

Joyful Living Services' News

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FEBRUARY 2008**VOL. 17, NO. 2**

From The Author

Happy Valentine's Day! I hope your Valentine's Day is full of love with whomever is special to you!



I'm happy to inform you that our first Iridology and Nature's Sunshine teleconference call is now available for one month starting on February 8th and ending on March 8th. To listen to the free class dial: 1(641) 715-3443 and enter pin number 658565 followed by the # sign. We hope you will enjoy the teleconference and will join us in future calls as we create them. Have a Wonderful February!
Brenda

Shop on eBay

We have an eBay store. It's located at:

<http://stores.ebay.com/Joyful-Living-Services>

Please check out our store. We have several of our courses in the store as well as our iridology camera and software. Contact us at the numbers above or at iridology@netzero.net if you have questions.

Shop Online

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

Inflammatory Breast Cancer Breast Cancer Awareness

Submitted by Jean Aragon of Your Shining Moment

I received this from a friend. I'm glad she passed it on to me, as I was unfamiliar with this type of breast cancer. Please watch this 6-minute video. It could save your life or the life of someone you know.

[YouTube - Inflammatory Breast Cancer](http://www.youtube.com/watch?v=3s9_UrVtc6c)
http://www.youtube.com/watch?v=3s9_UrVtc6c

Referrals

If you are intending to improve your health in 2008, Joyful Living Services recommends the following professional:

Leonard Mehlmauer, ND

Leonard Mehlmauer, ND is an Eyology professor and researcher at Grand Medicine in clinical practice since 1972. A trained (and recently retired) Naturopath and Holistic Practitioner, he is author of acclaimed Iridology and Sclerology books and materials. He and his life-partner, Nenita Sarmiento, jointly produced the book,

PHYSICAL IRIDOLOGY—A Textbook for Students and Teachers (English and Spanish), being hailed as a new standard textbook in the field. Their latest book, *The GREAT Liquid Diet*, addresses issues of effective treatment and cure of chronic diseases, premium health maintenance, graceful aging and longevity. Grand Medicine teaches professional courses in Iridology and Sclerology worldwide. Their Sclerology manual, "*SCLEROLOGY—A New View of an Ancient Art*", now in English, Spanish and Italian, was praised by Bernard Jensen and other top practitioners. Leonard is currently involved in a basic Eyology-Diabetes research project, edits the field periodical *Eyology Journal*, and has authored official documents proposing Iridology and Sclerology standards for the Philippine government and as a worldwide model. Upcoming: a book and course in *IRIS-2, Personality Iridology*.
gm@grandmedicine.com; 207-896-3348 www.eyology.com



Unwanted Catalogs and Junk Mail

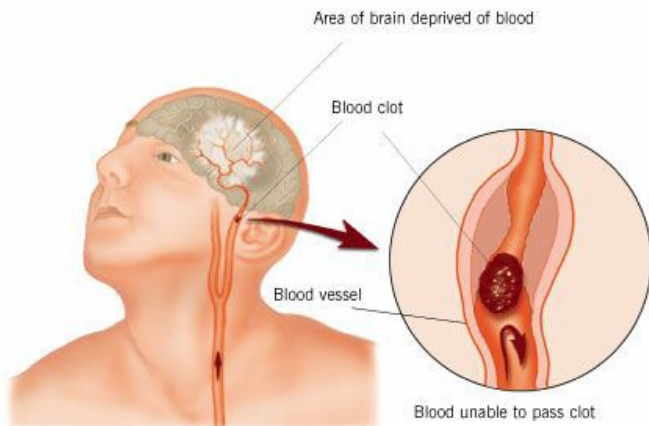
You know all those tree-burning junk catalogs you get in your mailbox every day? Well there's a web site you can go to now and unsubscribe from them. I've been doing that and have been very happy that I'm not getting as many catalogs in the mail. The site is: <http://www.catalogchoice.org/>

Also, you know all the credit card offers that you get that you don't want and all the other garbage offers you get in the mail that you don't want? Well someone told me how to stop getting them. Open the envelope and find the self-addressed envelope and reply paper that you are supposed to mail back to the company with a "yes" on it or whatever you are supposed to fill out. Write one there "Please remove me from your mailing list" and put it in their envelope and mail it back to them. Since you are using their money to send this back to them they will remove you right away. It works!!

STROKE: Remember The 1st Three Letters.... S.T.R.

Submitted by Salvatore Messina, HD

If everyone can remember something this simple, we could save some folks.



STROKE IDENTIFICATION

During a BBQ, a lady stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics)she said she had just tripped over a brick because of her new shoes.

They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening.

Ingrid's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00 pm Ingrid passed away.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Ingrid would be with us today. Some don't die.... they end up in a helpless, hopeless condition instead.

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke... totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

- S - Ask the individual to SMILE.
- T - Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently) (i.e. It is sunny out today)
- R - Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call 911 immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke ----- Stick out Your Tongue

Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

Nature's Sunshine Featured Products

MEGA-CHEL

Benefits:

- Provides a powerhouse of nutritional support for the circulatory system.
- Contains generous amounts of 11 essential vitamins and 10 needed minerals.
- Promotes healthy circulation through maintaining circulatory passageways.
- Neutralizes free radicals.
- Balances the glandular system.



Mega-Chel® [Circulatory] is a key product for the circulatory system. It contains a large array of nutrients to support the entire circulatory system. Four Tablets provide the following:

Supplement Facts		
Serving Size 4 Tablets		
Servings per Container: 45		
Amount Per 4 Tablets	% Daily Value	
Vitamin A (beta-carotene contains soy, palmitate)	13,333 IU	266%
Vitamin C (ascorbic acid)	1,333 mg	2,220%
Vitamin D	216 IU	53%
Vitamin E (d-alpha tocopherol, contains soy)	133 IU	446%
Vitamin B ₁ (thiamine)	66 mg	4,446%
Vitamin B ₂ (riboflavin)	16 mg	980%
Niacin	33 mg	166%
Vitamin B ₆ (pyridoxine HCl)	50 mg	2,500%
Folic Acid	133 mcg	33%
Vitamin B ₁₂ (cyanocobalamin)	83 mcg	1,386%
Biotin	33 mcg	10%
Pantothenic Acid (d-calcium pantothenate)	166 mg	1,666%
Calcium (amino acid chelate, di-calcium phosphate, d-calcium pantothenate)	133 mg	13%
Iron (ferrous fumarate)	3.3 mg	20%
Phosphorus (di-calcium phosphate)	96 mg	10%
Iodine (potassium iodide)	42 mcg	26%
Magnesium (amino acid chelate, magnesium oxide)	133 mg	33%
Zinc (gluconate, oxide)	10 mg	66%
Selenium (amino acid chelate)	83 mcg	120%
Copper (copper gluconate)	83 mcg	4%
Manganese (amino acid chelate)	1.6 mg	83%
Chromium (amino acid chelate)	66 mcg	53%
Potassium (gluconate)	133 mg	*
p-Aminobenzoic Acid (PABA)	83 mg	*
Inositol	13 mg	*
Coenzyme Q ₁₀	3.3 mg	*
L-Cysteine HCl	250 mg	*
L-Methionine	58 mg	*
*Daily Value not established		

The formula also contains citrus bioflavonoids, rutin, adrenal substance, spleen substance, thymus substance, cod liver oil, ginkgo leaf (Ginkgo biloba) and hawthorn berries. Each tablet is yeast-free and contains natural forms of the above ingredients for increased assimilation.

CAUTION: If pregnant or planning pregnancy, daily vitamin A intake should not exceed 5,000 IU. Quantities in excess of

10,000 IU may result in reproductive hazards or birth defects. Beta-carotene as a natural source of vitamin A poses no such risk. Close lid tightly and keep out of reach of children.

Adults: Begin by taking 1 tablet twice daily for a week. Then take 2 tablets twice daily for the second week. Gradually increase to 4 tablets with a meal twice daily. Maintain this level for three to four months. Then gradually taper off in a similar manner. Stock No. is 4050-6. Order online at: <http://www.mynsp.com/generali/index.aspx> or call us at one of the numbers on the first page of this newsletter.

BLOOD PRESSUREX (60) (IMPROVED)



Benefits:

- Provides potent antioxidant properties.
- Supports and maintains blood vessels
- Encourages optimal blood flow.
- Promotes blood flow in the peripheral arteries.

Helps maintain normal blood viscosity.

Blood Pressurex [Circulatory]. Blood Pressurex is a blend of essential and natural ingredients that may help the body maintain blood pressure levels already within the normal range. The main ingredients of this formula are the powerful herbs *Coleus forskohlii*, olive leaf extract, hawthorn berries extract and golden rod; the amino acid arginine; and the potent antioxidants vitamin E and grape seed extract.

Potent grape seed extract contains an array of bioflavonoids, antioxidants and polyphenols, including resveratrol. Studies show that grape seed extract may support blood pressure and may contribute to overall cardiovascular health.

All of these ingredients combine to help protect blood vessels, promote blood flow in the peripheral arteries and inhibit cell damage. All of these benefits are made possible due to their potent antioxidant properties.

CAUTION: Consult your health care provider before using this product if you are currently taking prescription medication(s) for high blood pressure or if your blood pressure is above normal (diastolic reading above 90). Do not discontinue use of your prescription medication(s) without your doctor's approval.

Adults: Take 1 capsule with a meal three times daily. Stock number is 554-8. Order online at: <http://www.mynsp.com/generali/index.aspx> or call us at one of the numbers on the first page of this newsletter.

Matters of the Heart

By: Ellen Tart-Jensen, Ph.D., D.Sc.

This month, I'd like to write about **Matters of the Heart**. February is often thought of as the month of love. Valentine's Day is the day when many stop to honor those they love with cards, flowers, or candies. When I was a child in school, we decorated shoe boxes with colorful red, pink, and white paper and pasted hearts on them. A slit was cut carefully in the top to allow classmates to drop valentine cards in them. On Valentine's Day we had a party and opened our boxes. What fun it was to see all of the cards that my friends had carefully designed, written notes on, and dropped into my box. It also pleased me to see how joyful my friends were to receive the cards I had made for them.



But why is the heart so celebrated on the day marked for love? The physical heart is a pump and is one of our most vital organs. Without it, life would cease. Have you ever noticed that the heart area is also where we actually feel feelings of love or sadness? People often speak of having a "broken heart"

when a boyfriend, girlfriend, husband, or wife leaves them or passes away. In my reading, I found that Hahnemann, a fifteenth century homeopath postulated that there was a fifth chamber to the heart where he believed the soul was housed. Scientists today are discovering more and more the role the heart plays in our feeling world, and how much our emotions and feelings effect the heart. Because of the importance of our heart to health, life and feelings of love, we need to cherish it and learn all we can about this incredible treasure we carry within our bodies.

Location and Function of the Heart



The heart is a muscular pump that lies in the center of the chest between the lungs. The heart is about the size of a fist and weighs less than a pound. It is made predominately of a special type of muscle tissue called myocardium. The myocardium needs nutrients and oxygen in order to contract automatically and rhythmically. The heart is a very busy pump linked by 100,000 miles of pipeline. It beats 70 times each minute and pumps

five quarts of blood through its chambers every 60 seconds. By the end of each day, the heart has pumped more than 100,000 times! During the life of most people, the heart contacts more than 2.5 billion times. Pumping the blood through the body enables one to receive the oxygen they need for life.

Heart Disease

Heart disease is the leading cause of death for both men and women in the United States. 1.2 million people have a heart attack each year and approximately 38% of these people die. This is alarming! In order to help prevent a heart attack in ourselves as well as those we love, we should understand what can happen to the heart and practice a good nutritional program each day. Blockages can occur in the heart or arteries when they fill with plaque. When plaque fills the arteries, the heart has to pump harder and the blood pressure can rise. When the kidneys are not functioning properly and releasing fluids as they should the blood vessels contain more fluid and the blood pressure will go up. Blood clots can form in the arteries as well. When a blood clot goes to the heart, it can cause a heart attack.

Nutrition for the Heart



To help prevent blood clots and plaque, avoid processed foods, sugar, fried foods, nicotine, caffeine and alcohol. Avoid margarine. Chemicals that harden margarine can harden the arteries. Cook only with olive oil and eat only oils that have been cold pressed. Include flax oil in your nutritional program and eat lots of green leafy vegetables. Eat foods that are high in potassium such as potato peeling broth, apples, bananas, and green leafy vegetables. Eat lots of salads. Add cayenne pepper to season your foods. Cayenne is excellent for cleansing the arteries and improving circulation. In fact, if a person you know is having severe chest pain, add some

cayenne pepper to a little natural hand lotion and rub it into the chest. It will open up the vessels and has been know to prevent a heart attack. Call an experienced doctor immediately.

Hawthorn berry is a wonderful herb proven over and over to strengthen the heart and improve circulation. Hawthorn berry is high in vitamin C, bioflavonoids, which build and repair connective tissue of arterial walls. It is also contains potassium, calcium, magnesium, zinc, and B vitamins, which help regulate heart beat. Hawthorn helps to lower cholesterol and lower high blood pressure as well. I like to recommend organic hawthorn extract, which is a highly absorbable liquid form of hawthorn. Vitamin E is also very nourishing for the heart and improves blood flow and circulation. It neutralizes the damaging, aging effects of free radicals, regulates blood pressure, strengthens arterial walls, and promotes normal blood clotting. Some studies have shown vitamin E to be more protective than aspirin in preventing heart attacks, with no harmful side effects. If you are taking blood thinners or have high blood pressure, you can take vitamin E, but consult a knowledgeable physician before proceeding. Also make sure the vitamin E is natural rather than synthetic. A natural vitamin E will say d-alpha tocopherol on the label. A synthetic vitamin E will say dl-alpha tocopherol on the label with an "l" after the "d." This type may not cost as much, but will not work as well in the body. Dr. Bernard Jensen believed in the mixed tocopherols with d-alpha, beta, gamma, and delta tocopherols, which provide the whole form of vitamin E. Drink plenty of purified water each day to keep the arteries clean and the kidneys healthy.

Exercise for the Heart



Cardio-vascular exercise is most important for keeping the heart healthy and ensuring proper blood flow throughout the body. Walk briskly in fresh air and sunshine daily swinging your arms or jump on a mini- trampoline to keep the muscles of the body

including the heart muscle strong. Aerobic exercises, swimming, jogging, riding a bicycle, and hiking are all excellent for keeping the heart fit and strong.

Healing Feelings of the Heart



Include lots of loving experiences in your life. Take time for your family and friends. Give those you love a hug each day. Do the things you enjoy. Nurture your soul. Too many get caught up in daily routines and never take time to pay

attention to what their heart desires. Sit down and make a list of what you truly love and make it a point to do some of those things! Our emotions play a huge part in heart health. Remember that anger and fear cause the heart to have to overwork. If you have sad feelings in your heart or you have been hurt by someone, consider forgiving that person. Forgiveness helps to release the pain. Write about the sadness in a journal. Writing it out will help you to let go of the sadness as well. Your heart will feel it!

So this month, let's pay attention to our hearts and the hearts of those we love. Eat heart healthy foods, take heart healthy nutrients, exercise, let go of sadness, forgive, and do some things that truly nurture you and bring you joy! Have a happy, healthy, Valentine's Day, and a great February.

Iron: The Key to Strong Blood

We received the following comments (shown in red) below from our January article on Iron. We thought it was important to print the comments for everyone to read.

Why Do Children Need Iron?

Iron is a mineral needed by everyone to keep blood strong. Iron is especially important for children because they are growing. If children do not have enough iron in their blood, they develop anemia. Anemia can cause your child to:

- Look pale, feel tired and weak; act cranky, Eat poorly, Not grow well, Get sick more easily, get infections and headaches, Have trouble learning and do poorly in school. **Before there is iron anemia an iron deficiency occurs. Children eating a healthy diet will not have this deficiency let alone anemia. A medical practitioner should be the one to establish the deficiency BEFORE any supplement is given. Too much iron can be FATAL as iron FEEDS infections and pathogens.**

In order for children to get enough iron, they need to eat foods high in iron.

Foods Very High in Iron:

- Beef, Pork, Cooked beans, Cereals with iron added (check the label), Baby cereals with iron. **Dark green leafy vegetables have high contents of organic nutrients including iron. One of the safest supplements is possibly Colloidal Minerals, organic minerals in an easy to absorb, easy to take solution. 5 mi in the morning in some water with lemon is best.**

Foods High in Iron:

- Chicken, Turkey, Canned tuna fish, shrimp, clams, Tofu, Corn or flour torillas, enriched (check the label), Rice or pasta, enriched (check the label), Spinach, chard, collards, Prune juice, Dried fruit, Peas and snow peas. **Enriched or fortified are just nice sounding names to indicate that the product it is in is totally devoid of nutrients. Be aware that the supplements are inorganic compounds, nothing healthy about this.**

Vitamin C and Iron

Eat Vitamin C foods with iron foods. Vitamin C foods help the body use iron. Here are some examples:

- Drink orange juice with breakfast cereal, Cook beans with tomatoes, Eat peanut butter crackers and orange juice for a snack. **Commercial orange juice has NO vitamin C unless it has been put in with the help of Roche (the drug company). Crackers are full of inorganic aluminum. Peanuts are highly reactive to many children.**

Foods High in Vitamin C:

- Tomato, Potato, Broccoli, Cauliflower, Cabbage, Bell pepper, Orange, Cantaloupe, Strawberry, Grapefruit. **Lemon and Lime!**

Tips to Get More Iron

- Add a little bit of meat to other foods. This helps your body use the iron in the other foods. Small amounts of meat are good for your health. Try to eat low-fat meats. **Meat may be more suited to 'O' blood type people. Many nutrients require fat to be absorbed so low fat is NOT good. When "food" is advertised to be 99% fat free, you can bet your money that the moisture and texture is the result of silicone.**

- Cook foods in cast iron skillets, pots, or pans (they are heavy and black). **Not to get more iron but to avoid the Teflon (xeno-estrogens) entering the body.**

- Soak dry beans for several hours in cold water before you cook them. Pour off the water and use new water to cook. **Beans will have absorbed the max of water within 4 hours,**

However the reason beans are soaked (overnight is preferable) is to reduce the toxins that are naturally in the beans.

For reference see: "Survival of the sickest" by Dr Sharon Moalem and below article from Victorian Uni Australia

Diagnosis and Treatment

Iron status is checked by blood test. Treatment depends on the patient's iron status and could include:

- Treatment for underlying problem – it is very important that the cause of the iron deficiency is investigated and treated appropriately.
- Iron depletion – information on iron-rich foods is given. Another blood test is taken around six months later to check the iron status.
- Iron deficiency – dietary advice is given and is closely monitored. Iron-rich foods are encouraged, while foods and drinks such as bran, tea and coffee that interfere with iron absorption are not recommended. Iron status is regularly reviewed and supplements may be prescribed.
- Iron deficiency anemia – the diet is targeted as for iron deficiency and iron supplements are prescribed. It may take six months to one year for the body to restock its iron stores. Iron status is regularly reviewed.

Don't Self-Diagnose

- Taking iron supplements when you feel tired and run down will not help unless you have actually been diagnosed with iron deficiency. There may be another cause for your symptoms. Since iron supplements are available over the counter, it can be tempting to self-diagnose but this would be a mistake for many reasons, including:
- Fatigue, paleness and breathlessness are symptomatic of many other conditions and disorders, not just iron deficiency anemia. Some of these other conditions are serious. Generally speaking, seeking treatment in the early stages of a disease offers a greater chance of recovery. You may waste valuable time if you self-medicate rather than consulting with your doctor.
- The supplements won't alleviate your symptoms if you don't have iron deficiency anemia. You're spending money unnecessarily on tablets you don't need.
- Unnecessary iron supplementation can interfere with your body's absorption of other minerals, including zinc and copper.
- The body doesn't excrete (get rid of) excess iron very well and it can build up in body tissues and organs, such as the liver and heart, when normal 'storage sites' are full. If this happens, you're in danger of overloading your body.
- Doses of iron prescribed for iron deficiency anemia in adults are associated with constipation, nausea, vomiting and diarrhea, especially if supplements are taken on an empty stomach.
- About one in 300 people have haemochromatosis, which is an inherited disorder that prompts the body to absorb more iron than normal. Excess iron damages the body's tissues and increases the risk of cancers and heart disease.

Warning!

Iron overdose is poisoning that occurs when you take an excessive amount of supplements that contain iron. Iron is toxic in large amounts and can be fatal at high doses. Children are especially at risk as they commonly mistake the red tablets for lollies. Iron supplements must be kept tightly capped and away from children's reach. If you suspect iron overdose, call your doctor or the Poisons Information Centre on 131 126 immediately or visit your local hospital emergency department.

Iron-rich foods

Iron absorption by the body can be affected by the amount and type of iron consumed, dietary factors that enhance or inhibit iron absorption and an individual's need for iron (when the body is low in iron, it absorbs a higher percentage from food). Absorption of iron from food is about 18 per cent from a typical western diet (including animal foods) and about 10 per cent from a vegetarian diet.

Soda Consumption Linked to Heart Disease...

By David Gutierrez
Submitted by Christopher Wiechert

This is a fascinating study. It doesn't matter whether you drink diet or regular soda. Participants who consumed one or more sodas daily were **48 percent** more likely to have [metabolic syndrome](#) than those who consumed less. Also, they had a 32-percent higher chance of having low HDL levels; a 31-percent higher risk of becoming obese; a 30-percent higher chance of increased waist circumference; and a 25-percent greater chance of having increased blood triglycerides or fasting hyperglycemia. This may make you think twice about consuming these for yourself or allowing your children to drink them. cw

February 4 2008

(NaturalNews) Drinking one or more carbonated beverages per day may increase your risk of developing cardiovascular disease, according to a new study published in *Circulation*, the journal of the American Heart Association.

"We were struck by the fact that it didn't matter whether it was a diet or regular soda that participants consumed," said lead author Ramachandran Vasan, of the Boston University School of Medicine.

The research was conducted as part of the ongoing Framingham Heart Study, a large-scale, multigenerational study that began in 1948 and continues today with the grandchildren of the original participants. Scientists conducted 9,000 "person observations" of middle-aged women and men over a four-year period.

Participants who consumed one or more sodas daily were 48 percent more likely to have [metabolic syndrome](#) than those who consumed less. Among those who did not begin the study with metabolic syndrome, regular [soda](#) drinkers were 44 percent more likely to develop the syndrome than those who drank less than one soda per day.

Metabolic syndrome is the name given to a series of linked symptoms that are correlated with a higher risk of cardiovascular disease. Drinking one or more [carbonated beverages](#) per day was also correlated with an increase in these symptoms: a 32-percent higher chance of having low HDL levels; a 31-percent higher risk of becoming obese; a 30-percent higher chance of increased waist circumference; and a 25-percent greater chance of having increased blood triglycerides or fasting hyperglycemia.

Additional data from questionnaires filled out by a separate group of participants showed a 50- to 60-percent higher risk of developing metabolic syndrome among regular soda drinkers.

The researchers cautioned that while their study demonstrated a clear correlation between soda drinking and metabolic syndrome, it was not set up to prove causality. However, the researchers did adjust for a variety of dietary and lifestyle

factors, including smoking and exercise, and found that the correlation remained strong.

Starting a Supplement Plan

By: Chris Ritchason
Back to Herbs <http://www.backtoherbs.net>

Every day, we read more and more about new products and health benefits that may exist as a result of trying "alternative health" supplements. With the existing depth of Nature's Sunshine products, as well as new products (and companies) now flooding the market, there may also be 2, 3, or even 4 supplements that may accomplish the goals you are striving for. This situation is confusing at best and we must remember, "Every Body is Different ". Hopefully the following steps can help make your decisions a little less cumbersome.

Before we begin defining these steps you must understand the importance of working with quality products that provide the effectiveness and specific ingredients that give your body what it needs. Nature's Sunshine has a record of consistency that consumers have come to expect and rely on. For example, when looking at the 3rd party lab results of Thai Go we again see why NSP is a leader in the industry. My neighbor came over with another product (like Thai Go that was found on the 3rd party list) but when we sat down and figured out the cost and the amount needed to equal the potency of Thai Go, she signed up as a NSP distributor and couldn't be happier.

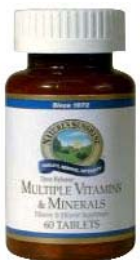
There are many reasons that someone would begin using a supplement plan and in the steps below I hope these suggestions will help you define an effective strategy to do so. Remember in today's toxic environments (air, water, electromagnetic, and farming techniques which our food is from) it's extremely hard to believe that we can get our required daily supplements from food so we will focus primarily on food supplements. That said, let's get started!

Step 1 - Set your Goals

The most important step to defining your plan is to determine what you are trying to accomplish. Here are a few questions that may help you decide your goals

- Are you interested in just maintaining your current level of health?
- Are you trying to cut the risk of a family history of illness?
- Are you dealing with a current illness that you want to get beyond?
- Are you looking for energy for sports or other activities?
- Are you interested in looking and feeling younger?

These are just some sample questions to help you formulate your goals. After you have figured out what you are looking for in a supplement regiment, now you must set a budget. We all have to remember to start slow and grow within our means. Make sure that the goals that you have set remain realistic in your ability to purchase supplements. It does not make sense to start a 6-month plan but have to abandon it after 2 months because you did not budget the purchasing of product.



Step 2 - Start with the Foundation

No matter what goal(s) you have set, you need to start with a foundation to succeed. We believe that a successful foundation consists of several key components that may help you achieve any health-related goal you are striving towards. You should start with a Multiple Vitamin - NSP has several options - Super Supplemental (with or without Iron), Time Released (Make sure you are taking an Enzyme if you have trouble with digestion), or the new Liquid

VitaWave. From here adding Vitamin E, Calcium (Skeletal Strength), and a Citrus Bioflavonoid will finish a great foundation.

Additionally, NSP has also put together a great "90 Day Challenge Program ". Please look at this as an option. It goes into a lot more detail and this program may help you reach the specific goal you have set for yourself. If the "90 Day Challenge" is not what you are looking for, and you are trying to reach a "customized" goal, let's discuss specific options and additions to help you achieve what you are trying to do.

Step 3 - Expanding the Foundation and adding individual products

After going back and reviewing your goal you can start your research with individual products. These products may possibly help reduce the risk of, or reverse a specific illness that may or may not be inherent with your family history and genetics. You also may be looking for memory enhancement, energy for sports, a heart builder, liver detoxifier, or a cholesterol reducer. For each of these cases there may be many products that may complement the task in achieving your goal, but educating yourself about your situation should be your top priority. By doing the research yourself, you will become better attuned to the specific conditions that you may be trying to treat.

So why is it so important to study first? General symptoms are just that - general. There may be several reasons that



contribute to a specific condition or illness. For example, I just got back from attending a Symposium in Houston and one of the classes showed a study on Heart disease. The instructor was pointing out possible ways of indicating other systems and organs that may play a part in heart

disease. These issues may also have to be taken into account. Factors:

- Glucose
- High levels of iron
- Low levels of testosterone
- C-Reactive Protein
- High blood pressure
- Homocysteine levels
- Depression
- Diet
- Stress
- Cholesterol - which really may not be a problem - new research being done
- Digestion

As you can see there may be many reasons that may contribute to a person's heart problems. A single solution may not be the most effective. Combining several supplements MAY be a great solution. Products that have possibly shown promise are; [Sugar Reg.](#), [DHEA - M](#) or [DHEA - F](#), [Co Q10](#), [Vitamin E](#), [HS II](#), [B-Complex](#), [SAM-e](#), [Chromium](#), [Flax Seed oil](#), [Omega 3](#), [Bioflavonoids](#), [Nattozymes](#), [RG MAX](#), [Sea Calcium](#) , [Thai Go](#), [Hawthorne](#), [Adrenal Support](#), [Blood Pressurex](#), [Enzymes](#), [CardioAssurance](#) , [Probiotic 11](#) , just to name a few. Also be sure to check to see if the supplements you would like to take are complementary to each other.

Every person's body is different and you should take that into account when doing your research. There are many factors that will have to be considered - Age, Pollution in your area, inherited body weakness, length of time with the illness, Diet, and exercise program to list a few. Tests that your licensed

practitioner can provide should always be considered too (Blood, cholesterol, C-Reactive Protein, and so on).

Please remember these Golden Rules of Health

- It takes 5-7 times the normal amount of nutrition to rebuild and repair than it does to maintain.
- Nothing heals in the human body in less than 3 months, then add one month for every year that you have been sick.
- Hering's law of cure - "All cure starts from within out, from the head down, then in reverse order as the symptoms have appeared."

Step 4 - Developing the Schedule and Sticking to It



This step seems to be even harder than picking the various products that you feel are right for you. Many people are accustomed to western medicine and expect immediate results, when in many cases this could be impossible. Remember, drugs do not work on the problem they only mask the symptom and usually have side effects. Understand that time is your friend here. Please don't get discouraged!

Now for those of us that can't seem to be able to take that large handful of supplements - that's okay. Your body may not need them all at once and dividing them up over the day may be better for you anyway. Certain supplements may be used for energy to help the body get through the day. Taking these types of supplements at night before bed may not be the best thing for you to achieve a restful night's sleep. I find that it is easiest to establish a routine. At the first of the week, I sit down and put together my supplement into plies by day, then by certain times of the day and place them into "Ziploc" bags. This helps me keep up with the schedule.

After taking my morning regimen, I bring the afternoon portion to the office to take with lunch. When I get home I then take the last portion with dinner. Supplements should always be taken with at least 8 ounces of water and with food if recommended. Remember that supplements cannot withstand heat or direct sunlight. Cool dry places will work very well, so be careful where you store them - especially probiotics - they should be kept in the refrigerator.



Step 5 - Things Always Change

Growing older, moving into a new environment, new job stress, traveling more, diet and other situations (positive or negative) may constitute change. Constantly monitoring your progress towards existing goals can give you the flexibility to progress towards consistent or increased health.

One last note:

Absorption of supplements by the body is the problem most people face. Just by remembering a digestive enzyme could be the answer to some of these problems while on your supplement plan. By following these steps and educating yourself on your situation and the supplements within your plan you can be on your way to better health.



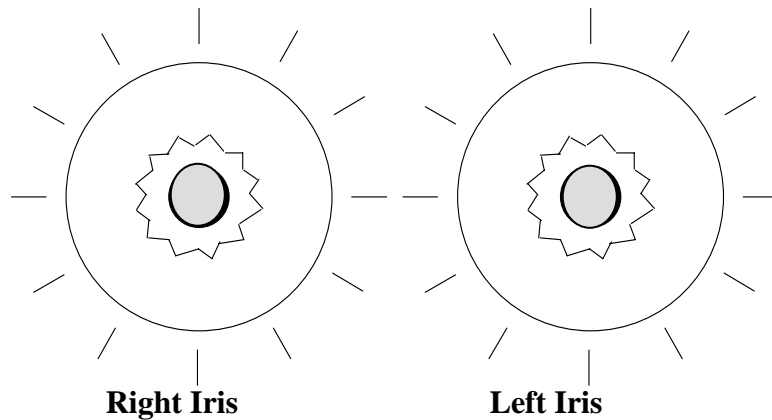
Important Notice - The information contained in the Joyful Living Services' newsletter is for educational purposes only and should not be used to diagnose or treat diseases. If you have a disease, the author suggests that you contact a health practitioner, and do not treat the disease yourself.

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 hazy and enlarged pupils. Please let us know if you have any questions about these items. The information was taken from our Intermediate Iridology course. To find out more about our courses please go to: <http://www.joyfullivingservices.com/education.html> or call us at the numbers on the front of this newsletter.

Hazy Pupil (Vision Difficulties and/or Beginnings of Cataracts)

The pupil should be a "jet black" color. If it is hazy it usually indicates difficulties with vision and/or the beginnings of cataracts. Determine if the client wears contacts or glasses. Herbs such as eyebright and bayberry are beneficial to restoring vision as are natural vision courses, slant boards, and proper nutrition. Many times people will have hazy pupils if they wear sunglasses a lot. Check for a Calcium-out-of-Solution ring as well and follow the treatments for that particular marking if found.



Enlarged Pupil (Adrenal Fatigue)

The pupil normally closes down in size when strong light is directed into the eye. The light necessary to take the iris slides is fairly bright and should constrict the pupil accordingly. When it doesn't, it usually is an indicator that chronic fatigue is a problem. Certain drugs or medications can also account for this as can the presence of certain disease conditions. Usually it's simply an indication of chronic fatigue. Taking care of the body and following through with a good health building program will restore vigor and diminish fatigue. An enlarged pupil is indicative of enervation or adrenal fatigue. It suggests that the inner, spiritual self is driving the physical body to exhaustion. Suggests a need for energy-producing herbs and rest.

