

Joyful Living Services' News

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Happy New Year!!



I hope you all had a fantastic holiday and are looking forward to 2011 as much as we are here at JLS! 2010 was a good year for us. There are so many people changing professions and I'm happy to report that a lot of those people are getting involved in the alternative health field. It's so wonderful to see so much interest in iridology, herbs, and nutrition and so exciting to know that so many people are starting to really take responsibility for their own health. It's a great testimonial to us to know that we have been a part of this over the past 23 years and we plan to continue to see this interest explode in 2011!

Most people decide in January that it is time to make New Year's Resolutions. It's time to stop doing the bad habits they feel they have been doing. It's time to lose weight. It's time to exercise more. It's time to take vitamins and herbs more regularly. It's time to go on that vacation that they have wanted to go on for over a year. It's time to save money every month or make that extra payment on that credit card. It's time to take the classes they have always wanted to take or have been interested in. These are all wonderful goals to strive for. I'm all for goal setting and New Year's Resolutions. If it wasn't for goals we would not be in business today.

I used to teach ACT (Action Coaching Team) which is all about looking at the various areas of your life and setting goals for each area. I'm including some of this information in this newsletter and I hope it will help make your 2011 even more successful.

The first step is to think about your life and figure out what the most important areas are. These might include your health, your business, your job, your home, your family, your pets, your financial situation, your partner, your friends, and there are more. Once you have figured out what the most important areas of your life are, list them below. We've provided you with eleven areas that you can fill out. Write the name of the area and then what that area consists of below. You may have more than eleven areas. You are welcome to copy and change these as it suits you.

The most important area of my life is: _____
This area consists of: _____

The second most important area of my life is: _____
This area consists of: _____

The third most important area of my life is: _____
This area consists of: _____

The fourth most important area of my life is: _____
This area consists of: _____

The fifth most important area of my life is: _____
This area consists of: _____

The sixth most important area of my life is: _____
This area consists of: _____

The seventh most important area of my life is: _____
This area consists of: _____

The eighth most important area of my life is: _____
This area consists of: _____

The ninth most important area of my life is: _____
This area consists of: _____

The tenth most important area of my life is: _____
This area consists of: _____

The Eleventh most important area of my life is: _____
This area consists of: _____

The next step is to figure out the long term goals for each area above. I have provided you with one section. I recommend you print this for each area of your life that you've listed above. Once you've done this, think about and brainstorm about your ten year, five year, one year, six month, two month, and one month goals for each area of your life. For instance, for the area of business, what would your ten year goals be? Where would you want to be in ten years? If it's too difficult for you to think about the future first, start with where you want to be in one month. What would you want to change? What would you want to accomplish? Then move to two month, then six month, then one year, then five years, and then ten years. What is your big picture? What is your big dream? Where do you want to be in ten years with each area of your life and how can you achieve that goal?

Long Term Goals

For the area of _____

My ten year goals in this area are to _____

In five years, in this area I will have _____

In one year, in this area I will have _____

In six months, in this area I will have _____

In two months, I will have _____

In one month, I will have _____

Joyful Living Services' Reviews

"I love your newsletters! They certainly are educational and up-to-date information! Keep 'em coming girl!!"
Blessings, Michelle Schwab

"This is Denise Coyle, and I am a nutritional therapist living and working in Ireland. I have always been fascinated by iridology, so when I found the course offered by JLS I jumped at the chance to study. It is proving to be an invaluable diagnostic tool in conjunction with my nutritional therapy training. However, I found that as a beginner, it was taking me lots of time to study someone's iris, which meant that I had to hold a magnifying glass and flashlight for lengthy periods in their personal spaces, something that I myself would not appreciate. I started looking at iridology cameras, and comparing photos taken by all different types from all different price ranges. There was absolutely none that compared to the quality and clarity of the SD8004. Yes, it is on the more expensive side, but I believe it is well worth it. My Irish family has been kind enough to let me take photos of their irises for the practice. Previously, I'd looked at their irises with a magnifier and light. But when I got the camera and saw the images produced, I was amazed and appalled at all that I had missed! There were so many more subtle markings and color variations that I would not have documented without the SD8004. I would not hesitate to recommend this camera to anyone who is serious about practicing iridology. Thanks especially to Brenda and Chris for working so closely with me to insure I got exactly what I wanted, and in a timely manner. Chris emailed to tell me the camera would be ready to use straight out of the box, and he wasn't kidding! He even included instructions on battery changing. If you decide to go with this camera, I would also highly recommend the Iridology Station 5.1 software - it's the perfect complement for analysis and organization!" – Denise Coyle, Ireland



Joyful Living Services' Health Tips

1. If you have a **sore tooth or a tooth that might need a root canal**, use ACT (Anticavity Fluoride Rinse) – Helps prevent cavities, Strengthens Teeth, Freshens Breath. For those of you whom are against fluoride, it's worth rinsing your mouth once a day to save your tooth. This has worked for myself and my mom plus others.
2. If you have a **bad cough**, put Vicks Vapor Rub on the bottom of your feet at bedtime and cover with socks. This will help stop a cough.
3. If you want to **whiten your teeth**, swish 1 capful of hydrogen peroxide in your mouth at bedtime every day. It's cheap too!
4. Keep Pau d'Arco and Echinacea in your **medicine cabinet** for those days you feel like you are getting a cold or wake up with a sore throat. Take 3 at breakfast, 3 at lunch, and 3 at dinner to help your immune system fight off the cold or virus. Pau d'arco is typically for viruses and Echinacea is typically for infections.

Are We Destined to Fall Victim to our Genetic Weaknesses?



By: Christopher Wiechert, C.N.C.

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

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

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

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

Formulations by Christopher Wiechert, C.N.C.

<http://myvitaminslab.com/foreverchanges/>

Facebook... <http://www.facebook.com/pages/HealthBlogger/131028533600664>

Follow me on Twitter... <http://twitter.com/cwiechert>

@xiom Int'l. Inc. - Global Health Site... <http://www.amway.com/AxiomInternationalIn>

Download our free HealthBlogger Toolbar: <http://healthblogger.ourtoolbar.com/>

With application of [nutrigenomics](#), my specialty, optimal health can be achieved and many, if not most disease states can be reversed.

It begins by adopting a [hunter - gatherer](#) diet that matches our genetics. Grains and dairy have only been eaten for 6,000 to 10,000 years of human development. This way of eating is naturally [low glycemic](#) and removes the foods that we have the most trouble with, namely dairy, refined oils, sugar, corn syrup, HFCS and grains, breads and cereals. It's is plant based, with moderate animal protein, and nut's. Some people, who are not gluten intolerant, can genetically tolerate a Mediterranean type diet, that adds whole grains, and if you are one, I especially like whole rye, and barley as these trigger and up-regulate genes that favor optimal health.

Here is just one example of a study that shows [nutrigenomics](#) at work with diet.

"Researchers from Finland took two groups of people with [metabolic syndrome](#) and gave each group a different diet. The diet differed in what type of carbohydrates they consumed for the 12 week study. The rest of their diet was identical. They contained the same calories and the same amount of fat, protein, carbohydrate, and fiber. The first group had wheat, oats, and potatoes as the source of their carbs. The second group ate rye as their source of carbohydrate. Rye has some very special properties. It is slowly absorbed by the body and has phytonutrients that help you lose weight and improve metabolism. After the 12 weeks, the researchers took a fat sample and analyzed it to find out which genes were turned on or off. So what happened? In the wheat, oat, and potato group, 62 genes were activated that increased inflammation, oxidative stress, and the stress response, worsened blood sugar balance, and generally amplified all of the forces in the body that lead to obesity, heart disease, cancer, diabetes, and Alzheimer's disease! No good genes were turned on. In the rye group, 71 genes were turned on that prevent diabetes, lower cholesterol, reduce inflammation, and improve blood sugar control. In both cases, the genes that were turned on and off were 100% effective."

I could offer many more examples, but I think you get the idea. Now with just 3 supplements added to a diet like this, I can switch on survival, anti-inflammatory, anti-fibrotic and immune modulating genes, remove calcium from soft tissues and direct that calcium to the bones, and turn on your own body's production of 3 metabolic enzymes, Super Oxide Dismutase (SOD), Catalase, and Glutathione Peroxidase.

SOD and CAT are increased by 40% in just 15 days and 55% in 90 days, with GP increased by 300%. In all over 3,000 genes are turned on or off, in positive ways with no negatives side effects.

The 3 supplements are [Protandim](#), [D3](#), and [K2](#). And the beauty is, just 3 pills a day with breakfast. Wow.

The research on these supplements is so new, that most people are not aware of them, so here are a few videos that will offer the reason and the science behind them. If you calculate the statistics with these nutrients, based on peer reviewed studies, it suggests a possible 75% to 100 % reduction in your chances of getting or dying from cancer, heart disease, type 2 diabetes, and would positively affect over 200 diseases.

What Protandim does:

<http://www.mylifevantage.com/ForeverChangesinc/truetv.aspx?videoid=1039>

Why optimize D3 levels to a minimum of 5,000 IU's per day. Possible 75% reduction in cancers

<http://www.youtube.com/watch?v=qeg-5NDyJ84>

<http://www.youtube.com/watch?v=9FMIQeH8RFA&feature=channel>

<http://www.youtube.com/watch?v=-NqqB2nhBE>

K2 prevents cardiovascular disease, removes calcium from infiltrating in soft tissues and improves bone health:

K-2 explained, where it comes from, and how it affects bone health. <http://www.youtube.com/watch?v=ksvmzEIsx2Q>

K-2 - Studies on cardiovascular disease... 50% plus reduction in death from heart disease.

<http://www.youtube.com/watch?v=dbzKvsnw3Tg>

I just received this article over the weekend, and it confirms the diet I have been recommending for over 25 years and the concepts of Nutrigenomics in anti aging and disease.

<http://www.dailymail.co.uk/health/article-1323758/Can-cutting-Carbohydrates-diet-make-live-longer.html>

I believe in prevention and I am convinced that a program like I describe above is a breakthrough in preventative health care.

Coping with Winter Weather Changes



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On this unusual snow covered day in South Carolina I can truly feel the quiet inner beauty of winter. The cold quiet snow provides us with a time of retreating inward, of contemplating the coming New Year and all it will bring. I can almost feel the anticipation of the earth and all that is waiting to be brought forth when spring will come and reveal all that is hidden again. For now however, winter is a season of storage and conserving energy, this is a good time to pick up some good books to read, and get in a habit of getting a good night's sleep. With a focus on relaxation, renewal and goal planning we can move forward into the New Year with creative intention and a sense of peace.

Physically our body adjusts to the winter season with changes. As the cold outside temperatures drive the body's heat deep inside, food and herbs can be used to help build and reinforce this inner heat. Cinnamon, ginger, fenugreek and garlic warm the body and improve circulation. If our inner reserves are low than we will feel cold all the time even with layers of clothing or the heat turned up. The formula **HSII** combination (#930-9) is very helpful to restore inner heat. HSII contains the herbs capsicum, garlic, and hawthorn. The garlic and capsicum in this formula are stimulant aromatic herbs. These types of herbs are used to stimulate and move things. In the case of this formula the garlic and capsicum are being used to help improve circulation in the body. The tonic herb Hawthorn is included in this formula. **Tonic herbs are nutritive and nourishing to the cells, tissues and organs of the body.** In this formula the herb hawthorn is being used to nourish and build up the function of the heart and circulatory system. Studies have confirmed the traditional use of hawthorn to normalize heart beats, help prevent arrhythmia and improve the use of oxygen by the heart. This formula is recommended for those who have a weak cardiovascular system or problems with poor circulation. The herbs in this formula have also been proven to be very helpful with lowering blood pressure and cholesterol by balancing the function of the circulatory system. If you find you have trouble keeping warm in the winter months try taking 2-3 capsules of HSII daily to rekindle the fire within and warm the body.

If we dress improperly when we go out into cold weather we can allow wind to enter the body. The back of the neck and the shoulders are very susceptible to the element of wind, easily penetrating the protective energy of the body. What we call colds and flu, the Chinese call wind chill and wind heat. This triggers a breakdown in the body's resistance and allows for viruses and bacteria to more easily take hold. The formula **HCP-X** (#1216-5) is a wonderful formula to combat wind chills from taking hold in the body, stopping a cold before it can take hold. **HCP-X contains the herbs bayberry, ginger, white pine, cloves and capsicum.** All of these are warming herbs perfect for cold

winter months. This formula was developed by a famous herbalist Samuel Thompson over 200 years ago. He designed the formula to support the body's natural ability to fight off colds, flu, sore throats, coughs and congestion. The herbs in the formula help to warm the body, thin and break up mucus, reduce inflammation and promote perspiration so you can sweat out the cold. This is particularly helpful if you brew a couple capsules as a hot tea and sip on this while in a hot bath for 15-20 minutes. I like to add Epsom salts and lavender to help take the achiness out of the body. Ginger tea or fresh grated ginger can also be added to the water. After the short soak in the tub, go to the bed and cover up with lots of blankets. The herbs will trigger the heat in the body to expand to move out the cold as you break a sweat.

For fighting winter colds you'll want to keep the herb **Sarsaparilla** (#620-8) in stock, it is absolutely amazing for soothing sore throats. In our family we take 3 capsules of sarsaparilla at the first signs of a sore throat, repeating every few hours as needed. Most of the time 2-3 doses will soothe and heal the throat, helping to prevent an infection from settling in. I also keep the herb **Mullein** (#460-7) in stock, as it is very valuable for dry coughs and tightness in the chest. I normally take 3-4 capsules every 4-6 hours as needed. For a wet loose cough I love the homeopathic formula **Cough syrup LP** (8785-5).

In Chinese medicine the Water element rules the winter months which is represented by the organ of the kidneys. Although water is a cooling element, it also has a fiery aspect as well. This is because the adrenal glands are closely tied into kidney function in Chinese medicine. When we enter into winter with a feeling of coldness and dread this can be a sign of imbalance in this water element. The imbalance started back in the summer when we expended too much of our energy over exerting ourselves, living stressfully and / or eating improperly. By the time the winter comes our heat is depleted and our adrenals become fatigued. Depression, fear and even paranoia can set in when this system becomes imbalanced. Physically we feel low back pain, sciatic flare-ups, weak knees and frequent night time urination. Impotence, infertility and hearing problems may also manifest. The Chinese formula **KB-C** is excellent to strengthen the water element and build the adrenal gland energy, helping recover from the effects of stress. This formula improves uptake of minerals like calcium to the bones and joints and strengthens the structural system of the body. KB-C has long been recognized as being helpful for those with HBP, this may be because the formula contains herbs which strengthen the kidney and adrenal function which are closely tied into controlling blood pressure in the body. KB-C comes in two forms the **TCM concentrate** (#1016-0) which requires 1-2 capsules daily, or the regular strength **KB-C** (#1883-3) which requires 6-9 capsules daily.

It is important to stay active and exercise during the winter months or our energy will stagnate and we will become lethargic. This can result in feelings of frustration, irritability and depression often called cabin fever. If you find it too cold to exercise outside find some DVD's you can do indoors or visit a gym. Even if you just put on some of your favorite music and dance and stretch you will find your energy comes alive and your mood will begin to lift. The Chinese formula **Mood Elevator TCM** (#1035-7) is a wonderful formula to increase the body's sense of wellbeing. Mood elevator lifts the spirits and activates motivation, awaking your desire to become active again. Just 1-2 of the TCM concentrate daily is sufficient for most people.

I pray you have a wonderful winter, filled with ideas and goals that nurture and grow as you move forward in a prosperous New Year.

Rub that Joint and Muscle Pain Away



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Below is a great newsletter on relieving joint and muscle pain by Steven Horne. Steven is one of the mentors that I studied under many years ago; he is a professional clinical herbalist, natural healer and gifted writer and teacher. Steven is a professional member of the American Herbalists Guild (AHG) and was president of the Guild for four years. Steven has studied herbs for over 30 years.

Anyone who's ever rubbed a sore elbow or shoulder knows massage can bring immediate relief to pain and stiffness. But few realize what a potent tool self-massage can be in healing arthritic joints.

Inflammation causes tissues to swell, which means that excess fluid gets trapped in the spaces around the cells. This inhibits oxygen and nutrients from getting to the tissues and slows the removal of waste materials.

When we only take supplements internally for joint problems like arthritis, the lack of micro-circulation in the damaged joint makes it difficult for the nutrients and healing constituents to reach the areas where they are needed. Massage removes this excess fluid by pumping it into the lymphatic system. This removes waste material from around the cells and brings healing oxygen and nutrition to tissues. Since pain is often indicates a lack of oxygen at the cellular level, massage can bring immediate relief from pain and promote long-term healing at the same time. Of course, the effects of massage don't last forever. Eventually, the pain returns. The problem is that chronic inflammation causes connective tissue to lose structural tone, which means it is very easy for a damaged area to swell again. The famous lymphologist, Dr. C. Samuel West, likened this to a balloon that has been inflated so many times that it has lost its elasticity. Thus, the area readily swells again. According to Dr. West, if you could make the pain go away for even a short while by massaging the area, it was possible to get the tissue to heal completely. The key was to not just rub the fluid out until the pain stopped, it was to massage it often enough that you never allow it to swell up again. This keeps the fluid out of the tissue so that healing can take place.

The Secret to Massage for Chronic Pain Relief

So, if you can massage a painful joint or area of the body and make the pain go away, don't wait until the pain has returned before massaging again. Massage the area again while it still feels good or, at least, when the pain has started up but is still at a relatively low level. Dr. West suggested that if the pain returns after four hours, then massage the area every two or three hours. Don't be discouraged, you won't have to do this forever. If you do it consistently for a few days, you will be amazed at how quickly the area will start to heal. As you keep the fluid out of the tissues, the structural tone will begin to return, making it harder for the tissue to swell again. So, the longer you do it, the less often you will have to massage the area to keep it pain free. You will eventually get to the point where you may not have to massage it at all, and this can start happening in as little as three to four weeks. You may not think you have time for this, but what's the inconvenience of massaging an area half a dozen times a day for a few weeks, compared to the costs and risks of surgery or long-term pharmaceutical use?

Using Topical Analgesics

You can make this massage technique even more effective by using topical healing remedies every time you massage the area. NSP offers many options in this area; here is some information about each.

Tei Fu Oil and Lotion

My old standby is Tei Fu oil, a formula developed by Tei Fu Chin, a Chinese doctor who worked for NSP at one time and then founded his own herb company, SunRider. These types of essential oil blends are commonly used in the Orient as topical remedies for pain and there are a number of such blends on the marketplace, such as Tiger Balm. I've tried a lot of them, but Tei Fu is still my favorite. Tei Fu contains wintergreen oil (which contains salicylates, a natural form of aspirin), clove (a topical analgesic), lavender (which relaxes tense muscles and nerves), eucalyptus (a great oil for opening respiratory passages) and menthol and camphor (both well-recognized topical remedies for pain). These essential oils are in a base of the fixed oil from safflowers. They are also found in a cream base in Tei Fu lotion and in an aloe vera gel base in Herbal Trim.

Lobelia, Capsicum and Tei Fu

Tei Fu Oil is a first aid kit you can carry in your purse and an amazing topical analgesic for joint and muscle pains, as well as headaches, respiratory congestion, insect bites and stings and much more. I use it as part of my pain relief trio, lobelia, capsicum and Tei Fu. I've used these three remedies for all kinds of injuries and pain, including backache, neck and shoulder pain, headaches and strained muscles from over exertion. To use this pain relief trio, start by mixing equal parts of lobelia extract and capsicum extract and applying them topically to the affected area. Lobelia eases muscle spasms and cramps and capsicum draws healing blood to the area. Capsicum also contains the pain-relieving substance capsaicin, which blocks pain receptors. After massaging this in to loosen tense muscles and ease the pain, you follow it with an application of Tei Fu Oil or Tei Fu Massage Lotion. This completes the analgesic effect and appears to drive the lobelia and capsicum deeper into the tissues. It also creates a more sustained effect. There are too many uses for Tei Fu to put into this newsletter, so you'll have to go online and read the article I've posted about [Tei Fu Oil](#). I've also posted an article on [lobelia](#) and there is another article already online about [capsicum](#).

Deep Relief Oil

Another essential oil blend that can be applied topically to ease pain is Deep Relief. Deep Relief also contains the topical analgesic clove, but it combines it with ginger and nutmeg oils. Nutmeg is also an analgesic and a very powerful one. In fact, when I was in Malaysia during the 1980s, I discovered that they use nutmeg like many Western herbalists use capsicum, as a kind of cure-all. In my experience Deep Relief oil is a stronger analgesic, but Tei Fu is a better general healer (and I like the smell better).

MSM/Glucosamine Cream

For arthritis and other joint pains, however, there are two products that are much more targeted. The first is my favorite, MSM/Glucosamine Cream. MSM is an organic sulfur compound that penetrates readily through the skin. It is a derivative of DMSO, which has a long history of use as an anti-inflammatory agent. MSM is safer than DMSO, but is still great for reducing inflammation and pain and helping rebuild tissues. This formula also contains glucosamine sulfate, a compound, which is part of the cartilage in healthy joints. The most common form of arthritis is osteoarthritis, which involves a breakdown of cartilage in the joints. With the penetrating effects of MSM, this cream can help deliver glucosamine directly to damaged joints to aid repair, while reducing pain and inflammation. I use MSM/Glucosamine Cream on my right knee (which was injured twice when I was a teenager) and broken when I was a young adult. I also use it on the vertebrae in my upper back (near the shoulders) where I get pain from working too much on computers. After applying the MSM/Glucosamine Cream to these areas, I follow it up with some Tei Fu oil. This has worked wonders for easing any pain or discomfort I develop in these areas.

Other Topical Pain Relievers

There is also Everflex Pain Cream which contains menthol and MSM in a cream base. This is another option for easing joint and muscle pain, but is not a product with which I have personal experience. Where there is a new injury to tissues (such as a bump, sprain, tear, pull or strain) the best choice for topical application is Healing AC Cream. This blend of homeopathic arnica and calendula in a cream base can rapidly reduce swelling in injured tissues, prevent bruising, ease pain and promote rapid healing. Normally, arnica is not used on broken skin, but with the calendula in this cream, this product can also be applied to abraded areas as well, because calendula is for healing cuts. Where there is scar tissue in the area of old injuries, Helicrysum essential oil diluted with Vitamin E and Super GLA as carrier oil can promote healing. Helicrysum is an expensive oil, but it is amazing what it can do to soften scar tissue and speed healing, especially when mixed with vitamin E. Using self-massage to ease pain and promote healing is a simple, yet very powerful, tool, which is completely free. It just takes a little thought and time, but small, persistent efforts will yield powerful results.

The products mentioned in Steven's article are available through Nature's Sunshine products. You can register to receive this monthly newsletter for free at Steven's website. He offers some free gifts when you sign up as well: <http://www.treelite.com/signup/index.php> Have a great day,

Recipe of the Month – Pirate Stew

By Nancy Graves, Manhattan, KS (from Fix-It and Forget-It Cookbook)

Ingredients:

- ¾ cup sliced onion
- 1 lb. ground beef
- ¼ cup uncooked, long grain rice
- 3 cups diced raw potatoes
- 1 cup diced celery
- 2 cups canned kidney beans, drained
- 1 tsp. salt
- 1/8 tsp. pepper
- ¼ tsp. chili powder
- ¼ tsp. Worcestershire sauce
- 1 cup tomato sauce
- ½ cup water

Directions:

1. Brown onions and ground beef in skillet. Drain.
2. Layer ingredients in slow cooker in order given.
3. Cover. Cook on Low 6 hours or until potatoes and rice are cooked.

Variation: Add a layer of 2 cups sliced carrots between potatoes and celery. From Katrina Rose, Woodbridge, VA.

Brenda's Notes:

- This is really a great stew during the cold winter months.
- For all boys who are helping make this: Be sure to say ARRGH when you stir it!
- Ed, this is for your boys!!!!



High Dose IV Vitamin C Found Useful for Terminal Swine Flu

Submitted by Lynne Sutter

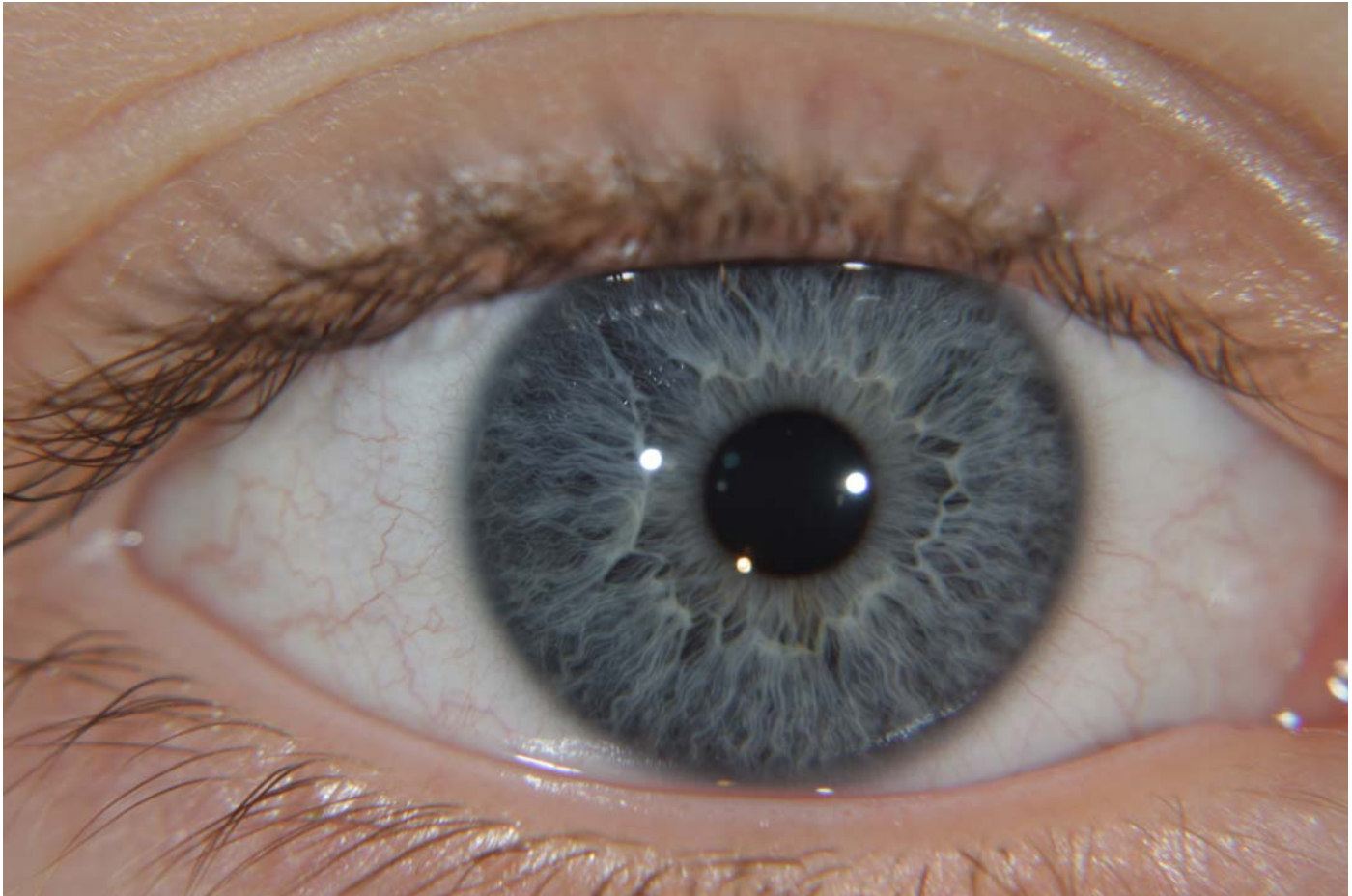
When a King Country dairy farmer came down with a serious case of swine flu, intensive care specialists said there was no hope. They were set to pull him off of life support, but his family refused to give up. The family demanded that the doctors try high doses of Vitamin C. The hospital told them it wouldn't work, but the family insisted. Click the link below to see a news report of this amazing story. <http://articles.mercola.com/sites/articles/archive/2010/10/29/high-dose-iv-vitamin-c-found-useful-for-near-terminal-swine-flu.aspx>

The Study of Iridology

Each month we look at a different topic through iridology. Some of this information is taken from our Certified Iridology Course Series and some from our clients. If you have questions please let us know. The iris picture below was taken with the eyePIX Digital Iridology camera. For information on the eyePIX, please go to <http://www.joyfullivingservices.com/handouts/eyepix.pdf>

Brachial Plexus (Erb's Palsy)

Testimonial: This iris photo is of a 7-year old boy who was injured at birth. He was pulled from the birth canal by his doctor, his head was twisted, and his right arm was paralyzed. He has gone through years of physical therapy with his parents and Shriners's Children's Hospital in Sacramento, California. He also had Reiki treatments to revive the life energy in his shoulder which made a tremendous difference. The boy's body has compensated for the injury and he is able to perform most necessary tasks and is very good at soccer, baseball, and swimming. Notice the large open lacuna in the right shoulder area at 10:00 in the iris below.



What is the brachial plexus?

The brachial plexus is a network of nerves that originate near the neck and shoulder. These nerves begin at the spinal cord in the neck and control the hand, wrist, elbow, and shoulder (see [Figure 1](#) on page 8). Nerves are the electrical wiring system in all people that carry messages from the brain to the rest of the body. A nerve is like an electrical cable wrapped in insulation. Motor nerves carry messages from the brain to muscles to make the body move. Sensory nerves carry messages to the brain from different parts of the body to signal pain, pressure, and temperature. The brachial plexus has nerves that are both motor and sensory.

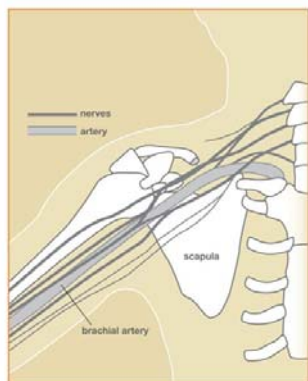
What happens when the brachial plexus is injured?

The network of nerves is fragile and can be damaged by pressure, stretching, or cutting. Stretching can occur when the head and neck are forced away from the shoulder, such as might happen in a fall off a motorcycle. If severe enough, the nerves can actually avulse, or tear out of, their roots in the neck. Pressure could occur from crushing of the brachial plexus between the collarbone and first rib, or swelling in this area from injured muscles or other structures. Injury to a nerve can stop signals to and from the brain, preventing the muscles of the arm and hand from working properly, and causing loss of feeling in the area supplied by the injured nerve. When a nerve is cut, both the nerve and the insulation are broken. Pressure or stretching injuries can cause the fibers that carry the information to break and stop the nerve from working, without damaging the cover.

When nerve fibers are cut, the end of the fiber farthest from the brain dies, while the insulation stays healthy. The end that is closest to the brain does not die, and after some time may begin to heal. If the insulation was not cut, new fibers may grow down the empty cover of the tissue until reaching a muscle or sensory receptor. Some brachial plexus injuries are minor and will completely recover in several weeks. Other injuries are severe enough that some permanent disability involving the arm can be expected.

How is brachial plexus treated?

Many brachial plexus injuries can recover with time and therapy. The time for recovery can be weeks or months. When an injury is unlikely to improve, several surgical techniques can be used to improve the recovery. To help decide which injuries are likely to recover, your physician will rely upon multiple examinations of the arm and hand to check the strength of muscles and sensation. Additional testing, such as an MRI scan, or CT scan/myelography, may be used to visually evaluate the brachial plexus. A Nerve Conduction Study/Electromyogram (NCS/EMG), a test that measures the electrical activity transmitted by nerves and muscles, may also be performed. In some cases, repair of the nerves or transfer of undamaged nerves from other areas of the body can be performed. In other cases, transfer of functioning muscles (tendon transfer) to take over areas of lost function can be performed.



What is my role in recovery and what kind of results can I expect?

The patient must do several things to keep up muscle activity and prevent the joints from getting stiff. Your doctor may recommend therapy to keep joints flexible. If the joints become stiff, they will not work even after muscles begin to work again. When a sensory nerve has been injured, the patient must be extra careful not to burn or cut fingers since there is no feeling in the affected area. After the nerve has recovered, the brain gets lazy and a procedure called sensory re-education may be needed to improve feeling in the hand or finger. Your doctor will recommend the appropriate therapy based on the nature of your injury. Factors that may affect results after brachial plexus injury include age and the type, severity, and location of the injury. Though brachial plexus injuries may result in lasting problems for the patient, care by a physician and proper therapy can maximize function. © 2006 American Society for Surgery of the Hand

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