

# Joyful Living Services' News

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DECEMBER 2011

VOL. 20, NO. 07

**Merry Christmas  
And Happy Holidays  
From All of Us  
At  
Joyful Living Services!**











I am very excited to share with you that I am going to be a guest speaker at the **2012 IIPA (International Iridology Practitioner's Association) 7<sup>th</sup> Annual Symposium!** Please "Mark Your Calendars" for February 24<sup>th</sup> - 26<sup>th</sup> in Las Vegas, Nevada at the Hilton Garden Inn. I hope you will be able to attend the symposium. It will be fantastic with speakers from all over the world speaking about the latest research in iridology. I will be speaking about Brachial Plexus, what it is, and how it shows up in the iris. This is a very important topic with children these days and we will discuss ways to help heal the brachial plexus injury. The more iridologists in the world that know about this injury, the more children that can be helped. Visit our website and the IIPA website at <http://www.iridologyassn.org> for more information and updates as time draws closer. I hope to see you all at the symposium in February. The registration form to attend is attached to this newsletter.



## 7th Annual IIPA Symposium

**February 24-26, 2012**

**Register today! 1-888-682-2208**

 <p><b>Kimberly Balas-Casper, WY</b> <i>Cholesterol is NOT the Enemy</i></p>	 <p><b>Brenda Generali-Coffax, CA</b> <i>Brachial Plexus: What is it and how does it show up in the iris?</i></p>	 <p><b>Beth Clay—</b> <i>Codex, DSHEA, and our Health Freedoms</i></p>
 <p><b>Gino Bellinfante-Canada</b> <i>An Ancient Science in a Clinical World</i></p>	 <p><b>Dr. Antonio Jimenez—San Ysidro CA</b> <i>Principles to Cancer Therapy and Its Correlation in Iridology/Sclerology</i> <i>Common Iris and Sclera signs in Prostate and Breast Cancer Patients: A 10 patient Study</i></p>	 <p><b>Dr. Ta-En Lo—</b> <i>Chaiyi City, Taiwan</i></p>
 <p><b>Jackie Latimer-Canada</b> <i>Face Analysis—We Reveal What We Feel</i></p>	 <p><b>Christos Miliankos—Australia</b> <i>The Iris Through the Generations</i></p>	

**Don't miss this Iridology educational opportunity!**



**Hilton Garden Inn Las Vegas**  
7830 S. Las Vegas Blvd.  
Las Vegas, NV 89123  
Phone: 702-453-7830



**When the Eyes of the World meet Iridology!**

## Eight Gifts That Don't Cost a Cent

This is the time of the year when people all around the world pause to focus on sharing thoughts, foods and celebrations with family and friends. I hope these thoughts, which were taken from the California Parenting Institute newsletter, winter 1998, add to your family's time together now and into the future.

1. **The Gift of Affection**- Be generous with appropriate hugs, kisses, pats on the back and handholds. Let these small actions demonstrate the love you have for family and friends.
  2. **The Gift of Cheerful Disposition**- The easiest way to feel good is to make others feel good.
  3. **The Gift of a Compliment**- A simple and sincere, "You look good in red", or "That was a wonderful meal!" can make someone's day.
  4. **The Gift of a Favor**- Every day go out of your way to do something kind for someone.
  5. **The Gift of Laughter**- Clip cartoons and share great articles and funny stories. Your gift will say, "I love to laugh with you".
  6. **The Gift of Listening**- You must really listen. No interrupting, no daydreaming, no planning your response. Just listening!
  7. **The Gift of Solitude**- There are times when we want nothing better than to be left alone. Be sensitive to those times and give the gift of solitude to others.
  8. **The Gift of a Written Note**- It can be a simple "I love you", or a full sonnet. A brief hand written note may be remembered for a lifetime and may even change a life.
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## GMO Foods Could Seriously Damage Your Personal Health

Submitted by Vicki Van Vynckt

E-mail: [vynckt@gmail.com](mailto:vynckt@gmail.com), Iridology website: [www.iridologyforhealth.com](http://www.iridologyforhealth.com)



This fellow Dr Mercola is interviewing is an agriculture expert. He is the first person I have ever listened to who really understands the exact process of how the GMO foods affect human, animal, and plant life. The glyphosate weed killer in Roundup is getting into the plants, the soil, and from there into the animals and humans who eat the food. The glyphosate is a mineral chelator, and makes it so that the plants cannot absorb many essential minerals which are needed by plants, animals, and humans. This fellow also explains that glyphosate is killing the soil organisms which help the plants absorb these minerals, which makes the plants even more deficient in essential nutrients. One very serious result of this process is that a lot of the beneficial organisms in plants and animals which keep pathogens down to low levels are being killed, so that various plant and animal diseases which were under control are now no longer under control. This is also true for many human diseases, as when people eat GMO foods they kill many varieties of our gut bacteria, which eliminates the disease resistance that we have to many other natural bacteria which are normally controlled by other friendly bacteria in our gut. Animals are having up to 70% reproductive failure due to being fed GMO alfalfa, soy, and corn. This fellow says that there is a good possibility that we will not be able to replace our animals and the whole system will fail. There are many other huge possibilities for harm, and it is possible that our entire agricultural system will fail. There is a huge drop in human fertility now which has been documented, and it looks like there is some strange new organism that is not a virus or bacteria which is causing this drop of fertility. This all appears to be due to the glyphosate weed killer being applied to the GMO crops for weed control.

[http://articles.mercola.com/sites/articles/archive/2011/12/13/gmo-crops-destroying-food-system.aspx?e\\_cid=20111213\\_DNL\\_art\\_1](http://articles.mercola.com/sites/articles/archive/2011/12/13/gmo-crops-destroying-food-system.aspx?e_cid=20111213_DNL_art_1)

I am going to listen to this several more times, as this is very important indeed. This is very scary, and GMO foods could well cause the entire biological cycle on this planet to totally fail. The agricultural system is a huge cycle of interdependent processes which are very complex. This fellow tells how the scientists have been informing the government, but there is a huge government suppression of all research into the problems caused by GMO foods. Obviously this is all being caused by the lobbyists who are influencing the whole regulatory process to avoid looking at the problems caused by GMO foods. The big problem we have is that all of our government scientific regulatory bodies are being controlled by money from Monsanto and the other huge corporations who are doing this stuff. This fellow explains how all research into the problems caused by GMO foods are being forbidden by various legislation and government rules. It is clear to me that this is all being caused by the GMO corporations influencing the legislative process by buying the favors of congressmen and senators. This whole business of wanting to deregulate everything, and let businesses do whatever they want to make a profit without careful consideration of long term biological effects, could very well kill the planet by allowing things to be done which have long term effects which cannot be undone once they are done.

## Take a Minute

Submitted by: Leigh Vecchio



A successful business man was growing old and knew it was time to choose a successor to take over the business. Instead of choosing one of his Directors or his children, he decided to do something different. He called all the young executives in his company together. He said, "It is time for me to step down and choose the next CEO. I have decided to choose one of you." The young executives were shocked, but the boss continued. "I am going to give each one of you a SEED today - one very special SEED. I want you to plant the seed, water it, and come back here one year from today with what you have grown from the seed I have given you. I will then judge the plants that you bring, and the one I choose will be the next CEO." One man, named Jim, was there that day and he, like the others,

received a seed. He went home and excitedly told his wife the story. She helped him get a pot, soil and compost and he planted the seed. Everyday, he would water it and watch to see if it had grown. After about three weeks, some of the other executives began to talk about their seeds and the plants that were beginning to grow. Jim kept checking his seed, but nothing ever grew. Three weeks, four weeks, five weeks went by, still nothing. By now, others were talking about their plants, but Jim didn't have a plant and he felt like a failure. Six months went by -- still nothing in Jim's pot. He just knew he had killed his seed. Everyone else had trees and tall plants, but he had nothing. Jim didn't say anything to his colleagues, however, he just kept watering and fertilizing the soil - He so wanted the seed to grow. A year finally went by and all the young executives of the company brought their plants to the CEO for inspection.

Jim told his wife that he wasn't going to take an empty pot. But she asked him to be honest about what happened. Jim felt sick to his stomach, it was going to be the most embarrassing moment of his life, but he knew his wife was right. He took his empty pot to the board room. When Jim arrived, he was amazed at the variety of plants grown by the other executives. They were beautiful - in all shapes and sizes. Jim put his empty pot on the floor and many of his colleagues laughed, a few felt sorry for him!

When the CEO arrived, he surveyed the room and greeted his young executives. Jim just tried to hide in the back. "My, what great plants, trees and flowers you have grown," said the CEO. "Today one of you will be appointed the next CEO!" All of a sudden, the CEO spotted Jim at the back of the room with his empty pot. He ordered the Financial Director to bring him to the front. Jim was terrified. He thought, "The CEO knows I'm a failure! Maybe he will have me fired!" When Jim got to the front, the CEO asked him what had happened to his seed. Jim told him the story. The CEO asked everyone to sit down except Jim. He looked at Jim, and then announced to the young executives, "Behold your next Chief Executive Officer! His name is Jim!" Jim couldn't believe it. Jim couldn't even grow his seed. "How could he be the new CEO?" the others said. Then the CEO said, "One year ago today, I gave everyone in this room a seed. I told you to take the seed, plant it, water it, and bring it back to me today. But I gave you all boiled seeds; they were dead - it was not possible for them to grow. All of you, except Jim, have brought me trees and plants and flowers. When you found that the seed would not grow, you substituted another seed for the one I gave you. Jim was the only one with the courage and honesty to bring me a pot with my seed in it. Therefore, he is the one who will be the new Chief Executive Officer!"

- If you plant honesty, you will reap trust
- If you plant goodness, you will reap friends
- If you plant humility, you will reap greatness
- If you plant perseverance, you will reap contentment
- If you plant consideration, you will reap perspective
- If you plant hard work, you will reap success
- If you plant forgiveness, you will reap reconciliation

So, be careful what you plant now; it will determine what you will reap later. Think about this for a minute.

- If I happened to show up on your door step crying, would you care?
- If I called you and asked you to pick me up because something happened, would you come?
- If I had one day left to live my life, would you be part of that last day?
- If I needed a shoulder to cry on, would you give me yours?
- This is a test to see who your real friends are or if you are just someone to talk to you when they are bored.

### **Do you know what the relationship is between your two eyes?**

They blink together, they move together, they cry together, they see things together, and they sleep together, but they never see each other. That's what friendship is. Your aspiration is your motivation, your motivation is your belief, your belief is your peace, your peace is your target, your target is heaven, and life is like hard core torture without it! It's 'World Best Friends Week'. Who is your best friend?

## Herb Talk



By: Valerie Greguire, **Natural Health Counselor/Educator/Certified Herbalist**  
Consultations, Classes & Seminars, Product Information & Guidance  
864-877-6611 Home/Office Business Hours: Monday-Friday 10 - 5 By Appointment  
[www.MyAnswers4Health.com](http://www.MyAnswers4Health.com)

*Greetings everyone, it's been a very busy year for me. I have had many new clients whom I have really enjoyed getting to know and help improve their health. In addition I have been studying many new areas such as sound healing, Qi Gong, and breathing exercises for healing. Each of these areas has opened up new and exciting information for me to use and share with my clients in order to help them improve their health. The downside of this busy year has been that I have not had the time to write my newsletters like I have in the past. In an attempt to bridge this gap, I have decided to try a new format called Herb Talk, in which I share with you information on several different herbal formulas that I have come to love and use frequently with my clients. It is my hope that by sharing this information with you, your knowledge and confidence will grow so you can reach out and share this information with others. Together we can help more people find natural ways to improve their health. I look forward to your feedback on this new newsletter format.*

**How Herbs Work** - Herbs are plants and they are considered foods. Herbs contain vitamins, minerals and other nutritional substances that can be used by the body for maintenance and repair. Herbs have special properties which makes them very helpful for healing the body.

### Basic properties all herbs have:

- **Herbs supply nutrients** – in an easy to absorb form / naturally balanced/ free of chemicals.
- **They have an affinity to an organ or system.** Meaning that the herbs energy and nutrients have an attraction for a particular part of the body and will most help that area of the body. Example: the herb hawthorn has a special attraction to the heart and contains the correct nutrients to nourish the heart tissue.
- **They have a balancing energy;** they work to balance the body's electromagnetic field, much like acupuncture. They have frequencies that help to tune different organs and systems in the body.
- **Medicinal Property** - many herbs have medical properties such as anti-inflammatory, or pain relieving properties.
- **Herbs are not drugs** - they are not used to treat or cover up a symptom, but rather, we use herbs to restore balance to the body, so that the body can in turn heal itself.

When we understand what nutrients are contained in a particular herb, what that herb does in the body, and what action the herbs have on the body, we can get really good results using them to help build, repair, and energize the body.

**Suma Combination** - This unique combination of herbs is very useful for building the immune system of someone who is under a lot of stress. Suma combination contains several herbs that are in the category of adaptogens. Adaptogenic herbs enhance the body's resistance to stress and fatigue, increase immunity and enhance your sense of well being. This particular formula also contains ginkgo and gotu kola, two herbs which help to improve circulation through the body and the brain and improve memory.

### Key Points:

- Increases physical and mental stamina and performance
- Reduce the incidence of infection or illness
- Helps reduce nervous tension and enhance moods

Typical dose while under high stress: 2-3 capsules twice daily. **Stock # 1088-5**

**Female Comfort** – is a female corrective formula for improving glandular function and normalizing hormonal imbalances. This formula also includes herbs to relieve nervous tension and muscle tightness that results in menstrual pain, cramping and emotional distress. This is a wonderful formula for balancing the menstrual cycle back to normal rhythm, either cycles that are too often, or those that are not coming on time.

### Key Points:

- Helps to bring the menstrual cycle back to a normal rhythm of 28 days
- Reduces PMS
- Reduces cramping and pain associated with the menstrual cycle

Typical dose: 3 capsules twice daily for the first month, 2 twice daily the second month and then reduce to a maintenance dose that works best for you. **Stock # 882-2**

**This next formula**, although not specifically and herb formula shows how herbs can be combined with nutritional substances. The added herbs work synergistically with the nutritional supplement to enhance its affect or help it target a particular organ or system:

**GABA** - As Stress builds up, the body puts out chemicals that help to balance your emotions so that you can better deal with the stress. **GABA** is one of the first ones that comes to your rescue. GABA is a neurotransmitter (brain chemical) that calms excessive brain activity and promotes a state of greater relaxation and peace. When stress is excessive, your body quickly depletes the needed ingredients to make this chemical. The resulting low GABA levels will cause you to feel irritable, easily angered, and short tempered. Your mind tends to run from one thought to the next and doesn't want to turn off. GABA offers a natural way to relax the body and quiet the mind before bedtime or during a stressful day. If you take antidepressant drugs like Prozac you should not take GABA without consulting with your doctor first. GABA does help increase serotonin levels which could make your medication too strong. This unique formula also includes:

- **glutamine** and **taurine**, amino acids that play roles in brain function.
- **spirulina** a blue-green algae known for its abundance of nutrients.
- **passion flower**, an herb long used to help maintain balance in this system and relieve stress.

**Note:** The herb **Kava Kava** has similar relaxing properties as GABA and would be a safe alternative if you are on anti-depressant drugs.

**Key Points:**

- Calms excessive brain activity so you can focus better or quiet your mind for sleep
- Reduces anxious thoughts
- Improves a sense of tranquility and calmness

Typical dose: 1-2 capsules in the morning and/or before bed. **Stock # 1823-6** Gaba Plus, 60 ct.

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### Recipe of the Month – Tarragon Pumpkin Soup

By: Brenda Generali and Pumpkin Cookbook by Stovel

I made this soup with the pumpkins we grew in our garden this summer. It is delicious!

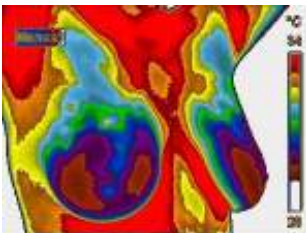
**Ingredients:**

- 1 tablespoon olive oil or smart balance
  - 1 large onion, chopped
  - 2-3 lbs fresh pumpkin, seeds and fibers removed, peeled, and coarsely chopped (6 cups)
  - 3 cloves garlic, peeled
  - 1 tsp salt
  - 6 cups vegetable or chicken broth
  - 1 tsp freshly ground black pepper
  - 1 tsp dried tarragon
  - ½ cup low fat sour cream or nonfat yogurt (optional)
1. Heat the oil or smart balance in a large heavy-bottomed saucepan over medium heat. Add the onion and cook for 5 minutes, or until soft and lightly browned.
  2. Add the pumpkin, garlic, and salt and cook for several minutes, until the pumpkin begins to brown. Pour in the broth and bring to a boil over medium-high heat. Simmer, partially covered, for 20 to 25 minutes, until the pumpkin is tender.
  3. Use an immersion blender or a standing blender to puree the soup into a thick and creamy mix. If too thick, add a little more broth. Just before serving, stir in a few grinds of pepper and the tarragon. Serve with a dollop of the sour cream on each bowl of steaming soup, if desired.

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### Digital Infrared Imaging E-mail

Please contact Shelley Lesar directly if you are interested in breast thermography: *"I have received your newsletter for quite some time and happen to own a wellness center in Roseville. Iridology is something I have had done myself many times and if my iridologist had not moved to Mexico I would still be doing it. I am very impressed with how you are able to work with women's breast tissue and help them to bring it back into a normal range.*



*I have noticed in your newsletters that women are writing they are having mammograms. This is a great concern because of the radiation it exposes women to and we know that mammograms can actually cause cancer now.*

*We offer digital infrared imaging, also known as breast thermography to screen for cancer. The name of our center is Integrative Wellness Center. If this is something you would be interested in knowing more about please feel free to contact our center at 916-784-9355. Our mission is to spread the word and work in a preventive way with women. Your work coupled with this screening can save women's lives."*

Shelley Lesar, Director, Integrative Wellness Center, "Natural Choices for Your Health"  
151 N Sunrise Ave #815, Roseville, CA 95661, 916-784-9355, <http://www.iwcwellness.com>

## **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:

CADI WV5533 Handheld Digital Iriscope, 8.0 Megapixel: <http://www.joyfullivingservices.com/cadi8megapixel.pdf>

EyePIX Handheld Iridology Camera, 10.0 Megapixel: <http://www.joyfullivingservices.com/handouts/eyePIX.pdf>

SD8004 Super Digital 18.1 MP Iridology Camera: <http://www.joyfullivingservices.com/handouts/sd8004digitaliridologycamera.pdf>

Iridology Station 5.1 Software: <http://www.joyfullivingservices.com/iridologystation5.1.html>

New Iridology Cameras: <http://www.joyfullivingservices.com/iridologycameras.html>

Used Iridology Cameras: <http://www.joyfullivingservices.com/usediridologycameras.html>

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### **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.

### **JLS Certified Instructors and Distributors**

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

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### **Referrals**

Joyful Living Services offers referrals for our distributors who sell our products and courses, Certified Iridologists, Certified Herbal Counselors, Certified Health and Nutrition Counselors, Certified Anatomy & Physiology Professionals, Certified Colon Health Care Professionals, Certified Advanced Herbalism Professionals, Certified Muscle Response Testers, Chiropractors, Massage Therapists, Iridology Distributors, Nature's Sunshine Distributors, and more. Go to:

<http://www.joyfullivingservices.com/referrals.html> to find the right professional.

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### **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>

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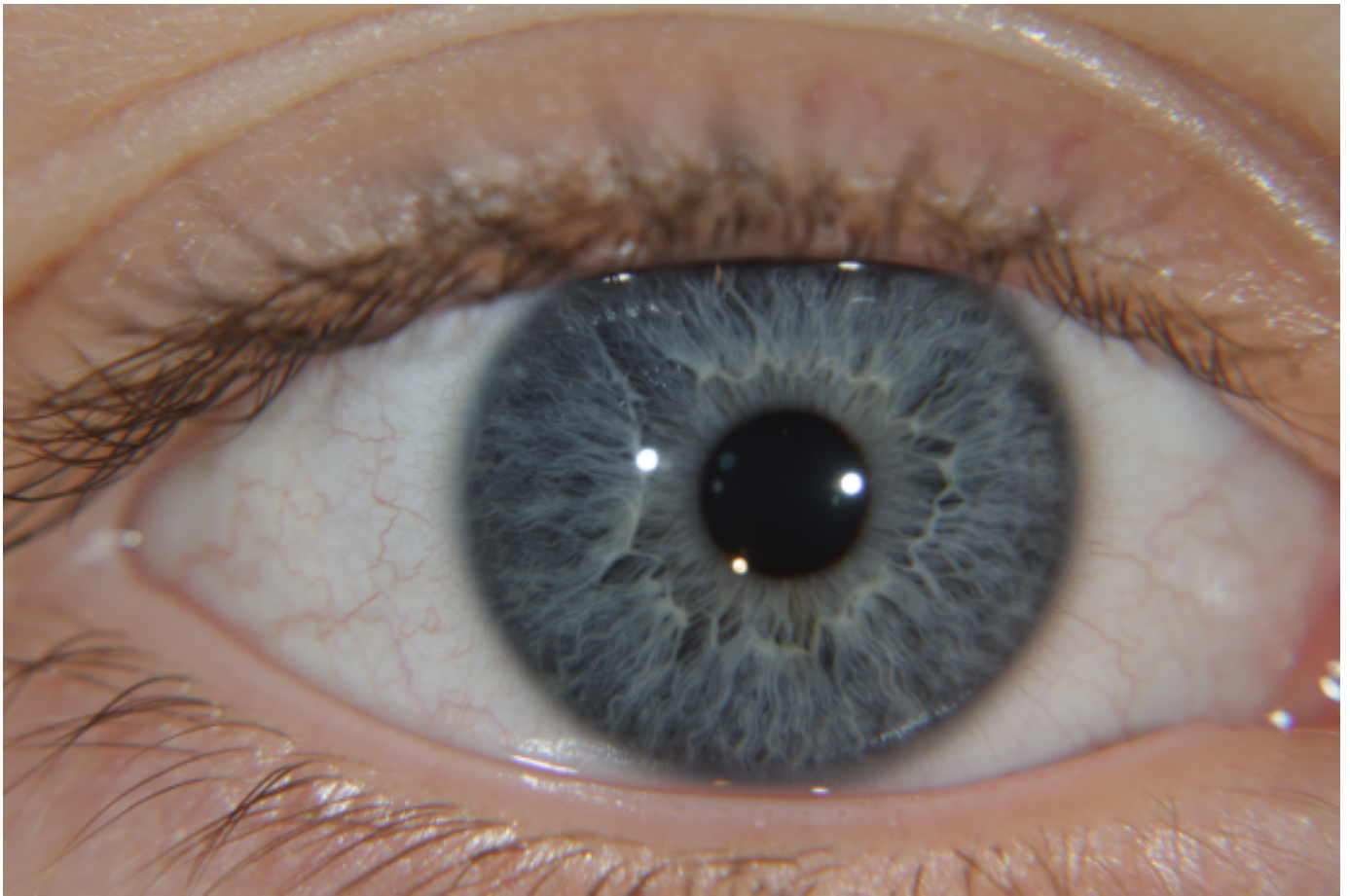
### **Monthly Specials and Catalog**

To view and download our monthly specials and updated catalog, click on the following links:

Monthly Specials: <http://www.joyfullivingservices.com/handouts/jlsspecials.pdf>

Updated Catalog: <http://www.joyfullivingservices.com/handouts/jlscatalog.pdf>

## The Study of Iridology



Since I'll be speaking about Brachial Plexus in February at the symposium, I thought I would put some thoughts in this newsletter. My son was injured at birth. The brachial plexus shows up in his right iris since it's his right arm that is affected. If you imagine a clock over the iris, look at 10:00 and you will see a very large open lacuna. This is the right shoulder area which is where he is affected.

My son was referred to Dr. James at Shriners Hospital in Sacramento by his pediatrician in Auburn. We are very fortunate that Joshua was referred to Dr. James. Dr. James examined and diagnosed Joshua and gave us home physical therapy treatments with every diaper change. You can imagine that our days were filled with feeding, burping, changing, and physical therapy. It was amazing how many times I had to change his diaper and how many exercises we did with Joshua. We are happy to say that the physical therapy helped tremendously and he has most of the use of his right arm and shoulder. He is able to play all sports and compensates when necessary. Swimming seems to be one of the best sports for his shoulder. **The picture on the right is Joshua during the summer of 2011 in his baseball uniform. You can see that he has normal use of his right arm. He's now 8-1/2 years old. He loves baseball!!**



Here is some information from Shriners Hospital:

### **Brachial Plexus Palsy**

Brachial plexus palsy is a condition affecting the movement and sensation of the arm and hand. The brachial plexus is a group of nerves located between the neck and shoulders that control muscle function in the chest, arms, hands and shoulder. Brachial plexus palsy occurs when the arm, hand or shoulder is weakened or paralyzed due to an injury to the brachial plexus caused by compression or stretching of these nerves. Brachial plexus palsy occurs during the childbirth process; the newborn's nerves can be stretched, compressed or torn from the force exerted to pull them from the birth canal.

There are four types of injuries associated with brachial plexus palsy:

1. **Neurapraxia** – This stretch injury shocks the nerve but does not tear it. This is the most common form of the condition and these injuries usually heal on their own within three months.
2. **Neuroma** – Neuroma is a stretch injury that damages nerve fibers, resulting in scar tissue. The scar tissue then presses on healthy nerves or interferes with nerve function.
3. **Rupture** – A rupture occurs when the nerve is torn.
4. **Avulsion** – Occurs when the nerve roots are torn from the spinal cord. This is the most serious type of injury.

### **Symptoms of Brachial Plexus Palsy**

The symptoms of brachial plexus palsy are Loss of feeling in one or both arms, Partial or total paralysis of the arm, Weakness in one or both arms.

### **Diagnosing Brachial Plexus Palsy**

Your child's doctor can diagnose brachial plexus palsy through a physical examination that can determine if there is any weakness in the arm or upper extremities. To ensure the correct diagnosis your child may undergo further testing:

- **X-ray** – This will reveal if there are any damage to the bones or joints of the neck and shoulder.
- **Electromyogram or Nerve Conduction Study** – Tests can determine the presence of nerve signals in the upper arm muscles.

### **Treatments offered for Brachial Plexus Palsy**

Treatments offered by Shriners Hospitals for Children® vary and depend upon the severity of the tear and nerve damage. Treatments include:

- **Occupational and Physical Therapy Routines** – Both you and your child will work with therapists to learn exercises and stretching to improve range of motion. These exercises and stretching techniques are important to keep the joints and muscles moving as much as possible. These exercises can also be done on a routine basis at home to help prevent your child's joints and muscles from becoming permanently stiff.

### **Surgical Treatment**

- **Microsurgery** – If there is no marked improvement in your newborn, between three and six months of age microsurgery – operating on small nerves with a surgical microscope – may be needed.
- **Tendon Transfer** – Tendons, the connective tissue between the muscle and bone, may need to be detached from its normal attachment and reattached in a different area. This reattachment process improves shoulder and wrist motion, along with elbow position and hand grip.
- **Osteotomy** – This is a surgical procedure where your child's bones are cut and either shortened, lengthened or realigned to improve upper extremity function.

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### **Shriners Hospitals for Children**

Shriners Hospitals for Children® — Northern California is an 80-bed orthopaedic, burn and spinal cord injury rehabilitation hospital. Our family-centered approach to care is designed to support the whole family during the acute and reconstructive phases of a child's injury. Located in Sacramento, our hospital treats children from all over the country and around the world, and has unique relationships with some of the top hospitals and universities in the world.



### **Mission**

Shriners Hospitals for Children has a mission to:

- Provide the highest quality care to children with neuromusculoskeletal conditions, burn injuries and other special healthcare needs within a compassionate, family-centered and collaborative care environment.
- Provide for the education of physicians and other healthcare professionals.
- Conduct research to discover new knowledge that improves the quality of care and life of children and families.
- This mission is carried out without regard to race, color, creed, sex or sect, disability, national origin or ability of a patient or family to pay.

### **Orthopaedics**

Since the founding of our first hospital in 1922, treating orthopaedic conditions has been the foundation of Shriners Hospitals for Children®. The diseases and disorders we treat are wide-ranging and diverse. Whether we are treating bone deformities like clubfoot, neuromuscular conditions like cerebral palsy or genetic anomalies like achondroplasia, our goal is to help each child become as functional and healthy as possible. With the largest full-time staff of pediatric orthopaedic surgeons in the United States, as well as a comprehensive team of physical, occupational, speech and other therapists, we are able to treat each child with a customized approach based on their overall health and medical conditions. For more information about a particular condition contact your local Shriners Hospitals for Children directly or call 800-237-5055 in the U.S. or 800-361-7256 in Canada.



# IIPA

International Iridology Practitioners Association

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Fax: (205) 226-3525  
[www.iridologynassn.org](http://www.iridologynassn.org)

## 7th Annual IIPA Symposium

February 24-26, 2012



7830 South Las Vegas Blvd.  
Las Vegas, NV 89123

### IIPA Member:

Before: November 1, 2011—\$199

After: November 1, 2011—\$249

After: January 1, 2012—\$349

### Non-Member:

Before: November 1, 2011—\$350

After: November 1, 2011—\$400

After: January 1, 2012—\$450



### IIPA Symposium Participant

(PLEASE PRINT CLEARLY)

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

### Payment:

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## Suma (Combination) Stock #1088-5 (100 capsules)

Suma Combination is an herbal formula designed to nourish, strengthen, and protect the body, improving overall vitality and well-being. Suma Combination provides an impressive blend of herbs that have been shown to enhance the body's resistance to stress and fatigue, increase immunity, and help relieve anxiety and depression. Suma Combination contains:

**Echinacea** (*Echinacea purpurea*) has been clinically proven to be an effective and extremely safe remedy for increasing immune system function. Clinical studies support the use of echinacea for preventing and treating colds, flu and upper respiratory infections, as well as increasing general immune system function. A recent meta-analysis evaluated the effect of echinacea on the incidence and duration of the common cold and found that echinacea reduces the odds of developing the common cold by 58% and the duration of a cold by 1.4 days. According to findings published in 2008, there are currently no verifiable reports of drug-herb interactions with echinacea.<sup>1-8</sup>

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**Suma** (*Pfafia paniculata*), which is often referred to as "Brazilian ginseng," has been used as an herbal tonic for improving overall health and vitality. Suma appears to enhance the body's resistance to stress and fatigue and provides mild anti-inflammatory and analgesic (pain-relieving) activity. Suma may also help rejuvenate and restore healthy glandular and nervous system functions, acting as both a nervine and sedative. Suma has been used to treat a variety of health problems, including anxiety, chronic fatigue, menstrual and menopausal symptoms, and immune-related health problems. Although suma's effectiveness is primarily based on its history as a folk remedy, preliminary in vitro studies indicate that suma may have potential benefit in the treatment of cancer.<sup>9-14</sup>

**Astragalus** (*Astragalus membranaceus*) is an important adaptogenic Chinese herb that has been prescribed for centuries for general debility and chronic illnesses, as well as to increase the body's overall vitality and to build stamina. Scientific studies have found astragalus acts as an adaptogen, antioxidant, cardiogenic (heart tonic), diuretic, immunostimulant and tonic. Astragalus also controls excessive perspiration, lowers blood pressure and blood sugar levels, improves circulation and strengthens digestive function. Research has confirmed that astragalus provides numerous potential therapeutic applications in immunodeficiency syndromes and as an adjunct cancer treatment. There is also evidence that astragalus offers therapeutic benefit for the treatment of cardiovascular disease, due to its adaptogenic effect on the heart and kidneys. Astragalus appears to be most effective when used on a long-term basis daily.<sup>3,15-21</sup>

**Eleuthero** (*Eleutherococcus senticosus*) - A number of experimental and clinical studies have confirmed eleuthero's adaptogenic properties, including anti-depressive, anti-fatigue, anti-stress and immuno-enhancing effects. Clinical data also supports the use of eleuthero as a prophylactic (preventative) and restorative tonic for enhancing mental and physical performance in cases of exhaustion and tiredness, weakness, and during convalescence—the stage of recovery following an attack of disease, a surgical operation or an injury. A review of clinical trials involving over 2,100 healthy individuals found that eleuthero root extract improved resistance to adverse physical conditions (i.e. heat, noise, work load increase, exercise, etc.), increased mental alertness and work output, and improved both the quality of work performed under stressful conditions, as well as athletic performance. Eleuthero has also been shown to normalize adrenal and thyroid function and balance blood pressure and blood sugar levels in both animal and experimental studies.<sup>2,4,22-25</sup>

**Ginkgo** (*Ginkgo biloba*) has been shown to reduce the negative influence of stress by interacting with various mechanisms involved in the stress response. For example, ginkgo has been shown to have an inhibitory action on cardiovascular and neuroendocrine responses to stress, as evidenced by a reduction in stress-induced rises in blood pressure and absence of salivary cortisol responses to stress stimuli in healthy volunteers. Ginkgo has also been shown to have beneficial effects on mood, including antidepressive and anxiolytic (ability to reduce anxiety, agitation or tension) effects. Furthermore, animal studies have confirmed that ginkgo increases stress resistance and longevity by successfully countering oxidative stress, a major determinant of life span, as well as other types of stress.<sup>26-31</sup>

**Gotu kola** (*Centella asiatica*) has been used for centuries in traditional Ayurvedic and Chinese medicine to relieve anxiety and depression. Scientific research suggests that Gotu kola may indeed provide mild tranquilizing and anxiolytic (anxiety-relieving) effects. A double-blind placebo-controlled trial of the effects of Gotu kola on fear and anxiety found that it significantly reduced the "startle" responses of participants to sudden loud noises, indicating that Gotu kola could be helpful for relieving anxiety. Another double-blind study found that Gotu kola improved mood and



## Female Comfort (formerly FC with Dong Quai) Stock #882-2 (100 capsules)

Female Comfort is a female corrective formula for enhancing glandular function and normalizing hormone imbalances. Irregularities of the menstrual cycle, pain, cramping and emotional distress are all associated with female glandular dysfunction. Female Comfort contains herbs that nourish these glands to promote healthy functioning, as well as soothe stressed nerves, relax muscle spasms, and relieve the anxiety and pain accompanying muscular and nervous tension.

Female Comfort helps relieve congestive dysmenorrhea—often connected to premenstrual tension, pelvic inflammation and water retention—and spasmodic dysmenorrhea—which typically occurs at the start of the menstrual cycle. Female Comfort has also been used to alleviate edema, frigidity, hot flashes, menopausal complaints, menstrual disorders, morning sickness, muscle cramps, and a variety of symptoms associated with PMS, including abdominal/back pain, acne outbreaks, constipation, diarrhea, emotional imbalances, fatigue, headache, irritability, mastalgia (breast tenderness), nervous tension

and water weight gain.

**Black cohosh** is widely-known for helping female reproductive problems such as amenorrhea, dysmenorrhea, menopausal symptoms such as debility, depression and hot flashes, and difficult pregnancy or childbirth. Black cohosh's estrogenic effects have been confirmed in research published in the *Journal of the American Pharmaceutical Association*. Scientists also believe black cohosh reduces levels of pituitary luteinizing hormone, which helps reduce progesterone production by the ovaries. In addition, black cohosh acts as an anti-inflammatory and mild analgesic (pain-reliever), due to the presence of salicylic acid. The tannins and acids in black cohosh enable it to be used as a diuretic and to promote perspiration to reduce fever and expel toxins, as well as enhance menstrual flow and stimulate uterine contractions. Black cohosh is a popular herbal remedy for anxiety, dysmenorrhea, fever, headache, hot flashes, hysteria, menopause and menstrual cramps.

**Blessed thistle** is commonly thought of as a feminine tonic for increasing milk production in nursing mothers and to treat painful menstruation. Blessed thistle also checks excessive bleeding. *In vitro* studies have shown an extract of blessed thistle demonstrates anti-yeast activity against *Candida albicans*, which is responsible for causing both thrush and vaginal yeast infections. Antibacterial activity against various microorganisms has also been documented. Blessed thistle stimulates digestive secretions and the production of mucosal fluids in the intestines, which helps soothe irritated tissues. In addition, blessed thistle helps reduce fever and inflammation, and acts as an antibiotic and antiseptic.

**Dong quai** has been shown to relieve stagnation in the liver and spleen, improve digestion, and treat constipation and dyspepsia, particularly among the elderly. Dong quai acts as a mild analgesic, laxative and sedative, and exhibits some antibacterial activity against vaginal infection. Dong quai is believed to promote blood flow to the female reproductive organs, thus balancing menstruation. Research shows dong quai regulates uterine contractions, both stimulating and relaxing the uterus. Furthermore, Chinese herbalists regard dong quai as an aphrodisiac, which stimulates the reproductive organs, increases the effectiveness of ovarian and testicular hormones, and enhances fertility. Dong quai is commonly used to treat anemia, bleeding disorders, dysmenorrhea, hemorrhaging, menstrual irregularities such as amenorrhea and PMS, menopausal complaints and postpartum healing.

**Ginger** has been shown to reduce inflammation by acting as a prostaglandin inhibitor, in much the same way as non-steroidal anti-inflammatories (NSAIDs) work. Studies show ginger relaxes muscle spasms and relieves pain and inflammation associated with rheumatic conditions. Studies have found ginger produces a strong stimulating effect on muscular contractions of the heart, validating ginger's use for improving overall circulation. According to Chinese medicine, ginger focuses its warming properties downward, toward the lower extremities, including the colon, kidneys, legs, ovaries, prostate and vagina. Ginger is often recommended to women with amenorrhea, menorrhagia and menstrual cramps.

**Licorice** increases the production of digestive fluids and bile, soothes mucus membranes (especially in the stomach), relieves pain and inflammation, relaxes muscle spasms, strengthens the adrenal glands, stimulates the adrenal cortex, lowers cholesterol, and acts as a mild laxative. Licorice has been shown in numerous studies to be quite effective in treating hypoglycemia, especially due to adrenal stress. Licorice contains isoflavones and phytosterols that have been found to exhibit estrogenic activity. Thus, licorice is also employed to balance menstrual flow, enhance breast-milk production, and increase sexual activity. Additionally, licorice exhibits antibacterial, antifungal, antimicrobial, antiviral and possible anticancer properties.

**Marshmallow** increases the production of mucosal fluids to soothe inflamed tissues and help heal both internal and



## GABA Plus

Stock #1823-6 (60 capsules)

GABA Plus combines various nutrients that are essential for healthy brain function. In addition, these ingredients have been shown to promote a sense of calmness and relaxation that may be helpful for those challenged by racing or anxious thoughts, chronic stress, hyperactivity, or the inability to focus and concentrate.

GABA (gamma-aminobutyric acid) is a non-essential amino acid, formed from glutamic acid, that maintains healthy brain function and helps balance brain chemistry. Called "the anxiety amino acid," GABA acts as a major inhibitory neurotransmitter to induce relaxation and produce a sense of tranquility and calmness. Neurotransmitters are responsible for the transmission of electrical signals among neurons (individual nerve cells in the brain). Forty to fifty percent of all brain synapses contain GABA, making it the most widely distributed neurotransmitter. GABA also regulates nerve cell activity throughout the central nervous system.<sup>1-4</sup>

GABA has been shown to play a crucial role in the regulation of anxiety, through neuronal and behavioral inhibition. Researchers believe that GABA influences brain function by inhibiting or slowing the activity of neurons associated with acute agitation and manic behavior. For example, continual nerve transmission of anxiety-related messages to the cortex, the decision-making center of the brain, leads to feelings of anxiety, panic, pain, or even cravings. Likewise, stimulation of the locus ceruleus, the area of the brain believed to be directly linked to panic attacks, results in fear responses such as increased blood pressure, rapid breathing and excessive perspiration. GABA's primary function is to inhibit these nerve transmissions and prevent neurons from overstimulating and exhausting the brain and nervous system.<sup>1-3</sup>

A deficiency of GABA and its inhibitory effect on the brain can generate states of anxiety in an individual, causing the person to feel that their mind is "racing" or "out of control." Since GABA receptor sites are located throughout the brain and body, a GABA deficiency can also lead to bodily symptoms of nervous stomach, restlessness and increased muscle tension and pain. In addition, lower GABA levels are often diagnosed in patients suffering from depression related to anxiety. Unfortunately, prolonged anxiety decreases GABA's ability to block incoming messages. Left unchecked, the constant bombardment of message signals overwhelms the cortex and results in irrational fear and behavior. Interestingly, researchers suspect a connection between disorders in the processing of GABA and certain neurological conditions, including Huntington's disease, Parkinson's disease, seizure disorders, and even schizophrenia.<sup>2,4,5</sup>

The use of prescription drugs such as benzodiazepines (Xanax, Prozac, Halcion, Valium, etc.) for anxiety has reached staggering proportions—in 1997, more than 80 million prescriptions were filled in the United States alone. Fortunately, GABA can be taken in much the same way as these and other tranquilizers, without the fear of addiction and side effects. GABA has been used to effectively manage anxiety, attention deficit disorder (ADD), epilepsy, hyperactivity, hypertension, and even menopausal-related anxiety and panic. GABA is also used in the treatment of addictions, Parkinson's symptoms, schizophrenia and post-traumatic stress disorder.<sup>2,5,6</sup>

Glutamine produces the neurotransmitter GABA and is the dominant amino acid in both blood and cerebrospinal fluid. Glutamine is also the only amino acid capable of crossing the blood-brain barrier. Once inside the brain, glutamine is readily converted into glutamic acid where it functions, along with glucose, as fuel for the brain, enhancing mood, mental alertness and clarity of thinking. Glutamic acid also acts as a detoxifier of ammonia buildup (a by-product of brain metabolism) in the brain. Consequently, a shortage of dietary glutamine—or glutamic acid in the brain—can lead to tremors, hallucinations, brain damage and ultimately death from excess ammonia. Even small increases in ammonia levels in the brain can result in confusion, fatigue, inability to concentrate and mood swings. Glutamine supplementation has been shown to be helpful for behavioral problems and autism in children. Glutamine is also useful for IQ improvement in mentally-deficient children and in the treatment of alcoholism, depression, epilepsy, sugar cravings, schizophrenia and senility.<sup>1,3,6</sup>

Passion flower is commonly used for its sedative properties to promote relaxation. Passion flower is also approved by the German Commission E for the treatment of nervousness. Chrysin, one of the herb's active constituents, has been shown to provide GABA/benzodiazepine receptor activity. Passion flower is also a rich source of magnesium. Passion flower is not recommended for children under two or for pregnant or nursing women.<sup>2,7,8</sup>

Spirulina is a highly nutritious blue-green algae that provides essential elements for healthy brain function: glutamic acid, which functions as fuel for the brain; magnesium, which enhances the effects of GABA, an important neurotransmitter that promotes relaxation; and vitamin B<sub>6</sub>, which enables the body to metabolize GABA properly. Spirulina has been used to help sharpen and restore normal brain function and regulate mood.<sup>7,9</sup>