

Joyful Living Services' News

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Happy Valentine's Day!!



As I sit here at my desk and reflect on what Valentine's Day has meant to me over the years I can honestly say that Valentine's Day has been a happy day for me. It has been a day that I look forward to both with my kids (Josephine and Joshua) and with my husband (James). It's a day that we celebrate every year with a small gift and more compassion towards each other. It's a day when we work on being more understanding and more empathetic towards each other. We focus on the values that we share and the love that we have shared for almost 15 years. We also take some time to appreciate the people in our lives. Valentines Day to me is more than just a box of chocolates or a singing doll. It's a day for everyone to focus on more love in the world starting with each other.

What is love?

Webster's online dictionary defines love as:

- (1) : Strong affection for another arising out of kinship or personal ties <maternal *love* for a child> (2) : attraction based on sexual desire : affection and tenderness felt by lovers (3) : affection based on admiration, [benevolence](#), or common interests <*love* for his old schoolmates> *b* : an assurance of affection <give her my *love*>
- Warm [attachment](#), enthusiasm, or devotion <*love* of the sea>
- The object of attachment, devotion, or admiration <baseball was his first *love*> *b* (1) : a beloved person : [darling](#) —often used as a term of endearment (2) *British* —used as an informal term of address
- Unselfish loyal and benevolent concern for the good of another: as (1) : the fatherly concern of God for humankind (2) : brotherly concern for others *b* : a person's adoration of God
- A god or [personification](#) of love
- An [amorous](#) episode : [love affair](#)
- The sexual embrace : [copulation](#)



Reiki Treatments

Since I have been working with Reiki I feel that a whole new world has opened up to me. I have been in business for 23 years and have been working with kinesiology for most of those years. Kinesiology has allowed me to help people understand what their "physical" issues are. But I have always felt that something was missing. I wanted to be able to help people heal their body through their emotions and spiritually. Reiki can tap into the emotional side of people. It can dig deeper and find out what the "emotional blockages" are that are part of the physical ailment. I'm finding that a lack of love for oneself is at the root of most dis-ease.



cho-ku-rei (power symbol) sei-hei-ki (mental/emotional symbol)

Level 2 Reiki Symbols hon-sha-ze-sho-nen (distant symbol)

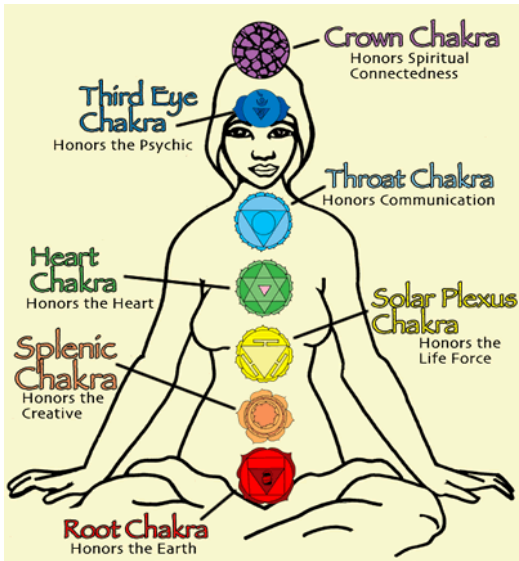
Reiki energy is very warm and soothing. It takes approximately 1 to 1-1/2 hours for a Reiki treatment and that includes talking with the client and using the pendulum to check the Chakras. During a treatment the client is fully clothed and either on their stomach or back on a massage table. The client is always covered with a blanket so they are comfortable. Hands are placed on the head, ears, face,

neck, shoulders, throat, chest, elbows, hands, abdomen, knees, and feet on both sides of the body. The front side of the body represents the emotional side of the body and the back side represents the physical side of the body. We perform the Reiki treatment on both sides of the body while playing very soothing Reiki music that helps release any tension and helps to heal. It's quite amazing how different a client is from the time they arrive to the time they leave.



Normally before a Reiki treatment clients have pain and/or are tired and sometimes complain about life's challenges they are facing. Usually when they leave after a Reiki treatment they are relaxed, comforted, and pain is relieved. A lot of times clients just want to relax after a Reiki treatment because they are so comforted.

In Reiki, I check the chakras with a pendulum. There are seven main chakra points on the human body which start at the base of the spine and finish at the crown. Simultaneously, they vibrate to create the body's electro-magnetic field, or aura. As science states, color is a vibration of light; each chakra has a corresponding color. Before performing a Reiki treatment it's important to find out if the Chakras are open or closed. If they are open then the client will be more responsive to the Reiki energy. If the Chakras are closed then it's important to talk to the client to see if they know what the emotional/physical blockage is. Normally when I speak to my client about the Chakra being closed, they know exactly what the problem is and in speaking about it the Chakra automatically opens.



When a person experiences optimal health, all chakras will vibrate at a healthy rate. This rate creates a complete rainbow of color, which surrounds the body. Hence, when one experiences emotional trauma or stress, the aura will lack the vital energy to maintain its healthy frequency. The colors will then appear muddy or not at all and the discolorations will eventually lead to physical illness. Unless the healing process addresses the emotional cause, the physical symptoms will persist. Conventional methods act only to cure the physical ailments, while the emotional and spiritual body will remain ignored. The need for chakra balancing becomes eminent as the body cannot heal without the necessary tools.

You have the following Chakra centers in your body:

1. **Crown Chakra** - The seventh chakra is the Crown Chakra and corresponds to the color violet. It deals with one's spiritual connectedness: Relationship with Gods/Goddesses, Openness to guidance from spirit, Acceptance of life – death process, Channeling; astral travel.

A Weak Seventh Chakra Can Be Identified By: Fear of the unknown, Lack of faith and/or hope, Inability to identify with spiritual world.

2. **Third Eye** - The sixth chakra is the Third Eye Chakra and corresponds to the color indigo. It deals with one's psychic abilities: Higher intuition, Ability to see the unseen; to hear the unheard, Acceptance of metaphysical sciences, Past life recollection.

A Weak Sixth Chakra Can Be Identified By: Fear of death, Blatant refusal to acknowledge the spiritual world, Fear of success, Lack of self-discipline, Poor eyesight, headaches, weight issues, Lack of trust in that which cannot be proven by science.

3. **Throat** - The fifth chakra is the Throat Chakra and corresponds to the color blue. It deals with one's ability to communicate: Connecting thought to the spoken word, Ability to speak freely, comfortably, projecting the voice.

A Weak Fifth Chakra Can Be Identified By: Fear of speaking up, Stuttering, Inability to express oneself, Difficulty relaxing in a social situation, Quiet, distant, Problems with thyroid.

4. **Heart** - The fourth chakra is the Heart Chakra and corresponds to the colors green and pink. It deals with issues of the heart: Ability to lovingly identify with all life forms, Forgiveness of oneself, Love (ability to give and receive), Health and Healing.

A Weak Fourth Chakra Can Be Identified By: Inability to let go, Lack of self love, respect, Unhealthy heart (blood pressure issues), Emotional detachment, Fear of commitment, Inability to give and receive love freely.

5. **Solar Plexus** - The third chakra is the Solar Plexus Chakra and corresponds to the color yellow. It deals with life force, also known as the vital breath or chi: Career (fulfillment in the workplace), Happiness, joy, cheerfulness, Intelligence (unique acceptance of self), Freedom from inhibitions

A Weak Third Chakra Can Be Identified By: Poor digestion, Lack of confidence, Fear of being alone, Inability to find the joy in simple things, Allergies, breathing issues.

6. **Splenic Chakra** - The second chakra is the Splenic Chakra and corresponds to the color orange. It deals with one's creativity: Imagination, Sexuality (being comfortable in the physical body), Social Skills (ability to relate in an open-hearted way, sense of humor).

A Weak Second Chakra Can Be Identified By: Shyness, Lack of confidence, Fearful – immobilized by “what if?” Emotional disconnectedness, Reproductive/sexual issues, Lack of Trust, Lack of vitality; passion for life.

7. **RootChakra** - The first chakra is the Root Chakra and corresponds to the color red. It deals with one's connection to the earth: Survival Issues, Passion, Physical Vitality, Anger, Warrior-like strength.

A Weak First Chakra Can Be Identified By: Lack of energy, Lack of passion, Lack of sexual desire, Depression, Inability to ground or center oneself, Inability to experience the present moment.

The following are the Reiki Principals:

Just for today I will give thanks for my many blessings.
Just for today I will not worry.
Just for today I will not be angry.
Just for today I will do my work honestly.
Just for today I will be kind to my neighbor and every living thing.

Louise Hay

Louise Hay says it quite eloquently in her book “Heal Your Body” – The Mental Causes for Physical Illness and the Metaphysical Way to Overcome Them”. If you don't have this book I highly recommend that you purchase it. In her forward Louise says “For us to become whole and healthy, we must balance the body, mind and spirit. We need to take good care of our bodies. We need to have a positive mental attitude about ourselves and about life. And we need to have a strong spiritual connection. When these things are balanced, we rejoice in living. No doctor, no health practitioner can give us this unless we choose to take part in our healing process.” Isn't that the truth? It's sort of like the saying “you can lead a horse to water but you can't make him drink”.

In Louise's book she gives countless healing affirmations. She lists a problem, the probable cause, and then a new thought pattern. As an example, let's take a look at Asthma. The problem is Asthma. The probable cause is smother love. Inability to breathe for one's self. Feeling stifled. Suppressed crying.. The affirmation for this that you would say every day is “It is safe now for me to take charge of my own life. I choose to be free.” How many people do you know that have asthma? I wonder if they feel smothered? This is only one example of a health problem along with the probable cause and a healing affirmation. For more information go to: <http://www.louisehay.com/>



Love and Logic Institute

Love and Logic® provides simple and practical techniques to help parents with kids of all ages:

- Raise responsible kids
- Have more fun in their role
- Easily and immediately (first use) change their children's behavior

Love and Logic is a philosophy founded in 1977 by Jim Fay and Foster W. Cline, M.D. It is the approach of choice among leading educators, parents, and other professionals worldwide. In addition to books, CD's, and DVD's, Love and Logic holds [seminars](http://www.loveandlogic.com/) across the country. Go to: <http://www.loveandlogic.com/> for more information.

Chinese Medicine

Every part of the body is related intimately and intricately to every other part of the body and to its environment. It is impossible in Chinese Medicine to deal with only 1 body part or symptom without taking into account the effect on the whole body. In fact, many treatments are aimed at strengthening the body as a whole in order to treat a problem in one part of it.

- **Adrenal Glands**: The Adrenals are the glands that sit on top of the Kidneys and mainly associated with handling stress. Specifically they regulate sugar and salt in the body by means of two hormones; Cortisone and Fludrocortisone. Problems with the Adrenals represent succumbing to the stress in your Life. Stress comes from resistance and has nothing to do with how hard you work or how many problems you have. Adrenal problems mean that the path you are on is not for you.



- **Arms**: Arms generally represent the ability and capacity to embrace Life.
- **Cervix**: Problems with the Cervix represents punishing the Self at a deep level.
- **Chest/Breasts**: The chest area represents the Feminine principal of nurturing and nourishing the connection with the 'breath of Life' as it flows through the Lungs.
- **Ears**: Ears are designed to hear everything. There are no secrets. Everybody knows everything all the time.
- **Elbows**: Elbows represent Jealousy. Pain or discomfort represents our inclination to elbow others out of the way rather than draw them in.
- **Feet**: Our feet represent our connection with Mother Earth. Sore, swollen, numb or painful feet represent the state of our relation with our Mother Earth, and our base energies.
- **Fingers**: Fingers represent our ability to grasp and hold onto the important things in Life and also to let them go. Many things have a habit of 'slipping through our fingers'. Perhaps this is because these are things that do not serve or no longer serve. Painful and stiff fingers mean that we are holding on to things too tightly for fear they will escape. Maybe it is time to let go.
- **Gallbladder**: Gallbladder problems represent a fear of inappropriate expression. In Chinese Medicine, the Gallbladder is the seat of Courage.
- **Headaches**: Pain always indicates a separation from what is the Truth.
- **Heart**: The Heart houses the Mind. Traditionally it is the symbol for Love or Truth. Speaking from the Heart reveals your true essence. The emotion of the Heart is Joy.
- **Hips**: Hips represent decisions in Life, especially decisions about moving forward. Pain in the hips is a sign of being 'stuck', unable to make a decision, or see clearly what is needed to be done next.
- **Kidneys**: At the physical level, Kidneys filter out the 'anti' in our Life. It is better to be for something than to be against something. Kidneys house the emotion of Fear. In Chinese Medicine, the Kidneys are considered to be at the root of all the other organ systems.
- **Knees**: Knees represent Pride.
- **Lower Back**: The Lower Back represents support; financial support, emotional support of family and friends, and support of God or the Universe. The Kidneys are located in this area and Kidney dysfunction results in Fear/Fright/Phobias. A sore lower back may indicate that we have taken on more than we think we can handle.
- **Lungs**: The emotion of the Lungs is Grief. There is also general agreement on this association. Breathing problems like Asthma indicate retained Grief. Frequent sighing or breathlessness can often be a sign of suppressed Anger.
- **Lymph Glands**: Lymph Glands are one method the body has for eliminating toxins. If you have problems here, check you priorities. Are you retaining toxic thoughts or beliefs for no apparent reason?
- **Pancreas**: The Pancreas is both an Exocrine Gland, in that it secretes digestive juices through a duct into the stomach and an Endocrine Gland via the Islets of Langerhans located on its surface that secrete sugar regulating hormones directly into the bloodstream. The Pancreas is most often associated with Diabetes Mellitus, the body's inability to process sugar, which is the result of an autoimmune destruction of the Islets of Langerhans. Diabetes may be said to represent a denial of the sweetness of Life. It may also represent a misplaced faith in one's own ability to control the physical world. Given that the Pancreas has a dual function, reflecting the essential duality of the physical Universe, it has both the ability to digest ideas and to extract that which is not only sweet, but Life sustaining.
- **Pineal Gland**: The Pineal Gland is sensitive to light, both the outer and inner light. The Pineal represents one's ability to tell the difference between the Light and the Dark; Truth from Illusion.

- **Pituitary Gland:** The Pituitary Gland is known as the Master Gland of the Endocrine System. Its secretions regulate all the other Endocrine Glands. This gland represents one's ability to coordinate the different aspects of one's Life.
- **Shoulders:** Shoulders represent burdens and responsibilities. Frozen Shoulder for example represents a complete unwillingness to shoulder your responsibilities in Life, especially your own Life. Pain and dysfunction to varying degrees represents varying degrees of unwillingness to be responsible.
- **Skin:** The Skin is your outer covering, that holds things in and helps define your physical presence. The Skin is the first line of defense against invading organisms. Skin problems represent difficulties with boundaries... keeping things in and keeping things out.
- **Spine:** The Spine represents the support you think you have in Life and your alignment with those supportive forces. A curved spine or Scoliosis represents a misalignment with Life. Spasms represent an unwillingness to accept the support that is there.
- **Spleen:** The physical organ represents a belief in Hereditary. In Chinese Medicine the Spleen system is responsible for nourishing the body at the Qi or energetic level.
- **Stomach:** The stomach represents digestion, not only of food and physical nutrients, but of new ideas, new ways of doing things, and accepting change of any kind.
- **Throat:** The Throat represents our Will, and our ability to communicate, both with others and with ourselves. Sore throats, lumps in the throat, and tumors all represent difficulties in saying what we want to say.
- **Thymus Gland:** The Thymus gland is located below the Sternum and is connected to the Immune System. The Thymus gland is the most active gland in the body before Puberty, but virtually ceases functioning in adulthood shrinking to a fraction of the size. Like the Spleen, Modern Medicine sees no useful purpose for this gland and at one time routinely removed it. The Thymus represents 'the courage to stand in the love of what you believe in rather than in defense of it.
- **Thyroid:** The Thyroid represents the communication between the Head and the Heart. Thyroid problems most often represent a lack of or miscommunication between what one thinks and one's Truth. Problems may also represent a lack of ability to speak up for one's self.
- **Upper Arms:** Upper Arms represent the strength or lack of strength to fully embrace Life.
- **Wrists:** Wrists represent flexibility in grasping and holding onto things in Life.

For more information go to: Compassionate Dragon Healing: <http://www.compassionatedragon.com/home.html>

A Year after Jim Rogers' Death, his Widow Works to Make Roads Safer for Bikes



The following article is about my daughter's (Josephine) 3rd grade teacher last year. While Josephine was in Mrs. Carolyn Jones' 3rd grade class, her husband was run over and killed by a woman talking on a cell phone while driving. The driver was not paying attention while she was driving on a highway near our home in Colfax, California. We hope that including this article in our newsletter will bring more awareness to the importance of being alert while driving and how dangerous it is to talk on a cell phone while driving. Please pass this article on to everyone you know to raise awareness. Thank you. Brenda

If you'd like to read a nicely written article written by Sam McManis from the Sacramento Bee, click on the following link. Thanks, Carolyn Jones

<http://www.sacbee.com/2011/01/30/3358342/can-cars-and-cyclists-safely-coexist.html>

Joyful Living Services' New Reviews

"Yesterday I was working through your Beginning Iridology Course. I felt bad when I realized that we got diplomas from a doctor that didn't teach us properly. For example, he didn't teach us any information from the upper part of the iris where all the brain areas are. We had to do our own research as tasks and write one or two pages about it. That didn't help us at all because the information we got is not relevant to iridology. With the amount of money we had to pay him, we would have been able to pay our studies with you, as well as a good iridology camera. He doesn't even have his own iridology camera or any of the books we bought so far. We had to do 100 case studies by going out to people and making studies of their eyes. We had to start with this at the beginning of our course and we had no explanation on what to look for or how to draw the eye. I can remember when I looked into one of the ladies' eyes that I told her she had the most beautiful and interesting eyes. Later in the course I learned that it is so "interesting" because she has a very weak

constitution. We had to fill in an empty diagram of the iridology chart and give it to the doctor we did our study with. I don't think he ever looked at it. It is difficult to convince people of iridology if they can see you don't know how to read their eyes. How can you know the case study that you do is correct, if your mentor doesn't know exactly what that eye looks like? Before we enrolled for your course, we were wondering if the same thing will happen. We were really happy to see the case studies are supplied as well as proper forms that need to be filled in about each eye. We didn't realize there are so many questions that could be asked about the eyes. In this way, you learn to look for everything and you know your mentor knows what the eyes look like. We were not impressed with the poor quality of the few photos in our previous studies. We discussed it with another doctor we got to know by doing another type of course. He also practices iridology together with other ways of doing healing. We showed him our study material. Very upset, he asked us where we got it. We told him it is our study material we got from the other doctor. He showed us a book. Word for word, photo for photo, drawing for drawing was his work he did for a thesis on iridology. Later our iridology mentor put all our study material on a CD. It is still all the same info as on paper. He named the CD "The science and practice in the healing arts". It is the same name as Dr. Bernard Jensen's volume 2 book. While typing this recommendation, I took a quick look at the CD again. I notice a few very good photos and wonder where he got these photos without a camera. I grab our Dr. Bernard Jensen's volume 2. All the photos are taken out of Dr. Bernard Jensen's volume 2. At the beginning of our course, we bought the book for ourselves and showed our mentor the good book. He didn't have it at that time, so I guess he must have bought one for himself. How can he say "copyright" on the CD if none of it is his work? We are very excited to work with Joyful Living Services and look forward to completing our "Certified Iridologist" course with you." – Hendrina du Plessis, South Africa



"I want to thank you and Joyful Living Services for all your support during my studies. Brenda your learning material in the [Certified Iridologist Series](#) is well presented and understandable. You do a great job in sharing your knowledge with us. You were very supportive and understanding when I had some questions to ask, and I usually received prompt feedback from you. I would highly recommend anyone that is interested in studying in this field. Keep up the good work and thank you very much for an excellent course." – Erika Botha, South Africa

"I just received news from my last ultra sound results and I wanted to share them with you. The cyst is cleared and the fibroids are growing minimally so no surgery. Thank you so much for all your help with this. I'm so grateful and happy." – Victoria Rocha, California (Victoria is using the following Nature's Sunshine Products to help shrink her fibroids and avoid a hysterectomy: All-Cell Detox, Kelp, Red Clover, Breast Assured, and Thyroid Support)



"I have received your videos and am watching them right now. I am on the 2nd DVD already. It is a wonderful and very thorough review so far (I took the Ellen-Tart Jensen course in 2004). I love it. You are a very thorough instructor." – Gillian Marsollier, Canada

"Hi: I read your article on Hiatal Hernia. After suffering for years I took your suggestion and saw my Chiropractor and told him about it. He manipulated my stomach and I have seen a big improvement. I have not taken any Tagament for over 5 days and have managed to decrease my Prilosec in half. I still have a little discomfort, gas, bloating and sometimes burning in the throat, but not the pain that I previously had. I also drink water and stand on my toes and drop my heels to try to keep the stomach down. I am glad I took your suggestion. Hopefully I will get better." The Doctors just kept upping my dose and I think that also had negative effects." – M. Abreu

Talking about Emotions



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When talking about emotions -- my favorite thing is to tell people that "emotions" are *not* generated in our head ... or our brain as was and still is the popular notion. Candace Pert, author of *Molecules of Emotion* proved that with her research. Her book is really interesting and fun to read. As you might imagine she had to go against the male establishment to overturn their entrenched concept of all ideas coming from one's "head".

Pert proved that emotions are actual "molecules" and they are generated in the abdomen. Emotions are not just ethereal stuff floating in the air. I bet if you really pay attention to your "belly" -- you will easily be able to feel your "emotions" as they are being created. For me -- it's a feeling that's hard to describe but I absolutely *know* when it's happening. And it's not only happiness that starts in one's belly -- but also negative emotions. One of the best things that happened to me was realizing that when I would try to lie to myself -- that little "zing" in my belly *told* me I was not being honest. Or if somebody told me something I didn't want to hear -- again -- that little "zing" told me just that. I realized that I had better pay attention to what I was being told and stop trying to fool myself.

Once you are able to identify the real source of emotions -- you'll be able to control them better. Certainly you've said it yourself or someone close to you has said "You MADE me get angry!" Nobody can "make" you feel anything. You *allow* whatever emotion is involved to take hold. For example -- have you ever said "*This person knows just how to push my buttons*"? Once you disconnect the "button" -- that person will no longer control your negative emotional response.

Emotions can and do lodge themselves in your muscles. These lodged emotions are often released during various kinds of bodywork. And that is, perhaps, one of the greatest benefits of bodywork. While you may be embarrassed or afraid to cry while getting bodywork done -- bodywork therapists are trained to expect these responses and make no judgments about your emotions. In fact -- it's considered a compliment that they were able to help you have the "release".

There are various charts that will tell which kinds of emotions are lodged where. For example, your thumb is your "worry" finger ... and your little finger is where family emotions are lodged. I don't remember them all -- but it has worked for me in helping my massage clients. Your hands and feet hold lots of emotions and that's probably another reason why Reflexology works so well and why people love to have their hands and feet massaged.

Think about all this and schedule some bodywork for yourself in the near future. The results will prove to be well worth the cost which may seem "expensive" for you when you are just considering expenses in these difficult economic times. You may be shocked at how much better you will be able to function.

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 15.1 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>

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.

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.

My Gift to My Readers for 2011



By: Christopher Wiechert, C.N.C.

Ortho-Molecular, Anti-Aging, Regenerative & Nutrigenomic Consultant...

Forever Changes, Inc., Office: 541-447-4580, E-Mail: cww@cwiechert.com, Fax: 866-823-4875

Take charge of your own health... <http://www.cwiechert.com>

Protandim... <http://www.mylifevantage.com/ForeverChangesinc/default.aspx>

HealthBlogger... <http://www.cwiechert.blogspot.com>

Formulations by Christopher Wiechert, C.N.C.

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In the late 70's, early 80's, I was searching for my meaning on earth. Why was I here and what is my purpose?

I was watching PBS one Saturday and a lecture came on by a man by the name of Leo Buscaglia. The lecture was called "Becoming Fully Human". He was called "The Love Doctor". He taught a class at USC on Love and it was packed every week. He was fascinating to watch that Saturday. So passionate and full of love. So unlike me. I wondered what does this guy know, that I didn't?

He gave a formula for why we were here. He said "we were here to perfect the talents that God gave us and then share that talent passionately with others. Grow and Become Fully Human. As long as you feel useful, you will never be old."

Wow, that's so simple. Can it be true? He seemed so happy and fulfilled.

I ordered all his books, partly just to support PBS, but it CHANGED MY LIFE. For me, it was just that easy. I began to focus on what I did well, where I could be helping others in a profound way and I have been doing that for over 30 years. So few listen, but enough do. I want you to meet the late great Leo. Enjoy...

[Leo Buscaglia - Speaking of Love pt 1 of 6](#)
[Leo Buscaglia - Speaking of Love pt 3 of 6](#)
[Leo Buscaglia - Speaking of Love pt 5 of 6](#)

[Leo Buscaglia - Speaking of Love pt 2 of 6](#)
[Leo Buscaglia - Speaking of Love pt 4 of 6](#)
[Leo Buscaglia - Speaking of Love pt 6 of 6](#)

Recipe of the Month – Peanut Butter Balls

By: Brenda Generali

Ingredients:

½ cup Peanut Butter
1 cup Dry Instant Milk
½ cup Jam if your choice

Mix all together. Make balls and roll them in whatever's handy, like oats, seeds, nuts, cheerios. Sticking raisins or chocolate chips in them once in a while is a nice treat. This amount will last you a couple of lunches. These keep very well in lunch sacks for picnics and/or school. Serve with fruit, celery, etc.

Brenda's Note: This is a very fun recipe to make with kids and very healthy. It's amazing how addictive they are!

Online Shopping Cart

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The Study of Iridology

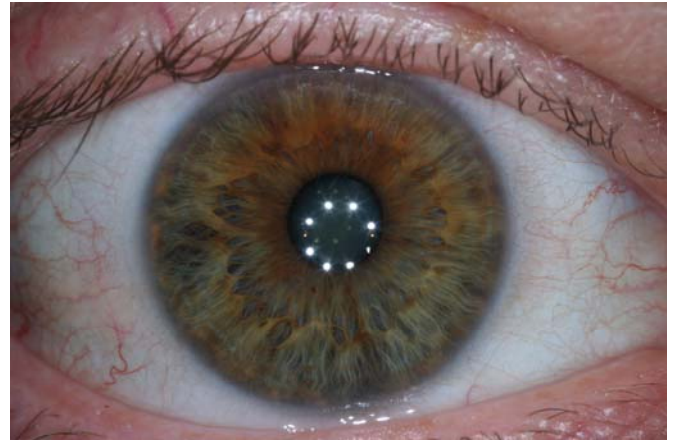
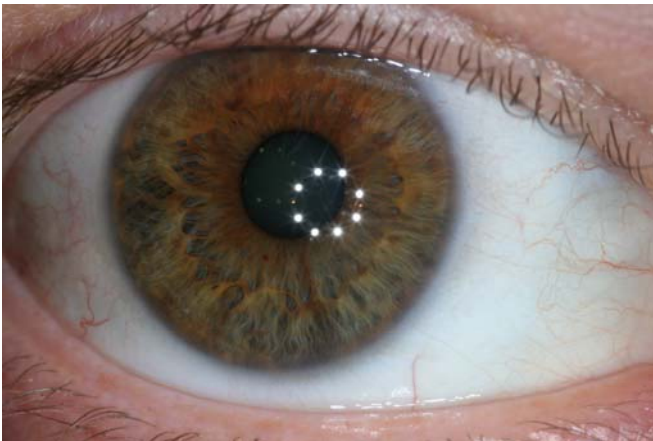
Each month we look at a different topic through iridology. The following are testimonials that have been submitted by Debra E. Dallas, MS, MifHI, DCNT:



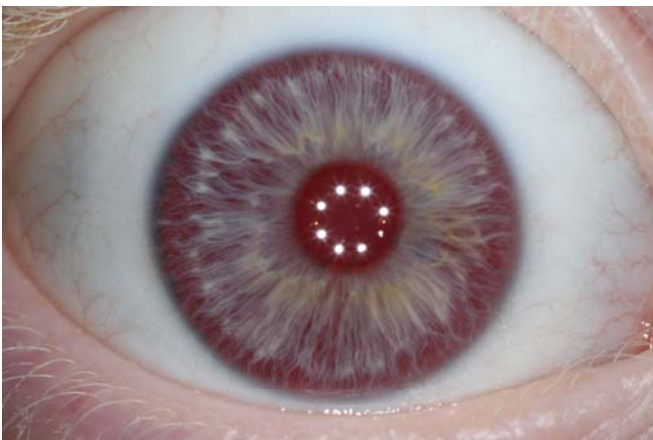
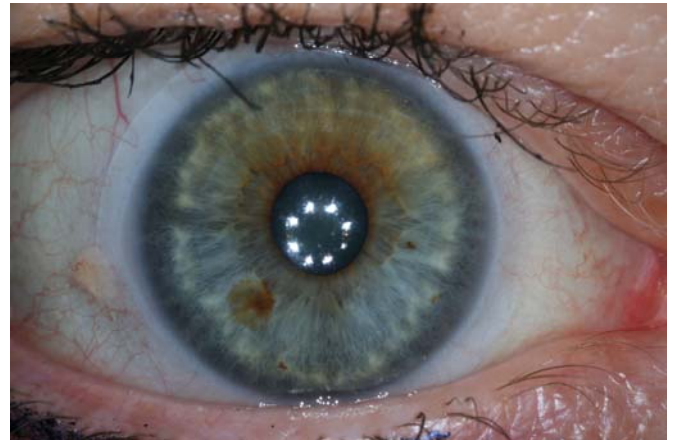
Debra E Dallas, MS, MifHI, DCNT
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This client works in a salvage yard. He is exposed to MANY toxic metals, lead, stramodium, mercury, Aluminum, etc. Picture is when he came to me in 2007. He had the big toes cut out of his shoes!!

After 2 years of Ion Cleansing monthly, you can definitely see the difference in his eye. His Hair Analysis is still showing lots of heavy metals, but it is better. He feels VERY different. He suffered extreme fatigue and severe gout.

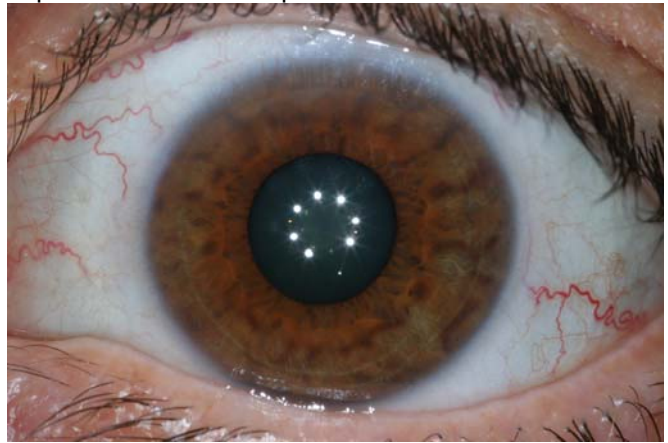


This is my eye. Before I purchased my [SD8004 Super Digital Iridology camera](#) in November 2006, my eyes were green, the entire colon was brown, and I had Radai Solaris. Hair Analysis diagnosed me with mercury poisoning, and a stool sample diagnosed parasites. I took many parasite cleanses, did 6 Ion Cleanses, and a final colon cleanse. After that year, I was retested, the parasites were gone. The only mercury that is left is in my brain, I am working on that, and my colon has cleared up except for the transverse colon, and I am still working on that!!



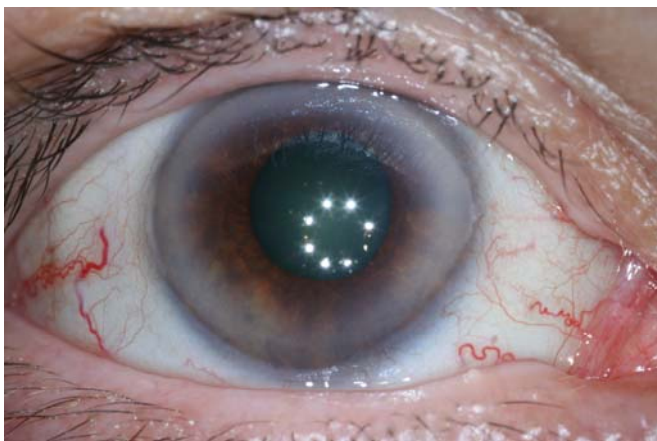
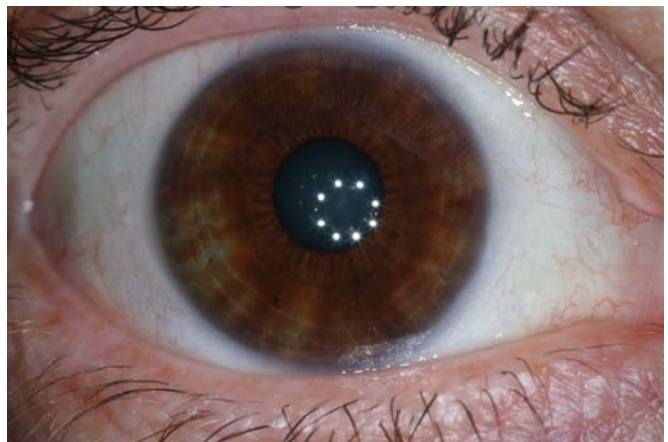
This is my little Albino friend, Jenesis. She is a little 9 year old black girl!!!! Her Iridology was so awesome to do. Her saliva test and stool sample showed me Candida, and I can see it in her eyes.

This eye belongs to a woman who was full of TAPE WORMS!!! Not a single doctor she went to see in Florida would believe her, so she came to me. PHP made me a specific homeopathic formula for Tape Worms. I was so worried she would not survive the die off. But she did!! Do you see the yellow lining her intestinal tract? When I see that in children, I put them on a low sugar diet, Enzymatic Therapy Pearls and Jarrow Sacchomyces Boulardii and that yellow goes away. The yeast puts little holes in the intestines and leaks out into the extra cellular matrix. If the holes are eliminated, the macrophages are able to consume the candida and carry it to the lymphatic system to be removed. That is why so many times when I see that yellow ring, radiating out in the body, the lymph nodes are yellow also. This is leaky gut. It is caused by candida and/or parasites that can create the holes themselves, and any food stuff that does not agree with the person as lectins, or an allergen that binds to the microvilli and is attacked by the antibodies released from the Peyer's Patches. This is why the medical community under diagnoses Celiac Sprue. Because the Peyer's Patches are only in the Jejunum and Ilium, where they can not reach to get a tissue sample.



Can you see the tumor in a lymph node in her neck? The tumor is inside the closed lacuna, it looks like a marble, and after she saw that, she showed her doctor and it was a tumor.

When this girl came to me, there was no hint of blue in her eyes. Celiac Sprue, leaky gut, poor diet overall makes for a very toxic person! One year later, Ion Cleansing, gluten free diet, and a change over to whole fresh foods, the blue is showing through.



This picture is of my dear friend. Two weeks after this picture was taken, she had a major stroke. She survived the stroke, with no value of life. She can't walk, or use her left arm. She was SO vibrant!! It is so sad to see her like this.

**For Sale ~ QFA™ 300 (Quantitative Fluid Analysis) \$2500.
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The QFA 300 (Quantitative Fluid Analysis) is a computerized device used to monitor the body's Biological Terrain. It involves the monitoring of your saliva and urine for pH, redox and resistivity. These parameters may provide valuable information about your body's cells and the interstitial environment called the Biological Terrain that nourishes those cells.

Following a 12-hour fast, first morning urine and saliva specimens are obtained. The QFA 300™ device then assesses these fluids. Results are obtained within minutes, offering you valuable information. This data may increase your understanding of your specific biochemical requirements. This information may help you to choose a diet and nutritional program that best suits your particular needs.

Your QFA™ analysis measures the values of pH, redox and resistivity. These measurements may offer valuable information about the electrons, minerals, hydration and nutrients in your Biological Terrain environment. Because your biochemistry is unique, these values may help your clinician design the nutritional program that is best suited for your particular needs. A QFA™ does not diagnose an illness or disease; it monitors specific parameters of your Biological Terrain.

Your pH measurement will indicate the acidity or alkalinity of your biological fluids. Specific pH levels are necessary for optimum digestion and absorption of foods, activation of enzymes and binding of hormones with their receptor sites.

Your redox measurement may provide data regarding the level of electrons in your fluids. Electrons are essential for life. Long-term exposure to such factors as chronic stress, poor diets, environmental toxins, chemicals and damaging organisms such as viruses, bacteria and fungi may interfere with the cells' abilities to produce the substances needed for electron and ATP production.

Your resistivity results involve the measurement of minerals in your fluids. Minerals are needed for many critical actions and reactions in the body, as well as for building and maintaining bone and muscle tissue. When fluids become congested with too many minerals, stagnation and congestion may occur which may limit the cells' abilities to function optimally. Too few minerals in the fluids may limit the body's ability to maintain its bone and muscle function.

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Evaluation Software is available to purchase, which is not necessary to operate but very helpful. See attachments. For information on the software call Larry Ledden, lledden@famtech.com on 2/8/2011

For more information contact Liz Bentley D.N.H. lizbentley@frontiernet.net



EverFlex
(with Hyaluronic Acid)
Stock # 948-4 (60 tablets)

Arthritis encompasses more than 100 diseases and conditions that affect the joints and surrounding tissue, as well as other connective tissues. According to the Arthritis Foundation, nearly 1 in 5 adults in the U.S. has arthritis, with an estimated 67 million people being affected by arthritis by 2030. Osteoarthritis (OA) is the most common form of arthritis and the second most common cause of long-term disability among middle-aged and older adults in the United States. Also known as degenerative joint disease, OA is a chronic disease characterized by the slow degradation of joint cartilage, especially in the hips, knees and spine, causing pain and increasing disability. A recent landmark study suggests that 48% or nearly one out of every two people will develop knee OA in their lifetime, with the highest risk among the obese.¹⁻⁶

The preferred conventional medical treatment for arthritis and particularly OA has been nonsteroidal anti-inflammatory drugs (NSAIDs), which include over-the-counter medications such as aspirin, acetaminophen, ibuprofen and naproxen, as well as prescription drugs like celecoxib (Celebrex), oxaprozin (Daypro) and rofecoxib (Vioxx). NSAIDs are used to reduce pain associated with osteoarthritis; however, like most pharmaceutical treatments, they do not address the underlying causes. Furthermore, NSAIDs have a history of significant side effects varying from gastrointestinal irritation to stomach bleeding, ulcers, and even kidney and liver failure. Gastrointestinal complications caused by NSAIDs result in more than 100,000 hospitalizations, with at least 16,500 deaths occurring each year among arthritis patients alone.⁶⁻¹¹

EverFlex with Hyaluronic Acid is a nutritional supplement designed to support and nourish healthy joints and connective tissues, including cartilage. EverFlex with Hyaluronic Acid contains a powerful blend of important nutrients that have been shown to help reduce joint pain and inflammation, as well as improve joint mobility and function. Each tablet of EverFlex with Hyaluronic Acid contains:

Glucosamine is naturally produced in the body as a key component of cartilage production and maintenance. Studies show that glucosamine improves joint mobility and helps relieve pain, swelling and other symptoms of arthritis, even up to several weeks after discontinuing use. In addition, research suggests that glucosamine may actually slow the progression of OA by improving the degenerative condition of the joint—glucosamine helps improve the integrity of connective tissue and joint space lubricant, which promotes healing and regeneration of the affected joint. Studies have shown that glucosamine produces similar to significantly greater improvement in joint pain scores and arthritic symptoms compared to ibuprofen and piroxicam (a prescription NSAID) in patients with OA, and is better tolerated than either, particularly in terms of gastrointestinal disturbances. In addition, beneficial effects of long-term glucosamine intake in preventing joint space narrowing and improving symptoms have been confirmed in two 3-year placebo-controlled trials involving over 400 patients with OA. Furthermore, a recent study of glucosamine hydrochloride in patients with degenerative OA of the knee found that clinical symptoms disappeared completely in 51% of participants, with an additional 46% experiencing a subsiding of symptoms. It is important to note that a recent randomized, controlled clinical trial has shown that glucosamine hydrochloride is as effective as glucosamine sulfate for the treatment of OA.¹²⁻¹⁷

Methylsulfonylmethane (MSM), a naturally-occurring source of organic sulfur, is found in every cell in the body, with the highest concentrations in the joints, nails, hair and skin. MSM is utilized in the production of connective tissue, including cartilage, and has been shown to be an effective analgesic and anti-inflammatory agent. A preliminary double-blind study involving 18 patients with degenerative arthritis showed that those who took MSM daily for 6 weeks experienced an 80% reduction in pain, while patients given a placebo reported only minimal pain reduction. Additional research indicates that MSM provides significant improvement in pain and is superior to placebo in the treatment of mild to moderate OA of the knee. Furthermore, a randomized, double-blind, placebo-controlled study of glucosamine and MSM for the treatment of mild to moderate OA found that the combination therapy provided a more rapid onset and greater efficacy of analgesic and anti-inflammatory activity, as well as greater efficacy in improving joint function, than either agent alone.¹⁸⁻²¹

Devil's claw has been shown to be an effective anti-inflammatory agent in chronic arthritis, including both OA and rheumatoid arthritis. Clinical trials show devil's claw reduces pain and improves movement and range of motion with anti-inflammatory and analgesic effects comparable to most NSAIDs, but with fewer adverse effects. For example, a 2-month study confirmed that devil's claw is an effective and well-tolerated treatment option for mild to moderate degenerative rheumatic disorders. Study results showed statistically significant improvements in pain, stiffness and function, as well as quality of life, among the 259 patients. There were also statistically significant reductions in mean pain scores for hand, wrist, elbow, shoulder, hip, knee and back pain, with 60% of patients either reducing or

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Do you know anyone with Arthritis? Do you know anyone with Joint Pain or that needs a hip replacement? This product may help them! Contact Brenda for Information.



Stomach Comfort

Stock #1820-0 (60 tablets)

Stomach Comfort is a "natural" stomach acid neutralizer which combines herbs and nutritional supplements known for their ability to improve digestion and aid stomach problems. Stomach Comfort provides quick, temporary relief of indigestion, heartburn, acid reflux, and upset or sour stomach. Stomach Comfort contains no aluminum or other potentially harmful ingredients.

Antacids are among the top selling over-the-counter drugs; however, they may contain aluminum (which can cause constipation, intestinal blockage, and dangerously high body levels of aluminum), sugar, and various dyes and preservatives.¹

Calcium carbonate is a natural antacid.² According to a study in the *Journal of the American Medical Association*, calcium carbonate begins neutralizing gastric acid quicker than a leading over-the-counter heartburn medication (H2 blocker).³

Alginic acid, derived from brown kelp, is the precursor to sodium alginate—an insoluble salt which creates a protective foamy barrier over the stomach's acidic contents. This action helps prevent irritation of the lower esophageal lining in individuals susceptible to gastroesophageal reflux or esophagitis. Alginates are found in various antacids for treating acid reflux, heartburn, and esophagitis. Research also indicates a possible reduction in bile flow in the presence of alginate.^{2,4-8}

Papaya fruit is considered a natural heartburn remedy. Papaya fruit contains the proteolytic enzymes papain and chymopapain, which are capable of digesting proteins, fats and carbohydrates. This variety of action makes papaya an effective digestive aid—papaya enzymes are commonly found in commercial digestive products for treating stomach ailments, including dyspepsia, liver and bile duct problems, improper fat digestion, and pancreatic disease. Furthermore, papaya fruit has been shown to reduce acid secretion and provide ulcer-protective effects in animal studies.^{1,5,7,9,10}

Guar gum is used in Indian medicine as a digestive tonic. Comprised of about 88% water-soluble mucilage, guar gum helps soothe irritated mucosal tissues. Guar gum also lowers serum cholesterol, particularly LDL cholesterol.^{2,9,11}

Slippery Elm bark is recognized as a natural remedy for heartburn and can provide instant relief from acidity, gastrointestinal inflammation, and gastroenteritis. The beneficial effects of slippery elm are attributed to its high content of mucilage (up to 50%) which soothes irritated and inflamed tissues, particularly mucous membranes. Though research is limited, the actions of this herb are firmly established. The mucilage in slippery elm soothes and coats inflamed tissues on contact, providing protection against further irritation or injury and drawing out toxins and irritants.^{1,2,5,9,11}

Ginger rhizome contains various compounds which act as digestive stimulants, stimulating gall bladder activity and encouraging the production of digestive fluids and saliva. According to animal studies, ginger also helps maintain the tone of intestinal muscles. This action enables smoother transport of substances through the digestive tract which in turn, may help reduce irritation to the intestinal walls. Animal studies also indicate possible stomach protection against damage from alcohol and nonsteroidal anti-inflammatory drugs (NSAIDs). Ginger is commonly used in European digestive aids to relieve gas, indigestion, stomachache, and other stomach problems. Ginger decreases the volume of acid in the stomach and inhibits ulcer formation stemming from alcohol, stress, and other gastric irritants. Ginger also protects the liver against damage from toxins. Furthermore, ginger's antiseptic properties are beneficial for gastrointestinal infections, including certain types of food poisoning.^{5,9,11-14}

Licorice root both protects and encourages healing of irritated gastrointestinal mucous membranes. Licorice root contains glycyrrhizin—a substance which reduces inflammation—as well as flavonoids and chalcones which aid in the healing of digestive tract cells. The herb's high mucilage content also aids in soothing irritated tissues. In the 1940's, Dutch physicians determined licorice's ability to soothe indigestion. Additional research has shown that licorice root reduces stomach secretions and produces a thick mucus, protecting the stomach lining against inflammatory stomach problems such as gastritis, peptic ulceration, and hyperacidity. Incidentally, licorice's glycyrrhetic acid was the first drug proven to facilitate healing of peptic ulcers.^{2,5,9,11,12,14}

Note: Calcium antacids may reduce the potency or duration of effectiveness of the following drugs: fluoroquinolones, hydantoins, iron, salicylates (aspirin), and tetracyclines. Calcium antacids may also increase levels or prolong the action of quinidine. To avoid decreasing levothyroxine's efficacy, this drug should be taken at least 4 hours before or

Copyright 2001 Herb Allure Stomach Comfort

**Do you know anyone with Heartburn? Do you know anyone with GERD or a Hiatal Hernia?
This product may help them! Contact Brenda for Information.**