

Joyful Living Services' News

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From The Author

WOW! That's what I have to say about how fast this summer has gone! Amazing isn't it – it's September already and what that means to us is "Back to School" both for my kids and for JLS students. Josephine is going into 1st grade. Amazing! A lot of you have been with us for years and were around before Josephine so it's amazing to me to realize that's she's 6 years old. Joshua seems like he was just born and now he's 4 and next year he will be going to kindergarten. Once again, WOW! It's amazing how "fast" time flies. I was reading a newsletter



that was talking about our "perception" of time and how our lives have become faster and faster. Isn't it true? Seems just about everyone I speak to these days is spinning like a top and they don't seem to know which end is up. Not only do our days fly by but we have all the tools to help us move even faster including super fast computers, fast lanes on the highways, cell phones, e-mail, and a whole load of other technologies created to help make our lives easier living at the fast pace that we live at. Luckily for me I still have a little bit of slowness around me since I live in the foothills surrounded by oak and pine trees and I still can see the milky way at night and the big dipper. At least I have a little bit of "country" to see out my window while I'm busy working on these newsletters! Moving so fast has become second nature to most of us. Even retired people are saying that they are going all the time and they're busier than they were when they were working when they were younger? Even the earth is supposedly turning faster. Where does all this "fastness" lead us? Does this mean we are a more efficient society? Or is this something we are all in denial about? I do know that people are "burning the candle at both ends" and burning out their adrenals. I see it every time I look into someone's iris in the adrenal areas and the pupils. Because of this Starbucks is making billions while people drive up to their window hoping for a way to wake up in the morning before their day begins. There has to be a better way don't you think? How about Kneipp baths? Those will certainly stimulate the circulation and wake you up in the morning without the added caffeine. How about a liquid vitamin, an adrenal supporting supplement, and even Ginseng or Spirulina. How about some daily meditation to help us center and relax or even a calming bath with some catnip tea. There are so many ways to calm down and unwind. Soft music, a good book, or a good movie can do the trick. Finding a way to wind down after a crazy day is a must. Spending time with plants that don't talk to me and listening to the chickens talk while they eat is my soothing comfort. I hope you find your soothing comfort. Brenda

Shop Online

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!

VitaWave Liquid Vitamin/Mineral (Helping Your Body Stay Healthy)

Not only do I notice issues with the adrenals when I look into the irises of our clients, but I also find very low vitamin and mineral counts through muscle testing. VitaWave has been the only product I've found so far that seems to reverse these issues. When following up with clients I see their counts come up pretty rapidly once they begin the VitaWave. Liquid vitamins and minerals are absorbed very quickly whereas tablets and capsules take time.



Benefits:

- Provides vital nutritional support.
- Tastes great with natural black raspberry flavor.
- Convenient, in an easy-to-take liquid form.
- Contains minerals that support the body at a cellular level.

A number of people today do not get optimal levels of essential vitamins and minerals. **NSP VitaWave provides 100 percent or more of the Daily Value of 17 important vitamins and minerals.** It is flavored with natural black raspberry, which also offers **strong antioxidant protection.**

The 17 essential vitamins and minerals are found in a base of healthful herbs, an amino acid blend, plant-derived trace minerals and a body-supporting blend of healthful nutrients like lutein and lycopene, two proven antioxidants.

The Herbal Blend contains 320 mg Asian ginseng root, damiana leaf, oat straw aerial parts, stevia leaves, saw palmetto fruit, stinging nettle leaf, green tea leaf extract, bilberry fruit extract and grape seed extract.

The Amino Acid Blend contains 220 mg taurine, alanine, arginine, aspartic acid, cysteine, glutamic acid, glycine, histidine, isoleucine, leucine, lysine, methionine, phenylalanine, proline, serine, threonine, tyrosine, and valine.

The Body Support Blend contains 95 mg Vitamin C (ascorbic acid), alpha-lipoic acid, citrus bioflavonoids, inositol, p-aminobenzoic acid, choline bitartrate, lutein, lycopene (from tomato powder), vitamin D3 (cholecalciferol) and folic acid; plus Dead Sea salt, plant-derived trace minerals (10 mg) and boron (from boric acid) (2 mg).

Other ingredients include purified water, natural fruit flavoring (blackberry, raspberry, orange and mango), citric acid, potassium benzoate and potassium sorbate as preservatives, xanthan gum and natural coloring.

Adults: Take 2 tablespoons (1 oz.) daily with a meal.

Children: Take 1 tablespoon (1/2 oz.) daily with a meal.

Each serving of VitaWave contains:

Supplement Facts		
Serving Size 1 Ounce		
Servings per Container: 32		
Amount Per 1 Serving		% Daily Value
Vitamin A (as retinyl palmitate & 50% beta-carotene)	10,000 IU	200%
Vitamin E (d-alpha tocopherol from soy)	100 IU	330%
Vitamin K (Menadione)	80 mcg	100%
Vitamin B ₁ (thiamine HCL)	50 mg	3330%
Vitamin B ₂ (riboflavin)	50 mg	2941%
Niacin (niacinamide & nicotinic acid)	50 mg	2500%
Vitamin B ₆ (pyridoxine HCl)	50 mg	300%
Vitamin B ₁₂ (cyanocobalamin)	240 mcg	4000%
Biotin	300 mcg	100%
Pantothenic Acid (d-calcium pantothenate)	50 mg	500%
Calcium (calcium lactate)	250 mg	25%
Iodine (potassium iodide)	150 mcg	100%
Magnesium (magnesium gluconate)	100 mg	25%
Zinc (zinc sulfate)	10 mg	70%
Selenium (sodium selenate)	100 mcg	140%
Copper (copper gluconate)	2 mg	100%
Manganese (manganese gluconate)	2 mg	100%
Chromium (chromium chloride)	120 mcg	100%
Molybdenum (Sodium molybdate)	75 mcg	100%
*Daily Value not established		

If you think this product may help you with energy and rebuilding and maintaining your health, contact us at 800-704-9800 or 530-878-1119. The *Stock Number* = 3332-3.

Vagus Nerve

Either of the tenth and longest of the cranial nerves, passing through the neck and thorax into the abdomen and supplying sensation to part of the ear, the tongue, the larynx, and the pharynx, motor impulses to the vocal cords, and motor and secretory impulses to the abdominal and thoracic viscera. Also called *pneumogastric nerve*.

'Vagus' means 'wanderer' — and that is indeed what these nerves are. Attached to the [brain stem](#), and emerging through the base of the [skull](#) into the neck, the right and left vagus nerves innervate through their branches a widespread range of body parts, from the head down to the abdominal organs.

These nerves contain fibres that are both incoming to the [central nervous system](#) (the majority) and outgoing from it. Sensory information comes from the external ear and its canal, and from the back of the throat (pharynx) and upper part of the [larynx](#). Longer fibres travel in the branches of the vagi from the organs in the chest and in the abdomen: from the [lungs](#) and the [heart](#), and from the alimentary tract, including the oesophagus and right down to half way along the colon. The incoming signals lead to many reflex responses, mediated at cell stations in the brain stem, and entailing either autonomic or somatic motor responses. For example: irritants in the airways stimulate vagal sensory nerve endings and lead to a [cough](#) reflex; information on the state of inflation of the lungs causes modification of the [breathing](#) pattern; distension of the stomach leads to reflex relaxation of its wall.

The outgoing, motor fibres in the vagus nerves represent most of the cranial component of the parasympathetic division of the [autonomic nervous system](#). Vagal stimulation slows the heart beat, and excessive stimulation can stop it entirely. When Otto Loewi first showed, in 1921, that stimulation of the vagus nerve to a frog heart caused something to be released that could slow down another heart that was linked to the first only by fluid perfusion, he called the unknown factor *Vagusstoff*. We know now that vagal nerve endings act on the heart's pacemaker by the release of the transmitter [acetylcholine](#); this modulation of the heart rate is continuous, counterbalancing the action of the sympathetic nerves at the same site. The vagus nerves also provide a pathway for reflex reduction of the cardiac output if the [blood pressure](#) tends to rise. In the lungs, they stimulate the [smooth muscle](#) in the wall of the bronchial tree, tending to increase the resistance to airflow (by causing *bronchoconstriction*), again counterbalancing the sympathetic effect which tends towards relaxation. In the alimentary tract they stimulate smooth muscle in the walls of the stomach and of the intestines, acting through the nerve networks between the layers of smooth muscle, but they have the opposite action on the smooth muscle sphincter that tends to prevent the stomach contents from moving on. They stimulate glandular secretions of stomach acid and of the digestive enzymes that are released into the stomach and intestine, and the ejection of bile from the gall bladder. They also influence the release from the pancreas of the hormones that promote the storage of absorbed nutrients. All these effects add up to support of activity in the alimentary system during and after eating, when the parasympathetic effects predominate over the opposite quietening effects of the sympathetic nerve supply.

The term '*vaso-vagal*' *attack* refers to [fainting](#), when — from a variety of causes ranging from emotional shock to the pain of injury — there is a strong parasympathetic outflow in the vagus nerves, causing slowing of the heart that leads to a fall in blood pressure sufficient to cause unconsciousness.

Cellular Energy

Cellular Energy [Vital Nutrition, Glandular] contains vitamins, minerals, amino acids and other co-factors involved in vital processes that are important for normal energy production and cellular metabolism.



In addition to their nutritional value, the ingredients in Cellular Energy exert reasonable antioxidant effects that may help address some of the metabolic issues that affect energy production.

The B vitamins in Cellular Energy perform important biochemical functions in cellular energy metabolism.

Manganese and magnesium support muscular and skeletal systems, while zinc universally supports all body systems either as an integral part or as a component of enzymes and hormones.

People who experience fatigue, reduced stamina, feelings of weakness or who need an energy boost for prolonged physical activity could benefit from supplementing their diets with Cellular Energy.

It provides highly absorbable forms of the vitamins and minerals needed to boost cellular metabolism.

Cellular Energy contains generous amounts of:

Vitamin B1	Vitamin B2
Vitamin E	Niacin
Pantothenic Acid	Zinc
Manganese	Ferulic Acid
Alpha Lipoic Acid	Alpha-ketoglutaric Acid
L-carnitine	Coenzyme Q10
Dimethyl glycine	

Adults: Take 1 capsule twice daily with a meal.

If you think this product may help you with energy and rebuilding and maintaining your health, contact us at 800-704-9800 or 530-878-1119. The *Stock Number* = 1879-6.

Anatomy & Physiology

This month we are starting an anatomy & physiology section in our newsletter. We plan to write something about anatomy and physiology in each newsletter. This month is about the nervous system to go right along with the busy lives we all seem to lead. The following is taken from our anatomy & physiology course.

The nervous system is the major controlling, regulatory, and communicating system in the body. It is the center of all mental activity including thought, learning, and memory. Together with the endocrine system, the nervous system is responsible for regulating and maintaining homeostasis.



Through its receptors, the nervous system keeps us in touch with our environment, both external and internal.

Like other systems in the body, the nervous system is composed of organs, principally the brain, spinal cord, nerves, and ganglia. These, in turn, consist of various tissues, including nerve, blood, and connective tissue. Together these carry out the complex activities of the nervous system.

The various activities of the nervous system can be grouped together as three general, overlapping functions:

1. Sensory
2. Integrative
3. Motor

Millions of sensory receptors detect changes, called stimuli, which occur inside and outside the body. They monitor such things as temperature, light, and sound from the external environment. Inside the body, the internal environment, receptors detect variations in pressure, pH, carbon dioxide concentration, and the levels of various electrolytes. All of this gathered information is called sensory input.

Sensory input is converted into electrical signals called nerve impulses that are transmitted to the brain. There the signals are brought together to create sensations, to produce thoughts, or to add to memory; Decisions are made each moment based on the sensory input. This is integration.



Based on the sensory input and integration, the nervous system responds by sending signals to muscles, causing them to contract, or to glands, causing them to produce secretions. Muscles and glands are called effectors because they cause an effect in response to directions from the nervous system. This is the motor output or motor function.

Nerve Tissue

Although the nervous system is very complex, there are only two main types of cells in nerve tissue. The actual nerve cell is the neuron. It is the "conducting" cell that transmits impulses and the structural unit of the nervous system. The other type of cell is neuroglia, or glial, cell. The word "neuroglia" means "nerve glue." These cells are nonconductive and provide a support system for the neurons. They are a special type of "connective tissue" for the nervous system.

Neurons

Neurons, or nerve cells, carry out the functions of the nervous system by conducting nerve impulses. They are highly specialized and amitotic. This means that if a neuron is destroyed, it cannot be replaced because neurons do not go through mitosis. The image below illustrates the structure of a typical neuron.

Each neuron has three basic parts: cell body (soma), one or more dendrites, and a single axon.

Cell Body

In many ways, the cell body is similar to other types of cells. It has a nucleus with at least one nucleolus and contains many of the typical cytoplasmic organelles. It lacks centrioles, however. Because centrioles function in cell division, the fact that neurons lack these organelles is consistent with the amitotic nature of the cell.

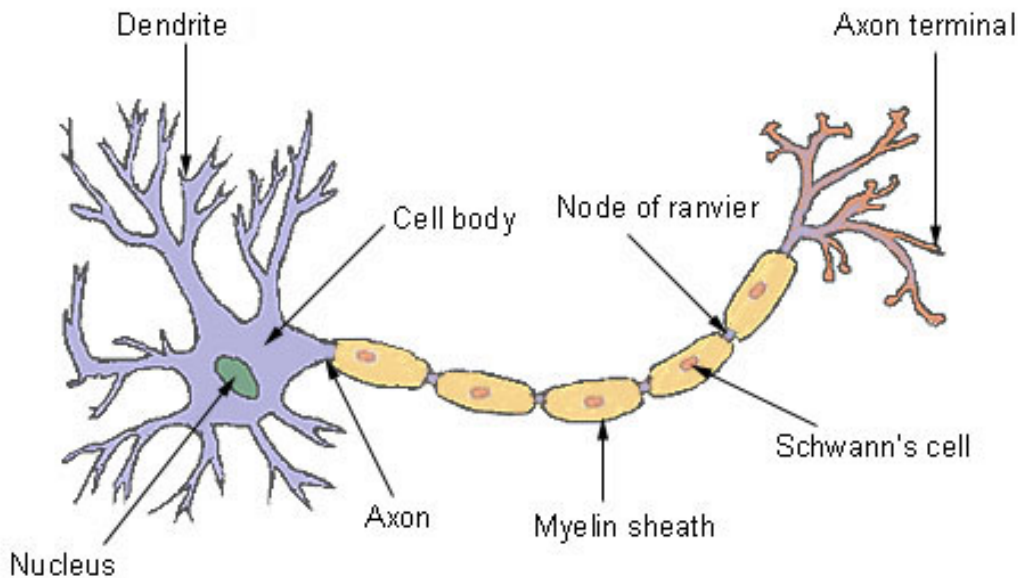
Dendrites

Dendrites and axons are cytoplasmic extensions, or processes, that project from the cell body. They are sometimes referred to as fibers. Dendrites are usually, but not always, short and branching, which increases their surface area to receive signals from other neurons. The number of dendrites on a neuron varies. They are called afferent processes because they transmit impulses to the neuron cell body. There is only one axon that projects from each cell body. It is usually elongated and because it carries impulses away from the cell body, it is called an efferent process.

Neuroglia

Neuroglia cells do not conduct nerve impulses, but instead, they support, nourish, and protect the neurons. They are far more numerous than neurons and, unlike neurons, are capable of mitosis.

Structure of a Typical Neuron



Axon

An axon may have infrequent branches called axon collaterals. Axons and axon collaterals terminate in many short branches or telodendria. The distal ends of the telodendria are slightly enlarged to form synaptic bulbs. Many axons are surrounded by a segmented, white, fatty substance called myelin or the myelin sheath. Myelinated fibers make up the white matter in the CNS, while cell bodies and unmyelinated fibers make the gray matter. The unmyelinated regions between the myelin segments are called the nodes of Ranvier.

In the peripheral nervous system, the myelin is produced by Schwann cells. The cytoplasm, nucleus, and outer cell membrane of the Schwann cell form a tight covering around the myelin and around the axon itself at the nodes of Ranvier. This covering is the neurilemma, which plays an important role in the regeneration of nerve fibers. In the CNS, oligodendrocytes produce myelin, but there is no neurilemma, which is why fibers within the CNS do not regenerate.

Functionally, neurons are classified as afferent, efferent, or interneurons (association neurons) according to the direction in which they transmit impulses relative to the central nervous system. Afferent, or sensory, neurons carry impulses from peripheral sense receptors to the CNS. They usually have long dendrites and relatively short axons. Efferent, or motor, neurons transmit impulses from the CNS to effector organs such as muscles and glands. Efferent neurons usually have short dendrites and long axons. Interneurons, or association neurons, are located entirely within the CNS in which they form the connecting link between the afferent and efferent neurons. They have short dendrites and may have either a short or long axon.

Tumors

Schwannomas are benign tumors of the peripheral nervous system which commonly occur in their sporadic, solitary form in otherwise normal individuals. Rarely, individuals develop multiple schwannomas arising from one or many elements of the peripheral nervous system. Commonly called a Morton's Neuroma, this problem is fairly common benign nerve growth and begins when the outer coating of a nerve in your foot thickens. This thickening is caused by irritation of branches of the medial and lateral plantar nerves that results when two bones repeatedly rub together.

Organization of the Nervous System

Although terminology seems to indicate otherwise, there is really only one nervous system in the body. Although each subdivision of the system is also called a "nervous system," all of these smaller systems belong to the single, highly integrated nervous system. Each subdivision has structural and functional characteristics that distinguish it from the others. The nervous system as a whole is divided into two subdivisions: the central nervous system (CNS) and the peripheral nervous system.

The Central Nervous System

The brain and spinal cord are the organs of the central nervous system. Because they are so vitally important, the brain and spinal cord, located in the dorsal body cavity, are encased in bone for protection. The brain is in the cranial vault, and the spinal cord is in the vertebral canal of the vertebral column. Although considered to be two separate organs, the brain and spinal cord are continuous at the foramen magnum. [Click here to learn more about the CNS.](#)

The Peripheral Nervous System

The organs of the peripheral nervous system are the nerves and ganglia. Nerves are bundles of nerve fibers, much like muscles are bundles of muscle fibers. Cranial nerves and spinal nerves extend from the CNS to peripheral organs such as muscles and glands. Ganglia are collections, or small knots, of nerve cell bodies outside the CNS.

The peripheral nervous system is further subdivided into an afferent (sensory) division and an efferent (motor) division. The afferent or sensory division transmits impulses from peripheral organs to the CNS. The efferent or motor division transmits impulses from the CNS out to the peripheral organs to cause an effect or action. [Click here to learn more about PNS.](#)

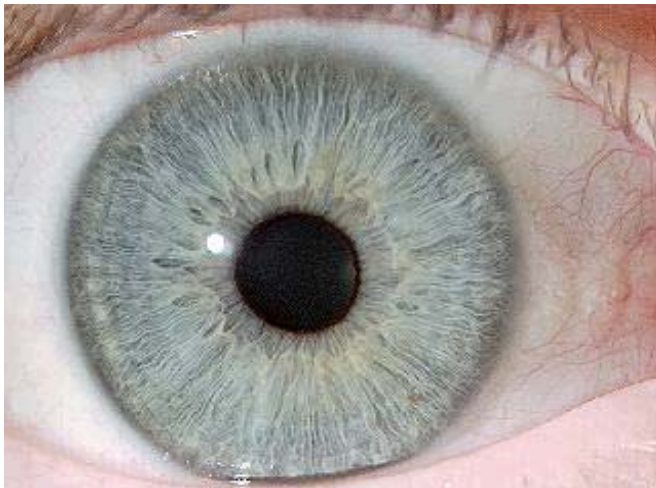
Finally, the efferent or motor division is again subdivided into the somatic nervous system and the autonomic nervous system. The somatic nervous system, also called the somatomotor or somatic efferent nervous system, supplies motor impulses to the skeletal muscles. Because these nerves permit conscious control of the skeletal muscles, it is sometimes called the voluntary nervous system. The autonomic nervous system, also called the visceral efferent nervous system, supplies motor impulses to cardiac muscle, to smooth muscle, and to glandular epithelium. It is further subdivided into sympathetic and parasympathetic divisions. Because the autonomic nervous system regulates involuntary or automatic functions, it is called the involuntary nervous system.

Please let us know if you are interested in our anatomy and physiology course. It costs \$300 and can be taken online or on CD-ROM. [Contact us with questions and/or to place an order.](#)

The Study of Iridology

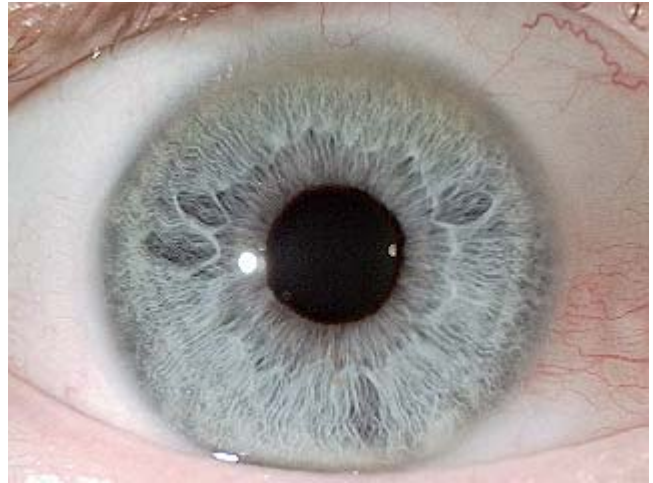
We make it a point to put some type of iridology information in each of our newsletters. This month we are discussing the various constitutions. Please let us know if you have any questions about these items.

Constitution is important because it gives an indication of the overall "**strength**" of the body. Persons with poorer constitutions have a greater amount and degree of inherent weakness in their body. Generally speaking, they need to care for themselves more than others do with stronger constitutions in order to stay well. They find that they cannot abuse themselves and get away with it. They have to pay more attention to what they eat, perhaps what they wear, the climate in which they work and live, etc. Usually, the poorer the constitution, the more difficult it is to get well and stay well.



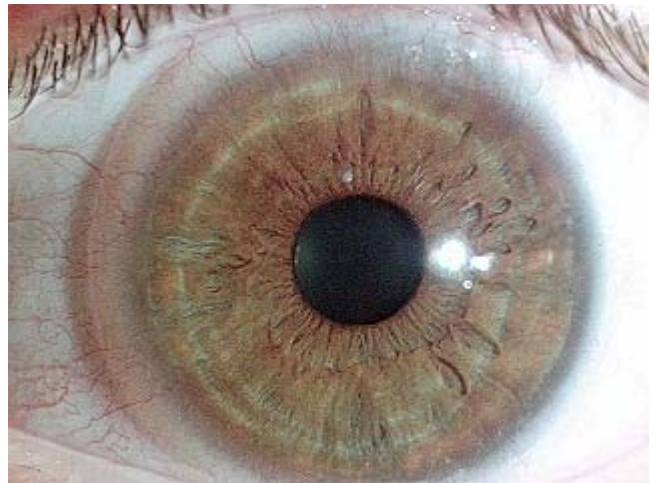
Constitution (Strong)

People with a very strong constitution often grow up abusing themselves physically because they find they can get away with it and suffer no ill consequences. They don't think about their health very much because they aren't forced to do so by feeling badly. When they do become ill, they usually have little patience with their problem and they tend to recover rapidly. Sometimes they are not always too considerate of the health problems of others with weaker constitutions who perhaps are ill more frequently or take longer to recover.



Constitution (Medium)

Persons with the weaker constitutions are frequently more sensitive. They know what it is like to be ill and not to recover so quickly and thus tend to have a greater sympathy with others who are not well. They are often the people found in jobs where they care for the ill. Both those with strong and those with weaker constitutions can be well and stay well. A person with a weaker constitution just needs to take a little extra care. Most people, of course, have a constitution which falls somewhere in between these extremes.



Constitution (Weak)

To find out more about iridology and/or to take our courses, please contact us. Courses are \$200 each (beginning, intermediate, and advanced) or \$450 if all 3 are ordered together.

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