

# Joyful Living Services' News

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I hope you have been having a wonderful summer. We certainly have. The weather is finally hot so we are able to enjoy our garden and our pool. We are back in the farming business again (for ourselves only though) and have chickens again and rabbits so we can have home grown organic eggs and low-fat rabbit meat. We have grown our own wheat and are eating home made bread using our own organic grain. I have at least 30 fruit trees and the apples, pears, nectarines, apricots, plums, and peaches are loaded. We have our garden in a raised bed and have tomatoes, zucchini, potatoes, watermelon, pumpkin, peppers, cucumbers, lettuce, carrots, celery, and herbs such as parsley, sage, horseradish, peppermint, mint, oregano, lavender, rosemary, and thyme. My mother teases me and tells me now all we need is a cow and we can have our own organic milk. Sorry mom, I don't have time to milk the cow!!

Business has been good. Even with the economy scares it seems that people are still interested in learning alternative health and are still interested in taking responsibility for their own health. It pleased me to receive a questionnaire from Shriner's Children's Hospital yesterday as it asked about medicinal herbs and vitamins that my child is taking. This shows me that the medical professional is taking alternative health seriously and they are no longer overlooking the importance of it. It's so important that we be involved in our health and that we don't just run to the doctor every time we have an ache, a pain, or something that we don't understand about our body.

When I was being certified there was quite an attitude about medical doctors and how bad they are and that they are just out to make money. That may be true for some of them. Many of them have been schooled that the only way to help people is by having them take medication and by surgery. However, I believe it's very important that both sides (the medical profession and alternative practitioners) work together for the best treatment for our clients. If someone needs a test then the medical doctor can perform that. If someone has allergies, then herbs can help that. If someone needs open-heart surgery, then a cardiovascular surgeon can perform that. There are so many tools out there to help people deal with their physical ailments and I believe it's very important that we take responsibility for our own body and do whatever we need to do to heal it.

It's also important to remember that for every physical ailment there is an emotional tie. In other words, if you have a problem with stress, then it's important to not only deal with the adrenal glands and the nervous system, but it's also important to deal with the emotions involved. It's the same with any organ in the body. For every dis-ease or weakness, there is an underlying emotional tie. Louise Hay talks about the emotions and how they rule us and gives affirmations for just about every dis-ease and ailment there is. If you have not read any of Louise Hay's books I highly recommend them.

So when working with your body it's important to have the testing you need first whether it be a blood test, an x-ray, a heart catheterization, muscle testing, or allergy testing. Whatever test you need to find out what's going on physically is important. Once you have a diagnosis then you can work on your body with medicinal herbs, diet, exercises, lifestyle changes, medication if you need it, and other healing modalities such as massage, chiropractic, Reiki, acupuncture, acupressure, physical therapy, and other alternative treatments.

I'm happy to announce that I have been working this summer to become certified in Reiki. I am now certified as a Reiki Master Healer and Teacher. This gives me great excitement because since I learned how to muscle test clients I have been working with them with the testing only and have not been able to give healing treatments. Now that I'm certified in Reiki I can offer healing treatments to anyone who is interested. See page 2 of this newsletter for information on Reiki.

Beginning in September 2010, I will be offering 1 hour Reiki treatments for \$50. If you are interested please call me at one of the telephone numbers above to schedule a time. Reiki can be performed on animals as well. Let me know if you are interested.

May you have a very happy, healthy, and prosperous summer.  
Brenda



## What is Reiki?



Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

The word Reiki is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy". So Reiki is actually "spiritually guided life force energy."

A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing. Many have reported miraculous results.

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and malady and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

Its use is not dependent on one's intellectual capacity or spiritual development and therefore is available to everyone. It has been successfully taught to thousands of people of all ages and backgrounds.

While Reiki is spiritual in nature, it is not a religion. It has no dogma, and there is nothing you must believe in order to learn and use Reiki. In fact, Reiki is not dependent on belief at all and will work whether you believe in it or not. Because Reiki comes from God, many people find that using Reiki puts them more in touch with the experience of their religion rather than having only an intellectual concept of it.

While Reiki is not a religion, it is still important to live and act in a way that promotes harmony with others. Dr. Mikao Usui, the founder of the Reiki system of natural healing, recommended that one practice certain simple ethical ideals to promote peace and harmony, which are nearly universal across all cultures.



During a meditation several years after developing Reiki, Dr. Usui decided to add the Reiki Ideals to the practice of Reiki. The Ideals came in part from the five principles of the Meiji emperor of Japan whom Dr. Usui admired. The Ideals were developed to add spiritual balance to Usui Reiki. Their purpose is to help people realize that healing the spirit by consciously deciding to improve oneself is a necessary part of the Reiki healing experience. In order for the Reiki healing energies to have lasting results, the client must accept responsibility for her or his healing and take an active part in it. Therefore, the Usui system of Reiki is more than the use of the Reiki energy. It must also include an active commitment to improve oneself in order for it to be a complete system.

The following ideals are both guidelines for living a gracious life and virtues worthy of practice for their inherent value:

***The secret art of inviting happiness  
The miraculous medicine of all diseases  
Just for today, do not anger  
Do not worry and be filled with gratitude  
Devote yourself to your work. Be kind to people.  
Every morning and evening, join your hands in prayer.  
Pray these words to your heart  
and chant these words with your mouth  
Usui Reiki Treatment for the improvement of body and mind  
The founder, Usui Mikao***

The following are the Reiki Principals:

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

## Sodium Intake

Submitted by Franco and Diana Generali

Adopted from Joseph Piscatella's "The road to a healthy heart runs through the kitchen."



Study after study has recommended a reduction in our consumption of salt, but unfortunately the scientific advice has landed on deaf ears. In fact, over 95% of American men and 75% of American women eat more than a teaspoon of salt daily. The American Heart Association recommends limiting your daily sodium intake to less than 2300 milligrams/day, which is actually more than what is needed for your body to function properly. 2300 milligrams is equal to about a teaspoon.

The major offenders of sodium intake are:

- Processed TV dinners
- Canned food
- "Pickled" or "cured" foods
- Luncheon meats
- Soy sauce
- Your salt shaker

Did you know? Salt appetite is determined by early dietary habits and has no relationship to dietary need. The point is that you can unlearn your taste for it.

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## The Truth About Fat

Submitted by Franco and Diana Generali

Adopted from Joseph Piscatella's "Take a Load Off Your Heart."

"For many years, fat was considered the supreme dietary villain. Cardiac experts railed at the American "high-fat" way of eating and called for a cut in fat consumption; some even counseled a diet close to "no-fat". But science marches on, and today we have a different take on the proper role of fat. The extremes of "high-fat" and "no-fat" have given way to moderation and balance. Remember that there are no bad or good foods, just everyday foods and sometimes foods."



### Good Fats:

Olive, canola oil  
Olives  
Avocados  
Peanuts  
Cashews  
Almonds

### Bad Fats:

Cheese  
Beef  
Milk  
Ice Cream  
Butter  
Cakes, cookies

It's a Fact: Between the ages of 19 and 50, the average American consumes 230 calories more on the weekends than on weekdays. Most of these extra calories, which come from fat and alcohol, translate into a five-pound weight gain every year.

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## Good Protein Choices

Submitted by Franco and Diana Generali



Protein is an important nutritional building block essential to every cell in the human body for growth and repair. The good news is that Americans consume plenty of protein, and probably more than they need. The bad news is that unfortunately it is usually an emphasis on animal sources that contain high amounts of artery-clogging saturated fat. Try to limit animal sources of protein and include more plant sources and remember that only 12% to 15% of your daily calories should come from protein.

### Everyday Foods

Lean beef  
Skinless chicken breast  
Skinless turkey breast  
Beans and legumes  
Egg whites (egg beaters)  
Tofu  
Fish

### Sometimes Foods

Filets, Prime rib  
Chicken, Turkey w/skin  
Dark poultry meat  
Pork  
Whole eggs  
Cheese

Did you know? People who eat beans and other legumes at least four times a week have a 21% lower risk of heart disease than those who eat legumes less than once a week.

## Creating a Natural Travel Vacation Kit



By: Valerie Greguire

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Vacation time brings pictures to our minds of relaxing, having fun and being more active. We travel to exciting remote places or to hidden treasures near our home, taking time to relax, have fun or just clear our mind. One thing we don't want during this time is unexpected health concerns to hinder our special time away. I would like to share with you some helpful natural products that you can take along to make your trip more enjoyable, or to be prepared for unexpected illness or injury during your stay. Preparing your natural travel kit depends a lot on where or how long you will be traveling. Look over the list below, and consider your individual health concerns during travel. You can choose from the suggestions below to put together your own personal travel kit.

**Digestive problems:** Whenever we change our routines or the type of food we eat, we can expect our digestive system to speak up about it. Irritable bowel, constipation, and digestive upsets are not unusual during travel. Luckily we have several formulas that can help... Digestive enzymes help to ensure good digestion of our food during travel so we do not experience digestive upsets that can upset our travel fun. Proactazyme Plus (#1525-0) helps to digest carbohydrates, fats, and proteins. It is a vegetarian formula of plant enzymes that helps give our body the extra support we need to digest new unfamiliar foods. Take 1-2 per meal. Lactase Plus (#1655-2) helps to digest dairy products, take 1 with a meal that contains dairy if this food is hard to digest for you. Food Enzymes (#1836-9) is a stronger full spectrum digestive enzyme with hydrochloric acid and bile salts. It really helps to digest heavy meals and meats. Take it along when you go for that fancy steak dinner! 1-2 per meal. [Prefer a chewable?](#) Papaya mints chewable enzymes are great to chew after a meal. They have a fresh natural mint flavor which freshens the breath and they work great to assist in digesting all food groups. Chew 1-2 tablets after a meal.

**Constipation:** a sluggish colon is very common during travel the formula LBSII (#990-1) is a good laxative formula that will stimulate peristalsis in the colon. For those prone to have spastic bowel, use the formula LB-X (#1226-3) instead. This formula has the bowel stimulants along with powerful muscle relaxing herbs to stop spasms in the colon. Take 1-2 capsules of either formula in the evening with your dinner meal. Take more often if needed.

**Irritable bowel:** New foods, or travel stress can cause our digestive tract to over react resulting in loose stools or diarrhea. Intestinal Soothe and Build (#1106-2) formula will soothe the irritated digestive tract, break up gas, and relax intestinal spasms. Take 3-4 capsules with a glass of water 1-2 times daily as needed.

**Parasites:** Herbal Pumpkin Combination (#915-2) is Anti-parasitic and antibacterial herbal formula. This formula would be good to take during travel as it contains anti-parasitic herbs which are antiseptic as well. This formula has mild laxative properties for occasional irregularity during travel. I like this formula as it also contains slippery elm, marshmallow and mullein which soothes and heals the intestinal lining in cases of loose stool. This formula is gentle enough that people could take 2-3 twice a day if they are prone to sluggish colon during travel, and in the case of suspected parasites, you can take 6-9 daily.

**High Stress:** Perhaps you're nervous about travel, or need to stay a few days with someone you not entirely comfortable with. Stress Pack (#3022-1) can help to calm your nerves, improve your ability to handle stress, and improve your sleep. Each Stress Pack packet, contains 2 Stress-J (a calming chamomile and passion flower blend), 2 SUMA combination (an adaptogen formula that helps you handle stress, and boosts your immune system), 1 Nutri-Calm tablet (a B-Complex formula with Vitamin C in a base of calming herbs), and 1 hops capsule (a relaxant herb that soothes the nervous system). Take one packet as needed 1-3 times daily

**Sleep:** For adjusting your sleep cycles due to change of time, or for jet lag take 1-2. Melatonin Extra (#2830-4) 30 minutes before you go to sleep. This natural compound helps to restore your natural sleep rhythm, and promotes a restful night's sleep. Herbal sleep (#940-8): Enhances your ability to fall asleep, relaxes your nerves and muscle tension. If you have trouble sleeping well when you travel, take 3 - 4 capsules at bedtime. This formula will not cause you to feel groggy in the morning like over the counter or prescription sleep aids.

**Travel Sickness:** the herb Ginger (#300-6) is well known for helping with motion sickness. Take 3-4 capsules ½ hour before travel and then as needed. Ginger is a very warm herb, it sometimes feels hot in the stomach if you are not used to it. So if you plan to use it to reduce motion sickness during travel you should start using it ahead of time to get used to it. I suggest you take 1-2 ginger before meals for a week prior to travel. Ginger helps to improve digestion so taking it before a meal is very beneficial.

**Endurance while Exercising:** Target Endurance (#2809-8) a unique formula designed for those who are partaking in strenuous physical activity. Provides nutrients to increase stamina and endurance, and improve oxygen uptake by the cells. Taken before your workout, hike or bicycle ride, it will really improve your performance and reduce fatigue. Take 3-4 capsules prior to physical activity. Recovery drink mix (#3662-2) is a great alternative to sports drinks. This well balanced orange flavored drink is packed full of electrolytes and energy producing nutrients. Drink this while exercising or playing sports and you won't believe how well it works. It is a real energy saver for those who have to work outside in the heat every day as well. It comes in a convenient powdered form so you can mix it up as you need it and don't have to carry along so many bottles.

**The dreaded Poison Ivy!!!!** Nature has provided us with some great cures for all types of pests around us, and poison ivy is not exception. The first thing to have on hand is Lemon essential oil (#3908-2). We have found that if you apply lemon oil to the little



itchy bumps that first appear from the poison ivy, that you can dry them up and stop the itch in a couple applications. Only apply the oil just to the bumps. Often we don't figure out we are covered in poison ivy until we have already broke the skin from itching so badly. In this case the pure lemon oil will irritate the condition and burn the skin too much, so a second plan is needed. Keep on hand the following ingredients: Pure Aloe Vera Gel (#1679-2), Eucalyptus essential oil (#3904-9) and Roman Chamomile essential oil (#3901-6) Place a teaspoon of aloe vera in the palm of your hand; add 5 drops Roman Chamomile and 3 drops eucalyptus oil. Blend together and apply to any itchy areas of poison ivy that you have already itched and broke the skin. You can add a couple drops of the lemon oil to this as well. Do not use the lemon oil if the skin is very inflamed. These oils are also great for other things, the combination of Eucalyptus and Roman Chamomile are great for repelling insects, rubbing on sore muscles, or rubbing on the chest to loosen a tight chest and relieve congestion from a cold. Roman Chamomile is wonderful to help you fall a sleep, mix a few drops into some of the aloe vera and rub it onto your feet and back just before bed. It is a great for relaxing muscles, and I have used it to relax the abdomen and colon in babies and children suffering from colic or gas. A few drops mixed in the aloe and rubbed on the abdomen and back will work wonders in minutes in most cases. It helps the child go quickly back to sleep as well.

**Insect bites:** Tea Tree oil repels insects as well as killing germs and promoting healing.

**Natural bug spray recipe:** 15 drops tee tree oil, 10 drops lavender, 5 drops eucalyptus oil. Mix in 2 ounce spritzer bottle (3936-9) with water. Spray on body to repel insects.

**Cuts & abrasions if there is accident** Tea tree oil kills germs, fights infections. Lavender essential oil (#3907-8), and aloe vera gel (#1679-2) heals and soothes burns and injuries.

**Sunscreen:** For a all natural (no synthetic ingredients) sunscreen with a soothing aloe vera base, try Natria Sun Screen by NSP (6018-2). This formula feels great going on, soaks into the skin with no greasy residue and provides excellent protection from harmful rays of sun (SPF 30).

**Immune Strengtheners:** Chinese Trigger Immune TCM (#1034-0) Trigger Immune provides essential nutrients which help to strengthen and restore the immune system. This formula also helps to build endurance and counter-act the effects of stress on the body there by increasing energy levels. Take 1 TCM concentrate capsule twice daily starting 2-4 weeks before travel and continue on through your vacation time. We all know that eating more fruits and vegetables help to improve our health. They are high in immune building antioxidants and phyto-nutrients. During travel it is often hard to get enough fruits and vegetables, for some of us it is hard to do on a regular basis as well. If you want to improve your antioxidant intake and boost your immune system strength I'd like to suggest you try the new Children's Whole food Antioxidant chewables (#3344-9). This supplement may have been promoted for children but I love them as do many of my clients! They taste like fruit flavored gummy bears and each 3 chewables pack the antioxidant power of [2 average servings of fruits or vegetables!](#) [What an easy way to add more antioxidants while traveling or during a busy day.](#) Another great immune booster and builder are probiotics. The human body relies on a healthy level of probiotics for numerous functions, including metabolizing foods, absorbing nutrients, maintaining a proper balance of intestinal flora and for healthy immune function. These benefits help counter the effects of food allergies or sensitivities, improve bowel function, and in regard to travel they are particularly helpful if we run into a bout of food poisoning while traveling. I'd again like to suggest the children's chewable Probiotic Power (#3346-7) for travel. This formula provides eleven different strains of probiotics to address a wide range of intestinal needs. Each tablet provides a billion beneficial bacteria. These chewable probiotics do not need to be refrigerated so they are perfect for travel (however you should store them indoors in a cool place). Children take 1-2 tablets daily; Adults can take 2-4 tablets daily. If you suffer from suspected food related illness, I take 2 tablets every few hours and it really helps lesson the symptoms and speed recovery. For acute severe illness after food exposure see a doctor immediately.

**Infections and Viruses:** For a powerful infection and virus fighter to have on hand while traveling, Silver Shield (#4274-1) is one of my top choices. Use as a preventative in small doses, or as a remedy for fighting infections both internal and external. Caught at the first signs of an infection most of the time it will minimize the symptoms and shorten the duration of illness, so you can still enjoy your trip. Silver shield gel (#4950-1) can be applied for topically for abrasions, cold sores, staph infections, or ringworm. You can use a couple drops of the liquid in the ear for ear infections, or directly in the eye for eye infections, or after you get something in your eye to help prevent infection. It may sting for a second, but then the eye feels better. Use in a douche for yeast infections. For suspected viral or bacterial infections, take 1 tsp. 3 times daily for adults (including children). Echinacea/Goldenseal formula (#835-2) is a good formula to carry along in case of illness. The herbs in this formula address both bacterial and viral infections. If you feel achy and tired like you are coming down with something you can take 2-3 capsules every few hours to boost your immune system and fight invaders. Seasonal Defense (#806-6) is a great formula to take along on vacations. It is a great formula to take at the onset of head cold symptoms. The herbs in this formula have been used for hundreds of years in China India and Scandinavian countries to treat upper respiratory tract infection, fever and sore throat and as a preventative herb for the common cold. These herbs seem to work as a potent stimulant of the immune system. They increase white blood cell activity to help the body fight infections. Take 2-4 capsules as needed every 3-4 hours.

**Allergies:** When you travel to a new area you often encounter pollens and other allergens you may not be accustomed to. If you tend to get seasonal allergies you need to travel prepared when you go to new places. HistaBlock (776-1) is a great allergy formula that has anti-histamine properties. It will help the itchy eyes, and runny nose associated with allergies. Are you staying with someone who has pets and you are bothered by them? HistaBlock is a great formula for cat and dog allergies. Take 2-4 capsules several times daily as needed. ALJ (#774-3) is another great formula that helps relieve allergy symptoms. If you tend to get plugged up and congested from your allergies, then this formula may be the best choice. I always have both formulas on hand and often combine them. Each family member or exposure to different allergens may call for using a different formula. ALJ is also available in liquid form, for children. Sinus Support (#1250-3) is another great allergy formula which helps to fight sinus infections as well. It is particularly good if you are traveling somewhere that has a different climate from the one you live in. The formula contains burdock which helps your hypothalamus gland adapt to the change in climate, which helps stop the drainage in your throat common with weather changes. I know 3 allergy formulas can be confusing, they are each a little different and developed by different herbalists. But since each person is affected a little differently by the allergens I find it is best to try all three over time, and find out which helps you the most.

I hope these tips help you to have a happy vacation and a great summer! Valerie

Disclaimer: The information contained in this publication is for educational purposes only. It is not intended to diagnose illness nor prescribe treatment. We do not claim or imply that any instruction, advice, counsel, recommendations or products that we provide will cure, treat, prevent, or mitigate any disease condition. They are provided solely for nourishing and strengthening the natural function of the various body organs and systems so that they will have a greater capacity to heal themselves.

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## Try Massage Therapy – It Might Help You

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You know what irritates me? People who won't *try* massage therapy to see how massage therapy might help their chronic problem. Just TRY. The worst that can happen is you feel good for an hour (or far more because the effects of massage therapy sometimes last for many hours depending on the person). "Yes *but* my insurance company won't pay", some people are quick to say. Well some insurance companies *will* pay if your doctor orders the therapy. I grant you many will not pay. But, do you want to get better or are you happier dealing with your pain and the subsequent incapacitation? And don't forget the horrible side-effects of those drugs in your body. Or are you one of those people who figure if you stay "broken" you'll always have something to talk about. Get right down to the *real* truth. You want to get better but don't want

to have to pay for it -- Interesting concept.

Or are you saying -- you don't really *know* if massage therapy will help you, therefore, you don't want to risk what you think might be "wasting your money". I agree with not wanting to waste money, but even if you go to the worst therapist on the planet you won't be wasting your money. You will feel relaxed and happier after your massage. In addition to relaxation, your massage will stimulate your immune system and will begin to unwind years of stress on your body. I say begin because in one hour, no therapist can reverse a lifetime of stress, (even if you are quite young) including poor body mechanics and injuries. However, getting regular bodywork will bring about what might seem to be miraculous changes in your body and your attitude towards life.

I talked to a man who has a long-standing severely injured ankle. It gives him serious pain to the point that he has trouble standing. I grant you, this man is no spring chicken BUT should he spend his remaining years in pain taking drugs that are only causing even more damage to his whole body? Well, you would think the answer is obvious, but because this man's doctor said that there is nothing that can be done for that ankle, the man does *nothing*. Why won't he get weekly massages for a couple of months and see how that ankle feels after that time? He continues to give the answer that the doctor said nothing could be done. Truth of the matter is, I could spout off facts about massage therapy for endless pages. The bottom line is will you seek out a therapist you like and commit to doing good, healthy things for your body? It's easy to tell other people you are going to try massage therapy, or that sounds so good I'll have to get a massage, but you don't do it. WHY?

I have two friends who have gone through dangerous neck surgery. Because of serious pain in her arms and debilitation of her arms, this friend says, it's too late for massage therapy. It's never too late. She's not willing to confront the truth. The second friend preferred to get dangerous neck surgery because, she told me, massage wasn't for her. Well, having her arms go completely numb at various times obviously could not convince her to get over her aversion to touch. She preferred surgery which only further insulted her body. I don't even ask how her arms are. Arthritis is destroying her body rapidly. Massage therapy would ease that also.

I could go on and on, but you get the picture. What I would like is for all readers of this newsletter to give some thought to your gut reactions when somebody suggests massage therapy. I would love to hear from you and hear your reality. The media is all wrapped up in more bad publicity about massage therapy due to the Al Gore scandal. I would love to discuss such issues and would also love to give advice about finding a good therapist in your area, no matter where you live. Write to me: [elaineashton9@aol.com](mailto:elaineashton9@aol.com) or call me: 530-888-1245.

## **MSG – A Slow Poison**

**Submitted by: Elaine Ashton**

The food additive MSG (Mono-Sodium Glutamate) is a slow poison. MSG hides behind 25 or more names, such as "Natural Flavoring." MSG is even in your favorite coffee from Tim Horton's and other brand-name coffee shops. I wondered if there could be an actual chemical causing the massive obesity epidemic, and so did a friend of mine, John Erb. He was a research assistant at the University of Waterloo in Ontario, Canada, and spent years working for the government. He made an amazing discovery while going through scientific journals for a book he was writing called *The Slow Poisoning of America*.

In hundreds of studies around the world, scientists were creating obese mice and rats to use in diet or diabetes test studies. No strain of rat or mice is naturally obese, so scientists have to create them. They make these creatures morbidly obese by injecting them with MSG when they are first born. The MSG triples the amount of insulin the pancreas creates, causing rats (and perhaps humans) to become obese. They even have a name for the fat rodents they create: "MSG-Treated Rats." When I heard this, I was shocked. I went into my kitchen and checked the cupboards and the refrigerator. MSG was in everything -- the Campbell's soups, the Hostess Doritos, the Lays flavored potato chips, Top Ramen, Betty Crocker Hamburger Helper, Heinz canned gravy, Swanson frozen prepared meals, and Kraft salad dressings, especially the "healthy low-fat" ones. The items that didn't have MSG marked on the product label had something called "Hydrolyzed Vegetable Protein," which is just another name for Monosodium Glutamate. It was shocking to see just how many of the foods we feed our children everyday are filled with this stuff. MSG is hidden under many different names in order to fool those who read the ingredient list, so that they don't catch on. (Other names for MSG are "Accent," "Ajinomoto," "Natural Meat Tenderizer," etc.) But it didn't stop there. When our family went out to eat, we started asking at the restaurants what menu items contained MSG. Many employees, even the managers, swore they didn't use MSG. But when we ask for the ingredient list, which they grudgingly provided, sure enough, MSG and Hydrolyzed Vegetable Protein were everywhere. Burger King, McDonald's, Wendy's, Taco Bell, every restaurant -- even the sit-down eateries like TGIF, Chili's, Applebee's, and Denny's -- use MSG in abundance. Kentucky Fried Chicken seemed to be the WORST offender: MSG was in every chicken dish, salad dressing, and gravy. No wonder I loved to eat that coating on the skin -- their secret spice was MSG!

So why is MSG in so many of the foods we eat? Is it a preservative, or a vitamin? Not according to my friend John Erb. In his book *The Slow Poisoning of America*, he said that MSG is added to food for the addictive effect it has on the human body. Even the propaganda website sponsored by the food manufacturers lobby group supporting MSG explains that the reason they add it to food is to make people eat more. A study of the elderly showed that older people eat more of the foods that it is added to. The Glutamate Association lobbying group says eating more is a benefit to the elderly, but what does it do to the rest of us? "Bet you can't eat [just] one," takes on a whole new meaning where MSG is concerned! And we wonder why the nation is overweight! MSG manufacturers themselves admit that it addicts people to their products. It makes people choose their product over others, and makes people eat more of it than they would if MSG wasn't added. Not only is MSG scientifically proven to cause obesity, it is an addictive substance. Since its introduction into the American food supply fifty years ago, MSG has been added in larger and larger doses to the pre-packaged meals, soups, snacks, and fast foods we are tempted to eat everyday. The FDA has set no limits on how much of it can be added to food. They claim it's safe to eat in any amount. But how can they claim it's safe when there are hundreds of scientific studies with titles like these: "The monosodium glutamate (MSG) obese rat as a model for the study of exercise in obesity." Gobatto CA, Mello MA, Souza CT, Ribeiro IA. *Res Commun Mol Pathol Pharmacol*. 2002. "Adrenalectomy abolishes the food-induced hypothalamic serotonin release in both normal and monosodium glutamate-obese rats." Guimaraes RB, Telles MM, Coelho VB, Mori C, Nascimento CM, Ribeiro. *Brain Res Bull*. 2002 Aug. "Obesity induced by neonatal monosodium glutamate treatment in spontaneously hypertensive rats: An animal model of multiple risk factors." Iwase M, Yamamoto M, Iino K, Ichikawa K, Shinohara N, Yoshinari Fujishima. *Hypertens Res*. 1998 Mar. "Hypothalamic lesion induced by injection of monosodium glutamate in suckling period and subsequent development of obesity." Tanaka K, Shimada M, Nakao K Kusunoki. *Exp Neurol*. 1978 Oct. No, the date of that last study was not a typo; it was published in 1978. Both the "medical research community" and "food manufacturers" have known about the side effects of MSG for decades. Many more of the studies mentioned in John Erb's book link MSG to diabetes, migraines and headaches, autism, ADHD, and even Alzheimer's.

So what can we do to stop the food manufactures from dumping this fattening and addictive MSG into our food supply and causing the obesity epidemic we now see? Several months ago, John Erb took his book and his concerns to one of the highest government health officials in Canada. While he was sitting in the government office, the official told him, "Sure, I know how bad MSG is. I wouldn't touch the stuff." But this top-level government official refuses to tell the public what he knows. The big media doesn't want to tell the public either, fearing issues with their advertisers. It seems that the fallout on the fast food industry may hurt their profit margin. The food producers and restaurants have been addicting us to their products for years, and now we are paying the price for it. Our children should not be cursed with obesity caused by an addictive food additive. But what can I do about it? I'm just one voice! What can I do to stop the poisoning of our children, while our governments are insuring financial protection for the industry that is poisoning us?

This message is going out to everyone I know in an attempt to tell you the truth that the corporate-owned politicians and media won't tell you. The best way you can help to save yourself and your children from this drug-induced epidemic is to forward this article to everyone. With any luck, it will circle the globe before politicians can pass the legislation protecting those who are poisoning us. The food industry learned a lot from the tobacco industry. Imagine if big tobacco had a bill like this in place before someone blew the whistle on nicotine? If you are one of the few who can still believe that MSG is good for us and you don't believe what John Erb has to say, see for yourself. Go to the National Library of Medicine at [www.pubmed.com](http://www.pubmed.com). Type in the words "MSG Obese" and read a few of the 115 medical studies that appear. We the public do not want to be rats in one giant experiment, and we do not approve of food that makes us into a nation of obese, lethargic, addicted sheep, feeding the food industry's bottom line while waiting for the heart transplant, the diabetic-induced amputation, blindness, or other obesity-induced, life-threatening disorders. With your help we can put an end to this poison.

Do your part in sending this message out by word of mouth, e-mail, or by distribution of this printout to your friends all over the world and stop this "Slow Poisoning of Mankind" by the packaged food industry. Blowing the whistle on MSG is our responsibility, so get the word out.

## Recipe of the Month – Health Building Broth (Brodo)

By the Lucchesi and Generali Family

1 package of beef shank (2 pieces) if you can find it or real lean short ribs.

1 yellow dry onion, 2 stalks of celery, 1 carrot

1 fresh bay leaf, 1-2 fresh sprigs of parsley, 1 tsp salt

This broth is a family recipe from Brenda's great grandmother. It has been used for years to help build up the blood when a family member is sick or run down. It has been used to rebuild the body after surgery. It's excellent to increase iron in the blood.

1. Fill pot 2/3 with water. Put a little bit of salt in the water. Bring to a boil. Add 2 TBLS of tomato sauce and bring back to a boil. Add all items. Bring back to a boil and simmer 2-1/2 – 3 hours and keep covered.
2. You can serve this as a plain broth or hot soup by boiling cream of wheat or alphabet noodles or other noodles in it.

## Nature's Sunshine Supplements (NSP)



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.

## Sunshine Heroes™ Multiple Vitamin & Mineral

### Vital nutrition for growing bodies

*A child's diet must provide essential nutrients to support physical and cognitive development. For optimal health, children need a balanced and healthy diet. Sunshine Heroes Multiple Vitamin & Mineral provides vitamins and minerals to supplement a child's diet and to ensure that these important nutrients are not missed.*



#### BENEFITS

- Provides 50–100% of the children's RDA for 11 vitamins and minerals.
- Contains a proprietary blend of whole foods, fruit juice concentrates and micronutrients, supplying health-protective antioxidants and phytochemical nutrients.
- Ensures growing bodies get adequate amounts of vital nutrients.

#### HOW IT WORKS

Sunshine Heroes Multiple Vitamin & Mineral provides 100% of the Recommended Daily Allowance for vitamins A, C, D3, E, B6, B12, folic acid, biotin, pantothenic acid and zinc. Pediatricians recommend a daily multiple vitamin and mineral supplement for children who may not eat regular, well-balanced meals with lots of fresh, whole foods; picky eaters; children with high activity levels; children who eat a lot of fast food and processed foods; and children who eat a vegetarian, dairy-free or other restricted diets. A multiple vitamin and mineral supplement is also recommended for children who may drink a lot of carbonated sodas, which can leach nutrients from the body.

#### NSP ADVANTAGE

Sunshine Heroes Multiple Vitamin and Mineral contains the Protector Shield™ Blend—a whole food blend of 17 fruits and vegetables. These fruits and vegetables provide powerful phytochemical nutrients and antioxidants. The Protector Shield Blend also provides choline, inositol and 10 amino acids—essential nutrients for healthy brain development and cell communication for growing children.

#### INGREDIENTS

Sunshine Heroes Multiple Vitamin & Mineral provides 13 essential vitamins and minerals for today's "on the go" children. Sunshine Heroes Multiple Vitamin & Mineral also contains the Sunshine Heroes Protector Shield blend: mangosteen fruit; cranberry fruit; broccoli flower; spinach leaves and stems; asparagus stems; carrot root; tomato fruit; açai fruit; pomegranate fruit extract; white grape, apple, pear, orange, pineapple, cherry, strawberry and blueberry fruit juice concentrates; l-leucine, l-lysine, l-valine, choline, inositol, l-isoleucine, l-threonine, l-phenylalanine, l-arginine, l-cysteine, l-methionine and l-tyrosine. Other ingredients include organic tapioca syrup, organic evaporated cane juice, pectin, citric acid, natural colors and flavors, sodium citrate and organic sunflower oil.

#### RECOMMENDED USE

Chew up to 4 soft chews per day as a dietary supplement. Chew carefully and thoroughly before swallowing.

#### COMPLEMENTARY PRODUCTS

- Nutritional: Sunshine Heroes product line.

Sunshine Heroes Multiple Vitamin & Mineral  
(90 soft chews)  
Stock No. 3341-6



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](http://www.naturessunshine.com)

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## Medication Alert - Phenylpropanolamine (PPA)

Submitted by Barbara LaVolpa

I would like to thank those of you who expressed condolences on the recent passing of my mother. She suffered a hemorrhagic stroke while she was driving home from my house at 7:30 and passed away at 8:30. My mother's stroke and passing was an enormous shock to my family because she did not have any symptoms or risk factors for a stroke. Just the week before she had gone to her doctor for a check up and received a clean bill of health. She did, however, develop a cold while she was visiting me and had taken Alka Seltzer Cold Plus for 3 days. Since her passing, we have learned that Alka Seltzer is one of the many cold medicines that contains Phenylpropanolamine (PPA) which can cause hemorrhagic strokes or cerebral bleeding even with the first use. I am forwarding a list of other medications that currently use PPA. These medicines are supposedly being recalled but my mother just purchased this medication less than two weeks ago. Pharmaceutical companies have known about this danger for years, we unfortunately, did not.

I urge you to review the list of medicines with PPA and avoid these medications. All drugs containing PHENYLPROPANOLAMINE are dangerous. You may want to try calling the 800 number listed on most drug boxes and inquire about a REFUND. Please read this CAREFULLY. Also, please pass this on to everyone you know. STOP TAKING anything containing this ingredient. It has been linked to increased hemorrhagic stroke (bleeding in brain) among women ages 18-49 in the three days after starting use of medication. Problems were not found in men, but the FDA recommended that everyone (even children) seek alternative medicine.

### The following medications contain Phenylpropanolamine:

Acutrim Diet Gum Appetite Suppressant  
Acutrim Maximum Strength Appetite Control  
Alka-Seltzer Plus Cold medicine (cherry or Orange)  
Alka-Seltzer Plus Cold & Cough Medicine Effervescent  
Alka-Seltzer Plus Cold & Sinus Effervescent  
BC Allergy Sinus Cold Powder  
Comtrex Flu Therapy & Fever Relief  
Contac 12 Hour Caplets  
Dexatrim Caffeine Free  
Dexatrim Gelcaps  
Dimetapp Cold & Allergy Chewable Tablets  
Dimetapp DM Cold & Cough Elixir  
Dimetapp 4 Hour Liquid Gels  
Dimetapp 12 Hour Extentabs Tablets  
Permathene Mega-16  
Tavist-D 12 Hour Relief of Sinus & Nasal Congestion  
Triaminic Expectorant Chest & Head  
Triaminic Triaminicol Cold & Cough

Acutrim Plus Dietary Supplements  
Alka-Seltzer Plus Children's Cold Medicine Effervescent  
Alka-Seltzer Plus Cold Medicine Original  
Alka-Seltzer Plus Cold & Flu Medicine  
Alka Seltzer Plus Night-Time Cold Medicine  
BC Sinus Cold Powder  
Day & Night Contac 12-Hour Cold Capsules  
Coricidin D Cold, Flu & Sinus  
Dexatrim Extended Duration  
Dexatrim Vitamin C/Caffeine Free  
Dimetapp Cold & Cough Liqui-Gels  
Dimetapp Elixir  
Dimetapp 4 Hour Tablets  
Naldecon DX Pediatric Drops  
Robitussin CF  
Triaminic DM Cough Relief  
Triaminic Syrup Cold & am pm; Allergy

I just found out and called the 800# on the container for Triaminic and they informed me that they are voluntarily recalling the following medicines because of a certain ingredient that is causing strokes and seizures in children:

Orange 3D Cold & Allergy Cherry (Pink)  
3D Cold & Cough Berry  
3D Cough Relief Yellow 3D Expectorant

They are asking you to call them at 800-548-3708 with the lot number on the box so they can send you postage for you to send it back to them, and they will also issue you a refund. If you know of anyone else with small children.

To confirm these findings please take time to check the following:

<http://www.fda.gov/Drugs/DrugSafety/InformationbyDrugClass/ucm150738.htm>

Gail Stenson, Public Health Clerk, St. James-Assiniboia, Health & Social Services Center, 2015 Portage Avenue, R3J 0K3, Canada, Phone: 940-2388, Fax: 940-2636, E-mail: [gstenson@wrha.mb.ca](mailto:gstenson@wrha.mb.ca)

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## Mommy, What is Type 1 Diabetes?

Written & Illustrated by Irene & Madison Mallano



This book is great for children and families newly diagnosed with Type-1 Diabetes; but It is also for anyone involved with juvenile diabetes, or wants to know learn more about a youth's life with it. The character "Madison Rose" explains what she experienced in the hospital, along with all the things she has learned and what to expect. Here is a quick glance at the table of contents: *about us, my story, glossary, family tips, symptoms, kitchen chart, nutrition and more*. The book is a positive storyline for the reader accented by their handmade artwork and photos. It is a must read for anyone in contact with a child that has Diabetes. Twenty-five percent from each book will be donated to JDRF to support worldwide research.

*Thank you for your support. Those of you that know me well, know I do a lot in the community and I'm grateful for all your help!*

Go to the following link to learn more and order your copy today: <http://mommywhatisdiabetes.com/OurBook.aspx>

## Asparagus – Who Knew?

Submitted by Carol Pischel

My Mom had been taking the full-stalk canned style asparagus that she pureed and she took 4 tablespoons in the morning and 4 tablespoons later in the day. She did this for over a month. She is on chemo pills for Stage 3 lung cancer in the pleural area and her cancer cell count went from 386 down to 125 as of this past week. Her oncologist said she does not need to see him for 3 months.



THE ARTICLE: Several years ago, I had a man seeking asparagus for a friend who had cancer. He gave me a photocopied copy of an article, entitled, Asparagus for cancer 'printed in Cancer News Journal, December 1979. I will share it here, just as it was shared with me: I am a biochemist, and have specialized in the relation of diet to health or over 50 years. Several years ago, I learned of the discovery of Richard R. Vensal, D.D.S. that asparagus might cure cancer. Since then, I have worked with him on his project. We have accumulated a number of favorable case histories. Here are a few examples:

**Case No. 1:** A man with an almost hopeless case of Hodgkin's disease (cancer of the lymph glands) who was completely incapacitated. Within 1 year of starting the asparagus therapy, his doctors were unable to detect any signs of cancer, and he was back on a schedule of strenuous exercise.

**Case No. 2:** A successful businessman 68 years old who suffered from cancer of the bladder for 16 years. After years of medical treatments, including radiation without improvement, he went on asparagus. Within 3 months, examinations revealed that his bladder tumor had disappeared and that his kidneys were normal.

**Case No. 3:** A man who had lung cancer. On March 5th 1971, he was put on the operating table where they found lung cancer so widely spread that it was inoperable. The surgeon sewed him up and declared his case hopeless. On April 5th he heard about the Asparagus therapy and immediately started taking it. By August, x-ray pictures revealed that all signs of the cancer had disappeared... He is back at his regular business routine.

**Case No. 4:** A woman who was troubled for a number of years with skin cancer. She finally developed different skin cancers which were diagnosed by the acting specialist as advanced. Within 3 months after starting on asparagus, her skin specialist said that her skin looked fine and no more skin lesions. This woman reported that the asparagus therapy also cured her kidney disease, which started in 1949. She had over 10 operations for kidney stones, and was receiving government disability payments for an inoperable, terminal, kidney condition. She attributes the cure of this kidney trouble entirely to the asparagus.

I was not surprised at this result, as 'The elements of materia medica', edited in 1854 by a Professor at the University of Pennsylvania, stated that asparagus was used as a popular remedy for kidney stones. He even referred to experiments, in 1739, on the power of asparagus in dissolving stones. Note the dates! We would have other case histories but the medical establishment has interfered with our obtaining some of the records. I am therefore appealing to readers to spread this good news and help us to gather a large number of case histories that will overwhelm the medical skeptics about this unbelievably simple and natural remedy.

- For the treatment, asparagus should be cooked before using, and therefore canned asparagus is just as good as fresh. I have corresponded with the two leading canners of asparagus, Giant and Stokely, and I am satisfied that these brands contain no pesticides or preservatives.
- Place the cooked asparagus in a blender and liquefy to make a puree, and store in the refrigerator. Give the patient 4 full tablespoons twice daily, morning and evening.
- Patients usually show some improvement in 2-4 weeks.
- It can be diluted with water and used as a cold or hot drink. This suggested dosage is based on present experience, but certainly larger amounts can do no harm and may be needed in some cases.
- As a biochemist I am convinced of the old saying that 'what cures can prevent.' Based on this theory, my wife and I have been using asparagus puree as a beverage with our meals. We take 2 tablespoons diluted in water to suit our taste with breakfast and with dinner. I take mine hot and my wife prefers hers cold.
- For years we have made it a practice to have blood surveys taken as part of our regular checkups. The last blood survey, taken by a medical doctor who specializes in the nutritional approach to health, showed substantial improvements in all categories over the last one, and we can attribute these improvements to nothing but the asparagus drink.
- As a biochemist, I have made an extensive study of all aspects of cancer, and all of the proposed cures. As a result, I am convinced that asparagus fits in better with the latest theories about cancer.

Asparagus contains a good supply of protein called histones, which are believed to be active in controlling cell growth... For that reason, I believe asparagus can be said to contain a substance that I call cell growth normalizer. That accounts for its action on cancer and in acting as a general body tonic. In any event, regardless of theory, asparagus used as we suggest, is a harmless substance. The FDA cannot prevent you from using it and it may do you much good. It has been reported by the US National Cancer Institute, that asparagus is the highest tested food containing glutathione, which is considered one of the body's most potent anticarcinogens and antioxidants.

## Tainted Medications and Canned Peaches from China

Submitted by Janice Fera

Not a great day in the news for kid's health.

1) Start with your medicine cabinet. Massive product recall includes kids liquid Motrin, Tylenol, Zyrtec, Benadryl. Generics not affected. (How about a refund?) [http://www.mcneilproductrecall.com/page.jhtml?id=/include/new\\_recall.inc](http://www.mcneilproductrecall.com/page.jhtml?id=/include/new_recall.inc)

2) And, know that those canned peaches at the supermarket from Sunkist are actually from CHINA (that same region that puts melamine in infant formula, pet food and chocolate). <http://www.sacbee.com/2010/05/02/2719156/peach-growers-fight-imports.html>

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## Cocoa Mulch's Effect on Dogs and Cats

Submitted by Janice Fera

Over the weekend, the doting owner of two young lab mixes purchased Cocoa Mulch from Target to use in their garden. The dogs loved the way it smelled and it was advertised to keep cats away from their garden. Their dog (Calypso) decided the mulch smelled good enough to eat and devoured a large helping. She vomited a few times which was typical when she eats something new but wasn't acting lethargic in any way. The next day, Mom woke up and took Calypso out for her morning walk. Half way through the walk, she had a seizure and died instantly. Although the mulch had NO warnings printed on the label, upon further investigation on the company's web site, this product is HIGHLY toxic to dogs and cats.



Cocoa Mulch is manufactured by Hershey's, and they claim that "It is true that studies have shown that 50% of the dogs that eat Cocoa Mulch can suffer physical harm to a variety of degrees (depending on each individual dog). However, 98% of all dogs won't eat it." \*Snopes site gives the following information: <http://www.snopes.com/critters/crusader/cocoamulch.asp> \*

Cocoa Mulch, which is sold by Home Depot, Foreman's Garden Supply and other Garden supply stores contains a lethal ingredient called 'Theobromine'. It is lethal to dogs and cats. It smells like chocolate and it really attracts dogs. They will ingest this stuff and die. Several deaths already occurred in the last 2-3 weeks. Theobromine is in all chocolate, especially dark or baker's chocolate which is toxic to dogs. Cocoa bean shells contain potentially toxic quantities of theobromine, a xanthine compound similar in effects to caffeine and theophylline. A dog that ingested a lethal quantity of garden mulch made from cacao bean shells developed severe convulsions and died 17 hours later. Analysis of the stomach contents and the ingested cacao bean shells revealed the presence of lethal amounts of theobromine.

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

Go to the following links to learn about the cameras and software we sell:

CADI WV5533 Handheld Digital Iriscope, 8.0 Megapixel: <http://www.joyfullivingservices.com/cadi8megapixel.pdf>

eyePIX Handheld Iridology Camera, 10.0 Megapixel: <http://www.joyfullivingservices.com/handouts/eyePIX.pdf>

SD8004 Super Digital 15.1 MP Iridology Camera: <http://www.joyfullivingservices.com/handouts/sd8004digitaliridologycamera.pdf>

Iridology Station 5.1 Software: <http://www.joyfullivingservices.com/iridologystation5.1.html>

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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.

## 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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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:

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## Monthly Specials and Catalog

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

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

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

## The Study of Iridology

This month we are discussing the dominant side of the body using Constitutional Iridology. Please contact us if you have any questions. The information was taken from our Intermediate Iridology course.

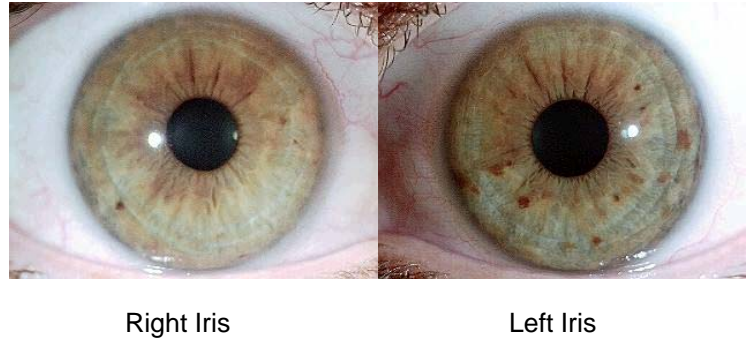
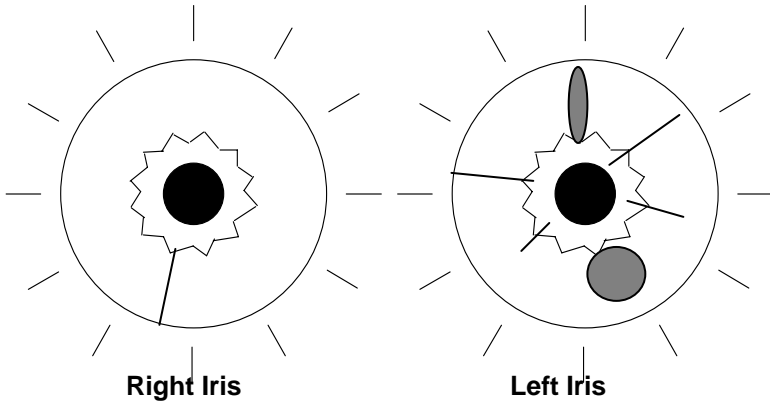
Go to: <http://www.joyfullivingservices.com/education.html> to find out more.

### Dominant Side

The dominant side means the side of the body that is stronger and has less inherent weakness. When we compare the left iris to the right iris we can determine which side is stronger by the straightness or waviness of the fibers, by the number of psora that are present, and by the number of open and/or closed lacuna that are within the iris fibers.

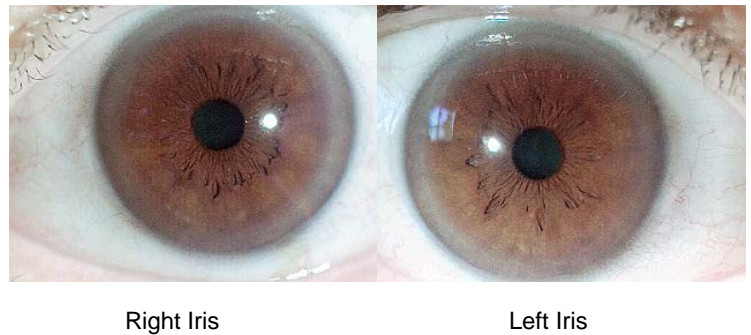
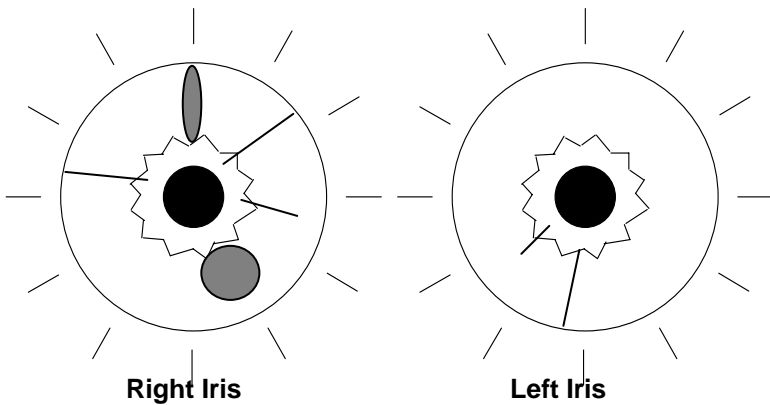
### Right Side/Left Brain/Yang (Analytical/Male)

A person would be right side dominant when the right side of the body is stronger than the left side of the body. This type of person would be yang dominant and would be more analytical with more male energy



### Left Side/Right Brain/Yin (Intuitive/Feminine)

A person would be left side dominant when the left side of the body is stronger than the right side of the body. This type of person would be yin dominant and would be more intuitive with more female energy.



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## Recommendations for our Iridology Courses

"I have watched all the tapes in your [iridology course](#) and some a couple of times and I can say I have learned things I didn't get with David Pesek. Taking classes that I have, I know you know what you are doing so I would recommend anyone you sent me." – Lisa Nappier, St. Clair, MO

"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