

# Joyful Living Services' News

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## Happy New Year!

I hope you all had a Wonderful Holiday Season and a safe New Year!! I trust that 2010 will be a happy, healthy, and prosperous year for us all.



We had a Wonderful holiday with all our family coming to us. It was a treat for us not to have to be on the road this year for the holidays. We had 23 people coming and going over the holiday season and it was a lot of fun. My kids are growing up fast and are participating fully in the holiday traditions. Josephine is now 8-1/2 and Joshua is 6-1/2. You will hear them from time-to-time when you call in.

For me 2009 was a year of challenge and change. Overall I would say that Joyful Living Services did very well in 2009. It seems that more and more people are becoming interested in alternative health. The more the government here in the United States pushes people towards a government run health care system the more people are turning to herbs and helping themselves. We have heard so many stories from our clients who live in other countries who say that they have to wait months to have necessary medical tests and to see a doctor. I have personally worked with clients outside the United States who could not wait any longer to see their doctor and who needed help with medicinal herbs right away. I fear that as we move closer and closer to a government run health care system that we will be paying more for health care and we will be getting slower service and less and less options. On the positive side of that, the alternative health field is always open and available to help. I've used iridology since 1987 to determine what is causing symptoms in people. Now I'm using The Compass System to help determine which herbs are best for our clients and using a nutritional survey to determine imbalance. Besides that, we use muscle testing to do a lot of analysis. Together all these modalities work. I believe that the closer we move to a government run health care system the more people will be interested in taking responsibility for their own health and will be using alternative health.

As for myself personally, it's no secret that I came into this health business because of quite a few health issues of my own. Most of them were emotional and stress related. For years I've had symptoms of hypoglycemia and have taken herbs to help that when necessary and have been symptom free for years. I went through infertility treatments to have my children because I was diagnosed with PCOS (Polycystic Ovarian Syndrome) and at that time was found to not be "insulin resistant" (about 10 years ago). However, since August 2008 I've been having symptoms again and they have become worse. The symptoms I get are sudden drop in blood sugar which does not mean I'm hungry at all. I suddenly feel sick and have to eat. If I wait too long to eat I get very irritable and I find myself trying to get anything into my body that will make me feel better. This can also lead to being shaky and tired and just feeling sick for the rest of the day. The worst thing for me is a Starbucks mocha because it has so much sugar in it that it drives my pancreas to pump out so much insulin into my bloodstream that I never recover all day. It has been very typical for me to walk into someone's home after driving an hour and ask them for a snack.



So what have I done for this? Well I've watched my diet and made sure that I've eaten plenty of protein at meals and I eat very healthy foods. Most of you know that I grow my own vegetables during the summer, have chickens and rabbits for eggs and meat, and now I have my own grain mill so I can purchase organic grains and grind them just before making my breads and muffins using organic buckwheat and other grains. However, this has not been enough.

I went to the doctor that I have the most respect for and asked him "Why am I different from all the people I know in my family?" No one else in my family has to suddenly eat or they feel sick. No one else has to carry snacks around in their purse or pockets in case they suddenly feel sick. So the doctor looked up my blood tests and told me that I am hypoglycemic and can become diabetic in time. I asked him if I have what's now called "Metabolic Syndrome". Yes, he said, you do have Metabolic Syndrome. He said to eat 6 meals per day. That's it???? He never once said anything about herbs or minerals or anything to help me get over this. He never once said that there is a cure or that I could possibly ever heal myself. He just said that I have to eat 6 meals per day for the rest of my life and I would probably become diabetic! I tried eating 6 meals per day and it did not work for me. I gained all the weight back I had lost plus some.

For any of you who have hypoglycemia, on the edge of diabetes, or any symptoms of Metabolic Syndrome, I highly recommend taking care of it NOW!!! If you have any type of health issue that you are "in denial" about, take care of it NOW!!! Do not wait!! I've seen too many people in the hospital having heart by-pass surgery and cancer because they were in denial and did not take responsibility for their health.

To answer your question, "what am I taking for the Metabolic Syndrome and how am I feeling?" For me it has been very simple. I'm taking 3 Nature's Sunshine supplements:

1. Alpha Lipoic Acid which is a very strong antioxidant used for sugar regulation.
2. Magnesium Complex
3. SugarReg which is an herbal combination that helps maintain blood sugar levels that are already within the normal range, activates cell glucose transporters, and supports the liver and aids digestion.

Since I've been on these 3 supplements I have had no symptoms at all. Even when I've missed 1 day I have not felt sick and I've been able to eat 3 meals per day and feel fine just like "normal people". How long will I have to take these? Maybe I'll have to take these supplements for the rest of my life. But I would rather take 6 pills with each meal for the rest of my life that I know are helping me to rebuild my body and avoid diabetes than to have to eat 6 meals per day for the rest of my life and possibly end up with diabetes anyway and on insulin. – Brenda Generali, Joyful Living Services

### **What is Metabolic Syndrome and What Does It Mean for Your Health?**

(From Women's Health Advisor, January 2010)

*MetS underpins several serious health problems, but simple lifestyle changes can help keep it at bay.*

Metabolic syndrome (MetS), a cluster of risk factors, increases your chance of other serious health problems: People with MetS are five times more likely to develop diabetes and have double the risk of heart disease. MetS affects more than 50 million Americans, according to the American Heart Association.

While MetS isn't a disease in itself, "It is vital to recognize and treat MetS because it can put you at higher risk for heart disease and stroke," says Melissa D. Katz, assistant professor of clinical medicine at Weill Cornell's Division of Endocrinology. Identifying MetS has been complicated by the differing criteria for diagnosing MetS, but a recent joint statement from a number of medical organizations has identified specific criteria that define the condition.

### **What Characterizes MetS?**

The risk factors that distinguish MetS include high blood pressure, elevated insulin levels, excess abdominal fat, high levels of triglycerides (blood fats), and reduced levels of HDL ("good") cholesterol – that occur together. "In order for a diagnosis of MetS to be made, you need to have three out of the five," says Dr. Katz. Having one of these disorders puts you at higher risk of having others, as does age, obesity, a family history of diabetes, or existing cardiovascular disease.

Abdominal obesity is a major risk factor for MetS because abdominal fat produces pro-inflammatory chemicals and predisposes people towards insulin resistance. However, the two previous definitions for MetS, provided by the International Diabetes Federation (IDF) and the National Cholesterol Education Program (NCEP), differed in their views on the significance of waist circumference in diagnosing MetS. The new guidelines, published October 5, 2009 in the journal *Circulation*, make waist circumference a defining risk factor, but use geography-specific cut-off points to define exactly what constitutes abdominal obesity. "This takes into account the fact that there are general population and country-specific differences in the distribution of fat," says Dr. Katz.

### **Mets by the Numbers**

A diagnosis of metabolic syndrome requires the presence of three of these five risk factors;

1. Waist Measurement. In the U.S., a waist circumference greater than 35 inches for women and 40 inches for men.
2. Triglyceride Level. Levels higher than 150 milligrams per deciliter (mg/dL), or 1.7 millimoles per liter (mmol/L).
3. HDL Level. And HDL lower than 40 mg/dL (1 mmol/L) in men or less than 50 mg/dL (1.3 mmol/L) in women; being treated for low HDL.
4. Blood Pressure. Higher than 120 systolic (the upper number) or higher than 80 diastolic (the lower number); being treated for high blood pressure.
5. Elevated Blood Sugar. Blood sugar levels of 100 mg/dL (5.6 mmol/L) or higher; being treated for high blood sugar.

### **The Wider Implications of MetS**

If you are at risk for MetS or already have the condition, it's vital that you mitigate your risk factors. "Not taking steps to lower high insulin levels can lead to insulin resistance, in which the body doesn't respond properly to insulin and blood sugar rises," Dr. Katz explains. "The pancreas compensates by pumping out more insulin but is unable to keep up, setting the stage for type 2 diabetes. High blood pressure and reduced HDL levels can cause a substance called plaque to build up in the arteries, causing them to narrow and stiffen, and this raises the risk of heart attack and stroke.

MetS also has been linked recently to a higher likelihood of peripheral artery disease (PAD, in which plaque builds up in the arteries in the legs, typically causing pain on walking), which is an independent risk factor for heart disease and stroke. Previous research also has suggested that MetS may put postmenopausal women at higher risk of breast cancer.

## **Lifestyle Choices are Vital**

Lifestyle changes can reduce your risk of developing MetS and mitigate its effects if you already have it, says Dr. Katz. "Physical activity and losing weight are key. Aim for at least 30 minutes of brisk walking every day, and keep in mind that losing even as little as 5 to 10 percent of your body weight can make a difference. If you smoke, quitting will help to reduce blood pressure and improve cholesterol and blood sugar levels." She also recommends that you include plenty of fiber-rich fruits and vegetables and whole grains in your diet, as fiber can help lower insulin levels. Your doctor also may recommend that you take a daily low-dose aspirin to reduce your risk of heart attack and stroke, and may prescribe medications to lower your blood pressure and cholesterol levels.

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## **Handbook 2010**

Submitted by: Irene M.

### **Health:**

1. Drink plenty of water.
2. Eat breakfast like a king, lunch like a prince and dinner like a beggar.
3. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
4. Live with the 3 E's -- Energy, Enthusiasm and Empathy
5. Make time to pray.
6. Play more games
7. Read more books than you did in 2009.
8. Sit in silence for at least 10 minutes each day
9. Sleep for 7 hours.
10. Take a 10-30 minutes walk daily. And while you walk, smile.

### **Personality:**

1. Don't compare your life to others. You have no idea what their journey is all about.
2. Don't have negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
3. Don't over do. Keep your limits.
4. Don't take yourself so seriously. No one else does.
5. Don't waste your precious energy on gossip.
6. Dream more while you are awake.
7. Envy is a waste of time. You already have all you need.
8. Forget issues of the past. Don't remind your partner with His/her mistakes of the past. That will ruin your present happiness.
9. Life is too short to waste time hating anyone. Don't hate others.
10. Make peace with your past so it won't spoil the present.
11. No one is in charge of your happiness except you.
12. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.
13. Smile and laugh more.
14. You don't have to win every argument. Agree to disagree....

### **Society:**

1. Call your family often.
2. Each day give something good to others.
3. Forgive everyone for everything.
4. Spend time w/ people over the age of 70 & under the age of 6.
5. Try to make at least three people smile each day.
6. What other people think of you is none of your business.
7. Your job won't take care of you when you are sick. Your friends will. Stay in touch.

### **Life:**

1. Do the right thing!
2. Get rid of anything that isn't useful, beautiful or joyful.
3. GOD heals everything.
4. However good or bad a situation is, it will change.
5. No matter how you feel, get up, dress up and show up.
6. The best is yet to come.
7. When you awake alive in the morning, thank GOD for it.
8. Your Inner most is always happy. So, be happy.

### **Last but not the least:**

1. Please Forward this to everyone you care about, I just did.

## Healing Frazzled Nerves



By: Valerie Greguire

**Natural Health Counselor/Educator/Certified Herbalist**

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As the New Year begins, we take a deep breath and a hot bath, and put the stress and rush of the holiday season behind us. We eagerly look at the upcoming year and begin to access our goals and dreams we'd like to fulfill. But for many it's not that easy, instead, the holiday stress was just another coal placed on the fire, of an already over-stressed life. The coming New Year looms over many as a large mountain that must be climbed. For these people, stress and anxiety are ruling their lives.

What is one to do when your nerves seem so frazzled that they begin to affect your daily activities, judgment and personality? What do you do when you feel you're losing control of the very body you live in? Rising above the storm of a stressful busy life can be difficult, but not impossible. The first step is to reach inside yourself and find that desire to gain control again, and upon finding this, realize you can do something about it. One of the biggest factors that cause frustration for those under stress is the feeling of loss of control over the symptoms the body is exhibiting, such as mood swings, depression or fear. Today I want to help you understand some of these symptoms, what your body is telling you, and how you can turn them around with nutritional and lifestyle changes.

The health of your nervous system affects both your emotional and physical well being. When this system is weakened we can feel stressed and emotionally unstable, and exhibit a range of ill-health. We commonly hear people who are under stress say their nerves are "frazzled" or "worn thin". This statement is actually a very true analogy of what is happening in your nervous system. When the nerve endings get worn down [the protective covering called the myelin sheath has worn thin](#). These naked nerve endings spark and leap like live wires, creating problems with the nervous system's communication system. Once the myelin becomes thin we start to exhibit symptoms which for many can be quite scary. Let's look at some of these common symptoms....

- Easily bothered by noise, people or commotion
- Feeling a need to avoid large groups or noisy places
- Inability to concentrate if other noises are going on around you. Such as not being able to read if the TV can be heard
- Inability to sleep due to a racing mind, or constant thoughts.
- Need to play the radio, fan, or TV to help you fall asleep
- Often bothered by Intrusive thoughts (unwelcome involuntary thoughts, images, or unpleasant ideas that may become obsessions, are upsetting or distressing)
- Nerve pain caused by inflammation or degeneration of the nerve resulting in tingling, numbness, or pain
- Sudden piercing pains in different places on the body
- Easily startled by sudden noises
- Hearing voices, music or sounds that are not really there
- Having a feeling that someone is in the room or catching movement from out of the corner of your eye only to find nothing is there
- Having a need to double check things
- A need to follow rituals before doing something, like going to sleep
- Obsessive compulsive behavior
- Doing something that is a common routine for you, but suddenly thinking you did it wrong
- Forgetting common everyday information like how to retrieve a message from your phone
- Forgetting where you are, or what direction a place is that you have gone to often
- In addition many diagnosed medical conditions can be related to a problem with a worn down myelin sheath. Examples are as follows: OCD , Bi-polarity, Bells Palsy, Shingles, Parkinson's disease, MS (Multiple Sclerosis), Anorexia, Bulimia, Self Injury, Panic Attacks, Social Phobia, Anxiety, ADD, Tourette's ...and other neurological disorders. These disorders can improve and /or be managed more easily by supporting healing of the nervous system.

I can't tell you how many people have found relief and hope after reading this list, and realizing that these symptoms are not all in their head. But rather, these are symptoms of a nervous system that is worn down, malnourished and simply unable to communicate properly. Best of all with proper nutritional support, lifestyle changes and rest, these symptoms will go away or greatly diminish, as your nervous system heals and repairs itself.

## Nutrients that help to heal your nerves and rebuild the myelin sheath:

**Lecithin** - Lecithin is an important phospholipid (fatty substance) needed by all living cells. Lecithin is produced within our own bodies, and can be found in the major organs: the heart, the liver, and the kidneys. It is important to the formation of a healthy myelin sheath. Choline and inositol are two components of lecithin that are especially important for nerve function. These ingredients are needed to make a chemical that carries nerve messages across the nerve synapses. Lecithin along with the B-vitamins help keep this coating healthy. Lecithin can be found in several foods, such as cabbage, cauliflower, garbanzo beans, soy beans, split peas, organic meat, seeds, nuts and eggs. However, once the myelin sheath is worn down I have found people need to supplement with additional lecithin in addition to diet in order to repair the nerves quickly. Nature's Sunshine offers lecithin in a small caplet form (#1660-5). Over the years I have seen very good results with my clients who have taken 6-9 caplets daily for the first month, then slowly decreasing that amount, as the nerves heal and repair.



**Magnesium** - This mineral is also needed for the myelin sheath to stay healthy. A lack of magnesium can leave your nerves feeling ragged. Magnesium is absolutely vital to the health of every cell in the body; it is a key player in many metabolic processes. It is needed for contraction of muscles, generating electricity in nerves, and the production of energy in the body. People who suffer from chronic fatigue often have low magnesium levels in the blood. In addition, nerves can become hypersensitive to pain without enough magnesium. Magnesium is used by the body to control heart beats. A deficiency can create irregular heartbeats and high blood pressure, both of which are often experienced by people under stress and suffering from a weakened nervous system. Other symptoms of being low in magnesium include: [Muscle cramps](#), [nervous irritability](#), [menstrual cramps](#), [tension headaches](#), [constipation](#), [muscle tightness](#), [chronic pain](#) and [feeling uncomfortable around big crowds of people](#).

**Magnesium Complex (#1859-8)** is a very easy to absorb form of magnesium. A dose of 600-1000 mg daily is most commonly used for healing the nervous system. You may also be getting some magnesium from your multiple vitamin and mineral, so check the label. Typically if too much magnesium is taken or if the form is not absorbed properly, then it will cause you to have loose stools. Cut back the dose or change the form to the one I mentioned and that should correct the symptom.

**B-vitamins** stabilize the nervous system and are needed for proper functioning of nerve impulses. B12 in particular, plays an important role in the health of the myelin sheath around the nerves. [A deficiency of B12 may cause the following symptoms: numbness and tingling of the arms or legs, difficulty walking, memory loss, disorientation, and dementia with or without mood changes, and a sore mouth.](#) A special type of anemia can develop if someone becomes very low in B12. Pernicious anemia is caused by a lack of intrinsic factor. Intrinsic factor is a protein produced by the stomach that binds to vitamin B12. The combination of vitamin B12 and intrinsic factor is absorbed in the lower part of the small intestine. When the stomach does not make enough intrinsic factor, the intestine cannot properly absorb vitamin B12. People who suffer from digestive problems, IBS, and severe food allergies or auto immune related food reactions run a higher risk of having this type of anemia develop. For the most part people simply become low in B12 due to weakened digestive processes in the stomach. This may be due to reduction of enzyme production due to stress, or as a result of aging. In addition the daily use of antacid medications such as Prilosec, Nexium or Prevacid can lead to B12 deficiency. These drugs reduce the levels of the stomach acid called hydrochloric acid (HCL). HCL is needed to separate the B12 from the food proteins so it is available for absorption.

Actually, all of the B-vitamins help play a role of good digestion and keeping your nervous system healthy. People who are constantly on the go all the time, and have constant stress in their lives need to supplement with additional B-vitamins to support their lifestyle. These people tend to have excessive worry and anxiety, digestive complaints and difficulty relaxing. The formula **Nutri-Calm** is a great B-complex formula which includes additional herbs to help relax the nervous system. Vitamin C is also added for its support for the adrenal glands (your stress glands). The key to taking a B-complex formula such as Nutri-Calm, is to spread it out throughout the day. B-complex vitamins are water soluble, what your body does not use in the morning hours will be flushed out of your system in your urine. This is why you should divide the dose into 2-3 daily doses to help support the stress throughout the day. Nutri-calm or other B-complex formulas do contain some B12. However if you feel you may have a deficiency you may want to include additional B12. The formula **liquid B12 complete (#1588-7)** offers an easy to absorb liquid form to take along with your B-complex formula. The liquid form which is held under your tongue for 30 seconds before swallowing is the preferred form for taking B12.

I have found that Lecithin, magnesium, B12 and the B-complex vitamins to be the most significant nutrients needed for the reversing of the above symptoms of a worn myelin sheath.

**Rest is vitally important for the nervous system**, it is so important to find ways to stop the rush of the day and take time to rest, relax and re-focus your mind. In addition to times of rest during the day, we need to make sure we get a good night's sleep at night as well. Try and identify your stressors, what can you change? Take a closer look into the things that are bothering you and find solutions to these problems. If you think that your problem is too big for you to handle, try to breakdown your problem into small components and see if you can find partial solutions. It is important not to go to bed while dwelling on your days problems. Learn some deep breathing and relaxation techniques, yoga, prayer or meditation, to do before bedtime. These methods can really help to train your mind to relax and think positively. Evaluate your intake of substances like caffeine, alcohol and nicotine, especially in the early evening. People metabolize caffeine differently, for some it may take up to 20 hours for the effect of a cup of coffee to wear off. I like to drink a cup of chamomile tea in the evening to help prepare my mind for relaxation and sleep. A hot bath with soothing essential oils like lavender can also help induce relaxation. Nutritional supplements can help as well to prepare the body and mind to relax and unwind....

**Herbal Sleep** – Is an herbal combination that supports proper nervous system function. The formula promotes restful sleep when taken at bedtime, however it will not make you sleepy taken during the day. This formula contains valerian, passion flower, and hops. All three of these herbs have a successful history of use with nerve pain as well as helping to balance neurotransmitters that help to relax a racing mind. I often take 3 herbal sleep before bedtime, or 2 capsules as needed during the day for high stress or suffering pain. There are many different formulas that help the body to sleep more restfully. Since people have different imbalances, different supplements are needed. If the Herbal Sleep does not work well for you, consider Melatonin, Stress-J, Herbal Ca, Calcium/magnesium or Nervous Fatigue formula instead.

Long term imbalances in the nervous system are very stressful for both yourself and those around you. Often times, people develop a feeling of being burned out and lose their motivation or zeal for life. The formula **Chinese Nervous Fatigue (#1017-1)** can be very helpful in this instance. This formula works to strengthen the circulatory system as well as the nervous system. It is helpful for those who have a restless night's sleep often accompanied by night sweats. It helps recover from nervous exhaustion and improve muddled thoughts and mental confusion brought on by long term stress. I often have clients take 2 of the TCM concentrate capsules before bedtime.

I hope this newsletter has brought some encouragement and hope to those of you who have been feeling run down and discouraged. I hope that this information has given you direction as to how you can work to heal and repair your damaged nerves so you can look forward to a brighter new year!

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### **A Special Quiz to help you Achieve your Goals in 2010**



By: Christopher Wiechert, C.N.C., President, Forever Changes, Inc.

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I got a great quiz the other day from Dr. Mark Hyman. It is designed to see how much your body is affected by blood sugar issues. It is a great guide to see if my weight management and fat loss program is for you. Take the quiz...

I don't know about you, but every year I try to set at a few goals to give my new year some direction and focus. These are not your typical shoot-for-the-stars type of goals that quite frankly don't work.

In my experience the biggest value hasn't been from just setting huge goals and hoping for the best -- I've actually found that process mostly results in disappointment when year's end comes around and those goals haven't been achieved.

Instead, my strategy is to set very high level goals based on what's most important to me at that moment in my life and use that to help focus my mind on the few things that I need to pay attention to in the next 12 months.

And of course, having dealt with chronic fatigue syndrome myself many years ago, my health is always a top priority to me -- each year requires a re-commitment to ensure I live a healthy, vibrant life to its fullest.

My hope is that each of you will do the same and make a commitment to yourself to improve your health and well-being one way or another.

Is your goal to get more energy, a slimmer waistline, a sharper mind or sounder sleep?

Or perhaps it's to once and for all deal with a chronic health condition such as diabetes, heart disease, hormone problems, allergies, hypothyroidism or something similar.

Whatever your goal may be, I've included a very simple quiz below to help you figure out if you need to focus on this one particular problem I've seen more and more patients with recently. There is an epidemic going on, but nobody is talking about it.

Here's how the quiz works:

- 1) Simply answer "yes" or "no" to each question
- 2) When you are done, add up all of the "yes" answers
- 3) At the end of the quiz I'll tell you how to interpret the results and what you need to do.

You may want to print this out and mark "yes" or "no" to each question to make it easy.

[yes] {no} Do you crave sweets, eat them, and get a temporary boost of energy and mood, and later crash?

[yes] {no} Do you have a family history of diabetes, hypoglycemia, or alcoholism?

[yes] {no} Do you get irritable, anxious, tired, jittery, or headaches intermittently throughout the day but temporarily feel better after meals?

[yes] {no} Do you feel shaky 2-3 hours after a meal?

[yes] {no} Do you eat a low-fat diet but can't seem to lose weight?

[yes] {no} If you miss a meal, do you feel cranky, irritable, weak, or tired?

[yes] {no} If you eat a carbohydrate breakfast (muffin, bagel, cereal, pancakes, etc.), do you feel like you can't control your eating for the rest of the day?

[yes] {no} Once you start eating sweets or carbohydrates, do you feel as though you can't stop?

[yes] {no} If you eat fish or meat and vegetables, do you feel good, but seem to get sleepy or feel "drugged" after eating a meal full of pasta, bread, potatoes, and dessert?

[yes] {no} Do you go for the breadbasket at the restaurant?

[yes] {no} Do you get heart palpitations after eating sweets?

[yes] {no} Do you seem salt sensitive (do you tend to retain water)?

[yes] {no} Do you get panic attacks in the afternoon if you skip breakfast?

[yes] {no} Do you feel as though you wouldn't be able to get going in the morning without your coffee?

[yes] {no} Do you often get moody, impatient, or anxious?

[yes] {no} Are your memory and concentration poor?

[yes] {no} Does eating calm you?

[yes] {no} Do you get tired a few hours after eating?

[yes] {no} Do you get night sweats (even if you are a man)?

[yes] {no} Do you frequently get thirsty?

[yes] {no} Do you seem to get frequent infections? (For example, do you have regular colds or poorly healing wounds?)

[yes] {no} Are you tired most of the time?

Now that you are done, add up all of your "yes" answers. If you answered "yes" to 1-5 of these questions, you may have mild diabetes, which I will tell you more about in a second. If you answered "yes" to 6 or more, you may have moderate to severe diabetes and may want to take action more quickly.

Diabetes is a new term that describes the continuum of problems with insulin resistance, ranging all the way from mild insulin resistance to full blown type 2 diabetes. You can be thin, obese or anywhere in between and have diabetes. Do you have mild mood swings before and after eating? That could be diabetes. Do you have trouble remembering things? That could be diabetes. Type 2 diabetes is now an epidemic of massive proportions, but if that wasn't bad enough, the most insidious aspect is just how many people have it who DON'T EVEN KNOW IT.

I'll also review some of the "side effects" of addressing these issues, these are good ones such as:

- \* stabilizing your insulin levels and blood sugar
- \* trimming up your figure
- \* charging up your metabolism
- \* lowering cholesterol
- \* reducing high blood pressure
- \* sharpening your memory, concentration and mental focus
- \* improve sleep quality
- \* making your skin glow



## Nature's Sunshine Supplements (NSP)

**Sign up as a Nature's Sunshine Member or Distributor and receive 20% off your 2<sup>nd</sup> order up to \$200 and free shipping!**

This special applies to any of our Nature's Sunshine Products. Sign up for 1 year for free with your purchase of \$40 worth of products. When you place your 2<sup>nd</sup> order you will receive 20% off and free shipping! The 1 year membership will entitle you to order any and all of our health products at 30-50% off for 1 year which is much lower than most health food stores and the quality is much better. You can be sure you will receive the best quality from Nature's Sunshine. There is no monthly obligation or volume to qualify.

Go to: <http://www.mynsp.com/general/index.aspx> to look up the products and make your decision.

# SugarReg<sup>®</sup>

## Life Can Be Sweet Again

*NSP SugarReg provides nutrients that may help support the body's efforts to regulate blood sugar levels that are already within the normal range.*



### BENEFITS

- Supports normal-range blood sugar levels.
- Activates cell glucose transporters.
- Supports the liver; aids digestion.

### HOW IT WORKS

- Banaba leaf, gymnema and bitter melon provide nutrients that support the healthy function of the glandular system, particularly the pancreas. All three have been used extensively.
- Fenugreek supports normal blood sugar levels and provides significant antioxidant benefits.
- Nopal provides needed nutrients to the liver and aids in digestion. This prickly pear cactus has a well-documented history of helping the body maintain acceptable blood sugar levels.
- Chromium, an important trace mineral, is essential for healthy blood sugar levels. It helps insulin get into the cell. A deficiency in chromium can affect blood sugar levels.
- Vanadium may help the body control blood sugar because it mimics the activity of insulin.
- Cinnamon extract may have a positive effect on blood glucose levels.

### NSP ADVANTAGE

Only Nature's Sunshine offers this unique, nutritious combination. Our scientists worked with seasoned herbalists to create this formula that works naturally to promote healthy blood sugar levels while providing antioxidant and protective nutrients that support the body in its efforts to deal with varying blood sugar levels.

### INGREDIENTS

SugarReg contains chromium, vanadium, nopal leaves, fenugreek seeds, bitter melon fruit, gymnema leaves, banaba leaf and cinnamon extract.

### RECOMMENDED USE

Take 1 capsule three times daily.

### USER CARE

Do not take this product if you are pregnant or lactating. Consult a health care professional if you are currently taking any prescription medication to treat diabetes.

### COMPLEMENTARY PRODUCTS

- Nutritional: Stevia, Super Antioxidant, Nopal, GTF Chromium.

*SugarReg (60 capsules)  
Stock No. 927-1*



Contact your local NSP Herb Specialist:

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*

**www.naturessunshine.com** 090707





# Become a Certified Iridologist in 2010 in Sacramento, CA

Joyful Living Services has scheduled a Beginning Iridology course on Saturday/Sunday, February 20<sup>th</sup> and 21<sup>st</sup>, an Intermediate Iridology course on Saturday/Sunday, March 13<sup>th</sup> and 14<sup>th</sup>, and an Advanced Iridology course on Saturday/Sunday, April 10<sup>th</sup> and 11<sup>th</sup>. Courses run from 9-6 both Saturday and Sunday. Learn the following:

## **BEGINNING IRIDOLOGY**

Do you know how to read your Irises? Learn the following:

- History of Iridology and Specific Iridology Signs.
- Difference between blue, mixed, & brown Irises.
- How Herring's Law of Cure Affects Us.
- What Iridology Does for Us.
- Recognition of the Eye and Study of the Iridology Chart.
- Seven Zones of the Body, Four Disease Stages, Four Levels of Inflammation, Four Elimination Channels, and the Reversal Process.

## **INTERMEDIATE IRIDOLOGY**

Follow up to further strengthen your skills and perform Professional Iridology. Learn the following:

- Review Iris Signs and Iridology Chart.
- Find Iris signs in each Participant.
- Perform a Constitutional Iridology Analysis from beginning to end.
- Iris Analysis using the 8 Systems of the Body.
- How to determine which system is not functioning properly.
- Which Herbs, Vitamins, and Minerals are Necessary to Promote Growth in Systems.
- Detect Growths.
- Detect Mineral Deficiencies.
- Detect Inflammation Causing Symptoms.
- Compare Beginning and After Iris Slides to Learn Benefits of Lifestyle Changes

## **ADVANCED IRIDOLOGY**

Follow up to perform Professional Iridology and Become Certified. Learn the following:

- Review Constitutional Iridology Signs and Perform an Analysis from Beginning to End
- Draw the Iris of the Eye.
- Perform Iris Analyses from Photos.
- Perform Iris Analyses from Drawings of Previous Analyses.
- Learn How to Take Iris Photos.
- Learn British Iris Signs.
- Learn Rayid Iris Signs.
- Learn German Iris Signs.
- Introduction to Sclerology.
- Final Exam

You will receive a Certificate of Completion after each course is completed and a Certificate of Excellence after you pass the final exam (at the end of the advanced course). CEC's are available if you are in the medical profession.

**Prepayment Required By:** February 5<sup>th</sup> to save your space! Class is limited to 20 students! Each course costs \$200.00. Pay for all 3 courses up-front by February 1<sup>st</sup> and save \$100.00!

**Previous Students:** If you would like to review the courses are \$100 each!!

**Send payment to:** Joyful Living Services, 19950 Sun Valley Road, Colfax, CA 95713

**RSVP to:** 530-878-1119 or 800-704-9800 by: March 1<sup>st</sup> to reserve your place.

**Courses will be held in Sacramento, CA** (2 hours east of the Bay Area); Sacramento Airport is ½ hour away by car  
Check/Money Order/VISA/MasterCard/American Express/Discover Accepted

**Each Course Includes:** In-Person Instruction, Instruction Manual, Course Syllabus, Tests/Final Exam and Certification. DVD set of course and Full Personal Iris Analysis for each attendee



# Certified Iridologist Sacramento Course Registration Form

Please fill out the following information to register for our in-person iridology certification course. Mail it to us along with your payment to JLS, 19950 Sun Valley Road, Colfax, California, 95713, USA or fax it to us at 530-878-1119 by the registration deadline. You can also contact us via e-mail at [iridology@netzero.net](mailto:iridology@netzero.net), by phone at 530-878-1119 or 800-704-9800 M-F 8-5 PST. Please fill out one form for each registrant.

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

Company: \_\_\_\_\_

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

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

City, State: \_\_\_\_\_

Zip Code: \_\_\_\_\_

Country: \_\_\_\_\_

Telephone: \_\_\_\_\_

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

E-mail: \_\_\_\_\_

Course Name: (Please circle all that apply)      Beginning Iridology      Intermediate Iridology      Advanced Iridology  
February 20<sup>th</sup> and 21<sup>st</sup>      March 13<sup>th</sup> and 14<sup>th</sup>      April 10<sup>th</sup> and 11<sup>th</sup>

Course Type:    In-Person in Sacramento

Payment By: (Please circle one)    VISA    MasterCard    American Express    Bank Wire    Check    Money Order

Payment Option: (Please circle one)    1 payment    2 payments    (must be paid in full by start of class)

Credit Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Date Funds were Wired (if bank wire): \_\_\_\_\_ Check Number (if personal check mailed): \_\_\_\_\_

## SD8004 Iridology Camera and Iridology Course Recommendations



“Thank you for the Certified Iridology course and supplies. I received them all intact and delighted with the materials and excited to start the course. Take care and thank you again for your great service and assistance.” – Jenny, Saudi Arabia

“Great news, the SD8004 iridology camera arrived. I thank you so much for all your help. Compliments to the New Year, hope you had a wonderful holiday.” - Mrs. Allie, Botswana

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### JLS Certified Instructors and Distributors

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

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### CADI, eyePIX, SD8004, Used Iridology Cameras, and Iridology Station 5.1 Software

There has been an enormous amount of requests for camera and software information. We can send you some written information on the cameras and software but most information is on our website and can be easily downloaded. Please contact Brenda if you have questions. Go to the following links to learn about the cameras and software:

1. CADI WV5533 Handheld Digital Iriscope, 8.0 Megapixel: <http://www.joyfullivingservices.com/cadi8megapixel.pdf>
2. eyePIX Handheld Iridology Camera, 10.0 Megapixel: <http://www.joyfullivingservices.com/handouts/eyePIX.pdf>
3. SD8004 Super Digital 10.1 MP Iridology Camera with 10 fiber optic heads. Also available with a 12 MP and 15 MP live view T1 Camera with Streaming Video: <http://www.joyfullivingservices.com/handouts/sd8004digitaliridologycamera.pdf>
4. Used Iridology Cameras: <http://www.joyfullivingservices.com/usediridologycameras.html>
5. Listing of New Iridology Cameras: <http://www.joyfullivingservices.com/iridologycameras.html>
6. Iridology Station 5.1 Software: <http://www.joyfullivingservices.com/iridologystation5.1.html>

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### Course Instructors

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

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### Referrals

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

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### Online Shopping Cart

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

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### Monthly Specials and Catalog

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

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

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

## 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 blood sugar issues. Please contact us if you have any questions about these items. The information was taken from our Beginning Iridology course. Go to: <http://www.joyfullivingservices.com/education.html> to find out more about our courses.

### Mixed-Eyed Type (German: Biliary)

#### **A. Description**

Discolorations or psora (drug spots) on top of a blue background (fiber structure is visible through color). Related to the primary color yellow and the mental aspect of health. Strong tendency towards Chinese wood, earth constitutions and the Western air constitution.

#### **B. Tendencies**

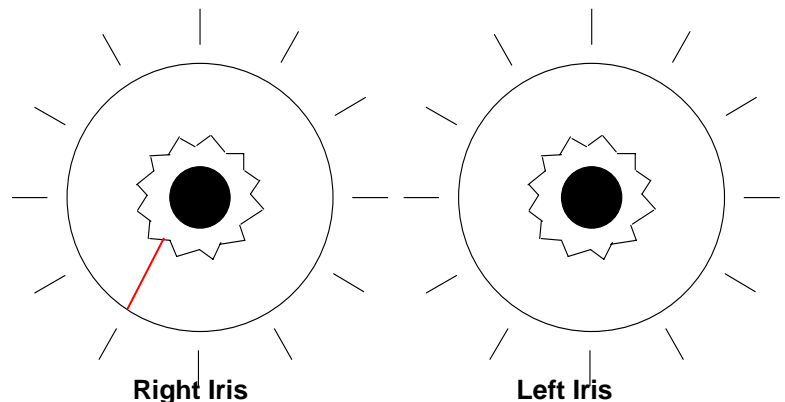
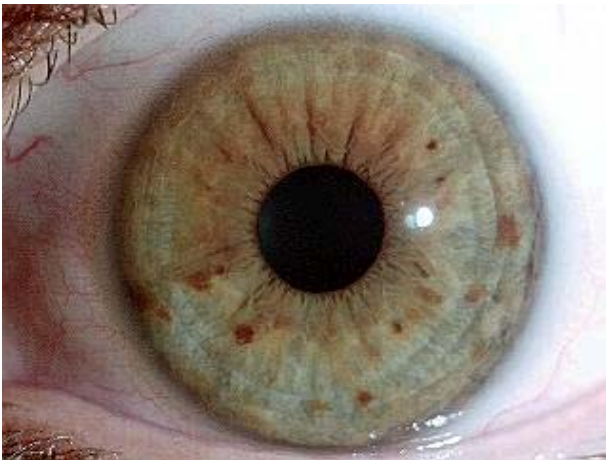
The blue/brown mixed eye has been linked by Iridologists with a disposition to biliary or hepatic (liver) troubles. It is believed that the colorations on top of the blue eye are a sign of toxicity in the body due to digestive problems. When the pigmentation is concentrated around the center of the eye, this is especially linked with digestive disturbances. Problems with the liver and other digestive organs can lead to further imbalances in the glandular and circulatory systems. Body systems and organs to pay particular attention to are as follows: The digestive system (stomach, pancreas, gall bladder and especially the liver) and the intestinal tract.

Common health problems Iridologists associate with this type are: Hypoglycemia, PMS, indigestion, gallstones, constipation, gas, toxicity of the digestive tract, anger and/or depression, difficulty getting to sleep followed by difficulty waking up in the morning, nausea, stiffness and achiness, headaches (especially migraines), food allergies, seasonal allergies and Candida.

#### **C. Colors**

Colors have strong meaning in this eye type:

- **Straw Yellow:** Relates to the kidneys and suggests poor kidney function.
- **Neon Orange:** Relates to the pancreas and suggests a tendency to blood sugar imbalances and problems with digesting (metabolizing) carbohydrates.
- **Dirty Orange:** May relate to either the pancreas or the gallbladder. Suggests some tendency as neon orange, but may also suggest gall bladder problems. Look for other signs of gall bladder problems (marks in gallbladder zone or fatty deposits in whites.)
- **Dark Brown:** Related to liver function.
- **Reddish Brown:** Suggests breakdown of the blood and a need to work with blood purification and building. Possible problems with liver, spleen, and bone marrow.



### **Pancreas (7:00 R)**

The Pancreas is located at 7:00 in the right eye and not in the left eye. Its functions are regulation of blood sugar levels through secretion of glucagon which increases the blood sugar level by acceleration of the liver's rate of release. Decrease of blood sugar level is accomplished by secretion of insulin, which accelerates the transport of glucose into the cells of the body, particularly the muscles. Insulin also stimulates the liver to convert glucose into glycogen and to store it in its cells. The following symptoms can occur when the pancreas is acute: low blood sugar, anxiety, sweating, increased heart rate, mental disorientation, bruises that don't heal, fatigue, thirst; dry mouth, frequent urination, itching in pelvic/genital area, sudden weight change, and easily bruised. The following symptoms can occur when the pancreas is chronic: water not reabsorbed by kidneys causing excessive urination and dehydration, loss of body sodium, excessive thirst, acidosis, weight gain or loss, loss of memory, circulatory problems, sweet apple breath odor, and easily bruised. Vitamins beneficial to the pancreas include B-complex, B-1, and B-12. Minerals include sodium, chlorine, copper, iron, magnesium, potassium, silicon, zinc, and chromium. Herbs include dandelion, Elecampane root, yellow dock, juniper berries, and golden seal.