

Joyful Living Services' News

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Happy Thanksgiving



I thought I would write a little bit about the history of Thanksgiving since the holiday is upon us. On this Thanksgiving holiday I am counting the many blessings in my life, especially my wonderful and supportive family. I'm also very blessed to still be running Joyful Living Services and thank all of you for supporting me and JLS throughout these 23 years we've been in business. Joyful Living has changed quite a bit over the years as we continue to learn new techniques to improve health. We hope we can continue our mission and purpose to create joy in your life by empowering you to take responsibility for your health through the use of [Education](#), [Home and Office Organization/Clearing Clutter](#), [Iridology](#), [Reiki](#), [Nutrition](#), and [Muscle Testing](#). We believe a joyful life includes good health, a close family, prosperity, and [a clean and organized living space](#).

The following Thanksgiving Day information was taken from Wikipedia, the free encyclopedia.

Thanksgiving Day, known informally as **Turkey Day**, is a [harvest festival](#) celebrated primarily in the [United States](#) and [Canada](#). Thanksgiving was a holiday to express thankfulness, gratitude, and appreciation to God, family and friends for which all have been blessed of material possessions and relationships. Traditionally, it has been a time to give thanks for a bountiful harvest. This holiday has since moved away from its religious roots.^[1] In the United States, Thanksgiving Day falls on the fourth Thursday of [November](#). In Canada, it is celebrated on the second Monday in [October](#). The precise historical origin of the holiday is disputed. Although Americans commonly believe that the first Thanksgiving happened in 1621, at [Plymouth Plantation](#), in [Massachusetts](#), there is strong evidence for earlier celebrations in [Canada](#) (1578) and by Spanish explorers in [Florida](#) (1565). Thanksgiving Day is also celebrated in [Leiden](#), in the [Netherlands](#). A different holiday which uses the same name is celebrated at a similar time of year in the island of [Grenada](#).



Historical origins

The date, location and purpose of the first Thanksgiving celebration are topics of some disagreement.

In the United States

- **Florida (1565)** - Author and teacher [Robyn Gioia](#) and [Michael Gannon](#), of the [University of Florida](#), have argued that the earliest attested "thanksgiving" celebration in what is now the United States was celebrated by the [Spanish](#) on [September 8, 1565](#) in what is now [Saint Augustine, Florida](#).^{[2][3]}
- **Virginia (1619)** - A day of thanksgiving was codified in the founding [charter](#) of [Berkeley Hundred](#) in [Charles City County, Virginia](#) in 1619.^[4]
- **Massachusetts (1621)** - While not the first thanksgiving of any sort on the continent, the traditional origin of modern Thanksgiving in the United States is generally regarded to be the celebration that occurred at the site of [Plymouth Plantation](#), in [Massachusetts](#), in 1621. This celebration occurred early in the history of what would become one of the original [Thirteen Colonies](#) that later were to become the United States. This Thanksgiving was modeled after harvest festivals that were commonplace in Europe at the time. According to historian [Jeremy Bangs](#), director of the [Leiden American Pilgrim Museum](#), the [Pilgrims](#) may have been influenced by watching the annual services of thanksgiving for the relief of the [siege of Leiden](#) in 1574, while they were staying in Leiden.^[5]
- **In Canada - Newfoundland (1578)** - The history of Thanksgiving in Canada goes back to an explorer, [Martin Frobisher](#), who had been trying to find a [northern passage](#) to the Pacific Ocean. Frobisher's Thanksgiving celebration was not for harvest, but for homecoming. He had safely returned from a search for the Northwest Passage, avoiding the later fate of [Henry Hudson](#) and [Sir John Franklin](#). In the year 1578, Frobisher held a formal ceremony in [Newfoundland](#) to give thanks for surviving the long journey.^[6]

- **New France (17th C)** - French settlers who came to [New France](#) with explorer [Samuel de Champlain](#) in the early 17th century also took to celebrating their successful harvests. They even shared their food with the [indigenous peoples](#) of the area as well as setting up what became known as the "[Order of Good Cheer](#)."^[7]
- Other influences - As many more settlers arrived in Canada, more celebrations of good harvest became common. New immigrants into the country, such as the Irish, Scottish and Germans, would also add their own harvest traditions to the harvest celebrations. Most of the American aspects of Thanksgiving (such as the turkey) were incorporated when [United Empire Loyalists](#) began to flee from the United States during the [American Revolution](#) and settled in Canada.^[7]

Fixing the date of the holiday

Currently, in the [United States](#) Thanksgiving is celebrated on the fourth Thursday of November, and in [Canada](#) it is celebrated on the second Monday of October. Thanksgiving in the United States was observed on various different dates throughout history. By the mid 20th century, the final Thursday in November had become the customary day of Thanksgiving in most U.S. states. It was not until December 26, 1941, however, that President [Franklin D. Roosevelt](#), after pushing two years earlier to [move the date earlier](#) to give the country an economic boost, signed a bill into law with [Congress](#), making Thanksgiving a national holiday and settling it to the fourth (but not final) Thursday in November.^[8] Thanksgiving in Canada did not have a fixed date until the late 19th century, at which time it was typically held on November 6. After the end of [World War I](#), Thanksgiving Day and [Remembrance Day](#) ceremonies were usually held during the same week. To prevent the two holidays from clashing with one another, in 1957 the [Canadian Parliament](#) proclaimed Thanksgiving to be observed on its present date.^[7]

Observance around the world

- **United States** - Main article: [Thanksgiving \(United States\)](#) - Thanksgiving or Thanksgiving Day, currently celebrated on the fourth Thursday in November, has been an annual tradition in the [United States](#) since 1863. Thanksgiving was historically a [religious](#) observance to give [thanks](#) to [God](#).^[1]
- **Canada** - Main article: [Thanksgiving \(Canada\)](#) - Thanksgiving, or Thanksgiving Day ([Canadian French](#): *Jour de l'Action de grâce*), occurring on the second Monday in October, is an annual Canadian [holiday](#) to [give thanks](#) at the close of the harvest season. Although the original act of Parliament references [God](#) and the holiday are celebrated in churches, the holiday is also celebrated in a [secular](#) manner.
- **Netherlands** - Many of the Pilgrims who would end up at the Plymouth Plantation had resided in the city of [Leiden](#) from 1609–1620, many of whom had recorded their birth, marriages and deaths at the [Pieterskerkchurch](#).^[9] To commemorate this, a non-denominational Thanksgiving Day service is held each year on the morning of the American Thanksgiving Day in the Pieterskerk, a [Gothic](#) church in Leiden, to commemorate the hospitality the Pilgrims received in Leiden on their way to the [New World](#).^[10]
- **Grenada** - In the West Indian island of [Grenada](#), there is a national holiday known as Thanksgiving Day which is celebrated on October 25. Even though it bears the same name, and is celebrated at roughly the same time as the American and Canadian versions of Thanksgiving, this holiday is unrelated to either of those celebrations. Instead the holiday marks the anniversary of the U.S.-led [invasion of the island](#) in 1983, in response to the deposition and execution of Grenadian Prime Minister [Maurice Bishop](#).^[11]
- **Liberia** - In the West African country of [Liberia](#), Thanksgiving is celebrated on the first Thursday of November.



Joyful Living Services' Review

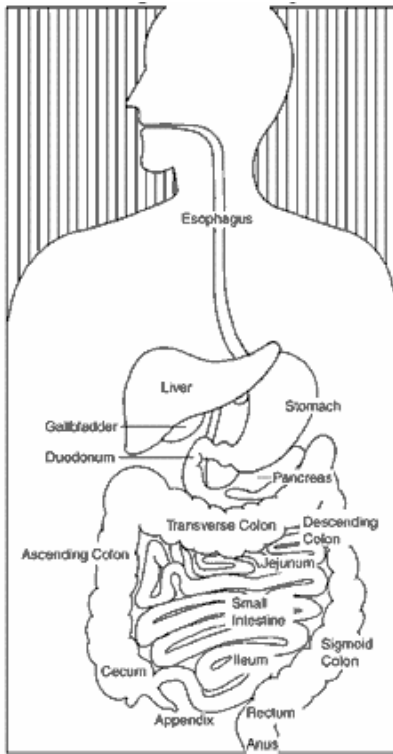
Brenda your Oct/Nov. newsletter is just full of so much information in one place for your down line people!!! You put so much into this I think you are on your way to writing a book for NSP beginners :o) Great job! I'm so delighted for you that you can enlist others to contribute to your effort also. Hope you don't mind if I use some of it. Of course I will credit it to you! Dalean H. motherherb@sbcglobal.net

Joyful Living Services' Health Tips

1. If you have **Asthma**, take 1,000 mg of D₃ and avoid Tylenol.
2. If you are **getting a cold**, gargle first thing in the morning with liquid silver or 1 tsp salt in a cup of warm water and then gargle again during the day and at night. This should eliminate a **sore throat** right away.
3. 1,000 mg of Vitamin C is a daily amount **to keep you well**. If you feel like you are getting sick increase to "bowel tolerance" which should be around 5,000 mg/day. Keep at that level for a few days and then reduce if you get diarrhea.
4. Keep Pau d'Arco and Echinacea in your **medicine cabinet** for those days you feel like you are getting a cold or wake up with a sore throat. Take 3 at breakfast, 3 at lunch, and 3 at dinner to help your immune system fight off the cold or virus. Pau d'arco is typically for viruses and Echinacea is typically for infections.
5. Take 25 mg Zinc at breakfast and 25 mg at dinner along with 4,000 IU vitamin D₃ at breakfast and 4,000 IU at dinner. These should help keep you well during the **cold season**. Adding the Vitamin C at breakfast and dinner would be beneficial.
6. If you have **high triglycerides**, lower all foods that convert to sugar in the body which includes potatoes, pasta, bread, and sugar. Use whole grain rice and bread if you are going to eat bread. Eat a lot of salmon and take EFA's. Eat lots of turkey as it's low in fat and use Smart Balance instead of butter with food. Do not cook in oil.
7. Remember to drink ½ your weight in ounces every day to **flush out your kidneys**. Very Important!!

The Digestive System

This session taken from our “Certified Herbal Counselor” course. The digestive system breaks down the food we eat, extracting nutrients and assimilating them for use throughout the body. Proper digestive-system function is essential to maintaining good health and energy levels. The body requires nutrients from all three food categories (proteins, carbohydrates and fats) to survive.



Digestive concerns are common to Americans. These include indigestion, heartburn, acid reflux, insufficient enzymes, stomach ulcers and stomach cramps.

Examining the Digestive System

After food is chewed and swallowed, it passes through the esophagus and enters the stomach. The stomach secretes hydrochloric acid and certain enzymes to begin the breakdown and sterilization of the food. The stomach is particularly important to the digestion of proteins. Typically, the stomach will hold about a quart of food or liquid, but its muscular walls can expand to hold much more than this.

The stomach is lined with a durable mucous coating that protects it from hydrochloric acid and other gastric juices. Ulcers form when a portion of this mucous lining wears thin, and the digestive juices aggravate the stomach.

The bulk of nutrient assimilation takes place in the small intestine. The circulatory system carries nutrients from the small intestine to the cells of the body. The small intestine is lined with tiny fingerlike projections called villi and tinier cytoplasmic projections called microvilli. These villi increase the surface area of the intestine and allow for more efficient nutrient absorption. The average adult's small intestine is 10-13 feet long, and about one inch in diameter. Because of the villi and microvilli, the total surface area of the small intestine is about 180 square meters – just smaller than a tennis court.

The first 10 inches of the small intestine is known as the duodenum; it is the most important section in digestion. Here, enzyme secretions from the pancreas and bile secretions from the liver mix with the food and break down carbohydrates, proteins and fats into smaller units. The body can assimilate these nutrients in smaller forms and use them for energy. The duodenum also secretes lactase to digest milk products, and sucrase and maltase to break down sugars.

The next sections of the small intestine are the jejunum and the ileum. In this combined 9-12 foot segment, an additional 2-3 liters of intestinal juices are secreted each day. Because food particles have to be a certain size before they can be absorbed into the bloodstream, digestion and assimilation in this section can take several hours. The villi and microvilli absorb tiny nutrients that travel through the lymph vessels or into capillaries for transport to the liver. After the liver filters and processes these nutrients, they are sent throughout the body.

The pancreas is an important part of the digestive process, producing approximately three pints of digestive juices each day. These juices pass through the pancreatic duct into the small intestine. This organ also controls the amount of sugar in the blood by secreting two hormones, glucagon and insulin. Insulin and glucagon work as a check-and-balance system, regulating the body's blood sugar level.

The liver is also critical to digestion. It is located in the right side of the upper abdomen, under the diaphragm. This is the largest internal organ in the body, weighing about 3-4 pounds. The liver is composed of groups of cells called lobules. Anywhere from 50,000 – 100,000 lobules make up the liver, and each lobule has a central vein that drains blood into the hepatic veins, which eventually carry it to the heart. The liver produces bile, which breaks down, or emulsifies, fats. Bile drains from the liver lobules into the branches of the bile ducts that lead to the gallbladder, where it is stored.

All told, the liver performs more than 500 functions, many of them of a processing or storage nature. The liver processes potential poisons for removal from the body, including alcohol and drugs. It also breaks down old red blood cells and reprocesses body substances, extracting iron from hemoglobin, and reusing amino acids.

The liver stores carbohydrates as glycogen, which can be quickly converted into glucose (for energy) if needed by the brain, muscles or other organs. It also stores certain nutrients like vitamins (A, B-complex, B₁₂, D, E and K), releasing them into the blood when the body needs them. These reserves can last several months. The proteins albumen, globulin and fibrinogen – all components of blood plasma – are also manufactured in the liver.

Did You Know?

- 60-70 million Americans suffer from digestive disease (National Digestive Diseases Information Clearinghouse).
- Americans spent \$107 billion on drugs and antacids to fight digestive ailments in 1992.
- 70-year-olds may produce as little as half the enzymes they produced when they were 20.
- By age 50, many people will produce only 15 percent of the hydrochloric acid they produced at age 25. About one-third of all people over the age of 65 secrete almost no hydrochloric acid!
- Silymarin, a mixture of bioflavonoids found in the plant milk thistle, help protect the liver. Clinical studies show that silymarin has antitoxic properties and is effective in preventing liver damage.

Hepatitis C – Use Milk Thistle and cleanse the body.

Digestive System Analysis

If you have four or more of the following indications, you may consider nutritional aid to the digestive system.

- Lack of energy
- Body odor and/or bad breath
- Difficulty digesting certain foods
- Food allergies
- Poor resistance to disease
- Belching or gas after meals
- Skin/complexion problems
- Lack of a balanced diet
- Less than two bowel movements per day
- Lack of appetite
- Brittle or easily broken fingernails
- Dry, damaged or dull hair
- High-fat diet
- Food/chemical sensitivities
- Recurrent yeast/fungal infections
- Weak bones, teeth or cartilage
- Suffer from anxiety or worry



Digestive System Suggestions

- Avoid caffeine, alcohol and soft drinks.
- Eat raw fruits and vegetables rich in enzymes.
- Avoid overeating.
- Eat no later than 2-3 hours before bedtime.
- Avoid resting after meals.

Digestive System Products for the Stomach

The following products are listed with ingredients only as not to sell any particular product line. These ingredients can be purchased at any store you wish.

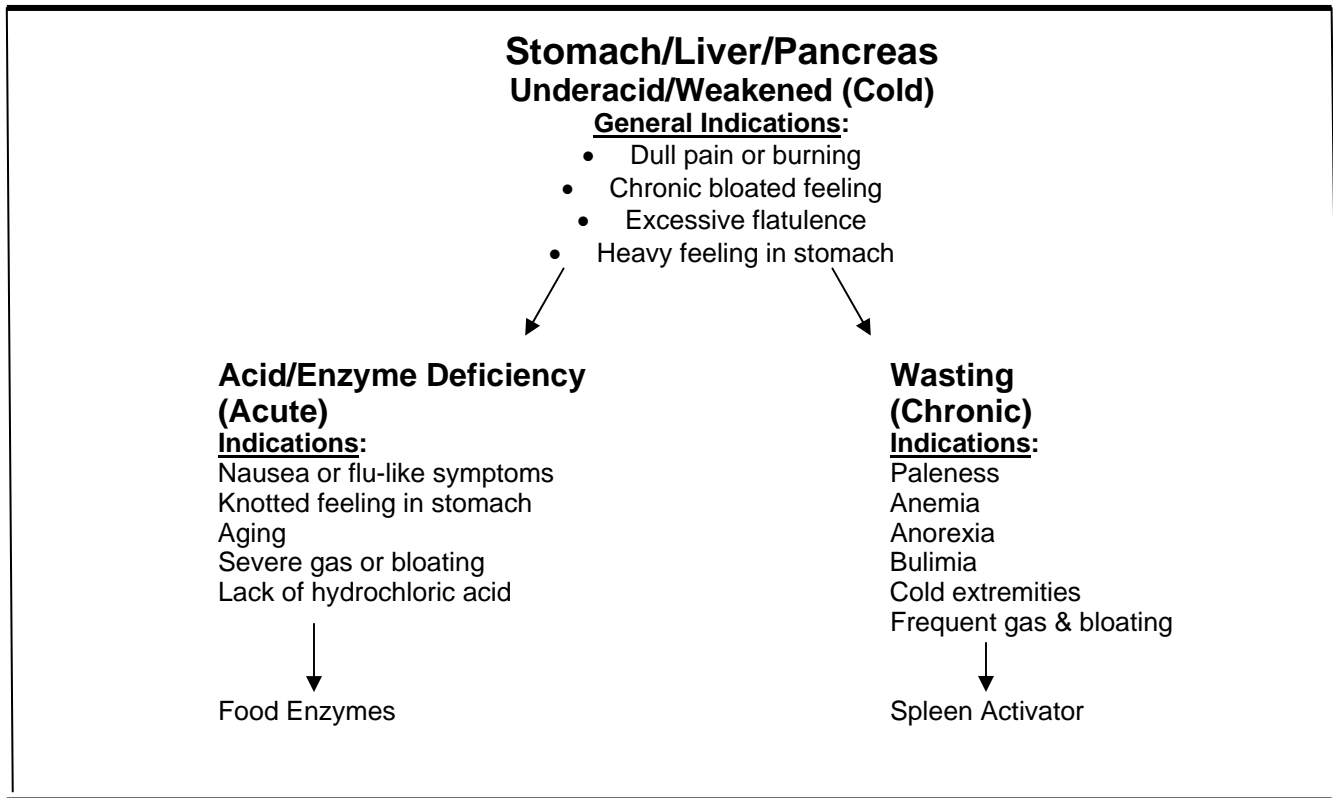
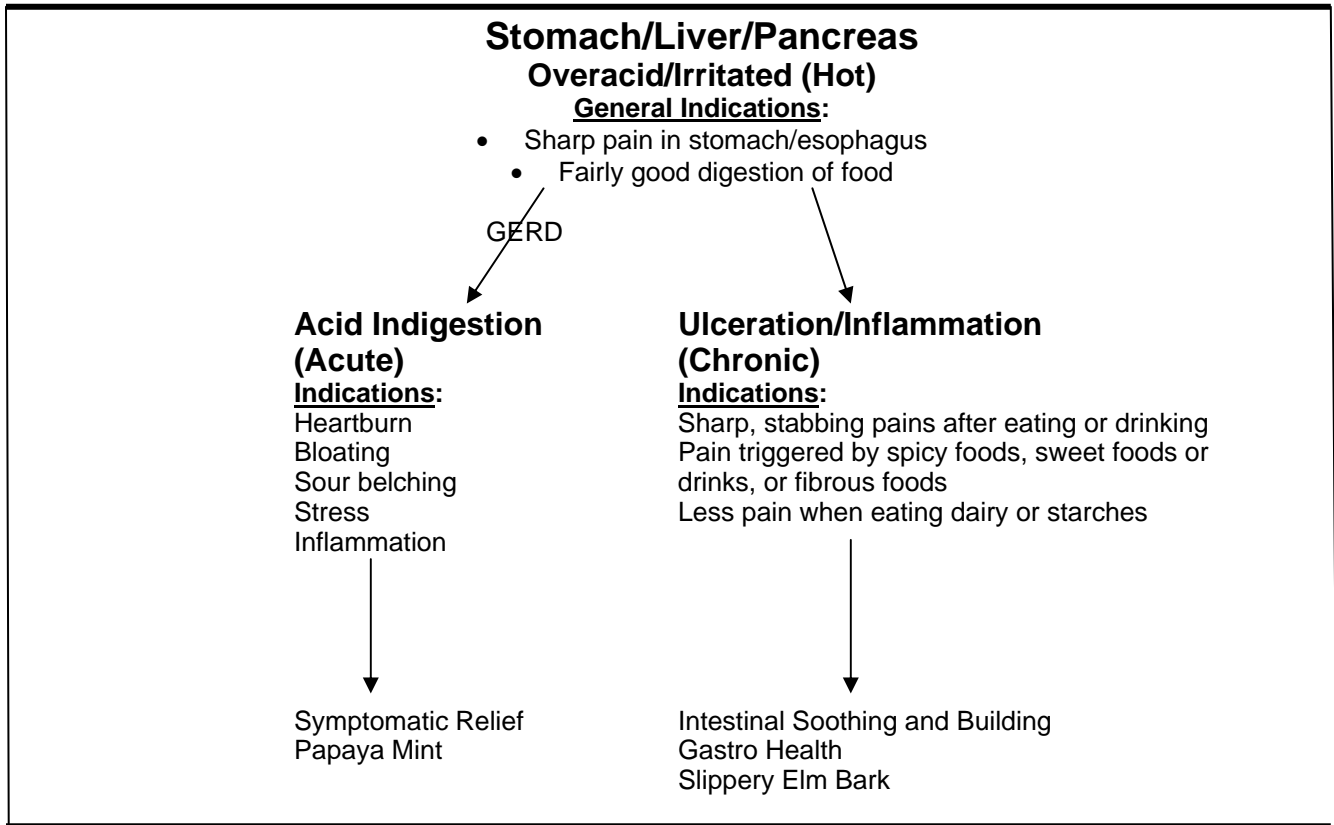
- Food Enzymes – Tablets that supply extra amounts of hydrochloric acid, pancreatic enzymes and bile salts to aid in the digestion of fats, proteins and carbohydrates. If food feels heavy entering the stomach or feels like it remains there for a long time (over two hours), Food Enzymes should enhance digestion.
- Symptomatic Relief – A combination of natural ingredients that help neutralize acid, soothe the stomach, improve digestion and control acid reflux. A combination that contains calcium carbonate, alginic acid (from kelp), wintergreen oil, papaya fruit, slippery elm bark, licorice root concentrate and ginger. This is not intended to address underlying causes of digestive disturbances.
- Papaya Mint – The freshness of peppermint is combined with the sweetness of papaya to bring you a combination that provides soothing benefits to the intestinal system. Papaya contains proteolytic enzymes that enhance the digestion of proteins, while peppermint encourages the production of digestive fluids as it sweetens your breath – an ideal combination.
- Intestinal Soothing and Building – A combination of slippery elm, marshmallow, plantain, chamomile, rose hips and bugleweed. This combination was designed to soothe and tone the digestive tract. It helps reduce irritation and relieve inflammation in the stomach, small intestine and colon.
- Gastro Health – Studies have shown that gastric ulcers are caused by Helicobacter pylori bacteria. This combination combines capsicum, cloves, Inula racemosa, deglycyrrhizinated licorice and pau d'arco to promote digestion and inhibit the growth of this bacteria. It does not harm friendly intestinal flora. Capsicum is a known digestant. Cloves may have a positive effect on the healing process of gastric ulcers.

Digestive System Products for the Liver

The following products are listed with ingredients only as not to sell any particular product line. These ingredients can be purchased at any store you wish.

- Milk Thistle – This natural support to the liver contains a mixture of bioflavonoids, including silymarin. Milk Thistle strengthens the liver against auto-intoxication and stimulates protein synthesis in liver cells, which generates DNA and RNA.
- Liver Balance – Helps cool a hot liver and is especially beneficial for people with food allergies or who are easily irritated. It promotes the flow of bile, relieving a congested and “stuffy” feeling in the liver and intestines. Contains a host of Chinese herbs, including bupleurum, peony, pinellia rhizome, cinnamon, dang gui and more.

- Blood Build – Combination of 18 herbs, this combination is designed to nutritionally support the body’s blood and related systems. The liver, glands, nerves and circulatory system will benefit from the many natural roots, fruits and rhizomes.
- Spleen Activator – This combination combines Chinese herbs that “warm the center,” meaning they increase the energy of the stomach and aid the digestive process. This combination is a tonic for those with chronically weak digestion that leaves them thin and pale. It contains Panax ginseng, astragalus, atractylodes rhizome, hoelen discorea, lotus seed and 12 other Chinese herbs.



Liver Problems

General Indications:

- Allergies
- Skin Disorders (need to clean liver)
 - Hormone imbalances
- Emotional problems (depression)

Milk Thistle

Irritated (Hot)

Indications:

Bloating
Headaches/Migraines
Irritability
Flushing of face
Acne

Liver Balance

Sluggish (Cold)

Indications:

Groggy feeling
Malaise
Discouragement
Chronic depression
Hormone imbalances
Body and foot odor

Blood Build

Nature's Sunshine Digestive Aids

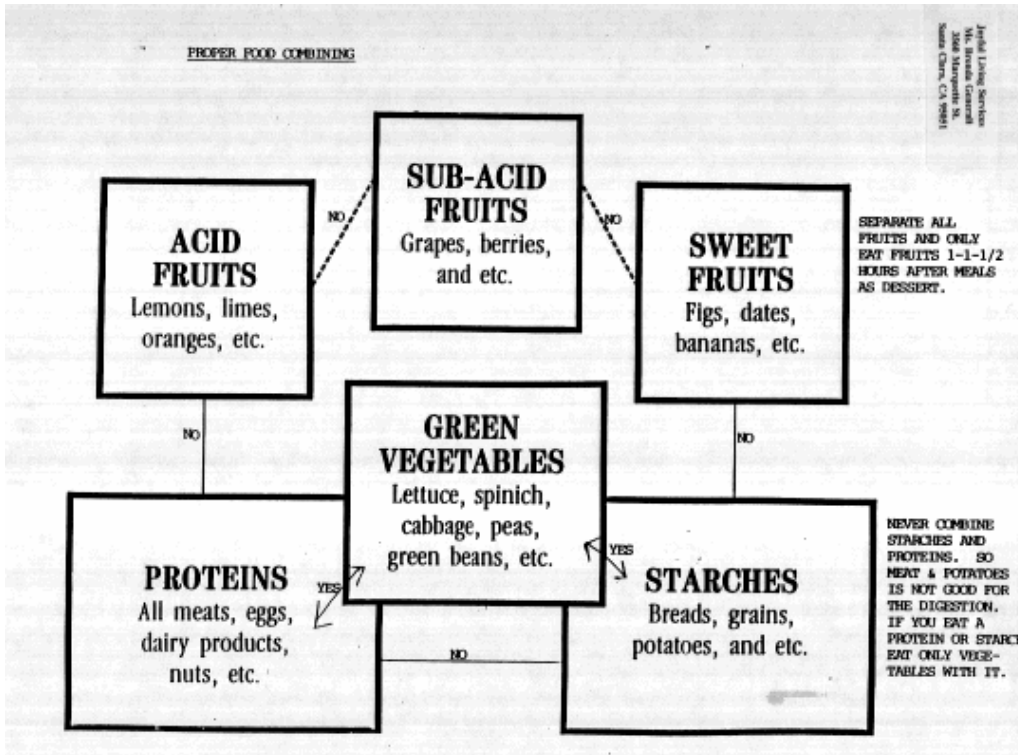
By: Maureen VanSlyke

Everyone knows the sluggishness and fullness that comes with overeating at Thanksgiving dinner. Maureen has provided us with some information on the Nature's Sunshine Digestive Aids that might help us deal with digestive trouble.

- [Ginger](#) - Tonic for digestive system. Both absorbs excess gastric acid and stimulates its production. Helps with nausea, motion sickness, morning sickness, flu, etc... Take 2-3 caps at the first sign of nausea.
- [Gentian](#) - One of strongest bitters (tonic). Stimulates stomach, pancreas and gall bladder. Appetite stimulant. Anti-bacterial. Does not bother an empty stomach. Take 1/2 before meal.
- [Dandelion](#) - Stimulates liver. Increase flow of bile by 50%. Regulates insulin. Source of natural sodium.
- [Milk Thistle](#) - Bitter tonic for liver, spleen and gall bladder. Promotes bile flow. Appetite stimulant. Protects against toxicity, jaundice and indigestion.
- [Safflowers](#) - Aids body to produce hydrochloric acid (HCL).
- [Peppermint Oil](#) - Aids digestion, allays nausea, gas. Stimulates circulation. Promotes alertness.
- [Food Enzymes](#) - For breaking down fats, proteins and carbohydrates (contains HCL)
- [PDA](#) - Protein Digestive Aid containing hydrochloric acid to break down fats.
- [High-Lipase](#) - To break down fats.
- [Leguzyme](#) - To help digest beans, broccoli, etc.
- [Lactase Plus](#) - To help digest dairy products. Especially for lactose-intolerant individuals.
- [Marshmallow and Pepsin](#) - Helps break down proteins and clear small intestines of mucous matter.
- [Papaya Mint](#) - To help break down protein, carbohydrates and fats. Excellent for both overacid and underacid stomach.
- [Catnip and Fennel](#) - Contains volatile oils & aromatic herbs to stimulate gastric juices.
- [Catnip](#) - Mild and soothing for [nervous system](#). [Fennel](#) is similar to [ginger](#) for stimulating digestion. Also helps [urinary](#) and [respiratory system](#). Based in glycerin and is mild tasting. Good for small children and colicky babies. Easily digested and enters the system quickly. Good for weak digestion.
- [AG-X](#) - Contains papaya, ginger, peppermint, etc. Aids in gas elimination and digestion.
- [AG-C](#) - Chinese formula for digestion and gas elimination.
- [UC-C](#) - Chinese formula for weakened digestive system.
- [LIV-Guard](#) - Contains milk thistle to protect and build liver.
- [Target P-14](#) - Supports pancreas also contains chromium and [zinc](#).
- [NBS-AV](#) - Excellent to Normalize Blood Sugar problems for both diabetics and [hypoglycemics](#). Provides support for pancreas and liver - from India.

Food Combining

Do you have digestive trouble? In other words, do you belch after a heavy meal or feel full? Does it seem like food stays in your stomach for hours and hours? Do you still taste the food you ate 4 hours later? It typically takes 4 hours to break down fats and proteins (meat, eggs, dairy), 2 hours to break down starches (rice, potatoes, pasta), 1 hour to break down vegetables (salad, cooked or raw vegetables), and 1/2 hour to break down fruit.



Think About This

If you eat all the above types of foods together at one meal like most people do, how long do you think it will take you to break them down? If we add up the amount of time it takes to break each one of these food types down it would take approximately 7-1/2 hours for these foods to be broken down and leave your stomach to be absorbed in the small intestines. That's a very long time. Most people don't wait 7-1/2 hours between meals. Most people eat breakfast around 7 or 8 am, lunch around 12 or 1, and dinner around 5 or 6. That means that the last meal you ate is still in your stomach when you begin the next meal. And

you're wondering why you're so tired and listless? Probably because your body is constantly trying to break down the food you're eating and all your energy is going to that task.

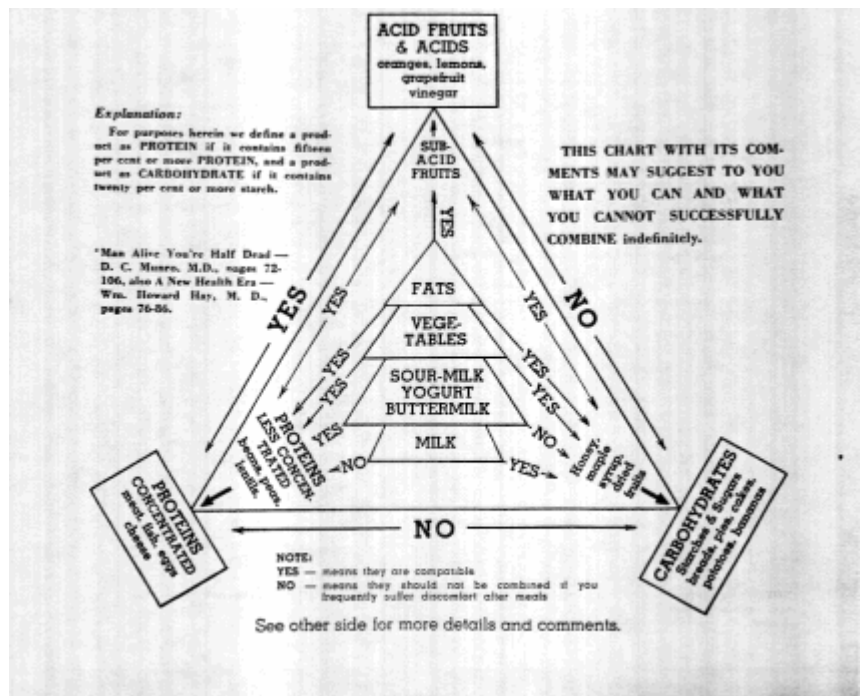
How Can You Avoid This?

Simply by following proper food combining rules and by supplementing your digestion with a product that will help you break down your foods easily. Food Combining is a process that we suggest for eating each meal in which you only combine foods that can be broken down together. This allows a much quicker transit time. I've included a Food Combining Chart for you to follow. Let me know if you have any questions about it.

Why Use Digestive Aids?

Even if you follow the food-combining chart that I've suggested above, you still might be low in your store of food enzymes and hydrochloric acid. These enzymes are created and stored by the liver and pancreas. If you constantly eat junk food and other foods that are devitalized of their nutrients your body will have to use its store of digestive aids. Once they're depleted you have to depend on the foods you're eating to stimulate the production of these enzymes and HCL.

Most people by the time they reach 35 have approximately 1/2 the enzymes and HCL production they used to have. This is because the body begins to slow down. The metabolism decreases and the body doesn't need as much fuel (food) to keep it going. At the same time the body slows down the production of these digestive aids. But, you keep eating at the same pace and the same types of foods not paying attention to the signals your body is giving you. These signals include belching, intestinal gas, bloating, nausea, overfull stomach, pain in the stomach, and other symptoms related to the intestinal system such as diarrhea after a meal and formation of mucous after a meal relating to food allergies.



Take Responsibility for Your Health

If you have these symptoms and are tired of them, then food combining will be useful to you. You will be amazed at how good you will feel in just a few days of following this program. It's not easy at first. The first week is difficult because we are so accustomed to sitting down and eating a salad, a protein, a starch, a fruit and maybe even a dessert at the same meal within the same hour. If you follow this program you will be limited to eating only a vegetable and a protein or only a starch and a protein at the meal and using the fruits and desserts as your desserts. If you need to lose weight this is the easiest way to do it. This is definitely NOT a diet BUT a lot of people have lost weight because they have begun to take responsibility for what goes into their mouth and how they feel afterwards. This is the beginning of "listening" to your body and learning what IT LIKES rather than what YOU LIKE. What your brain likes is not necessarily what's good for you. Everyone would love to eat whatever they want but there are consequences to doing this. Why don't you start today and feel better by following food combining rules and using digestive aids to help you along the way.

Recognizing the Symptoms of Poor Digestive Health



By: Christopher Wiechert, C.N.C., President, Forever Changes, Inc.

Health Blogger: www.cwiechert.blogspot.com

Orthomolecular Formulations: www.cwiechert.com/Orthomolecularformulations.html

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Diet and nutrient intake are critically important in the proper function of the digestive system. We must keep the system running properly if it is to perform its function adequately. The digestive system is responsible for the complex process of breaking down fuel (food) and allowing for the absorption of nutrients into our bodies. Failure can occur at either point, leading to a defect in digestion (maldigestion) or a failure in absorption (malabsorption), which may trigger the development of a number of related digestive problems. Because the symptoms for both maldigestion and malabsorption overlap, these conditions are difficult to diagnose.

Other problems related to the digestive system include constipation, candidiasis, abdominal bloating, and irritable bowel syndrome. Constipation affects over 4 million people on a regular basis. Typically, this is caused by poor fiber intake, poor water intake and imbalance in the bacterial content of the colon, or candidiasis. Candidiasis can be caused by a deficiency of friendly bacteria, which allows an overgrowth of yeast (the most common being *Candida Albicans*) and can lead to symptoms manifested by reflux, abdominal bloating, lethargy and a host of other symptoms. Irritable bowel syndrome is one of the more common digestion problems seen in the country, and candida may also play a role in its symptoms.

As we age, the function of the intestinal system changes. Often, acid levels decrease, and poor digestion occurs, which can lead to symptoms of indigestion, heartburn, and bloating. Digestive enzymes may help reduce the occurrence of these symptoms.

Dietary and Product Recommendations

Constipation:

1. Avoid highly processed carbohydrates and adopt the [Ideal Diet](#).
2. Drink plenty of [filtered water](#)
3. Include high fiber foods and fiber supplements (total daily fiber intake 25 to 35 grams), Try...

NSI Friendly Fiber

4. Include Lactobacillus as part of your daily regimen. Lactobacillus is one of a handful of probiotic bacteria strains available in capsule form. Try...

Orthomolecular Formulations - Colon Health

Candidiasis and Irritable bowel

- a. Maintain a [low glycemic diet](#), avoiding all refined grains and flours, as well as sugar
- b. Drink plenty of [filtered water](#)
- c. Include high fiber foods and fiber supplements (total daily fiber intake 25 to 35 grams), with the same product recommendations as noted above.
- d. Include Lactobacillus as part of your daily regimen. Lactobacillus is one of a handful of probiotic bacteria strains available in capsule form with the same recommendations as noted above.
- e. Peppermint, used as a folk remedy for stomach ailments, aids in soothing the symptoms associated with irritable bowel and candidiasis.

5. Correcting HCL levels will help reduce the occurrence of indigestion, heartburn, and bloating. Try...

Orthomolecular Formulations - Digestive Health

Maldigestion

1. Maintain a balanced diet with 50% Protein, 30% Carbohydrate and 30% fat
 2. Drink water only in between meals, and very little with meals to decrease the dilution of stomach acid, especially with ice.
 3. Take digestive enzyme supplements that contain HCL & Pancreatic enzymes.
- Try these great products from [MBI Nutraceuticals](#)...

Click the link below and type **digestive aids** in the search field:

[MBI - Nutraceuticals](#)

I like both of these products...

Bio-Gest:

This is a full spectrum digestive enzyme supplement made with natural pepsin. Bio-Gest is specifically designed to reduce symptoms arising from problematic digestion in the stomach. Many people do not make adequate hydrochloric acid or sufficient enzymes to digest their foods properly. Bio-Gest is a balanced digestive aid supplement with protein metabolizers (proteases), starch metabolizers (amylases), and fat metabolizers (lipases), as well as, hydrochloric acid in the form of betaine HCL and glutamic HCL which enhances enzyme function.

Panex-8:

Remedy lower gastrointestinal tract digestive problems with Panex-8. This special formula contains a digestive enzyme from the pancreas and is especially helpful for treating stomach upset related to food allergies. Panex-8 contains pancreatin, a combination of pancreatic enzymes that are normally produced naturally in the body. They help to digest fat, starch and protein in the food you eat. Pancreatin is given to people who do not produce enough enzymes to digest their food properly.

Recipe of the Month – Orange-Cranberry Sauce By Mankato Green Culture

Ingredients:

- 12 ounces cranberries (1 bag)
- 1 cup sugar
- 1 cup orange juice

Directions:

1. Pour the orange juice and sugar into the saucepan and cook on medium heat. Heat and stir until the sugar dissolves.
2. Stir in the cranberries and cook until the cranberries begin to pop (about 10 minutes). Keep stirring until most of them have burst.
3. Remove from heat and pour into a mixing/serving bowl. Let cool slightly.
4. Mash with a potato masher.
5. Let the sauce sit before serving and it will thicken. Serve warm, room temperature or chilled.
6. This is also great as a sandwich spread with leftovers after holiday meals.



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>

New Iridology Cameras: <http://www.joyfullivingservices.com/iridologycameras.html>

Used Iridology Cameras: <http://www.joyfullivingservices.com/usediridologycameras.html>

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.

Referrals

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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