

Joyful Living Services' News

19950 Sun Valley Road
Colfax, CA 95713
TELEPHONES: 530-878-1119 or 800-704-9800
FAX: 530-878-1119

E-Mail: iridology@netzero.net
Web Site: <http://www.joyfullivingservices.com>
BLOG: <http://joyfullivingservices.blogspot.com/>
eBay Store: <http://stores.ebay.com/Joyful-Living-Services>

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Is it June Already?



Wow how time flies when you are having fun! It was just Christmas and now another half of year has gone. Summer is the time when the kids get out of school for summer vacation, everyone goes on vacation, and our gardens are producing madly. It's hot and the pool is open – it should be a fantastic time of year for everyone. However, everything is blooming here in the foothills. We have the pine trees that bombard the air with their pollen to pollinate other pine trees. We have chaparral in bloom which is wonderful for any type of wart or liver issue. We have the oak trees dropping their pollen, and all the grasses that have come up from all the rain we had this winter! We needed water so badly but the consequence to that is a lot of grass! So many people are suffering from allergies and are taking over-the-counter medication to stop their symptoms. I remember what Dr. Bernard Jensen told us when we were certified down at the Hidden Valley Ranch in 1987. He said “never stop a catarrh”. What is catarrh? Catarrh means “I flow” such as your nose dripping when you have a cold or the mucus you cough up when you have bronchitis or any other upper respiratory infection or virus. We are so used to treating the symptoms so we can go to work or go to school that we don't take the time to really listen to our body to find out what we can do to change the cause of the problem. I hope this newsletter will give you some ideas of what you can do if you suffer from allergies. Brenda

Course Reviews

If you have taken or are currently taking any of our courses please e-mail us a review of your experience. We are compiling reviews to share with new customers and potential students to help them understand our customer support and teaching. Below you will find the first course review we have received from our request:

“I am currently taking the Certified Beginning Iridology Course. There is a lot of information but I have found the course very easy to follow. I enjoy the videos and course information. Brenda is extremely knowledgeable and shares great information. Brenda is very supportive and offers great communication with questions that I have asked. I am extremely happy that I choose this course with Joyful Living Services and I look forward to continuing my learning with the next Iridology courses that are available.” - Kimberly Muzzi - Guelph Ontario Canada

Bring Back the Snacks

Here's food for thought: If you're the parent of a grade-schooler, your child needs more than three meals a day. To thrive, your youngster also needs at least one healthful snack. Food between meals can:



- Fill gaps in nutrition. Well-chosen snacks supply calories and nutrients that children need to fuel their growth.
- Take the edge off hunger. A well-timed snack – or one served two or more hours before a meal – helps keep children from overeating at lunch or dinner. That's especially true when there's a long stretch between meals.
- Promote learning. Studies suggest that after-school snacks help boost memory.

Serving Up Ideas

So, what's the ideal recipe for nutritious nibbling? The best snacks are low in fat, sugar and salt. Here are examples of quick and easy child-friendly munchies – one for each day of the week.

- **Sunday** – A fruit smoothie. Whirl low-fat yogurt and fruit in a blender.
- **Monday** – A microwave-baked sweet potato. Top the potato with salsa and low-fat cheese.
- **Tuesday** – Ready-made hummus (chickpea dip). Spread it inside whole-wheat pita bread.
- **Wednesday** – Ants on a log. Fill celery with peanut butter and sprinkle with raisins.
- **Thursday** – Apple or pear slices. Serve with low-fat cheese.
- **Friday** – Whole-grain cereal. Add fruit and 2% milk.
- **Saturday** – Fruit and cheese kebobs. Alternate slices of fruit with low-fat cheese cubes.

What's good for your child is good for you – at least when it comes to snacks. Why not make some extra servings so you can treat yourself?

Do You Have Heartburn?



Do you have heartburn after a meal? Do you have a bad taste in your mouth after you take medicine or late at night? Do you have acid reflux once in a while? What do you do about it? Do you take TUMS or Rolaids or a strong antacid prescribed by your physician? Here's a simple solution. Cut up fresh celery in your salad every day and see how much better you digest. If you have heartburn after a meal, eat a fresh stalk of celery. If you have a bad taste in your mouth at night while you are reading a book or watching television or a video, break off a fresh stalk of celery and eat it. Celery is high in organic sodium which lines the stomach wall. I can't remember when I've had a problem with heartburn that I have not been able to take care of with raw celery. Brenda

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>

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.



ALJ CAPSULES (100)

Benefits:

- Helps soothe irritated tissues.
- Encourages the entire respiratory tract to gently cleanse itself.
- Assists the body in neutralizing allergens by nutritional means.

ALJ® [Respiratory] is the key product for the respiratory system. Airborne particles are everywhere. When particles enter the respiratory system via the nose or the mouth, the body turns on its cleansing mechanisms, and the immune system is put on active duty. Herbal nourishment supports a healthy respiratory system that can be challenged by inhaled irritants. ALJ combines selected herbal ingredients to nourish the immune and respiratory systems. **This formula supports healthy lung**

function and helps support the body during seasonal changes. It also encourages the entire respiratory tract to gently cleanse itself and helps promote respiratory tissue health. It contains: Boneset aerial parts, Fennel seeds, Fenugreek seeds, Horseradish root extract, and Mullein leaves extract. Each of these herbs has been used traditionally as a dietary supplement. ALJ combines them in a balanced formula. ALJ liquid extract provides all the benefits of its powdered counterpart in an easily absorbable liquid form, preserved in a glycerin base.

Adults: Take 2–4 capsules/tablets with a meal three times daily; liquid, take 20–30 drops (1–2 ml) with water every two–four hours; **Children:** Take 10–20 drops (0.5–1 ml) with water every two–four hours. One ml is equal to 2 ALJ Vegetabs.

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

Allergies

There's so much reference material available and so many therapies available that it can be confusing deciding which person to believe and which program to try. Below I've combined information from [Nature's Sunshine](#), Judy Cobb, Dr. Airola, and Informed Choice.

The Definition of Allergy Allergy is defined as "any body reaction that cannot be explained by infection or injury or tumor growth. The term allergy should really be limited to eczema, allergic rhinitis (hay fever), bronchial asthma, drug reactions, serum sickness, and contact dermatitis."

What Are Allergic Reactions?

'Something' is taken into the body through the skin, respiratory tract, or digestive tract. The body, recognizing this 'something' as being unfriendly or foreign, sends out antibodies to devour the invader. In the process of eliminating and/or neutralizing the invader, histamines are released. The liver must then supply antihistamines to neutralize the histamines. Histamines are responsible for all allergic reactions that involve swelling, itching, fluid production and retention, etc. Often in allergy situations we see weakened adrenal glands (hence, very little stress hormone production), a congested liver, poor digestion, hypoglycemia (especially cravings for sweets, bread, and cheese), and Candida overgrowth.

What Is Allergic Rhinitis? As many as 50 million people in the U.S. have some kind of allergy or asthma. The most common type of allergy is allergic rhinitis, commonly called hay fever, which affects as many as 22 million Americans. The total bill for allergy treatments is estimated at up to \$5 billion annually, a large part of it for decongestants and antihistamines. About 9% of those people with hay fever are sensitive to tree pollen, 40% to grass pollen and 75% to ragweed and other weed pollens. Symptoms of hay fever include swelling sinuses, itchy eyes and noses and wheezing. With hay fever; your body's immune system mistakes pollen or mold spores for menacing invaders and starts to produce antibodies. The next time you encounter the culprit, the antibodies trigger powerful inflammatory chemicals called histamines and prostaglandins which causes cold-like symptoms like stuffy or runny nose, itching and sneezing. Some allergic reactions can turn into asthma, characterized by sneezing, shortness of breath and coughing. About 7% of allergy sufferers have asthma.

Where Does Pollen Come From?



- **Trees** - there are approximately 6,700 trees native to North America but only about 65 of these cause hay fever. Among the offenders: alder, aspen, birch, fir, hemlock, pine, poplar, spruce, beech, birch, cedar, elm, hackberry, hickory, hazelnut, maple elm, oak sycamore, walnut, willow, olive and mesquite.
- **Grasses** - There are about 4,500 species of grasses, but only a small percentage cause hay fever. They can be found all over the U.S. even heavily urbanized areas and they release enormous amounts of pollen. The most common grass pollens include: Bahia, Bermuda, Bluegrass, Fescue, Johnson, Orchard, Rye, Timothy, Sweet Vernal, Red Top and Velvet.
- **Weeds** - The single most potent weed family is Compositae, or ragweed. This family consists of some 20,000 species. Other problem weeds for hay fever sufferers are Redroot pigweed, Western water hemp, Russian thistle, Burning bush, Lambs quarters, Sheep sorrel, Nettles and Buckhorn plantain.

When Is Pollen The Worst? Early Spring Pollen Season begins in February, goes through March and involves predominantly tree pollen. Late Spring Pollen Season lasts from April through June or July. Trees and grasses are the biggest problems. Summer Pollen Season lasts from June through August. Tree and grass pollens stop by mid-summer. Fall Pollen Season is weed season, especially ragweed. Winter Pollen Season usually occurs only in south central Texas, Florida and Southern California.

Could It Be Molds? Tiny reproductive spores released by molds, are second only to pollen as a cause of hay fever. They, too, are carried by air currents. Mold can be a problem year round, but usually peaks in mid-summer because they thrive in damp places and hot, humid weather. Common sources of mold are humidifiers, dehumidifiers and air conditioners, shower stalls, damp basements, musty garages, plant debris, sleeping bags, mattresses, pillows and tents, outdoor furniture cushions and flower pots. Some seasonal molds grow on field crops and foliage or thrive in wetland areas and along the shores of seas and lakes. You may have a mold allergy if you start sneezing when the car or home air conditioner is turned on or if you become congested while working in the garden, basement or garage. If you feel lousy on rainy days, molds may be to blame.



Airborne Allergy Trouble - Most insect bites are trivial, but some bites or stings may cause reactions. Local reactions may consist of pain, swelling, and redness at the area of the bite or sting. A more serious and systemic (involving the whole body) reaction may require emergency treatment. People who know they are allergic to bee, wasp or hornet stings can carry a sting kit that usually contains epinephrine. If you are stung, remove the stinger using a scraping, not a squeezing motion, wash the area with soap and water, rub an ice cube over the sting and apply a paste made from baking soda or salt and water to draw out the poison. Sometimes antihistamines can be helpful to relieve local reactions and itching. The following can help to prevent insect bites and stings: Take B-Complex. Avoid using perfume, scented soaps or lotions. Avoid wearing bright colored clothing. Wear protective clothing such as shoes, long pants, and a long sleeve shirt when outdoors. Cover garbage cans tightly. Keep food packed before and after a picnic. Move slowly when around a nest.

Orthodox Medicine - Decongestants help relieve stuffy noses, but may keep you awake. A nasal spray or nose drops rather than an oral decongestant can avoid the increased risk faced by people with high blood pressure, heart disease, thyroid disease, diabetes and depression. Antihistamines specifically treat reaction to allergens such as pollen, molds and dust. They often have sedative effects. They are not the best for alleviating cold symptoms. It may help asthmatics to avoid over-the-counter (OTC) mists that delay asthma treatment as well as aspirin and Ibuprofen. Reading labels can be important to learn what is in the OTC substances you are taking and to learn the amount that can be most helpful. Allergies can increase your risk for a sinus infection

because your nasal passages are frequently irritated and bacteria may more easily enter into the sinuses, as your own body's defenses may also be inhibited. It may be helpful in reducing irritation to keep the membranes inside your nose moist with a saline spray. Besides decongestants, anti-histamines, and saline solutions, it is helpful to drink plenty of liquids, which will help thin mucus secretions and to avoid alcohol, cigarette smoke, and automobile emissions. Keeping your windows closed and using an air conditioner with a clean filter may also help.

Is Diet Important? Many people have food allergies. Generally food allergies happen immediately after eating a food that doesn't agree with your body. Sometimes it takes up to 20 minutes to have an allergic reaction to a food or chemical substance. Typical items that can cause allergies are milk, yogurt, ice cream, various cheeses, white flour, white rice, wheat, cauliflower, soda pop, preservatives, sulfites in wine, artificial sweeteners, over-the-counter and prescription drugs.

Allergies



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

Allergic responses often occur spontaneously, and can cause a reaction in any part of the body. The reaction can manifest itself on the surface of the skin or internally affecting an organ or many organ systems. A sudden swelling on the skin from an insect bite can cause swelling and itchiness in the local area of the bite or can be as severe as an itchy palate or throat constriction after eating peanuts, or a runny nose, watery eyes with sneezing or wheezing after coming in contact with furry animals, even in the vicinity of them for very sensitive people.

The most common allergy related illnesses are hay fever, asthma attacks, and skin issues like rashes, eczema and hives. Food allergies still remain one of the unrecognized reactions because the discomforts can be subtle and not always immediate. Bloating, diarrhea, indigestion, headaches and joint pain are some of the symptoms that come from allergies as well as heart palpitations and mood swings can be alleviated by removing the causative factor or factors. People with allergies may have other conditions such as hypoglycemia, candidiasis and chronic fatigue and are more susceptible to fungal and parasitic infections.

The causes of allergies are due to hyper reaction of the immune system to a particular substance that is usually harmless, but in sensitive people can become life threatening. When an allergen comes into contact with any mucous membrane, the skin or bronchioles, the immune system perceives it as an enemy and triggers a series of reactions set up to fight this threat.

Allergens can be found in areas such as the environment and in the home and businesses, some diligent work needs to be done to scope and eliminate the culprits. Out doors weeds, trees, flowers, insecticide, pesticides, fungicides, many of these agents are introduced into the environment to control the very weeds they are trying to control. Indoors carpets, dust mites, cleansers and detergents are some chemical agents that people can be allergic too.



The pantry and refrigerators also hold items that can trigger an allergic reaction, white flour, milk product, moldy nuts of a varying variety, especially peanuts, the mold may not be visible, but never the less present, dyes used in food coloring, msg's (monosodium glutamate) used for flavor enhancement, food additives, artificial color, artificial taste, the list goes on and on.. Some people may have just sensitivity to the same allergens, but the symptoms are much milder than a full blown allergic reaction.

Homeopathy has a wonderful and gentle approach in helping people and animals to build up the immune system that helps to minimize the effects of allergies or eliminate them. Please seek emergency response or medical attention if an allergic reaction is severe, then a homeopath or health care practitioner can help you minimize future flare ups or allergic reactions.

If allergies are something that prevents you from work and enjoying your life look into all the possible causes that may make you sick including cigarette smoke, alcohol, prescription medication, they can have a profound effects on the body as a whole and lower the resistance of the immune system. Many homeopathic remedies treat acute allergic flare-ups. For lasting relief, constitutional homeopathic care is needed. When all else fails, homeopathy offers acute remedies to treat the symptoms of hay fever and allergies. Some of the common homeopathic remedies for an acute allergic reactions are; Allium cepa, Arsenicum, Dulcamara, Euphrasia, Nux vomica, Pulsatilla and Sabadilla. Homeopathic eye drops are also available for red, tired, itchy and watering eyes. The potency for the selected remedies can be a 6 CH, 12 CH, 30 CH. Higher potencies should be used with caution.

Nutritional advice for allergy relief

Nutritionally, Pantothenic acid, vitamin B5, is thought to help reduce allergy reactions, along with any other anti-inflammatories, such as quercetin or L-glutamine. Pantothenic acid stimulates production of antibodies. Fruits high in citric acid, like lemons and oranges, can break up mucus. Omega-3 fatty acids also help by reducing inflammation in the body. Vitamin C helps your body to produce adrenal hormones to fight stress and reduce the histamine response that causes allergy flare-ups.

Dimples That Don't Make You Smile



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
<http://www.herbalanswersforhealth.com/>

The spring season brings so many changes everywhere we look. Our home and wardrobes take on many changes as well. The heavy sweaters and long pants we wore all winter get replaced with sandals and shorts instead. It's about that time that we suddenly become aware of our bodies again and the changes that occurred over the winter months. Weight gain, wrinkles, and aging skin seem to suddenly appear. And what of that awful cellulite, even thin women are not exempt from this one. Dimples may look cute on a smiling child but when they cover your thighs they don't make us smile.

Cellulite is a fact of life for the majority of women. Cellulite and "saddle bags" along the thighs are partially the result of impaired lymph flow to certain areas. This causes immobilized pockets of fat and trapped toxins in the cells. Over 90% of women have some form of cellulite resulting from weight gain, a genetic predisposition, or inactivity. Cellulite begins when numerous fat cells collect in one area (generally the buttocks, thighs and upper arms in women), causing the skin to bulge. The dimpling effect occurs when the connective fibers in the skin pull down in areas where body fat is pushing up. This becomes visible because of a weakening of the connective tissue that holds the fat cells in place underneath the skin. It is a condition that worsens with age as the general strength of tissue and elasticity of skin all deteriorate with age. Weakening connective tissue is also the reason for wrinkles to form as we age and is part of the reason for the formation of varicose veins.



The good news is that you can improve the appearance of cellulite. Remember with the formation of cellulite, toxins and lymph fluid accumulates in the pockets of fat. In addition, the breakdown of the connective tissue impairs circulation into this area. So, *improving the circulation* of lymph in areas prone to cellulite and *reducing toxic burden* are two successful ways to diminish cellulite from the inside out. I've talked many times about cleansing, so if you've done your spring cleanse you've already accomplished step one. There is an herbal formula called **Cellu-Smooth w/ Coleus** (#926-0) which can give your body an added advantage on combating cellulite. This combination of herbs is taken internally. It is designed to enhance circulation to affected areas, strengthen connective tissue and improve detoxification of the cells. This formula also nourishes the thyroid gland which helps to improve metabolism and the breaking down of fat cells in the body. In addition to the supplement *you need to do exercises that improve lymphatic system circulation*. Walking, dancing, swimming or using a rebounder are all good examples. Dry skin brushing with a natural bristle brush is another way to improve circulation in the skin. Typically you can use **Cellu-Tone essential oil blend** (#3927-3). The oils in this formula improve circulation to the skin, reduce cellulite and excess fluid retention as well as tighten sagging skin. This oil blend should not be used topically just prior to sun exposure. It should not be used with people with kidney disorders. To make it easy for daily use, I mix about 100 drops of the oil (2/3 bottle) in a bottle of **Herbal Trim** skin treatment (#1669-0). Apply once daily, after your shower or before bed. I love Herbal Skin treatment; it is great for the warm months, as it is a very light lotion. It does not leave any greasy residue on the skin. Herbal trim lotion goes on like water and then leaves the skin feeling like silk.

To improve your results, as well as the overall appearance of your skin, you can dry brush your skin daily. Dry skin brushing is like a gentle massage to the skin. It stimulates circulation and the removal of toxins from the skin. To dry brush your skin you need a *soft, natural bristle brush* on a long handle. Before you shower, starting at your feet, start brushing in small circles towards your heart. Apply very light pressure, avoiding broken skin, skin rashes, or areas where the skin is thin, such as the face or inner thighs. When finished, shower as usual and then apply the Herbal Trim with the Cellu-tone essential oil to your skin.



Another factor in improving cellulite involves strengthening connective tissue. Although there are several herbs in the Cellu-Smooth that help to do this, if your cellulite is bad, you may want to consider additional support. **Collatrim Plus powder** (#3062-0) is a supplement that provides a high quality, easy to absorb form of protein that is used to make collagen in the body. It helps the connective tissue to repair; this will lessen the appearance of cellulite. It also helps us fight aging (fewer wrinkles) as well as repair bones, muscles, injuries etc. Collatrim stimulates the production of growth hormone. Growth hormone helps the body to repair damaged tissues, increase metabolism and helps convert fat into muscle. So Collatrim is helpful for weight loss because it activates the metabolism and promotes the conversion of fat into muscle. To improve the benefits of the Collatrim in the body it is recommended to take at least 500 mg. of vitamin C daily, I like the form called

Citrus Bioflavonoids (#1646-4). Vitamin C helps the body to manufacture the collagen that forms your connective tissues. Since vitamin C is depleted under stress, those under stress should take a little more. The Vitamin C and Collatrim can also help improve the elasticity of the veins in the body. This can help with a condition called varicose veins.

Although I don't have room in this newsletter to talk in detail about varicose veins, I am sure you can agree that they make an unwelcome appearance when seen on our legs. I would like to tell you about 2 great products that help varicose veins disappear and become less painful. **Vari-Gone** (#999-9) this blend of 6 herbs improves the strength, tone, and function of the veins. This formula also reduces inflammation and inhibits the action of enzymes that can damage the capillary walls. Many people have reported an improvement in both appearance and discomfort associate with the varicose veins after using this formula. **Vari-Gone Cream** (#4947-5) is a topical cream that can be applied directly to the varicose veins. For painful or itching varicose veins the

cream can provide quick relief. It is also helpful for hemorrhoids as they are also enlarged veins. The herbs in this lotion penetrate the skin to help strengthen and repair the veins as well. For best results use these products for 3 months.

Now that you are armed with some solutions to improve your legs appearance and health, you can take out your shorts and relax. Enjoy the spring-summer season! If you would like to read detailed information on any of these products please e-mail me. Have a great Week,

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 allergies and the immune system area of the iris. 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.

Lymphatic & Circulatory Systems (Outer)

Lymphatic Rosary (Allergies, Hay Fever, Weakened Immune System)

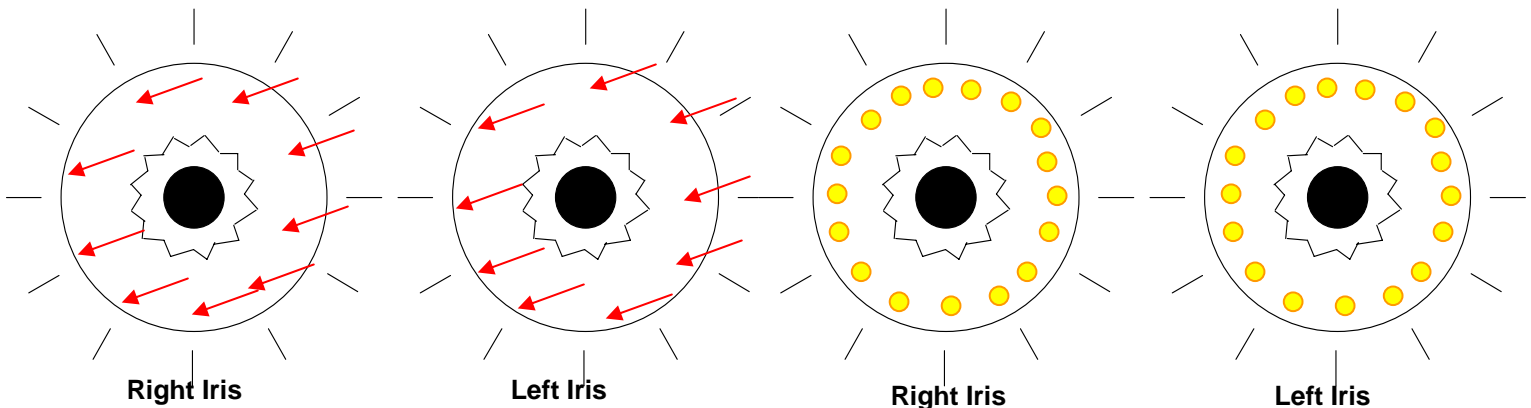
The Lymph Glands have eight functions. These functions are (1) Neutralizing toxins and poisons, (2) Returning water from tissues to the blood, (3) Returning leaked protein to the blood, (4) Transporting fats in the body, (5) Transporting hormones by the Lymph System, (6) Destroys foreign bacteria (7) 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 middleman 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 ballpoint 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.



The blue iris photo above was taken with the SD8004 Digital Iridology Camera. You can find more details on this camera by going to <http://www.joyfullivingservices.com/iridologycameras.html> Press "control" + click to follow the links in this newsletter.