

Joyful Living Services' News

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Happy 4th of July!



Wow how time flies when you are having fun! It was just Christmas and now another half of year has gone. I hope that you had a fantastic 4th of July! Here in California there were fireworks all over the place. People were celebrating the birth of our country and really thinking about what's going on in our country right now with all the political issues and the economy. There is a lot of talk about our new president and what he's doing and says he's going to do and a lot of fear out there about where our lives will be going over the next 6 months. I find personally that watching the news and listening to all the radio and television talk shows only creates more fear. I watch and listen but with only one eye and ear. My grandfather had a good saying that I always thought was sort of strange, but now that I'm older and becoming more conservative I think he knew what he was talking about. He used to say "believe half of what you see, half of what you hear, and none of what you read". Sounds negative but he really did have a point. The news media seems to thrive on drama. I watch the news and it's all about terrible things happening in Sacramento and around the valley. Very seldom do I hear about positive things in the world. And when someone like Michael Jackson dies, suddenly everything important that has been in the news like the swine flu and the war disappears. Why is that? What actually drives the news media? Why do the media thrive on drama? What does this do to us when we are watching and listening to this negative drama day in and day out? Does this have a positive or negative effect on our body? I know that for me it creates more fear. I'm not saying to be like an ostrich and keep your head buried in the sand but I am saying that "everything is good in moderation". It's sort of like drinking too much water. If you drink gallons and gallons of water you can die. We all know that water is good for us but even too much of that is not healthy and can kill us. So I think it's important to keep a sensible mind and take things with a "grain of salt". I think that learning what's going on in the world is important but stressing and worrying about it is not. Worry is a waste of time. By worrying we cannot change anything. We can only change ourselves and our own behavior and we can focus on the positive and look to the future in a positive light. I hope my ideas touch you and guide you to a positive future and that you have a wonderful month of July. Brenda

Course Reviews

If you have taken or are currently taking any of our courses please e-mail us a review of your experience. We are compiling reviews to share with new customers and potential students to help them understand our customer support and teaching.

"First, I wish to express my deepest gratitude to you and Joyful Living Services for the sustained support, guidance and advice regarding not only the selection of supporting books and other documentation needed in our study but also in the regular issuing of your newsletters that contribute in re-enforcing the information imparted by your formal syllabi and DVDs. Second, I have to congratulate you for the logical flow of information as presented in all your manuals and DVDs. Each DVD builds and consolidates the previous one and the provided explanation is dispensed in a manner that is friendly and totally inviting. Thirdly, I enjoyed the practical exercises. They appear 'simplistic' at first sight but after reading and studying the theoretical part of the course, they show their worth by crystallizing, refining and consolidating 'the vague notion' gathered during the theoretical reading. For me, they constitute the most rewarding part of this course. Once more well done and keep it up! It is worthy remembering that repetition is the 'sine qua non' for consolidation; consolidation is the cornerstone of a successful learning and successful learning boosts one's confidence and self-esteem; and this is without any doubt the basis for a successful iridology practitioner. For me the journey to a successful iridology practice in 2010 has started and there is no going back. I am enthusiastically motivated to move to the next step of my development with Joyful Living Services" - Dr. DC Tshibangu, South Africa

"Learning the material is awesome!!!!!!! I am taking my time, because I want to remember the most I can. You really do a great job in sharing knowledge. Excellent and Congratulations lady. Really like your newsletters; give and you should receive says the word! The ongoing sale price of \$400.00 is a nice deal compared to others that want up to three times this price. Keep up the good work!!!" - Roberto Nieves, West Jordan, Utah

"I am currently taking the Certified Beginning Iridology Course. There is a lot of information but I have found the course very easy to follow. I enjoy the videos and course information. Brenda is extremely knowledgeable and shares great information. Brenda is very supportive and offers great communication with questions that I have asked. I am extremely happy that I choose this course with Joyful Living Services and I look forward to continuing my learning with the next Iridology courses that are available." - Kimberly Muzzi - Guelph, Ontario, Canada

The Benefits of Bananas

Submitted by: Derik en Hendrina

A professor at CCNY for a physiological psych class told his class about bananas. He said the expression "going bananas" is from the effects of bananas on the brain. After reading this, you'll never look at a banana in the same way again.

Never, put your banana in the refrigerator!!!



- Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy.
- Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.
- But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.
- **Depression**: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.
- **PMS**: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.
- **Anemia**: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.
- **Blood Pressure**: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.
- **Brain Power**: 200 students at a Twickenham (Middlesex) school (England) were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.
- **Constipation**: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.
- **Hangovers**: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.
- **Heartburn**: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.
- **Morning Sickness**: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.
- **Mosquito Bites**: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.
- **Nerves**: Bananas are high in B vitamins that help calm the nervous system.
- **Overweight and at work?** Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.
- **Ulcers**: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.
- **Temperature Control**: Many other cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.
- **Seasonal Affective Disorder (SAD)**: Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.
- **Smoking & Tobacco Use**: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.
- **Stress**: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.
- **Strokes**: According to research in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!
- **Warts**: Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So maybe its time to change that well-known phrase so that we say, "A banana a day keeps the doctor away!"

PS: Bananas must be the reason monkeys are so happy all the time! I will add one here; want a quick shine on our shoes?? Take the INSIDE of the banana skin, and rub directly on the shoe...polish with dry cloth. It's an amazing fruit!

The Circulatory System



The circulatory system provides a continuous supply of nutrients and oxygen to every cell in the body. Simultaneously, it picks up carbon dioxide and other waste materials produced by the cells and carries them away for removal from the body.

Health concerns related to the circulatory system include high cholesterol or triglycerides, high blood pressure, stress, poor circulation and heart disease.

Examining the Circulatory System

In order for your body to stay alive, each of its cells must have a continuous supply of food and oxygen. At the same time, carbon dioxide and other waste materials produced by the cells must be picked up for removal from the body. The circulatory system performs these two functions.

The human heart makes the circulatory system work. A hollow, pear-shaped, muscular organ, the heart is located between the lungs in the middle of the chest. It pumps blood through the body, supplying cells and tissues with oxygen and nutrients. In order to meet your body's energy demands, your heart must beat more than 100,000 times per day.

Like all other body tissues, your heart also needs oxygen and nutrients in order to function properly. Because blood flowing through the heart is traveling too fast for the heart to absorb, the heart has its own system of vessels that supply it with oxygen and nutrients.

The heart contains four chambers: the upper chambers are called atria and the lower chambers are ventricles. Each half of your heart works as a separate pump. The right side of the heart is responsible for returning the oxygen-poor blood to the lungs to expel carbon dioxide and reoxygenate the blood. The left side receives the newly oxygenated blood from the lungs and pumps it through the entire body. Although the average adult body contains less than 1.5 gallons of blood, amazingly the heart pumps 2,000 gallons each day.

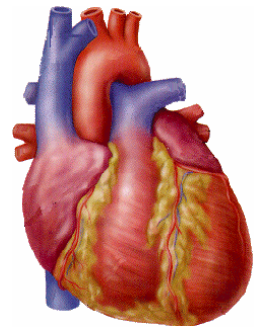
Blood vessels are small tubes that carry blood to and from all parts of the body. The human circulatory system is composed of three types of vessels that total an incredible 60,000 miles in length.

The arteries are the largest blood vessels. They carry oxygen-rich blood from the heart to the cells and tissues of the body. Because arteries transport under high pressure, they have walls that are much more elastic than veins. The arteries pulsate as a result of the force with which the heart pumps new blood into them.

The veins are smaller vessels that carry oxygen-poor blood and waste products back to the heart. This blood moves slowly due to low pressure. Veins can expand or contract to accommodate variations in blood flow. Semilunar valves are found at regular intervals throughout the veins. These force the blood to move in only one direction.

Capillaries are microscopic in size. They link the arteries and veins to the tissues of the body. The exchange of oxygen and carbon dioxide takes place across thin capillary walls.

Blood supplies oxygen and transports nutrients, waste and hormonal messengers to each of the billions of cells in the body. Blood has four main components: red blood cells, white blood cells, platelets and liquid plasma. Red blood cells carry 99 percent of the oxygen the body needs and are the most abundant cells in the body, constituting 45 percent of the blood. White blood cells comprise an important part of the body's immune system. Their main function is providing defense against infectious agents. Platelets are tiny, specialized cells that are activated whenever blood clotting or blood-vessel repair is needed. Liquid plasma carries the other 1- percent of the oxygen the body needs and also helps repair damaged blood vessels. To do this, plasma is transformed into thin strands that create a protective mesh over the damaged area.



Did You Know?

- Randomized double blind clinical studies of standardized hawthorn berry extract show positive results, appearing to increase the efficiency of nerve impulses in, and protect against oxygen deprivation of, the heart muscle.
- Blood is made up of 55 percent plasma and 45 percent cells.
- Plasma is mostly water, but it also contains proteins (albumin, immunoglobulins, clotting factors, enzymes, transport proteins), salts, lipids (cholesterol), carbohydrates (glucose) and gases (oxygen, carbon dioxide).
- Garlic can offer significant protection against heart disease and stroke. It has also been shown to lower high blood pressure.

Circulatory System Analysis

If you have four or more of the following indications, you may consider nutritional aid to the circulatory system: Lack of energy, Bags under eyes, Smoking, Poor concentration or memory, Stressful lifestyle, Hair loss, Sore or painful joints, Low endurance/stamina, Slow recovery from illness, High-fat/low-fiber diet, and/or High-carbohydrate/low-protein diet.

Circulatory System Suggestions

Eat low to moderate amounts of fat daily.
Eat lots of fruits, vegetables, onions and garlic.
Manage weight.

Avoid saturated fats.
Perform aerobic exercise, especially walking.
Avoid stress.

Nature's Sunshine Mega-Chel Oral Chelation Program

Caution

The following program is based on the Nature's Sunshine Mega-Chel product as well as other Nature's Sunshine products. If you wish to use these products for this program please contact JLS. If you wish to follow a different oral chelation program, please follow the program that is advised for the product that you wish to use. Do not use this program with any products other than those Nature's Sunshine products listed below.

General Instructions

It is important to start slowly with this program and follow instructions. Otherwise, symptoms such as nausea, dizziness, headaches and skin eruptions may occur. It is also important to taper off as instructed, or fatigue and temporary nutritional deficiencies may result.

Working up to a Full Dose

For the first week, take the following with breakfast and dinner:

- 1 tablet of Mega-Chel
- ½ ounce of Colloidal Minerals OR 1 tablet of Mineral Maintenance.
- Every week increase the amount of Mega-Chel by one tablet. The second week, take two tablets of Mega-Chel and two tablets of Mineral Maintenance with breakfast and dinner. Continue this until you reach full program status (up to 12 tablets a day). If you are using Colloidal Minerals, gradually increase the amount of this supplement until you are taking 1 ounce in the morning and 1-ounce at night.

Full Program

A full dose of Mega-Chel is 4-6 tablets twice daily, depending on body weight. Large people should take 6 tablets twice a day. Small people should take 4 tablets twice a day. Individuals of average height and weight should find 5 tablets twice a day sufficient.

When you reach full dose, you will be taking the following with breakfast and dinner:

- 4-6 Mega-Chel tablets
- 1 ounce of Colloidal Minerals OR 4-6 Mineral Maintenance tablets.
- Stay on this full dose for a least one-month for each 10 years of your age. For example, if you are 40 you need to stay on the full dose for at least four months, six months if you are 60, etc.

Tapering Off

It is critical that you taper off slowly. On the full program you are taking large doses of certain vitamins and minerals, and your body will get lazy about extracting them from food. If you quit all at once, your body may experience a sudden drop in nutrient levels until it readjusts to absorbing these vitamins and minerals from food. Taper off by reducing the amount of tablets you take each week by two. After completing the program, some people use Mega-Chel as their daily vitamin and mineral supplement by taking two tablets per day.

Cleansing Reactions

As the body removes the plaque from the walls of the arteries, the blood cholesterol levels will temporarily rise. This is normal. The kidneys and liver will remove the calcium, cholesterol and impurities from the body. If there are indications that these organs are weak, it may be necessary to give them extra support. People with kidney weakness (history of symptoms like arthritis, chronic back pain, urinary infections, etc.) should take two KB-C with each meal. People with liver weakness (history of high cholesterol, skin problems, digestive upset, etc.) should take 1 teaspoon LOCLO in a large glass of water or juice upon arising and before retiring, plus two LIV-C with each meal.

You may also wish to add some of the following supplements for special problems. Work up to these amounts gradually if you wish. For heart problems, take two HSII or two Hawthorn Berries capsules with each meal. For mental support, take two Ginkgo & Hawthorn combination capsules with each meal. For varicose veins and high risk for stroke, take two Butcher's Broom capsules with each meal.

HEART/CIRCULATION/BLOOD VESSELS

CIRCULATION

Blood Pressure Problems

Indications:

Blood pressure readings exceeding 140 over 90
Family history of high blood pressure
Advancing age
Diabetes
Cigarette smoking
Obesity
Stress

Blood Pressure Combination
Capsicum, Garlic & Parsley
Stress Combination
Calming Combination

Cholesterol Problems

Indications:

Cholesterol over 200
Triglyceride levels over 200
High-density lipoprotein (HDL) levels less than 35
High-fat, low-fiber diet
High-carbohydrate, low-protein diet
Stress

Grapine
Fat Grabbing Combination
Guggal Lipids
Lecithin
Cholesterol Regulating Combination
Check Possible Thyroid Influences

HEART/CIRCULATION/BLOOD VESSELS

BLOOD VESSELS*

Congested Arteries

Indications:

High blood pressure
Cold hands/feet
Sores in extremities that won't heal
Absent-mindedness
Medical diagnosis of hardening of the arteries
Angina

Oral Chelation Combination
Ginkgo/Hawthorn Combination

Congested Veins

Indications:

Varicose veins
Hemorrhoids
Spider veins

Varicose Vein Combination
Grapine

*Consult a doctor for a diagnosis first.

HEART/CIRCULATION/BLOOD VESSELS

HEART*

Indications:

Crease in ear lobe
Large, red, bulbous nose (rule out acne, rosacea or alcohol)
Crease in tongue from tip to back
Cold hands and feet
Swelling in the feet and ankles
Angina
Family history of heart disease

Cardiovascular Combination
CoQ10
Magnesium

*Consult a doctor for a diagnosis first.

Strengthening Varicose Veins

Dr. Ellen Tart-Jensen, Ph.D., D.Sc.



When summer arrives, we are all getting into our shorts and swimsuits and many are asking me how to strengthen those varicose veins. Can varicose veins actually go away? I have seen them greatly improve or even disappear in the truly diligent people that follow a strict program on a regular basis for several weeks or months. So what can be done to tighten them up and help them disappear from the surface? First, let's look at what varicose veins actually are and what causes them.

What are Varicose Veins?

Varicose veins or varicosities appear as blue twisted, raised vessels just under the skin. The most common type of varicose veins is located in the legs. Varicosities also appear in other parts of the body as well. They may show up in the rectum as hemorrhoids, or in the esophagus as esophageal varices and in the scrotum of a man as varicoceles. Regardless of where they emerge, they are caused by a weakening in the connective tissue that makes up the walls of the blood veins in that area. Thrombophlebitis or inflammation and clotting of the blood in the veins or thrombosis or clotting in the deeper veins may also be present within varicosities.

There are two systems of veins in the legs. One system is made up of surface veins that are just under the skin and the other is composed of deeper veins that lie among the muscles and carry about 90 percent of the blood. The surface veins are not supported as well as the deeper veins that are cushioned by muscle tissue. The veins in the legs collect circulating blood that has distributed oxygen and pumps it upward by contractions of the leg muscles to veins in the abdomen that return the blood to the heart. Valves in the veins work to prevent blood from draining back down the legs that are under the influence of gravity. Often these valves become weakened causing pooling of blood in the veins close to the surface. These pools of blood cause the veins to become swollen and distorted.

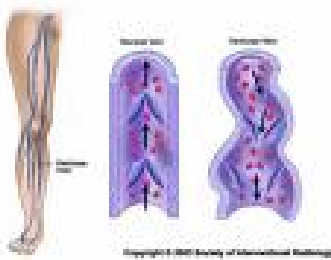
What Causes Varicose Veins?

Weakened valves in the veins create the pooling of blood that stretches the veins and causes varicosities. The valves become weakened for many reasons. Some of these reasons include obesity, standing for long periods of time, running on concrete pavement, hormonal changes during pregnancy or menopause, pressure placed on the abdomen, rectum and legs from pregnancy, improper nutrition, and constipation. Having to strain often during a bowel movement puts tremendous pressure on the rectal veins as well as the ones in the legs. Genetics also plays a roll in tendencies for getting varicosities. We can see these genetic tendencies for varicose veins, hemorrhoids and hernias in the iris of the eye. Some people inherit weaker connective tissue throughout the body than others. Iridology can play a wonderful roll in making these people aware of this way before the varicosities appear.



Signs and Symptoms of Varicose Veins

Varicose veins are becoming extremely common in the U.S. and other parts of the world where people are consuming large quantities of sugar and refined, processed foods. About 15 per cent of adults in the U.S. now have varicose veins. They appear on the back of the calf and on the inside of the leg. The veins are prominent, often protruding, swollen, blue and lumpy. Some people experience no symptoms from them at all and others experience extreme pain or itching and swollen feet, legs and ankles. If the veins are injured, they may cause severe bleeding. If the blood flows back down into the legs rather than going up to the heart over a long period of time, tissues will become depleted of nutrients and oxygen. The skin in these areas will become dry, thin and hard. Ulcers may even form. Varicose veins often become more painful in women just before menstruation.



Exercises That Have Been Known to Tighten Connective Tissue

People should maintain a healthy weight in order to heal or prevent varicose veins. Extra weight puts tremendous pressure on the veins. One with varicose veins should get moderate amounts of exercise such as walking, swimming and bicycling to promote good circulation and help the body to absorb nutrients. Yoga, Tai Chi and Pilates are also quite beneficial. One of the best exercises to reduce varicose veins is to lie for fifteen minutes, twice a day on the slanting board. This takes the pressure of gravity away from the legs. (Avoid slanting board exercises if you are pregnant or have high blood pressure.) A person concerned with varicose veins should wear clothing that is loose and not restrictive of blood flow. Support stockings can be helpful to add support to the varicose veins in the legs.

Poultices and Baths for Varicose Veins

Poultices When I worked in a health clinic in Switzerland, using poultices on varicose veins was common there. A nice poultice can be made by putting ½ cup chopped green cabbage in the blender, ¼ cup of apple cider vinegar, and ½ teaspoon powdered ginger. Blend until cabbage is mushy. If you have any comfrey leaf powder or marshmallow root powder, add two tablespoons of one or one tablespoon of each to the mixture. Apply to the leg and wrap with plastic wrap and a towel. Leave the poultice overnight with legs propped up on pillows.

Aloe vera gel is also soothing and cool when applied topically to the veins. Complete Tissue and Bone salve may help to strengthen and heal weakened tissue.

Baths Warm baths can help with the reduction of varicose veins. Soak in a bath with 1 cup of raw apple cider vinegar and 1 tablespoon of powdered ginger for fifteen minutes to half an hour. Then rinse with cold water. Wrap with the poultice mentioned above and go to bed.

Kneipp Leg Baths Father Sebastian Kneipp of Germany used leg baths to help people with all sorts of ailments including varicose veins. He opened a clinic that provided cold- water leg walks. Dr. Bernard Jensen provided these cold-water leg baths at his Hidden Valley Health Ranch as well. One should walk several times a week in cold water up to your knees to help shrink varicose veins. This may be done in a bathtub, lake, pond or ocean.

Specific Nutrition and Nutritional Supplements

Foods that have been reported to help strengthen the tissues in the body are those high in bioflavonoids and silicon. Cabbages of all types help to strengthen connective tissue as well as blackberries, cherries, pineapple, garlic, onions, and the white pulp of organic grapefruits and oranges. Ginger and cayenne taken in foods or teas help to promote good circulation. Oatstraw tea is high in silicon that is extremely beneficial for strengthening the veins. The herb called Butcher's Broom may be taken in tea or capsule form. Butcher's Broom has long been successful in promoting circulation and strengthening veins. Avoid refined white sugar and white flour. These foods have no nutrients and actually weaken connective tissue. Caffeine drains the body of bioflavonoids and vitamin C and puts nothing back. It also causes the heart to race causing abnormal blood flow. So one should avoid caffeine, especially if they have varicosities. Too much alcohol and/or nicotine can also cause tissues to weaken. You can even notice bright red vessels on the face of those who have consumed too much of either of these.

Vitamin E is very beneficial in helping the blood to flow properly and preventing that heavy, swollen feeling that often occurs with varicose veins. The oil in Vitamin E may help to soften dry skin and tissues. It is a powerful anti-oxidant and works to prevent the deterioration of tissues - thus preventing aging. Vitamin E should be completely natural and should be in the form of mixed natural tocopherols containing d- alpha, beta, gamma, and delta. If your vitamin E says dl-alpha on the label, it is synthetic.

Rutin is a bioflavonoid that is the strongest of the bioflavonoids for preventing varicose veins or strengthening tissues. Over the years, my clients have reported to me that rutin helped tremendously to heal hemorrhoids, stop bleeding noses and tighten up varicose veins. Vitamin C with bioflavonoids is also very helpful.

So, varicose veins should be treated with tender loving care. If you or those in your family do not have varicose veins, but you have parents or grandparents that have them, please work hard to prevent them by following these simple, natural steps. If you already have varicose veins, consult your physician about the severity of them and ask him or her about these natural therapies. Also, if you are taking any type of medication, consult your physician or pharmacist before taking any type of natural supplement.

Get All Your Health Questions Answered

Ask the Professional: Dr. Ellen Tart-Jensen is available to answer phone calls on Wednesdays from 1:00-3:00 p.m. Pacific Daylight-Savings Time. Fifteen minutes will be allowed for each person at no charge to the caller. Additional time will be \$50 per fifteen minutes, or \$150 for an additional hour. If you would like to schedule a time to speak with Dr. Jensen, call 760-471-9977.

Cholesterol Control through Red Yeast Rice

Dr. Jack and Chris Ritchason, Back to Herbs Team



Up to 20% of the estimated 30 million people who take a statin drug (Crestor, Lipitor, Zocor, etc.) to control cholesterol have the side effect of muscle pain (myalgia). Highlighted in the news most recently was a study published in the Annals of Internal Medicine. This study demonstrated that for some people, a combination of the supplement **RED YEAST RICE** in combination with lifestyle changes can work as well in controlling high cholesterol without the side effect of muscle pain that forces patients to stop taking a statin. The efficacy numbers did slide when the people in the study slacked on the lifestyle changes so it is not just the supplement lowering the cholesterol level. We all know that in order to have good health it mostly comes with being responsible for eating well and exercising and that is the main difference between those who just want to take a pill verses those who want complete good health. Discipline is a good word.

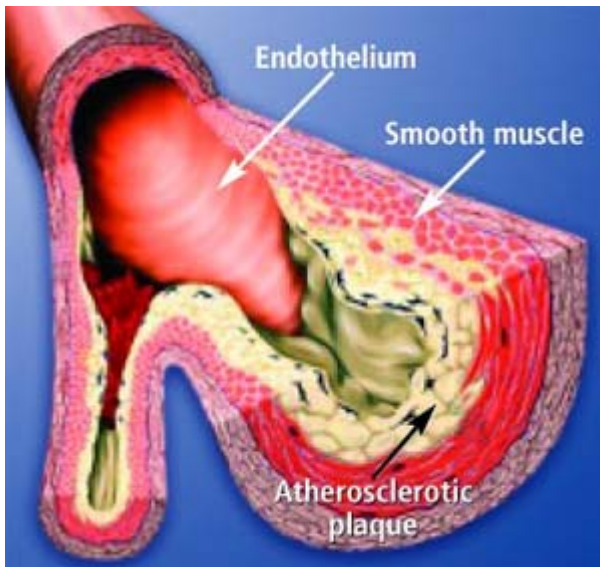
Cholesterol – what is it and what is it good for? Where does it come from? Where does it go? How can it be bad?

Cholesterol is one of the body's fats (lipid). Cholesterol and another lipid, triglyceride, are important building blocks in the structure of cells and are also used in making hormones and producing energy. A person's cholesterol level is mainly dependent on how the body makes cholesterol in the liver and the balance between the basically 3 types of lipids (LDL, HDL, and triglycerides). Some of the excess dietary cholesterol is removed from the body through the liver but mostly cholesterol is recycled. Having too much cholesterol in the blood is not a disease in itself, but can lead to the hardening and narrowing of the arteries in the major vascular systems restricting blood flow and causing a bunch of problems.

You can't feel whether you have high cholesterol levels in the same way that you can a toothache, but a high level combined with other risk factors can lead to atherosclerosis and symptoms of cardiovascular disease. Atherosclerosis is the build-up of cholesterol and fat (fatty deposits or plaques) in the artery walls. The arteries become narrow and hardened, their elasticity disappears and it becomes difficult for blood to flow through. These fatty plaques can rupture, causing blood to clot around the rupture. If blood can't flow to a part of the body, the deficient tissue dies.

The following are all symptoms of cardiovascular disease. They depend on the degree of narrowing, the likelihood that the plaque is going to rupture (vulnerability), and the organ supplied by the affected arteries. If the arteries that supply the lower limbs narrow, this can cause leg pain when walking or running. If a clot suddenly blocks the major peripheral vessel to the lower limb, it may starve the leg of blood to such an extent that it requires amputation.

In the brain, a blood clot may block an artery or a smaller blood vessel may rupture, causing local bleeding. Either will result in a stroke. In the heart, narrowed coronary arteries cause angina and ruptured plaques cause blood clots that can lead to a heart attack. This may lead to reduced heart function if a significant amount of heart muscle is damaged. If the carotid arteries in the neck become narrow, clots may form and float to the brain. This can result in a stroke or repeated 'mini-strokes' (transient ischaemic attacks or TIAs).



It's common for those most affected by atherosclerosis to have the disease in several arteries, including the aorta (the main artery in the chest and abdomen), the kidney arteries, and intestinal vessels.

LDL vs. HDL - in conjunction with triglycerides – the numbers

L is for loathsome.

LDL cholesterol can build up on the walls of your arteries and increase your chances of getting heart disease. That is why LDL cholesterol is referred to as "bad" cholesterol. The lower your LDL cholesterol number, the better it is for your health. A number less than 100 is optimal; above 160 is high. 190 and up is very high.

H is for happy.

Regarding HDL cholesterol, the "good" cholesterol, the higher the number, the better for your health. This is because HDL cholesterol protects against heart disease by removing "bad" cholesterol from your blood and keeping it from building up in your arteries. You want more than 60. Less than 40 (for men)-50 (for women) is not good and is considered a risk factor for heart disease.

Tri to keep this down.

Excess calories, alcohol or sugar in the body are converted into triglycerides and stored in fat cells throughout the body. A high triglyceride level has been linked to the occurrence of coronary artery disease. Keep this number low – 150 or less; 200 – 499 is high. And over 500....well, need we say more?

Your total blood cholesterol is a measure of LDL cholesterol, HDL cholesterol and other lipid components. **Doctors recommend total cholesterol levels below 200.** 240 plus is considered high.

Genetics, diet, lifestyle

Some people are predisposed for high cholesterol through genetics. The body, mainly the liver, produces varying amounts. Foods from animals contain it. Foods from plants don't contain cholesterol. Typically the body makes all the cholesterol it needs, so people don't need to consume it. Therefore, moderation in the consumption of animal sources is advisable. Regular physical activity increases HDL cholesterol and you don't need to be an exercise induced endorphin addict to benefit, moderate exercise will suffice.

A non-pharmaceutical approach to cholesterol control is through the introduction of RED YEAST RICE. Red yeast rice is a substance made by fermenting a type of red yeast over rice. First documented use was in the Tang Dynasty in 800 AD, it has been used in Chinese medicine for hundreds of years. Also having culinary uses, it is a preservative, a spice, and a food coloring. It is used to give Peking duck its characteristic red color and can also be an ingredient in fish sauce, fish paste, and rice wine. Derived from a fungus that grows on rice, it contains several compounds collectively known as monacolins that slow the production of LDL cholesterol in the liver but do not affect the HDL levels. One of those compounds, monacolin K, is a naturally occurring form of lovastatin, the active ingredient in Mevacor, a brand name statin. At the same time, the reduction in LDL that the supplements provide can't be attributed solely to the monacolin K. According to researchers, there must be other cholesterol lowering ingredients in red yeast rice. Some of the other compounds found in red yeast rice may enhance the effects of the naturally occurring lovastatin.

Nature's Sunshine

A decade ago, the FDA successfully sought to regulate a red yeast rice extract known as Cholestin, claiming that the lovastatin it contained made it an unapproved statin rather than a supplement. An unexpectedly large dose of lovastatin could cause serious side effects and could interact with other drugs. Any red yeast product containing more than trace amounts of lovastatin can also be regulated (and effectively banned) by the FDA, but red yeast rice products containing monacolin K have remained on the market. Nature's Sunshine Red Yeast Rice is standardized to ensure that you get the right levels of statin ingredients. Check with your health care provider regarding contraindicated drugs and/or pre-existing conditions that would be compromised with the addition of red yeast rice to the diet, i.e., liver or heart problems.

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Mega-Chel[®]

Widen the Path to Better Circulatory Health

In today's high-tech, high-stress, fast-food world, many people ought to be more concerned about cardiovascular health. Heart health is the leading health issue in America for both men and women. In addition to maintaining a healthy weight and eating healthful foods, supplementing with important nutrients may promote optimal circulatory health.

Many health professionals believe that taking chelated forms of minerals (minerals bound to amino acids in this case) helps support the natural processes that remove heavy metals or minerals from the body. These chelated substances bind with specific minerals or metals in the body and help escort them out via the waste removal systems.



BENEFITS

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

NSP ADVANTAGE

This formulation is exclusive to Nature's Sunshine. No other company offers a combination of vitamins, amino acid-chelated minerals, antioxidants, glandular extracts, amino acids and herbs. NSP's expert formulators have also added PABA and inositol to enhance the synergy and bioavailability of these unique ingredients.

INGREDIENTS

Twelve tablets of Mega-Chel provide the following nutrients:

	Amount	% DV
Vitamin A (beta-carotene, palmitate)	40,000 IU	800
Vitamin C	4,000 mg	6,660
Vitamin D (fish oils)	650 IU	160
Vitamin E	400 IU	1,340
Vitamin B1 (thiamine)	200 mg	13,340
Vitamin B2 (riboflavin)	50 mg	2,940
Niacin	100 mg	500
Vitamin B6 (pyridoxine HCl)	150 mg	7,500
Folic acid	400 mcg	100

	Amount	% DV
Vitamin B12 (cyanocobalamin)	250 mcg	4,160
Biotin	100 mcg	30
Pantothenic acid (d-calcium pantothenate)	500 mg	5,000
Calcium (chelated amino acid, di-calcium phosphate)	400 mg	40
Iron (ferrous gluconate)	10 mg	60
Phosphorus	290 mg	30
Iodine (potassium iodide)	126 mcg	80
Magnesium (chelated amino acid, magnesium oxide)	400 mg	100
Zinc (glutamate, oxide)	30 mg	200
Selenium (chelated amino acid)	250 mcg	360
Copper (copper gluconate)	250 mcg	12
Manganese (chelated amino acid)	5 mg	250
Chromium	200 mcg	160
Potassium (potassium gluconate)	400 mg	*

*Daily Value not established

Also contains L-cysteine HCl, p-aminobenzoic acid (PABA), L-methionine, citrus bioflavonoids, rutin, adrenal substances, spleen substances, thymus substances, inositol, Ginkgo biloba leaves, hawthorn berries and coenzyme Q10.

RECOMMENDED USE

Begin by taking 1 tablet twice daily for a week. Then take 2 tablets twice daily for the second week. Gradually work up to 4 tablets with a meal twice daily. Maintain this level for three to four months. Then gradually taper off in a similar manner.

USER CARE

CAUTION: If pregnant or planning pregnancy, daily vitamin A intake should not exceed 5,000 IU. Quantities in excess of 10,000 IU may result in reproductive hazards or birth defects. Beta-carotene as a natural source of vitamin A poses no such risk.

COMPLEMENTARY PRODUCTS

- Nutritional: Hawthorn Berries, HS II, Co-Q10-30, Vari-Gone[®], Vitamin E with Selenium, LO-CLO[®], Capsicum.
- Homeopathics: Detoxification, Inflammation, Tobacco Detox, Prevention.
- Essential Oils: Rosemary, Ylang Ylang.

Mega-Chel

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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, eyePIX, and SD8004 Iridology Cameras: <http://www.joyfullivingservices.com/iridologycameras.html>
2. Used Iridology Cameras: <http://www.joyfullivingservices.com/usediridologycameras.html>
3. Iridology Station 5.1 Software: <http://www.joyfullivingservices.com/iridologystation5.1.html>

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 the Circulatory System of the iris and in particular the sodium/cholesterol/calcium-out-of-solution ring, venus congestion, and heart trouble. Please let us know 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.

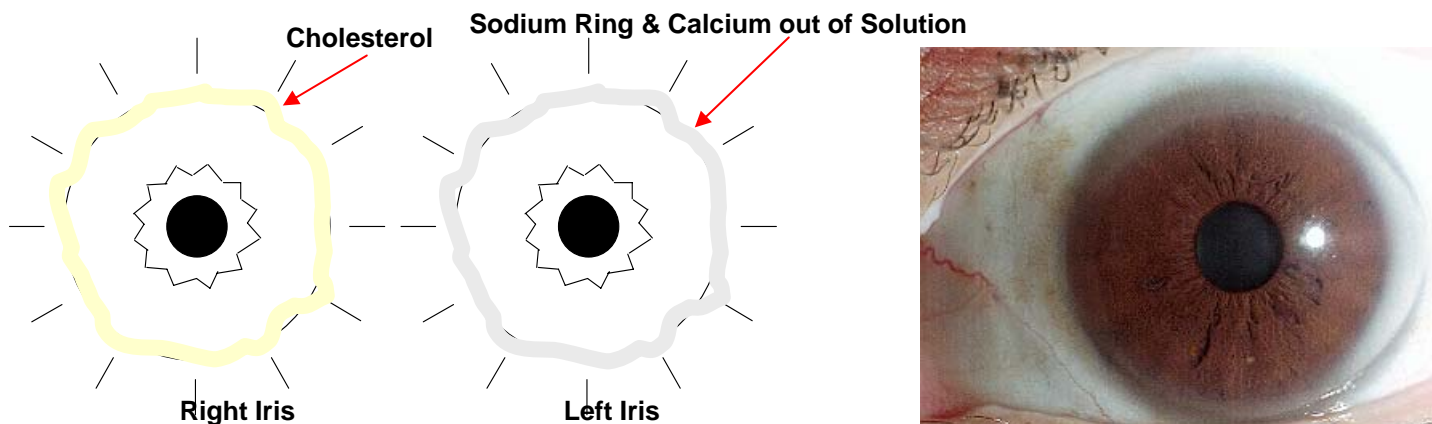
Sodium/Cholesterol/Calcium out of Solution Ring

This unusual marking, a translucent-to-opaque ring found in various shades of white starting in Zone 7, seems not to touch the iris but rather to be a deposit or settlement around the circumference of the portion of the cornea visible in front of the iris. That is, it is over the iris without being connected to the iris trabeculae. Its width varies, depending on the severity of the condition. This sign results from chemical imbalances in the body due to an excessive intake of salt or bicarbonate of soda, drugs such as sodium salicylate, calcium out of solution and high cholesterol or triglycerides in the blood. It may be associated with hardening of the arteries, calcium spurs and deposits, joint troubles, and so on.

As a consequence of poor eating habits, heart disease has become the number two health problem in this nation. When Hardening of the Arteries, particularly arteriosclerosis, sets in, many problems result. One approach to reducing these problems has been chelation, a process in which a solvent such as EDTA, a derivative of acetic acid, is introduced intravenously to dissolve the coating of lipids and minerals from the blood vessels.

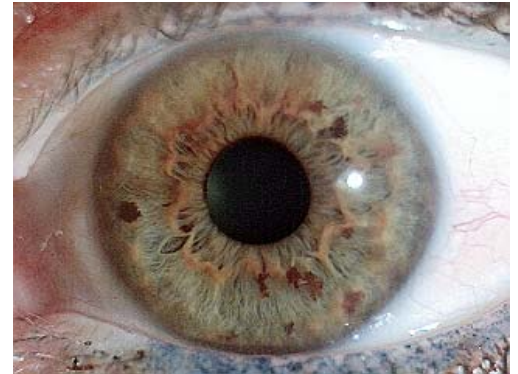
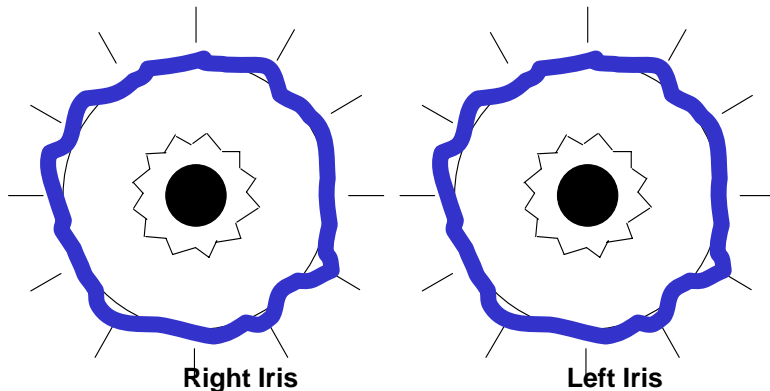
There is also oral chelation where herbs, vitamins and minerals are taken in large quantity to help dissolve the deposits in the blood vessels. This takes longer than intravenous chelation but is very beneficial. In the iris, we find what we call a Cholesterol Ring. This iris sign indicates that Cholesterol, Calcium and Sodium have come out of the solution in the blood to deposit on the arterial walls. We can take care of this problem by bowel cleansing and dietary changes, but Dr. Jensen believes chelation is an effective means of speeding up the cleansing process. Herbs such as Garlic and Capsicum are excellent for dissolving cholesterol buildup in the veins. Foods high in Magnesium such as all yellow fruits and vegetables are also important in this case.

If you have anemia in parts of your body or extremities and high cholesterol it is imperative that you change your dietary habits and begin to understand the way your body responds to stress.



Venus Congestion

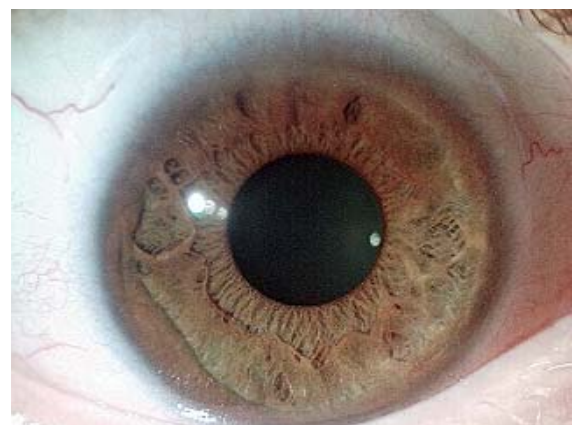
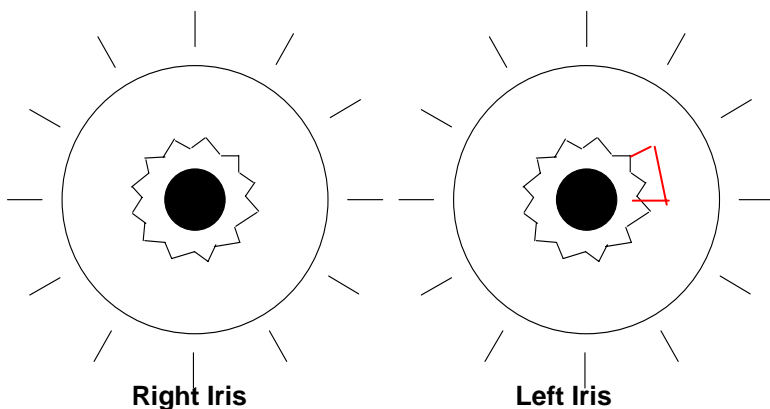
Everyone knows what poor circulation means. For many it means cold hands and feet. It may also mean poor memory if the brain circulation is involved. It can mean Varicose Veins in the legs. Circulation is aided by vitamins A, B, B1, C, D, G and Niacin. Minerals, which may help are Magnesium, Phosphorus, Silicon, Fluorine, Iodine, Iron, Manganese and Sulfur. Herbs include Hawthorn Berries, Oat Straw, Sprouts, Prickly Nettle, Cayenne and Butchers Broom. Kneipp Baths and Cayenne Pepper Baths as previously explained are also beneficial to the entire body.



Heart Trouble

On the Iridology Chart the Heart area is located in the left iris at 3:00 o'clock in Zone 3, usually on the Autonomic Nerve Wreath line. At times, it appears enclosed within the Autonomic Nerve Wreath, and in other cases, it may be moved slightly to one side. The area of the Aorta is directly above the Heart within the Autonomic Nerve Wreath, which may seem to be split. When we examine the Heart area of the iris, we look for inherent weakness, nerve strength, toxic conditions and reflex effects from other organs. There are many factors that can cause Heart disturbances. We have to consider that there are inherent weaknesses, lack of fresh air, too much fat on the Heart walls, disharmony in the home, disappointments in love, strong passions, over excitement, a weak Medulla; too much pressure on the heart caused by gases in the blood or in the Stomach. The Heart walls can become over stressed with excessive physical exertion. Bacteria ferments in the body, using up the blood salt, which is essential to Heart function. Other harmful effects are overeating, excessive drinking of tea, coffee and alcohol; tobacco smoking; and sexual overexertion. The Heart is affected by sunstroke because the nerves do not transmit proper circulatory impulses to the Heart, causing it to overwork. Chlorosis, an anemic condition, can produce a Systolic Heart Murmur. The leukocytes may die in too great numbers, filling the system with leukocytic poisons. These poisons clog the venous system, which weaken the Liver and give the Heart too much work to do. Some of the Heart structures weaken and thus leave the Heart diseased.

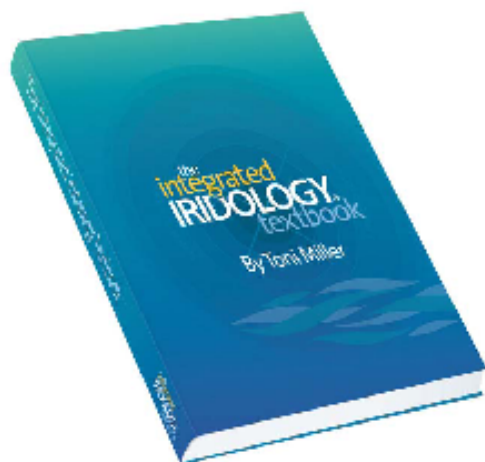
The Heart nerves may lack nerve force, because it has been spent too freely on brain effort. The Brain may be too large for the body; in which case, nerve-building material is not supplied sufficiently to sustain the chest brain and the cardiac nerve with the essential nerve stimuli. We must make sure Chlorine and Iodine foods are included in the diet as well as Iron, Calcium, Magnesium, Lecithin, Vitamin E, Phosphorus foods, nerve fats and salts. Excessive use of beef in the diet and the indiscriminate use of drugs can also deplete the heart of the ability to work at its highest possible potential.



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