



better by nature[®]
Working in harmony with your body and nature

*8 Weeks
To A Better You !*

21st-Century-itis. The daily challenge for all of us.

Life in the 21st Century: convenience...but at what cost to our health and wellbeing?

Processed food; preservatives; pesticides. Toxins from airborne pollution and traffic. Steroids and drugs, prescribed or otherwise. Radiation from computers, mobiles, wi-fi.

We live, we breathe, we eat.

Toxins build up; bad gut flora lines the intestines; nutrient absorption is reduced. Today's lifestyle needs increased nutrition, yet even before we eat, today's intensive farming and global food supply chain strips nutrition from our food. We are starved of many of the vital nutrients that every cell in our body depends upon while the toxins themselves enter the bloodstream.

This assault on the immune system can be a major contributor to many aspects of ill health.

Add in our hectic lives; demands at home and work...you know the picture.

Is it any wonder our body and mind sometimes struggle to cope, leaving us stressed, lacking mental and physical energy, affecting our whole wellbeing?

“We carry our future health in our gut pretty much from birth. Exhaustion, moodiness, depression, bloating, twenty-first-century-itis is a response to our polluted, urbanized, speeded up world.” Patrick Holford - Founder of the Institute for Optimum Nutrition.

I can only speak for myself, but life has begun again for me, I hope it works as well for others.”

Jo, Surrey

8 weeks to a better you

You want to feel better, fitter, healthier!

A 21st century lifestyle requires a 21st century solution.

The theory of quantum physics has shown that all matter is energy.

Everything is energy – your body; your food – a complex energy field.

Energy in harmony is key to your wellbeing.

Better by Nature's Synergised Energy Essences work at a deep but subtle level, introducing your body to the energy signature of a comprehensive range of special nutritional elements known for their efficacy in complementary therapy, to optimise your body's energy field for your wellbeing.

With a gradual effect over an 8 week period, and further support beyond, you can equip your body and mind to deal with a 21st century lifestyle.

“The best way to detoxify is to stop putting toxic things into the body and depend upon its own mechanisms” – Andrew Weil MD, Auth. 8 Weeks to Optimum Health and founder of the Center for Integrative Medicine.

“My wife and I were under enormous business strain. She was having panic attacks and I was chronically stressed. Your formula enabled us to cope and get back into balance. We are really grateful.”

Barry, Warwick

What is an energy signature ?

All organic and inorganic substances and organisms have subtle energy patterns and frequencies at which they 'vibrate' or 'resonate'. The vibrations of a healthy substance, plant or animal are harmonious, while those of an unhealthy organism are in discord.

Energy signatures, also known as vibrational essences, capture the energy pattern of a substance, holding its message in the memory of water for direct infusion and interaction with the body's energy field. This energy is passed on in a subtle manner, similar to how a tuning fork induces a corresponding vibration in nearby objects.

Better by Nature's Synergised Energy Essences aim to create harmony out of discord by introducing a harmonious resonance in the form of a remedy's energy signature, encouraging the body's self healing ability.

Each Essence is the energy signature of the original corresponding Better by Nature patented herbal remedy, holding information on all the ingredients and their balanced proportions from the mother formula, capturing their synergistic effects – the phenomenon whereby the combined effect of two or more things is greater than the sum of their separate effects.



*“These formulas really are amazing.”
Jude, Warwickshire*

“Everything is energy, and beyond energy is a supreme intelligence” – Albert Einstein

The 1st 4 weeks: Preparation



During the first 4 weeks, you will take the Better by Nature Preparing Essence, which supports the body's innate healing ability to remove the accumulated toxins and pollution from today's stressful living and working environment.

A healthy gut holds the roots of our health. Healthy gut flora is like the soil around the roots of a tree, which play a vital part in the wellbeing of every branch, twig and leaf. Our bodies cannot thrive without a well functioning digestive system.

The Better by Nature Preparing Essence delivers the synergised energy signature of Aloe Vera, Chinese and Western herbs, pure essential oils, spices, probiotics, and core nutrition used in complementary therapy to cleanse and detox, preparing the path for a healthier life.

“My quality of life has improved and I feel much better. I believe that these products are a gift from God. For me there could be no higher recommendation.”

Norma, Staffs

“All diseases begin in the gut.”
Hippocrates, 460-370BC

The 2nd 4 weeks: Caring



During the second 4 weeks, you choose a specific Better by Nature Caring Essence related to the aspect of your wellbeing you wish to address.

Each Better by Nature Caring Essence delivers the synergised energy signature of Aloe Vera, Chinese and Western herbs, pure essential oils, spices, probiotics, and core nutrition related to the wellbeing aspect concerned.

Usually a single 8 week course of Preparing and Caring is sufficient.

Nº 1 Cardio wellbeing

Nº 2 Healthy skin

Nº 3 Toxin balance and immunity boost

Nº 4 Sensory support - ear, nose, throat, eyes

Nº 5 Energy boost

“I would recommend these formulas to others and I feel they are a great help.”

Colette, Netherlands

Nº 6 Digestive wellbeing

Nº 7 Hormonal balance

Nº 8 Male wellbeing

Nº 9 Positive outlook and stressful balance

Nº 10 Healthy joint function and mobility

“The human body heals itself, and nutrition provides the resources to accomplish the task” – Roger Williams Phd, Nutrition Against Disease

Ongoing support



Prevention is better than cure.

The 8-week course should be followed by an ongoing programme of support to enhance and protect, helping your body's innate healing system to remove toxins and pollution on a daily basis, maintaining your positivity in the face of life's pressures.

There are more bacteria inside your body than living cells; your immune system is constantly being challenged. Your cells determine how your body works and interacts with the environment.

Every cell in your body depends on vital nutrition, yet most of us are deficient in 8 of the 13 essential nutrients. Our ability to ingest nutrition is determined by the ongoing health of our digestive system.

The Better by Nature Living Essence delivers the synergised energy signature of Aloe Vera, Chinese and Western herbs, pure essential oils, spices, probiotics, and core nutrition, including signatures of over 90 nutrients we need on a daily basis.

*“A vitamin is a substance that makes you ill – if you don't eat it”
– Albert von Szent-Gyorgi, US Biochemist, 1893-1986*

*“ I now feel like a human being, rather than a robot.”
Tania, West Midlands*

Levels of service

Better by Nature offer three levels of service:

1. Self selection

Please make your choice from the information in this leaflet and order by phone on +44(0)1789 290033 or via our web site at www.betterbynature.com.

2. Assisted selection

Complete a comprehensive medical history questionnaire online or by post. One of our experienced practitioners will then review and suggest a suitable Essence.

3. Bespoke consultation

Recommended if you prefer focussed one-to-one support – particularly if your concerns are complex or if your life has been particularly tough. We will work with you to develop a tailored plan. Call or email us for details.

“I have been taking the formula religiously and I have to say that I am feeling unbelievably well.”

Sally, Nottinghamshire

“Personalised nutrition is going to make the biggest difference in the future.” – Jeffrey Bland, Founder of the Institute for Functional Medicine

Patented Synergistic Herbal Remedies

The Better by Nature range of products, developed over 12 years, combine the thinking of Western and Eastern traditional cultures.

Our work initially focussed on the application of essential oils used topically in aromatherapy and internally in aromatology, and was then extended to include the interaction of Aloe Vera, Chinese and Western herbs and spices, and nutrition.

Organic ingredients were sourced for their purity from all over the world, and unique, natural, plant based formulas were developed, capitalising on the synergistic effects of the various ingredients - "Synergistic Herbaceuticals". UK and US patents were subsequently granted.

Each of these herbal remedies included Aloe Vera, Chinese and Western herbs, pure essential oils, spices, probiotics, and core nutrition, used traditionally in Western and Eastern cultures for treating various conditions. The formulas covered the needs of detoxing, to cleanse and balance the gut; conditioning to address particular health and wellbeing concerns; and ongoing nutrition to support the body.

Better by Nature Synergised Essences now capture the energy signatures of both the impression and proportion of each of the mother formula ingredients, offering the convenience of simply spraying under the tongue; the safety of an Essence (water preserved in alcohol) which can be taken alongside prescribed medication; and exceptional value.

"I noticed a very definite improvement in my general health: more energy, more positive approach, and a feeling of well-being."

Betty, Lancashire

"Before anything else, preparation is the key to success" - Alexander Graham Bell

Our philosophy

At Better by Nature we believe health and wellbeing is achieved by working in harmony with your body and nature, and we developed and patented unique synergised herbal remedies now available as easy to take Essences in the form of energy signatures.

For those who prefer to take their nutrition in its traditional molecular form, Better by Nature also supply a leading range of Aloe Vera health drinks and nutritional supplements for energy and wellbeing.

These products are available from our online shop, or by phone.

Better by Nature Synergised Essences have a positive and complementary role to play in managing your wellbeing. However, we strongly advise that a qualified medical practitioner is consulted for diagnosis and treatment of medical conditions; our products and services are in no way to be considered a substitute for this.

“Working in harmony with your body and nature”



The Riley Fletcher Foundation, the brainchild of Michael Riley and Jane Fletcher, was formed in 1997 to make efficacious natural remedies available for all, achieving their vision of ‘Every child born healthy – all over the world’.

We wish to raise funds to support clinical trials of the Better by Nature Essences. If you would like to support our work, please contact us directly or via our web site.

Every little bit helps!



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