

Joyful Living Services' News

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AUGUST 2009

VOL. 17, NO. 13

Happy August!

We would like to express our appreciation to all of you for all your kind words about our services over the last several months.



We have been very blessed with so many friendly e-mails and telephone calls showing us appreciation for our work. It's so wonderful to know that we are providing a much needed service and that it is making a difference in the world.

Starting in September I will be offering individual consultations once again. If you live locally and are interested in making an appointment with me for iridology, nutrition, and/or to have a compass reading, please give me a call. I am happy to travel to you if you don't live too far away from the Sacramento area.

I have been asked to teach another course on muscle testing. If you are interested in taking a 1-day class in Sacramento please let me know. I plan to schedule a class sometime in October if there is interest. Class will run 9-5 on a Saturday and registration will need to be prepaid.

There has also been a lot of interest again in a live class in iridology. I plan to schedule a beginning class in February 2010, an intermediate class in March 2010, and an advanced class in April 2010 in Sacramento. Please let me know if you are interested. The classes will run 9-5 both Saturday and Sunday to cover all the material. Registration needs to be prepaid.



The summer is almost over. My kids go back to school at the end of this month. Summer has only been 2-1/2 months and we've had a lot of fun being outdoors camping, swimming, kayaking (upper right picture with my daughter Josephine and our dog Ebony), fishing (my son Joshua is holding a trout he caught at Davis Lake near Portola and my husband is in the background cleaning the fish he caught), boating, and relaxing. This last weekend Josephine and I (upper left picture) spent a Girl Scout weekend at Fallen Leaf Lake near Lake Tahoe. It was a great way to bond with other women and my daughter (who most of you have heard in the background when you've called this summer).



I hope you are enjoying every day to the fullest and that the rest of your August is happy and healthy. Brenda

Course, Newsletter, and Web Site Reviews

"I must say that so far the Beginner's course is much more detailed than the course I took years ago. I am so happy that I came across your site. I will be contacting you with any questions that come up as I go through this! I'm extremely happy with my purchase." -Dr. Cindy Cork, Your Healthy Lifetime Coach, <http://www.richesthruhealth.com>

"Wow, great info! Thanks so much for posting this clear explanation of what's going on with a hiatal hernia. Thanks so much for a referral, if possible. Again, great work! I'm sure many people appreciate your site... more than you know." - Gerry D.

"I just want to compliment you on the most benefiting newsletters you send to us, not only is it informative, but inspiring as well. Thank you for all the help you give to others." - Mrs. Allie

"Thank you so much for the information you have sent me. I will be finding myself a chiro/kinesiologist right away. One of the testimonials was particularly interesting to me as I too have had problems with my quadratis lorum and my psoas. It is so wonderful to receive information from you so freely and generously. I have been searching the net for help that obviously I won't find from my standard medical practitioner (I was prescribed proton pump inhibitors and told that I'd have to live with it) and there is a plethora of people out there promising cures but not willing to disclose the information you need to determine if the 'cure' might suit or apply to you, at least not before you have paid. So thanks so much again. (I'll let you know how I go and if I find any more info that you might find useful in your work or for other people in need of help I'll pass it on to you." - Deborah Ludlam

New Product – The Compass

Your guide to what your body needs...



Only \$39.95 / month
and \$399 setup fee

I'm happy to announce that we are now carrying the Compass.

In our ongoing pursuit of good health we have utilized many tools to evaluate our particular body needs. As your Natural health Consultant I have studied and used various questionnaires, testing and procedures to help me make the best choices for you. I have recently come across a tool that has impressed me with its accuracy, and affordability. Using cutting edge technology and ancient wisdom, a device has been created to help pinpoint what exact supplements your body is calling for to help it bring balance and harmony to all the body systems.

Introducing the Compass...

The Compass measures 76 bio-markers in your body. It records the *bio-frequency* of each marker for what is out of range or out of balance. An image is then created to help you visualize the extent of the imbalances out of normal range. When the Compass registers the imbalance, it then begins a scan of all of the 500+ Nature's Sunshine products to look for supplements that will match and balance your

body's frequency. First, the most precise match is found that brings the most bio-markers into balance. Then additional formulas are added on top of that until all bio-markers are brought into balance.

After calculating your personalized health program, the Compass then creates a report showing the bio-markers affected, as well as a description on each supplement that has been chosen. On an average 3-5 supplements are chosen to balance your system. Your Consultant can help guide you in your decisions as to which to use.

Health is all about balance. With the natural approach to healing we learn to look at all the things in our lifestyle and environment that has brought us out of balance. These are the roots of disease, which overwhelm the body's ability to stay healthy and maintain balance. We then use different tools such as changing our diet, exercise, stress control and supplements to help to restore balance and harmony to our bodies. This provides the body with the tools necessary to re-build health. I am very excited about the possibilities that the Compass will provide to add to our ability to gain better health!

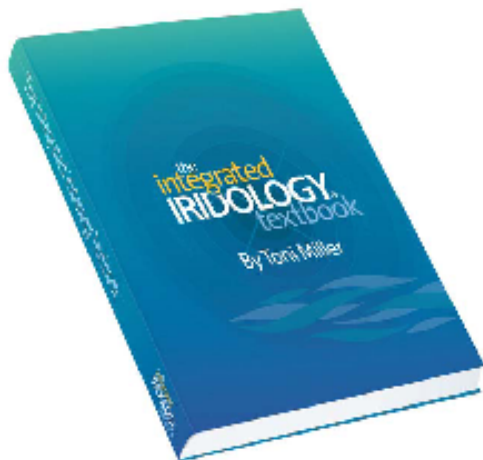
For more information on the **Compass** or to purchase go to:

www.thecompassystem.com/af/link.aspx?a=general

New Product – The Integrated Iridology Textbook

The most comprehensive Iridology reference since 1982!
Bronze medal winner Independent Publishers Award 2009

The Integrated Iridology Textbook



Written by Toni Miller is based on nearly thirty years of clinical practice and more than 25 years continuous teaching experience. Written, designed and published in Australia featuring:

- 344 full colour pages
- 500 high quality iris photos
- 250 graphics
- New charts and tables
- 22 chapters
- Information in line with modern research
- Descriptions of physical, mental and emotional significance of eye signs



Peer reviews:

"Congratulations for the creation and publishing of your textbook. You have provided the field of iridology with a valuable resource for years to come. Good job. What a blessing!"

Dr David J. Pesek Ph.D. President International College of Iridology, USA

"I thoroughly recommend this text to all students and practitioners of Iridology".

Ellen Tart-Jensen Ph.D., B.Sc., CCII Past president of the IPA

"I commend this text to all those interested in the study of Iridology and congratulate Toni on her achievement in producing such an outstanding resource".

Denis Stewart. BA. ND. D.B.M. Australia's leading Herbalist.

"The world has long needed a precise and practical Iridology reference. Toni Miller's book fulfils this need. It goes beyond introductory concepts and shows that accurate iris diagnosis is much more than just a sum of its markings"

Kitty Campion ND Homeopath England

Ideal for students, teachers and practitioners

Soft cover \$230USD* Collector's edition** \$375USD*

** Limited hard cover version in protective sleeve. (Individually numbered 1 – 500 only) Signed by the author

*Includes the shipping! (For orders placed before 1st July 2009)

Enquiries: Email iridology@netzero.net or call 1-800-704-9800 or 530-878-1119

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The Structural System

The structural system consists of the skeleton (bones), muscles, skin, membranes and connective tissues. The bones provide a strong, stable, yet mobile, framework on which the muscles can act. The skeleton also supports and protects body organs, notably the brain and spinal cord (which are encased in the skull and spine) and the heart and lungs (which are protected by the ribs).



Structural system problems and disorders can include infections and inflammations (arthritis, gangrene, tetanus, warts, dermatitis, cold sores, ringworm, psoriasis, acne, and ulcers), muscular dystrophy, tumors and fibroids, cramps, fibromyalgia syndrome, and autoimmune disorders (lupus, arthritis).

Examining the Structural System

The skeleton plays an indispensable role in movement. In effect, it consists of a series of independently movable internal levers on which the muscles can pull to move different parts of the body. The skeleton also supports and protects body organs, as explained above. The ribs make breathing possible by supporting the chest cavity so the lungs are not compressed, and by helping in breathing movements.

Another function of the skeleton is the production of blood cells, which are formed in bone marrow. The skeleton also acts as a reservoir for minerals, like calcium, which can be utilized when needed by other parts of the body.

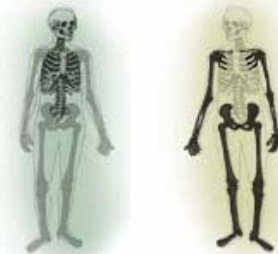
Muscles are structures composed of bundles of specialized cells that contract and relax to create movement. Muscles move both the body and the organs within it. The brain controls the voluntary movements of the skeletal muscles. Muscle activity is affected by changes in chemical composition of the fluid surrounding the muscle cells. A decrease in potassium ions causes muscle weakness; a reduction in calcium ions causes muscle spasm.

Membranes are layers of tissue, often very thin, that cover a body surface, line a cavity, divide a space or organ, or form the boundaries of individual cells. We have several membranes, including the meninges, peritoneum and tympanic.

Body tissues are collections of cells specialized to perform a particular function. Connective tissues include blood, adipose tissue (fat) and various fibrous and elastic tissues (tendons, ligaments, cartilage, etc.) that hold the body together.

Skin is the body's largest organ. It protects the internal organs from the environment. Its cells are continually being replaced, as they are lost to wear and tear. The skin consists of a thin outer layer (the epidermis) and a thicker inner layer (the dermis). Beneath the dermis is the subcutaneous tissue, which contains fat. The hair and nails are extensions of the skin and are composed mainly of keratin – the main constituent of the outermost part of the epidermis. The skin acts as a barrier, shielding internal organs from injury, bacteria and harmful sunlight rays. It also regulates body temperature through perspiration.

You can help maintain structural health by getting adequate minerals in your diet, especially calcium, magnesium and phosphorus. These minerals, along with vitamin D, have been shown to help treat and prevent osteoporosis and osteomalacia (the softening and demineralizing of bones). Vitamin D is essential to the metabolism of calcium and phosphorus in the body.



Did You Know?

- The Institute of Medicine recently increased the Recommended Dietary Allowance (RDA) for calcium. The new daily levels recommended are 1,300 mg for children 9-18 years, 1,000 mg for people 19-50 and 1,200 mg for those over 50. Old levels were 400-600 mg/day for infants up to 1 year, 800 mg/day for children 1-10, 1,200 mg/day for ages 11-24 years and 800 mg/day for adults over 24.
- Back problems are the most common physical complaints among American adults.
- It is estimated that between 30-50 million Americans have arthritis, and most adults over 50 show some signs of it.
- The National Research Council reports that silicon deficiency leads to structural abnormalities of the long bones and skull in chickens, leading researchers to conclude that silicon is also important to the human structural system.

Structural System Analysis

If you have four or more of the following indications, you may consider nutritional aid to the structural system: Skin/complexion problems, Menopausal concerns, Hair loss, Sore or painful joints, Difficulty in maintaining ideal weight, Low endurance/stamina, More than 2 cups of caffeinated beverages per day, Brittle or easily broken fingernails, Muscle cramps, Feeling out of control, Weak bones, teeth or cartilage, and Don't get enough exercise.

Structural System Suggestions

Eat regular, balanced meals, Get adequate sources of calcium, perform weight-bearing exercises, including walking, Chew fibrous fruits and vegetables for strong teeth, and Practice oral hygiene.

MUSCLES/BONES/JOINTS/HAIR, SKIN & NAILS

SKIN PROBLEMS

General Indications:
Liver or blood problems
Rashes
Skin eruptions
Dry skin

↓
Blood Purifier Combination or Chinese Blood Building Combination
Evening Primrose Oil

Acne

Indications:

Pimples
Blackheads
Sebaceous cysts
Cystic acne

↓
Tea Tree Oil
Paw Paw Shampoo
Skin Detoxifier

Eczema/Psoriasis

Indications:

Dry skin
Itchy, scaly patches
Silvery, white patches
(Psoriasis is both genetic & deficiency)

↓
Pau d'Arco Lotion
Psoriasis – Herbal Trim
Psoriasis – Psoriasis Homeopathic
Psoriasis – Skin Detoxifier
Psoriasis – Flax Seed Oil

MUSCLES/BONES/JOINTS/HAIR, SKIN & NAILS

HAIR, SKIN & NAILS

Indications:
Split ends; hair lacks luster
Brittle fingernails

↓
Hair, Skin & Nail Combination
Super GLA
Protein Digestive Aid - HCL

MUSCLES/BONES/JOINTS/HAIR, SKIN & NAILS

WEAK BONES

General Indications:
Brittle or easily broken bones
Bone or joint injuries
Lack of exercise
Menopause
Insufficient calcium
Vitamin D deficiency
Diet high in phosphate-containing foods such as animal products, alcohol and caffeine; smoking
Hydrochloric acid deficiency

↓
Skeletal Combination
Herbal Calcium
Boron – Bone Hardener

MUSCLES/BONES/JOINTS/HAIR, SKIN & NAILS

INFLAMMATION

Joints

Indications:

Heat and/or swelling
Sensitivity to damp weather
Diagnosis of arthritis, gout or other
Inflammatory joint disease
High-protein diet



Joint Support Combination
Glucosamine – replaces cartilage
Chondroitin – moisturizes bones
(Use if walking and hearing cracking)
Noni
MSM
Coral Calcium – alkalizing – arthritis
Green drink – alkalizing – arthritis

Muscles

Indications:

Heat and/or swelling
Muscle pain
Sleep disorders
Depression
Fatigue



Fibromyalgia Combination
MSM/Glucosamine Cream (put on "it is")
IGF Spray

Natural Solutions for Gout



By: Valerie Greguire

Natural Health Counselor/Educator/Certified Herbalist

Consultations, Classes & Seminars

Product Information & Guidance

864-877-6611 Home/Office

Business Hours: Monday-Friday 10 - 5 By Appointment

www.MyAnswers4Health.com

Gout is a type of arthritis (joint inflammation) that occurs when there is too much uric acid in the blood, tissues, and urine. The uric acid crystallizes and takes on the shape of a sharp needle that jabs painfully into your joints. Most often formed in the big toe, it can also form in the fingers, knee, ankle and foot. The crystals form best in cooler temperatures, this may account for their forming in the extremities, where circulation and warmth is poor. The effected joints become painful, inflamed and swollen. There are several factors that lead to the development of gout, look these over and consider how they may apply to you.

Poor kidney function can be a contributor to the elevated uric acid levels. If you are not drinking 2 quarts of water daily then this may be one of your problem areas. Also if you consume a lot of sodas, even diet sodas, they contribute to an acid condition in the body. Other beverages such as coffee and alcohol overwork the kidneys as well. An excess of saturated fats is another contributor to the development of gout. Do you consume a lot of fried foods? Use a lot of butter, mayonnaise, potato chips or other fatty foods as well? Watch out during the summer months when we tend to eat a lot of these high fats foods on the weekends when we gather with friends. Over consumption of high fat foods can trigger this condition. Eating a high protein diet may be another factor in the development of the gout. When your body breaks down protein, uric acid is created as a by product. Remember it is the uric acid that is crystallized and forms the painful crystals that trigger gout. Examples of high protein foods would be meats, fish, dairy and poultry. Too many sweets and carbohydrates is another factor that many people are not aware of. When you eat meals that are high in sugars or simple carbohydrates like white flour your blood sugar levels rise, and insulin is released. If this type of diet is repeated regularly your cells no longer respond to the insulin correctly and become insulin resistant. This keeps the insulin levels in the blood too high. Those high levels of insulin cause the kidneys to function improperly, this triggers the uric acid to build up and turn into crystals.



It's not a one time over indulgence that causes gout to occur. Although it seems to come on suddenly, it develops over time. Look at your overall diet, somewhere there are too many fats, sugars, carbohydrates, or a lack of water going on. You need to make some serious changes in your diet. Learn to eat foods that are more natural, and less processed. This takes a while to learn especially if you have a busy lifestyle or have to find new foods the whole family can enjoy. You can start with simple things like cutting out the white flour and white sugar products as well as fried foods. While you are working on learning to eat better, the following supplements can help your body to correct some of the problems that led to the development of the gout. They can also help to ease the symptoms and accelerate the rate of healing in the body. **Yucca** - This wonderful plant is well known for its natural anti-inflammatory properties. Yucca contains naturally occurring substances called saponins which work like scrubbing bubbles in the joints. This helps to break down and remove uric acid crystals and mineral deposits from the joints. It has natural cortisone-like properties which help alleviate pain while your body is healing. Yucca is full of minerals which help the structural system repair as well. **Alfalfa** is an herb with a long history of use for inflammation of any kind involving the joints. It is a natural diuretic so it helps clean the kidneys and flush toxins out of the body. The herb is very alkalizing on the body, so it

is very helpful with acidic conditions such as gout. Alfalfa contains a good amount of potassium. The potassium helps the cells to be less insulin resistant, which helps solve one the other problems associated with the development of gout. **SugarReg** is an herbal combination that helps support the body's effort to maintain balance between blood sugar and insulin. It also works wonders for decreasing the cravings for both carbohydrates and sugars. It is important to understand that the herbs do not treat the symptoms of gout like a medication would. Instead, herbs assist your body in correcting imbalances that lead to the development of the condition. Dietary changes must accompany your herbal program to be effective.

Don't forget to increase your water intake. This is a must, to help flush the kidneys and joints, as well as clean the blood. Are you still drinking tap water??? The chlorine and other chemicals in the water are only going to tax your kidneys more. Invest in a good quality water filter system or quality bottled water. Make a commitment today to change your health. Begin by taking steps to improve your diet, exercise regularly and make positive lifestyle changes.

Nature's Sunshine Supplements

Sign up as a Nature's Sunshine Member or Distributor and receive 20% off your 2nd order up to \$200 and free shipping!



This special applies to any of our Nature's Sunshine Products. Sign up for 1 year for free with your purchase of \$40 worth of products. When you place your 2nd order you will receive 20% off and free shipping! The 1 year membership will entitle you to order any and all of our health products at 30-50% off for 1 year which is much lower than most health food stores and the quality is much better. You can be sure you will receive the best quality from Nature's Sunshine. There is no monthly obligation or volume to qualify.

Skeletal Strength®

Maintain a Strong Foundation

Bones are living tissue. In addition to providing structural support, they store minerals for use in times of special needs like growth, injury or illness.

In order to maintain structural integrity and keep minerals in our bones, we need a constant supply of them. Skeletal Strength provides important nutrients that go a long way to meet these daily needs.



BENEFITS

- Helps rebuild and preserve bone and muscle tissue.
- Supports stressed nerves.
- Provides balanced nutrients for best utilization.

HOW IT WORKS

Skeletal Strength provides essential nutrients that help increase the body's ability to repair damaged tissue and maintain cellular integrity against injury.

Calcium helps build bone strength, normalize muscle contraction and regulate nerve function. Magnesium governs the proper utilization of calcium in joints, bones, muscles and nerves. Boron, copper and zinc help build and maintain strong bones and muscles. Iron and manganese are essential for calcium absorption and blood building.

Vitamin A promotes the efficient use of calcium. Vitamin D aids bone mineralization and increases calcium absorption. Vitamin C helps cement cells together with collagen. Vitamin B6 is used by the body to manufacture proteins needed for strong bones, new red blood cell production and energy. Vitamin B12 contributes to hemoglobin production.

NSP ADVANTAGE

Skeletal Strength is a carefully formulated blend of vitamins, minerals, herbs and digestive aids required for normal function of the bones, joints, muscles and skin.

Unlike most calcium supplements, Skeletal Strength contains equal amounts of calcium and magnesium. This helps meet the additional requirements of women for magnesium.

INGREDIENTS

Amount per 2 tablets	AMOUNT	% Daily Value
Vitamin A (beta-carotene contains soy)	250 IU	5%
Vitamin C (ascorbic acid)	75 mg	125%
Vitamin D	100 IU	25%
Vitamin B6 (pyridoxine HCl)	2.5 mg	125%
Vitamin B12 (cyanocobalamin)	15 mcg	250%
Calcium (amino acid chelate, di-calcium phosphate, calcium citrate)	300 mg	30%
Iron (ferrous gluconate)	1.5 mg	8%
Phosphorus (di-calcium phosphate)	94 mg	10%
Magnesium (amino acid chelate, magnesium oxide)	300 mg	75%
Zinc (zinc oxide)	7.5 mg	50%
Copper (copper gluconate)	1 mg	50%
Manganese (amino acid chelate)	0.5 mg	25%
Potassium (gluconate)	50 mg	*
Boron (amino acid chelate)	0.5 mg	*
Proprietary blend	108 mg	*

*Daily Value not established.

All of these are mixed in a base of horsetail herb, parsley herb, valerian root and licorice root, which enhance the total formula's benefits. Papaya fruit, pineapple fruit and betaine HCl (hydrochloric acid) provide digestive aid and increase calcium absorption.

RECOMMENDED USE

Take 2 tablets with meals twice daily.

COMPLEMENTARY PRODUCTS

- Nutritional: HSN Complex®, Alfalfa, Horsetail, Colloidal Minerals, Collatrim.
- Homeopathics: Sprains and Pulls.
- Essential Oils: Lavender Fine AOC, Roman Chamomile.

Skeletal Strength (150 tablets)
Stock No. 1806-7



Contact your local NSP Herb Specialist:

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

www.naturessunshine.com

0306473

Go to: <http://www.mynsp.com/general/index.aspx> to look up the products and make your decision.

Vitamin D Research



By: Christopher Wiechert, C.N.C., President, Forever Changes, Inc.
Health Blogger: www.cwiechert.blogspot.com
Orthomolecular Formulations: www.cwiechert.com/Orthomolecularformulations.html
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E-Mail: cww@cwiechert.com, Office Number: 541-728-5675

This is perhaps the most important 30 minute video you will watch this year, perhaps the most important ever. That is if you take the time to watch it.

Vitamin D Prevents Cancer: Is It True?
<http://sciencestage.com/v/1669/vitamin-d-prevents-cancer-is-it-true?.html>

Every Blog I have done with vitamin D research in it...
<http://cwiechert.blogspot.com/search?q=vitamin+D>

Great Words to Live By



Submitted By: Salvatore Messina HD., Certified Iridologist
Telephone: 416-910-1555
E-mail: info@thehomeopathicdoctor.com
Web Site: www.thehomeopathicdoctor.com

I believe

A Birth Certificate shows we were born, A Death Certificate shows we died, Pictures show we lived!
Have a seat...Relax. ...And read this slowly.

Just because two people argue, doesn't mean they don't love each other.

And just because they don't argue, doesn't mean they do love each other.

We don't have to change friends if we understand friends change.

No matter how good a friend is, they're going to hurt you every once in a while and you must forgive them.

True friendship continues to grow, even over the longest distance. Same goes for true love.

You can do something in an instant that will give you heartache for life.

It's taking me a long time to become the person I want to be.

You should always leave loved ones with loving words. It may be the last time you see them.

You can keep going long after you think you can't.

We are responsible for what we do, no matter how we feel.

Either you control your attitude or it controls you.

Heroes are the people who do what has to be done when it needs to be done, regardless of consequences.

Money is a lousy way of keeping score.

My best friend and I can do anything or nothing and have the best time.

Sometimes the people you expect to kick you when you're down will be the ones to help you get back up.

Sometimes when I'm angry, I have the right to be angry, but that doesn't give me the right to be cruel.

Maturity has more to do with what types of experiences you've had and what you've learned from them and less to do with how many birthdays you've celebrated.

It isn't always enough to be forgiven by others; sometimes, you have to learn to forgive yourself.

No matter how bad your heart is broken, the world doesn't stop for your grief.

Our background and circumstances may have influenced who we are, but we are responsible for whom we become.

You shouldn't be so eager to find out a secret. It could change your life forever.

Two people can look at the exact same thing and see something totally different.

Your life can be changed in a matter of hours by people who don't even know you.

Even when you think you have no more to give, when a friend cries out to you - you will find the strength to help.

Credentials on the wall do not make you a decent human being.

The people you care about most in life are taken from you too soon.

'The happiest of people don't necessarily have the best of everything; they just make the most of anything

Course Instructors

We are happy to let you know that we have several new instructors for our iridology, health & nutrition, herb, anatomy & physiology, and colon health courses. Go to: <http://www.joyfullivingservices.com/certifiedinstructors.html> for information.

Referrals

Joyful Living Services offers referrals for Certified Iridologists, Certified Herbal Counselors, Certified Health and Nutrition Counselors, Certified Anatomy & Physiology Professionals, Certified Colon Health Care Professionals, Certified Advanced Herbalism Professionals, Certified Muscle Response Testers, Chiropractors, Massage Therapists, Iridology Distributors, Nature's Sunshine Distributors, and more. Go to <http://www.joyfullivingservices.com/referrals.html> to find the right professional.

Online Shopping Cart

We are continuously updating our online shopping cart. You can order all our products online using PayPal. PayPal is a secure system that requires your e-mail address. It's free to use and was created by Ebay. To find out about PayPal go to <http://www.paypal.com>. To access our online shopping cart, go to <http://www.joyfullivingservices.com/products.html>. We look forward to doing online business with you!

CADI, eyePIX, SD8004, Used Iridology Cameras, and Iridology Station 5.1 Software

There has been an enormous amount of requests for camera and software information. We can send you some written information on the cameras and software but most information is on our website and can be easily downloaded. Please contact Brenda if you have questions. Go to the following links to learn about the cameras and software:

1. CADI, eyePIX, and SD8004 Iridology Cameras: <http://www.joyfullivingservices.com/iridologycameras.html>
 2. Used Iridology Cameras: <http://www.joyfullivingservices.com/usediridologycameras.html>
 3. Iridology Station 5.1 Software: <http://www.joyfullivingservices.com/iridologystation5.1.html>
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Inexpensive Healers

Submitted by: Ladonna Spinks

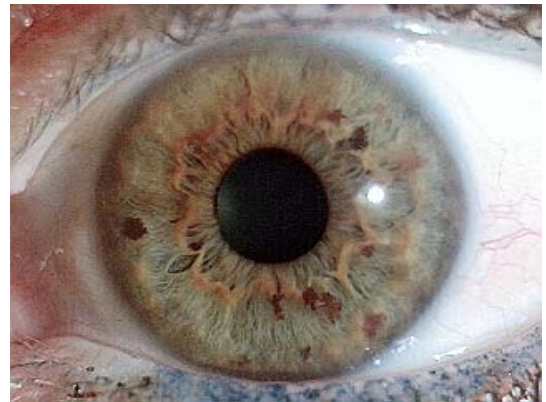
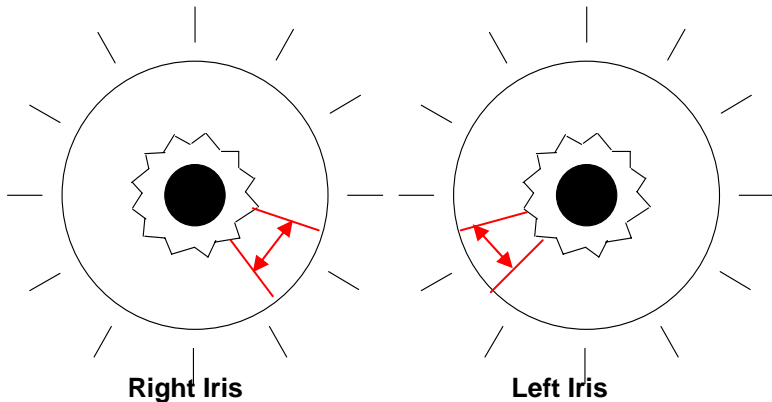
1. Did You Know that drinking two glasses of Gatorade can relieve headache pain almost immediately -- without the unpleasant side effects caused by traditional "pain relievers."
2. Did you know that Colgate toothpaste makes an excellent salve for burns?
3. Before you head to the drugstore for a high-priced inhaler filled with mysterious chemicals, try chewing on a couple of curiously strong Altoids peppermints. They'll clear up your stuffed nose.
4. Achy muscles from a bout of the flu? Mix 1 Tablespoon of horseradish in 1 cup of olive oil. Let the mixture sit for 30 minutes, then apply it as massage oil, for instant relief for aching muscles.
5. Sore throat? Just mix 1/4 cup of vinegar with 1/4 cup of honey and take 1 tablespoon six times a day. The vinegar kills the bacteria.
6. Cure urinary tract infections with Alka-Seltzer. Just dissolve two tablets in a glass of water and drink it at the onset of the symptoms. Alka-Seltzer begins eliminating urinary tract infections almost instantly-- even though the product was never been advertised for this use.
7. Honey remedy for skin blemishes ... Cover the blemish with a dab of honey and place a Band-Aid over it. Honey kills the bacteria, keeps the skin sterile, and speeds healing. Works overnight
8. Listerine therapy for toenail fungus. Get rid of unsightly toenail fungus by soaking your toes in Listerine mouthwash. The powerful antiseptic leaves your toenails looking healthy again.
9. Easy eyeglass protection... To prevent the screws in eyeglasses from loosening, apply a small drop of Maybelline Crystal Clear nail polish to the threads of the screws before tightening them.
10. Cleaning liquid that doubles as bug killer ... If menacing bees, wasps, hornets, or yellow jackets get in your home and you can't find the insecticide, try a spray of Formula 409. Insects drop to the ground instantly.
11. Smart splinter remover. Just pour a drop of Elmer's Glue-All over the splinter, let dry, and peel the dried glue off the skin. The splinter sticks to the dried glue.
12. Hunt's tomato paste boil cure: Cover the boil with Hunt's tomato paste as a compress. The acids from the tomatoes soothe the pain and bring the boil to a head.
13. Balm for broken blisters... To disinfect a broken blister, dab on a few drops of Listerine. A powerful antiseptic.
14. Vinegar to heal bruises ... Soak a cotton ball in white vinegar and apply it to the bruise for 1 hour. The vinegar reduces the blueness and speeds up the healing process.
15. Kills fleas instantly...Dawn dishwashing liquid does the trick. Add a few drops to your dog's bath and shampoo the animal thoroughly. Rinse well to avoid skin irritations. Good-bye fleas.
16. Rainy day cure for dog odor ... Next time your dog comes in from the rain, simply wipe down the animal with Bounce or any dryer sheet, instantly making your dog smell springtime fresh.
17. Eliminate ear mites. All it takes is a few drops of Wesson corn oil in your cat's ear...Massage it in, then clean with a cotton ball. Repeat daily for 3 days. The oil soothes the cat's skin, smothers the mites, and accelerates healing.
18. Quaker Oats for fast pain relief... It's not for breakfast any more! Mix 2 cups of Quaker Oats and 1 cup of water in a bowl and warm in the microwave for 1 minute, cool slightly, and apply the mixture to your hands for soothing relief from arthritis pain.

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 Structural System of the iris and in particular the. Please let us know if you have any questions about these items. The information was taken from our Beginning Iridology course. Go to: <http://www.joyfullivingservices.com/education.html> to find out more about our courses.

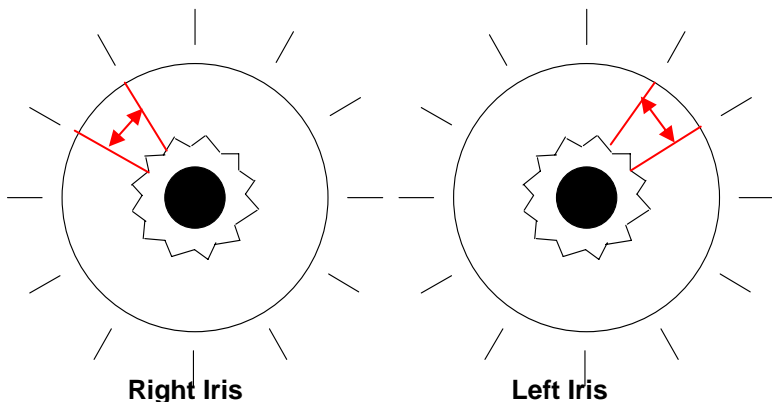
Back & Spine (3:30-4:45 R, 7:30-8:30 L)

Back problems and the resulting pain is the leading cause for workdays missed in the United States according to Dr. Bernard Jensen. One out of every four persons either has or can have experienced back pain of moderate to severe nature in their lifetime. The kinds of back problems experienced by many, apart from any injuries received are the Curvatures (scoliosis, hyper and hypo lordosis and kyphosis), degenerating disks and the various forms of Arthritis. Injuries may cause other problems in addition to the common muscular strains of overexertion. Many back problems are associated indirectly with an inherited weakness in the spinal areas which do not allow the body to retain enough of the mineral elements. Medical science now is just beginning to clearly recognize the need for increased and adequate Calcium in the diet to prevent Osteoporosis and the "**Dowager Hump**". Natural health care providers have long recognized this need for Calcium. Iridology is the only science that I know of which can reveal inherent weaknesses and these weaknesses. If present in the spinal areas, these indicate that this person does not hold Calcium well. This person needs a greater and more consistent intake of dietary Calcium than do others. The Spine and the long bones of the Legs and Arms are the body's greatest stores of Calcium. The foods high in Calcium are greens, the green tops of vegetables, dairy products (especially if not pasteurized) and some meat. In addition, Calcium supplements are available in many forms and can be quite inexpensive. Dr. Bernard Jensen believes bone meal is the best way to take Calcium. Calcium supplements, which have been chelated with Magnesium, are another excellent way to take Calcium in supplement form. Be sure to not eat sugar with meals as this robs the body of Calcium as does caffeine, carbonated beverages and alcohol. An Extreme Slanting Board may be beneficial for any of these back problems.



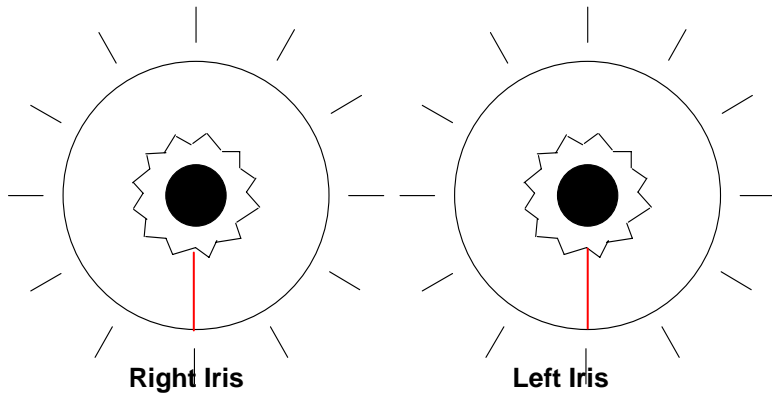
Neck & Shoulder (10:00-11:00 R, 1:00-2:00 L)

The Neck and Shoulder areas are located between 10 and 11 in the right eye and between 1 and 2 in the left eye. When working with these areas be sure to consider the type of occupation the person has. Note that a lot of stress is held in these areas causing a lot of pain and discomfort. Vitamins, minerals and herbs used for the back and spine areas are beneficial here as well as those for the nervous system.



Leg/Knee/Foot (6:00 R, 6:00 L)

The legs are important because they indicate to some degree the condition of the brain. Dr. Paul Dudley White, the late President Eisenhower's Cardiac Physician, said that **flabby leg muscles meant a flabby brain**. What he means is that the condition of the muscles in the legs is an indicator of the muscular tone of the body. Since it is muscular action which forces the venous blood back to the Heart and causes the lymphatic fluid to flow in the body, these leg muscles are important. You can see that walking, cycling and other exercises to keep the leg pumps going are most important to our general well-being. Inherited weaknesses in the legs need special attention to build this area. Sometimes a lack of Calcium in the legs can cause weaknesses also. Be sure to eat foods high in Calcium such as dark green leafy vegetables, raw goat milk products and other unprocessed dairy products.



Scurf Rim (Poor Skin Elimination)

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. In other words, 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.

