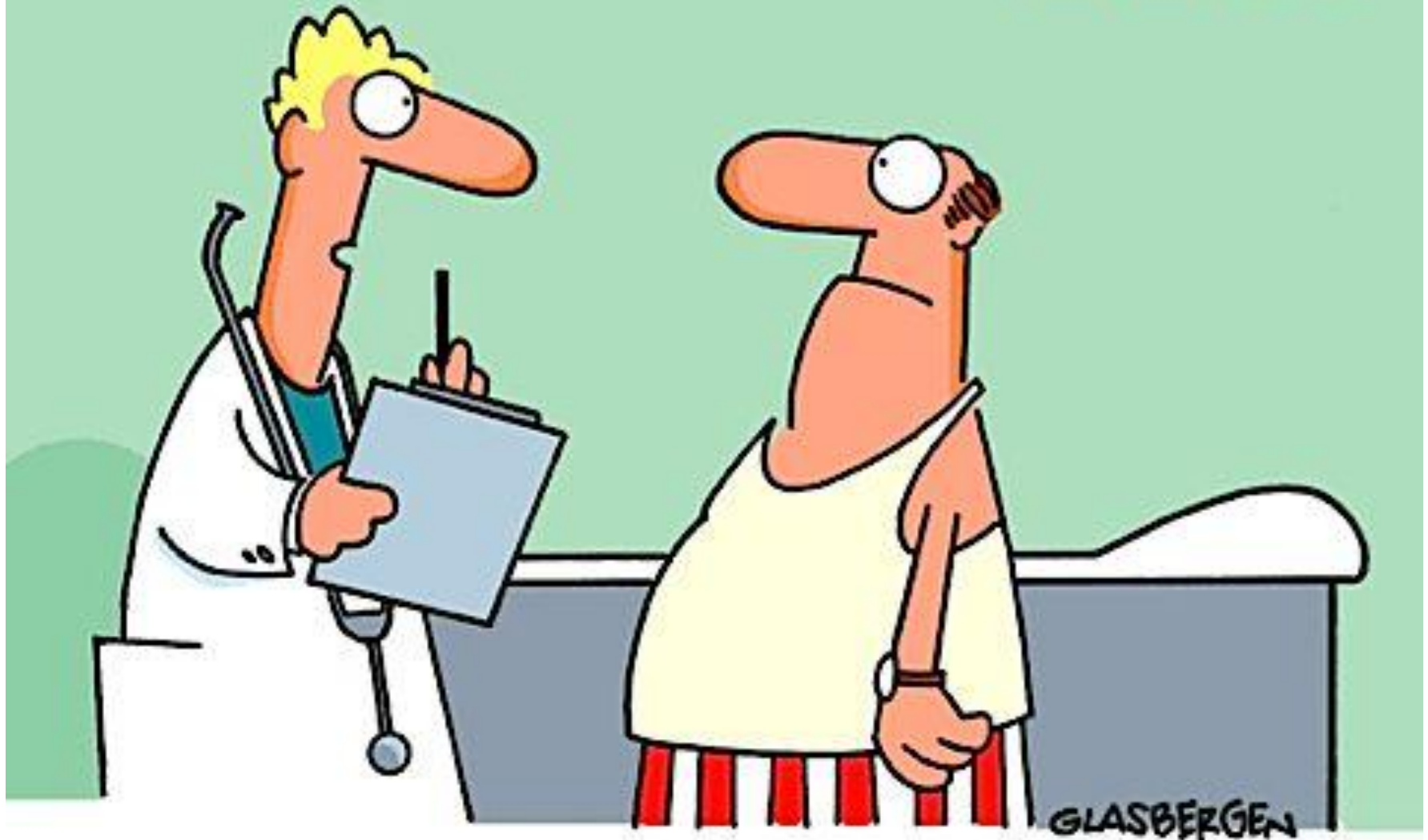
To create lasting change, you
slowly “turn up the heat”.

Making changes too quickly
puts stress on your
system....build up to it.....

MAKE IT A HABIT



It may take 28 days to develop
a habit, but repetition will help.
Make it a **GOOD HABIT!**



“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

Writing down your goals helps
to make them a reality.
There have been studies to
prove this.

You may have to push yourself at first...



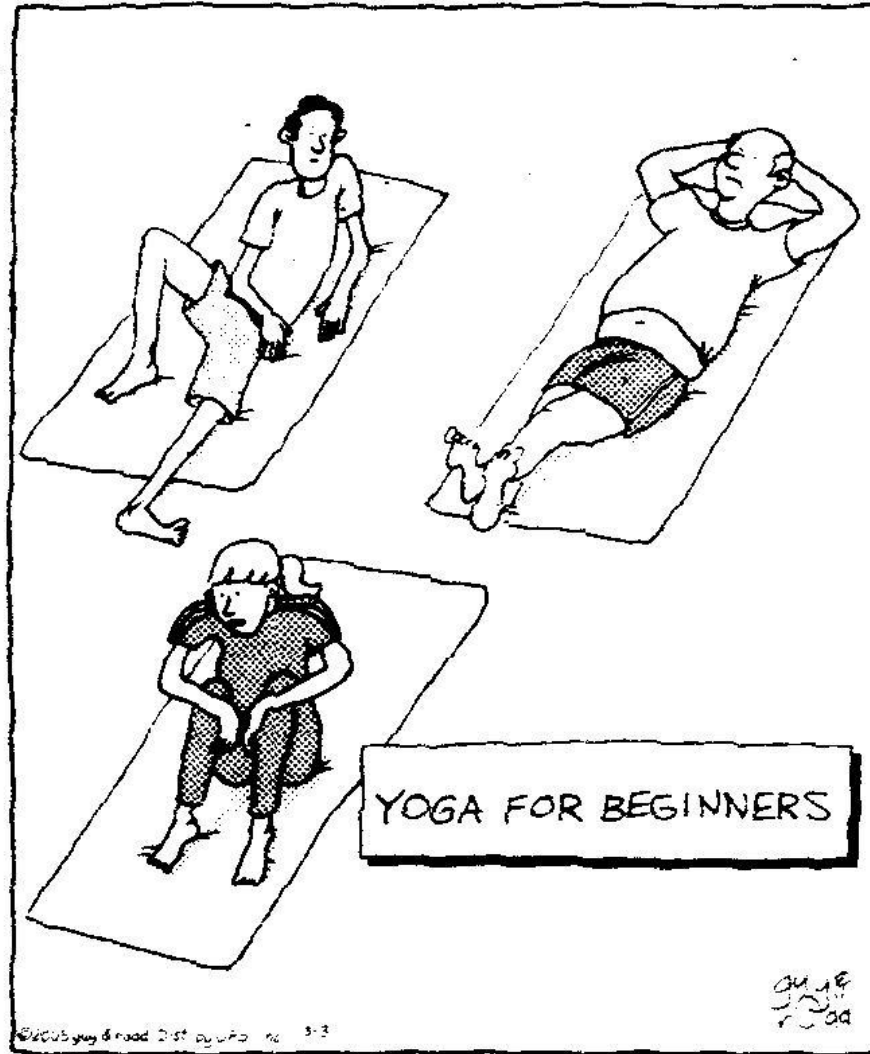
Don't give up because of temptations.



"I have metal fillings in my teeth. My refrigerator magnets keep pulling me into the kitchen. That's why I can't lose weight!"

START OFF SLOWLY.....

BREVITY



KEEP WORKING UP TO IT.....



**Perseverance will get you to
your Health Goals.**



Taking Charge *of* *Your Health*

We are here to help.

We specialize in
Natural Health and Nutrition

Introduction to 2 staff members:

- **Trish Leclair**
- **Kim Hamblin**

Trish Leclair

Certified in:

- Nutritional Consulting - in Holistic Nutrition and Herbal Therapy.
- Live Blood Analysis
- Specialized Kinesiology based modalities:
 - Touch for Health – Levels 1-4
 - Brain Gym 101
 - SIPS – Stress Indicator Point System – Level 1
 - Agape Quest – Applied Physiology – Levels 1 & 2

Background and Education:

- Business Administration and Accounting

Kim Hamblin

Background and Education:

- Degree in Biochemistry/Microbiology
- Medical Laboratory Technologist with CSMLS
- Advanced certification in Haematology with CSMLS
- Degree in computer science

Certified in:

- Nutritional Consulting - in Holistic Nutrition and Herbal Therapy
- Specialized Kinesiology based modalities:
 - Touch for Health – Levels 1-4
 - Brain Gym 101
 - Agape Quest – Applied Physiology – Levels 1 & 2

ANY QUESTIONS?

Is there something you need
clarity on?

Please feel free to phone
or e-mail us any questions
you may have.

Future Workshops

Please contact us to learn more
about workshops we offer:

info@balancedconcepts.net

Contact Information

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