

Joyful Living Services' News

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From The Author

Currently we mail out our "Joyful Living Services' News" hardcopy newsletter twice a year in December and in June. We currently mail out about 2,000 newsletters via snail mail within the United States and all over the world. This is very costly to us. We would be most appreciative if we could e-mail you our newsletters every month or if you could download them from our web site every month.

Please let us know if you would prefer a hardcopy of our newsletters mailed to you or if you would be willing to download them or have them e-mailed to you. If we e-mail them to you there is no charge as we can send them to you monthly in our monthly notices. If we have to mail them to you via snail mail we may need to start charging a subscription charge. Please let us know if you would be willing to pay \$10/year to have our newsletters mailed to you via US mail and the post office. Please fill out the following form and mail it back to us so we know what you would prefer

Brenda

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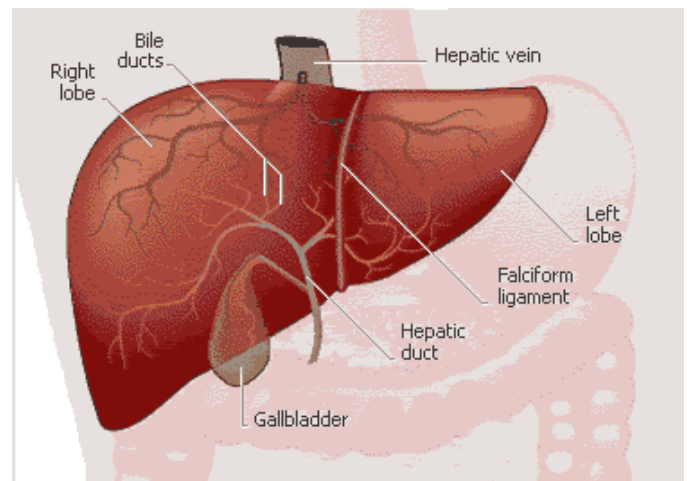
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Liver and Gallbladder Flush and Detoxification

The largest internal organ in humans, the liver is also one of the most important. It has many functions, among them the synthesis of proteins, immune and clotting factors, and oxygen and fat-carrying substances. Its chief digestive function is the secretion of bile, a solution critical to fat emulsion and absorption. The liver also removes excess glucose from circulation and stores it until it is needed. It converts excess amino acids into useful forms and filters drugs and poisons from the bloodstream, neutralizing them and excreting them in bile. The liver has two main lobes, located just under the diaphragm on the right side of the body. It can lose 75 percent of its tissue (to disease or surgery) without ceasing to function.

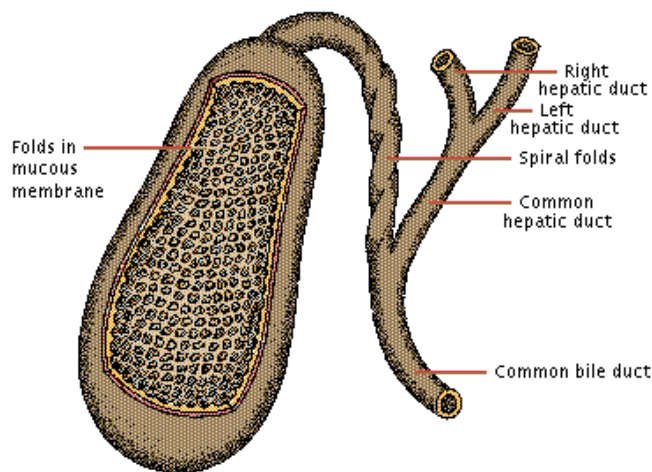


The liver and gallbladder flush is an important detoxifying agent which can help restore the normal functional capacity of these organs. For more information regarding the function of the liver, [click here](#). Listed below are the steps that should be followed:

1. Monday through Saturday noon, drink as much unfiltered, and unsweetened apple juice or apple cider as your appetite will permit in addition to regular meals and any supplements that may have been suggested. The apple juice should preferably be purchased from a health food store to assure there are no additives.
2. At noon on Saturday, eat a normal lunch.
3. Three hours later, take 2 Tablespoons Epsom salts dissolved in about one ounce of hot water. The taste may

be objectionable and may be followed by a little citrus juice (freshly squeezed if possible).

- Two hours later, repeat step 3.
- Grapefruit juice, grapefruit or other citrus fruits or juices may be eaten for the evening meal.
- At bedtime have 1/2 cup of warm, virgin olive oil blended with 1/2 cup of lemon juice. (Virgin olive oil can be purchased from any health food store. It is best to use fresh citrus juice, but canned or bottled are permissible.)
- Following Step 6, go immediately to bed and lie on the right side with the right knee pulled up close to the chest for 30 minutes before going to sleep.
- The next morning, one hour before breakfast, take 2 Tablespoons Epsom salts dissolved in two ounces of hot water.
- Be sure to continue with a normal diet and any nutritional program that has been suggested to you.



Located under and attached to the liver, the gallbladder serves as a reservoir for bile. As it is produced by the liver, bile passes to the gallbladder through a small tube called the cystic duct. The gallbladder's muscular walls absorb excess water and, when stimulated, contract to squirt concentrated bile through the biliary ducts and into the small intestine, where it aids in digestion.

Recommendations

- Some clients have occasionally reported slight to moderate nausea when taking the olive oil/citrus juice; this nausea will slowly disappear by the time you go to sleep. If the olive oil induces vomiting, you need not repeat the procedure at this time. This occurs only in rare instances. This flushing of the liver and gallbladder stimulates and cleans these organs as no other method. The most common side effect of this flush is diarrhea the day and/or the day after the Epsom salts are taken.
- Clients who have chronically suffered from gallstones, biliousness, backaches, nausea, etc. generally find small gallstone-type objects in the stool the following day. These objects are light green to dark green in color. They are very irregular in shape, gelatinous in texture and vary in size from grape seeds to the size of a nickel. If there seems to

be a large number of these objects in the stool, the liver flush should be repeated in two weeks. To be sure the gallbladder has been thoroughly flushed, it is recommended to have a follow-up Kinesiology visit.

It is not recommended for clients under 25 years of age or clients with known large stones unless under a professional's guidance. **Before doing this flush it is recommended that the body be tested through [Kinesiology](#) to find out if there are gallbladder stones and if the body is strong enough to tolerate such a flush.** For those people who cannot do the flush on Saturday and Sunday, the days can be changed to fit into your schedule.

You can also do an herbal gallbladder cleanse as follows: For two days take 8 ounces of apple juice every two hours until 1/2 gallon has been taken. Take 2 or more Fasting Plus every two hours and do not eat. Every 4 hours take 1 [Cascara Sagrada](#) to stimulate bile flow. At bedtime on the 2nd day, take 2-4 ounces of virgin olive oil mixed with 2 ounces of fresh lemon or grapefruit juice. Repeat in 1/2 hour. Sleep on your right side. Within 24 hours you should expel stones, mucous, or sludge through the bowel.

Reference: [Recipes for Success](#)

We are most interested in getting any feedback you may have if you've had success with a gallbladder/liver flush. We are collecting evidence that the gallbladder can pass these stones and would appreciate any written testimonials you might have. If you'd done a flush to pass stones and have had any results (positive or negative) please write them out for us and [e-mail](#) them to us. If you don't have a gallbladder, we would like to know what the symptoms were before it was removed and how its removal has changed your life. We are also collecting evidence showing that there is a link between gallbladder stones and high cholesterol. If you have high cholesterol please let us know in your testimonial as well.

The following are the most recent [testimonials](#) we have received.

These flushes are for educational purposes only! The author recommends that you do not do the flushes on your own. Please speak with a competent health professional before attempting these flushes. Please contact [Brenda](#) if you have any questions or information relating to these flushes.

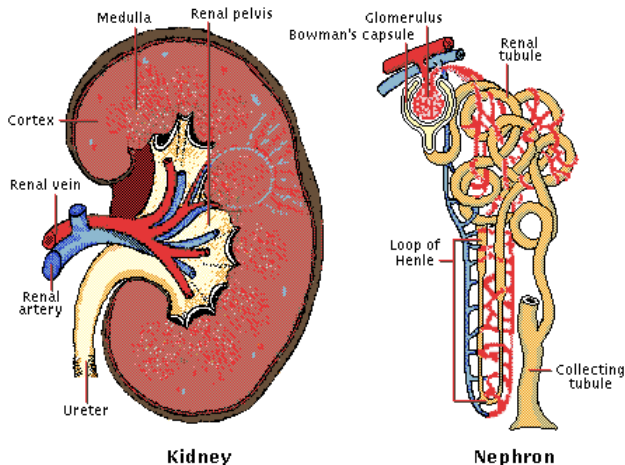
Kidney Stone Flush - Fast

1/4 cup lemon juice (fresh squeezed is best) every 2 hours for 3 days. On the odd hours you can have water, or "one kind" of juice. No Food.

At the end of the third day be all ready for bed. Take 1/3 cup of castor oil or cod liver oil and 2 oz. of lemon juice. Drink that and get into bed and stay there. Make sure you don't get up for at least 20 to 30 minutes, or you will get sick.

Kidney Stones and Flush

Kidney, paired organ whose functions include removing waste products from the blood and regulating the amount of fluid in the body. The basic units of the kidneys are microscopically thin structures called nephrons, which filter the blood and cause wastes to be removed in the form of urine. Together with the bladder, two ureters, and the single urethra, the kidneys make up the body's urinary system. Human beings, as well as members of all other vertebrate species, typically have two kidneys.



Like kidney beans, the body's kidneys are dark red in color and have a shape in which one side is convex, or rounded, and the other is concave, or indented. The kidneys of adult humans are about 10 to 13 cm (4 to 5 in) long and about 5 to 7.5 cm (2 to 3 in) wide—about the size of a computer mouse.

The kidneys lie against the rear wall of the abdomen, on either side of the spine. They are situated below the middle of the back, beneath the liver on the right and the spleen on the left. Each kidney is encased in a transparent, fibrous membrane called a renal capsule, which helps protect it against trauma and infection. The concave part of the kidney attaches to two of the body's crucial blood vessels—the renal artery and the renal vein—and the ureter, a tube like structure that carries urine to the bladder.

A primary function of kidneys is the removal of poisonous wastes from the blood. Chief among these wastes are the nitrogen-containing compounds urea and uric acid, which result from the breakdown of proteins and nucleic acids. Life-threatening illnesses occur when too many of these waste products accumulate in the bloodstream. Fortunately, a healthy kidney can easily rid the body of these substances.

I am very impressed by the article on [Liver Flush and the testimonials](#) that you have received regarding it. The reason I am writing to you is because my younger sister has been suffering from Kidney stones for the past 6 years and has had many surgeries and lithotripsy procedures done. She is just 20 years old and to see her go through such intense pain is very upsetting to the whole family. I was wondering if you would have any suggestions for a Kidney flush, specifically for Kidney stones. I have read the article featured in your last newsletter entitled Kidney, Liver, and Bowel Cleansing Fast. Would this also help with the kidney stones or is there anything else that needs to be done. I would be extremely grateful to you if you could give me any help or suggestion in this matter. Thanks Aaruti

Hello Aaruti, As we spoke on the phone, I will list them below along with the kidney flush information for your sister. Yes, the Kidney, Liver, Bowel Cleansing Fast would be beneficial as well.

- **Combination K** - Flushes and builds kidneys
- **Cornsilk** - For kidney pain
- **APS II** - For pain
- **Cranberry/Buchu Combination** - For kidneys and bladder
- **Cranberry Juice, Water, Watermelon** - For flushing kidneys
- **Combination URY** - Builds entire urinary system
- **Hydrangea** - Helps break down and dissolves stones

What Iridology Can and Cannot Do

The following information has been taken from our "Beginning Iridology" course.



s Picture was taken with the SD8004 Super Digital Iridology Camera by JLS and Allison Imaging. Contact Brenda for info.

Iridology is the only science that tells inherent weaknesses. We die from our inherent weaknesses. Disease migrates to our weaknesses. We become toxic laden because we cannot detoxify. Inherent weaknesses tell us where the minerals are needed.

Iridology Can Reveal:

- The primary nutritional needs of the body.
- Inherently weak organs, glands and tissues.
- Inherently strong organs, glands and tissues.
- Constitutional strength or weakness.
- What organ is in greatest need of repair and rebuilding.
- Relative amounts of toxic settlements in organs, glands and tissues.
- Stages of tissue inflammation and activity.
- Where inflammation is located in the body.
- Under activity or sluggishness of the bowel.
- Spastic conditions or ballooned conditions of the bowel.

- The need for acidophilus in the bowel.
- Prolapses of the transverse colon.
- Nervous condition or inflammation of the bowel.
- High-risk tissue areas in the body that may be leading to a disease.
- Pressure on the heart.
- Circulation level in various organs.
- Nerve force and nerve depletion.
- Hyperactivity or hypo activity of organs, glands or tissues.
- Influence of one organ on another, contribution of one organ to a condition elsewhere in the body.
- Lymphatic system congestion.
- Poor assimilation of nutrients.
- Depletion of minerals in any organ, gland or tissue.
- Relative ability of an organ, gland or tissue to hold nutrients.
- Results of physical or mental fatigue on the body.
- Need for rest to build up immunity.
- Tissue areas contributing to suppressed or buried symptoms.
- High or low sex drive.
- A genetic pattern of inherent weaknesses and their influence on other organs, glands and tissues.
- Pre-clinical stages of potential diabetes, cardiovascular conditions and other diseases.
- Miasms.
- Recuperative ability and the health level of the body.
- Build up of toxic material before the materialization of disease.
- Genetic weaknesses affecting the nerves, blood supply and mineralization of bones.
- Genetic influence on any symptoms present.
- Healing signs indicating an increase in strength in an organ, gland or tissue.
- Bone marrow problems.
- Potential for varicose veins in legs as shown by inherent weakness.
- Positive and negative nutritional needs of the body.
- Probably allergy to wheat.
- Sources of infection.
- Acidity of the body or catarrh development, as indicated by acute signs in the iris.
- Suppression of catarrh, as indicated by sub acute or chronic signs in the iris.
- Condition of the tissue in any part of the body or all parts of the body at one time.
- Climate and altitude best for patient.
- Potential contributions to sterility.
- Effects of polluted environment.
- Adrenal suppression, which may indicate low blood pressure, lack of energy, slowed tissue repair, deficiencies of vitamin C and adrenaline.
- Resistance to disease, as shown by amount of toxic settlements in the body.
- Relationship or unity of symptoms with conditions in organs, glands and tissues.
- The difference between a healing crisis and a disease crisis.

- The workings of Herring's Law of Cure.
- Whether a particular program or therapy is working or not.
- The quality of nerve force in the body.
- Response to treatment; how well the body is healing itself and at what rate.
- The "whole" overall health level of the body as a unified structure.

Iridology Cannot Reveal:

- Predict or indicate blood pressure levels (abnormal or normal), blood sugar level or other specific diagnostic findings or laboratory test results.
- Identify what medication or drugs an individual is taking or has used in the past.
- Determine what surgical operations a person has had.
- Tell what foods a person does or does not eat.
- Find out how much uric acid is in the body.
- Indicate when an injury to the body occurred or what caused the injury.
- Determine whether a poisonous snake bit has occurred or whether snake venom has entered the bloodstream.
- Correlate tissue inflammation levels with specific diseases or symptoms of disease.
- Identify diseases by name.
- Tell whether a subject is male or female from the iris.
- Determine whether asbestos settlements or silicosis exists in the body but only the effects on tissue.
- Tell if hair is falling out or what may be causing hair loss.
- Determine the number of organs when a person has been born with 3 kidneys, a double uterus, etc.
- Verify the presence of fungal infections such as Candida Albicans, although it may indicate conditions supporting its possible presence in the body.
- Show which tooth may be causing trouble.
- Verify the presence of lead, cadmium, aluminum or many other metallic elements that may have settled in the tissues.
- Tell if someone is on birth control pills.
- Prove whether or not a woman is pregnant, either normal or entopic pregnancy.
- Indicate whether an operation may be necessary.
- Indicate reliably whether a tumor is present or what size it may be.
- Show whether hemorrhage exists in the body or where its location may be.
- The difference between drug side effect symptoms and symptoms of actual diseases.
- Show if the thyroid is causing irregular menstrual periods.
- Determine the presence of multiple sclerosis, Parkinson's disease or bubonic plague.
- Prove whether healing signs indicate a rising of the general health level.
- Indicate syphilis, gonorrhea or other sexually transmitted diseases.
- Identify homosexuality or AIDS.

- Show whether gallstones or kidney stones are present.
- Tell reliably whether a blockage exists in a cardiac artery.

How to Use Herbs

The following information has been taken from our “Certified Herbal Counselor” course. The many ways in which herbs can be used include:

- **Compresses.** A compress is a cloth soaked in a warm or cool herbal solution and applied directly on the injured area.
- **Decoctions.** A tea is made from the bark, root, seed, or berry of a plant. Decoctions should not be boiled; they should only be simmered for approximately twenty to thirty minutes, unless the product label states otherwise.
- **Essential Oils.** Essential oils are derived from herbs or other plants through steam distillation or cold pressing. They are usually mixed with a vegetable oil or water, and used either as a mouth, ear, or eyewash, or as an inhalant, douche, or tea. These oils can also be used externally in massage or on burns and abrasions. Essential oils readily combine with the natural fats present in the skin. With a few exceptions, such as the use of camphor, eucalyptus, or tea tree oil for certain skin conditions, essential oils should always be diluted in either water or oil before being applied to the body, and they should not be taken internally except under the direction of a physician trained in their use.
- **Extracts.** Extracts are made by pressing herbs with a heavy hydraulic press and soaking them in alcohol or water. Excess alcohol or water is allowed to evaporate, yielding a concentrated extract. Extracts are the most effective form of herbs, especially for people with severe illnesses or malabsorption problems. Alcohol-free extracts, if available, are usually best. Herbal extracts should generally be diluted in a small amount of water before being ingested. The following are some herbal extracts that are very beneficial in healing. They can be found in health food stores. Add these extracts to juices, and take them while fasting for greatest benefits:

Burdock	Ginkgo biloba	Red clover
Cat's claw	Goldenseal	Parsley
Celery	Hawthorn	Pau d'arco
Echinacea	Horsetail	Pumpkin
Fig	Licorice	Red beet
Garlic	Milk thistle	Suma
Ginger	Nettle	Valerian root

- **Herbal Vinegar's.** Herbs are put into raw apple cider vinegar, rice vinegar, or malt vinegar and left to stand for two or more weeks.

- **Infusions.** Leaves, flowers, or other delicate parts of the plant are steeped, not boiled, for five to ten minutes in hot water, so that the benefits of the herbs are not destroyed. (See Herbal Teas and Their Effects, below.)

- **Ointments.** An extract, tea, pressed juice, or powdered form of an herb is added to a salve that is applied to the affected area.

- **Poultices.** A poultice is a hot, soft, moist mass of herbs, flour, mustard, or other substance spread on muslin or other loosely woven cloth and applied for up to twenty-four hours on a sore or inflamed area of the body to relieve pain and inflammation. Ground or granulated herbs are best. The cloth should be changed when it cools.

- **Powder.** The useful part of the herb is ground into a powder, which may then be made into capsules or tablets.

- **Syrup.** Herbs are added to a form of sugar and then boiled.

- **Salves.** Salves, creams, oils, and lotions are generally used on bruises, sores, and inflammations, and for poultices.

- **Tinctures.** Tinctures are a well-preserved form of previously fresh herbs. Most tinctures contain varying amounts of alcohol; however, there are now some on the market that contain less alcohol, and some that are alcohol-free.

If there are several herbs recommended for a certain disorder, it is best to alternate among the different herbs, so that you obtain the benefits of each. This may also help you to determine which herb agrees best with your body's chemistry and particular needs. Also, do not preserve herbs in clear glass jars; use colored glass or ceramic jars instead. The potency of herbs can be destroyed by exposure to light.

Herbal Teas and their Effects

Herbal teas are the most convenient form of herbal remedy for long-term use. The powerful ingredients of the herb are diluted by water when made into tea. Mild teas may be used daily as tonics and for general well being.

To prepare an herbal tea, use approximately 1 to 3 teaspoons of herbs per cup of boiling water. Boil water in a kettle as you would for ordinary tea, but do not use an aluminum kettle. Pour the water into a ceramic or glass (not metal) mug or teapot and leave the herbs to steep for at least five minutes (but don't leave them for longer than ten minutes or the tea may have a bitter taste). If you prefer a stronger tea, increase the amount of herbs used rather than steeping the tea for a longer period.

Hooked on Health
By: Anne Small, Nature's Sunshine

Phone: 510-793-5429

I have only one goal for this newsletter. It is to raise everyone's awareness to something I listened to on Public Broadcasting this week. It was a guest speaker on solving health problems and looking beyond the symptoms.

We have been taught to speak of symptoms. Our doctor asks us about symptoms. The physical therapist and surgeon and all the other specialists write down our symptoms. This speaker claimed that any symptom could be helped if he/she had HOPE.

Brenda Watson, N.D. was not speaking of diseases that are degenerative. She was clear that those diseases that get worse must be treated by your doctor. Her idea is to focus on HOPE. Here were her ideas to have HOPE

Taking these 4 products will.

1. Promote bowel regularity
2. Help maintain cardiovascular health.
3. Help maintain healthy cholesterol levels.
4. Help maintain normal blood sugar.
5. Aid in elimination of liver toxins.
6. Provide a food source of beneficial bacteria.
7. Help maintain healthy weight
8. Manufacture digestive enzymes to help you digest your food.
9. Create an unfriendly environment for harmful bacteria and yeast.

We all need the following 4 products to help our bodies feel great. Here they are

H stands for healthy doses of fiber

We have all heard a lot about fiber. It is advertised on T.V. to get us to buy their cereal. But, just cereal is not enough fiber.

O stands for Omega 3

Omega 3 is the important oils we need daily such as Olive Oil and Flax seed Oil. These essential oils keep our joints lubricated to prevent those inflammatory conditions. One of them is called arthritis. So it does not matter if you are 20 and feel great or 70 and stiff, we all can feel better.

P stands for Probiotics

Most of you call this Acidophilus. We need the probiotics to put the good bacteria into our bodies. This is needed after antibiotics of any kind. Mild ones for acne or strong ones for a bacterial infection. The antibiotics kill all bacteria. Not just the bad ones that made you sick. Probiotics are tasteless, so I recommend opening a capsule and swallowing the powder for a sore throat or for very fast results for stomach distress.

E stands for Enzymes

We all need enzymes to digest the food we eat. If we ate raw fruit and vegetables every meal, we would not need to buy enzymes. But we don't, so we do. Enzymes are essential to get the nutrition out of the food we eat.

To order the products for HOPE through Nature's Sunshine, call 800-453-1422. Next give your account number if you have one or Brenda's 465339-8. Then answer questions about name and address.

1348-4: A powder called Lo Clo or 1106-2 which is a capsule. This will be your fiber. One will cost you \$19.95 for 12 oz. of powder and the capsules are 100 for \$8.75. You need 3 to 6 a day depending on your size.

1515-7: Omega 3 EPA. This is 60 capsules for \$20.15. You need 3 to 9 a day depending on your size.

4080-4 is your Probiotic. We call it Bifidophilus Flora Force and it is 90 capsules for \$16.95. Take this on an empty stomach 4x a day.

1836-9 is your Enzyme and will cost you \$15.25. Take 2 with each meal.

These prices are our wholesale prices. If you went to a health food store and bought them off a shelf they would cost you \$10.00 more for each one.

These products are not specifically for a disease symptom. As Doctor Watson explained, they put your body back into "homeostasis." This means "balanced." So it can heal itself.

This will cost you under \$80.00. You can request your own account number if you want to order again at wholesale or you can use Brenda's. You can contact Brenda for more information or you can go to www.naturesunshine.com if the computer is your choice.

Brenda will be told if you put in an order and she can follow your progress and answer your questions.

COURSE UPDATE: ALL our courses (except the Business Development, Learn How to Muscle Test, and the Herbs & Your Health) now offer 40 CEC's (Continuing Education Credits) through ARPI for RNs, LVNs, and CNAs. Completion certificates available. Approved by the California Board of Registered Nursing – Provider No. 13837. See pages 10-12 in our catalog for course information.

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.
