

Joyful Living Services' News

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OCTOBER 2009

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It's October – Time to put down your Burdens and Fears!

This month we thought we would focus on the Nervous System. We hope that what we've included this month will be useful to you. Please know that you are welcome to print and e-mail these newsletters to anyone you know.



Here is a great video that we watched on Sunday about putting down your burdens and fears and it was done by Sesame Street so it makes it light. Check it out. It's very cute but the point comes across: http://www.youtube.com/watch?v=SMAixgo_zJ4

Colleague Comment: "We are impressed of your way to thank us for our service. A United States Marine from Fresno, California, Tower District loves the Duckie Dance. He highly recommends the book By Eric Butterworth titled Discover the Power within You."

Swine Flu Updates

As of Friday, October 9, 2009, our school has been informed they are to give the vaccines in 3 weeks. BUT the parents can opt out. We are going to ask a doctor that we know and trust that has a child at our school about the nasal vaccines. I've heard that if a kid sneezes after the vaccine that they are contagious and can spread the flu that way. As far as our school, the swine flu has already gone through so I imagine that most of the kids will not have a problem with the actual flu. I freaked on Friday when I heard about the vaccines being administered at our school here in CA. Next week I'm going to stock up on the Tai-Go and the Silver and we are all going to start doing the daily shot glasses plus the Vitamin D every morning and night. (See enclosed fact sheets about the Thai-Go, Silver, and Vitamin D)



As of October 1, 2009, I sent out an e-mail to everyone letting you know that the swine flu went around at my kid's school. 8 children were out sick just in my daughter's class on Monday and more on Friday. However, they were only out for a day or 2. When speaking with a doctor that I know she said that the swine flu is a very mild flu and that they are not even doing the testing because they know it's the swine flu and the testing is very expensive. My point is that the media has thrown so much fear out into the world about the swine flu. The letter that the school sent home with my kids explains the exact same symptoms of any other flu they have notified us about.

I think if we take good care of ourselves which means (1) Get plenty of sleep, (2) Drink a lot of water, (3) Eat well, (4) Wash hands often, (5) Cover coughs and sneezes, (6) Cough and sneeze onto your arm rather than your hand, and (7) Do not use antibacterial soap as this kills all the bacteria on your hands and you need the good bacteria. Use regular soap when you wash. If you want to use herbs and you are interested in Nature's Sunshine Products, I learned that taking a shot glass of Tai-Go and Silver every day is like a daily flu shot. This came from my Natural Health Education Series class in August in Sparks, Nevada.

So don't worry about the swine flu. Just know that the media shows us the "bad stuff" for the drama but leaves out the 99% of the "good stuff" because it does not sell. This is my opinion anyway.

Colleague Comment: "Brenda, Thanks for countering some of the hysteria and offering rational advice..." Bill Caradonna

Doctor Admits Vaccine Is More Deadly Than Swine Flu Itself & Will Not Give It To His Kids!



By: Christopher Wiechert, C.N.C., President, Forever Changes, Inc.
Health Blogger: www.cwiechert.blogspot.com
Orthomolecular Formulations: www.cwiechert.com/Orthomolecularformulations.html
Disclaimer: <http://www.cwiechert.com/disclaimer.html>, MySpace: <http://www.myspace.com/cww1951>
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This doctor is educated on the risks of vaccines like the swine Flu Vaccine, and he won't give it to his kids. Go to: <http://www.youtube.com/watch?v=WJoCDqVXgRI> to watch the video from FOX NEWS.

Lawsuit Filed Against Mandatory Vaccines



By: Valerie Greuire
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

I have been very upset about the pushing of the mandatory H1N1 vaccine. I am personally against vaccinations and feel the medical companies and government are pushing them on us for the sake of financial profits, with little regard to health risks. We have 2 healthy boys ages 11 and 14 who have never been vaccinated and I do not intend to start now. Over the past 20 years as a consultant I cannot tell you how many clients have told me about children or pets that have had bad reactions to vaccines. I have had many clients tell me about their children being diagnosed with autism after a reaction to a series of vaccinations. The H1N1 vaccine is potentially a very dangerous vaccine and should not be forced upon any one. I normally do not send any e-mails of political nature to my group but this is very important for our health and future.

Below you will find information on a lawsuit that has just been filed against the government in response to stopping the mandatory vaccines of government employees. Please read this information and visit the Natural Solutions website. You will find lots of important information regarding the fight against mandatory vaccines, their dangers and what you can do about it.

Action eAlert: Stop the Shot - Federal Case Filed Friday - <http://www.healthfreedomusa.org/?p=3635>
Stop the Shot -Complaint for Injunction filed in DC District Court Today! - <http://www.healthfreedomusa.org/?p=3617>

Flu Hysteria Goes Viral



By: Dr. Bill Caradonna, R.Ph. N.D.
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If you get the flu, it can be no joking matter, but I believe naturopathic/homeopathic supports are the best way to go, both for prevention and treatment.

To be brief:

The Swine Flu (H1N1) is being referred to as a pandemic. All this means is that a lot of people are likely to get it. A pandemic status does not mean it is deadly. Current thinking is that the symptoms will be milder than the annual seasonal flu (Influenza). I am not recommending the Swine flu shot OR the seasonal flu shot. Nor do I find Tamiflu or Relenza drugs to be useful treatment options.

I feel the responsibility for providing my patients the best advice to maintain their health this flu season. No one has a crystal ball that can predict the future, so the only rational approach seems to be to use lessons or information from the past.

1) The value of the seasonal flu shot has been COMPLETELY OVERSTATED. This point has been recognized by western medicine's own research. It appears that the western medical people have not been reading their own research since this approach is being promoted so heavily. Either that or they have nothing else to offer, so they continue to push these shots.

2) During the Swine flu epidemic in the '70's, a vaccine was rushed to production. While the flu never materialized, the shot caused neurological damage in a significant number of people. The current vaccine is also being rushed into production, has not been adequately tested, and has no track record of safety. The FDA has said "Additional studies will therefore be required and conducted AFTER the vaccine is made available." (Capitals added for emphasis). So basically you will be a human guinea pig if you get this vaccine.

3) Both the Seasonal flu shots and Swine flu shots contain many ingredients that I consider harmful. Developing fetuses and young children get exposed to mercury, aluminum, formaldehyde, phenol (a disinfectant), squaline, and ethylene glycol (also used as antifreeze). To add further insult, young children can require TWO injections. While only dead virus particles are injected, people still can get flu-like symptoms from the shot.

The Flu Mist nasal spray Influenza vaccine is not a great suitable alternative. You spray a weakened live virus in your nose. Adults and children receiving it can spread the virus (i.e. through sneezing) to susceptible people for up to 3 weeks after the dose. Side effects are...flu-like symptoms! The Swine flu vaccine will be provided to young children and pregnant women in this form.

4) Use of the Tamiflu drug results in a reduction of symptom duration by 1-1&1/2 days, at a cost of \$70-\$110. It does not lessen the symptoms otherwise. It must be started within 48 hours of the onset of symptoms to provide this benefit. Also, many flu



episodes are really "flu-like", caused by common rhinoviruses, and not the Influenza virus. Virus resistance to this and other drugs has already been identified.

Side effects of these drugs can include gastrointestinal distress and ...flu-like symptoms! This includes: nausea, vomiting, diarrhea, headache, dizziness, fatigue, and cough. I am not making this up. More serious symptoms included convulsions and delirium or delusions. There have been 14 deaths in children and teens as a result of neuropsychiatric problems and brain infections (which led Japan to ban Tamiflu for children in 2007).

The FDA approved Relenza in February 1999 in spite of a negative recommendation from its scientific advisory committee. It has since been shown to cause lung damage and is not recommended for people with breathing difficulties - the type of people who might especially need extra support if they get the flu!

SO WHAT TO DO?

1) **THE HOMEOPATHIC FLU SHOT ALTERNATIVE - INFLUENZINUM 9C** tablets. This is made from the same viral strains that are used in the annual flu shot, but prepared homeopathically; you take some pellets under your tongue weekly for 5 weeks, wait 3 weeks, and then take one more dose. This gears up your immune system to recognize these viruses and already be prepared to attack and kill them before they get a foothold in your system. It seems to have a broader anti-viral effect than just protecting against the strains in the flu shot. I order this product directly from the manufacturer (Boiron) for my patients. I am not sure what the availability is for the general public. I believe one or two other companies make a similar product. It ships around mid-October, and it is ideal to start it at the beginning of November. We have had GREAT success with using this approach in the past **NOTE THAT THIS IS USEFUL FOR THE SEASONAL FLU. THERE IS NO SIMILAR PRODUCT AVAILABLE FOR THE SWINE FLU.** So what to do for the Swine flu? See below...



2) GOOD HYGIENE, DIET, AND STRESS CONTROL

All the hygiene suggestions you have heard are really useful - washing hands frequently or using the Purell type products, not shaking hands, sneezing into a Kleenex or your sleeve, and keeping your hands away from your eyes, nose, and mouth. Masks are not that useful unless they are identified as able to filter viruses (i.e. #95N masks by 3M). Breathing through them can be cumbersome (unless you get the type with an exhalation valve). They ARE USEFUL in preventing you from sticking your own fingers in your nose or mouth though!

Wintertime is often a high stress time with the holidays. We eat lots of additional sweets and refined flour products and spend most of our time indoors. The ideal thing to do is to avoid white flour and sugar (which lowers our immune function), get sufficient rest, exercise, and control stress levels.

3) CHECK YOUR VITAMIN D

It appears that Vitamin D is valuable for many reasons, including supporting your immune system. Having sufficient levels in your system during the winter is an excellent strategy. A blood test can identify your levels. This is a regular lab test covered by health insurance. Note that western medicine's idea of a normal blood level (32-100) is not what the naturopathic community feels is the ideal level (50 or 60 – 100). Also, a short-term high dose Vitamin D protocol has been shown to be very effective in reducing the severity and resolving the duration of flu symptoms quickly.

4) VITAMIN B-12 SHOTS

Having sufficient Vitamin B-12 in your system is extremely useful for supporting your immune system, and can provide increased energy, better sleep quality, better mood, and also improved memory/focus/concentration. It accomplishes all of this by supporting your nervous system function. Oral B-12 in supplements or dietary B-12 from animal products can have significant absorption problems. We have found the injections to be dramatically useful, though different people need different combinations of injectable formulas for the best results. (There are 3 different kinds of B-12 to choose from, and additional Folic Acid in the syringe can make them work better). If you are not a big fan of injections, most people find that they don't hurt, and it isn't a big deal to get one. The second best option is daily sublingual B-12. I like the 5mg dose the best.

5) FURTHER IMMUNE SUPPORT AND FLU TREATMENT PROTOCOLS.

If you do get flu symptoms, there are several treatment options – both homeopathic and herbal, that are extremely useful. Having some of these products **on hand** will allow you to begin immediate treatment, and give you the best option for having a brief and mild episode.

Nature's Sunshine Supplements (NSP)

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.

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

Thai-Go™

Bringing the Best Fruits Together for Your Protection

Nature's Sunshine has harvested the most healthful fruits and nutritional supplements from around the world and combined them into one delicious, nutritious juice: Thai-Go. Thai-Go is replete with healthful xanthones, bioflavonoids and powerful antioxidants.



BENEFITS

- Enhances the immune system.
- Supports the cardiovascular system.
- Promotes energy.

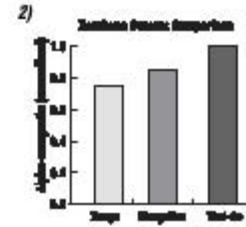
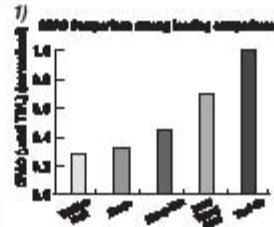
HOW IT WORKS

Thai-Go contains ingredients rich in bioflavonoids and antioxidants. Bioflavonoids enhance vitamin C absorption and help maintain collagen and capillary walls. They also aid in the body's defense system. Antioxidants scavenge damaging free radicals and benefit virtually every organ and body system. Thai-Go delivers a punch of antioxidant protection with a high ORAC (Oxygen Radical Absorbance Capacity) value.

Among Thai-Go's key ingredients is mangosteen, a fruit found in eastern tropical countries such as Thailand. Mangosteen fruit and pericarp (peel) contain the greatest known supply of compounds called xanthones, which offer powerful immune and cardiovascular support.

NSP ADVANTAGE

NSP carefully researched ingredients high in antioxidant activity and selected only the best for this formula. In a study conducted by an independent laboratory, Thai-Go clearly outperformed other leading competitors in ORAC capacity (a measure of a product's antioxidant strength).¹ The extract of mangosteen fruit and pericarp significantly contributes to Thai-Go's high xanthone content.



SCIENTIFIC SUPPORT

Antioxidants are getting increasing attention from the scientific community. Promising studies have led the USDA to state, "Eating plenty of high-ORAC fruits and vegetables—such as spinach and blueberries—may help slow the processes associated with aging in both body and brain."

Xanthones have also attracted attention from scientists and researchers who are discovering that these compounds support the immune, structural and digestive systems, and the brain and the skin.

INGREDIENTS

Thai-Go contains mangosteen, mangosteen fruit and pericarp extract, wolfberry, sea buckthorn, red grapes, grape seeds, grape skins, raspberries, blueberries, apple extract and green tea.

RECOMMENDED USE

Take one ounce (2 tablespoons) twice daily.

COMPLEMENTARY PRODUCTS

- Nutritional: Nature's Noni® Juice, Super Supplemental Vitamins and Minerals, Food Enzymes

Thai-Go (2–25 fl. oz.)
Stock No. 4095-1



Contact your local NSP Herb Specialist:

1) Bronovitch Laboratories, Wareham, Mass.
2) ChromaDex Analytic, Clearwater, Fla.

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.naturesunshine.com

0205409

Mix w/Silver Shield in a shot glass and take with Vitamin D for daily flu vaccine (From testimonial at National Health Education Series 2009)

Silver Shield

The Natural Immune System Promoter

Research indicates that Silver Shield (with Aqua Sol Technology) is an effective immune system booster, discouraging the growth of unwanted invaders. Silver Shield has become a popular alternative to other products on the market.



BENEFITS

- Provides more powerful support to the immune system.
- Uses only the finest particle-size colloids to ensure maximum bioavailability and efficiency.
- Is completely non-toxic; no heavy metal contamination.
- Acts as an EPA-approved surface disinfectant.

HOW IT WORKS

Silver Shield disables the specific enzyme that many unwanted microorganisms need to metabolize oxygen (breathe). When this enzyme becomes disabled, the microorganisms cannot thrive. NSP Silver Shield with Aqua Sol Technology has been effective against unwanted microorganisms when tested *in vitro*.

Silver Shield is processed by the kidneys and may not affect populations of beneficial bacteria in the colon.

NSP ADVANTAGE

NSP Silver Shield is safe and effective. It is manufactured using a patented process (U.S. Patent No. 7,135,195) with strict quality control to verify

atomic adsorption. The result is fine, particle-sized colloids with 99% bioavailability. Other products tested ranged between 15–65% bioavailability. NSP holds exclusive rights on this patented Aqua Sol technology for silver solutions ranging from 16 ppm to 19.9 ppm.

SCIENTIFIC SUPPORT

NSP Silver Shield has been studied extensively in *in vitro* and human trials. It has proven to be two to three times more effective than other commercial colloidal silver products, and it has outperformed some other products.

INGREDIENTS

Contains 90 mcg silver (18 ppm) per serving and deionized water.

RECOMMENDED USE

Take 1 teaspoon with a meal three times daily. NSP Silver Shield is gentle enough for application to the eyes, ears and nasal passages.

COMPLEMENTARY PRODUCTS

- Nutritional: Olive Leaf, Echinacea/Golden Seal, Immune Stimulator, High Potency Garlic.
- Homeopathics: Candida, Viral Recovery.
- Essential Oils: Lavender Fine AOC, Thyme Linalol, Tea Tree.

Silver Shield with Aqua Sol Technology
(4 fl. oz.) (18 ppm)
Stock No. 4274-1



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

0106212

**Mix w/Thai-Go in a shot glass and take with Vitamin D for daily flu vaccine
(From testimonial at National Health Education Series 2009)**

Vitamin D₃

For Mood, Bone and Immune D-fense

*Vitamin D is vital to the health of your skeletal and immune systems. The body manufactures this essential vitamin through sun exposure, making it difficult to obtain adequate amounts of vitamin D during the cloudy winter months or when sunscreen is used.**



BENEFITS

- Supports bone health.
- Helps maintain the immune system, especially during the cloudy months.
- May help improve mood.

HOW IT WORKS

Vitamin D comes in two forms: D₂ and D₃. Of the two, D₃ is more bioactive. The body synthesizes vitamin D₃ from sunlight; it cannot be obtained through foods. In the body, vitamin D is responsible for maintaining normal blood levels of calcium and phosphorus, helping to build strong bones. Vitamin D may also contribute to the overall health of the cardiovascular system. Vitamin D works with other vitamins, minerals and hormones to promote bone mineralization. Research shows that vitamin D may help support a healthy immune system by regulating lymphocyte function, cytokine production and macrophage activity. Studies also show that Vitamin D may improve seasonal mood disorders.

NSP ADVANTAGE

Many companies offer synthetic vitamin D products. NSP Vitamin D₃ is completely natural. It is derived from lanolin harvested from BSE-free sheep's wool from New Zealand and Australia.

INGREDIENTS

Vitamin D₃ contains 2,000 IU of naturally derived vitamin D.

RECOMMENDED USE

Take 1–2 tablets daily with a meal.

COMPLEMENTARY PRODUCTS

- Nutritional: Skeletal Strength, Immune Stimulator.
- Homeopathic: Viral Recovery.
- Essential Oils: Guardian, Lemon Bio.

** NSP encourages the use of sunscreen.*

Vitamin D₃ (60)
Stock No. 1155-1



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

0100613

Take with a mixture of Thai-Go and Silver Shield in a shot glass for daily flu vaccine (From testimonial at National Health Education Series 2009)



Become a Certified Iridologist in 2010 in Sacramento, CA

Joyful Living Services has scheduled a Beginning Iridology course on Saturday/Sunday, February 20th and 21st, an Intermediate Iridology course on Saturday/Sunday, March 13th and 14th, and an Advanced Iridology course on Saturday/Sunday, April 10th and 11th. Courses run from 9-6 both Saturday and Sunday. Learn the following:

BEGINNING IRIDOLOGY

Do you know how to read your Irises? Learn the following:

- History of Iridology and Specific Iridology Signs.
- Difference between blue, mixed, & brown Irises.
- How Herring's Law of Cure Affects Us.
- What Iridology Does for Us.
- Recognition of the Eye and Study of the Iridology Chart.
- Seven Zones of the Body, Four Disease Stages, Four Levels of Inflammation, Four Elimination Channels, and the Reversal Process.

INTERMEDIATE IRIDOLOGY

Follow up to further strengthen your skills and perform Professional Iridology. Learn the following:

- Review Iris Signs and Iridology Chart.
- Find Iris signs in each Participant.
- Perform a Constitutional Iridology Analysis from beginning to end.
- Iris Analysis using the 8 Systems of the Body.
- How to determine which system is not functioning properly.
- Which Herbs, Vitamins, and Minerals are Necessary to Promote Growth In Systems.
- Detect Growths.
- Detect Mineral Deficiencies.
- Detect Inflammation Causing Symptoms.
- Compare Beginning and After Iris Slides to Learn Benefits of Lifestyle Changes

ADVANCED IRIDOLOGY

Follow up to perform Professional Iridology and Become Certified. Learn the following:

- Review Constitutional Iridology Signs and Perform an Analysis from Beginning to End
- Draw the Iris of the Eye.
- Perform Iris Analyses from Photos.
- Perform Iris Analyses from Drawings of Previous Analyses.
- Learn How to Take Iris Photos.
- Learn British Iris Signs.
- Learn Rayid Iris Signs.
- Learn German Iris Signs.
- Introduction to Sclerology.
- Final Exam

You will receive a Certificate of Completion after each course is completed and a Certificate of Excellence after you pass the final exam (at the end of the advanced course). CEC's are available if you are in the medical profession.

Prepayment Required By: February 5th to save your space! Class is limited to 20 students!
Each course costs \$200.00. Pay for all 3 courses up-front by February 1st and save \$100.00!

Previous Students: If you would like to review the courses are \$100 each!!

Send payment to: Joyful Living Services, 19950 Sun Valley Road, Colfax, CA 95713

RSVP to: 530-878-1119 or 800-704-9800 by: March 1st to reserve your place.

Courses will be held in Sacramento, CA (2 hours east of the Bay Area); Sacramento Airport is ½ hour away by car
Check/Money Order/VISA/MasterCard/American Express/Discover Accepted

Each Course Includes: In-Person Instruction, Instruction Manual, Course Syllabus, Tests/Final Exam and Certification. DVD set of course and Full Personal Iris Analysis for each attendee



Certified Iridologist Sacramento Course Registration Form

Please fill out the following information to register for our in-person iridology certification course. Mail it to us along with your payment to JLS, 19950 Sun Valley Road, Colfax, California, 95713, USA or fax it to us at 530-878-1119 by the registration deadline. You can also contact us via e-mail at iridology@netzero.net, by phone at 530-878-1119 or 800-704-9800 M-F 8-5 PST. Please fill out one form for each registrant.

Name: _____

Company: _____

Address: _____

Address: _____

City, State: _____

Zip Code: _____

Country: _____

Telephone: _____

Fax: _____

E-mail: _____

Course Name: (Please circle all that apply) Beginning Iridology Intermediate Iridology Advanced Iridology
February 20th and 21st March 13th and 14th April 10th and 11th

Course Type: In-Person in Sacramento

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

Payment Option: (Please circle one) 1 payment 2 payments (must be paid in full by start of class)

Credit Card #: _____ Exp. Date: _____

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

The Nervous System



The nervous system is an internal communication system, relaying signals with short electrical impulses. The central nervous system is composed of the brain and spinal cord. The peripheral nervous system extends to all other parts of the body.

Health problems related to the nervous system include stress, insomnia, depression, nervous disorders, headaches and multiple sclerosis.

Examining the Nervous System

The nervous system is made up of groups of cells called neurons. A neuron is a cell body with a nucleus, a dendrite (which receives input) and an axon (which relays signals to other cells).

Neurons transmit information through the body in a manner similar to the way electricity flows through a wire. A nervous impulse begins with the reversal of the concentrations of sodium and potassium both inside and outside the neuron. Sodium rushes into the cell and potassium rushes out, generating momentum that conducts an impulse down the axon and toward the dendrite of the next neuron. This transmission continues from cell to cell until the message is delivered. All this takes place at incredible speed.

Some of the spaces between nerve cells, called junctions, are so small that the impulse can travel from one nerve to the next very quickly. These are called gap junctions. However, most neurons relay signals across larger spaces called synaptic junctions. These require chemical messengers called neurotransmitters.

Neurotransmitters are released into a synaptic junction by one cell and bond with receptors on the membrane of the neighboring cell. After the electronic signal has been relayed, the neurotransmitters are deactivated and recycled. Some neurotransmitters include serotonin, acetylcholine, dopamine, GABA (gamma amino butyric acid) and norepinephrine (noradrenaline). Abnormal levels of neurotransmitters can cause an assortment of complications. For instance, abnormally low levels of serotonin are associated with obesity, depression. Sleep disorders anxiety and migraine headaches.

Many neurons are surrounded by special cells that form an outer layer called the myelin sheath. The myelin is composed mostly of lipids. It insulates the neurons to speed up the conduction of impulses, as it prevents “short circuits” between adjacent neurons. Deterioration of the myelin sheath is associated with many degenerative disorders of the nervous system.

The nervous system has two major divisions – the central nervous system (CNS) and the peripheral nervous system (PNS). The CNS is composed of the brain and spinal cord and is the body’s main signal-processing unit. The nerves of the PNS extend to other parts of the body, including internal organs, skeletal muscles and glands.

The PNS subdivides into the somatic and autonomic pathways. Somatic-pathway responses are voluntary or conscious. For example, use of arm or leg muscles and sensory perceptions are controlled by somatic nerves. Autonomic pathways deal with involuntary actions like digestion, excretion, heartbeat and the contraction of the smooth muscles. These are all things we can’t control.

Autonomic pathways divide again into the sympathetic and parasympathetic branches of the nervous system. These branches work independently and opposite of one another. The sympathetic nervous system, which secretes the neurotransmitter noradrenaline, initiates “fight or flight” responses when stimulated by physical, emotional or environmental stress. This is a primitive, instinct-like ability that allows a person to maximize energy in order to most effectively react to stress. It raises blood sugar, heart rate, blood pressure and metabolism, constricts blood vessels and stops less vital functions like digestion. The parasympathetic nervous system normalizes the body by balancing it to the state it was in before the stimulus occurred. The neurotransmitter acetylcholine restores non-vital functions. The reciprocating actions of the sympathetic and parasympathetic nervous systems allow the body to cope with stress without being overwhelmed by its physiological effects.

Stress can have many negative effects on the body. In addition to the uncontrollable, physical reactions described above, stress can also deplete levels of water-soluble vitamins (C and B complex) and vitamins A and E. These vitamins are essential to the proper development and function of nervous-system tissue because they act as co-enzymes in chemical reactions and raw materials for nerve cells. Adequate vitamin and mineral intake can help provide the body with the nutrients it needs to function properly, even under stress.

Did You Know?

- The average adult brain weighs about three pounds.
- Some nerve fibers with myelin sheaths conduct impulses as fast as 600 feet per second.
- An estimated 10,000 neurons die each day from aging, disease, injury or poisons.

Nervous System Analysis

If you have four or more of the following indications, you may consider nutritional aid to the nervous system: Lack of energy, Regular consumption of alcohol, Frequent mood swings, Poor concentration or memory, Stressful lifestyle, Feeling low, uninterested or depressed, Too little sleep or restless sleep, Unsettled, apprehensive, pressured, More than 2 cups of caffeinated beverages/day, Feeling out of control, Suffer from anxiety or worry, and Easily irritated or angered.

Nervous System Suggestions

Eat regular, wholesome meals, Avoid smoking, alcohol and stimulants, Exercise regularly, Manage your stress, Eat a lot of green, leafy vegetables, fruits, whole grains and nuts.

Nervous System Products

The following products are listed with ingredients only as not to sell any particular product line. These ingredients can be purchased at any store you wish. If you are interested in the actual combinations listed below, please contact JLS directly.



- **Nerve Calming** – A combination of herbs and essential B-complex vitamins, which nourishes the nerves to help the body cope with stress. Contains generous amounts of vitamin C, B-complex vitamins, plus schizandra fruit, choline bitartrate, wheat germ, inositol, PABA, bee pollen, citrus bioflavonoids, hops flowers, passion flower and valerian root to help reduce tension, stress and insomnia.
- **Stress Combination** – This combination contains one of the most favored herbs of Europe for relaxation – chamomile. High in chromium, magnesium and vitamins A and C, the stress combination works well with other supplements like B-complex vitamins, bee pollen and vitamin C.
- **Chinese Stress Relief Combination** – This Chinese stress relief combination combines 16 herbs and natural substances to support emotional balance. Its primary nutrients – polygonum, dragon bone, oyster shell, haliotis shell and fushen – help normalize mental function and strengthen the cardiovascular system. This formula helps nourish the nervous system and improve gastric function, in addition to strengthening the urinary system.
- **Energy Combination** – This energy combination supports the body's own energy-building system. It works with the glandular, nervous and circulatory systems to help relieve stress and promote energy metabolism and glucose utilization. The combination provides a variety of nutrients needed for optimal vitality – some that nourish the glands (kelp and licorice) and some that nourish the brain and nervous system (gotu kola).
- **Ginkgo/Gotu Kola w/Bacopa** – Ginkgo contains flavonoid glycosides like quercetin and other key compounds similar to gotu kola. It boosts circulation to the brain. Gotu kola herb has been called "brain food" by many herbalists. Bacopa is from bacopin, an Ayurvedic compound that stimulates memory. Studies show that people who took bacopin supplements had reduced memorization time, increased memory time and decreased retrieval time. Bacopa may also help boost concentration.
- **Brain Combination w/Huperzine** – This combination aids the brain in two ways. First, it utilizes three powerful antioxidants that cross the blood-brain barrier to protect cells from free radical damage. Second, it feeds this vital organ with the specialized "brain food" nutrients of Ginkgo biloba, phosphatidyl serine and huperzine.
- **Chinese Mood Elevator** – This combination of 18 Chinese herbs has nervine, sedative and stimulant properties. These herbs help build and strengthen the liver, stimulate circulation and improve "sagging" feelings. Chinese Mood Elevator helps with tension, depression and other nervous disorders.
- **5-HTP Combination** – This combination contains hydroxytryptophan, a precursor to serotonin, an important neurotransmitter that helps regulate appetite, mood and sleep. 5-HTP combination is blended with three adaptogenic herbs – Siberian ginseng, ashwaganda and suma – that work synergistically with 5-HTP to help the body adjust to changes, control hunger and achieve restful sleep.
- **St. John's Wort** – This popular herb has gained national attention for its ability to alleviate mild to moderate depression. It contains an active constituent, hypericin, which appears to prolong the activity of serotonin (a neurotransmitter) in the brain. St. John's Wort may also lengthen the performance of dopamine and norepinephrine, two brain chemicals that are linked to depression. In Europe, many doctors prescribe this herb instead of prescription antidepressant drugs.
- **Herbal Sleep Combination** – This combination of valerian root, passion flower and hops flowers supports restful sleep and provides soothing and calming properties.
- **GABA Combination** – GABA combination helps "tone down" excessive brain activity and promotes a state of relaxation and peace. This unique formula also contains glutamine for mental energy, taurine to stabilize and protect brain tissue, spirulina for its abundance of brain nutrients, and passion flower, an herb long used to relieve stress.
- **Focus Attention Combination** – This combination provides nutrients essential for normal brain-stimulation levels while supporting blood circulation and neurotransmitters in the brain. This special formulation helps protect the body from undesirable side effects caused by drugs or exposure to toxic chemicals, food additives, pesticides and other harmful influences.

NERVES/BRAIN



**Symptoms of Excess Sympathetic/
Deficient Parasympathetic**

General Indications:

Anxiety-like response	Irritability
Enlarged pupils	Indigestion
High blood pressure	Rapid heartbeat with palpitations or weak pulse
Infrequent bowel movements	Nightmares
Nervous strain	Muscle Tension
Tension headaches	



Stress Combination
Chinese Stress Relief

NERVES/BRAIN



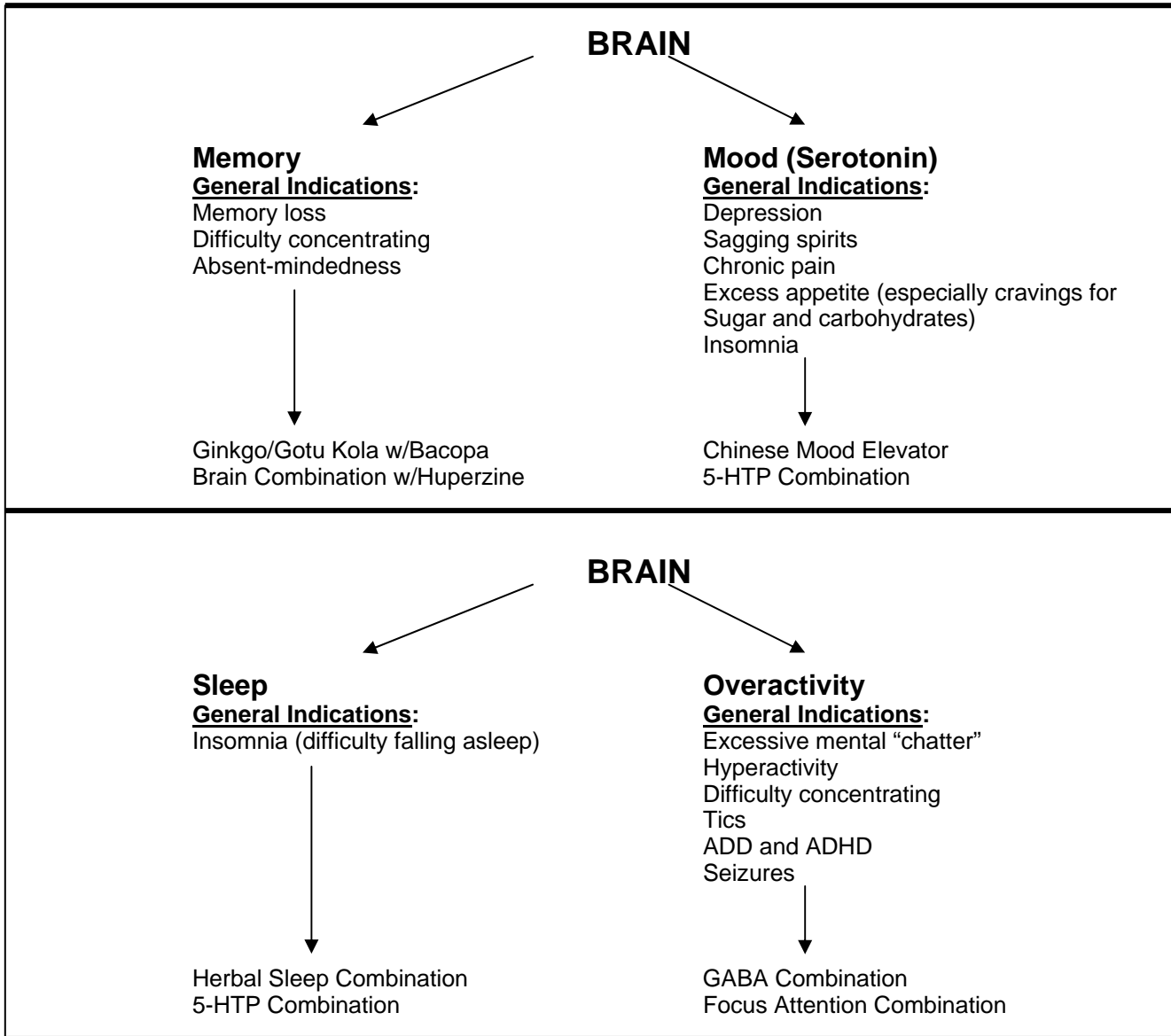
**Symptoms of Excess Parasympathetic/
Deficient Sympathetic**

General Indications:

Good digestion	ADHD
Good stamina but lethargic	Mental confusion
Low blood pressure	Difficulty concentrating
Small pupils	Restless sleeping
Sweats easily	Urination at night
Sensitive to noises and touch	



Chinese Ephedra Combination
Energy Combination



Supplements Approved by Congress

Submitted by Pedro Alvarez

Below you will find what congress approved and stated as supplements in all meanings. If you did not have this information, now you have it to know more about where we stand as far as supplements in the USA.

Plus this other information (phyto-therapy) is different from supplements,

1. A phyto-chemical is a natural bioactive compound found in plant foods that works with nutrients and dietary fiber to protect against disease. (plant)
2. The treatment of disease or disorders, as by some remedial, rehabilitating, or curative process: (therapy)
3. Herbal medicine (phyto-therapy) The study or use of medicinal herbs to prevent and treat diseases and ailments or to promote health and healing. A drug or preparation made from a plant or plants and used for any of such purposes.
4. Herbal medicine (What is herbal medicine?) Herbal medicine, also called botanical medicine or phyto-medicine, refers to the use of a plant's seeds, berries, roots, leaves, bark, or flowers for medicine purposes. Long practiced outside of conventional medicine, herbalism is becoming more mainstream as improvements in analysis and quality control. This means that a natural supplement that says on the label (this product must be given by a doctor or licensed professional) we cannot recommend or sell. As long as it says only dietary supplements with no MD or ND recommendations there will be no problems at all.

Well for now this is only the beginning of a battle that we will win with love and honesty.

<http://www.fda.gov/Food/DietarySupplements/ConsumerInformation/ucm110417.htm#what>

SD8004 Iridology Camera, Courses and Hiatal Hernia Recommendations



"We received the Iridology Station 5.1 program and the SD8004 Digital Iridology Camera. The picture it takes is great. We love the camera and the program. We are just learning how to use them both together." – Carrie Wickettes, Ontario, Canada

"I had a brown-eyed person come over today and tried the CADI camera on them. I was very pleased with the quality with the darker eyes." – Vicki Van Vynckt, Vicki Van Vynkt Fine Art, vickijanevan@yahoo.com, <http://www.vanvynckfineart.com>

"I have watched all the tapes in your iridology course and some a couple of times and I can say I have learned things I didn't get with David Pesek. Taking classes that I have, I know you know what you are doing so I would recommend anyone you sent me." – Lisa Nappier, St. Clair, MO

"Several years ago I took your class on clutter-the best! For me, releasing things I thought I'd use in the future, or that I thought were tied to my past, was such a relief, and an infusion of clarity and joy. Less really is more. It's wonderful to go from room to room and experience calm and beauty. It also cut back my spending habits, that realization that excess "stuff" is stifling. And, so importantly, that "stuff" has no value, experiences do. The little book that you recommended with the course is amazing also. You picked the perfect selections for the class, and reading the entire book was so helpful. Good to know you are still offering that class." - Jacqueline Perez, Auburn, CA

"I'm so happy to have found your article. I have been dealing with acid reflux since 2005 and last year a hiatal hernia was found. At that time the doctor told me it was nothing to worry about. Within the last 2 months my acid reflux has become worse. My PCP wanted to increase Prilosec but it's to a point now I can't even hold it down because it upsets my stomach. I don't understand how my PCP could not think my situation could be worse when a hiatal hernia does not repair itself. I have now been talking to my gastro doctor pushing for something to be done whether it's surgery or chiropractor. I have had a host of symptoms all related to acid reflux/hiatal hernia. I wish I could take aloe vera, but I'm allergic to it. Thanks again for your article!" - E.G.

"My husband and I purchased the [CADI Digital Iriscope](#) earlier this year and we love it. It does an excellent job taking pictures – very sharp and clear and we are going to purchase the [Iridology Station Scanning Software](#) for it in the near future. Brenda and her staff have always been and continue to be very kind and helpful. Any questions or concerns we have whether it be health or equipment questions, are always answered promptly and cheerfully. Joyful Living Services is a great company to do business with and we highly recommend them to anyone from someone just getting in the herbal/iridology field to a very experienced person. Thank you again Brenda." – Deborah Bode, Better Health, Beautiful Body.

JLS Certified Instructors and Distributors

We are happy to let you know that we have several distributors of our courses and products. You can find a distributor in your area by going to: <http://www.joyfullivingservices.com/iridologydistributorlist.html>. We offer distributorships for all our products and this includes all our courses and iridology and health supplies. If you are interested in becoming a distributor for us let Brenda know and we can discuss this possibility. There is no fee to become a distributor for us.

California Chiropractors who can Adjust Hiatal Hernias in California

Dr. Joseph LaVolpa N.D.
530-247-0686
3189 Misty Glen Dr.
Redding, CA. 96001

James M. Greenlee DC DABCO
530-885-2909
3720 Grass Valley Highway
Auburn, CA 95602

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:

CADI WV5533 Handheld Digital Iriscope 8.0 Megapixel eyePIX 10.

1. CADI WV5533 Handheld Digital Iriscope, 8.0 Megapixel: <http://www.joyfullivingservices.com/cadi8megapixel.pdf>
2. eyePIX Handheld Iridology Camera, 10.0 Megapixel: <http://www.joyfullivingservices.com/handouts/eyePIX.pdf>
3. SD8004 Super Digital 10.1 MP Iridology Camera with 10 fiber optic heads. Also available with a 12 MP and 15 MP live view T1 Camera with Streaming Video: <http://www.joyfullivingservices.com/handouts/sd8004digitaliridologycamera.pdf>
4. Used Iridology Cameras: <http://www.joyfullivingservices.com/usediridologycameras.html>
5. Listing of New Iridology Cameras: <http://www.joyfullivingservices.com/iridologycameras.html>
6. Iridology Station 5.1 Software: <http://www.joyfullivingservices.com/iridologystation5.1.html>

Soda Health Risks

Submitted by: Anne Small

You must all have this information about soda pop and its connection to obesity, diabetes, and general poor health. Here is an excerpt from a longer article. Also remember that another big problem with sodas is that they contain a huge amount of highly acidic phosphorous and the body has to have 8 full glasses of vegetable juice to neutralize the acid from one soda! Phosphorous strips your bones of minerals.

NaturalNews) Much like Big Tobacco once did with nicotine, the soda industry and high-fructose corn syrup producers of America have maintained a ridiculous state of flat-out denial about the links between soda consumption and obesity. "Sodas don't make you fat," they insist. Meanwhile, as Americans guzzle down insanely large quantities of soda and liquid sugar with each passing year, rates of obesity and diabetes continue to steadily climb. Surely diet must have something to do with it, right? Thanks to a new California study, [soda](#) companies can no longer hide behind the defense of uncertainty when it comes to links between [soda consumption](#) and obesity. This massive study questioned the soda consumption habits of 43,000 adults and 4,000 adolescents and concluded this: **Drinking one or more sodas a day increases your chances of obesity by 27 percent.** A whopping 62% of adults who drink at least one soda each day are overweight or obese. The study also found that Californians are gulping down sodas at an unprecedented rate: At least one soda is consumed daily by 41 percent of children, 62 percent of adolescents and 24 percent of adults. Through the study, another shocking statistic was revealed: The average California teen consumes **39 pounds of liquid sugar a year** solely from soda consumption. Sadly, the study didn't look at rates of [diabetes](#) and bone loss -- the phosphoric acid in sodas cause osteoporosis, even in males -- but there's little doubt that a similar correlation exists between soda consumption and those diseases, too. The whole issue of aspartame and diet sodas also wasn't looked at in this study, but that's yet another important area of investigation that will probably be delayed for many years until the number of people drinking [diet soda](#) who get diagnosed with brain [cancer](#) can no longer be denied.

I began a search wondering if we could stimulate stem cells from our bone marrow and migrate them through our own blood to whatever organ needed repair. We do this naturally when we are young, but after 40, this process slows down to a crawl. I found one scientist who not only proved it could be done; he showed the body can increase production & migration of stem cells by 25-30%. He recently patented the formula and process. He also led me to a natural compound (Nutraceuticals) I used 20 years ago, that is the basis of his work. I ordered his book and I have been doing some experiments on my own with powerful results, and if you know anyone who is VERY sick and might be interested, I can create a program for this person and my consultation time would be pro bono. Just take a moment and review the website below with its own video introducing the scientist and the second YouTube video after that. If you can think of anyone, we can talk live or you have my permission to forward this e-mail to them and they can contact me personally.

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

<http://www.youtube.com/watch?v=AO38mCsFTOQ>

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 our distributors who sell our products and courses, 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

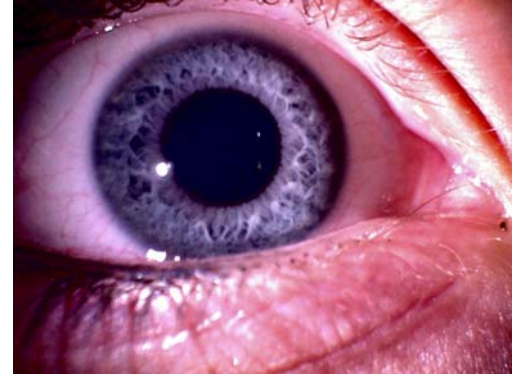
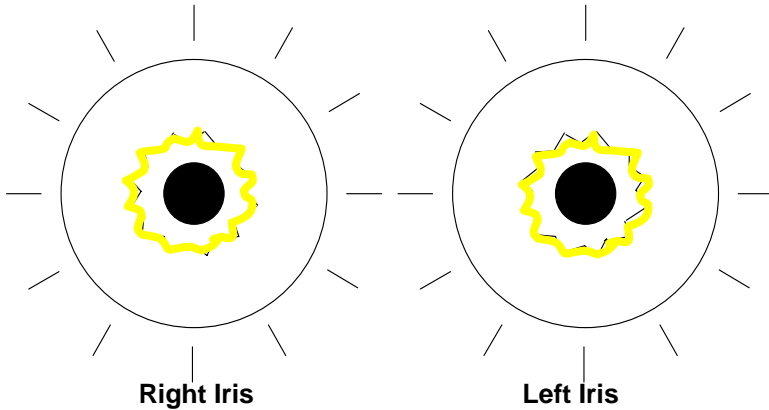
We are continuously updating our online shopping cart. You can order all our products online using PayPal. PayPal is a secure system that requires your e-mail address. It's free to use and was created by Ebay. To find out about PayPal go to <http://www.paypal.com>. To access our online shopping cart,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

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

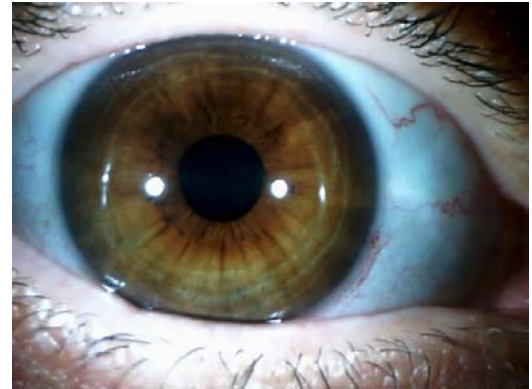
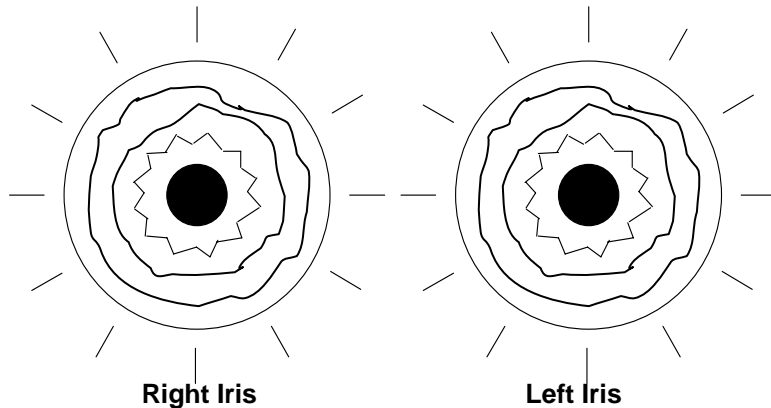
Irritation of Nervous System (Stressed Out)

When the nervous system becomes irritated it shows up in the iris of the eye as bright white or covered with pigmentation. Irritation of the nervous system can occur due to injury or stress. Vitamins, minerals, and herbs for the nervous system are beneficial for irritation.



Nerve/Stress/Sensitivity Rings (Stress Affecting Body)

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



Pupil (Small)

A smaller sized pupil may be caused by anything from eye drops to food poisoning. A tight pupil is also indicative of being "**up tight**" inside. Suggests a highly tense individual and a need to relax. Individual may suppress their inner, spiritual self.

