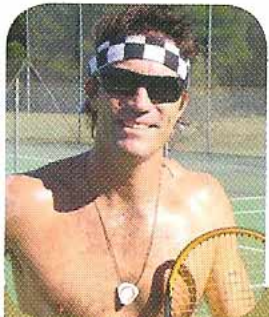


Less stress, better mindset for greater results in sport and life.

The drug free way to improve performance Q-Link Pendant



Pat Cash

"I have worn a Q-Link for years now with great success. I recover better from training, have more energy whether playing with my kids on the guitar or on the tennis court and as far as injury recovery ... well at 41, I'm still playing competition tennis. I just wish Q-Link had been around 20 years ago."

Wimbledon Winner 1987



Natalie Cook

"The biggest benefit I received when using the Q-Link was for jetlag. Traveling around the world to play beach volleyball, I find that it takes me three or four days to get used to where I am, but when I've got the Q-Link on, within 24 hours I feel as good as new and can go out there and play at my optimum performance level. The Q-Link helps me get the best sleep, even though it's short."

2004 Athens Olympic Games, 2000 Sydney Olympics Beach Volleyball Gold Medallist, 1996 Atlanta Olympics Bronze Medallist



John MacLean

"As a sportsman I need to be able to perform at my best on and off the sporting field. After extensively testing the Q-Link Pendant, I have found that the Q-Link improves my performance, health and stamina by reducing stress throughout my body. If you did one thing this year to improve your health and performance, wear a Q-Link. It's a must."

Paralympian Sydney 2000 Awarded Australian Sports Medal, Ironman Hall of Fame 2002, Paralympian Sydney 2000



Charles Howell III

"I first started wearing the Q-Link in June 2002. I shortly won the Michelob Championship at Kingsmill thereafter in October, and I haven't taken it off since. I absolutely know that the Q-Link will help you and everyone else out there with their golf games."

PGA Golfer, 2007 Nissan Open, 2002 Michelob Championship at Kingsmill



Humans are under more work and life stress than ever before, so it's no surprise that these stress levels affect our performance.

The Q-Link pendant enhances bodily energy, resulting in a higher level of mental sharpness. In addition to reducing the effects of emotional stress, Q-Link also reduces harmful effects of electromagnetic fields (EMF) generated by electronic equipment such as mobile phones, computers, wireless technology and even hairdryers. The Q-Link's fundamental technology can be understood by imagining a tuning fork that vibrates at a certain pitch. Similarly, the Q-Link's Sympathetic Resonant Technology™ (SRT™) is tuned to optimize the human energy system through resonance. As it interacts with your biofield it leads to a rebalancing and restoration of your system according to your individual needs.

The human body creates and sustains its own energy system, and that system can be drained and interrupted by stress factors.

The Q-Link is encoded with Sympathetic Resonance Technology or SRT™, a pioneering branch of quantum physics. This makes it act as a tuning fork that resonates with the ideal note at which the body's energy system should hum.

The body responds positively to this ideal note and pitches itself to it so that, in time, the ideal and the actual note become harmonized and balanced.

Q-Link was developed in conjunction with scientists from Stanford University and the University of California. The newest Q-Link model features an improved SRT-3 resonating cell, making it considerably stronger and more effective than previous, already successful versions.

Robert Williams, the developer of Q-Link, is particularly excited about the latest product enhancements, and says, "Athletes have noticed Q-Links effects more quickly have experienced faster recovery times under stress, heightened energy, stamina and muscle strength. They're also reporting sharper levels of concentration and are less stressed before they commence playing their chosen sport."

How to get your own 'Stress Support System'

Q-Link Pendants come with a 100-Day Money Back Guarantee.

Please visit www.qlink.com.au or call toll-free 1800 175 465.

All Q-Link Pendants provide the same benefits and start from just \$198. Available in: Q Black, Q White, Q Titanium, Q Sterling Silver and Q 14K Gold.

FREE Postage and Insurance when you mention INSIDE SPORT or order online at www.qlink.com.au and enter INSIDE in the Practitioner Code Box below your details in the shopping cart.



Q-Link
www.qlink.com.au

HYDRO POWER ▶

Hydro know about bodysurfing ... after all, they are the world's leading bodysurfing hardware company. And now they've used their knowledge to bring us the ultimate bodysurfing kit. Comprising a set of Hydro Finz with fin savers, a Hydro Bodysurfer handboard and a DVD, *Bodysurfing The Hydro Way*, the kit is all you'll ever need to have fun in the surf. More info at www.hydro.ws



◀ FISH-EYED LENSES

Thinking of a spot of fishing? Then think **Fish**. The Fish range of polarised sunglasses is designed to give you improved depth perception in a marine environment, and to reduce glare on land ... perfect for reeling in the catch of the day. But it doesn't stop there, because in addition to their great performance, the sunnies look cool, too, and won't break the bank at around \$70 a pair. More info on 1300 721 160.



RIGHT ON Q ▶

The **Q-Link Pendant** with **Sympathetic Resonance Technology** reduces stress and puts you in a better state of mind, perfect for your round of golf, etc. Its technology can be understood by imagining a tuning fork that vibrates at a certain pitch. Similarly, the Q-Link is tuned to optimise the human energy system through resonance. As it interacts with your biofield, it leads to a rebalancing and restoration according to your individual needs. More info on 1800 175 465 or at www.qlink.com.au



▼ RADIO DAZE ▶

Those boffins at **Belkin** have done it again, with their **TuneBase FM** for iPods. Unlike many other iPod radio transmitters on the market, the TuneBase FM gives crystal-clear reception by automatically picking the optimum frequencies, whether you're using it around the home or in the car, which is where

this baby comes into its own, thanks to its innovative holding tray. More info at www.belkin.com.au



TO INFINITY AND BEYOND ▼

Thanks to its **Primaloft** insulation, the **Berghaus Infinity Light** jacket feels like you're wrapped in Pink Batts, but without all the bulky padding. Ultra-ultra-light at only 379g, the jacket packs down to a quarter of the size of a comparably warm fleece jacket. Plus it's water-proof. RRP \$279. Info at www.trekandtravel.com.au



◀ UNION STATION

Rugby ... rugby ... and more rugby. Yep, the next couple of months are going to be full of, you've guessed it, rugby. And so you've got NO excuse for dragging your butt away from the TV screen in between games, **Rugby 08** from **EA Sports** is available to play on your PS2. It's a great game. Don't believe us? Then read the review on page 104.



◀ WET & WILD

If you're serious about your swimming, then you need the new **Super Elite V1** wetsuit from **2XU** – Australia's fastest growing high-performance sports brand. At the cutting edge of technology, the suit has innovative new features, such as chest panels to help you track in a straight line and propulsion panels across the shins to increase the effectiveness of your kick. It's sure to help you leave the competition in your wake. More info at www.2xu.com



▼ POWER IN YOUR HANDS

Powerade Isotonic is scientifically proven to provide fast and effective hydration, which helps you perform at your peak ten per cent longer than normal during exercise*. Its unique blend of carbohydrates and electrolytes is formulated to be rapidly absorbed by your body, to keep you hydrated and energised. More info at www.powerade.com.au



*When tested against a placebo by the NSW Institute of Sport, March 2006. For research abstract refer to www.nswis.com.au

FREEZE FRAME FREEBIES

WIN COME UP WITH A HUMOROUS CAPTION FOR THE FREEZE FRAME PIC ON PAGE 13 FOR YOUR CHANCE TO WIN:



RUSSELL ATHLETIC

Bright, bold and sporty. That's exactly how you'll look if you win Russell's League Tees prize pack, valued at over \$100. Influenced by fast-moving sport, the collection of tees from Russell Athletic's new spring-summer range will have you looking red-hot racy whatever the occasion.



BELKIN SPORTCOMMAND

This little gadget is a must for any snowboarders, hikers or skiers who like music on the move. It's an iPod remote control that you strap onto your sleeve, while your iPod remains safely inside your jacket.



BODYSURFING KIT

If reading the blurb (LEFT) about this great Hydro bodysurfing kit has motivated you to get into your speedos and get wet, then enter our comp for your chance to win your very own set.



"Shoo, fly-half, don't bother me."

July's caption competition has been won by **Matthew Perrier, Vic.**

Email your entries for this month's Freeze Frame comp on page 13 to iscomps@insidesport.com.au, or check out the website: www.insidesport.com.au. If, however, you are some kind of troglodyte with no Net access, you can still send your entries to Freeze Frame Comp, *Inside Sport*, PO Box 4455, St Leonards, NSW 1590.

For inquiries about this section, please contact **Warren Randell** at warren@insidesport.com.au.

ANSWERS TO THE QUIZ (PAGE 22)

1. Stefan Edberg
2. Lauren Jackson (4000 WNBA career points)
3. Josip Simunic
4. He was speared by an out-of-control javelin at an athletics meet in Rome
5. Kyle Vander Kuyp, Craig Wing, Geoff Huegill
6. Jamaica (1966)
7. 13 (singles for men, women, boys & girls; doubles for men, women, mixed, boys, girls, over 35 men, over 45 men, over 35 women & men's wheelchair doubles)
8. Steven Hooker (Pole Vault)
9. Barcelona (1992)
10. Gavin Miller (1986), Adrian Vowles (1999), Jamie Lyon (2005).