

Joyful Living Services' News

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JANUARY 2008**VOL. 17, NO. 1**

From The Author

Happy New Year! May 2008 be a happy, healthy, and prosperous new year for you! We have quite a few exciting educational opportunities and new products that we will be announcing this year. The first will be our Sunshine Nature's conference call will be our general educational conference call. These conference calls will take place every month and will be available for you to listen to for a week. These calls will start in February. If you are not on our mailing list and would like to be, please send us an e-mail to iridology@netzero.net and we will add you to the list you wish. We look forward to working with you in 2008.



We now have several new sites online. They are:
MySpace: <http://www.myspace.com/joyfullivingservices>
Yuwie: <http://www.yuwie.com/joyfullivingservices/>

Brenda

Start Learning in 2008

January is the time when most people make "New Year's Resolutions". This month why not make a resolution to learn. We offer courses in iridology, health and nutrition, herbs, anatomy and physiology, muscle testing, goal setting, and clearing clutter, and business development. You can download syllabus handouts from our web site at <http://www.joyfullivingservices.com> at any time by going to our education link on the left side of our web site.

All our courses are state certified so if you are in the medical field you can receive continuing education credits (CECs).

Contact us at the numbers above or at iridology@netzero.net if you have questions or would like to start taking our courses.

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!

Referrals

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

Salvatore F. Messina, HD, Ontario, Canada



Salvatore F. Messina, HD, graduated from the Homeopathic College of Canada in Toronto and practices other modalities in Alternative Medicine and Health Care. He is also a Certified Reflexologist, with training in Electro-Acupuncture (ETPS) therapy, and Ear Coning, and will combine them with Nutritional support and Herbal medicine to

help and regulate the natural healing of our own restorative powers, which will aid in bringing balance to the Body, Mind and Spirit. He is a Certified Iridology Instructor by Joyful Living Services and is certified to teach our courses.

Salvatore specializes in Family Practice, Pain Management, Acute and Chronic Disorders, Sport Injuries, and Weight Management. **Modalities include** Homeopathy, Reflexology, Electro-Acupuncture, Reiki, Nutrition, and **Iridology**.

Direct line: 416-910-1555, Email: homeopathgta@yahoo.ca
Sherwoodtowne Natural Medicine Clinic, Mississauga, ON
Telephone: 1-888-513-2907 Ext. 83

Donna Murray

Donna Murray, CHC is a Certified Herbal Counselor, Iridologist, and is certified in Muscle Testing or what is often known as Kinesiology. Her training has come from some great teachers in these fields, such as Dr. Frank Miesse, PhD, from Springfield Ohio; Steven Horne, CNC and Kimberly Balas, ND in St. George, Utah; and Brenda Generali, CNC, from Colfax, California. She is currently working on a certification in Energy Healing and a Doctor of Naturopathy Degree. She is actively

involved in giving lectures and teaching classes on numerous health related topics. Donna is also involved in research, is a marketing specialist, and is involved in implementing wellness programs for individuals, companies and organizations.

Ye Old Herb Barn, Inspirations of The Past

<http://www.yeoldherbbarn.com>, info@YeOldHerbBarn.com

Phone: 765-698-1493, Fax: 765-698-2030



Ellen Valentine, Sacramento, California

Ellen adds state-of-the-art camera photos plus software to her professional experience as an Iridologist. This iris scan technology provides details and insights stemming from the decades of research by the software creators. Reports like these are an invaluable educational tool and the first step in better body care.



Ellen has studied nutrition and the innate healing strength of the human nature since 1975. Since that time she has broadened her education with a degree in Nutrition from Trinity College and an AA

in Gerontology & Psychology. Ellen's certifications include: Iridology, Thought Field Therapy, Rebirthing Breath, Yoga Teacher & Sedona Method. She is a graduate of Jack Canfield's Advanced Breakthrough to Success Training and is working on her degree in Naturopathy from Clayton College.

Ellen is a compassionate coach/facilitator/practitioner and gives clients 100% of her energy during their session with her. Her office is located at 2322 Butano Drive in Sacramento, right off of Watt Ave. Look for the side street next to Gottschalks located in Country Club Mall. Contact Ellen at 916-698-8208.

Christopher Wiechert, C.N.C.

- Occupation: [Ortho-Molecular & Anti-Aging Sciences](#)
- Location: [Carson City](#) : [Nevada](#) : [United States](#)



Christopher Wiechert is a Clinical Nutritionist in the field of Ortho-Molecular Nutrition, and the President of Forever Changes, Inc., A Forward Looking Educational and Nutraceutical Company. His 30 years of extensive research and clinical practice led him to discover the many important studies that have been done in the areas of vitamins, enzymes, minerals, trace elements, herbs, anti-oxidants, amino acids, and diet. Further studies helped Mr. Wiechert incorporate his knowledge into life extension techniques and the growing problem of weight and obesity in this country. For 6 years he was the founder and director of Opti-Health Weight-loss and Longevity Center in Danville, CA and recently has formulated his own line of nutritional products called Orthomolecular Formulations.

President, Forever Changes, Inc., Website: www.cwiechert.com

Health Blogger: www.cwiechert.blogspot.com

Orthomolecular Formulations:

www.cwiechert.com/Orthomolecularformulations.html

MySpace: <http://www.myspace.com/cww1951>

E-Mail: cww@cwiechert.com, Toll Free: 800-803-3323

Dirty Hotel Health Secrets!

Most of us travel at some time during the year. The following link is a newscast about what happens in some of the more popular hotels. I was appalled to find out how dirty hotel glasses are. "You may not want to drink out of a drinking glass in your hotel room after watching this video: <http://tinyurl.com/3xv1a4>. Maybe that's why one often comes home sick from a trip? And if one's immune system is already compromised by something else, this sure doesn't help".

Nature's Field Newsletter

Feeling stressed? Then perhaps you should take time out to read the latest issue of Nature's Field! This month's theme is all about holistically relieving anxiety. In This Issue: Feature Herb: Passion Flower Feature Article: Relieving Anxiety: A Holistic Approach by Steven Horne Kimberly Balas' Clinician's Corner: Help for Chiropractic Adjustments. To download directly at <http://www.treelite.com/NF/2007/12/Anxiety.pdf> To Your Health! The Staff of Tree of Light Publishing

The Eight Causes of Disease

Today's traditional health care system doesn't talk much about the causes of disease. Instead, we hear a lot about symptoms. While our traditional health care system may give us temporary relief from symptoms, it doesn't provide the lasting health we desire.

The causes of disease aren't as widely publicized as the latest painkiller, but they are not secret. According to experts, the following factors are the leading causes of disease:

1. Deficiencies
2. Immune dysfunction
3. Injuries
4. Contagions
5. Genetics/Age
6. Toxins/Free radicals
7. Abnormal metabolism
8. Stress

Knowing the eight leading causes of disease is the first step toward better health. On one hand, the more health issues you suffer from, the higher your risk of disease. Conversely, your risk of disease decreases as you address or eliminate the causes.

You can learn more about the eight causes of disease and how to combat those that may impede your own good health by attending an Eight Causes of Disease meeting near you. If you missed the recent 8 Causes of Disease meeting in your area, you can still benefit from the wonderful information that was shared. Order 8 Causes of Disease brochures and audio CDs at www.naturestools.com. Share them with your group members, friends and neighbors. Get special discounts if you order in bulk.

Iron: The Key to Strong Blood

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.

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

Foods High in Iron:

- Chicken, Turkey, Canned tuna fish, shrimp, clams, Tofu, Corn or flour tortillas, enriched (check the label), Rice or pasta, enriched (check the label), Spinach, chard, collards, Prune juice, Dried fruit, Peas and snow peas

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.

Foods High in Vitamin C:

- Tomato, Potato, Broccoli, Cauliflower, Cabbage, Bell pepper, Orange, Cantaloupe, Strawberry, Grapefruit.

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.
- Cook foods in cast iron skillets, pots, or pans (they are heavy and black).
- Soak dry beans for several hours in cold water before you cook them. Pour off the water and use new water to cook

the beans. This way your body will use more of the iron in the beans.

- Allow children to drink only 1 cup of milk per day. Milk is low in iron and can fill them up so they are not hungry for iron rich foods.

References: Nutrition Best, University of California Cooperative Extension.

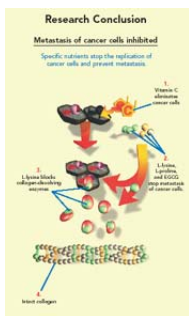
Dr. Rath's Scientific Discovery in Cancer

Submitted by Christopher Wiechert

Dr. Rath identified a common pathomechanism of all cancers, which is the degradation of the surrounding connective tissue, as a precondition for cancer metastasis. He suggested that the amino acid lysine and vitamin C could effectively control this process.

Cancer develops when cells in one part of the body begin to grow out of control. Normal body cells grow, divide, and die in a systematic way. During the early years of a person's life, normal cells divide more rapidly until the person becomes an adult. After that, cells in most parts of the body divide only to replace worn out or dying cells and to repair injuries. In the case of cancer cells, the genetic program that regulates their growth cycle is interrupted, causing the cells to become immortal and constantly divide. Cancer cell growth never stops, and it results in the formation of a tumor mass.

To stop cancer metastasis, the activity of MMPs must be inhibited. Dr. Rath and his team of researchers at the Dr. Rath Research Institute have identified a specific combination of nutrients that can inhibit the activity of MMPs and stop the spread of cancer cells. Further research has led to the development of a nutrient combination, including vitamin C, the amino acids L-lysine and L-proline and a green tea extract known as Epigallocatechin Gallate (EGCG), that works synergistically to stop the spread of cancer cells through connective tissue.



Cellular Medicine in Cancer

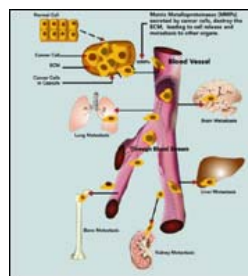
Cellular Medicine provides a new perspective in the developmental steps of cancer and its metastasis and new safe, effective therapeutic options.

Choices and Outcomes in Cancer Treatment:

For decades, standard treatment for cancer has consisted of surgery, radiation and chemotherapy. Radiation and chemotherapy, the most frequently used therapies, not only are ineffective in providing a cure, but also indiscriminately attack all cells – healthy and cancerous, causing cellular damage and destruction of the body's connective tissue, the defense against cancer metastasis. Both radiation and chemotherapy trigger the development of new cancers and damage the immune system and body organs. In addition, these interventions activate enzymes that facilitate the release of cancer cells from a localized area to spread to other organs.

At Matthias Rath Research, we have achieved a breakthrough in cancer research by defining the cellular mechanisms involved in cancer proliferation and metastasis and developed a natural means of controlling these mechanisms. Efficient control of the spread of a disease by collagen-dissolving enzyme blocks has been successful with several diseases. This is especially important in diseases for which orthodox medicine has no preventive or healing therapies yet. A combination of natural nutrients formulated to support the body in curbing metastasis and reversing tumor growth, has been shown to be effective against a variety of human cancer cell lines, without adverse effects on normal cells.

How Cancer Spreads (Metastasis):



All forms of cancer spread with the help of a collagen dissolving mechanism. To reproduce and spread to other parts in the body, cancer cells degrade the extracellular matrix (ECM) by secreting various matrix metalloproteinases (MMPs), which have been correlated with the aggressiveness of tumor growth. With the help of these collagen-dissolving enzymes, cancer cells can bulldoze

their way through the extracellular matrix (ECM) and capsule enclosing the tumor and through an adjacent blood vessel wall, to be carried to other sites where the cancer cells can invade other organs, as shown below. Please review this link:

http://www.drathresearch.org/lab_research/cancer.html

Read about [laboratory research in cancer](#).

Read the [testimonials of cancer patients](#).

Tips for a Successful New Year's Resolution

By Ellen Tart, Bernard Jensen International

Tip #1 - Make a solid decision

Make the decision to get your health on track and don't look back. There is a story about a general who took his army to conquer another country. When he got there his army didn't feel they could win. So what did the general do? He ordered all their ships to be burned. Then he told his army that they had no choice but to win! Some of us need to have a similar mind set when it comes to reaching our life goals. Make a decision that you are going to achieve your goals and don't turn back. Get rid of those things that make it easy to retreat from your goals.

Tip #2 - Believe in yourself

You must believe in yourself. Believe that you can do whatever it is that you set your mind to. The great Napoleon Hill one of the greatest success philosophers of all time wrote "Whatever the mind of man can conceive and believe, it can achieve." This single quote has helped countless people achieve their goals.

Tip #3 - Fly with the eagles

Whatever your goals are, you have a much greater chance at achieving them if you fly with the eagles. In other words gravitate towards people who are achieving or have achieved the types of goals you have. Surround yourself with upbeat positive people who are encouraging. Stay clear of the nay sayers and people without good healthy goals.

Tip #4 - Make a goal plan

To achieve a goal you must have a written goal plan. You must write down exactly what you want to achieve. Include dates you will start, and any type of other concrete numbers. Numbers for how much weight you want to lose or how many days you would like to cleanse are common. The reason for having concrete numbers and a written goal is because your mind cannot focus well on a vague objective. It does much better when it has definite time frames, etc, to work with.

Tip #5 - Keep a journal

Get a journal and keep a daily log of everything you eat, what supplements you take and when you exercise. If you've never done this before you are missing out on one of the best self-examination tools there is. You will be able to track your progress and see where you fall short. This will help you understand your habits and cycles. The more you understand these things the more you will start to find ways of overcoming pitfalls and other obstacles that come up in your daily life. You learn from your own history. It is also essential when trying to progress in your exercise or yoga programs.

7 of Our Top Health Tips

Tip #1 - Eat a variety of colorful foods

When we consume a diet of colorful fruits and vegetables, we recruit a wealth of natural health defenders. A diet rich in various colored fruits and vegetables is the best way to get the vitamins minerals and phytonutrients we need. They can protect us from a whole host of ills and contribute to a greater health picture.

Tip #2 - Exercise for fun

Exercise, when thinking of it in its traditional terms we think of jogging and weight lifting. Some have no problem doing this and enjoy these exercises immensely. For the rest of us traditional exercise for one reason or another just isn't our cup of tea. Well there's good news, you can get plenty of good exercise by doing things you love. Why not dance your way into better shape? That's right, if you like dancing get your favorite dance music out and dance for a half an hour nonstop 3-4 times a week. Hold dance workout parties with your friends and family. You'll have more fun and get lots of healthy social and laughing time out of it. Also, why not learn Karate, it's never too late and the rewards are fantastic! Jumping on a mini trampoline with upbeat positive music is also a very excellent way to shed pounds and move the clear lymph fluids of the body. This is one of my favorite exercises of all.

Tip #3 - Drink plenty of pure water

OK, it's no secret that we need to drink more water. Water cleanses and purifies the body. Make sure the water is free from fluorine, chlorine, toxins, and heavy minerals. I drink alkalizing water with ionized minerals and recommend one ounce per pound of body weight per day.

Tip #4 - Get your sunshine

Remember that song that goes, "Sunshine on my shoulders makes me happy!" Well now we are seeing more and more studies that show how it does indeed make us happy! How? By giving us Vitamin D. The sun produces thousands of IU's of Vitamin D when our skin is exposed to it. For most of us this is a very good thing. Vitamin D is needed for our immune system, bones and proper mood and mental function. All of us should get at least 10-20 minutes of it a day.

Tip #5 - Maintain harmony with your emotions

Emotions play a huge role in our health. We now know that stress for example is a killer and therefore should be managed. Other emotions that should be avoided if possible are excessive anger, hate, discontent, and worry. We all need to use self control when dealing with life. Master your emotions and you will open your body and mind to a higher path in life. Practice letting go of the negative thoughts and emotions, and replacing them with positive, happy thoughts and feelings. The happier we are, the healthier we will be!

Tip #6 - Cleanse your Body

Cleansing your body especially after overindulgence during the holidays is very beneficial to your overall health. Sometimes during the holidays, people eat foods that aren't the best for the body. Cleansing will help to release any mucus or acidity acquired from eating those foods. Cleansing is one of the greatest things you can do for your health. It is usually the first step in any whole body rejuvenation program. The Internal Cleanse Tool Kit I have created is an excellent choice for cleansing. It is a dynamic cleansing system, designed to cleanse, detoxify, and balance your internal environment.

Tip #7 - Supplement your diet

In this day and age, it's crucial that we supplement our diets. Even if we eat a strict vegan diet its tough to get the minerals

especially trace minerals that we need. It is also sometimes a challenge to get the variety of foods we need for getting those wonderful phytonutrients. This is where supplementation can really help. What kind of supplements are best? In our opinion the best way to get your nutrients is from supplements made from what is known as super foods. Super foods are those that contain an exceptional amount of phytonutrients. They are best because they are from nature and are easily assimilated into your body. Super foods work better in the body as opposed to multi vitamin and mineral tablets that contain synthetic vitamins as well as minerals that are poorly absorbed. One of the finest super food supplements ever developed is the Super Organic Rainbow Salad. It's packed with super foods that flood the body with all natural vitamins, minerals, and phytonutrients. It's 100% organic and delivers full color spectrum nutrients that will nourish, cleanse, and energize your body!

Nature's Sunshine Featured Products



NUTRI-CALM

Benefits:

- Soothes frayed nerves by providing healthy doses of the B-complex vitamins.
- Aids in relaxation and encourages restful sleep.
- Boosts the immune system.
- Helps provide energy.
- Is a source of antioxidants (vitamin C and lemon bioflavonoids).
- Provides other nutrients essential to good health.

Nutri-Calm® [Nervous] is a **key product designed to support the nervous system**, especially when under stress. During times of stress, the body rapidly loses B vitamins. Nutri-Calm provides generous amounts of these nutrients in a base of herbs known to support optimal nervous system health. Three tablets contain:

Supplement Facts		
Serving Size 3 Tablet		
Amount Per 3 Tablets		% Daily Value
Vitamin C (ascorbic acid)	1,200 mg	2000%
Vitamin B ₁ (thiamine)	60 mg	4000%
Vitamin B ₂ (riboflavin)	60 mg	3540%
Niacin (niacinamide)	120 mg	600%
Vitamin B ₆ (pyridoxine)	60 mg	3000%
Folic Acid	375 mcg	90%
Vitamin B ₁₂ (cyanocobalamin)	100 mcg	1710%
Biotin	300 mcg	90%
Pantothenic acid (d-calcium pantothenate)	240 mg	2400%
*Daily value not established		

Other ingredients include: schizandra fruit, choline (bitartrate), inositol, bee pollen, Para-amino benzoic acid (PABA), lemon

bioflavonoids, valerian root concentrate, passion flowers concentrate and hops flowers concentrate.

Adults: Take 1 tablet with a meal three times daily. 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.

FAT GRABBERS (360)

Benefits:

- Helps decrease the body's absorption of fat.
 - Helps maintain cholesterol levels that are already within the normal range.



Fat Grabbers® [Weight Loss] is an ideal product for anyone wanting to help reduce the level of fat in his or her diet. **No stimulants, no questionable ingredients**—just wholesome, nutritional substances that won't disrupt normal body processes.

Research conducted in our laboratories has verified many other in vitro experiments performed at independent laboratories that lecithin and saponins emulsify fat in aqueous media. The logical extension of this observation to the small intestines is assumed through scientific precedent. The fat-binding properties of fiber from guar gum and psyllium hulls interfere with the absorption of the emulsified fat from the small intestine. The bound fat molecules are then eliminated.

Using Fat Grabbers in conjunction with a sensible dietary plan will help you create an effective overall weight-management program. Fat Grabbers provides nutrients to help maintain cholesterol levels already within the normal range. The ingredients in Fat Grabbers—guar gum, psyllium hulls, chickweed leaf extract and lecithin—all enjoy a long history of safe use.

NOTE: May cause allergic reaction in persons sensitive to inhaled or ingested psyllium.

Adults: Take 4 capsules with 8 oz. pure water with a meal three times daily. Then follow with another glass of water. 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.

Flu Season and NSP Products Released in 2007

By Anne Small

The holidays are over and now it is the season of getting the FLU. Some of you have taken the flu shot. But that only protects you from three or four strains of the flu. What if you kiss your child and/or grandchild and get exposed to a different strain of flu? I will answer my own question—you probably will not get sick if you have a good strong Immune system. But if your immune system has been weakened by worry or another illness, you probably will get sick. **You have something to say about this problem.** Nature Sunshine has a whole group of herbal products that will strengthen the Immune system. The cheapest and one great product is **THIM-J** stock #1089-8 cost is \$14.00 another choice is **Seasonal Defense** stock #806-6 cost is \$14.30. **Immune Stimulator** stock #1839-3 will cost you \$31.00. I take this every night on an empty stomach so far/so good 2 years now.

Super Trio

This has 3 combinations to last one month. The three products are Super Supplemental Vitamins & Minerals plus Super Omega 3 EPA (see back page.) and a brand new Super ORAC formula. Stock #20-5
This means oxygen radical absorbent capacity.



This is a must for people just beginning a good nutritional program. They can add to that whatever they need to work on such as a cleanse or high blood pressure etc.

RG-MAX



This is a product for maximum energy and vitality. It is an amino acid supplement and they added L-arginine. One of you members told me she feels so wonderful after only 3 days adding RG Max to her other program. It eliminated her pains and aches and I am going to try it immediately. Stock #586-3

Vitamin D3

This vitamin makes bones denser and muscles stronger. This can lower the risk of falls and hip fractures. The recommended daily allowance has been in the past around 400. A professor of nutritional science at University of Toronto flat out recommends that people need 1,000 IU a day.



Bess Dawson-Hughes director of the Bone Metabolism Laboratory at the Jean Mayer U.S. Dept. of Agriculture Human Nutrition Research Center on Aging at Tufts University agrees. She says Vitamin D may also affect balance as we age because it gets into the brain.

Quote "the whole field is blowing open," says Dawson Hughes. "It is very exciting; we are testing 1,000 of Vitamin D on all diseases. Ask us for the report on this. It mentions some evidence that people with higher blood levels of Vitamin D have a lower risk of cancers of breast and prostate." (quote.) Get you N.S bottle today. One pill has 2000 IU.

Silver Shield

It used to be called colloidal silver. It now has 14 ppm of silver that stays suspended in purified deionized water. Everyone needs to have some of this in their home for infections. It clears up yeast toes and nails. Once more you need to call us if you want the information printed on how necessary this silver is right now with so many antibiotics not working for infections.



My Bill just turned 77. He is our model. No drugs and never a surgery. We arrested a terrible bladder infection last year with handfuls of herbs. He takes saw palmetto and "men's formula" daily for prostate and bladder.

Thai-Go

Thai-Go is a new fruit drink. A couple of other companies also have a fruit drink like Nature Sunshine's. This drink tastes very good. Like cranberry or grape juice. It is a mix of Western fruit such as raspberries, grapes, blueberries and apples. It is also unique with fruits from the Orient: mangosteen, wolfberry, and sea buckthorn that have always been used for healing. This drink is important to take right now because it strengthens the Immune System. More than twenty years ago when I was



teaching “Herbal remedies for the Fremont Recreation Dept., I attempted to introduce students to “free radicals” and “antioxidants. These were brand new words back then for the ordinary person. Many students just stared back at me because I was not explaining properly with our limited information in 1985. Now, you have all heard at least one of those terms even on television.

Let me try again. Free Radicals are certain cells in our body that should be part of a duo. They are cells that are not meant to travel through the system alone. But, because of oxidation, (the same process that turns an apple rusty when it is cut open) that cell is traveling alone. That is a free radical. Not a good thing. That is what makes us sick and age too quickly. Now, “Antioxidants can gobble up those free radicals and eliminate them from the body. Thai Go is full of the fruits from the world that are highest in ORAC foods. (oxygen radical absorbant capacity). All this is from the Food and Drug Administration and John Hopkins School of Medicine.

So Thai-Go, along with Vitamin C & E are wonderful for your immune system. Antioxidants will help you and your children fight infections. Bacterial and viral and yeast infections can be put down with antioxidants. You will get two 25 oz. bottles and you can give a tablespoon a day to every one in your family.

The Kids—what about them?

So few of you get it!! How wonderful these herbs are for babies and children. Right now, I have eight grandchildren who are all teenagers and all herbalists. Their mothers took herbs during pregnancy. They reached for the liquid herbs every time the babies got sick. Children grew up, they asked for brown rice, or elderberry or Echinacea. Now they are college age and



guess what was sent away to college in their suitcases? Just yesterday a 20 year old called and asked for some herbs for a bladder infection. There are many family stories about bowel movements. All you herbal moms can attest to this truth. Take a look at the Nature's Sunshine web page for **Herbasaur products** or just remember our **Elderberry Plus** stock #3300-9 is a chewable loaded with elderberry, reishi mushroom and astragalus root for all infections or antioxidants **with grapine**, chewable for a strong immune system stock #3301-5. Or our chewable multi vitamins and minerals. Children have to be taught to be an herbalist. I got a call from Stephen, now a husband and father. He needed herbs for his baby. He was brought to me 15 years ago with sinus problems. This must be hammered into their heads because they will not learn this information out there.” You did good mom Sharon.

Essential Omega Oils



These oils are good and every one of us needs to take them in supplemental form every day. They are called “essential” because they are essential to human health and cannot be manufactured by the body. This information also can be found on the web page. Your choices are:

- **DHA** is essential to your brain.
- **Omega 3** is essential for your heart.
- **Flax Seed Oil** is needed for many body parts.
- **Super GLA** also contains evening primrose oil, black currant and borage oils. It maintains blood pressure and regulates gastric secretion and hormone responses to nerve impulses. It really helps the female reproductive system.

Food & Drug Administration

The Food & Drug Administration are up to “No good” for us again. First they took away ephedra and we had to do without the wonderful herb for releasing mucus from the respiratory tract. Then we had to discontinue all of our Chinese products and many other combinations. The FDA said they had too much mercury in them to be safe. Nature Sunshine conducted their own testing and found that many vegetables had more of that mineral in them but the “produce” industry did not stop selling carrots and broccoli. Did they? Well, finally we have all the combinations back. In case you ordered and got a much smaller bottle, the explanation is that Nature Sunshine made the pills **four** times stronger, therefore you only need one or two pills a day instead of nine or twelve. The Mood elevator, Stress relief and VS are all just wonderful and very potent combinations. Try the Chinese Anti Gas or Kidney support or Lung or Liver combinations. I am certain that you will get relief as long as you order the right one. Call and ask me for my experience with Chinese Traditional Therapy.

It is becoming clear to me that our right to choose our own medicine is right up there with politics and religion as very personal choices. I have questioned all three. What about you? If you have bought herbal remedies, then you have questioned Western medicine. How does that feel?

Order all NSP products discussed in this newsletter online at: <http://www.mynsp.com/general/index.asp> or call us at one of the numbers on the first page of this newsletter. Contact us if you are interested in becoming a member to sell the products or to save money on retail products you already are taking. Save up to 50% off retail when you sign up. Your membership is free for the 1st year when you sign up with a \$40 order.

Milk Thistle Compound May Protect Against Liver Cancer

By Stephen Daniells
Submitted by Christopher Wiechert

“Silymarian has been shown to inhibit the depletion of glutathione, an amino acid that plays a part in the body's overall defense system, as well as the liver's ability to detoxify. Interesting study linked below...”

<http://www.nutraingredients.com/news/ng.asp?n=81373&m=1N1EN15&c=wcrczqgdhtlqsk>

15/11/2007 - A flavanone compound in milk thistle, silibinin, may stop the growth and spread of liver cancer, suggests a laboratory study from the University of California, Irvine. The *in vitro* study used human liver cancer cells exposed to different doses of silibinin, and found that the milk thistle compound could inhibit the spread of the cells and promote programmed cell death (apoptosis).

It should be stressed that the new research, published in the *World Journal of Gastroenterology*, did not use milk thistle dietary supplements, but pure silibinin, the active component in milk thistle.

Liver cancer is the sixth most commonly diagnosed cancer in the world, and third most common cause of death from cancer, according to Cancer Research UK. Despite these figures, the cancer remains relatively rare, with 18,500 new cases in the US every year, and about 3,000 in the UK.

The highest incidences of the disease are in east and Southeast Asia, particularly China, and for this reason the current researchers looked at the effects of probiotic supplements on markers for the disease.

Ke-Qin Hu and his research team tested doses of silibinin ranging from 10 to 240 micromoles per litre for the human liver cancer cell lines, HuH7, HepG2, Hep3B, and PLC/PRF/5.



The researchers report a dose-dependent response at levels above 180 micromoles per litre, and an IC50 value, a measure of the extract concentration under which 50 per cent of the cell population growth was inhibited, of 240 micromoles per litre.

Additional study was limited to the HuH7 cell line, "because the HuH7 cell line is one of the most commonly used human (hepatocellular carcinoma) HCC lines," said the researchers.

A mechanistic study indicated that the milk thistle compound was associated with an increase in histone acetylation. The significance of this increase is that histone acetylation is reportedly involved in cell proliferation, differentiation, and cell cycle regulation.

Indeed, measurements of apoptosis showed that, at a dose of 240 micromoles per litre, silibinin increased programmed cell death of the cancer cells by a factor of nine.

Hu and co-workers state that further work is necessary to full elucidate the mechanism. It is also not known if the doses required to offer the potential anti-cancer benefits could be achieved using milk thistle supplements.

"Our findings not only indicate silibinin's novel anti-cancer mechanisms, but also provide additional targets for searching new agents for HCC chemoprevention," concluded the researchers.

Milk thistle (*Silybum marianum*) has been used for a long time as a food in Europe. Young leaves are used in salads, the stalks eaten like asparagus, and the heads boiled like artichoke.

According to the Manitoba Agriculture, Food and Rural Initiatives (Canada) milk thistle ranked 12th among the top selling herb supplements in the US mass market, with sales of over \$3m in 1997.

Previously, silibinin has linked to similar benefits against lung cancer growth (Journal of the National Cancer Institute, Vol. 98, pp. 846-85).

Source: World Journal of Gastroenterology, Volume 13, Issue 40, Pages 5299-5305 "Effects and mechanisms of silibinin on human hepatoma cell lines" Authors: J.J. Lah, W. Cui, K.Q. Hu

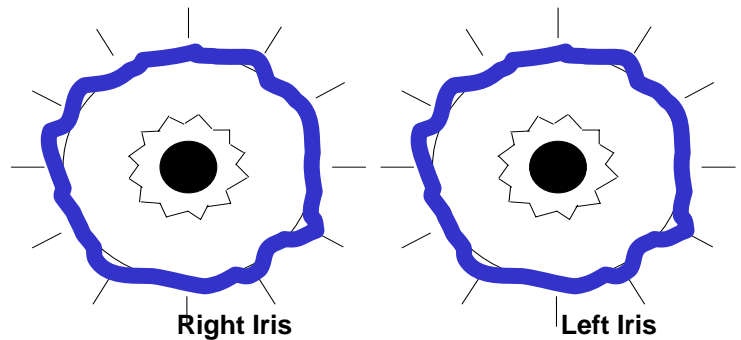
The Study of Iridology

We make it a point to put some type of iridology information in each of our newsletters. This month we are discussing anemia in extremities, Arcus Sinilis, nerve/stress/sensitivity rings, and radii solaris. Please let us know if you have any questions about these items.

Anemia in the Extremities (Venus Congestion-Blue Ring)

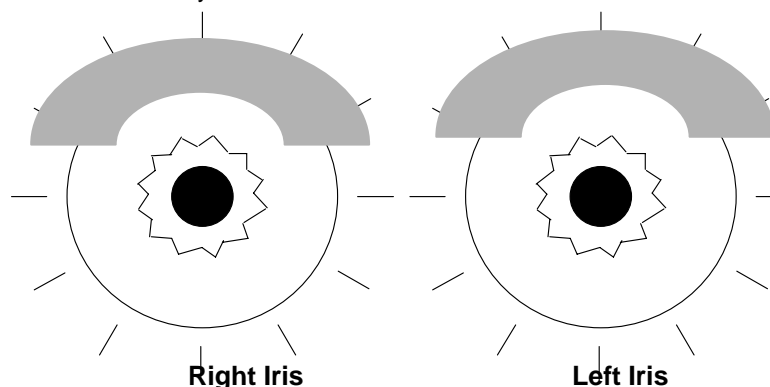
This is a term used by the Iridologist to indicate a lack of circulation to the arms and legs. The legs and feet are the farthest away from the heart. Thus the blood must be returned from the legs against the force of gravity. This is why circulatory problems usually manifest first in the feet and legs. Vitamins helpful are A, B, B1, C, D, G and Niacin. Minerals include Magnesium, Phosphorus, Silicon, Fluorine, Iodine, Iron, Manganese and Sulfur. Herbs include Capsicum, Butchers Broom and Hawthorn Berries. Cold water leg baths and grass and sand walking as taught by Fr. Sebastian Kneipp are very

helpful as is exercise in general. Capsicum can also be rubbed on the hands and legs to be absorbed through the skin and a bath can be taken as well with Capsicum.



Arcus Sinilis (Brain Anemia-White Cap)

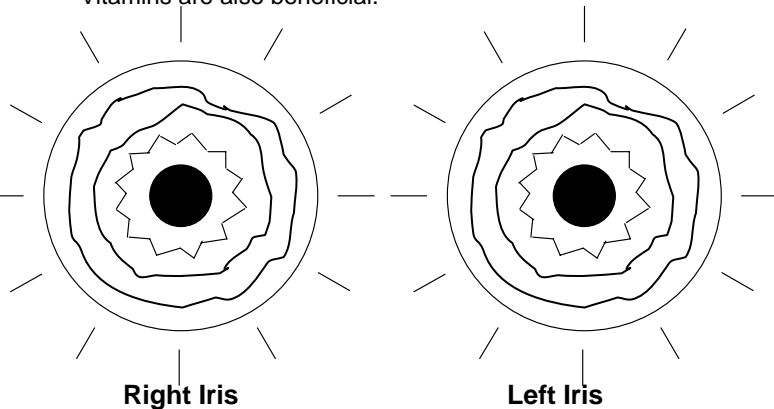
Virtually all life activities of the body are directed by the Brain. Dr. Bernard Jensen has found anemia of the Brain to be the most serious result of impaired circulation, low blood count, inadequate nutrients in the blood or any combination of these factors. The joy of life seems to diminish to a sluggish trickle, while thinking slows, memory dulls and a curtain drops over many activities and abilities which were formerly taken for granted. This condition, commonly associated with senility and old age, has less to do with chronological age than it does with our way of life. If a low blood count is suspected, Dr. Jensen advises obtaining confirmation through a lab analysis. You can build up the blood with iron-rich foods such as green vegetables, beets, black cherries, black raspberries, liquid chlorophyll and other supplements. Moving to a higher altitude can help. To improve circulation Dr. Jensen recommends slanting board exercises, early morning barefoot walks in dewy grass or on a sandy beach, Kneipp baths, alternate hot and cold footbaths and physical exercises appropriate to the person's age. Physical exercise stimulates increased adrenaline secretion which in turn stimulates faster, deeper respirations, faster heart action and greater oxygenation of body tissues. Cerebral Anemia means there is a lack of adequate blood supply to the brain areas for one reason or another. Dietary modifications, exercise, herbs, vitamins, minerals, food supplements and use of a slanting board on a regular basis are very helpful in these cases. Herbs such as Gotu Kola, Capsicum and Ginseng are also very helpful. The vitamin necessary is Niacin.



Nerve/Stress/Sensitivity Rings (Stress Affecting Body)

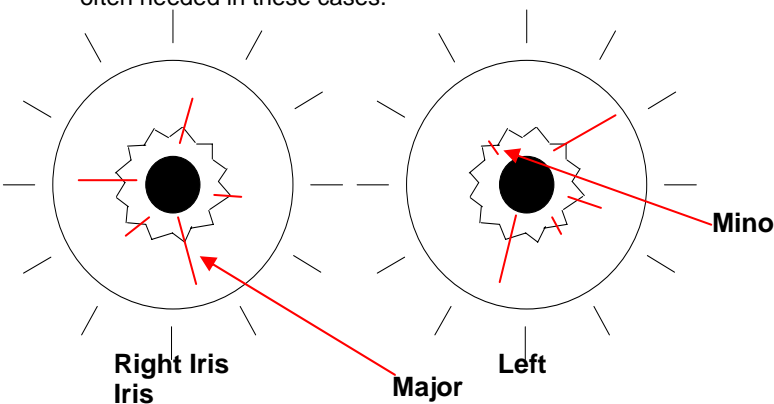
The presence of nerve rings in the iris, indicate a tense condition in the person. The lifestyle of today is conducive to the formation of nerve rings. These rings can also be called sensitivity rings, which can indicate a highly sensitive individual. Nearly all persons have some nerve rings. A job or a boss that is not to one's satisfaction, a spouse who is difficult to live with or any disharmony or pressures in life can all be causes of nerve rings. If your nerve rings are heavy, perhaps you ought to be giving some thought to an alteration of your lifestyle or

taking up some relaxation techniques. Some persons simply drive themselves too hard. They need to spend some time pursuing a relaxing hobby, mentally, if not physically, removing themselves from their usual work. Vacations are especially necessary and are greatly beneficial in reducing stresses of everyday living. Herbs are highly beneficial also and the ones with the most benefit to the nervous system are Catnip, Valerian, Chamomile, Skullcap and Wood Betony. All of the B Vitamins are also beneficial.



Radii Solaris (Minor & Major) - (Toxic Lines, Parasites, Liver Lines)

"Radii Solaris" resemble rays of the sun when visualized in the iris. When these are present in the iris, it is an indication of an inherent weakness in the bowel area. This type of weakness allows toxins from the bowel to more easily influence the tissues into which the radii solaris extend. When these are seen in the iris, it means that extra care needs to be taken by the person to keep the bowel clean by proper diet and colon care. People who have these "rays of the sun" often are prone to sinus problems, toxic headache and other toxic symptoms. The use of the Colema Board and Bentonite Clay Water with the herbs Psyllium Hulls and Cascara Sagrada are often needed in these cases.



To find out more about iridology and/or to take our courses, please contact us. Courses are \$200 each (beginning, intermediate, and advanced) or \$450 if all 3 are ordered together. You can download the syllabus of our iridology courses at <http://www.joyfullivingservices.com>

The Health Freedom Protection Act
ACTION ALERT: WASHINGTON, January 9, 2008 - We are in the thick of an election year and many of the candidates for President are clamoring to offer health policies that simply maintain the status quo and enable the pharmaceutical industry to maintain its stranglehold on consumers. These same candidates would also allow the FDA to continue to shirk its duty to protect consumers from the often dangerous or lethal drugs big pharma is all too eager to push on the public. It is especially important at this time for our elected representatives to support policy and legislation that puts consumers in control

of their own health decisions. That is why it is critical that you urge your Representative to co-sponsor Ron Paul's Health Freedom Protection Act, H.R. 2117. With your help we can surpass the level of support the bill enjoyed in the 109th session, and bring it to the floor for a vote. [Click here to email your Congressperson to co-sponsor H.R. 2117!](#) The FDA's approval process for informational labeling of food-based health claims has been so slow and uncertain that very little meaningful health information is making its way to food and dietary supplement consumers. Why does the FDA ban speech that can heal and save lives? Many dietary ingredients have therapeutic effects, yet telling the truth about those effects in the market can land you in jail. The Food and Drug Administration makes it next to impossible to assert any claim that a supplement or nutrient has the potential to positively affect a person's health. The Federal Trade Commission prosecutes parties who make advertising claims about the effects of foods and nutrients on the body. It does not limit those prosecutions to parties that actually deceive consumers. It also does not limit those prosecutions to products that fail to perform as advertised. In short, in this standardless environment, the FTC can exercise a great deal of discretion to determine what claims are deceptive and which ones are valid. **No one in this country should be held by the government to be a deceptive advertiser unless the government proves that consumers have in fact been deceived.** [Click here to tell your Representative you want to make your own health choices!](#)

Ron Paul's **Health Freedom Protection Act**, a bill first introduced in the U.S. House of Representatives in 2005, would end FDA and FTC censorship and give consumers access to truthful, non-misleading health information by making it easier for manufacturers of vitamins, supplements, and other foods to display health claims on product labels. H.R. 2117 was re-introduced in the House on Wednesday, May 2, 2007, but has not yet attained the level of support it enjoyed in the last Congressional session. That is why it is important to acknowledge those in Congress who, by co-sponsoring the Health Freedom Protection Act in this session, have cast their votes in support of consumers and our access to the information we need to make our own choices about our health. **Citizens for Health applauds the following Representatives** and their courage in standing up in support of our freedom to control our health decisions (the dates following their names indicate when they became a co-sponsor):

- Minor Sponsor: [Rep Paul, Ron](#) [TX-14]
- [Rep Bartlett, Roscoe G.](#) [MD-6] - 5/2/2007
- [Rep Burton, Dan](#) [IN-5] - 5/2/2007
- [Rep DeFazio, Peter A.](#) [OR-4] - 6/8/2007
- [Rep Duncan, John J., Jr.](#) [TN-2] - 5/2/2007
- [Rep Fortuno, Luis G.](#) [PR] - 6/8/2007
- [Rep Kuhl, John R. "Randy", Jr.](#) [NY-29] - 6/15/2007
- [Rep Musgrave, Marilyn N.](#) [CO-4] - 8/3/2007
- [Rep Rohrabacher, Dana](#) [CA-46] - 12/18/2007
- [Rep Shays, Christopher](#) [CT-4] - 5/2/2007

Will your Representative be the next one to add his/her name to this list? This is your chance to let Congress know you will not sit back while our government works to keep important health information from consumers. [Click here and urge your Representative to Support the Health Freedom Protection Act today!](#) Now, as always, it is your action and your support which makes the success of our campaigns possible - we couldn't do it without you.

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.