

Joyful Living Services' News

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We've been receiving a lot of positive feedback about our newsletter. I appreciate hearing from each and every one of you who receive our newsletter. I would like to know what you enjoy in the newsletter and how you think we can improve it.

So on that note we had quite a few people ask us if we published a March newsletter. Unfortunately my personal life was extremely challenging in March. A member of my family needed open-heart surgery to replace a heart valve and to repair an aneurysm. The procedure was done at Stanford University. If you have a loved one that ever needs to have open-heart surgery I highly recommend getting a second opinion and even a third if you feel compelled to do that and to have the surgery at Stanford. I have nothing but respect for the people working in the cardiac surgery unit and the intensive care unit at Stanford. The surgeon who performed the surgery was incredible. You could tell that he really cares for his patients. It's amazing what they can do these days. His assistant was wonderful and helped put our minds at ease letting us know how the procedure was going step-by-step. The nurses in the intensive care unit knew exactly what they were doing and did a wonderful job and at the same time had a lot of compassion for our family. All in all I would say that for our family we could not have asked for more. As for my family member, he is doing well and moving towards a full recovery.

I have come to respect this area of the medical profession. I realize that these people are specially trained and have an incredible amount of compassion and empathy. They have to in order to work in this field. I also realize that a person's life is in the hands of these medical professionals and you would have to trust not only the medical professionals that are working on your body but also in God. Having your chest cracked, heart stopped, lungs deflated, and being put on a heart and lung machine is an incredibly risky and invasive procedure and requires an incredible amount of trust by the patient and family.

Anatomy and Function of the Heart Valves

Information taken from Stanford Hospital and Clinics – Heart Valve Diseases

The heart is the hardest working muscle in the human body. Located almost in the center of the chest, the adult human heart is about the size of one fist. At an average rate of 80 times a minute, the heart beats about 115,000 times in one day or 42 million times in a year. During an average lifetime, the human heart will beat more than three billion times - pumping an amount of blood that equals about one million barrels. Even at rest, the heart continuously works hard.

What are heart valves?

The heart consists of four chambers, two atria (upper chambers) and two ventricles (lower chambers). There is a valve through which blood passes before leaving each chamber of the heart. The valves prevent the backward flow of blood.

These valves are actual flaps that are located on each end of the two ventricles (lower chambers of the heart). They act as one-way inlets of blood on one side of a ventricle and one-way outlets of blood on the other side of a ventricle. Each valve actually has three flaps, except the mitral valve, which has two flaps.

The four heart valves include the following:

- tricuspid valve: located between the right atrium and the right ventricle
- pulmonary valve: located between the right ventricle and the pulmonary artery
- mitral valve: located between the left atrium and the left ventricle
- aortic valve: located between the left ventricle and the aorta

How do the heart valves function?

As the heart muscle contracts and relaxes, the valves open and shut, letting blood flow into the ventricles and atria at alternate times.

The following is a step-by-step illustration of how the valves function normally in the left ventricle:

- After the left ventricle contracts, the aortic valve closes and the mitral valve opens, to allow blood to flow from the left atrium into the left ventricle.
- As the left atrium contracts, more blood flows into the left ventricle.
- When the left ventricle contracts again, the mitral valve closes and the aortic valve opens, so blood flows into the aorta.

What is heart valve disease?

Heart valves can have one of two malfunctions:

- **Regurgitation** - The valve(s) does not close completely, causing the blood to flow backward instead of forward through the valve.
- **Stenosis** - The valve(s) opening becomes narrowed or does not form properly, inhibiting the flow of blood out of the ventricle or atria. The heart is forced to pump blood with increased force in order to move blood through the stiff (stenotic) valve(s).

Heart valves can have both malfunctions at the same time (regurgitation and stenosis). When heart valves fail to open and close properly, the implications for the heart can be serious, possibly hampering the heart's ability to pump blood adequately through the body. Heart valve problems are one cause of heart failure.

What are the symptoms of heart valve disease?

Mild heart valve disease may not cause any symptoms. The following are the most common symptoms of heart valve disease. However, each individual may experience symptoms differently. Symptoms may vary depending on the type of heart valve disease present and may include:

- chest pain
- palpitations caused by irregular heartbeats
- migraine headaches
- fatigue
- dizziness
- low or high blood pressure, depending on which valve disease is present
- shortness of breath
- abdominal pain due to an enlarged liver (if there is tricuspid valve malfunction)

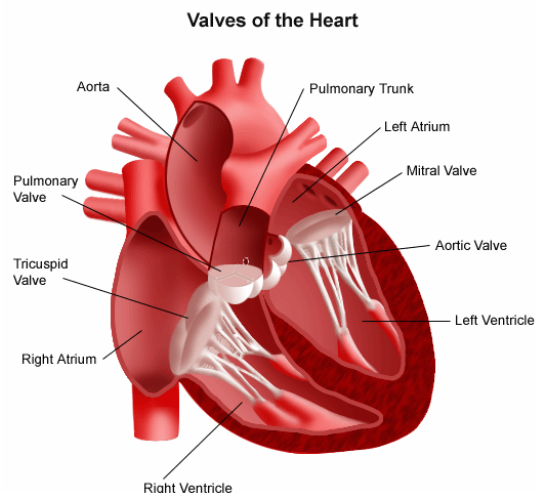
Symptoms of heart valve disease may resemble other medical conditions and problems. Always consult your physician for a diagnosis.

What causes heart valve damage?

The causes of heart valve damage vary depending on the type of disease present, and may include the following:

- a history of rheumatic fever (now a rare disease in north America due to effective antibiotic treatment) - a condition characterized by painful fever, inflammation, and swelling of the joints.
- damage resulting from a heart attack
- damage resulting from an infection
- changes in the heart valve structure due to the aging process
- congenital birth defect
- syphilis (now a rare sexually transmitted disease in North American due to effective treatment) - a disease characterized by progressive symptoms if not treated. Symptoms may include small, painless sores that disappear, followed by a skin rash, enlarged lymph nodes, headache, aching bones, appetite loss, fever, and fatigue.
- myxomatous degeneration - an inherited connective tissue disorder that weakens the heart valve tissue.

The mitral and aortic valves are most often affected by heart valve disease. Some of the more common heart valve diseases include:



Heart Valve Disease	Symptoms and Causes
Bicuspid aortic valve	This congenital birth defect is characterized by an aortic valve that only has two flaps (a normal aortic valve has three flaps). If the valve becomes narrowed, it is more difficult for the blood to flow through, and often the blood leaks backward. Symptoms usually do not develop during childhood, but are often detected during the adult years.
Ebstein's anomaly	When Ebstein's anomaly is present, there is a downward displacement of the tricuspid valve (located between the upper and lower chambers on the right side of the heart) into the right bottom chamber of the heart (or right ventricle). This condition is usually associated with an atrial septal defect, an opening between the two upper chambers of the heart.
Tricuspid atresia	When tricuspid atresia is present, there is no tricuspid valve, therefore, no blood flows from the right atrium to the right ventricle. Tricuspid atresia defect is characterized by a small right ventricle, a large left ventricle, diminished pulmonary circulation, and cyanosis (insufficient oxygen in the blood, which can cause the skin, gums, and lips to be pale or appear blue or gray in color). An atrial septal defect is present to allow blood to enter the circulatory system from the right side.
Mitral valve prolapse (also known as click-murmur syndrome, Barlow's syndrome, balloon mitral valve, or floppy valve syndrome)	This disease is characterized by the bulging of one or both of the mitral valve flaps during the contraction of the heart. One or both of the flaps may not close properly, allowing the blood to leak backward. This may result in a mitral regurgitation murmur.
Mitral valve stenosis	Often caused by a past history of rheumatic fever, this condition is characterized by a narrowing of the mitral valve opening, increasing resistance to blood flow from the left atrium to the left ventricle.
Aortic valve stenosis	This type of valve disease mainly occurs in the elderly and is characterized by a narrowing of the aortic valve opening, increasing resistance to blood flow from the left ventricle to the aorta.
Pulmonary stenosis	This condition is characterized by a pulmonary valve that does not open sufficiently, causing the right ventricle to pump harder and enlarge.

How is heart valve disease diagnosed?

Heart valve disease may be suspected if the heart sounds heard through a stethoscope are abnormal. This is usually the first step in diagnosing a heart valve disease. A characteristic heart murmur (abnormal sounds in the heart due to turbulent blood flow) can often indicate valve regurgitation.

To further define the type of valve disease and extent of the valve damage, physicians may use any of the following diagnostic procedures:

- **Electrocardiogram (ECG or EKG)** - A test that records the electrical activity of the heart, shows abnormal rhythms (arrhythmias or dysrhythmias), and detects heart muscle damage.
- **Chest X-Ray** - A diagnostic test which uses invisible electromagnetic energy beams to produce images of internal tissues, bones, and organs onto film. An x-ray can show enlargement in any area of the heart.
- **Cardiac Catheterization** - This diagnostic procedure involves a tiny, hollow tube (catheter) being inserted into an artery leading to the heart in order to image the heart and blood vessels. This procedure is helpful in determining the type and extent of valve blockage.
- **Transesophageal Echo (TEE)** - TEE is a diagnostic test that is used to measure the sound waves that bounce off the heart, creating a graphic image of the movement of the heart structures.

- **Radionuclide Scans** - These scans use radioactive imaging to view blood flow, internal organ structure, and organ function.
- **Magnetic Resonance Imaging (MRI)** - A diagnostic procedure that uses a combination of large magnets, radiofrequencies, and a computer to produce detailed images of organs and structures within the body.

Heart valve disease and surgical procedures

A person with heart valve disease may need to take antibiotics before undergoing dental or other surgical procedures that cause bleeding. Antibiotics are also recommended by physicians and dentists before routine professional teeth cleaning and other procedures involving the gum or soft tissues of the mouth. Bacteria released during these and other procedures may enter the bloodstream and lodge in the heart on the vulnerable, diseased heart valve. The antibiotics help prevent against a potentially fatal infection called endocarditis, an infection of the heart's lining. In addition, inform your dentist and other physicians if you are taking any anticoagulant medication (to prevent blood clots), because this medication can cause excessive bleeding during surgery. Always inform your dentist and other physician(s) if you have heart valve disease.

Treatment for heart valve disease

In some cases, the only treatment for heart valve disease may be careful medical supervision. However, other treatment options may include medication, surgery to repair the valve, or surgery to replace the valve. Specific treatment will be determined by your physician based on:

- your age, overall health, and medical history
- extent of the disease
- the location of the valve
- your signs and symptoms
- your tolerance for specific medications, procedures, or therapies
- expectations for the course of the disease
- your opinion or preference

Treatment varies, depending on the type of heart valve disease, and may include one, or a combination of, the following:

Medication

In some cases, medication alone is successful in the treatment of heart valve disease, and may include:

- Medications such as beta-blockers, digoxin, and calcium channel blockers to reduce symptoms of heart valve disease by controlling the heart rate and fibrillation.
- Medications to control blood pressure, such as diuretics (medications that remove excess water from the body by increasing urine output) or vasodilators (medications which relax the blood vessels, decreasing the force against which the heart must pump).

Surgery

Surgery may be necessary to repair or replace the malfunctioning valve(s) and may include:

- **Heart valve repair:** In some cases, surgery on the malfunctioning valve can help alleviate symptoms. Examples of heart valve repair surgery include cutting scarred flaps so they open more easily; remodeling valve tissue that has enlarged; or inserting prosthetic rings to help narrow a dilated valve. In many cases, heart valve repair is preferable, because a person's own tissues are used.
- **Heart valve replacement:** When heart valves are severely malformed or destroyed, they may need to be replaced with a new mechanism. Replacement valve mechanisms fall into two categories: tissue (biologic) valves, which include animal valves and donated human aortic valves, and mechanical valves, which can be metal, plastic, or another artificial mechanism.

Another treatment option that is less invasive than valve repair/replacement surgery is balloon valvuloplasty, a non-surgical procedure in which a special catheter (hollow tube) is threaded into a blood vessel in the groin and guided into the heart.

Heart Disease and High Carbohydrate Diets



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SAN FRANCISCO, CALIFORNIA. Rapidly accumulating evidence points to postprandial lipemia (high cholesterol and triglyceride levels after the intake of a fatty meal) as a major risk factor for coronary heart disease. This has led to a recommendation to reduce the intake of fat and increase the consumption of carbohydrates. A team of medical researchers from the Stanford University School of Medicine and the Tokyo Medical and Dental University now questions this recommendation. Recent research has shown that high carbohydrate diets increase fasting plasma triglyceride concentrations and that high fasting triglyceride concentrations tend to correlate with a greater degree of postprandial lipemia. Inasmuch as triglyceride-rich lipoproteins are highly atherogenic (ie. involved in the development of atherosclerosis) it would seem prudent to question the current thinking that high carbohydrate diets help protect against heart disease. The study involved four healthy men and four healthy women (mean age of 57 years). The participants were randomly assigned to one of two groups. Group 1 consumed a diet containing 40 per cent carbohydrates, 15 per cent protein, and 45 per cent fat while the diet for the second group contained 60 per cent carbohydrate, 15 per cent protein, and 25

per cent fat. The diets contained the same amount of calories and saturated fat was less than 10 per cent of total calories in both. The ratio of polyunsaturated fat to monounsaturated fat was 0.9 in both diets. The participants consumed one of the two diets for 14 days and then switched to the other one after a two-week wash-out period. Cholesterol, lipoprotein, and triglyceride levels were determined at the start of the experiment, on the morning of the 15th day of the two diet periods, and at two-hour intervals during the 15th day. The researchers found that a high carbohydrate diet increases the level of triglycerides, decreases the level of HDL ("good") cholesterol, and markedly increases the level of the so-called RLP (remnant lipoprotein) cholesterol that is believed to be highly atherogenic. They also found that the detrimental changes in lipid profile persisted throughout the day in response to breakfast and lunch. They conclude that substituting carbohydrates for saturated fat leads to lower HDL concentrations and higher triglyceride levels and that a lowering of LDL ("bad") cholesterol levels can be accomplished equally well by replacing saturated fat with monounsaturated or polyunsaturated fats as by substituting carbohydrates for saturated fat. Abbasi, Fahim, et al. High carbohydrate diets, triglyceride-rich lipoproteins, and coronary heart disease risk. American Journal of Cardiology, Vol. 85, January 1, 2000, pp. 45-48

Comment: The common conception that carbs should be the bulk of our diet, in the form of grains, cereals & breads, has been promoted for over 35 years by the USDA in what is called The Food Pyramid. [The Food Pyramid was not based on true science.](#) Since that time, type 2 diabetes has increased over 35% in this country. It does not appear that their recommendation was good for us, if you study the stats. Also, while Monounsaturated Fats are the best, [Saturated Fats](#) have had a bad rap as well. It is my opinion and the opinion of many other researchers, that this increase in type 2 Diabetes as well as the high rate of Heart Disease, should be attributed more to the increased intake of [High Glycemic Carbs](#), so prevalent in the American Diet. If you would like to reduce carbs in your diet, but find it too difficult to stop eating enough of them to make a big difference, try another natural approach, [NSI Carb Blocker](#). This product blocks the enzyme responsible for the absorption of carbohydrates.

Inflammation: The Hidden Cause of Disease, Aging and Weight Gain



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For many years we were under the impression that micro-organisms were at the root of most diseases, and eating too much food was the main factor in weight gain. But now, scientific advances have allowed us to understand the body better, leading to some very interesting information on the mechanism behind disease. Do you want to slow down the aging process? Do you want to stop the progression of disease? Would you like to stop your body from continually putting on pounds like an eager storage bank? If your answers are yes, then you will need to understand the process of inflammation in the body and how to stop it.

When we think of inflammation we tend to think about an injury with the resulting heat, redness and pain. Or perhaps you have experienced the heat and pain of a bad sore throat, or a swollen arthritic joint. But what you may not realize is that inflammation happens throughout your body. Inflammation is a tactic of your immune system to fight invaders, clean up toxic messes, and control allergens. A small amount of appropriate inflammation is good and helpful in the body. However modern diet, stress, and lack of exercise, to name a few, are creating a fire within that is destroying your health. For example, we now understand that the body creates an inflammatory reaction in the artery walls that triggers high blood pressure and plaque build-up. Are you overweight? Fat cells produce inflammatory molecules that trigger inflammation in the body, slow the metabolism, and contribute to weight gain. Aging is accelerated by the process of inflammation. In fact every known disease is tied into the process of inflammation.

What triggers inflammation?

- Too much stress
- Too much sugar and processed foods
- Too many trans fats (like in fried foods), not enough good fats (like omega 3 oils)
- Exposure to toxins and chemicals
- Being overweight: excess fat creates inflammation which in turns makes you gain more weight!
- Too little exercise
- Allergens
- Infections and injuries

Putting out the fire... *In order to stop the progression of inflammation in the body, we must change the way we eat, control and reduce our stress, and increase and improve our exercise programs.* We can start by eating more foods that reduce inflammation; these foods are high in something called phyto nutrients. Foods that are high in phytonutrients have antioxidant and anti-inflammatory properties. These phytonutrients are the chemicals that plants use to fight disease, when we eat the plants that contain them; they help us fight disease too. The best known phyto are carotenoids, flavonoids, and isoflavones. Think of the yellow, orange, and red pigment in fruits and vegetables, as well as the dark, green, leafy vegetables. Also, the reddish pigments, found in red grape skins, or berries. Isoflavones are found in peanuts, lentils, soy, and other legumes. Some other high anti-inflammatory foods would be capsicum (from cayenne pepper), ginger, turmeric, green tea and cocoa. We need five to nine (1/2 cup) servings of these fruits and vegetables a day to help prevent and control inflammation. If however, your body is already highly inflamed, then you may need even more.

Supplements that can help... Dietary supplements *are essential* for controlling inflammation in the body. You simply can't get enough of the needed phyto-nutrients and antioxidants needed from diet alone. Supplements make up for days you don't eat as well, and cover for a lack of nutrients in today's food supply. Here are some great supplement ideas:

Take a multiple vitamin and mineral formula daily to cover all the basics. NSP has a great multiple called **Super Supplemental Vitamin and Mineral** (with or with out iron).

Thai-go is a blend of the most healthful fruits and nutritional supplements from all over the world. Thai-Go is full of phytonutrients and powerful antioxidants. It's a liquid form with a great taste, take 1 ounce, once or twice daily. Ingredients: mangosteen, wolfberry, sea buckthorn, red grapes, grape seeds, grape skins, raspberries, blueberries, apple extract and green tea.

I like to start my day with a high quality anti-inflammatory cocktail or smoothie. Mix the following: 1 ounce Thai-go, 3 ounces of a natural fruit juice, 1 Tablespoon of Nature's Three fiber and 4 ounces of water. Shake it well, and drink it about a half hour before breakfast. Turn it into a breakfast smoothie by mixing it in the blender with soy milk, yogurt, or a protein drink, you can add a ½ cup of frozen berries in place of the juice. You can find these natural fruit juices in the produce section of good grocery stores, or at your health food stores. They are basically fruits and veggies that have been run extracted by the juicing process, many of them contain fiber. They taste just like fresh fruits and are very high in antioxidant properties. Now be cautious, they taste so good you will want to drink a full glass of them, but they have a good amount of natural carbohydrates and sugars so just a few ounces at a time added to the Thai-go is perfect.

Nature's GreenZone – This wonderful combination of wholesome plant sources provides the body with complete whole grain nutrition, balanced protein, and a complete supply of vitamins and minerals from plant sources. This easy to absorb form helps to alkalize the blood to counter the effects of poor diet, and provide trace minerals which are missing from our farm raised produce. The formula is high in phyto-nutrients from plants providing strong antioxidant protection. A simply excellent supplement to rebuild the health of the body! Ultimate GreenZone is a complete vitamin and mineral supplement from plant forms. Ingredients: Amaranth, spirulina, flax seed, millet, chicory root, lecithin, licorice, barley grass, acerola fruit, horsetail, fructooligosaccharides, lemon bio-flavonoids, carrot, papaya, Vitamin c, broccoli, Vitamin E, octacosanol, pineapple extract, milk thistle, pau d' arco.

Essential Fatty acids lower the levels of inflammation in the body. Make sure to include some of these fish such as sardines, herring, mackerel, salmon, and anchovies into your diet. In addition, take an Omega 3 oil supplement or Flaxseed oil daily. Add ground flax seeds to your diet for fiber and EFA's, you can mix them in your fiber drink, yogurt or cereals.

Adaptogen herb formulas provide herbs that help our body to better respond and adapt to stress. By doing this, these formulas help to lower inflammation in the body. Adaptogen herbs also tend to be high in antioxidant and immune strengthening properties. A good formula to consider for supporting high stress is:

AdaptaMax is an exclusive combination that combines powerful adaptogens with other nutrient-rich, immune-supporting herbs for a complete, energizing formula. AdaptaMax's adaptogenic strength comes from Rhodiola rosea, Eleutherococcus senticosus, Korean ginseng, ashwaganda, rosemary, Gynostemma pentaphyllum and schizandra. Together these herbs help the body cope with a variety of stressful conditions, including stress on the immune system, fatigue and aging. They fight oxidative cellular damage, energize the body, support positive mood and stimulate the immune system. Other ingredients in this formula include astragalus, reishi mushroom, suma and Ginkgo biloba concentrate—to fortify the immune system and help protect the body from the consequences of stress. Alfalfa, kelp, chromium and a fruit and vegetable base provide additional nutrients to nourish the body's cells.

Some Steps to help reduce inflammation...

- **Avoid over eating**, this creates too much stress on the digestive system and creates something called oxidative stress, think of a factory in high production and all the "exhaust fumes" coming from the chimneys. These exhaust fumes are the wastes products of the digestive process, too much of which, can damage the metabolism.
- **Reduce your exposure to toxins** in your environment. Switch to natural eco-friendly cleaning products. I really like the **Sunshine Concentrate** cleaner from NSP (#1551-6) it is great for washing the dishes and as a general cleaner. I add 10 drops of Tea Tree oil, lemon, and lavender essential oils to every quart to add anti-bacterial properties to the solution.
- **Reduce air pollution exposure**; every home should have good quality air purifiers in them, and in your workplace. If you can't control the environment where you work, consider a small filter for your office or one that you wear as you work.
- **Improve your water quality** with a good water filter. If you need help with locating these just let me know.
- **Take supplements that provide phytonutrients and antioxidants** (see above suggestions)
- **Improve your diet to include more anti-inflammatory foods** (see above).
- **Regular exercise** is one of the best things you can do to prevent inflammation in the body. Exercise fights depression and stress by activating the feel good hormones serotonin and norepinephrine. Moderate exercise at least three hours before bedtime can help you relax and sleep better at night. Exercise helps you achieve or maintain a healthy weight by burning calories (remember excess fat = excess inflammation). It helps insulin work better reducing blood sugar by increasing your sensitivity to insulin. Reducing excess insulin also lowers inflammation in the body. Exercise will not only improve your weight loss program, it is essential to good health and longevity. So make a commitment to yourself to find a way to incorporate movement and exercise into your daily lifestyle!
- **Reduce and control your stress levels.** If you can't change a stressful situation learn ways to deal with it better and use relaxation techniques to help remove the stress from your body, don't carry it with you! Take supplements that contain adaptogen herbs to help deal with stress better and reduce inflammation.

- **Consider the possibility of a low grade infection that have never been dealt with.** If you are constantly getting colds or sinus congestion or have a weak immune system, you may have an infection that is triggering chronic inflammation in the body. A hidden yeast infection or parasite could also be the culprit. Talk about it this with your Natural Health Consultant. Consider the possibility of a **parasite cleanse** or the use of **Colloidal silver** for low grade hidden infections.
- **Make sure you are digesting your food properly.** Hidden food sensitivities or allergies are a major contributor to inflammation. If you suffer from gas, bloating, heartburn, irritable bowel, or constipation on a regular basis, then you are having trouble digesting some of your foods. To improve digestion, take a digestive enzyme with your meals. **Proactazyme Plus** (#1525-0) is an enzyme formula from plant sources that provides enzymes that help digest all food groups (except dairy). These enzymes help break down your food, so your body does not have to work so hard to do it. Not only does this help you get more nutrients out of your food, but it also slows down the aging process because it helps to improve your metabolic processes. Take 1-2 per meal If you know you have problems digesting Dairy products I would drastically reduce them, and use the enzyme formula **Lactase Plus** (#1655-2) when you do consume them. If you know you have a problem digesting fatty foods, or have had your gallbladder removed, take the enzyme formula **Hi-Lipase** (#1528-4) when you do consume fatty foods.

Consider your Blood type to discover food sensitivities:

Many people are unaware that your blood type has a lot to do with which foods you have trouble digesting, and which foods make you gain weight.

Blood Type A: Does best as a vegetarian, has trouble digesting red meat and pork which slows their digestion and adds to weight gain. Dairy food, kidney beans, lima beans and wheat also slow their metabolism down.

Blood Type B: This blood type is particularly prone to problems with low blood sugar. Foods that slow metabolism are corn, lentils, peanuts, sesame seeds, buck wheat and wheat.

Blood Type AB: Avoid red meat, kidney beans, lima beans, corn, buckwheat

Blood Type O: Avoid wheat, corn, kidney beans, navy beans, lentils, cabbage, Brussels sprouts, cauliflower, and mustard greens.

For more information on blood types read the book: Eat Right for your Type, by Dr. Peter J. D'Adamo.

Is there a medical test to determine if I am inflamed?

Yes, the **high sensitivity C-Reactive Protein test** is the best indicator of inflammation in the body. If you are concerned about aging, have degenerative diseases, or are overweight, ask your Doctor to run this test. Be sure and ask specifically for the *high sensitivity CRP*, which detects even the lowest levels of inflammation. The ideal range for CRP is less than 0.7 mg/dl. A high number on this test is positive for too much inflammation in the body. A normal range number means the fire is not out of control, but you could still be harboring a low grade infection or inflammation in the body. This test is considered one of the best predictors for cardiovascular health or illness. This is especially helpful when combined with cholesterol tests. The more inflammation in your arteries, the more unstable your cholesterol plaques on the artery walls. When these plaques become unstable, they rupture and can cause a blood clot, triggering heart attacks or stroke. This is the main reason for wanting to keep inflammation under control in your body.

In the scope of this newsletter I can only touch on the subject of inflammation, but it is so important I wanted to draw your attention to it. I can recommend two great books to help you learn more...

Ultra-Metabolism by Mark Hyman, MD (focus on the weight loss/inflammation connection)

Stop Inflammation Now! By Richard M. Fleming, MD (focus on the heart disease/inflammation connection)

Testimonial for Iridology Courses and SD8004

Submitted by Dr. DC Tshibangu, South Africa



“Good day Brenda, I am happy to let you know that I received the 2 shipments on Tuesday, the 16th March. Thank you very much for your dedication and support. The whole family was motivated by my 'Intermediate Iridology Certificate'. I am busy completing my 'Advanced Iridology', reading Dr. Jensen's Iridology Volume II and Mr. Mehlmauer's Sclerology. Very soon, I will start studying my Muscle Testing and may contact you for assistance if need be. My [SD8004 iridology camera](#) has also been retrieved from Customs yesterday. My elder daughter who is a clinical and IT engineer will help me set it up tomorrow with her boyfriend. We are all very much excited because we are slowly but surely fulfilling our dream. I sincerely express my deep appreciation to you and my family for your continued support and encouragement.”

For more information on our iridology courses, go to <http://www.joyfullivingservices.com/handouts/bcii.pdf>

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.

Let's Talk About Swedish Massage and Cranio-Sacral Work



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Most people have heard of Swedish Massage although few know exactly what it means.

Swedish massage is considered the basic full-body massage technique. The therapist may use extra massage cream because long, smooth strokes are used in Swedish massage technique. With this type of massage therapy, essential oils particularly suited to the client may be used.

Hot Rocks are popular with many therapists also and are often used in conjunction with a more relaxing type of massage such as Swedish Massage. With these two therapies, there is little or no kneading done on the muscles. If one is looking simply for relaxation, then Swedish Massage might be just what you want.

Another very relaxing kind of bodywork is Cranio-Sacral work. No clothing is removed with this modality. The therapist is working very gently to balance the Cranio-Sacral system which regulates the production and flow of our cerebrospinal fluid. Despite the fact that this is very gentle work -- the pressure used on the body is about the weight of a nickel, and the goal is to move the skull bones to their proper place. Sometimes, our skull bones become stuck. (Have confidence -- no hammers are used on one's head to correct this problem). The skull bones should be moving softly with our own personal Cranio-Sacral rhythm. The therapist can tell if there is any sort of restriction in the fascia throughout the body which would interfere with the movement of the Cranio-Sacral rhythm easily felt in many locations of the body. For me, this is easier to say than do as I usually have difficulty feeling the Cranio-Sacral rhythm. Because of this, I don't advertise this as a specialty, although I do use a few Cranio-Sacral techniques. When I think this would benefit any client, I refer them to another therapist. Call me for a referral as I know a couple of really good Cranio-Sacral therapists. Or, perhaps you'd like to get some advice about how to find a good therapist for any type of massage therapy. I'd be happy to give some guidelines.

In the next issue I'll continue to talk about other types of bodywork. Until then, enjoy good health and happiness.

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

Go to the following links to learn about the cameras and software we sell:

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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>
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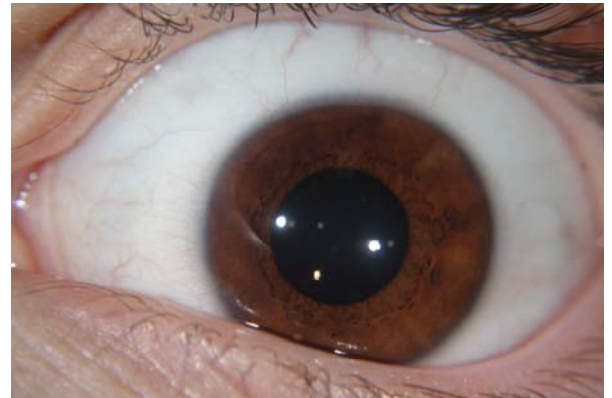
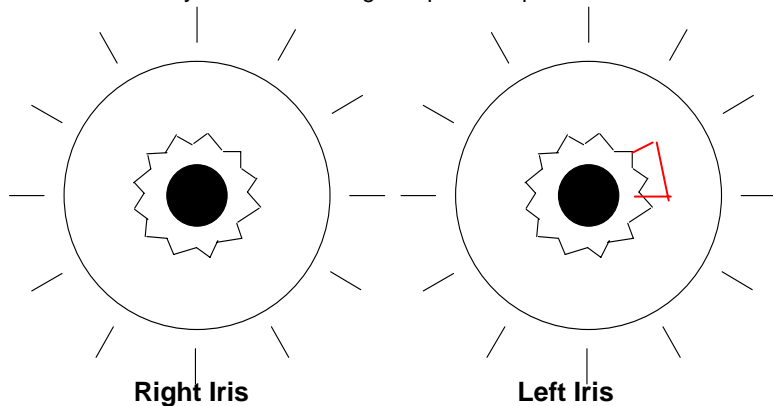
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The Study of Iridology

This month we are discussing the heart and lungs. Please contact us if you have any questions. The information was taken from our Beginning Iridology course. Go to: <http://www.joyfullivingservices.com/education.html> to find out more.

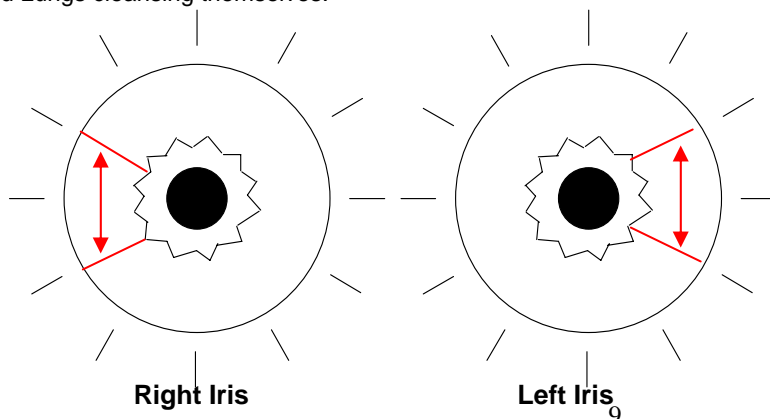
Heart (2:00-3:00 L)

On the Iridology Chart the Heart area is located in the left iris at 3:00 o'clock in Zone 3, usually on the Autonomic Nerve Wreath, and in other cases, it may be moved slightly to one side. The area of the Aorta is directly above the Heart within the Autonomic Nerve Wreath, which may seem to be split. When we examine the Heart area of the iris, we look for inherent weakness, nerve strength, toxic conditions and reflex effects from other organs. There are many factors that can cause Heart disturbances. We have to consider that there are inherent weaknesses, lack of fresh air, too much fat on the Heart walls, disharmony in the home, disappointments in love, strong passions, over excitement, a weak Medulla; too much pressure on the heart caused by gases in the blood or in the Stomach. The Heart walls can become over stressed with excessive physical exertion. Bacteria ferments in the body, using up the blood salt, which is essential to Heart function. Other harmful effects are overeating, excessive drinking of tea, coffee and alcohol; tobacco smoking; and sexual overexertion. The Heart is affected by sunstroke because the nerves do not transmit proper circulatory impulses to the Heart, causing it to overwork. Chlorosis, an anemic condition, can produce a Systolic Heart Murmur. The leukocytes may die in too great numbers, filling the system with leukocytic poisons. These poisons clog the venous system, which weaken the Liver and give the Heart too much work to do. Some of the Heart structures weaken and thus leave the Heart diseased. The Heart nerves may lack nerve force, because it has been spent too freely on brain effort. The Brain may be too large for the body; in which case, nerve-building material is not supplied sufficiently to sustain the chest brain and the cardiac nerve with the essential nerve stimuli. We must make sure Chlorine and Iodine foods are included in the diet as well as Iron, Calcium, Magnesium, Lecithin, Vitamin E, Phosphorus foods, nerve fats and salts. Excessive use of beef in the diet and the indiscriminate use of drugs can also deplete the heart of the ability to work at its highest possible potential.



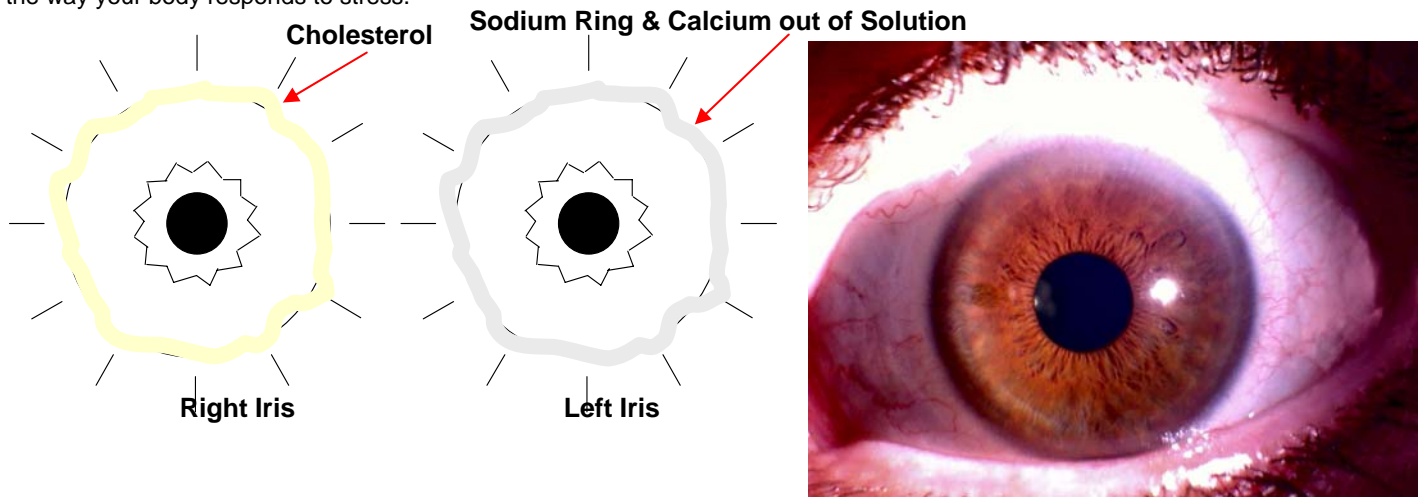
Lungs (8:00-10:00 R, 2:00-4:00 L), Bronchioles (8:00-10:00 R, 2:00-4:00 L) Bronchus (2:00-3:30 R, 8:30-10:00 L)

This is one of the primary elimination systems in the body. The respiratory system via its exchange of gases oxygenates the blood, but also in the course of expiration removes potential acidic waste products in their gaseous form thus helping to maintain the body's acid/alkaline balance. When we do not get enough gas exchange due to poor lung development, mucous congestion or destruction of the lung tissues, we are forcing the other elimination systems to carry an additional burden. Whenever an elimination system fails to do its job efficiently, the whole body suffers. Toxic waste build-up in the tissues lowers vitality, diminishes resistance to disease, hastens the aging process and generally leaves the door open to many other problems. You can take care of the Lungs and Bronchioles by first avoiding the long-term use of over-the-counter drugs such as bronchial dilators, nasal sprays, decongestants and other drugs. These destroy the sensitive mucous tissues and are habit-forming substances and do nothing to correct the real problems, which still exist. You might think of helping yourself, if necessary, naturally in the following ways: Seek a climate, if possible, which is most helpful to these areas. Usually this is a dry climate with lower humidity and not too cold. Elevated altitude usually is helpful, 1,500 - 2,500 feet above sea level is best. Bowel care is almost always needed in cases where respiratory problems are involved. Of course, changes in the diet are essential especially eliminating all processed dairy products, whole wheat products and refined foods. Vitamins A, B, C and D are needed in adequate supply as are the minerals Calcium, Copper, Fluorine, Iron, Oxygen and Silicon. Helpful herbs are Comfrey, Lungwort, Angelica, Elecampane, Eucalyptus, Fenugreek, Licorice, Marshmallow, Mullein, Sage and Thyme. Of course there is exercise. Sniff breathing exercises and any work or play in the outdoors, which causes you to breathe deeper, would be beneficial. Try to stay away from heavy smog areas and drive with the car windows up to avoid breathing the exhaust. Don't suppress sneezes, or coughs, as these are your Bronchioles and Lungs cleansing themselves.



Sodium/Cholesterol/Calcium out of Solution Ring

This unusual marking, a translucent-to-opaque ring found in various shades of white starting in Zone 7, seems not to touch the iris but rather to be a deposit or settlement around the circumference of the portion of the cornea visible in front of the iris. That is, it is over the iris without being connected to the iris trabeculae. Its width varies, depending on the severity of the condition. This sign results from chemical imbalances in the body due to an excessive intake of salt or bicarbonate of soda, drugs such as sodium salicylate, calcium out of solution and high cholesterol or triglycerides in the blood. It may be associated with hardening of the arteries, calcium spurs and deposits, joint troubles, and so on. As a consequence of poor eating habits, heart disease has become the number two health problem in this nation. When Hardening of the Arteries, particularly arteriosclerosis, sets in, many problems result. One approach to reducing these problems has been chelation, a process in which a solvent such as EDTA, a derivative of acetic acid, is introduced intravenously to dissolve the coating of lipids and minerals from the blood vessels. There is also oral chelation where herbs, vitamins and minerals are taken in large quantity to help dissolve the deposits in the blood vessels. This takes longer than intravenous chelation but is very beneficial. In the iris, we find what we call a Cholesterol Ring. This iris sign indicates that Cholesterol, Calcium and Sodium have come out of the solution in the blood to deposit on the arterial walls. We can take care of this problem by bowel cleansing and dietary changes, but Dr. Jensen believes chelation is an effective means of speeding up the cleansing process. Herbs such as Garlic and Capsicum are excellent for dissolving cholesterol buildup in the veins. Foods high in Magnesium such as all yellow fruits and vegetables are also important in this case. If you have anemia in parts of your body or extremities and high cholesterol it is imperative that you change your dietary habits and begin to understand the way your body responds to stress.



Venous Congestion

Everyone knows what poor circulation means. For many it means cold hands and feet. It may also mean poor memory if the brain circulation is involved. It can mean Varicose Veins in the legs. Circulation is aided by vitamins A, B, B1, C, D, G and Niacin. Minerals, which may help are Magnesium, Phosphorus, Silicon, Fluorine, Iodine, Iron, Manganese and Sulfur. Herbs include Hawthorn Berries, Oat Straw, Sprouts, Prickly Nettle, Cayenne and Butchers Broom. Kneipp Baths and Cayenne Pepper Baths as previously explained are also beneficial to the entire body.

