

Joyful Living Services' News

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From The Author

Welcome to summer! Now's the time to plant that garden and enjoy the warm weather. Remember to protect yourself by using sunscreen, eat properly, and get a lot of exercise and rest. This year I have not only planted a great garden but I have used organic seeds. I have pulled over 50 carrots of various sizes and they taste so much better and have more vitamins in them than the store-bought carrots. The same goes for the bowl of I have picked days and the radishes that I thought I would different this planted both heirloom in addition to the roma tomatoes that we use in our salads and in our homemade tomato sauces, salsas, and spaghetti sauces. When we grow it from the garden it is so much healthier than those store-bought, plus I know that I have not sprayed my fruits and vegetables with any toxic cancer-causing chemicals, nor have I applied waxes to make my foods shiny to keep them fresher longer. This year we also have 10 laying hens and are so fortunate to receive 10 fertile eggs every day. They are both brown and turquoise. The eggs are so much better than the store-bought eggs. They do not run all over the pan when we cook them and the yolks stand up. There again we know our chickens are range-fed and they eat all the cleanings of our fruit and vegetables every day. They are not fed hormones, they sleep at night and are able to hear the crickets and see the stars in the sky. They do not sleep inside with the lights on all the time and they are not injected with nasty hormones to make them lay more. Our chickens also have regular interaction with our rooster instead of just seeing him from outside their cage. We know our eggs are the same day old and not 1 year old like the ones you buy in the store. Remember, if you want to know if an egg you have purchased is fresh, put it in a bowl of cold water and watch to see if it floats or sinks. If it floats then you know it's an old one. Also remember, for the best foods, eat as many foods as you can that are organic and eat range-fed and hormone-free meat and chicken. Dr. Jensen used to say that the diet should be 80% raw and 20% cooked. Another good way to eat is to practice food combining. We have included information in this newsletter for you. We hope you have a wonderful summer and we look forward to many more years of healthy foods and prosperous lives. Brenda



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New Product Line - StemTech (Helping Your Body Help Itself)

We are now distributors of StemTech. Our personal web site is: <http://www.iridology.stemtechbiz.com>. We hope you will visit our site and become involved with us.

What is it?



StemEnhance is a breakthrough, natural botanical extract that supports wellness by helping your body maintain healthy stem cell physiology. It is the very first product on the market from the latest phytochemical product category called "stem cell enhancers".

What are stem cell enhancers?

Recent scientific developments have revealed that stem cells derived from the bone marrow, travel throughout the body, and act to support optimal organ and tissue function. Stem cell enhancers are products that support the natural role of adult stem cells.

Why do I need this product?

As you age, the number and quality of stem cells that circulate in your body gradually decrease, leaving your body more susceptible to injury and other age-related health challenges. Just as antioxidants are important to protect your cells from "free radical" damage, stem cell enhancers are equally important to support your stem cells in maintaining proper organ and tissue functioning in your body.

How does it work?

When you take two capsules, the ingredients help to support the release of stem cells from the bone marrow into the bloodstream. Through a natural process, those stem cells then travel to areas of the body where they are most needed.

What are stem cells?

Stem cells can be thought of as "master" cells. You've probably heard about the controversy of embryonic stem cells in the news. Stem cells are found in human embryos, but are also found in adult tissue.

Adult stem cells are most abundantly found in bone marrow. Stem cells circulate and function to replace dysfunctional cells, thus fulfilling the natural process of maintaining optimal health. StemEnhance supports the release of adult stem cells from bone marrow into circulation.

The recent advances in stem cell research were listed as one of the most significant health-related stories in the past 25 years by CNN, second only to the complete mapping of the human genome.

Stem Cell Theory

Stem cells are different from other cells of the body in that they have the ability to differentiate into other cell/tissue types. This ability allows them to replace cells that have died. With this ability, they have been used to replace defective cells/tissues in patients who have certain diseases or defects.

During the 1990's the research focus for many debilitating diseases was focused on gene therapy, which involves putting certain genes into cells in a patient. Today, the focus has shifted to research on how to put stem cells into patients.

One important aspect of stem cell biology that may be of significance for the success of stem cell therapy is inflammation. We need to know whether a chronically inflamed environment in a patient may disrupt the attempt to treat with stem cells. Stem cells "sense" where to go for repair. Inflammation may confuse this "sensing", and thus make stem cell therapy less successful without a more integrated (holistic) approach to health. Research into inflammation and how it affects stem cells in acute versus chronic repair is a hot topic in today's stem cell research. [Reference: Mourkioti F, Rosenthal N: IGF-1, inflammation and stem cells: interactions during muscle regeneration. Trends in Immunology 26(10): 535-542, October 2005.]

Stem Cell Therapy

The major purpose for stem cell therapy is to cure disease. Given the flexibility and potential of stem cells, the number of diseases that could potentially be treated with stem cell therapy is large.

A common way of thinking about stem cell therapy is that if an organ is failing then injection of stem cells into that organ could contribute to repair. This rationale has been used to try to improve patients with Parkinson's disease. Where this method may be failing is that it disregards a multi-factorial cause of Parkinson's. The development of complex diseases such as Parkinson's is not simply explained by a failure of stem cells to reach a lesion in the brain. The lesion came about because of a series of events, including inflammation and genetic predisposition. Similar arguments can be raised for Alzheimer's, diabetes, heart disease, and many other conditions.

One interesting bias in the current scientific thinking relates to the perceived need to remove stem cells from the patient and

re-inject the cells into a diseased area. Researchers are just beginning to think more in terms of how to boost the natural process of stem cell biology in the broadest sense: from production and release of stem cells into the blood circulation, to maintaining a lowered state of inflammation, and increasing their ability to move into tissues that are in need of repair.

Stem cell therapy has certainly seen some success stories. However, until stem cell therapy includes underlying inflammatory conditions, this success may be limited. The next year should see an explosion of new data on these topics.

World-wide, a number of clinics and laboratories offer stem cell therapy. Some labs use fetal stem cells, others use cord blood stem cells and some use adult stem cells from the patient. The current state and lack of regulation is somewhat similar to the situation in controversial or alternative cancer therapies, where new labs offering different versions of stem cell therapy are established outside the North American or European regulatory control agencies. In order to consider receiving treatment at such clinics a huge responsibility rests with the patient and/or relatives to conduct the necessary research and understand the specific treatments offered.

Bone Marrow Stem Cells May Help Corneas

ORLANDO, Fla. (UPI) -- U.S. scientists have shown that bone marrow stem cells can switch roles and produce keratocan, a protein involved in the growth of the cornea.

University of Cincinnati researchers Winston Whei-Yang Kao and Hongshan Liu induced corneal abnormalities that mimicked genetic eye mutations and then injected bone marrow stem cells into the corneas of mice to see if they altered the mutations.

After one week, the abnormal corneas of animal models injected with bone marrow stem cells began to change shape and heal, according to the findings presented at the annual meeting of the Association for Research in Vision and Ophthalmology in Ft. Lauderdale, Fla.

"We found that bone marrow stem cells can contribute to the formation of connective tissues," Kao said in a statement. "If we can change the function of non-corneal bone marrow stem cells by introducing them into human corneas, we can possibly repair the loss of visual sharpness caused by mutations."

Food Combining

Do you have digestive trouble? In other words, do you belch after a heavy meal or feel full? Does it seem like food stays in your stomach for hours and hours? Do you still taste the food you ate 4 hours later? It typically takes 4 hours to break down fats and proteins (meat, eggs, dairy), 2 hours to break down starches (rice, potatoes, pasta), 1 hour to break down vegetables (salad, cooked or raw vegetables), and 1/2 hour to break down fruit.

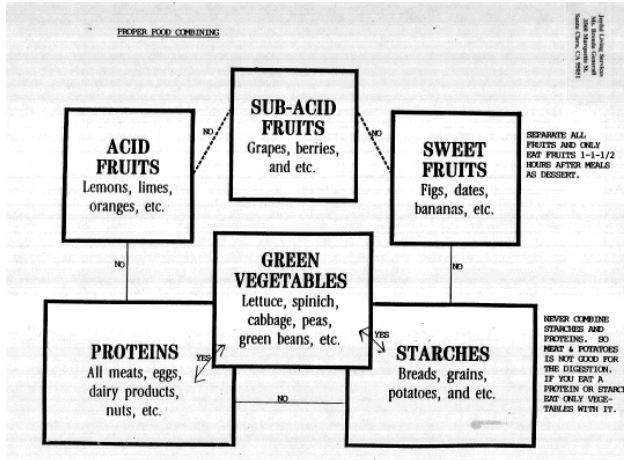
Think About This

If you eat all the above types of foods together at one meal like most people do, how long do you think it will take you to break them down? If we add up the amount of time it takes to break each one of these food types down it would take approximately 7-1/2 hours for these foods to be broken down and leave your stomach to be absorbed in the small intestines. That's a very long time. Most people don't wait 7-1/2 hours between meals. Most people eat breakfast around 7 or 8 am, lunch around 12 or 1, and dinner around 5 or 6. That means that the last meal

you ate is still in your stomach when you begin the next meal. And you're wondering why you're so tired and listless? Probably because your body is constantly trying to break down the food you're eating and all your energy is going to that task.

How Can You Avoid This?

Simply by following proper food combining rules and by supplementing your digestion with a product that will help you break down your foods easily. Food combining is a process that we suggest for eating each meal in which you only combine foods that can be broken down together. This allows a much quicker transit time. I've included a Food Combining Chart for you to follow. Let me know if you have any questions about it.



Why Use Digestive Aids?

Even if you follow the food-combining chart that I've suggested above, you still might be low in your store of food enzymes and hydrochloric acid. These enzymes are created and stored by the liver and pancreas. If you constantly eat junk food and other foods that are devitalized of their nutrients your body will have to use its store of digestive aids. Once they're depleted you have to depend on the foods you're eating to stimulate the production of these enzymes and HCL.

Most people by the time they reach 35 have approximately 1/2 the enzymes and HCL production they used to have. This is because the body begins to slow down. The metabolism decreases and the body doesn't need as much fuel (food) to keep it going. At the same time the body slows down the production of these digestive aids. But, you keep eating at the same pace and the same types of foods not paying attention to the signals your body is giving you. These signals include belching, intestinal gas, bloating, nausea, overfull stomach, pain in the stomach, and other symptoms related to the intestinal system such as diarrhea after a meal and formation of mucous after a meal relating to food allergies.

Take Responsibility for Your Health

If you have these symptoms and are tired of them, then food combining will be useful to you. You will be amazed at how good you will feel in just a few days of following this program. It's not easy at first. The first week is difficult because we are so accustomed to sitting down and eating a salad, a protein, a starch, a fruit and maybe even a dessert at the same meal within the same hour. If you follow this program you will be limited to eating only a vegetable and a protein or only a starch and a protein at the meal and using the fruits and desserts as your desserts. If you need to lose weight this is the easiest way to do it. This is definitely NOT a diet BUT a lot of people have lost weight because they have begun to take responsibility for what goes into their mouth and how they feel afterwards. This is

the beginning of "listening" to your body and learning what IT LIKES rather than what YOU LIKE. What your brain likes is not necessarily what's good for you. Everyone would love to eat whatever they want but there are consequences to doing this. Why don't you start today and feel better by following food combining rules and using digestive aids to help you along the way.

Fat in the Diet

On a percentage-of-calories basis, most vegetables contain less than 10 percent fat, and most grains contains from 16 to 20 percent fat. By comparison, whole milk and cheese contains 74 percent fat. A rib roast is 75 percent fat, and eggs are 64 percent fat. Low-fat milk or a skinned, baked chicken breast still has 38 percent fat. Not only do animal foods have more fat, but most of these fats are saturated fats, which research has shown to raise blood cholesterol levels. In addition, a lower fat, whole foods diet means fewer calories, since an ounce of fat contains twice as many calories as an ounce of complex carbohydrates. Studies have shown that a diet containing fewer calories can increase health and extend life.

Labels can be very deceiving and misleading. The fat content of some of the foods below may be surprising.

Fat Content of Various Foods	
Food	Fat Content
Cheeseburger	45%
Chocolate Bar	55%
Cheddar Cheese	74%
Potato Chips	60%
Beef Steak, Untrimmed	74%
Chicken (light) without Skin	24%
2% Milk	35%
Skim Milk	5%
Beef Frank	82%
Mayonnaise	99%

Controversial Foods

While often touted by special interest groups, the safety of the following foods has been called into question.

Milk

Milk has traditionally been viewed as just about the most perfect food – especially for children. However, more recently experts have begun to question the safety of milk – especially for children. Dr. Benjamin Spock, the world-famous child care expert, shocked the nation by appearing at a press conference in 1992 warning parents about the dangers of milk.

According to the Physicians Committee for Responsible Medicine (PCRM), milk may cause diabetes, ovarian cancer, cataracts, iron deficiency, and allergies in both children and adults. Additional medical research associates milk consumption with greater frequency of cancer of the lymph system.

The statements of the PCRM may have some merit but much more research will be required for a final verdict. Until then, keep these safe eating guidelines in mind:

1. Breast milk is best for babies. Efficient breast pumps can be rented from hospitals to extract breast milk and make life easier for working mothers.
2. Mothers who are breast-feeding infants whose siblings or parents had childhood diabetes should avoid drinking large amounts of cow's milk as some proteins from the cow's milk that can trigger this condition can be absorbed into their breast milk.

3. Adults and children over the age of two should drink only skim or 1 percent low-fat milk.
4. Those who suffer from recurrent bouts of diarrhea, bronchitis, eczema, asthma, or runny nose, should be tested for a milk allergy.
5. People, who get gas, diarrhea, or cramps after drinking milk, should drink it in smaller quantities with meals, switch to a lactose-reduced milk, or try lactose pills (containing a key enzyme for digesting milk).

In addition, whole milk and whole dairy products like ice cream and cheese contain concentrated fat-soluble pesticides that have been shown to cause cancer in laboratory animals. They can also contain sulfa drugs and antibiotics as a result of mixing milk from healthy cows with the milk from ill or medicated cows. For protection against toxins in dairy products, rely on nonfat dairy products.

Another option is milk substitutes such as soy, almond, rice, or even goat's milk. Health food stores and many supermarkets sell these products, which are frequently made with organic (pesticide-free) ingredients.

Butter and Margarine

Many medical experts today are concerned about the safety or margarine because of its high content of hydrogenated oils. Hydrogenation is a process that turns liquid oils into semi-solid globules. This process artificially alters the chemical structure of the fatty acids in the product. Hydrogenated oils are also called trans-fatty acids. They are most often found in shortenings, cakes, crackers, cookies, French fries, and chips. They tend to act like saturated animal fats in the human body by raising cholesterol. Of margarine, the diet or whipped types have the fewest trans-fatty acids.

Butter, on the other hand, contains both saturated fat and, like other fatty dairy products, a whole host of carcinogenic pesticides and chemicals. Because neither butter nor margarine present a clear-cut option, it is best to use them in moderation, and find substitutes whenever possible.

The Whole Oil Story

There are three types of fats, or lipids, which are differentiated by their chemical makeup: saturated, monounsaturated, and polyunsaturated. The human body needs a certain amount of each of these lipids for its proper function. Common fats and oils have components of all of these lipids. For example, canola oil is made up of 62 percent monounsaturated fat, 32 percent polyunsaturated fat, and 6 percent saturated fat.

Saturated Fats

These are primarily found in animal foods and tropical oils such as coconut and palm oil. Due to their chemical structure, saturated fats tend to remain solid at room temperature. Though there is tremendous evidence that appears to support the relationship between high fat intake from animal sources and heart disease, some amount of saturated fat in the diet is necessary. Saturated fat is needed for the liver's production of cholesterol, an important component in the structure of cell membranes. In addition, stearic acid, one of the most common saturated animal fats, has been shown in some studies to be beneficial in fighting cardiovascular disease.

Monounsaturated Fats

Monounsaturated fats are considered healthier than polyunsaturated fats because of their ability to lower LDL (commonly called bad) cholesterol while maintaining or raising HDL (or good) cholesterol. Canola oil and olive oil are naturally high in monounsaturated fats.

Although the evidence is not ironclad, a study published in the *Journal of the American Medical Association* surveyed 4,900 Italian men and women, whose ages ranged from twenty to fifty-nine, and found that those people who had a diet high in olive oil and low in butter and margarine also had lower overall levels of cholesterol and blood pressure than people whose diets included more butter and margarine.

Polyunsaturated Fats

Plentiful in safflower, sunflower, and corn oil, polyunsaturated fats contain both omega-6 and omega-3 essential fatty acids (EFA's). Omega-6 is beneficial when a person is injured, causing blood to clot and blood vessels to constrict. In contrast, omega-3 inhibits harmful clotting, relaxes vascular smooth muscle, and has an anti-arrhythmic effect, reducing the risk of heart disease.

Humans evolved on a diet that contained small but roughly equal amounts of omega-6 and omega-3 fatty acids. Then, about one hundred years ago, the food supply began to change. The vegetable oil industry began to hydrogenate oil, which reduced the oil's omega-3 content. At the same time, the domestic livestock industry began to use feed grains, which happen to be rich in omega-6 fatty acids and low in omega-3's. As a result, the American diet now has an EFA ration of 20:25:1 omega-6 to omega-3, rather than the 1:1 ration with which humans evolved. The modern diet is too high in omega-6's, which may contribute to heart disease.

There are many foods that can boost the intake of omega-3 essential fatty acids. Fish is a good source, as well as beans – especially Great Northern, kidney, navy, and soybeans. In oils, omega-3 is most abundant in flaxseed, but there is also canola oil with a 10 percent omega-3 content, and soy, pumpkin seed, evening primrose, borage seed, walnut, and black currant oils.

Some of the symptoms of an omega-3 fatty acid deficiency include increased allergies, dry hair and skin, brittle nails, acne, eczema, rashes, or tiny lumps on the backs of your arms. To find out if any of these symptoms might be related to the lack of omega-3 in the diet, take a teaspoon or two daily of pure flaxseed (linseed) oil, the vegetable oil richest in omega-3 fatty acids, and see if symptoms diminish.

High temperature cooking, such as frying, destroys the EFA content of certain oils. Oils such as flaxseed and walnut should only be used for baking, and in soups and salads. When frying foods, use the more heat stable oils – canola, avocado, peanut, and olive.

Hydrogenated Oil

Many processed foods contain "partially hydrogenated oil" as an ingredient. Hydrogenated oils contain man-made molecules called trans-fatty acids, which may interfere with normal metabolic functions due to their unusual molecular shape. The natural form of fatty acids, called the cis form, has a molecular shape that is biochemically suited for human health. According to John R. Lee, M.D., of Sebastopol, California, "Trans-fatty acids enter our metabolic processes but are defective for our bodily uses. Our cell membranes, our hormone synthesis, our immune system, our ability to deal with inflammation and to heal, and many, many other vital systems all become defective when trans-fatty acids substitute for the health-giving cis fatty acids. Unknowingly, we are poisoning ourselves."

Many processed food products contain these hydrogenated oils. However, in the United States, the exact amount of trans-fatty acids in a product is not required to be listed on the label of the product. As Dr. Lee points out, "Other countries, such as Canada, are more enlightened; food labeling there now

requires that the included fats be measured and identified in terms of cis or trans forms.” For better nutrition, he advises, “Choose butter over margarine; olive oil and flaxseed oils over the many processed oils on the supermarket shelves; fresh vegetables over canned or otherwise processed ones; and learn to read labels.

Oxidized Oils

When oils are overheated and used for too long, as is the case with the cooking oils at fast food restaurants, they become oxidized. Oxidized oils are loaded with oxygen-damaging free radicals, according to Bernhard Hennig, Ph.D., R.D., of the Department of Nutrition and Food Science, College of Human Environmental Sciences, University of Kentucky. To counteract the dangers of free radicals, Dr. Lee advises taking vitamin and mineral supplements. “Protect your metabolic processes and cell membranes with antioxidants such as vitamins C, A (or beta-carotene), and E, plus the mineral antioxidant, selenium,” he says.

Home Health Self Tests

The following are tests you can use.

Acid/Alkaline Balance Self Test

General Test: Use Nitrazine paper to determine the pH of the fluids of the body. A reading of 7.0 is neutral on a scale of 1.0 to 14.0. The normal pH of the body is slightly acid 6.3 to 6.8.

Procedure for Testing:

1. Take urine or saliva sample and test before meals or at least two hours after eating.
2. Check color of test strip with chart supplies with Nitrazine paper and determine the pH.

Interpretation of Test:

1. If reading is above 6.8, the body is too alkaline and the person should be put on a diet of more acid-forming foods.
2. If reading is below 6.3, then the person is too acid and should be put on a diet including more alkaline foods.

Adrenal Gland Function Self Test

The systolic blood pressure is about 10 mm higher when a person is standing than when he is lying down.

Procedure of Testing:

1. Lie down and take the blood pressure.
2. Stand and take the blood pressure.
3. Rest for 6 minutes lying down.
4. Stand up and immediately take the blood pressure.

Interpretation of Test:

1. If the blood pressure is lower after standing, suspect adrenal gland weakness.
2. The greater the drop in blood pressure the greater the degree of adrenal dysfunction.

Allergy Self Test (food)

Food allergies or reactions occur when a person consumes foods to which the person has intolerance.

Procedure for Test:

1. Take pulse reading after resting for five minutes in order to determine the base number of beats per minutes (normally 70 beats per minute).
2. Consume food to be tested and wait for twenty minutes, and then retake the pulse.

Interpretation of Test:

If there is an increase of 12 beats or more per minute over base reading, the person is considered to have an allergic reaction to the food consumed or tested.

Bladder/Urinary Tract Infections Self Test

Simply purchase a "Dipstick" test kit from your local pharmacy and use the test strip to test a urine sample. If the strip changes color, then it is an indication of an infection. Be sure that the urine collection procedure is clean and not contaminated with germs from some other source.

Blood Flow Self Test

There are three test points on the legs used to check circulation. These points may be a good indication that there is either sufficient or insufficient circulation.

Procedure for Test:

1. Check top of foot by applying light pressure to the skin.
2. Check the point on the inside of the ankle.
3. Check the point behind the knee.

Interpretation of Test:

Normally the test points mentioned are points where the pulse in the artery can be felt. If the pulse is not evident, then it is an indication that the artery supplying blood to the leg is narrowed and appropriate steps should be taken.

Breast Self Test

See literature provided by American Cancer Society – men can get breast cancer the same as women and should take the self-test also. Note: Lumps that are stationary, asymmetrical and hard should be given special attention.

Cancer Self Test

The type of cell produced in cancer and the type of cell produced in pregnancy has been known for almost a century. Therefore, a home pregnancy test kit can test for the presence of cancer cells in an individual. Naturally, due to the relationship of pregnancy and cancer, you cannot test pregnant women. You cannot test women on estrogen replacement therapy, at time of ovulation, on birth control pills, those using chemotherapy or radiation, those showing albumen or blood in the urine, those bedridden or who have lost 15% of his or her weight as well as those with a badly depleted liver. A test on these individuals is invalid and misleading.

Procedure for testing:

1. Use a clean, one-gallon glass jug. Do not clean with soap or detergent.
2. Get a home pregnancy test kit from the drugstore that will detect the HCG hormone (E.P.T. by Warner Lambert). Do not use a kit that tests for LH hormone.
3. Collect all urine voided in a 24-hour period in the jug, and keep in a cool, non-refrigerated place. Mix well by shaking. During the waking hours of the collection period (if the person does not have glaucoma or is subject to bleeding) take orally one-100 mg. Niacin tablet every two hours so your skin will flush, indicating that the blood vessels have been dilated.
4. Pour a sample of urine in the cap provided in the kit.
5. Place 20 drops of urine in the test tube with a dropper being careful not to touch the glass tube with the end of the dropper. Shake for 20 seconds.
6. Add the reagent from the plastic vial or bottle to the test tube. Place the plug in the vial and shake for 20 seconds or more.
7. Place the test tube in the support and let stand undisturbed for 24 hours. Watch for dark brown sediment to appear in

the mirror, which is placed under the test tube. Check tube every two hours with a flashlight and magnifying glass. This is helpful since the longer it takes for the dark brown sediment to appear the less involvement there is with cancer.

Interpretation of Test:

1. Negative: a translucent, tan fluid with no dark brown sediment after 24 hours is considered negative. No HCG showing in the urine is the same as a negative pregnancy.
2. Early Detection: A thin, dark brown deposit appearing at any time, and taking many forms such as a hair-thin circle, a thin star or straight line.
3. Advanced Stage: A thick, dark brown ring appearing during the 24-hour period as pictured in the instructions or other dark born formation such as a double ring, broad spot, etc.

Diabetes Self Test

There are two types of diabetes: juvenile or insulin dependent diabetes commonly known as Type I; and adult-onset diabetes commonly known as Type II. Type I diabetes should be determined with a blood test kit which can generally be purchased from a local pharmacy. Type II diabetes can be simply checked by testing a person's ability to determine sweetness.

Type II Testing Procedure:

1. Fill five glasses with 8 oz. of water. To one glass of water add ½ teaspoon of sugar. To the second, add 1 teaspoon of sugar; to another, add 1-1/2 teaspoons of sugar; to another, add 2 teaspoons of sugar; and, to the last, add 2-1/2 teaspoons of sugar.
2. Mark the glasses with a random code and rearrange the glasses in a random order.
3. Ask the person being tested to taste each glass with a straw and rinse the mouth between testing. Place the glasses in order of their sweetness.

Interpretation of Test:

Individuals with type II diabetes will generally not be able to taste less than 1-1/2 to 2 teaspoons of sugar. Those who are normal should be able to distinguish between ½ to 1-1/2 teaspoons of sugar in a glass of water.

Digestion Self Test

Most natural health practitioners will agree that most chronic health problems begin with a digestive problem. Lack of hydrochloric acid produces a deficiency that affects the vital assimilation of nutrients necessary for life.

Procedure for Test:

1. Purchase Nitrazine paper used for testing.
2. Test the first urine in the morning.

Interpretation of Test:

1. Compare the color on the test strip with the chart supplies by the manufacturer.
2. A reading of 7 is neutral; a reading above 7 indicates alkalinity and a reading below 7 would indicate acidity. If the reading is 6 or above the person can be subject to many illnesses from improper digestion. For optimum health the reading should be between 5.00 to 6.0. Should the reason be too high, the person should supplement with HCL and enzyme tablets.
3. Note: Do not pay any attention to the test taken at any other time of day in determining digestive activity.

Heart Function Self Test

Check pulse beat the first thing in the morning before arising. This pulse should be under 60 after a night's rest. If the pulse is over 80 the client should be advised to make changes in diet and lifestyle.

Stomach Acid/Ulcer Self Test (For those experiencing heartburn)

Take a spoonful of apple cider vinegar or lemon when a person is experiencing heartburn. If this makes the heartburn go away, then you need HCL. If the heartburn gets worse, then the person has too much HCL and should not take any HCL.

Thyroid Self Test

The following test can be used to detect a deficient thyroid. Take the oral daytime temperature with a regular fever thermometer. It should read 98.6. If below 98.6, it could indicate a hypothyroid. Shake down the thermometer before going to bed and place on nightstand. Upon awakening in the morning, and while still in bed, check oral temperature. If 97.6 or below there is a deficient thyroid. Normally, iodine supplementation will normalize the thyroid condition.

NSP's Colloidal Silver

It is now patented and all the tests were approved by the EPA. ***The results of the tests are astounding: the silver can kill deadly bacteria within minutes.*** (Use four drops in the ear, 2 in the eye. Use as a topical spray or nasal spray. Use 1-3 tsp. daily for candida, or first sign of any bacteria or virus.) It's important to keep on hand for future pandemic flu, plague, anthrax, etc.

The new and patented silver technology is called nanotechnology because the particles are so small. The particles are smaller than water and they keep in suspension due to their magnetic charge. It's called SILVER SOL in the patent. The patent states silver is a significant microbial protection and you can look the patent up on the internet and understand what a powerful product we have. ***Dr. Pedersen said, "Silver is called an internal disinfectant and it cleanses the cleansing organs."*** I really liked that!

Our silver is not metabolized, so there are no toxins left behind. He said you can drink the whole bottle and not get sick. It's so stable it can stay in suspension 8 years, even if it is boiled or frozen! (For legal reasons, NSP uses a two years expiration date on all liquid products.)

Silver works by entering the cell of the invader and actually interfering with the DNA so that it can't duplicate itself. ***The silver that Nature's Sunshine uses works at the same vibratory rate as used in the lab to kill bacteria and viruses.***

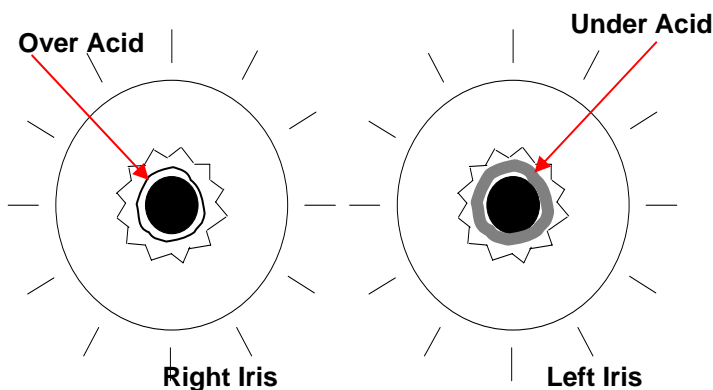
This product is so important to us, our families, friends and customers. Senator Hatch has recommended it to Homeland Security and to Congress to stockpile for emergencies. It has been recommended to fight anthrax and other bio-hazards that may come our way. We suggest everyone have two or three bottles on hand. Share this information about our colloidal silver SOL one on one. It can be truly life-changing as a defense against all of the bacteria and viruses that come our way.

The Study of Iridology

We make it a point to put some type of iridology information in each of our newsletters. This month we are discussing the major signs/constitutional subtypes. Please let us know if you have any questions about these items.

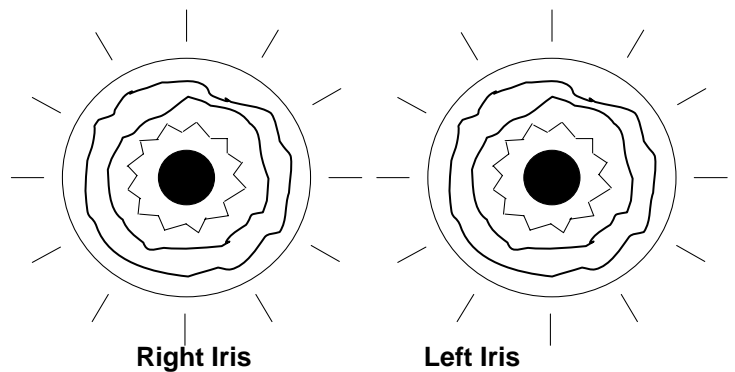
Stomach Halo (Poor Digestive Function)

Assimilation is how well you absorb the food you eat. ***It is not what you eat that counts, it's what you assimilate that your body can use that makes the difference.*** We absorb mainly in the small intestine, through the small villi which compose the intestinal walls. The absorptive function of these villi may be hampered by certain diets. Some persons may also have an inherent weakness in this area which does not allow them to utilize their foods as well as others. A proper diet is the best way to aid in assimilation. Also adequate rest is needed as a fatigued system cannot absorb well. Herbs such as Alfalfa, Peppermint, Papaya and Ginger are also beneficial. Should the villi become unable to absorb nutrients properly, cleansing may be encouraged using the herb Comfrey and the digestive aid Pepsin as well as a bulk former such as Psyllium Hulls along with Cascara Sagrada.



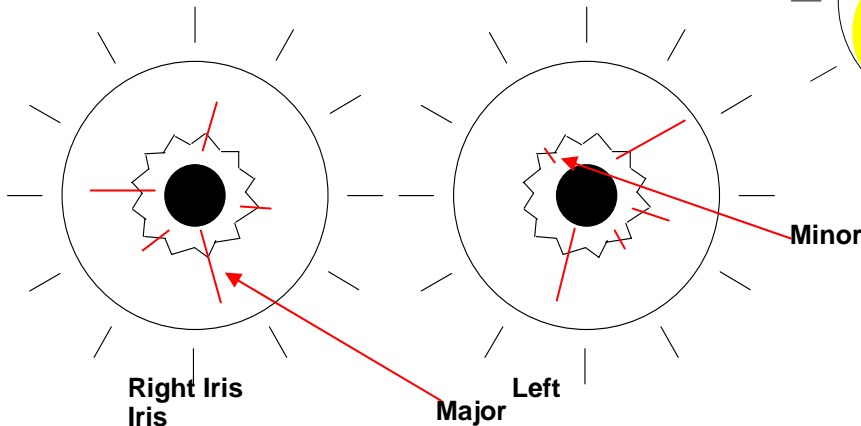
Anxiety/Tetanic Nerve/Stress/Sensitivity Rings Tension & Stress

The presence of nerve rings in the iris indicates a tense condition in the person. The lifestyle of today is conducive to the formation of nerve rings. These rings can also be called sensitivity rings which can indicate a highly sensitive individual. Nearly all persons have some nerve rings. A job or a boss that is not to one's satisfaction, a spouse which is difficult to live with or any disharmony or pressures in life can all be causes of nerve rings. If your nerve rings are heavy, perhaps you ought to be giving some thought to an alteration of your lifestyle or taking up some relaxation techniques. Some persons simply drive themselves too hard. They need to spend some time pursuing a relaxing hobby, mentally, if not physically, removing themselves from their usual work. Vacations are especially necessary and are greatly beneficial in reducing stresses of everyday living. Herbs are highly beneficial also and the ones with the most benefit to the nervous system are Catnip, Valerian, Chamomile, Skullcap and Wood Betony. All of the B Vitamins are also beneficial.



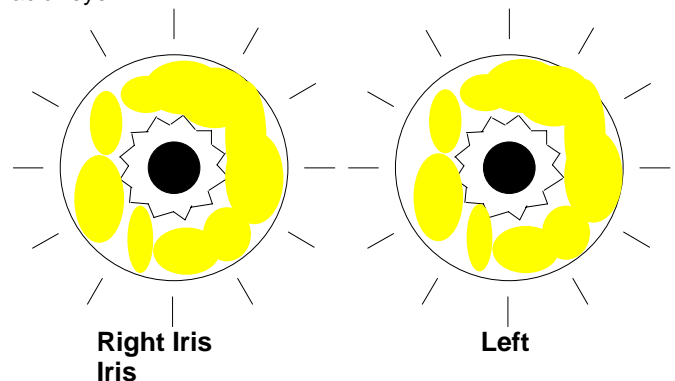
Radii Solaris (Toxic Leakage, Parasite Activity)

"**Radii Solaris**" resemble rays of the sun when visualized in the iris. When these are present in the iris, it is an indication of an inherent weakness in the bowel area. This type of weakness allows toxins from the bowel to more easily influence the tissues into which the radii solaris extend. When these are seen in the iris, it means that extra care needs to be taken by the person to keep the bowel clean by proper diet and colon care. People who have these "**rays of the sun**" often are prone to sinus problems, toxic headache and other toxic symptoms. The use of the Colema Board and Bentonite Clay Water with the herbs Psyllium Hulls and Cascara Sagrada are often needed in these cases.



Uric Acid Type (Acid Eye) (Febrile - Everywhere)

When the fibers are white and raised they are considered acute or "hot". They are considered to be hot because there generally is a lot of inflammation in the body where the fibers are raised and white. We consider an iris to be hot when there is inflammation everywhere in the iris. We also can call this an "acid" eye.



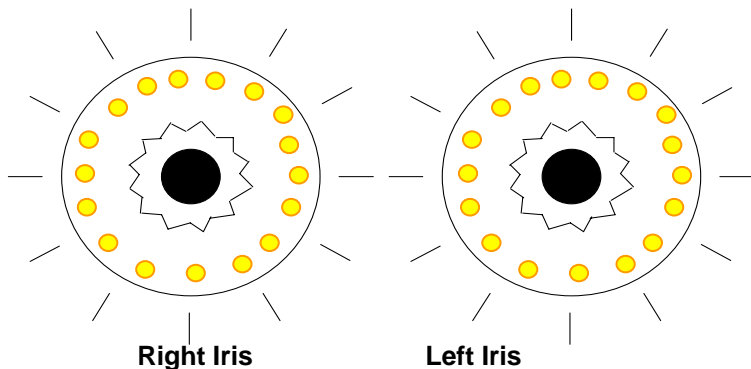
Lymphatic Rosary (Hydrogenoid) Lymphatic Disturbances)

The Lymph Glands have eight functions. These functions are (1) Neutralizing toxins and poisons, (2) Returning water from tissues to the blood, (3) Returning leaked protein to the blood, (4) Transporting fats in the body, (5) Transporting hormones by the Lymph System, (6) Destroys foreign bacteria (7) Produces antibodies and (8) Makes up the largest content of fluid in the body; carries more waste than the blood.

In chemical characteristics, the Lymph resembles blood plasma. In fact, it has been described as blood without its red corpuscles. Lymph is necessary as an intermediary substance between blood and tissue. It bathes every active tissue of the body and it is believed to have its origin partly in the blood and partly in the tissues. Lymph may be considered the middle man in the transactions between blood and tissues. The Lymphatic System, in contrast to the blood circulatory system, follows a "one-way" network of vessels and arteries that empty eventually into ducts in the internal jugular and subclavian veins. Lymph fluid and lymphocytes are constantly being moved into the bloodstream to carry out their functions. The lymph returns fluid and proteins to the blood, while lymphocytes take part in the formation of antibodies and play an important role in the body's natural Immune System. In particular, Lymph Nodes, ranging from the size of a ball-point pen tip to the size of a bean, filter pathogenic microorganisms and foreign particles from the Lymph and eject them as waste matter from the body.

The Lymph System has no pumping mechanism. Movement of Lymph Fluids that return liquid and wastes to the blood is carried out by the following six different forms (1) Respiratory movement which creates pressure differences in the body cavities moves the lymph; (2) Muscle movement in the body which squeezes the Lymph along the vessels. Each vessel contains valves that allow the flow to go in one direction only; (3) the Lymph vessels themselves have thin muscle fibers in their composition that move in peristaltic movements; (4) Intestinal movement; (5) Continuous production of Lymph and the pressure behind it forces movement of Lymph Fluids in the system and (6) Difference in pressure in the Lymph Vessels at the tissue end and at the emptying end of the blood vessels in the Thoracic area.

Herbs such as Garlic, Onion, Pau d'Arco, Golden Seal, Echinacea and other foods containing organic sulfur are beneficial to the Immune/Lymphatic System. Vitamin C is also important to this system. The best way to keep the Immune/Lymphatic System clean is to not suppress any discharge out of the body or any fever the body may develop. A "Fever" is the body's Immune System burning out toxins. By using medication to lower a fever we suppress the Immune System. Chlorinated drinking water and chlorinated swimming pools should be avoided as chlorine can also suppress the immune system.



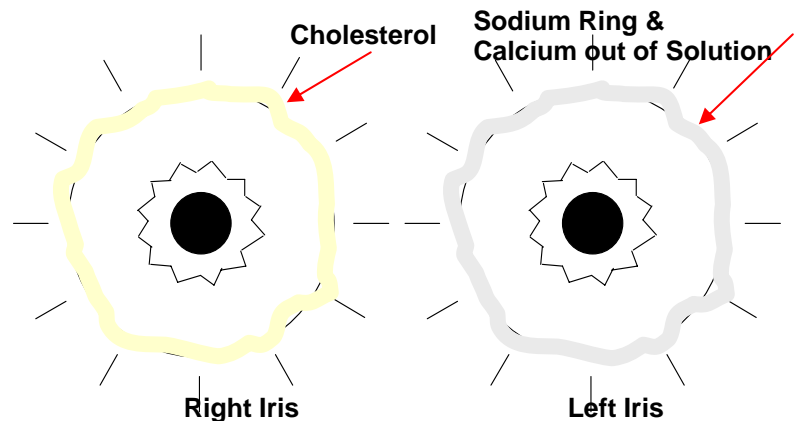
Lipemic (Sodium Ring) Calcium/Cholesterol/Fatty Deposits)

This unusual marking, a translucent-to-opaque ring found in various shades of white starting in Zone 7, seems not to touch the iris but rather to be a deposit or settlement around the circumference of the portion of the cornea visible in front of the iris. That is, it is over the iris without being connected to the iris trabeculae. Its width varies, depending on the severity of the condition. This sign results from chemical imbalances in the body due to an excessive intake of salt or bicarbonate of soda, drugs such as sodium salicylate, calcium out of solution and high cholesterol or triglycerides in the blood. It may be associated with hardening of the arteries, calcium spurs and deposits, joint troubles, and so on.

As a consequence of poor eating habits, heart disease has become the number two health problem in this nation. When Hardening of the Arteries, particularly arteriosclerosis, sets in, many problems result. One approach to reducing these problems has been chelation, a process in which a solvent such as EDTA, a derivative of acetic acid, is introduced intravenously to dissolve the coating of lipids and minerals from the blood vessels.

There is also oral chelation where herbs, vitamins and minerals are taken in large quantity to help dissolve the deposits in the blood vessels. This takes longer than intravenous chelation but is very beneficial. In the iris, we find what we call a Cholesterol Ring. This iris sign indicates that Cholesterol, Calcium and Sodium have come out of the solution in the blood to deposit on the arterial walls. We can take care of this problem by bowel cleansing and dietary changes, but Dr. Jensen believes chelation is an effective means of speeding up the cleansing process. Herbs such as Garlic and Capsicum are excellent for dissolving cholesterol buildup in the veins. Foods high in Magnesium such as all yellow fruits and vegetables are also important in this case.

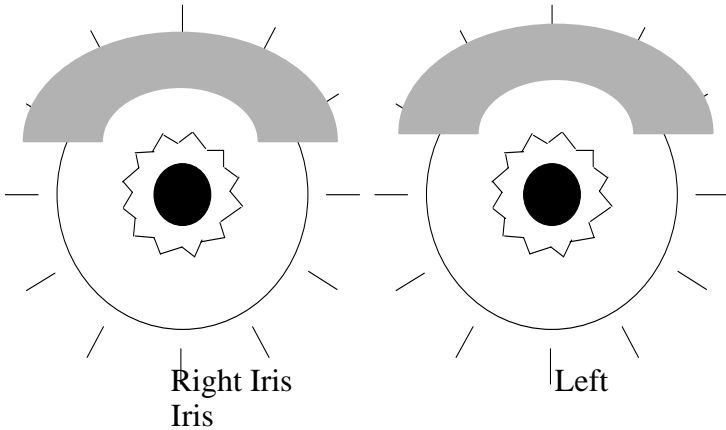
If you have anaemia in parts of your body or extremities and high cholesterol it is imperative that you change your dietary habits and begin to understand the way your body responds to stress.



Arcus Sinilis (Lack of Brain Circulation)

Virtually all life activities of the body are directed by the Brain, and Dr. Bernard Jensen has found anemia of the Brain to be the most serious result of impaired circulation, low blood count, inadequate nutrients in the blood or any combination of these factors. The joy of life seems to diminish to a sluggish trickle, while thinking slows, memory dulls and a curtain drops over many activities and abilities which were formerly taken for granted. This condition, commonly associated with senility and old age, has less to do with chronological age than it does with our way of life. If a low blood count is suspected, Dr. Jensen advises obtaining confirmation through a lab analysis. You can build up the blood with iron-rich foods such as green vegetables, beets, black cherries, black raspberries, liquid chlorophyll and other supplements. Moving to a higher altitude can help. To improve circulation Dr. Jensen recommends slanting board exercises, early morning barefoot walks in dewy grass or on a sandy beach, Kneipp baths, alternate hot and cold foot baths and physical exercises appropriate to the persons age. Physical exercise stimulates increased adrenaline secretion which in turn stimulates faster, deeper respirations, faster heart action and greater oxygenation of body tissues

Cerebral Anaemia means there is a lack of adequate blood supply to the brain areas for one reason or another. Dietary modifications, exercise, herbs, vitamins, minerals, food supplements and use of a slanting board on a regular basis are very helpful in these cases. Herbs such as Gotu Kola, Capsicum and Ginseng are also very helpful. The vitamin necessary is Niacin. I have provided information on the Slanting Board for you at the end of the analysis.

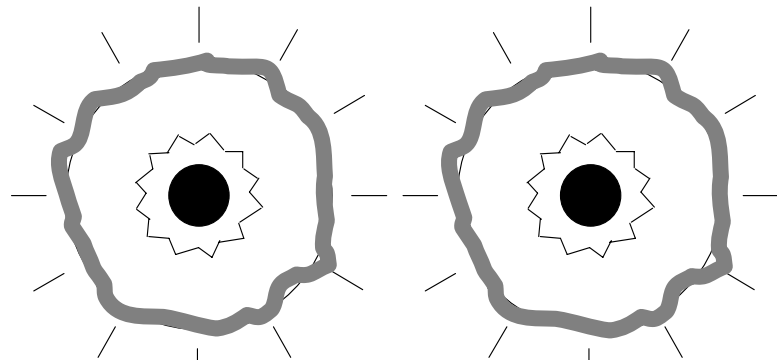


Scurf Rim (Under active/Weakened Skin)

The skin is a most important elimination system in the body. It is the largest of all the organs of elimination. Dr. Jensen says the skin is the "**third Kidney**". He says this is because the skin eliminates about two pounds of toxic waste materials through its pores each day. These are often the same type of waste acids eliminated by the Kidneys. If the skin does not function well in its elimination, the Kidneys must carry an increased load. In fact, the skin elimination is so vital that if blocked a person can die within minutes or hours. They can die of ureic poisoning, which is to say they can be poisoned by their own waste materials, which can accumulate in the blood more rapidly than the kidneys can remove them. Taking care of the skin is best accomplished by brushing it daily with a natural vegetable bristle skin brush. It is best to brush all over except for the face and other sensitive areas of the body. A softer face brush may be used if desired. The skin is brushed dry before dressing every morning and before bathing. The skin brush

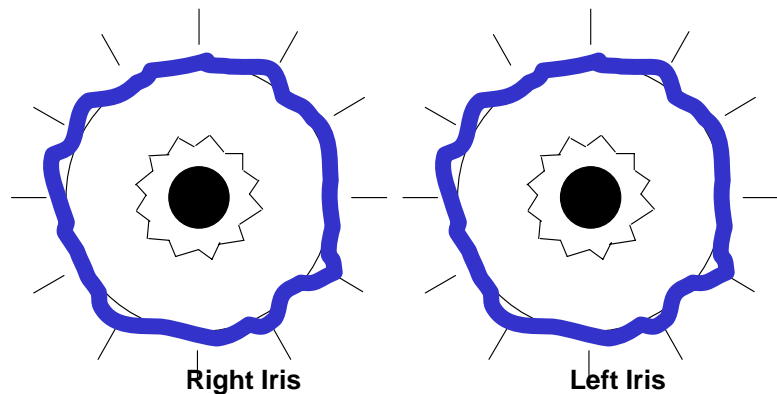
should not be used with water. A wonderful "**afterglow**" can be experienced following skin brushing and a softer lovelier skin can result, "**the skin you love to touch**", as they say. Wearing garments made from natural fibers next to the skin is also important. Synthetic materials are usually not absorbent, are often made from coal tar products and serve only to irritate the skin. Cotton, wool and other naturals are best. Also, clothing is best worn loosely against the skin, if possible, to allow the skin to "**breathe**".

Please do not use any powders, creams or oils on the skin that your doctor has not specifically advised. Also avoid the use of harsh soaps and detergents to cleanse the skin. If cosmetics are truly desired, please keep them to a minimum. Most dry skin, dandruff, acne and eliminations through the skin can be taken care of by using a skin brush daily and taking care of the bowel.



Right Iris Fuzzy Blue Edge Left Iris (Anemia in Extremities)

This is a term used by the Iridologist to indicate a lack of circulation to the arms and legs. The legs and feet are the farthest away from the heart. Thus the blood must be returned from the legs against the force of gravity. This is why circulatory problems usually manifest first in the feet and legs. Vitamins helpful are A, B, B1, C, D, G and Niacin. Minerals include Magnesium, Phosphorus, Silicon, Fluorine, Iodine, Iron, Manganese and Sulfur. Herbs include Capsicum, Butchers Broom and Hawthorn Berries. Cold water leg baths and grass and sand walking as taught by Fr. Sebastian Kneipp are very helpful as is exercise in general. Capsicum can also be rubbed on the hands and legs to be absorbed through the skin and a bath can be taken as well with Capsicum.



Important Notice - The information contained in the Joyful Living Services' newsletter is for educational purposes only and should not be used to diagnose or treat diseases. If you have a disease, the author suggests that you contact a health practitioner, and do not treat the disease yourself.