

# Joyful Living Services' News

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**MAILING ADDRESS:**

P.O. Box 485  
Weimar, CA 95736-0485  
TELEPHONES: 530-878-1119 or 800-704-9800  
FAX: 530-878-1119

E-Mail: [iridology@netzero.net](mailto:iridology@netzero.net)

Web Site: <http://www.joyfullivingservices.com>

BLOG: <http://joyfullivingservices.blogspot.com/>

eBay Store: <http://stores.ebay.com/Joyful-Living-Services>

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**MAY 2008****VOL. 17, NO. 5**

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## From The Author – Would You Like To Work With Us?



We are looking for professionals in the alternative health field such as yourself to work with us as a distributor of our courses and products. We offer anyone who completes our courses and becomes certified through us to become a teacher for our courses. If you have been certified by us and would like to teach our courses to your clients we would love to work with you to develop a mutually beneficial relationship. If you would like to teach our courses and have not taken our courses, we are happy to provide you with the tools you need to become a distributor and teacher through us.

Let us know if you would be interested in taking advantage of this great opportunity. We would love to work with you in developing your health business. Have a Wonderful month of May.

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## Letter of Recommendation

By: Ellen Valentine, CNC, Iridologist, Life Coach  
Sacramento Center for Healing Arts  
2322 Butano Drive, Sacramento, CA  
Phone: 916-698-8208



*"I wanted to make some time this morning to let you know how much I appreciate your courses, beginning through advanced, in Iridology. Your manner of teaching brings me back to my roots in natural healing: Back to Eden, by Jethro Kloss; and Fasting Can Save Your Life, by Herbert Shelton. You capture the essence of Bernard Jensen in the ways you explain the simple healing methods of the body.*

*I also really get your reminders that the Iridologist is there in the capacity to give the client information, not to diagnose or prescribe. Your knowledge of the historical uses of herbs is priceless. It is so important for people to understand they have alternatives and compliments to drugs; and also nutritional answers available for any body ailment on the planet. It is a unique gift of empowerment the practitioner gives to their client. You pass that along by empowering your students. After many years of study I received so much from my Iridology Course. Thank you!*

*I also want to expound for a minute on my camera and software. Wow! Both are such a treasure to compliment the natural intuition and study of the Iridologist. It is priceless to be able to hand the client a report based on hundreds of years of mapping, compounded right there in the software, in only a matter of minutes. Both are a must have for any practitioner.*

*Much love to you, Brenda. Keep up the great teaching and sharing." Sincerely& With Light, Ellen Valentine*

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## Shop on eBay

We have an eBay store. It's located at: <http://stores.ebay.com/Joyful-Living-Services>. Please check out our store. We have several of our courses in the store as well as our iridology camera and software. Contact us at the numbers above or at [iridology@netzero.net](mailto:iridology@netzero.net) if you have questions.

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## Shop Online

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

## Referrals

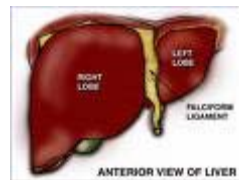
Joyful Living Services offers referrals for Certified Iridologists, Certified Herbal Counselors, Certified Health and Nutrition Counselors, Certified Anatomy & Physiology Professionals, Certified Colon Health Care Professionals, Certified Advanced Herbalism Professionals, Certified Muscle Response Testers,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

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## Liver Flush Testimonial

If you have a health related testimonial you would like to share with us, please e-mail it to us at [iridology@netzero.net](mailto:iridology@netzero.net). These testimonials are very helpful to people throughout the world.

*"In 2002 we got a health bulletin in the mail from Loren Biser. Biser has a number of health bulletins he sells online very cheaply. Bulletin #10 tells about the many benefits of doing a Liver Flush, which wasn't known by us before reading that. After six months of hesitating, I did the "Dews" Flush with Coke and lemon juice, etc. and was amazed at the great results. When I awoke the following morning I felt a great wellness not experienced for many years. It did not seem possible the Flush was causing that because no stones were in the toilet so far. What wasn't realized is the stones were OUT of the liver and harmless in the colon. On the second elimination of the day, a clump of stones about the size of a softball was produced! Had film been in our camera, a photo should have been taken. We should have rinsed off the stones, put them on newspaper, counted them, measured them and taken photos. Prior to taking that first Liver Flush it had been too uncomfortable for about 10 years to lay on my stomach, although that's a preferred sleeping position. My vision improved greatly as a result of that first flush, plus later flushes. Some later stones were about 7/8 inches long and 5/8 inch in diameter and dark green or olive drab. When driving at night the new brilliance of traffic lights and neon signs was amazing - my vision had not been that clear or the colors so brilliant in years. When driving in dark and rainy weather it was found that most people drove way too cautiously now. But I no longer need to drive that slow because my vision (and brain performance) had improved greatly. That may mean that many other folks also have bad vision and/or poor brain performance because their livers are plugged with stones. After the Liver Flush does clean out the clogged ducts, it still is necessary to make the "trash" backed-up in the liver tissue be excreted into those ducts. One way to do that is by using a protocol pioneered by Burton Berkson, MD, PhD (biology). He has advised using 900 mg per day of milk thistle, 600 mg per day of alpha lipoic acid, 400 micrograms per day of selenium in divided doses and some branched chain amino acids. It was read recently that the "R" form of lipoic acid is the much more effective kind. While this information WAS on the Internet in English it's now vanished, leading me to suspect the allopathic (customary) doctors may have killed this highly important information. The info on that which was read was translated from a German medical document, and placed on the Internet by a patient whose liver was SAVED by following Berkson's protocol. Dr. Berkson apparently imported his alpha lipoic acid from Germany. His bio says he was visiting professor at the Max Planck Institute in Heidleberg in 1978. By following his liver-healing protocol precisely, it's been read that people with hepatitis-C awaiting liver transplants can be cured in as little as 6 months. To do that it's important to eat no more than 4 ounces of meat per day. Many herbs such as dandelion are good for getting the liver cleaned out." - Sam J.*



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## Unlocking our Brain Power...



By: Valerie Greguire  
**Natural Health Counselor/Educator/Certified Herbalist**  
Consultations, Classes & Seminars  
Product Information & Guidance  
864-877-6611 Home/Office  
Business Hours: Monday-Friday 10 - 5 By Appointment  
<http://www.herbalanswersforhealth.com/>

Our brains are full of information and memories that we store and retrieve, day in and day out. Under good conditions, when we are at our best, information is retrieved quickly and efficiently. On other days we have trouble recalling the simplest of memories, we suffer from brain fog, or our thoughts just can't get organized. What caused the change? Is it serious? The answers to this are wide and many, as one might expect with something as complex as the brain. But rest assured most of the problems you encounter day to day are temporary and can be improved with simple nutrition and exercise. Here are a few of the areas that directly affect our brain function, moods and memory.

**Get Moving** Exercise and Improved Circulation benefit the brain!!! The studies are in. Research has shown that people who exercise do better on memory tests. A number of studies have provided evidence that physical exercise helps reduce age-related decline in cognitive function, and may prevent or delay dementia. It's time to face the facts that health and exercise go hand in hand. If you find you don't have the energy or stamina to exercise try the NSP formula Target Endurance (#2809-8). This formula is a blend of vitamins, minerals and herbs which help to increase stamina and endurance, as well as help maintain peak energy levels. The formula improves the synthesis of ATP as well as improving oxygen intake by the cells. I have found this formula very useful for my clients when they begin an exercise program. They are able to exercise longer, feel less fatigue and recover faster than when not using this formula. This formula is not limited to physical endurance alone; it also helps the body to better handle any strenuous activity like a sudden increase in your workload at your job.

**Turn Back the Clock** When you're in your 20s, you begin to lose brain cells a few at a time. Your body also starts to make less of the chemicals your brain cells need to work. The older you are, the more these changes can affect your memory. In addition, aging may affect memory by changing the way the brain stores information and by making it harder to recall stored information. It's time to get serious about taking care of your health by making positive lifestyle changes to help slow down the aging process, and improve your mind and body all in one. Antioxidants are one of the most powerful anti-aging substances you can supplement with. Thai-Go (#4095-1) and Ultimate GreenZone (#1099-1) are two excellent sources of food based concentrated antioxidants.

**Protect your Mind from the effects of Stress** The consensus among brain researchers and psychologists is that a little stress can be helpful in certain situations, but that too much can do harm to memory and other basic mental functions. Brain chemicals are produced in response to stress, they help to balance your mood and improve your sleep. Amino acids are used up which are needed to make brain chemicals that help retrieve information from our memory. Too much stress and all these brain chemicals start to fall short and we lose our ability to concentrate and remember things. If you have high stress, you absolutely must supplement your diet with B-vitamins and Vitamin C. I love the formula Nutri-Calm (#1617-3) which provides both of these, with the addition of a base of calming herbs to support the nervous system. In addition you simply must find ways to help counter the effects of stress on your body. Relax, dance, laugh, read, stretch, and pray your stress away!!!

**Don't forget to Eat** Your brain needs a constant supply of healthy sugars to function properly, when you skip a meal, or go too long without eating, your blood sugar level can drop below normal and you can experience anxiety, irritability, mental confusion and brain fog. Make sure your meals are properly balanced with a combination of proteins, fats, and complex carbohydrates. Breakfast is very important, feed your brain right!

#### **Breakfast Ideas for balanced blood Sugar**

1. Scrambled eggs, turkey bacon, and fresh veggies.
2. Mushroom and cheese omelet, 1 slice Ezekiel bread, toasted.
3. Plain unsweetened yogurt with fresh strawberries, and a handful of Back to Nature's granola
4. Protein smoothie with frozen berries
5. Egg crepes filled with cottage cheese and fresh blueberries
6. Low carb breakfast burrito, with eggs, cheddar cheese, and veggies
7. Peanut butter or almond butter, served on Ezekiel bread, toasted.
8. Hard boiled egg and slice of Ezekiel bread
9. Breakfast Bar: Zone Bars, Cliff Bars, Luna Bars or Balance Bars
10. High protein cereal from Back to Nature, or Bear Naked peak protein granola.
11. Cottage cheese doubles (comes with fruit on the side)

If you suffer from problems with low blood sugar you may find the NSP formula HY-A (#950-0) very helpful in helping to balance your blood sugar while you work on improving your diet and reducing your stress. This is a formula developed to help with hypoglycemia (low blood sugar) it is rich in the minerals chromium, zinc and magnesium which are all important for proper blood sugar balance. It supports the function of your adrenal glands (your stress glands), cuts the cravings for sweets and is a natural source of B-vitamins. Take 2 capsules 2-3 times daily.

**Support your Brain Function...** Certain nutrients are needed for proper brain function. Poor diet and high stress depletes these nutrients. Both my clients and I have had excellent results with two NSP products that target this area:

- Brain-Protex (#3114-1) combines protective herbs, antioxidants and phospholipids that favorably impact age-related memory loss, boost mental acuity and curb free radical damage to the brain. This formula noticeably enhances mental sharpness and memory recall. A favorite of all those who have tried it! 1 capsule twice daily.
- Focus Attention Formula (#1833-4) combines powerful nutrients required for quiet, balanced mental activity. It helps balance brain activity and energy levels without harsh chemicals. Focus Attention can also protect the body from undesirable effects caused by exposure to chemicals, food additives and pesticides. It is a great formula to enhance learning and memory. Wonderful for children and students, or while learning a new task on the job. Take 2 capsules 1-2 times daily. Also available in powder form for younger children (#1843-0)
- Omega 3 Fatty acids (#1515-7) are necessary for all cellular function, but particularly for the brain. They help to control what enters the cell, as well as removing waste products from the cell. A lack of these good fatty acids has a dramatic impact on moods, behavior, and mental function. A small deficiency of these fatty acids can cause impaired ability to learn and recall information. Foods that are high in essential fatty acids include salmon, mackerel, herring, raw almonds and walnuts. If you not supplementing with fatty acids daily, you should be, they are very, very critical to good health.

#### **Don't forget your Water...**

- A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
- Lack of water is the #1 trigger of daytime fatigue
- Even mild dehydration will slow down one's metabolism as much as 3%

**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.

## Vitamins Can Kill You



By: Christopher Wiechert, C.N.C., President, Forever Changes, Inc.  
Website: [www.cwiechert.com](http://www.cwiechert.com), Health Blogger: [www.cwiechert.blogspot.com](http://www.cwiechert.blogspot.com)  
Orthomolecular Formulations: [www.cwiechert.com/Orthomolecularformulations.html](http://www.cwiechert.com/Orthomolecularformulations.html)  
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E-Mail: [cww@cwiechert.com](mailto:cww@cwiechert.com), Toll Free Number: 800-803-3323

The anti vitamin police are at it again. Perhaps you saw the latest report that supplements are worthless and can increase death. This is propaganda. Did you know that the same drug companies that tell you that vitamins don't work also are among the biggest manufacturers of vitamins on the planet? Big pharma wants to control ALL aspects of disease, and so they play both sides. Don't be fooled by bad research designed to confuse you. cw

### [Vitamins A, C and E Increase Mortality! \(and other nonsense from the realm of junk science\)](#)

(NaturalNews) The latest attack on vitamins A, C, E, selenium and beta-carotene comes from the Cochrane Library, a widely-read source of information on conventional health matters. In the paper published yesterday, these antioxidants were linked with a higher risk of mortality ("they'll kill you!"), and now serious-sounding scientists have warned consumers away from taking vitamins altogether. But with all the benefits of antioxidants already well known to the well-informed, how did the Cochrane Library arrive at such a conclusion? It's easy: The researchers considered 452 studies on these [vitamins](#), and they threw out the 405 studies where nobody died! That left just 47 studies where subjects died from various causes (one study was conducted on terminal [heart patients](#), for example). From this hand-picked selection of studies, these researchers concluded that [antioxidants](#) increase mortality.

Just in case the magnitude of the scientific fraud taking place here has not yet become apparent, let me repeat what happened: These scientists claimed to be studying the effects of vitamins on mortality, right? They were conducting a meta-analysis based on reviewing established studies. But instead of conducting an honest review of all the studies, they arbitrarily decided to eliminate all studies in which vitamins prevented mortality and kept people alive! They did this by "excluding all studies in which no participants died." What was left to review? Only the studies in which people died from various causes.

Brilliant, huh? This sort of bass-ackward science would earn any teenager an "F" in high school science class. But apparently it's good enough for the Cochrane Library, not to mention all the mainstream press outlets that are now repeating these silly conclusions as scientific fact.

Aspirin Causes a Drop in Erections! - Using this same cherry-picking method for reviewing previous studies, I could find evidence to support practically any conclusion I wanted. For example, let's say that I took a look at 100 studies reviewing the effects of [aspirin](#) on erections. And let's suppose I arbitrarily decide to eliminate all the studies involving men, leaving only studies involving women. I could then announce -- with the evidence to back it up -- that "Aspirin Linked with Drop in Erections!" Why? Because nobody in the groups I look at had any erections at all. Sure, they're all women, but that's beside the point. By arbitrarily removing selected studies from my analysis, I can "prove" just about anything, even if it's utter nonsense.

The [antioxidant](#) study did the exact same thing by eliminating all studies in which people were kept alive and healthy while taking antioxidant vitamins. Or, put another way, the lead researchers on this study purposely eliminated all the studies involving healthy people, leaving only the studies involving people who were about to die anyway (like the chronically-diseased heart patients I mentioned earlier). Never mind the fact that antioxidants might have actually *extended* the lives of some of these people by a few days or weeks -- the fact that they died while being treated with vitamins is enough, it seems, to point the finger at the vitamins themselves.

If a suicidal stock broker leaps from a tall building, and you hand him a [vitamin C](#) tablet on the way down, then it's obviously the vitamin C that kills him, right? That's the conclusion of this ridiculous study: Take a bunch of patients who are about to die, load 'em up with antioxidants, and tally the inevitable death toll. Then announce, with great fanfare, your findings that "Antioxidant Vitamins Increase Mortality!"

Much "scientific" research is pure fiction - As you can see from this particular [junk science](#) study on antioxidants, the credibility of much of what happens under the guise of "science" is now so awful that I often wonder how many pharmaceuticals the researchers are on. These people literally have to be on drugs to come up with such poorly-designed studies (and to have the gumption to announce their results with a straight face, too!).

Turns out I'm not off the mark. A recent survey in *Nature* found that 20 percent of science academics use [mind-altering drugs](#) for non-medical reasons to boost academic performance. That's one out of five researchers engaged in illegal drug use! This is a group that takes more mind-altering drugs than a Southern California hippy parade. And then they turn around and come up with "scientific" studies that lack such credibility, even an intelligent child could see right through them.

Actually, it's worse. Because what we're seeing in this antioxidant study is not merely *bad* science, but *deceptive* science. Bad science is created by bumbling idiots mucking around with clinical trial data, but *deceptive* science is created by people who have an agenda; people who have *decided what outcome they wish to create even before the study begins*. And that's not real science, folks: That's just subterfuge with an agenda.

Agenda-driven scientific-sounding trickery has now replaced real science in much the same way that politicians' pronouncements of "the economy is great!" have replaced any real talk about the national debt. The truth is no longer relevant, it seems. What

matters is **whatever they can pull off** and get the public to believe. The illusion of science is now being routinely used to push a particular anti-vitamin agenda. And guess who's behind that agenda? Big Pharma, of course. There's no better way to trap consumers in a system of lifelong pharmaceutical treatment than to convince them that vitamins are not merely worthless, but perhaps even dangerous! The unstated conclusion behind all this, by the way, is that "Drugs are therefore safe." If vitamins are dangerous, drugs must be the safe way to treat disease, right?

Riiiiight. Drugs are safe, vitamins are dangerous, sunlight will kill you, water has no health benefits, fresh spinach is dangerous... need I go on? These are the pronouncements of a system of medical idiocy that has gone so far beyond the limits of reason; they've actually fallen off the edge of their own Flat Earth. Next, they'll be telling us that breaking a mirror brings you seven years of bad luck or that if you keep a lucky rabbit's foot in your pocket, pharmaceuticals will work better. Because let's face it: When facts are no longer relevant, modern "science" becomes nothing more than superstition.

Additional thoughts - I don't mean, by the way, that all modern science is meaningless. There's still a lot of great science going on these days. But when I see "scientific" studies like the one reviewed here being published in the mainstream media, I have to wonder just how low the scientific standards have become today. One thing for sure: The "peer review" approach to science is a complete disaster. All peer review does is protects entrenched ideas that should have been tossed out decades ago. Peer review is a way for defenders of outmoded ideas to reject new ideas, and thus protect their careers and egos.

Peer review doesn't work. After all, it allows junk studies like the one described here to be readily published. All peer review means is that as long as all the peers share the same illusions (or biases); the paper will be published as scientific fact!

Don't believe what you read in the science journals, folks. At least not without engaging your own brain and thinking for a moment about who's behind the study and what they're trying to accomplish. It's quite clear that on this particular study, the aim is to scare consumers away from taking vitamins. Now ask yourself: Who would that benefit? The answer is rather obvious.  
<http://www.naturalnews.com/023034.html>

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## Nature's Sunshine Featured Product – Gastro Health Concentrate (60)



### Benefits:

- Inhibits the growth of the dangerous H. pylori bacteria.
- Soothes the stomach.
- Minimizes gastric irritation and discomfort.

NSP spent two years intensively evaluating various herbs in order to create this unique, patented, natural formula designed to support stomach health.

- Recent scientific studies determined that H. pylori bacteria may be a primary cause of ulcers and found that ingredients in this formula may inhibit the activity of H. pylori.
- In clinical studies, deglycyrrhizinated licorice extract (DGL) helped soothe stomach irritations and relieved associated discomfort.
- Gastro Health provides pau d'Arco bark extract, clove flower powder extract, Inula racemosa root extract and capsicum fruit.
- Gastro Health provides nutritional support for the stomach during stress, strain and discomfort.

**Adults:** Take 2 capsules with a meal twice daily, plus 2 capsules at bedtime. **(Excellent if you have a Hiatal Hernia!)**  
Order online at: <http://www.mynsp.com/generali/index.aspx> or call us at one of the numbers on the first page of this newsletter.

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## Nature's Sunshine Featured Product – Focus Attention (90)



### Benefits:

- Provides important nutrients for normal brain-stimulation levels.
- Helps modulate brain activity and energy levels.
- Supports blood circulation and neurotransmitters in the brain.

Focus Attention provides nutrients that help maintain normal brain-stimulation levels while supporting blood circulation and neurotransmitter levels in the brain. Focus Attention contains Ginkgo biloba, DMAE and Melissa officinalis for normal brain function. It encourages restful, balanced mental activity. Available in capsules and a great-tasting powder drink mix.

**Recommendations:** Over 12 years: Take 2 capsules with a meal twice daily, or take 3/4 teaspoon\* powder mixed in 2 oz. water twice daily. Age 6–12 years: Take 1 capsule with a meal twice daily, or take 1/2 teaspoon\* powder in 1.5 oz. water twice daily. Under 6 years: Consult your health care professional.

*For optimum utilization, take Focus Attention capsules with NSP Flax Seed Oil soft gels or liquid. Focus Attention powder contains flax seed in the blend.*

\*One rounded scoop = 1/4 teaspoon.

**(Excellent for ADD and ADHD!)**

Order online at: <http://www.mynsp.com/generali/index.aspx> or call us at one of the numbers on the first page of this newsletter.

## DMAE (dimethylaminoethanol)

DMAE, dimethylaminoethanol, is exceptionally beneficial in helping to eliminate brain toxins and increase the brain's potential to make neurotransmitters. DMAE also helps with mood elevation, improved memory and learning. DMAE has shown benefits against the disruptive and impulsive behaviors caused by attention deficit hyperactivity disorder (ADHD). It also shows improvement in treating memory lapses, Alzheimer's disease and some troubling movement disorders. Also referred to as a "cholinergic", DMAE is thought to increase the levels of the neurotransmitter acetylcholine, which is a chemical in the brain that raises brain powers. DMAE is shown to:

- Improve memory loss that occurs in normal aging.
- Relieve hyperactivity, impulsiveness and inattention as effectively as Ritalin.
- Slow the progressive dementia of Alzheimer's disease.
- Improve mental sharpness.
- Decrease drowsiness and Improve cognitive impairment.

DMAE is found in high levels in sardines and anchovies. DMAE is also produced in the human brain but in smaller amounts. It's in the Nature's Sunshine product "Focus Attention" reviewed on page 5 of this newsletter.

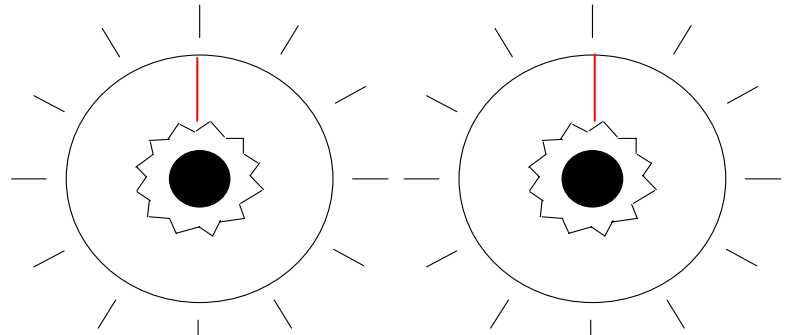
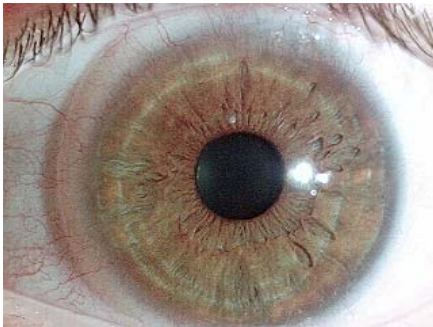
## The Study of Iridology

We make it a point to put some type of iridology information in each of our newsletters. This month we are discussing the Animation Life and Sinus areas. Please let us know if you have any questions about these items. The information was taken from our Intermediate Iridology course. To find out more about our courses please go to:

<http://www.joyfullivingservices.com/education.html> or call us at the numbers on the front of this newsletter.

### Animation Life (12:00 L, 12:00 R)

Iridologists know that the area at 12:00 o'clock named ANIMATION LIFE on the iris chart has to do with a "**Fatigue Center**" or "**Energy Center**". If this area is weak you may exhibit a tendency to be fatigued easier or faster than if you didn't have a weakness there. When both right and left sides are weak, you most likely are aware that your energy has never been quite up to the level that it should be. Rest, Minerals, Food Supplements and Herbs such as Gotu Kola, Capsicum and Ginseng are excellent at helping to increase energy. Also a change of diet from refined to unrefined foods can usually increase energy. Of course the Adrenal glands can play a part in the energy level as well. Location in the brain area includes the Cortex, psyche, soma energy center, and hypothalamus. Normal function includes vitality/fatigue balance, appetite, enervation, emotional energy, nerve/gland interaction, and psychosomatic center. Attributes or extensions of normal function include sense of life, excitement, exhilaration, vitality, and movement. Abnormal function or hypo/hyper activities include restlessness, hyperactivity, melancholy, laziness, dullness, despondency, inactivity, suicidal tendencies, depression, despair, weariness, lack of energy, exhaustion, indifference, and resignation.

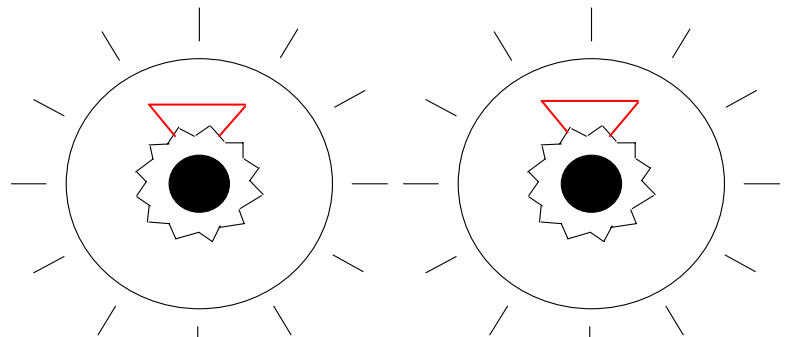
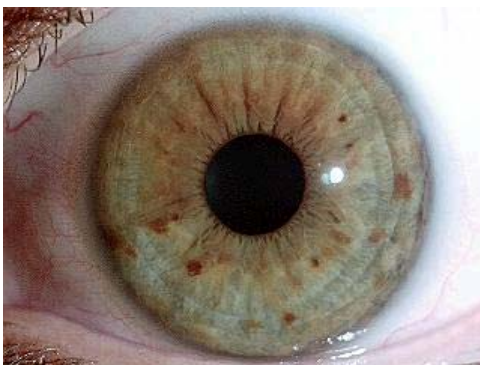


Right Iris

Left Iris

### Sinus (11:00-1:00 L, 11:00-1:00 R)

The sinus is the second elimination channel for mucus. When the bowel is not eliminating properly it cannot eliminate the mucus either. The body then sends the mucus to be eliminated through the sinus area. Mucus is also called Catarrh. Catarrh is the word from the Greek meaning "**I Flow**". It is another name for mucus. Catarrh is formed by the mucous membranes as a way of getting rid of toxic wastes in the body. When the diet is near correct and the mind is at peace we find that there is no excess catarrh being formed. When things are not as they should be in the body, catarrh is formed. We should not attempt to stop the flow of catarrh using drugs or other suppressive measures. If we do, we only drive the catarrh and toxic wastes deeper into the body to cause more serious problems later. We deal with excess catarrh by "**Letting It Flow**" and at the same time making the necessary changes in the diet. We also must cleanse the body properly. This is possibly by getting a "**cold**", burning diarrhea, phlegm from the lungs, breakout of the skin and other ways the body eliminates toxins.



Right Iris

Left Iris