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Fountainhead Organic Health Ret

Our Trained Consultants are awaiting y

07 5313 4934

or

Email your details for a p
response



Internet Booking Form
07 5313 4934

www.fountainhead.com.au

See what our clients have
to say:



Celebrating Eight Years as the On

Certified Organic Health Retreat in The

Since we opened our doors, over eight years ago, w
over 4000 Guests who needed help with stress, anx
depression, Detox or had a physical health issue to
health retreat operates within a working **Organic**
(right next to the Glasshouse Mountains) **Queensla**
most beautiful spots in Australia.

We serve only 20-28 guests per program, so we ev
your name. We grow much of our own Organic food
farm is spread over 40 acres including 3 acres of lal



natural habitat of Platypus. The health retreat also has our own **Hot Mineral Water Baths** complex, which draws **water** from underneath the mountain we sit upon.

Most guests come by themselves and you can come and go as you need to and leave when you are ready. You can join our programs, to work on your Stress levels or to be educated on the mind body connection. You can come to beat your depression or anxiety or to Quit the cigs, use our Baths or do a Juicing program. Most guests come to our Queensland retreat for at least 2 weeks but our most popular **Change Your Life** program is 7 days.

How are we different?

We believe that mental attitude and a strong work ethic are the most critical tools to ensure a happy and healthy life. We further believe that specific mind sets cause specific stress. Many places talk about mind body, but we take it to the next level. Nutrition and exercise will help with health, but without **self worth** happiness will remain elusive.

We are all put on earth, to learn lessons. The secret is to embrace them. Do not let fear and "what if's" stop you. Start liking yourself. We may only have one life, so let's start living it today.



Our Mineral Water Lap and Water Polo Pool. Fills with spring water from the mountain we sit on.

Stress Management including Depressive and Anxiety

The Anti Depression Association oversees our twice weekly program.

Management retreats with the Beat The Blues program. If you have Depression or Anxiety disorders, this offers the best chance of major improvement in Australia. There are programs available from 8 day intensives to a day change your life program. Also great for young people with eating disorders. Call us on 07 5313 4934. The Blues now with any questions you may have.

While you are here Relax or Detox and Chill?

Give to yourself what you deserve it! Need a break from home life? Our new Hot Mineral Water Baths, Steam Detox box are waiting for you. Sleep in or join in the walks, stretch classes and food schools.

Call us on (07) 5313 4934

Palladium Private

If you wish to beat a major health, alcohol or addiction, do not wish to be around other people this program offers your own space away from Fountainhead, (but in the area) private health retreat. Your therapists and Chef cater for those that need total privacy and confidentiality. B/H: 07 5499 9244 or A/H: 0425 759 571

- Our Very Special Facility for a Total Personal Experience here to discover more



Warm Mineral Baths - one of two pools at the health retreat - Current

Never been to a retreat before? A retreat is a community that allows you to focus on YOU. We teach the famous Method developed here over the last decade. Many say successful method of treating stress related health issues today. Please take a free draft copy of chapter one from (www.28daystobeattheblues.com) from the link on the written by the founders and is available for release Oct year.



This is one of our 13 permanent whom can be seen most weeks break.

Don't just take our word for

"I came to Fountainhead in search of peace and clarity, and also to give myself organic food, detoxing, exercise and therapies. I am ready to leave after 22 days. I am feeling fantastic, experience was exactly what I needed and was looking for. It has been an important few weeks in my life, A time to reprepare for the second half of life. I have lost weight and sorted through issues, some very old and some new. I am going home with information I want to shout to the world they could get it like I got it. The philosophy they teach is in my opinion a GENIUS! Anyway, it has all resonated perfectly. I have tried the other "biggies" retreats BUT THIS IS THE BEST.

The staff have created a wonderful soft place to land for everyone as taken great care of me and I am eternally grateful for this experience. So thank you to everyone."

Kathy

From: ****, Kate [mailto:****@yahoo.com]

To: Fountainhead Retreats

Subject: - Feedback

I just thought I would touch base with you regarding Jen at Fountainhead. She came home a different person, she sent up there and for that I will be forever grateful. She is completely off her medication, has the eating thing sorted and is now completely vegetarian – her weight is good and her demeanor is fantastic.

She has been working two jobs since she got back, and is happier than I have seen her in many, many years. I sent Jen up to you, it was a real leap of faith on my part. Financially it was a big commitment but it is the best money I have ever invested. I just want to say again and would appreciate it if you would pass on my gratitude to Jen's life coach etc – they worked a miracle.

*I will be forever in their debt.
Have a fantastic 2009.*
Sincerely Kate

*Thank you all so much, all you guys at Fountainhead
retreat for helping me with the dramatic change in
life. I was messed up meltdown crisis, snowballing
before I came here. But after attending the talks and
everyone else I feel like I have regained my old original
renewed take on life.*
Josh

*Thank you to everyone involved here. I was only here
retreat but the experience was amazing. Did the feel
you I can't even explain. Greg is truly amazing. So
Retreat.*
Love Aly

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response

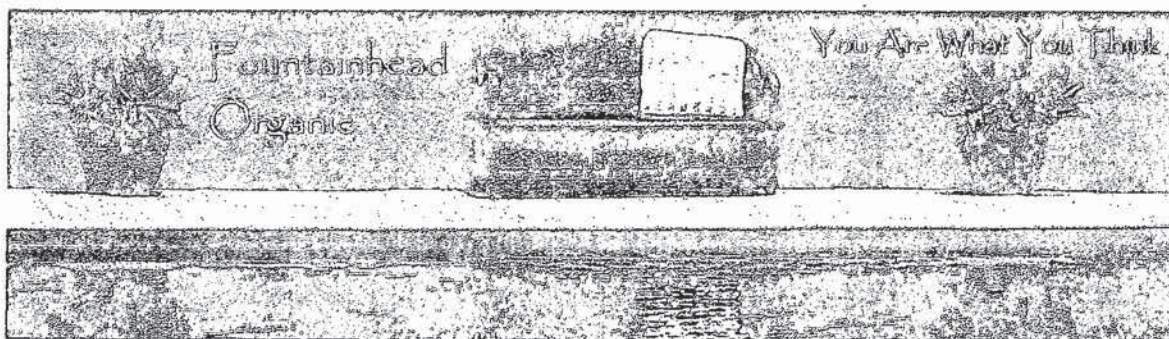
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Last updated retreat retreat Melbourne retreat Victoria 17.0610 wepJoin our Fountainhead Newsletter for
the mind and body and access to last minute retreats. Just fill in below to join the family!

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For discerning clients who have a preference for privacy and confidentiality, Fountainhead offers a limited number of bookings in dedicated private residence situated near Fountainhead Organic Retreat on the outskirts of Maleny, in the hinterland of the Sunshine Coast, Queensland, Australia. You have your own house and are chaperoned by our staff.

We believe that complete wellness can only be achieved through an intensive and honest approach, with equal consideration being given to the physical, spiritual and emotional needs of your body. You will be served by a team of experts whom will also provide chaperoning attentive when necessary, unobtrusive when not.

We recognise each client has different needs and our consultants will advise you of your own programme requirements. Our aim is for results that will last not just for the duration of your stay with us, but for your lifetime. If you are prepared to make the commitment, we know that the results can be outstanding.

We believe in the mind-body connection and you will learn the meaning, together with the relationship between nutrition, exercise and body health, and the value of self-esteem. It means casting off the mental and physical garbage from your past and focusing on today and tomorrow.

Conventional medical practice tends to treat the symptoms. We teach you to understand the causes, learn from this knowledge and then apply the lessons to your new life. You will experience a full range of treatments and facilities, including:

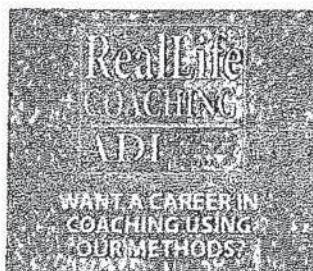
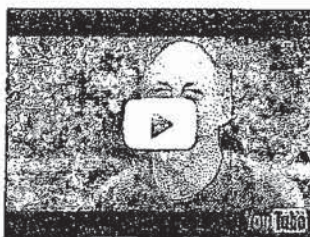
- Initial juice detox to prepare the mind and body for the full program
- Organic meals by our team of chefs
- Massages, mud wraps and beauty treatments
- Personal physical training and exercise programs
- Diet and nutrition planning
- Journey therapies by trained and experienced practitioners



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www.fountainhead.com.au

Fountainhead video 1MB



- Life Coaching in the now famous "Fountainhead Method"
- Mindfulness training
- Yoga instructors option
- Bush and beach walks
- Tours of local sites of interest

We do not use drugs or pharmaceuticals. We believe that the body and the mind have enormous capacity to heal themselves. Knowledge is the first key, followed by the wisdom to apply it. And we don't heal and forget. You will have regular contact with our specialist staff over the twelve months following your visit - all included in your program.

Phone Greg on 0425 759 571 (24 hours) or 07 5499 9244 for further details and booking information. We will endeavor to fit in with your time schedule but please understand that this program has limited availability.

Or e-mail: greg.doney@fountainheadretreat.com.au

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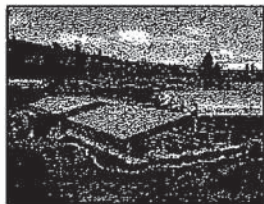
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Oregon

Angel's Certified Organic Farm, Nursery, and Health Retreat Center, lush 23-acre organic farm set among some of the most spectacular scenery in Southern Oregon's beautiful Rogue Valley.

Owner carry terms. \$1,500,000.00

**Angel's Health Food Institute, An amazing property!**

Beautifully updated 5,4560 Sq.Ft. residence w/6 bedrooms, 4 bath. Greenhouses. Barn. Offices. Warehouses. Workshops. State-of-the-art Agroponic operation w/USDA approved Certified Organic processing kitchen. Retreat-style setting w/visitors from all over the world. Licensed dog kennels w/grooming facilities. Water Features, unique landscaping, ponds, gazebos, & huge outdoor entertainment area.

Main Lodge

As an alternative to the busy city lifestyle, this guest house is a charming 7,000 square-foot country retreat. This rare one-of-a-kind stone house was built in the early 1900's from solid granite mined from the active gold tunnels above.

Five cozy guest rooms which have all been totally renovated and some with private baths. The bedrooms are all large, inviting and airy, with lovely sun-filled garden views. With over 100 windows you're sure to see what beauty the Earth has to offer for us!

**Rooms available:**[Angel's Suite](#)[Siesta Suite](#)[Rose Room](#)[Green Room](#)[Daisy Country](#)

Educational Retreat Center and Organic Farm



Our Health Education Hall includes an audio visual area and comfortable seating for both our smaller, cozier classes as well as our large public lectures.

The General Store provides visitors with an abundance of seasonal local harvest grown right here at Angel's Organic Farm and features some of the top supplements in the world, such as E3 Live, Raw Power, Vitalzym and Nutri-Link energy medicine, just to name a few.

Other features include



- a large yet cozy dining room,
- guest lounge,
- exercise room,
- media room,
- 2 amazing raw food kitchens filled with the latest healthy food processing equipment,
- over 20,000 square feet of greenhouses, nursery, natural ponds and landscaped grounds.

Greenhouse



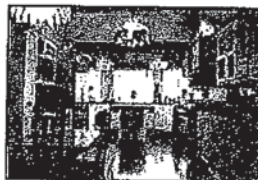
Raw Food Kitchen



Exercise Area



Organic Wheatgrass Therapy Room



SERIOUS INQUIRIES ONLY: Please fill up the all the fields in the form below and we will respond to your Inquiry as soon as possible. Thank you.

Inquiry for Angel's Health Food Institute

Name *

Organization

Email *

Telephone *

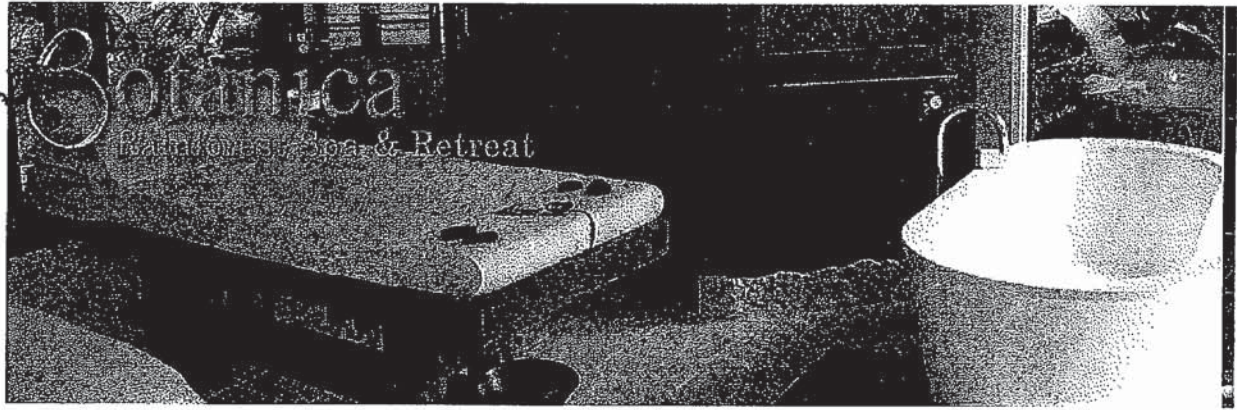
Time Frame to Buy

Desired Use

Budget Limit

Information about you:

Additional questions about this property and information about yourself:
(The seller is looking for qualified buyers; please include helpful information)



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4

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Products

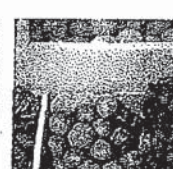
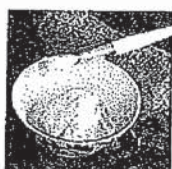
Botanica selects only ultra premium botanical skin care products and fresh organic fruit and vegetables which feed your skin and entire organism.

The Botanica Rainforest Day Spa is situated on 9 hectares, owned since 1990 and has been certified organic for the last 12 years. We are a small family run business with a strong commitment to a healthy, organic lifestyle.

The land is planted with citrus trees, tamarillos, avocados, ginger and turmeric in abundance. The light meals served at Botanica are fresh and organic. Our vegetable garden is our main source with back up from the local healthfood stores and farmers markets for which the area is renowned. The in-house Italian cook creates cuisine Venetian style.

All our water is sourced from the mountain spring high up on the property. We invite you to walk the track up to our spring and experience the forest wonderland.

Our property is certified organic so naturally we use only botanically based skin care products which are pure and safe. Botanica utilises the Swiss formulated, vegan certified Arbonne RE9 Anti-aging and Sea Source ranges and Usps, Australian made botanical skin care. These exquisite products are made from pure plant ingredients, containing no mineral oils, animal ingredients or harmful chemicals. They assimilate easily, provide vitamins, essential fatty acids and prevent moisture loss. Both the skin and the whole organism benefit and a tangible difference can be seen to the skin. They are available for you to acquire after your session.



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CONTACT

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Fountainhead Organic Health Retreat & Education Centre

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The Fountainhead Retreat & Educational Centre

Fountainhead Retreat is the only Certified Organic retreat in the world, and we are located in the Hinterland of the Sunshine Coast, Queensland. We have been in business for over a decade and are recognised as the number one Retreat and Education centre for stress related health issues in Australia today. Since we opened our doors in 2002, we have served nearly 6,000 Guests, many claiming a cure. The health retreat itself operates within a working Organic farm on 40 acres right next to the Glasshouse Mountains. We exist to help those suffering from stress related illness, (including anxiety, depression, post natal depression, addiction, dependency and alcohol issues) by using a unique technique developed at The Retreat called The Fountainhead Method™. We received recognition from the Commonwealth Government of Australia in 2011 for our work in preventing suicide and assisting those who suffer from depression and anxiety. [Read more here](#)

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Health Programs

We offer a variety of health programs at The Fountainhead Organic Retreat to suit all types of stress related conditions and

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Health Programs

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The '[Beat the Blues](#)' Retreat Program is for Guests with less severe/complex depression and anxiety issues. We provide 14 and 21 day programs which are extraordinary value for money. Our Holistic 14 Day 'Beat the Blues' Organic Retreat is \$6,950. Visit www.beattheblues.com.au for more information.

Our '[Change Your Life](#)' Retreats are all-inclusive 14, 28 and 31 day programs for Guests that have been suffering long term symptoms and/or addiction issues. The retreats include all accommodation, a plethora of activities, full organic catering, housekeeping, follow up coaching after you return home and of course, an education in the highly acclaimed Fountainhead Method™ – a practical way of dealing with stress and stress related illness. To find out more [click here](#)

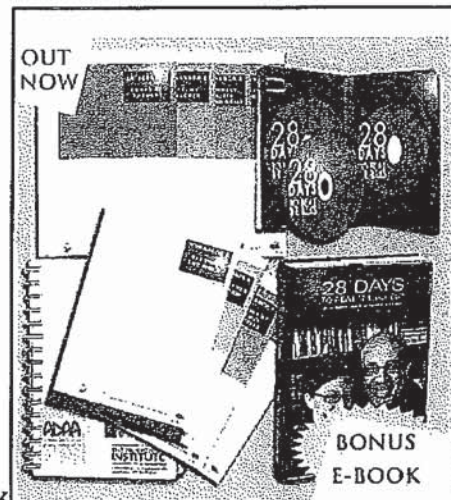
For a personalised service, chronic conditions (over ten years duration with dependency issues) and/or complex health issues the Palladium Private offers confidential 1-2 month all one on one programs conducted with your own cabin and support team. Price on application – call (+61) (0) 7 5494 2024

More Information

If you need more information call us now to discuss your needs and program suitability on 07 5494 3494 or buy our home education pack for less than \$300 to trial the Fountainhead Method™ before you come.

Sponsors of the ADAA

Fountainhead Organic Retreat and Education centre are proud sponsors of The Anti Depression Association of Australia.



The 28 Days to Beat the Blues - Education Pack

Introduction Price at \$297

Using the exact same introduction to The Fountainhead Method as used at the retreat and packaging the tools and techniques used throughout the program into an easy to follow (but very intense) Self Help Education Program – we have been having great success. In fact, the results have been astonishing. We believe that everyone should have an opportunity to learn these proven successful strategies, not only for themselves but to assist with and prevent depression and anxiety from arising in our families and young people - So we have made it possible for all sufferers to get help straight away.

The pack will enable you to Help Yourself or a Loved One!

Start today to take a new step in Your Life's Journey. Purchase the extensive 28 Days to Beat the Blues Education Pack, for only \$297 and take the first step to Change.

Learn more about the Beat the Blues Education Pack



Learn more about the Beat the Blues Education Pack

Share!



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Please complete your details
and we will contact you shortly

Name*

Email*

Phone*

State*

QLD

Postcode*

Issue You Wish to Address

Thinking of Coming*:

Now

Help is for*:

Me

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Specials and Articles

Join the ADAA Today!

Receive freebies

**&
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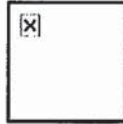
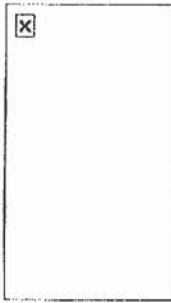
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Testimonials

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My Experience at Fountainhead (September 13-19 2013)

I would like to formally express my gratitude to all the staff and life coaches at the Fountainhead Retreat.

The time I spent at fountainhead (7 days Beat the Blues) is by far the most powerful, eye opening (and confronting at times) experience I have ever encountered.

I have learnt life long valuable lessons and the experience has completely changed my outlook on life, how I view and experience others and most importantly, how I view myself and the life experiences yet to come my way.

I know longer view my past/present life experiences with the "Shoulda Coulda" and "I am worthless" lenses – and have mentally forgiven some key people in my life who I never thought I would forgive (prior to me coming to Fountainhead). I now understand the thinking behind ones behaviour and understand their actions/words have nothing to do with me – it is their core belief.

I now understand and fully believe that my self worth is not governed or attached to anything, or anyone (which was a massive part of me doing depression and anxiety prior to Fountainhead).

Whilst all the staff were wonderful, I would specifically like to make mention of Jayden (who ran the weekend intensive workshop) and my wonderful life coach Kerri – who really opened up my eyes and performed the most amazing journey therapy with me – which finally has allowed me to heal after my divorce. One of Kerri's "homework" for me is for me to say I am 100% worthy every time I see an Avocado – I now have a framed picture of some avocados on my desk as a reminder of my time with KerriJ

I would also like to mention Bridget – whom, whilst I didn't have any "one on one" with her, I attended her Yoga classes and was so inspired by her energy and glowing radiance.

Since leaving the safe bubble like haven at Fountainhead and returning back to "reality", I have embarked on the raw food movement, I have signed up for Yoga and also joined a holistic style gym today to keep up my fitness as I now understand the importance of the Mind/Body connection. I also engage in "upgrades" almost daily and continue to use my appreciation & journal writing skills.

Once again, thank you to all staff at Fountainhead and the guests (Phil, Kat, Kerri & Ed) at Platypus lodge for making my time at Fountainhead life changing. Oh, I also failed to mention Dom (Trainer) who was a breath of fresh air and legitimately cares about the guests he works with (both with one on one training & even group training sessions).

I'm looking forward to the rest of my Journey!

Kind regards,

Tracey Reynolds
25 September 2013

I can not even begin to express the gratitude I feel to this wonderful place, all the people who work here, the other guests I've met along the way, and of course Greg Neville. When I arrived here, I was at the lowest point I've ever been at in my life. I had no hope for a future, and everything looked black and bleak. After staying here for 5 weeks, I can truly say that I feel like myself again for the first time in years. The philosophy that Greg teaches, which is continued on in the life coaching sessions, has been like a light bulb in my head. My life now has purpose and meaning, and I feel like a valuable member of the human race again. Greg Neville and Fountainhead have saved my life, and I will be eternally grateful for that.

Lots of Love

By Amy M

I came to Fountainhead with a totally melt down body, mind and soul. I did however come with an open mind. Ready for it to be filled with whatever was given to me. I couldn't remember the last time that I hadn't woken without a headache. The moment I was driven through the front gates, it disappeared. After 28 days I still remain headache free. Alcohol free and am eating 3 small meals a day (arrived with an eating disorder) and keeping them down. Thank you to all the staff who contributed to my new start in life. Yasmine, Salima and Di, your understanding and teachings I will forever be grateful for. Gavin, a special thank you for your encouragement and chats. For taking the time to ask me what I would like to eat and for cooking the most amazing food. The most rewarding lesson I have learnt from my experience here is how to love myself.

Thank you all so much

By Kelly xxx

For all at Fountainhead, thank you from the new beginning. Especially thanks for Deb and Jasmine whom helped me to firstly like myself and to go home loving myself.

There are no words to express how grateful I am for this wonderful opportunity.

By Colleen.

My second stay at Fountain Head. There is nothing that really needs to be said but I'm alive and worthy. Worthy of writing my name in a book of saved souls. Worthy of this amazing place I would like to call home. I have seen many people come and go and no one can save you but yourself. A million dollars or nothing, you can't buy happiness, sensations or the magic we are blinded to everyday. Do it for yourself and no one else. We didn't have choices so just believe in life.

By Billy Bishop

I would like to extend my heartfelt thanks to everyone involved in helping my sister, Karen, who arrived at Fountainhead on Friday 30 March 2012.

My impression of everyone I met was one of professionalism, knowledge & skills to match her needs and a toughness and love combined in a way that moved me deeply.

I'm so glad I escorted Karen and was able to see and experience the very beginnings of her journey towards wellness.

I left the next day with a high level of confidence that Karen could not have found a better place to be in the whole world.

What happens from now on is up to her but my hopes were met beyond expectation by the brief glimpse I had during my approx.

18 hours at Fountainhead.

A very special thanks indeed go to Michelle for her quick grasp of Karen's condition upon arrival and the way she handled it,

In Gratitude,

By Susan Coulter

Dear Fountainhead,

Thank you for showing me what they forgot to tell me in my psychology degree!

I have read hundreds of psychology and self help books and not one touched on the useful tools and philosophies that you delivered in your lectures!

I believe this information will be life changing for me, in terms of both my personal and professional life!

I already feel like a weight has been lifted off my shoulders, knowing that my life is unfolding in just the right way! That I haven't made all the wrong choices that lead to where I am and I will not make any wrong choices that will lead me off my path in the future! I have made the only choices I could have at the time, and what exciting adventures they have lead me on!

Thank you for giving me this opportunity to better my own life, as well as those I treat in the future!

Thank you again! Cassandra Hackett

Dear Fountainhead

Just a quick note to say thank you to all the wonderful people at Fountainhead.

It is now 2 weeks since I left this most wonderful place and the fantastic people who work there – some days I get withdrawal symptoms.

Upon arrival I was immediately made to feel comfortable by Steve despite my initial apprehension to attending the retreat. Words can not express the happiness I now find my self enjoying as do the people who are most dear to me – my family. To me it was a life changing moment to attend the w-end workshop and the bonus was then being able to enjoy a new view and new thoughts for the remainder of the week.

Fountainhead in itself is a very special place and its location & setting lends itself to what it provides to people, but in the end it is you – the staff and lecturers that provide the major ingredient in creating the greatest outcome – the guests well being and the fact that they can leave the place with a whole new outlook on life and the ability to start enjoying everyday from there on.

My experiences at Fountainhead and all the wonderful people I met will stay with me for the rest of my life as it is something I cherish & hold very close to my heart.

Many Thanks Andrew

Hi my name is Clint. I've been doing Psychological Anxiety for several years; this at times has led to excessive drinking. Prior to Fountainhead, I didn't realize the way we view life and life events were categorized. While I knew different people viewed things differently, I did not realize there were specific methodologies.

Early in my stay at Fountainhead, I very quickly identified that I had lived my life by the 'GYLR' (Get Your Life Right) method and could see how this was feeding my anxiety.

On seeing the 'PD' (Personal Development) method and attending subsequent programs it became plainly apparent that not only was this the ideal way to view life and life events not only to relieve my anxiety, but to improve and get more satisfaction from life in general.

I also found 'Mindfulness' a wonderful way to become more in touch with myself and the world around me. It provides an excellent feeling of calm.

While my previous treatments have provided little benefit; now on leaving Fountainhead I'm looking forward to starting a completely new life. One I'll understand better and derive benefit from every moment, not only the positive ones. Thank you very much to all the wonderful Fountainhead staff.

The guests that I came to know and care for and for their understanding of my experiences and sharing theirs. Thank you also to my two wonderful daughters for finding Fountainhead for me and their never failing love and support.

Clint Kunst

So much more than words can express....when I arrived I was down trodden and down hearted. For the last few days I've had a constant smile and a spring in my steps. I have pivoted on the spot. Life is different now and will continue to be. Thanks so much to Brendon and Craig and wish to thank all the guests too – who have influenced me so much

PS SCENAR is fab and fun! Cassy March 2010

Fountainhead helped me so much!

It helped me gain control of not only my life but my stress and worries too. Instead of focusing on the bad, I now focus on the good.

I'm a lot more positive as a person and have a whole new outlook on my life. I've made so many great friends, it's definitely going to be sad to leave. I'm really looking forward to my journey ahead. It's been an experience like no other. Thank you so much!

Carlie March 2010

I am so happy! You have helped me in a way I never thought possible. I am so much more confident within myself and I'm not afraid to be myself anymore. I can now view life from a different perspective and I'm looking forward to the future. I have met so many kind hearted people here and I thank everyone who has helped me.

What a great experience it has been!
Such a lovely bunch of friends I have made.
Thank you so much Fountainhead!!!
Good luck to everyone in the future. Take care, I'm going to miss you all!

Stacie March 2010

Fountainhead was an amazing experience for me. I came as a Palladium guest which I know was exactly the right thing for me. The isolated environment was perfect for my life coaching, mindfulness and journeys. I also enjoyed coming to Fountainhead Retreat to participate in group activities and fitness sessions and beauty therapies. I am looking forward to returning home to continue on my journey which I now know has a purpose. I'm so excited. Thank you to all.

Angelina March 2010

Had a great time learning a lot about me. Coaching was just marvellous – learnt a lot. Food great! Meeting people was wonderful – I don't feel shy anymore. It has helped me a lot. I am a 'different me'. Staff could not be more helpful. I will be back!

Madam Butterfly – Jacqueline March 2010

Thank you to all the staff at Fountainhead. Especially the Chef's that fed me amazing, healthy food and Jaimee & Naomi who made me work hard and gave me fantastic nutritional advice. I had three goals when I came here: lose weight, get fit and relax and I have met all of them. It has been a great experience!

Caryn 12 March 2010

All my life I have been looking for something like Fountainhead. My thoughts and beliefs controlled my life in an unhealthy way. The simple method Fountainhead teaches has given me the capability to see life as it really is.

Thank you ALL at Fountainhead with special thanks to Craig, Brendon and Gerald. Good luck to all guests still here and the ones who will come here in the future.

Wayne C. 11 March 201

Dear Staff,

During March and April I had the great fortune to attend Fountainhead Health Retreat at Maleny.

My main interest was in attending the lectures on "The Causes and Cures of Depression". Having attended countless seminars already and studied many different philosophies and religions over several decades I was determined that I did not want to hear just more of the same.

The Fountainhead Retreat is set in 50 acres of the most beautiful country in Australia. The accommodation, meals and facilities are all first class. The very friendly staff go to great lengths to ensure that all guests feel pampered and take care of all their needs. After a very short time at Fountainhead I felt like I was home and the staff and guests were all family. It is that sort of a place. I was so reluctant to leave that I extended my stay twice and then returned after two weeks at home in Perth.

My friends and family were all amazed at the incredible difference just a few weeks at Fountainhead had made to my physical appearance, my energy levels and my outlook on life.

I would unreservedly recommend Fountainhead to anyone seeking some quality time out from their daily life to reflect, re-prioritize and re-energize all aspects of their life. For anyone experiencing depression I believe that a week at Fountainhead with Greg Neville will prove to be much more effective than years of conventional therapy.

Best wishes and my sincerest gratitude, Dave Fitzgerald.

Sorry for the delay in replying to your email-we've just spent 16 days in Tassie-had a great time.

As indicated I would love to return to Fountainhead to introduce Greg to your new students. At this stage we would be looking at the 16th June retreat. Following is the testimonial that you requested.

Suffering from depression for a number of years & being on mega dose of anti-depressants (without any improvement), I landed in hospital after sitting up in bed with a handful of tablets & a glass of water. I remained in hospital for 6 weeks & had 12 treatments of ECT – no improvement. I actually left hospital with a clot in my calf & pneumonia. Whilst roaming the internet for a solution I came across Fountainhead's "Beat the Blues" retreat. After 12 days at Fountainhead & implementing simple yet powerful strategies, I returned home to my beautiful wife of 38 years, who was amazed & thrilled at my transformation. I now find I am still "firing on all cylinders" & NO MEDICATION.

Finally a huge "thank you" to Fountainheads marvelous staff, whose dedication & caring, together with wisdom has enabled me to regain my life.

Love Ian Yates

Six weeks ago my life was completely different, I was severely depressed and could only see black in the world. Wow, times have changed!! I now feel fantastic and excited about life. This place changed my life, I am NEVER going back to the way I was.

Love you all, Stacey

Thank you to everyone at ADI for making my stay a life changing experience. My head is much clearer and I now have the tools to go on with my life and enjoy it!

Thanks again, Justin

I came here on my birthday feeling pretty miserable and still somewhat broken from a recent incident – I was hopeful (there had to be another way of living) yet somewhat dubious (having felt like I'd tried everything, what more could there be?) 2 weeks later I'm ready to go home & am so excited about living.

Kylie-Jane

Thank you all. I came to ADI 2 1/2 months ago. When I came here I was depressed and ready to give up. Now I feel ready to face the world and move on with my life. I am extremely grateful to all the staff here and an extra special thank you to the beautiful hosts.

Love Talli

When I arrived here, I was at the lowest point I've ever been at in my life. I had no hope for a future, and everything looked black and bleak. My life now has purpose and meaning, and I feel like a valuable member of the human race again. ADI has saved my life, and I will be eternally grateful for that. Lots of

Love Amy M

Thanks to the "ADI Program" and all the staff & guests here during my journey I have learnt the answers to a question that has tormented me & my self worth for most of my life – "Why am I here?" It's a simple, but life changing understanding.

Love from Tanya

What can I say??? I feel great. Loved the hostesses & have met some beautiful people. Glad I took the "time" out of my life to come here. I now know I can't take on other's feelings and problems, I am me & have to accept me & my changes & I have the strength & knowledge now to do it.

Love Always Jen

I came here with a very cloudy head and a few bad habits (addictions) to boot. Could not see the good through the fog. A few days with an extremely passionate gentleman and his amazing outlook on life. The surroundings are divine (even when raining for most of the nine days) and another enormous benefit is the people that come here (other guests). Very open and giving, I have made some wonderful friends.

I can't thank-you enough Leigh

I wasn't quite sure what to expect, I knew that I needed something & I was at a point in my life where I was willing to give anything a go, as the alternative was a scary one! I am writing this on the last day of my two weeks stay & I can't believe how much better I feel; it isn't a miracle cure but then there isn't much that is unfortunately. What it is, is a great start, a simple but brilliant foundation with which to start a new & improved life! I am looking forward to the future & that is the best gift I have ever been given!!

Kindest Regards Suzie

I wish I had participated in the ADI Programs when I first enquired 8 months ago. Being ready and committed totally to learn new information, it has turned out to be a fantastic journey, for myself, psychologically, emotionally and physically, and spiritually. Everyone here is fantastic! The System is great!

" Avalon

This is such a welcoming environment for Growth. Supportive in such beautiful ways – from the cabins, to the facilities, to the great fellow travellers in growth and definitely the staff! Inspired by what I've learnt, I can continue in my journey with gratefulness that Fountainhead and my stay here was part of my journey in life and will to be....

Megan Russom

Thank you for finally providing me with the "truths" and skills to be "finally" free from torment, stress and a deep seated state of depression. The ADI program to me has been life giving (a new beginning, a rebirth). I now feel totally enlightened to the truths of life and the truths about my past and future.

Ray Wein

If clarity of thought and balanced emotions is what you yearn I recommend that you indulge yourself in the experiences offered at Fountainhead. Initially I was apprehensive about booking in for a 6 day retreat, uncertain of what I might have to face, but I was more than pleasantly surprised. I found Fountainhead to be a non- threatening, comfortable, supportive environment that ensured that my physical and emotional needs were catered for.

The staff exude an essence of just 'knowing', are perceptive of your needs and are truly concerned about your wellbeing. Their positive attitude and sense of humor is certainly infectious. Of most value were the lectures and the associated life coaching sessions that unlocked the reasons why we often engage in negative thinking and teaches how to neutralize ensuing negative emotions.

I left Fountainhead with new understandings – understandings that resonate daily to:

- ☐ reinforce a positive inner voice,
- ☐ enhance the feeling of being valued, and
- ☐ increase a sense of hopefulness for new and rich life experiences.

I am now looking forward and am excited about whatever life might have in store for me.

At Fountainhead the inner you is cared for and transformed with astounding results. Joan (May 2006)

KRIS-MARIE'S TESTIMONIAL

I would like to take this opportunity to thank the staff at Fountainhead for their understanding, support and encouragement.

I attended a 6 day Beat the Blues Program in May 2006 which initiated a well overdue change to my life. I had reached a very low point in my life and realized I could not move forward without help. This was when I first spoke with Mandy whose inspiration convinced me to book into the Beat the Blues Program. My sincerest thanks to you Mandy!!

Before arriving at Fountainhead, my life was overwhelmed with stress, fatigue & a feeling of being trapped in a dark, unpleasant place. I can only imagine that living with me would have been like being on a roller coaster ride.

The most life changing part of the program for me was the Life Coaching Sessions & the Journey Therapy. These were very emotional. From these sessions I learnt how my own beliefs (both conscious & subconscious) have actually caused me to be in my current state of mind & health. To promote my growth & development I was introduced to a new set of understandings about: our purpose in life, self worth & value, wisdom ,beliefs, goals.

Realizing that my self worth was rated by the wisdom I acquire through life NOT by the goals I set and achieve or don't achieve was revolutionary for me. This whole philosophy of the Mind Body Connection is thought provoking & remarkable.

The inner peace & outer glow I am now experiencing feels absolutely wonderful. My new outlook of life together with the realization that my self worth & value cannot be challenged has given me the strength to want to go out & continue experiencing & learning from life.

Lara Dowell Testimonial

I cannot say enough positive things about Fountainhead. I arrived a month ago, not wanting to be here; cynical about everything it had to offer and intending to stay long enough to placate desperately concerned family members. I did not care about "getting better". My incredibly poor health ("health" in all senses of the word) and not only felt utterly hopeless, lost and bleak-bleak-bleak, but had stopped caring about life enough to even want to be different.

Four weeks later, I am a different person. Words cannot describe the changes that have taken place in my outlook and attitude to life, so I'll let the physical changes do the talking: my skin glows, my eyes are whiter, my hair is stronger.....the constant irritable bowel, diarrhoea and cramping are gone. The persistent nausea, reflux, nightmares, skin rashes, headaches, backaches and bloating – gone.

I wake up in the morning and am glad to be in my body, love stretching it, exercising it, feeding it (!) and resting it. I am so happy to be here in my physical self experiencing life and cannot remember in life, having slept so well.

Fountainhead is not a magic "fix it", a quick "one size fits all", "we solve all your problems", or unrealistic "we have all the answers" approach to complex and serious health issues. I have no false expectations about what my future holds for me – indeed I welcome all the challenges, "hurdles" and frustrations to come!!

However, there is something incredibly special about what is to offer at Fountainhead; something that actually has 'worked' for me, when years of traditional western medicine, complimentary medicine and therapies have seen the same issues arising again and again. For me it begins with the incredible beauty of the environment when you arrive. Fountainhead just oozes healing, nurturing, health and life!! (Complete with crazy flocks of water birds, parrots and crows dominating the airwaves!)

I have loved the approach to food, exercise, environment, creativity, psychology and "life philosophy" and gotten so much out of it. Not everything has sat comfortable and easily with me (to say the least!!) and there are still plenty of things I am at present convinced enough about to adopt 100% into my lifestyle. However the true essence of what Fountainhead offers is INVALUABLE to EVERYONE and it is impossible to experience it and not undergo some form of positive growth/development/healing.

Thank you – what a truly life changing experience!! _Talk to me in 80years Laryssa Dowell (Lara)

28/03/2006

This is such a welcoming environment for Growth. Supportive in such beautiful ways – from the cabins, to the facilities, to the great fellow travellers in growth and definitely the staff! Inspired by what I've learnt, I can continue in my journey with gratefulness that Fountainhead and my stay here was part of my journey in life and will to be

Megan Russom – Gold Coast

31/03/2006

Thank you to Fountainhead for an unbelievable experience. From Greg's seminar, to Ally's kindness, Jodie's cheerfulness, to the great accommodation. I am going home very excited to continue on my wonderful journey.

Melissa Byrnes, Salamander Bay NSW

15/04/2006

Thank you to the wonderful staff for my time at Fountainhead. Wonderful massages, great food, "yummy" detox and lots of care. To Salima thank you for your connection. You have shown and taught me so much. Thank you for being part of my Journey. This is my second stay and I will be back again one day. Thank you all so much

Bev Warren, Adelaide Hills

15/4/2006

My week of firsts. First detox, first visit to Fountainhead, first steam sauna, first belay dance class, first bird watching, first art class, first male masseuse (magic hands Michael), first natural cooking class, first organic wine, first swim in an icy water rock pool and the list goes on I'm so glad I was lead to this start along this pathway... Thanks to all the staff and Wayne for his dreams to set up this Retreat. I'm going home and appreciating my own environment more. All the best... I will return.

Vicki Keegan, Rainbow Beach Qld

16/4/2006

Thank you for finally providing me with the "truths" and skills to be "finally" free from torment, stress and a deep seated state of

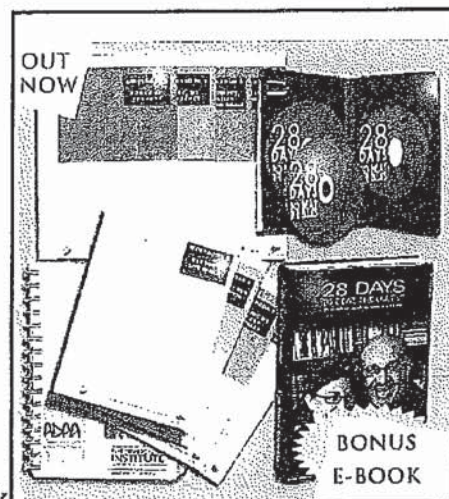
depression. The Beat the Blues program to me has been life giving (a new beginning, a rebirth). I now feel totally enlightened to the truths of life and the truths about my past and future. Thank you Dianne for guiding me through to my now state of "freedom". Freedom to accept the past and freedom (without stress) to face whatever life has to teach me in the future. Your warmth and openness about your own life truly touched my heart. Ally – thank you for being the beautiful person you are. Thank you to all the staff – you contribute to the freedom that guest receive here at Fountainhead. Bless you and love to you all.

Ray Wein, Gold Coast

16/04/2006

My time here at Fountainhead has truly been amazing. Two weeks ago I had reached my absolute bottom and just couldn't cope anymore. Upon arriving here, my whole world started to change. The warmth from all the staff radiated from their presence. I did the Beat the Blues program and it has changed my life forever. I can now say confidently that I will never suffer from long term depression again. I want to thank Salima, from the bottom of my heart, for being part of my Journey and for allowing me to be part of hers. Salima, you are a wonderful, kind, beautiful person and it has been a privilege to meet you. Ally, thank you for all your support and love and cuddles! Michael your welcoming kindness & continued support has been wonderful. Thank you Michael for your wonderful Ka Huna massage it was truly beautiful!!! Thank you to all the staff for their love and support and their excitement at my progress and my 4th day of detox. Thank you to all the beautiful people here at Fountainhead, you should all feel very proud of the work you do here.

Claire Lewis, Melbourne



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