



Short Courses

Joyful Living Services is offering a series of short courses. They are available at any time.

Take the following new short courses to assist you to better understand and appreciate your body. Learn how your body functions and take control of your health.

“Your Digestive System” Short Course

Audio tape and bound manual set. Learn how your digestive system functions. What happens when you think about, smell, touch and/or taste food? When does the digestive process start? Once you’ve started eating, what begins to digest in the mouth and what is digested in the stomach or elsewhere? What is the full digestive process from beginning to end? How does the stomach, liver, pancreas, gall bladder, small intestines and colon function? What role do they play in your health? What foods help and/or hinder your digestion? What supplements can help your digestion? Learn about the “Furnace” and how your digestive system functions in the same way. Do you know how well you’re eliminating everyday? Learn what happens to the digestive system and the rest of the body when the elimination is too slow.

“Your Elimination System” Short Course

Audio tape and bound manual set. Learn how your elimination system functions. What is a hiatal hernia and how can it affect the elimination system? What are the 6 main colon conditions and how can they affect the way you feel? What are some acute and chronic symptoms of the elimination system? What are the four parts of the elimination system? What are the processes of the elimination system? How does fiber help elimination? What kinds of foods are high in fiber? What foods help and/or hinder your elimination? What supplements can help your elimination? Learn about the “Waste Disposal Plant” and how your elimination system functions in the same way. Do you know how well you’re eliminating every day? Learn what happens to the elimination system and the rest of the body when the elimination is too slow.

“Your Immune System” Short Course

Audio tape and bound manual set. Learn how your immune system functions. What organs are involved? What is candida and how does it effect the immune system? What are parasites? How can you get them and how do you get rid of them? How does the colon play a role in the immune system and how does this effect the sinus when it doesn’t function properly? How do the white blood cells function and what are free radicals? How do chemicals and poor foods effect the immune system? How does a good/bad attitude effect the immune system? Learn which foods stimulate and feed the immune system and which ones harm and suppress it. How do aspirin and other over-the-counter (OTC) medications effect the immune system? What role does a fever play? What is the Thymus Thump? Learn about the breakdowns of the immune system as well as the steps toward degenerative diseases. Lastly, learn what supplements will help stimulate and strengthen the system.

“Your Respiratory System” Short Course

Audio tape and bound manual set. Learn how your respiratory system functions. What organs and tissues are involved in the respiratory system and how are they effected during various months of the year? What weakens the respiratory system and what other organs are involved with this system? What foods should you eat and drink or avoid to have a healthy respiratory system? What foods cause mucous in the body? What herbs, vitamins, minerals, and homeopathic remedies are available and beneficial for the respiratory system? What kind of exercises are beneficial for the respiratory system? How can massage therapy be beneficial to the respiratory system?

“Your Structural System” Short Course

Audio tape and bound manual set. Learn how your structural system function. Find out if you have correct posture. Realize the way you sit and stand may effect the way you feel. Learn some good posture tips. What is the safest way to use your back for lifting, standing, sitting, pushing, and pulling? What is a hiatal hernia? Do you have one? Learn its signs and symptoms and how to correct it. Learn which foods strengthen and/or weaken your structural system. What common foods and beverages increase calcium loss in the body? Find out what vitamins, minerals, and herbs are necessary for healthy bones, muscles, and ligaments.

Course Cost

Short courses cost \$45 each. Purchase all 5 at the same time for the special price of \$200 and save \$25.

Questions & Registration

Fill out the attached registration form and mail it to us along with your payment to Joyful Living Services, P.O. Box 485, Weimar, CA 95736-0485, USA or fax it to us at 530-878-1119. You can also contact us via e-mail at iridology@netzero.net, by phone at 530-878-1119 or 800-704-9800. We will need your name, company if you have one, mailing address, phone, fax, e-mail, and payment information to complete your registration process.



Short Course Registration Form

Please fill out the following information to register for our short courses. Mail it to us along with your payment to Joyful Living Services, P.O. Box 485, Weimar, CA 95736-0485, USA or fax it to us at 530-878-1119. You can also contact us via e-mail at iridology@netzero.net, by phone at 530-878-1119 or 800-704-9800 M-F 8-5 PST. Please fill out one form for each registrant and for each course you are taking:

Name: _____

Company: _____

Address: _____

Address: _____

City, State: _____

Zip Code: _____

Country: _____

Telephone: _____

Fax: _____

E-mail: _____

Course Name: _____

Payment By: (Please circle one) VISA MasterCard American Express Bank Wire Check Money Order

Payment Option: (Please circle one) 1 payment 2 payments 4 payments

Credit Card #: _____ Exp. Date: _____

Date Funds were Wired (if bank wire): _____ Check Number (if personal check mailed): _____