



# Joyful Living Services' News

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## Welcome to Spring!

Spring is here! Can you believe how fast time is flying by? It seems like it was just Christmas! I just LOVE spring. I love the birds chirping in the nearby trees, the little sparrows nesting above our patio, all the flowers and trees blooming, the rabbits having their babies, and the perfect warm weather. Spring is the time when everything seems to flow. It's after the cold winter and before the hot summer. Since I love to garden, it's a great time to be outside planting seeds and watching Mother Nature do her magic. I hope you take time to enjoy spring and being outdoors! Have a Wonderful Spring and a Wonderful Day. Brenda

## Course Instructors

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

## Referrals

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

## 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!

## Nature's Sunshine Supplements



**Sign up as a Nature's Sunshine Member or Distributor and receive 20% off your 2<sup>nd</sup> 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 2<sup>nd</sup> 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/generali/index.aspx> to look up the products and make your decision.

## 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. Go to the following links to learn about the cameras and software:

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

Please contact Brenda if you have questions about the cameras and/or software.

## The Flu Virus – Lessening its Fury



By: Valerie Greguire  
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The news headlines are full of warnings once again; a rather vicious flu has shown up in Mexico, New York and California, and may be headed our way. This is a new mutated flu strain called the A/H1N1 swine flu and any vaccines you got a few months back will be ineffective in protecting you from it. *If you want to protect yourself against this flu, what you really need is a "natural vaccine" called a strong immune system.*

A powerful flu is a serious problem, the virus doesn't respond to medications so we can't run to the doctor in hope of a cure. The solution lies in your immune system; this is your sword and shield against invading bacteria and viruses. The absolute best way to fight and conquer the flu is to build your immune strength *before* you are exposed to the virus. If you found yourself coming down with frequent colds this past winter and you suffer from spring allergies, then your immune system needs to be built up. I recently attended a lecture on Chinese medicine from a well respected herbalist. He mentioned that the average time it takes for a person to reverse their health concerns and rebuild their health and vitality is five years. That may seem strangely long to you, but he is talking about overcoming health issues not just controlling or covering them up. So in talking about strengthening our immune system, a diligent effort is needed if you want to build some level of protection in a short period of time.

So what steps can you take to make an immediate impact on improving your immune system's strength? To begin with cut back on sugar intake. Sugar consumption can depress immune system function by 50%. Alcohol and white flour all convert quickly to sugar so be aware of their consumption as well. High sugar also depletes calcium and B-vitamins needed to keep the immune system and adrenal glands healthy. Your adrenal glands are your stress fighters; if they become weak your immune system weakens as well. This means that now more than ever, you need to take time to find ways to counteract the stress in your life. Take simple steps to de-stress your life on a regular basis. For instance, forego watching an action packed high stress show on T.V. Instead drink a cup of chamomile tea on the front porch on a cool spring evening. Chat with an old friend, relax or read a book, take time to do some stretches, they really help release stress from the body.



Drink 2 quarts of water daily. If you don't drink enough water your elimination channels become congested (kidneys, liver, colon, lungs, and skin). This results in mucus buildup, which congests the lymphatic system and makes you more susceptible to bacterial and viral infections. There's much to be said about hot chicken soup, make up a big pot and then freeze it in portions, so you can pull it out when anyone starts to get run down. The key is to put in lots of vegetables; carrots, beans, tomatoes, okra, celery, etc. pack the soup full of nutrients. Don't forget to add several cloves of garlic it is a great immune protector in the body. Get plenty of rest; don't push yourself until you're run down. Your immune system is most active when you are sleeping. If you have trouble falling asleep, a natural sleep aid like valerian, kava kava, melatonin or Chinese Nervous Fatigue formula may be a good choice. Talk to the girls down at Nature's Remedy to figure out which one of these remedies is best for you.

There are several supplements that are particularly effective at building resistance to the flu, as well as lessening the intensity and duration should you come in contact with it. You need adequate supplies of the vitamins A, C, E and the mineral zinc. These are antioxidants that build the immune system. Although your multiple vitamin formula will provide these, the average person needs additional supplementation to build a weakened immune system. The formula Defense Maintenance supplies all of these in a base of vegetables as well. Vitamin D3 is incredibly important to a healthy immune system. Intakes of at least 4000 iu per day of vitamin D3 are recommended. Elderberry Defense is a great formula to build protection against the flu. Elderberries have a mild diuretic and laxative function which helps to clear toxins from the system. This action helps to prevent the common cold by changing the environment of your body. Elderberry contains two active ingredients that actually help prevent the flu from taking hold in your body, *by inhibiting the enzyme that the influenza virus uses to penetrate into your cells.* Astragalus is another herb which is known to build resistance to the flu virus. The Chinese recognized the importance of this herb. They regularly add astragalus to the pot of stew on the stove during cold season, so everyone could get their daily immune boost. Both Elderberry Defense and Astragalus should be taken on a daily basis well in advance of exposure to the flu. With news of the flu spreading quickly I plan to take 2 elderberry defense and 2 astragalus twice daily for the next month. I'll give our boys age 10 and 13 one of each daily. For younger children we have elderberry defense in a chewable form. We don't have the astragalus in liquid or chewable but it is a sweet herb that could be stirred into a little yogurt once a day. An alternative would be to use 5-7 drops of Ultimate Echinacea daily to help boost the immune system.

For those of you who have a weak immune system but are also under high stress you may want to consider taking the formula SUMA Combination for a month or so. This formula combines the immune builders echinacea and astragalus, with two herbs which help you adapt to stressful situations: eleuthero (Siberian ginseng) and suma (sometimes called Brazilian ginseng). In addition the formula also contains ginkgo and gotu kola to help your brain and memory function better under stress. If I were using this formula I would take 3 capsules 2-3 times daily along with a couple Elderberry Defense for extra flu protection.

One last formula I'd like to mention is called HCP-X which stands for *herbal composition powder*. This combination of herbs was originally made in the 1800's by American herbalist, Samuel Thompson. During the 1900's it became a very popular formula for fighting colds, fever, hoarseness and flu. HCP-X combines very hot and spicy herbs: bayberry, ginger, white pine, capsicum, and

cloves. It is a good remedy to use when you first come down with a cold or flu. The hot spicy nature of this formula helps to push the virus out of your system before it can take a good hold. So when you feel the first symptoms of a cold or flu coming on start taking a 2-3 capsules of HCP-X every couple hours. Symptoms typically include fever, cough, sore throat, body aches, headache, chills, and fatigue. Some people have reported diarrhea and vomiting associated with swine flu.

Last but not least, make sure you have some Silver Shield on hand should anyone get ill. Silver Shield is simply the most powerful natural antibiotic/antiviral available. It is virtually nontoxic and can be taken by children, babies, and pregnant women. Silver attacks pathogens differently than synthetic antibiotics. It reacts with the bacteria's cell wall inhibiting oxygen transfer into the cell which then suffocates the bacteria or virus and kills it. Because of this mechanism there is virtually no way for the pathogen to develop a resistance to the silver. Silver shield is effective for fighting the flu virus. Since this supplement is a liquid and the dose is small, it is a good choice when you have nausea and vomiting. You can take 2 tsp. every couple hours if needed. Don't forget to order some Silver Shield Gel. You can rub this gel on your hands and it will kill viruses and bacteria on contact for 3-4 hours!

I hope these ideas help you to point you in the right direction to build a healthier stronger immune system that can fight even the strongest flu.

## Honey & Cinnamon

Submitted by Barbara LaVolpa



It is found that a mixture of honey and cinnamon cures most diseases. Honey is produced in most of the countries of the world. Scientists of today also accept honey as a 'Ram Ban' (very effective) medicine or all kinds of diseases. Honey can be used without any side effects for any kind of diseases. Today's science says that even though honey is sweet, if taken in the right dosage as a medicine, it does not harm diabetic patients. Weekly World News, a magazine in Canada, in its issue dated 17 January, 1995 has given the following list of diseases that can be cured by honey and cinnamon as researched by western scientists:

- **Heart Diseases:** Make a paste of honey and cinnamon powder, apply on bread, instead of jelly and jam, and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also those who have already had an attack, if they do this process daily, they are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heart beat.
- **Arthritis Patients:** May take daily, morning, and night, one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If taken regularly even chronic arthritis can be cured. In a recent research conducted at Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon of Honey and half teaspoon of cinnamon powder before breakfast, they found that within a week, out of the 200 people so treated, practically 73 patients were totally relieved of pain, and within a month, mostly all the patients who could not walk or move around because of arthritis started walking without pain.
- **Bladder Infections:** Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder.
- **Cholesterol:** Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water, given to a cholesterol patient, was found to reduce the level of cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, if taken three times a day, any chronic cholesterol is cured. According to information received in the said Journal, pure honey taken with food daily relieves complaints of cholesterol.
- **Colds:** Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for three days. This Process will cure most chronic cough, cold, and clear the sinuses.
- **Upset Stomach:** Honey taken with cinnamon powder cures stomach ache and also clears stomach ulcers from the root.
- **Gas:** According to the studies done in India and Japan, it is revealed that if honey is taken with cinnamon powder the stomach is relieved of gas.
- **Immune System:** Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacteria and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of honey strengthens the white blood corpuscles to fight bacteria and viral diseases.
- **Indigestion:** Cinnamon powder sprinkled on two tablespoons of honey taken before food relieves acidity and digests the heaviest of meals.
- **Influenza:** A scientist in Spain has proved that honey contains a natural 'Ingredient' Which kills the influenza germs and saves the patient from flu.
- **Longevity:** Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Take four spoons of honey, one spoon of cinnamon powder and three cups of water and boil to make like tea. Drink 1/4 cup, three to four times a day. It keeps the skin fresh and soft and arrests old age. Life spans also increases and even a 100 year old, starts performing the chores of a 20-year-old.
- **Pimples:** Three tablespoons of honey and one teaspoon of cinnamon powder paste apply this paste on the pimples before sleeping and wash it next morning with Warm water. If done daily for two weeks, it removes pimples from the root.
- **Skin Infections:** Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin infections.
- **Weight Loss:** Daily in the morning one half hour before breakfast on an empty stomach and at night before sleeping, drink honey and cinnamon powder boiled in one cup of water. If taken regularly, it reduces the weight of even the most obese person. Also, drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.
- **Cancer:** Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder for one month three time s a day.



- Fatigue: Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body. Senior citizens, who take honey and cinnamon powder in equal parts, are more alert and flexible. Dr. Milton, who has done research, says that a half tablespoon of honey taken in a glass of water and sprinkled with cinnamon powder, taken daily after brushing and in the afternoon at about 3:00 P.M. When the vitality of the body starts to decrease, increases the vitality of the body within a week.
- Bad Breadth: People of South America, first thing in the morning, gargle with one teaspoon of honey and cinnamon powder mixed in hot water, so their breath stays fresh throughout the day.
- Hearing Loss: Daily morning and night honey and cinnamon powder, taken in equal parts restore hearing. Remember when we were kids? We had toast with real butter and cinnamon sprinkled on it!
- Arthritis: In America and Canada, various nursing homes have treated patients successfully and have found that as you age, the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalize the arteries and veins.

## **ASPARAGUS AND CANCER**

Submitted by Nalini Patel

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I received this from Marge DeFrees and she asked me to pass it on, so here goes: After reading this article over a month ago, I could not remember where it was. So I asked my sister to send it to me again. I am asking you to read it to the end. My Mom had been taking the full-stalk canned style asparagus that she pureed and she took 4 tablespoons in the morning and 4 tablespoons later in the day. She did this for over a month. She is on chemo pills for Stage 3 lung cancer in the pleural area and her cancer cell count went from 386 down to 125 as of this past week. Her oncologist said she does not need to see him for 3 months.

### **THE ARTICLE:**

Several years ago, I had a man seeking asparagus for a friend who had cancer. He gave me a photocopied copy of an article entitled, 'Asparagus for cancer' printed in Cancer News Journal, December 1979. I will share it here, just as it was shared with me: I am a biochemist, and have specialized in the relation of diet to health for over 50 years. Several years ago, I learned of the discovery of Richard R. Vensal, D.D.S. that asparagus might cure cancer. Since then, I have worked with him on his project. We have accumulated a number of favorable case histories. Here are a few examples:

Case No. 1, A man with an almost hopeless case of Hodgkin's disease (cancer of the lymph glands) who was completely incapacitated. Within 1 year of starting the asparagus therapy, his doctors were unable to detect any signs of cancer, and he was back on a schedule of strenuous exercise.

Case No. 2, a successful businessman 68 years old who suffered from cancer of the bladder for 16 years. After years of medical treatments, including radiation without improvement, he went on asparagus. Within 3 months, examinations revealed that his bladder tumor had disappeared and that his kidneys were normal.

Case No. 3, a man who had lung cancer. On March 5th 1971, he was put on the operating table where they found lung cancer so widely spread that it was inoperable. The surgeon sewed him up and declared his case hopeless. On April 5th he heard about the asparagus therapy and immediately started taking it. By August, x-ray pictures revealed that all signs of the cancer had disappeared. He is back at his regular business routine.

Case No. 4, a woman who was troubled for a number of years with skin cancer. She finally developed different skin cancers which were diagnosed by asking specialist as advanced. Within 3 months after starting on asparagus, her skin specialist said that her skin looked fine and no more skin lesions. This woman reported that the asparagus therapy also cure her kidney disease, which started in 1949. She had over 10 operations for kidney stones, and was receiving government disability payments for an inoperable, terminal, kidney condition. She attributes the cure of this kidney trouble entirely to the asparagus.

I was not surprised at this result, as 'The elements of materia medica', edited in 1854 by a Professor at the University of Pennsylvania, stated that asparagus was used as a popular remedy for kidney stones. He even referred to experiments, in 1739, on the power of asparagus in dissolving stones. We would have other case histories but the medical establishment has interfered with our obtaining some of the records. I am therefore appealing to readers to spread this good news and help us to gather a large number of case histories that will overwhelm the medical skeptics about this unbelievably simple and natural remedy.

For the treatment Asparagus should be cooked before using, and therefore canned asparagus is just as good as fresh. I have corresponded with the two leading canners of asparagus, Giant and Stokely, and I am satisfied that these brands contain no pesticides or preservatives. Place the cooked asparagus in a blender and liquefy to make a puree, and store in the refrigerator. Give the patient 4 full tablespoons twice daily, morning and evening. Patients usually show some improvement in from 2-4 weeks. It can be diluted with water and used as a cold or hot drink. This suggested dosage is based on present experience, but certainly larger amounts can do no harm and may be needed in some cases.

As a biochemist I am convinced of the old saying that 'what cures can prevent'. Based on this theory, my wife and I have been using asparagus puree as a beverage with our meals. We take 2 tablespoons diluted in water to suit our taste with breakfast and with dinner. I take mine hot and my wife prefers hers cold. For years we have made it a practice to have blood surveys taken as part of our regular checkups. The last blood survey, taken by a medical doctor who specializes in the nutritional approach to health, showed substantial improvements in all categories over the last one, and we can attribute these improvements to nothing but the asparagus drink... As a biochemist, I have made an extensive study of all aspects of cancer, and all of the proposed cures. As a result, I am convinced that asparagus fits in better with the latest theories about cancer. Asparagus contains a good supply of

protein called histones, which are believed to be active in controlling cell growth. For that reason, I believe asparagus can be said to contain a substance that I call cell growth normalizer. That accounts for its action on cancer and in acting as a general body tonic. In any event, regardless of theory, asparagus used as we suggest, is a harmless substance. The FDA cannot prevent you from using it and it may do you much good. It has been reported by the US National Cancer Institute, that asparagus is the highest tested food containing glutathione, which is considered one of the body's most potent anti-carcinogens and antioxidants.

Please spread the news... the most unselfish act one can ever do is paying forward all the kindness one has received even to the most undeserved person.

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## Sinus Congestion and Allergies in the U.S. Today

Dr. Ellen Tart-Jensen, Ph.D., D.Sc.



There are millions of people in the United States that suffer from excess phlegm in the back of their throats, sinus congestion, sinus infections, stuffy noses, allergies, watery eyes, lung congestion, asthma and bronchitis. I have had clients tell me they cannot even lie down at night because they feel they will drown from the phlegm draining from their sinuses into their throats, so they must try to sleep sitting up. Many of our children suffer from runny noses and sinus congestion. More and more children suffer from ear infections and are wearing polyethylene tubes in their ears in order to drain the excess fluid from the inner ear through the Eustachian tubes. There are other children and adults that have excess mucus appearing in their stools. They often suffer from constipation, bloating after a meal, digestive disorders, gas and burping. To remedy all of these problems, people are taking decongestants, expectorants, antihistamines, cough suppressants, pain relievers, laxatives, antacids and antibiotics. In the United States alone 250,000,000 aspirins are swallowed

each day! Unfortunately, medications treat the symptoms and may suppress the mucus or phlegm for a time, but if the cause is not discovered and treated, the problem will persist.

The sad thing is most people haven't a clue as to what is causing the excess mucus production in their bodies. They desperately want it to go away in order not to be so miserable and to be able to get on with their lives. Since the discovery of antibiotics, Americans have relinquished the responsibility of their health to "quick fixes" and indeed, antibiotics can save a life. However, antibiotics have been given for everything including the common cold viruses on which they have no effect. Even bacteria are growing stronger because of the excessive use of antibiotics and there are many antibiotic resistant bacteria today. In addition, antibiotics not only kill harmful bacteria, but also kill important beneficial bacteria that play a vital role in the work of our immune systems. Other medications have long lists of side effects that people may have to endure as well. It is time we take a long look at how we are living our lives if we want to stay well and healthy. It is time to discover the cause of our problems in order to be able to heal them.



### What is Mucus?

First let us understand what mucus really is and what it does in our bodies. According to the American Medical Association Encyclopedia of Medicine: Mucus is the thick, slimy fluid secreted by mucous membranes. Mucus moistens, lubricates, and protects those parts of the body lined by mucous membrane, such as the alimentary and digestive tracts. Mucus prevents stomach acid from damaging the stomach wall and prevents enzymes from digesting the intestine, it eases swallowing and lubricates food as it passes through the alimentary tract, it moistens inhaled air and traps smoke and other foreign particles in the airways (to keep them out of the lungs), and it facilitates sexual intercourse.

### What Causes Excess Mucus?

So mucus in and of itself is not only helpful, but plays an important role in good health. What causes excess mucus that occurs when people have sinus congestion, phlegm in the back of the throat and mucus in their stools? There are several causes. When the body becomes too acidic, the mucous membranes produce mucus to protect the delicate tissues from the acids. The body tissues become over-acidic when there is undue stress, lack of sleep, not enough purified alkalizing water, a lack of fresh air, sunshine and exercise and the consumption of foods that form high levels of acid. Most people need to eat more of the alkaline forming foods, which are fresh fruits and vegetables and fewer of the acid forming foods, which are grains, dairy products, and meats. Processed foods that are high in starch, soda- pop, all sweets and alcohol are acid forming in the body as well. In addition, they have no nutritive value. A large percentage of the American diet is composed of starches, dairy products, meat, salty foods, fried foods, sweets and soda pop. Most packaged foods contain hidden sugars and starches. Americans have consumed so much wheat; most people have formed allergies to gluten (the gluey part of wheat). Pasteurized cow's milk contains lots of fillers and no living enzymes to facilitate digestion. Many people have developed allergies to wheat, milk, and sugar and simply cannot digest it. Allergies then create inflammation and excess mucus throughout the body.

### Staying Free from Allergies and Excess Mucus



Staying free from allergies and mucus depends a great deal upon the strength of the immune system. A strong immune system depends largely on the healthy balance of friendly bacteria in the digestive tract. Improper digestion and poor absorption of nutrients can create havoc in the intestines and the body. The small intestine is lined with villi or fingerlike projections that increase the surface of absorption area in the small intestine up to 1,000 fold. This area of absorption can be dangerously compromised by any condition that irritates the lining of the small intestine. A poor diet can destroy these villi. There are also specialized immune cells called immunocytes that line the small intestine. These immunocytes secrete IgA, a crucial component of the mucus lining that makes up our first line of defense. Inflammation destroys these

important immune cells opening the door to intestinal infections, bacteria, viruses yeast, fungal organisms and parasites. When the intestinal tract becomes toxic and inflamed, mucus secretions and allergic reactions begin in the bowel as well as in the sinuses.

### Adopt a Wholesome, Healthy Food Program

If an individual is suffering from excess mucus, phlegm, sinus congestion, lung congestion, allergies, gas, bloating or mucus in the stool, it would be wise to adopt a more wholesome diet high in vegetables and lower in the acid forming foods. Processed foods, foods high in gluten, salt, sugar, pasteurized milk products, fried foods, caffeinated drinks, alcohol and sodas should be avoided. Rest, fresh air, sunshine and exercise reduce inflammation and over-acidity in the body and are vital components of good health.

### Cleansing is Most Beneficial

Cleansing the colon is also very beneficial. Following Cleanse #2 in my book, *The Simplified Guide to Internal Cleansing*, will help remove excess mucus from the body. With this cleanse, incorporate alkalizing foods like vegetable broths high in potassium as well as herbs that help to expel mucus from the body such as ginger, garlic, and cayenne. These herbs can be added to soups, raw vegetable juices, steamed vegetables, or salads. Include raw vegetable juices of celery, parsley, carrot, beet and ginger that cleanse and purify the lymph fluids, blood and liver. While cleansing, drink 8 oz. of water with the juice of a whole, fresh lemon added several times a day. Put in a pinch of cayenne pepper or ginger and a teaspoon of pure maple syrup or raw organic honey (sweetener optional and should not be used if you are diabetic or have a yeast infection). This drink can be taken hot or cold and will help the body become more alkaline and free it of mucus. We also make sure the intestinal tract is reinoculated with beneficial bacteria that you will get in our excellent probiotic called **Preolac**. There are wonderful herbal teas available in the health food stores that rid the body of mucus as well such as mullein, anise, wild cherry bark, yerba santa, fennel, fenugreek, and coltsfoot. A warm salt water nasal douche can be made by adding ¼ teaspoon of sea salt to ½ cup lukewarm water. Scoop the water into the cupped palm of your hand and sniff into each nasal cavity. This solution may also be taken into the sinuses through a dropper.

### Daily Plan to Come Free From Allergies and Mucus

If you feel you cannot do the complete cleanse at this time, begin by following a good nutritional eating program as outlined in my book, *The Simplified Guide to Internal Cleansing* or *Health is Your Birthright*, How to Create the Health You Deserve. Drink the teas and juice described here. Then consider taking **Digest It Supreme** (two before each meal), **Sun Cleanse** (two, three times a day with meals), and **Preolac** (two in the morning and two at night with water on an empty stomach). Following this simple program daily will help to restore your digestive tract and free you from the miserable conditions caused by allergies. When you can, follow **Cleanse #2**, one to two times per year.

This year, enjoy the spring without that running nose and burning, itching, watering eyes.

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

### **Sinus (11:00-1:00 L, 11:00-1:00 R)**

The sinus is the second elimination channel for mucus. When the bowel is not eliminating properly it cannot eliminate the mucus either. The body then sends the mucus to be eliminated through the sinus area. Mucus is also called Catarrh. Catarrh is the word from the Greek meaning "**I Flow**". It is another name for mucus. Catarrh is formed by the mucous membranes as a way of getting rid of toxic wastes in the body. When the diet is near correct and the mind is at peace we find that there is no excess catarrh being formed. When things are not as they should be in the body, catarrh is formed. We should not attempt to stop the flow of catarrh using drugs or other suppressive measures. If we do, we only drive the catarrh and toxic wastes deeper into the body to cause more serious problems later. We deal with excess catarrh by "**Letting It Flow**" and at the same time making the necessary changes in the diet. We also must cleanse the body properly. This is possibly by getting a "**cold**", burning diarrhea, phlegm from the lungs, breakout of the skin and other ways the body eliminates toxins. There are many herbs that can assist the body eliminate mucus. The following may be of assistance to you and has been taken from Recipes for Success. The products listed are from Nature's Sunshine.

**Sinus Congestion** – Four, SN-X, or ALJ plus Fenugreek & thyme to cleanse the mucous from the head plus Special Formula #1 to cleanse the mucous at the cell level and activate the bowel. Morinda capsules – 8 a day. Snore-ease used throughout the day. Tei-fu oil under nostrils for headaches. Homeopathic: Sinus remedy. Breathe free essential oil blend. Consider candida and bowel congestion as additional prevention.

