

# Joyful Living Services' News

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## From The Author

Welcome to summer!! Or at least that's what I thought until today. For those of you who live in California, it's been very nice to bring out the shorts and bask in the sunshine. We went from winter to summer within just a few days. We have been enjoying this weather thinking it would last through October. However, today it is raining with thunder storms up here in the hills and it's supposed to rain for the next few days. Then it's supposed to be clear for a few days and it's supposed to rain again on the weekend. For those of you who enjoy this type of weather you are in your glory. For those of us who are sun worshipers, well, it's another story. I really look forward to the sun and when the temperature is in the high 80's to low 90's I'm in my glory. Flowers are blooming, trees are bright green, and life has woken up. It's my favorite time of year. Not only is June a wonderful time to enjoy the sun, but it's also my family's birthdates. I can't believe my son, Joshua, will be 3 years old, my daughter, Josephine, will be 5 years old and starting kindergarten, my birthday, and my husband's birthday are also in June. It's a time for us to celebrate, put on our bathing suits, and go swimming. I hope you have a very happy, healthy, and prosperous summer and enjoy the warmth of the sun.

## Consulting Rates

Brenda is available for the following services:

- Iridology In-Person Consultation at our office\* - \$60/hr
- Iridology In-Person Consultation at your home or office\* - \$60/hr + 15/hr driving
- Iridology from a picture\* - \$60 flat fee
- Iridology for a client from a picture\* - \$60 flat fee
- Muscle Testing In-Person Consultation at our office\*\* - \$60/hr
- Muscle Testing In-Person Consultation at your home or office\*\* - \$60/hr + 15/hr driving
- Muscle Testing Long-Distance Consultation\*\* - \$60/hr
- Nutritional Consulting at our office - \$60/hr
- Nutritional Consulting at your home or office - \$60/hr + 15/hr driving
- Home and Office Organization - \$20/hr + 15/hr driving

\*Iridology Consultations include optional nutritional consulting and muscle testing. \*\*Muscle Testing Consultations include optional nutritional consulting. To make an appointment please call Brenda at 1-800-704-9800 or 530-878-1119.

## Shop Online

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

## New eBook Courses Available

JLS is now offering our Certified Herbal Counselor and Certified Health and Nutrition Counselor Courses in eBook format.



The eBook is an electronic book, a piece of software that transforms the ordinary text and images into an electronic file that can be readily accessed. The eBook is a product that feels and reads like an ordinary book. The pages flutter as they turn. Unlike an ordinary book, it can never be misplaced; it is

always just a click away.

You can now review the first few pages of all of our eBooks at no cost to you. Pick the eBooks that interest you the most, download them to your computer, and review them. If you like them and want to purchase the complete eBook, you can order them on our web site, by phone, or by fax and we will e-mail you the registration key to "unlock" the rest of the eBook.

eBooks currently available for the Certified Herbal Counselor Course include Introduction to Herbs, Herbs and Their Uses, The Action of Herbs, The Digestive System, The Intestinal System, The Glandular System, The Nervous System, The Respiratory System, The Circulatory System, The Urinary System, The Structural System, The Immune System, Common Ailments and Historical Uses of Herbs, Weight Gain and Loss, Herbs and Surgery - The Combination Could be Dangerous, and Herbs that should not be used with Medications.

eBooks currently available for the Certified Health and Nutrition Counselor Course include Course Overview and Introduction to Nutrition, The Carbohydrates: Sugar, Starch, and Fiber, The Lipids: Fats and Oils, Protein: Amino Acids, Digestion, Absorption, and Transport, Metabolism: Feasting, Fasting, and Energy Balance, Overweight and Underweight, The Water-

Soluble Vitamins: B Vitamins and Vitamin C, The Fat-Soluble Vitamins: A, D, E, and K, Water and the Major Minerals, The Trace Minerals, Nutrition Status, Food Choices, and Diet Planning, Food Additives, Alternative Therapies, Parasites, Candida Albicans, and Hiatal Hernias, Water Purification, The Ideal Diet, and Home Health Tests.

As with all our courses, you can receive certification once you have completed all eBook sessions. The courses are on your own time so there are no deadlines that you need to meet. There is homework with each eBook as well as a final exam that you will receive separately IF you choose to receive certification from us. If you just wish to study herbs and the way the body functions then you can pick and choose whichever eBook interests you and purchase those. Please go to <http://www.joyfullivingservices.com/cart/ebooks.html> to learn more about the eBooks we currently offer.

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## New Digital Iridology Camera Available

**\*NEW\* - SD8004-Super Digital 8.1MP Iridology Camera with 4 fiber optic heads, \$4,600 with face stand, case and software, \$3,900 without face stand**



We are happy and excited to announce that Joyful Living Services in partnership with Allison Imaging is offering this high resolution 8.1MP Iridology setup. This iridology camera offers uncompromising quality at a much lower price than you would expect. The award-winning 8.1MP digital camera has a sensor with extra large pixels that are specifically optimized for low noise and produces the highest saturation and best image quality available. We use a highly regarded macro lens along with a unique four-head fiber optic lighting system that flashes in the pupil so none of the iris is obscured with flash dots.

Because of our unique Iridology system, you can enlarge or reduce the size of the image on your computer. This gives you the option to zoom in to observe minute nuances that are unavailable in other cameras. Go to our web site to see an example of the quality you can add to your practice. Now check the images from other cameras and see why we are so excited to offer this setup at this price.

The portable fully adjustable custom stand is made of heavy duty plate aluminum with stainless steel guides rather than the plastic found in other systems. This gives you unequalled strength, stability and longevity. It is easy to set up on any table, at any location for ultimate portability and comfort.

The fiber optic system is made of high-density silicon glass and has four illumination tips instead of the two usually found on other units. This gives you perfectly illuminated shots every time without flash spots on the iris.

The focus light is embedded in the flash head giving you ease in focusing while being easy on the client.

The camera comes with all the drivers, manuals, and instructions making it easy to take stunning pictures that will impress your clients and offer excellent clinical advantages over any other camera in this price range. We also include Iridology software that will automatically scan the iris and compile a report that you can share with your clients making the start of your business a breeze.

Please go to our web site to see an image from this camera and then compare our image to others. We are sure you will find what we have is by far the best image quality for the price.

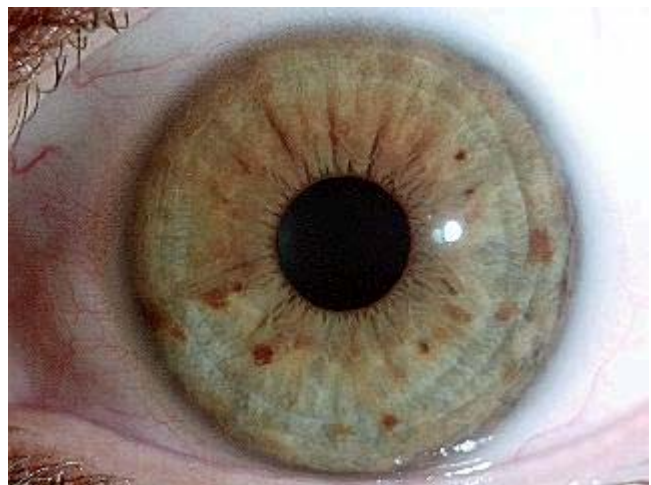
If you are excited to get started and need financing, we offer very reasonable financing for a minimal down payment. Contact Brenda for more information and/or a quote.

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## German Iridology Types - Part 2

Iridologists have said that there are only two basic colors for the iris, blue and brown. Perhaps this was so, but now there has been so much intermarriage of races in the world that we likely have a genetic mix of colors. Of course, we usually see the basically blue or brown iris, but there are irises, which we call "**mixed**" when it becomes obvious that in addition to the basic color there is a strong genetic influence of another color. There are instances where it becomes very difficult to determine exactly which color is the true basic color. Also, drug settlements in the body can make the iris appear a color, which is different than its true and basic color.

The following is the 2<sup>nd</sup> of three basic German Iridology types (blue iris, mixed biliary iris, and brown iris). They are based on eye color. They relate somewhat to the primary colors and to the three aspects of health (physical, mental and spiritual).



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

- a. **Description** - Discolorations or psora (drug spots) on top of a blue background (fiber structure is visible through color). Related to the primary color yellow and the mental aspect of health. Strong tendency towards Chinese wood, earth constitutions and the Western air constitution.
- b. **Tendencies** - The blue/brown mixed eye has been linked by Iridologists with a disposition to biliary or hepatic (liver) troubles. It is believed that the colorations on top of the blue eye are a sign of toxicity in the body due to digestive

problems. When the pigmentation is concentrated around the center of the eye, this is especially linked with digestive disturbances. Problems with the liver and other digestive organs can lead to further imbalances in the glandular and circulatory systems. Body systems and organs to pay particular attention to are as follows: The digestive system (stomach, pancreas, gall bladder and especially the liver) and the intestinal tract.

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

d. **Colors** - Colors have strong meaning in this eye type:

**Straw Yellow:** Relates to the kidneys and suggests poor kidney function.

**Neon Orange:** Relates to the pancreas and suggests a tendency to blood sugar imbalances and problems with digesting (metabolizing) carbohydrates.

**Dirty Orange:** May relate to either the pancreas or the gallbladder. Suggests some tendency as neon orange, but may also suggest gall bladder problems. Look for other signs of gall bladder problems (marks in gallbladder zone or fatty deposits in whites.)

**Dark Brown:** Related to liver function.

**Reddish Brown:** Suggests breakdown of the blood and a need to work with blood purification and building. Possible problems with liver, spleen, and bone marrow.

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## Ear Infections

Fix It With Herbs

Cobblestone Health/Judith Cobb, 403.287.2991

[www.cobblestonehealth.com](http://www.cobblestonehealth.com), [www.mynsp.ca/fixitwithherbs](http://www.mynsp.ca/fixitwithherbs)

It's 2:00 AM and baby is screaming! This may not be the best time to tell you that one-half of all children will experience ear infections by the age of two years, and four-fifths by the age of five. One-third of all children have more than three ear infections before the age of three. This is the most common reason for childhood visits to doctors. Ear infections are much less common in adults. A higher incidence of ear infections is found in male children, children attending day care, children who live in a smoky environment, and following upper respiratory tract infections.

Middle ear infections, also known as Otitis Media, happen when fluid accumulates behind the ear drum, in the middle ear, and cannot drain down the Eustachian tube. The Eustachian tube connects the back of the nose with the middle ear to allow air in to equalize air pressure on either side of the ear drum. In infants and young children, the Eustachian tube is narrow and does not drain easily, and works even less well in the presence of an upper respiratory tract infection, when adenoids are enlarged, and when mucous-producing allergies are present. The accumulation of fluid and/or mucous provides a breeding place for the bacteria which will 'cause' the infection.

There are many symptoms of ear infections including pain, fever, crying, drainage from the ear, poor appetite, dizziness, loss of balance, headache, and batting, brushing, or tugging at

the ear. Some children are asymptomatic except for temporary hearing impairment.

Ear infections are an indication of inadequate nutrition, a weakened immune response, and often, allergies. A diet that is high in dairy products (including formula) and sugar, and frequent exposure to smoke, pollutants, and allergens will increase the risk of infection. (Propping baby bottles encourages the pooling of formula in the back of the throat and also increases the risk of infection.) Breastfeeding has been shown to decrease the incidence of ear infections.

The organisms which most predominantly cause ear infections are Pneumococci, Haemophilis (non-typeable, no vaccine protection available), and Moraxella. Hence, medical treatment of ear infections includes antibiotics, and in the case of persistent, recurrent ear infections, tympanostomy (the insertion of drainage tubes in the ear drums) which is also known as myringotomy. Although, according to Dr. Edward McGovern, "a large percentage of infections will spontaneously resolve even if they are not treated with antibiotics"<sup>1</sup>. Antibiotics generally reduce the fever and pain within three days. More recently, doctors are prescribing only a five-day course of antibiotics for infrequent otitis media episodes.

The antibiotics of choice are amoxicillin, trimethoprim/sulfamethoxazole (Bactrim), erythromycin/sulfamethoxazole, and cefixime. However, for recurrent episodes, prophylactic antibiotics may be recommended along with a referral to a head and neck surgeon. If antibiotics are used, be sure to follow up with at least a one-week course of lactobacillus acidophilus and lactobacillus bifidus to re-establish the healthy flora of the intestines.

The tubes used in tympanostomy usually fall out in six months to two years, and while the tubes are in place, the ears must be kept dry. These therapies are usually recommended in a cloak of fear. Parents are told that ear infections can lead to hearing loss, which may be true if the infections repeatedly rupture the eardrum. However, even a perforated ear drum is no guarantee of hearing loss...and remember that the ear drum must be perforated to perform a tympanostomy.

Immediate therapy should include pain relief. Acetaminophen and warm compresses are commonly recommended by doctors. An alternative to drug therapy is lobelia extract. Gently placing a few drops of lobelia extract in the painful ear will serve to reduce pain and dilate the Eustachian tube within minutes. Lobelia extract can also be massaged into the tissue around the ear. Another way of achieving the same end result is to put a few drops of fresh onion juice in the ear or to gently pack a half of a warmed onion against the ear. Onion has antimicrobial, analgesic, and anti-inflammatory properties.

Draining the Eustachian tube is the ultimate goal of all therapies, and this can be achieved through several herbal and natural means. Again, lobelia extract can be helpful here. Another herb which can help to liquefy and drain mucous accumulations is yerba santa. This herb is also useful in upper respiratory tract infections. Administer it by mouth.

As a general immune stimulant Oregon grape extract is wonderful and may be augmented with the use of Elderberry Plus (astragalus, reishi mushroom, and elderberry). Oregon grape is in the same family as Golden Seal. Both contain berberin and both also stimulate the immune response at the liver level. Garlic oil can also be placed in the ear. Its antimicrobial properties can help to kill the infection. Elderberry Plus can also be beneficial as an on-going immune support. Echinacea may be used in acute infection as an immune



stimulant, and is particularly effective when combined with Oregon grape or Golden Seal.

Chiropractic adjustments to the TMJ may also be helpful in relieving pressure on the Eustachian tube. With improved diet and herbal support recurrent ear infections can become a thing of the past, and the threat of ear-tube surgery can be eliminated.

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## **ADD/ADHD, Disorder or Deficiency?**

Christopher Wiechert, C.N.C. & President

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Recent research in the areas of Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder, (ADHD), shows that 3% to 5% of our children here in the U.S. suffer from this difficult problem. Symptoms of this disorder include short attention span, inability to complete tasks, hyperactivity, and a tendency to interrupt others. In addition to these behavioral issues, nearly 25% of these children suffer from one or more specific learning disabilities in math, spelling, or reading. Most parents of children with ADD/ADHD report feelings of frustration because they know their kids are quite bright in spite of the evident behavior. So here is the critical question...Are these children deficient in Ridlin, the drug of choice these days, or is something natural missing from their diets?

Since 1995, many reputable studies around the world have suggested that ADD and ADHD are actually caused by a deficiency in certain essential fatty acids and not necessarily disorders requiring drug therapy. A study first reported in 1995, conducted at Purdue University, linked a sub-clinical deficiency in a long chain fatty acid derived from fish, called Docosahexaenoic Acid, or DHA, as responsible for the abnormal behavior of children with ADD/ADHD.

In 1997, Dr. Barbara Levine, Professor of Nutrition in Medicine at Cornell University, sounded the alarm that most Americans were grossly deficient in DHA because of a lack of enough fish in the American diet. DHA is the building block of human brain tissue and is very abundant in the gray matter of the brain and the retina of the eye. Low levels of DHA in adults have also recently been associated with many health issues such as depression, memory loss, dementia and visual problems.

It turns out that the DHA of an infant's brain triples during the first 3 months of life. Lactating mothers and women who are pregnant should make sure that they are getting optimal levels of DHA during that crucial time period. Unfortunately, according to Dr. Levine, the average DHA content of breast milk in the U.S. is the smallest in the world, most likely due to our low intake of fish, relative to other countries.

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Making matters worse, she tells us that the U.S. is the only country in the world where infant formulas are not fortified with DHA. This, despite the fact that in 1995, the World Health Organization recommended that all baby formulas should provide at least 40mg of DHA per kilo of infant body weight. Dr. Levine believes that postpartum depression, ADD, ADHD, and low IQ's are all linked to the dismally low intake of DHA in the U.S.

Have you ever wondered why more male children are diagnosed with ADD/ADHD compared with girls? Researchers at the School of Medicine at the University of Auckland discovered that male animals require 3 times as much essential fatty acids as do females in order to achieve normal neonatal infant development. Their studies also confirm that blood analysis of ADD/ADHD kids showed significantly depressed levels of DHA, and in most cases, low levels of zinc, an important trace mineral known for improving learning.

For many health reasons, Americans should eat cold-water fish like salmon or mackerel at least 3 times per week, or consider supplementing with up to 850mg of concentrated fish oil from a reputable source, as many scientists are suggesting.

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### **Important Notice**

The information contained in the Joyful Living Services' newsletter is for educational purposes only and should not be used to diagnose or treat diseases. If you have a disease, the author suggests that you contact a health practitioner, and do not treat the disease yourself.

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