

Joyful Living Services' News

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I am very excited to share with you that I am going to be a guest speaker at the **2012 IIPA (International Iridology Practitioner's Association) 7th Annual Symposium!** Please "Mark Your Calendars" for February 24th - 26th in Las Vegas, Nevada at the Hilton Garden Inn. I hope you will be able to attend the symposium. It will be fantastic with speakers from all over the world speaking about the latest research in iridology. I will be speaking about Brachial Plexus, what it is, and how it shows up in the iris. This is a very important topic with children these days and we will discuss ways to help heal the brachial plexus injury. The more iridologists in the world that know about this injury, the more children that can be helped. Visit our website and the IIPA website at <http://www.iridologyassn.org> for more information and updates as time draws closer. I hope to see you all at the symposium in February.

Joyful Living Services' New Reviews

Hi. My name is Charlotte Rooney, I am 47 years old and I have worked with Brenda on my health for the last 15 years, following her recommendations and taking the Nature's Sunshine herbs. A year ago I went in for what I thought would be a "normal screening mammogram". I knew I had dense breasts but all my mammograms had always been negative. This time, the doctor ordered an ultrasound because he thought he had seen something. He decided that I needed to come back six months later for a check up. He had diagnosed me with asymmetrical breast tissue and wanted to be on the safe side. He didn't diagnose me with a malignant tumor, but just wanted to keep a vigilant eye on me. I called Brenda right away and explained the situation to her. She Muscle tested me and told me my breast density was at a level 6. Brenda also told me she didn't detect any malignant tissues or cells but that it was better to be on top of things and suggested that I take Breast Assured. I religiously took 3 pills every day. Six months later, right before my "diagnostic" mammogram, Brenda Muscle Tested me again. My levels were now at a "3" and there was still no malignant tissues or cells. The doctor still told me to come back again in six months, and if at that time, he still saw nothing, I would go back to my regular yearly "screening" mammogram. Well, I went today, September 12, 2011. Right before going into my appointment, I checked my phone and Brenda had called me with the results of her Muscle Testing. Everything was clear, no malignant tissue or cells, and I was at a level 1 in the density of my breasts. I went into my appointment with great peace of mind. The doctor's diagnosis: "All is CLEAR"! See you in one year for a "screening" mammogram!" In one year, by taking Breast Assured everyday, I went from a level 6 to a level 1. Not only do I totally trust Brenda's Muscle Testing, I also know that the herbs that she recommends DO work. I can't thank her enough for her knowledge and for having recommended me to take Breast Assured. I will take those for a very long time. Thanks Brenda! (go to <http://www.joyfullivingservices.com/handouts/breastassured.pdf> for more information)



I hold two degrees and have taught Life Science to those that plan to go into medicine. I took the Certified Health and Nutrition Counselor Course so that I may help people learn how to eat, drink and change their lifestyle through nutrition. I have learned so much. I enjoy the course immensely and would recommend it to anyone that is serious about becoming a nutritional coach. In Health, Leigh (for information on the CHNC course go to <http://www.joyfullivingservices.com/handouts/chnccourse.pdf>)

Parasites – What You Should Know



By: Nancy Rondone, CHNC, CI
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HOST: An organism which harbors the parasite = US! Parasites are definitely one type of visitor that's not welcomed to the body.

PARASITE: A living organism, which receives nourishment and shelter from another organism where it thrives. The term parasite relates to 'any living thing that lives on or in another living organism'. Many parasites interfere with bodily functions, cause irritation; some destroy the host's tissues and release toxins into the bloodstream. There are 2 types of parasites. There are large ones referred to as worms and small ones that require a microscope to see.



1. **Diseases caused by worms - round and flat worms.** The large worms while in an immature form can travel through your blood stream and infect any organ, gland or part of the body. Depending on the type of worm, they can grow anywhere from several inches up to many feet in length. They can lay thousand up to millions of eggs each day. The eggs stick to the walls of our intestines and can be microscopic in size. These large worms are called HEMINTHINS or INTESTINAL NEMATODES. The fish tape worm is the largest of the human tapeworms and can reach up to 33 feet in length or more! Beef and pork also have tapeworms.
2. **Protozoal diseases - various amoebic infections (single celled, microscopic protozoa)** The small ones travel through your blood stream like bacteria or virus. They reproduce by dividing themselves much like bacteria do. They too can invade any cell in the body. These small ones are called PROTOZOA. There are also various classes of parasites depending on whether they live outside on the surface of the body or live inside the body of the host; either in the body's tissues, body's cavities, digestive tract or other organs, Worms of various kinds can enter the body through several avenues and if conditions are favorable for their development they may multiply. If this colony is not kept in check by the body's own defenses, the infestation soon becomes a burden on the body and health is downgraded.

Intestinal parasites are most often due to insufficient or negligent hygiene, poorly washed foods or polluted water. All of these undesirable invaders take nutrients from the body and excrete hazardous wastes, which are destructive to the body, irritating and injuring. For example, allergies, arthritis, asthma or even nerve disorders can often be directly linked to parasite infections. Mild parasite infections can be completely asymptomatic, which does not make them less hazardous. It could be that a mild vague feeling (not feeling 100%), digestive Problems, colic, irritable, fatigue, off color and generalized or localized pruritus (itchiness) are experienced. Heavy infestations can cause Symptoms of abdominal pain and diarrhea. Very heavy infestations can cause blood loss, anemia, weight loss, appendicitis and even death! Some therapists speculate that the moon lays an intricate part in the nematode (worm) cycle. If a person is very nervous at the full moon, they may have worms and or parasites, because worms get rampant during a full moon!

The aim is to avoid becoming infected and strengthening the body to resist infestation. Worms l-o-v-e sugar, acid conditions and constipation. So therefore, a diet high in fiber and alkalizing food is the best prevention and cure for infestations.

Symptoms of Parasites

The word parasite comes from Greek meaning "one who eats off the table of another." Parasites eat and live off the food we consume, even our health supplements. They leave us the scraps. They often make us feel that we are not getting the nutrition from our food or that SOMETHING IS MISSING.

- ANAL ITCHING, ESPECIALLY AT NIGHT
- ARTHRITIC PAINS
- BED WETTING
- BURNING IN THE STOMACH
- CANDIDA, CHRONIC
- CONSTIPATION
- CRAWLING FEELING UNDER THE SKIN
- CYSTS AND FIBROIDS
- DEPRESSION
- DIARRHEA
- DIGESTIVE PROBLEMS
- DROOLING WHILE SLEEPING
- EATING MORE AND STILL BEING HUNGRY
- FATIGUE, CHRONIC
- FLOATERS
- FORGETFULNESS
- GAS AND BLOATING
- GRINDING TEETH WHILE SLEEPING
- HEART PAIN
- HEMORRHOIDS

- INABILITY TO GAIN OR LOSE WEIGHT
- IRRITABLE BOWEL SYNDROME
- ITCHY EARS OR NOSE
- LIVER/GALLBLADDER TROUBLE
- MENSTRUAL COMPLAINTS
- MUCUSY STOOLS
- NUMB HANDS
- PAIN IN THE BACK, THIGHS OR SHOULDERS
- PAIN IN THE NAVEL
- PROSTATE PROBLEMS AND SEXUAL DYSFUNCTION IN MEN
- SINUS OR EAR INFECTIONS, CHRONIC
- SKIN PROBLEMS
- URINARY TRACT INFECTIONS
- VIRAL SYNDROMES, CHRONIC
- WATER RETENTION (mostly from tapeworms)
- YEAST INFECTIONS

And the list goes on and on. We must now be realistic. If 85% to 95% of the population, healthy or sick, has parasites, any illness can be suspected as having as its cause, parasites! It is now being considered that perhaps 50% of all cancer, diabetes, asthma, arthritis and heart disease come from parasites!



Testing for Parasites

It has been determined that the average hospital or lab is only able to catch 20% of the actual cases. Over 1000 species of parasites can live in your body and there are tests available only for 40 to 50 types. This means that your doctor, should he decide to test you, can only hope to find 5% of the parasites that can be tested for at a accuracy rate of 20% We are automatically missing 80% and have only a 20% chance of finding the remaining 5% that we can test for. This ends up being a 1% accuracy. This is why we can have such an epidemic and it is going unnoticed.

What do Parasites do to us?

Parasites eat and eliminate wastes every day. They not only eat our food, BUT MANY OF THEM EAT HUMAN TISSUES. They also can eat the protein coating on your nerves.

- Endo limax nana is a parasite that has been found to eat the calcium off our bones causing forms of arthritis.
- Entamoeba Histolytica can get into the liver, the lungs and the brain. Immature forms of a worm called ROUND WORM, ALSO KNOWN AS ASCARIS, CAN GET INTO OUR LUNGS AND MAY CAUSE ASTHMA.
- Many cases of chronic anemia can be from a parasite called HOOKWORM, also known as NECATOR AMERICANUS meaning AMERICAN MURDER. This parasite attaches itself to the lining of or intestines and bites into our blood vessels. It is capable of drinking an enormous amount of blood everyday. Hemoglobin levels as low as 15% of normal have been found in people with chronic hookworm disease. Experts now feel that even seizures may be caused by parasites or even worms that can get into our brains! Recently in her book, THE CURE FOR ALL DISEASES, Dr. Hulga Clark speculates that Diabetes can be caused by a worm called a FLUKE which can get into the pancreas and cause it to malfunction. Many researchers, including myself, have seen this to be true! The TV show "60 Minutes" highlighted a story of many children who had bloated bellies and had died of unknown causes. It was found upon autopsy that these children had died of DOG HEART TAPE WORMS. Tape worms that these children had picked up from dogs and had infected their bodies. It is now being considered that heart disease and heart attacks may be higher in dog owners as these owners have had their hearts infected by these worms. This condition has been confirmed by autopsy.
- Another type of roundworm is called whip worms. They inject a digestive fluid into our colon which turns the tissue of our colons into a liquid which the worm then sucks up.
- Pinworms have recently been found in the uterus, vulva and the fallopian tubes of some of my female patients. This is because when the worm travels to lay its eggs, it can get lost on its way back to the colon. In other words, it travels out of the colon, out of the anus into the vaginal area and gets lost on its way back. It's no wonder women can get rid of their vaginal infections. Worms can be crawling out of the anus carrying bacteria and candida right into the reproductive areas. And to make matters worse they do this at night while you asleep. Sound unbelievable? Do you get rectal itching that is worse at night or that ever wakes you up at night? Well guess who's coming to dinner!

Parasites release toxic wastes. These wastes are actually their feces and urine. Parasite urine is practically pure ammonia. Parasite wastes stress the kidneys, liver and immune system. How do we get parasites? The primary way is from our food and water. Over 50% of our food and water is infected. And organic food because it is grown with animal manure may be worse than commercial food.



In her book, THE CURE FOR HIV AND AIDS, Dr. Hulda Clark points out that much of the food we eat, the personal care items we use like shampoo, hand lotions and commercial cleaning solutions are high in solvents. The two most common solvents are BENZENE and PROPYL ALCOHOL. These solvents cause the microscopic eggs from parasites to hatch quickly in our bodies. Many years ago, before we were exposed to these chemicals, the parasite eggs would pass through our bodies leaving us safe. The eggs of parasites are microscopic and are the real danger. They can be passed sexually, through shaking hands, walking barefoot, eating or drinking from someone else's glass, bottle, can, fork etc., swimming in polluted lakes, rivers or streams, even by going to the

beach. Recent surveys have found that livestock inspectors might be missing as many as 1/2 of the parasite infected animals that go to slaughter. Dr. Brooks claims that "eggs are readily transported through the air and it is not uncommon to find them in every room in the house.....complications are much common in women than men." We get parasites from our pets. Anyone who is sick or has a health problem should try to remember when it started and when they got their pet. You may find it was around the same time. Every time that your pet licks their anus they are putting thousands of parasite eggs on their tongues. When they go and lick you those eggs are going right onto YOU! The link between a sick child and a new puppy is seldom realized.

What You Can Do

- Make sure that you wash your hands several times a day and especially after going to the rest room or if around animals.
- Never let your pets sleep in your bed or lick you on the mouth.
- Always wash yourself after a pet licks you.
- Cook your meat and fish until it has no visible pink and is getting dry. I'm sorry, but that's the way it is.
- Do not leave food out over night. The longer food sits out, the quicker the incubation period for parasites can begin.
- Always wash or peel raw fruits and vegetables. RAW FRUITS AND VEGETABLES CAN BE BIGGER SOURCE OF PARASITES THAN MEAT!
- Wash everything in food grade Hydrogen peroxide to avoid contamination.
- Do not allow yourself to remain constipated. If your bowels do not move at least 2-3 times a day read up on CONSTIPATION REMEDIES, diagnosis, causes, relief and treatments. The longer your feces stay in your digestive tract the greater a chance you have for parasites to grow.

The Lost Practice of De-Worming

Prior to the 1930's it was very common that people would take castor oil, mineral oil or some type of herbal mixture to clear themselves of parasites. Each ethnic group had their own way of doing this. This was done every six months, once a year or with the change in seasons. In this way, people kept themselves clear of parasites. Medical doctors in the 1800's would commonly supervise the de-worming of their patients every 6 months, or once a year. Could this be where the traditional 6 month or annual check-up comes from? In Europe, the medical community still recommends that you de-worm yourself, your animals and pets every six months. If you are healthy, your body is handling the damage and poisons produced by these parasites and they are not producing disease in your body. However, they may begin to produce disease at any time, depending on your lifestyle, diet, and level of stress.

Hulda Clark says: "Getting rid of all parasites would be absolutely impossible using clinical medicines that can kill only one or two parasites each. Such medicines also tend to make you quite ill. Imagine taking 10 such drugs to kill a dozen of your parasites! Good news, perhaps, for the drug makers but not for you. Yet three herbs can rid you of over 100 types of parasites! And without so much as a headache! Without nausea! Without any interference with any drug that you are already on! Does this sound too fantastic? Just too good to be true?"

They are nature's gift to us. The herbs are:

- Black Walnut Hulls (from the black walnut tree)
- Wormwood (from the Artemisia shrub)
- Common Cloves (from the clove tree)

These three herbs must be used together. Black walnut hull and wormwood kill adults and developmental stages of at least 100 parasites. Cloves kill the eggs. Only if you use them together will you rid yourself of parasites. If you kill only the adults, the tiny stages and eggs will soon grow into new adults. If you kill only the eggs, the million stages already loose in your body will soon grow into adults and make more eggs. They must be used together as a single treatment."

How many parasites can be in the human body?

- Acanthocephala 7 species
- Digenea 113 species
- Eucestoda 57 species
- Helminths (worms) species reported from human hosts by Taxonomic Group
- Nematoda 138 species
- Nematomorpha 24 species
- Platyhelminthes 173 species
- Turbellaria 3 species

TOTAL 342 species

Source: Journal of Parasitology 85:379-403 Dr. D.W.T. Crompton (Crompton, D.W.T. [1999] How much human helminthiasis is there in the world?)

Some Known Parasite Killing Herbs:

- Amino Acids
- Black Seed has many medicinal properties including anti-neoplastic activity. It is also antibacterial, antifungal and antihelminthic (parasitic infection fighter), and has an immune-enhancing effect on the human T-cell production and helps to balance and stabilize the immune system. It aids in the healing of acute and chronic illnesses, regulating blood pressure, enhancing bile and breast milk production, and stimulating sperm producing tissue. Also helps with: arthritis, asthma, gastrointestinal complaints, proper kidney and liver function, circulatory problems, resistance to disease in general.

- Black Walnut oxygenates the blood to kill parasites. The brown stain found in the green husk contains organic iodine which has antiseptic and healing properties. It is also used to balance sugar levels and burn up excessive toxins and fatty materials.
- Cloves contain one of the most powerful germicidal agents in the herb kingdom. It is an effective stimulant and aromatic for the lungs and stomach, and helps increase blood circulation and promote digestion and nutrition. Oil of cloves is a diffusive stimulant, often used to relieve toothache and remedy bad breath. Also good for: low blood pressure, bronchial catarrh, colitis (mucous), diarrhea, dizziness, dysentery, earache epilepsy, gas nausea, pain, palsy, spasms, vomiting, stimulating sexual drive.
- Cramp Bark is considered one of the best natural remedies for regulating female disorders. It is excellent relaxant for the ovaries and the uterus, and is commonly used as a uterine sedative and anti-spasmodic. It is also recommended for preventing nervous diseases of pregnancy, after-pains and cramps. In Russia, the berries are used for regulating high blood pressure, heart problems, coughs, colds, lung and kidney problems, as well as stomach ulcers.
- Crystalline Nigellone
- Fennel Seed acts as an appetite suppressant and diuretic, and helps to stabilize the nervous system and expel waste material from the body. Fennel improves digestion, and has also proven helpful with coughs and persistent bronchitis due to its mucus-counteracting and anti-convulsive properties. Also helps with: abdominal cramps, female disorders, gas, gout, intestinal problems, promoting lactation, nervous disorders, pin worms, spasms.
- Gentian Root helps stimulate circulation, strengthen the system, and strengthen the muscles of the digestive organs. It is also good for convalescence, especially in the cases of extreme weakness, and is excellent for ridding the body of parasites. Also good for: anemia, counteracting the effects of poisons, stimulating the appetite, strengthening the blood, bruises, constipation, urinary infections, vermin, worms.
- Grapefruit Seed, well known as an anti-fungal agent, kills many different types of parasites and assists the body in producing beneficial bacteria.
- Hyssop contains an essential hormone oil to help build resistance to infectious disease. It has been used for poor digestion, breast and lung problems, coughs due to colds, nose and throat infections, and has proven useful for mucous congestion in the intestines. Also helps with: asthma, regulating blood pressure, bronchitis, external bruising, chronic catarrh, eternal cuts, dropsy, ear ailments, epilepsy, fever, jaundice, kidney, liver, and spleen problems, external lice, lung ailments, hard phlegm, muscular and external rheumatism, worms.
- Iodine, Minerals: Potassium, Magnesium, Phosphorus, Sodium, Calcium
- Peppermint helps to cleanse and strengthen the entire body. It can also be useful for bowel problems, and helps assist the salivary glands in digestion.
- Pumpkin seed is taken to eliminate many varieties of worms. Native Americans are known to have chewed pumpkin seeds as an aid in de-worming.
- Thyme is a powerful antiseptic and a general tonic with curative powers. It has been used for anemia, bronchial and intestinal problems, and as an antiseptic for tooth decay. It destroys fungal infections such as athlete's foot, and skin parasites such as crabs and lice. It also kills abdominal worms. Also good for: bowel problems, bruises, catarrh (inflammation of mucous membranes of the nose and throat), coli, diarrhea, indigestion, epilepsy, fainting, fever, gastritis, external gout, headaches, heartburn, hysteria, internal infections, laryngitis, leprosy, lung congestion, mastitis, suppressed menstruation, nightmares, paralysis, promoting perspiration, rheumatism, sciatica, sinus problems, throat problems, uterine problems, warts, whooping cough.
- Vitamins: A, C, D, F & B complex

Most people believe that parasites are something that happens to someone else. I don't have parasites. Well, that is true for some people, and that is false for many other people. It is estimated that more than 80 % of people in western world, have some parasitic or semi-parasitic animal living inside their body.

Get to Know Your Parasite Enemies:

- Ascaris Lumbricoides, large roundworm of humans, is the most common nematode parasite of humans, infecting an estimated 1.47 billion individuals. Pathology can result from pneumonia caused by the worm's migration through the lungs, blocking of the gastrointestinal track or the bile or pancreatic duct.
- Ascaris Lumbricoides is physically indistinguishable from Ascaris suum. It is estimated that pinworms infect more than 400,000,000 people throughout the world (10% of humans), and in many areas of the world (e.g., North America and Europe) it is the most common nematode parasite of humans.
- On a world-wide basis, however, Ascaris lumbricoides ranks #1 infecting more than 1,000,000,000 people (25% of humans).
- The Tapeworm genus Hymenolepis contains in excess of 400 species (according to some authorities), virtually all of which are found in higher vertebrates. The life cycles for most species are unknown, but it's likely that they all involve insects as the intermediate host (with a cysticeroid as the metacystode stage).
- There are many species of hookworms that infect mammals. The most important, at least from the human standpoint, are the human hookworms, Ancylostoma duodenale and Necator americanus, which infect an estimated 800,000,000 persons, and the dog and cat hookworms, A. caninum and A. braziliense, respectively. Hookworms average about 10 mm in length and live in the small intestine of the host. The males and females mate, and the female produces eggs that are passed in the feces. Depending on the species, female hookworms can produce 10,000-25,000 eggs per day. About two days after passage the hookworm egg hatches, and the juvenile worm (or larva) develops into an infective stage in about five days. The next host is infected when an infective larva penetrates the host's skin. The juvenile worm migrates through the host's body and finally ends up in the host's small intestine where it grows to sexual maturity. The presence of hookworms can be demonstrated by finding the characteristic eggs in the feces; the eggs can not, however, be differentiated to species (view diagram of the life cycle). The mouthparts of hookworms are modified into cutting plates. Attachment of hookworms to the host's small intestine causes hemorrhages, and the hookworms feed on the host's blood. Hookworm disease can have devastating effects on humans, particularly children, due to the loss of excessive amounts of blood. Juveniles (larvae) of the dog and cat hookworms

can infect humans, but the juvenile worms will not mature into adult worms. Rather, the juveniles remain in the skin where they continue to migrate for weeks (or even months in some instances). This results in a condition known as "cutaneous" or "dermal larval migrans" or "creeping eruption." Hence the importance of not allowing dogs and cats to defecate indiscriminately.

- Strongyloides stercoralis is an unusual "parasite" in that it has both free-living and parasitic life cycles. In the parasitic life cycle, female worms are found in the superficial tissues of the human small intestine; there are apparently no parasitic males. The female worms produce larvae parthenogenically (without fertilization), and the larvae are passed in the host's feces. The presence of nematode larvae in a fecal sample is characteristic of strongyloidiasis. Once passed in the feces, some of the larvae develop into "free-living" larvae, while others develop into "parasitic" larvae. The "free-living" larvae will complete their development in the soil and mature into free-living males and females. The free-living males and female's mate produce more larvae, and (as above) some of these larvae will develop into "free-living" larvae, while other will develop into "parasitic larvae." As one might imagine, this free-living life cycle constitutes an important reservoir for human infections. The "parasitic" larvae infect the human host by penetrating the skin (like the hookworms). The larvae migrate to the lungs, via the circulatory system, penetrate the alveoli into the small bronchioles, and they are "coughed up" and swallowed. Once they return to the small intestine, the larvae mature into parasitic females. S. stercoralis also infects humans via a mechanism called "autoinfection." Under some circumstances, such as chronic constipation, larvae produced by the parasitic females will remain in the intestinal tract long enough to develop into infective stages. Such larvae will penetrate the tissues of the intestinal tract and develop as if they had penetrated the skin. Autoinfection can also occur when larvae remain on and penetrate the perianal skin. Autoinfection often leads to very high worm burdens in humans. Since the parasitic females live in the superficial tissues of the small intestine, and can be present in high numbers, they can cause significant pathology.



- There are approximately 60 species of whipworms that infect mammals. Only two are considered here, the human whipworm, Trichuris trichiura, and the canine whipworm, T. vulpis. These two species have a high degree of host specificity, but canine whipworms have been recovered from humans on rare occasions. Whipworms get their name from the characteristic shape of the adults. The adults live in the host's large intestine with their anterior ends embedded in the cells that line the intestine; each female can produce in excess of 10,000 eggs each day, and the worms can live several years. The eggs are passed in the host's feces, and they become infective in about three weeks. When an infective egg is eaten by the appropriate host it hatches in the small intestine, and

the juvenile worm migrates to the large intestine where it reaches sexual maturity. Most infections of whipworms are probably asymptomatic. However, because the worms live a long time and a person can be reinfected constantly, heavy worm burdens can develop. Symptoms of whipworm infection can include diarrhea, dysentery, and anemia. Heavy infections in children can cause mental and physical retardation. Diagnosis depends on the demonstration of eggs, which have a characteristic appearance, in the feces.

- Fasciola hepatica the common name of this parasite, the "sheep liver fluke," is somewhat misleading since this parasite is found in animals other than sheep (including cattle and humans), and the parasite resides in the bile ducts inside the liver rather than the liver itself. This species is a common parasite of sheep and cattle and, therefore, relatively easy to obtain. The adult parasites reside in the intrahepatic bile ducts, produce eggs, and the eggs are passed in the host's feces. After passing through the first intermediate host (a snail), cercariae encyst on vegetation. The definitive host is infected when it eats the contaminated vegetation. The metacercaria excysts in the definitive host's small intestine, and the immature worm penetrates the small intestine and migrates through the abdominal cavity to the host's liver. The juvenile worm penetrates and migrates through the host's liver and finally ends up in the bile ducts. The migration of the worms through the host's liver, and the presence of the worms in the bile ducts, are responsible for the pathology associated with fascioliasis. Fasciola hepatica is found in parts of the United States (view distribution), as well as in Great Britain, Ireland, Europe, the Middle East, the Far East, Africa, and Australia. Fascioliasis in sheep and cattle results in animals that show low productivity (low weight gain, low milk production, etc.).



Written with excerpts from parasite article by Michael Biamonte, C.C.N.

Who to trust... Dr. Oz or FDA? Dr. Oz...

Submitted by Kelly Sparry



"Funny thing is, the FDA admits to arsenic being in the apple juice. One of the reasons I buy organic. I would rather have no arsenic than some arsenic. Am I crazy for thinking that way? Personally I think it's great that Dr. Oz brings this issue up. Who wants their children having some arsenic in their juice?"

FDA disputes Dr. Oz's suggestion of apple juice risk

By Marilyn Marchione Associated Press

Posted: 09/15/2011 08:50:22 AM PDT, Updated: 09/15/2011 09:21:58 AM PDT

The federal Food and Drug Administration and a leading doctor are disputing claims by television show host Dr. Mehmet Oz that trace amounts of arsenic in many apple juice products pose a health risk. Oz said on his show this week that testing by a New Jersey lab has found what he implied are concerning levels of arsenic in many juices. **However, the FDA says the lab methods were not appropriate and that its own tests show much lower arsenic levels.** The agency warned the show's producers in advance that their testing was misleading. Dr. Richard Besser, former acting head of the Centers for Disease Control and Prevention, also scolded Oz Thursday on ABC's "Good Morning America" show for scaring consumers with what Besser called an "extremely irresponsible" report.

The Toxic Product in Your Diet that even Starving Kenyans Won't Eat

Submitted by Kelly Sparry



You should watch the DVD "Food Inc." We should know where our food is coming from. After I watched Food Inc., I try to be more careful with what I buy. I really dislike Monsanto. I dislike them so much I sold my stock in that company. Now I get this email and it reminds me to help spread the word about paying attention to what you eat and how I don't like Monsanto. See below....

Two and a half million men, women, and children are dying of starvation in Kenya. And to combat the growing famine, the Kenyan government recently decided to import grain from South Africa to help feed their starving people. But the people don't want it. They've even held protest demonstrations to oppose it. One Member of the Kenyan Parliament spoke up against the government's move to import this type of grain. He argued "they don't eat this stuff in South Africa, why should we eat it here?*" He said he's "totally opposed to this toxic product." But guess who does eat this toxic product? The United States. In fact, experts estimate that you'll find this stuff in 70 to 80 percent of the processed foods in U.S. grocery stores. And it's in *more* than just junk food. You'll find it in veggie burgers, cereal, granola bars, and even bread. So how come starving Kenyans are refusing to eat this food...but most Americans don't even know about this toxic product? Consider this... *Your food was created in a chemistry lab*

Since 1996, most processed food in the U.S. contains genetically modified (GM) ingredients. The two biggest offenders are corn and soybeans. It all started back in the 1980s, when agricultural giants like Monsanto started tinkering with the genetic makeup of vegetables. They wanted to find a way to make crops more disease-resistant. They also wanted to create a crop that could withstand weed-killer treatments. This means a farmer could plant Monsanto- patented seeds and then spray the heck out of them with Roundup (also, conveniently, made by Monsanto). The weeds die, but the genetically-modified crops do not. To do this, Monsanto began injecting desirable genetic code into corn and soybean cells. And voila -- mutant veggies are born. It's big business for sure. In fact, Monsanto spends \$2 million per day (yes...I said *per day*) to "research to identify, test, develop and bring to market innovative new seeds and technologies." And Monsanto's pricey chemical voodoo seemed to have worked. Today, the company controls 60 percent of the U.S. corn market. Now here's one small problem. Yes, Monsanto's corn and soybean crops don't die when sprayed with the Roundup herbicide. But the new weeds don't die either. In fact... *Fast Company* magazine reports the growth of 21 new super-weeds that now stand several feet tall and don't die when sprayed with powerful toxins. The new GM crops are also insect resistant. How do you make corn insect resistant? You inject a toxin called "Bt" into its genetic code. When the insect eats the corn, this toxin disrupts the bug's digestive system. Eventually, this kills the bug. And it keeps the crops bug-free.

But now, there's a bigger problem on the horizon... *Monsanto brings GM veggies to stores* Most genetically-modified foods you find in the U.S. come by way of processed foods. Processed food makers use GM corn and soybeans to make their tasty tarts and Ho Ho's. American consumers don't know they're eating GM foods -- however -- because the FDA doesn't require food manufacturers to list GM ingredients. So they only way to avoid GM foods was to avoid processed foods altogether. But even that's not enough to keep you safe anymore. This fall, Monsanto will begin selling genetically-modified sweet corn in your grocery store's produce section. This new sweet corn will be genetically-modified to withstand Monsanto's Roundup herbicide and will also contain the "Bt" toxin. This worries me tremendously. Chances are -- when you eat a Ho Ho, you get a little bit of the GM corn or soybean. But when you eat a whole ear of GM corn...you eat a whole ear of GM corn! That's just plain scary. And what's worse is that -- again -- Monsanto won't need to label their GM corn. You'll pick it up at the grocery store and think it's just a regular ear of corn. What's the big deal about genetically-modified food? Besides sounding icky, it's just not good for you. The American Academy of Environmental Medicine reports, "Several animal studies indicate serious health risks associated with GM food," including infertility, immune problems, accelerated aging, faulty insulin regulation, and changes in major organs and the gastrointestinal system. So what can you do to avoid it? Here's what you can do right now...

Shop Smart to Avoid Most GM Products...

1. **Buy Certified Organic.** Buy food products that have the USDA Certified organic seal on their packaging. They contain at least 95 percent organically-produced ingredients. Plus, the remaining five percent CANNOT contain GM ingredients. While this may change in the future, the USDA's organic certification makes it a fairly safe bet that that product will be free of GMOs.
2. **Buy Local.** Buy locally grown produce from your local farmer. Most genetically engineered crops come from corporate "factory farms," not mom-and-pop farmers. So if you buy your produce locally, chances are, it won't be genetically-modified. Plus, you'll feel great about supporting your local farmers and boosting your town's economy.
3. **Look for "GMO Free" Labels.** You won't find these labels in the potato chip aisle. But head to the "healthy" aisle and you may find convenience foods that have labels that read "GMO free." These are a safe bet. Also, look for beef and poultry raised on GMO-Free Feed.
4. **Avoid Key Processed Foods.** Avoid non-organic convenience foods that contain corn, soy, canola, cotton seed, and sugar. Unless the label says it's GMO Free, you can assume these products contain GMOs. Corn is the only GM modified grain currently on the market. So if your bread contains only 100 percent whole wheat...even if it's not organic...you're safe.
5. **Use a SMART shopping guide.** Many organizations have shopping guides for safe GM Free foods. You can find a good one at www.nongmoshoppingguide.com. You can download it for free and take it with you to the grocery store. It features 150 brands guaranteed not to contain GM ingredients.

Even the starving Kenyans know GM crops are "toxic." Don't you think it's about time we wake up and take a stand too? Allan Spreen, M.D., NorthStar Nutritionals

P.S. Before making GM corn, Monsanto made DDT and Agent Orange. Nobody's eating DDT or Agent Orange, but it gives you a better picture about the integrity of this company. Guess one way or another, they've learned how to make a buck off of poisoning people.

Cucumbers

Submitted by Debra Schroeder

- Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
- Feeling tired in the afternoon, put down the caffeinated soda and pick up a Cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.
- Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, Spa-like fragrance.
- Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
- Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes. The phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too
- Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B Vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!
- Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explores for quick meals to thwart off starvation.
- Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe. Its chemicals will provide a quick and durable shine that not only looks great but also repels water.
- Out of WD40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!
- Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber react with the boiling water and will be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.
- Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath. The phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.
- Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.
- Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing. Also works great on crayons and markers that the kids have used to decorate the walls!!



Recipes of the Month – Delicious Homemade Spaghetti Sauce

By: Ruth Ackerman

Ingredients:

- Cut yellow onions in half to cover the bottom of a glass or metal pan
- Cut tomatoes in half to cover the onions
- Add 8 or more smashed garlic cloves
- Salt to taste
- Drizzle with olive oil

Bake at 450 for 1-1/2 hours. Put in food processor and can or process in whatever way you choose.

The World's Easiest (and Tastiest) Salsa

By: Alicia Bayer, Mankato Green Culture Examiner

The entire process takes about a minute and generally fills a one-quart canning jar.

Ingredients:

- Tomatoes (about 6 cups)
- 1 Onion (quartered)
- 1 - 2 medium to large peppers of your choice
- 1 handful of cilantro (stems removed)
- Juice from 1/2 a lime
- 1 TBS salt (or to taste)
- 1 TSP sugar (or to taste)

Instructions:

Clean the peppers and remove the seeds and veins. Put all the ingredients in a food processor and pulse till well combined. Taste and adjust seasonings or ingredients if needed. Pour into a jar and serve in small bowls with tortilla chips. Keep refrigerated. This is not a canning salsa because it does not contain high quantities of acids like vinegar or high quantities of salt. This is a fresh salsa and it will keep in your fridge for about 1-2 weeks. Feel free to make a vinegar-based salsa to can for later in the year and consider this one of those end-of-summer tastes that you only get at its peak once a year!

My Vitamin F

Submitted by: Leigh Vecchio

Why do I have a variety of friends who are all different in character? Some of them can be considered marginal even? How do I get on with them all? I think that each one helps to bring out a "different" part of me...



- With one of them I am a polite, a good person.
- I joke with another friend.
- I sit down and talk about serious matters with one of them.
- With another I smile at every silly thing.
- I have my wine with one.
- And laugh with another.
- I listen to one friend's problems and give them advice.
- Then I listen to another advising me.
- They are all like pieces of a jigsaw, When completed they form a treasure box. A treasure of friends!
- They are friends who most times understand me better than myself, who support me through good and bad days.
- They are like colorful anti-depressants that I take on different days.
- Real Age doctors tell us that friends are good for our health. Dr. Oz calls them Vitamin F (from Friends) and counts the benefits of friends to our well being.
- Research shows that people in strong social circles have less risk of depression and terminal strokes. If you take Vitamin F constantly you can be up to 30 years younger than your real age. The warmth of friendship stops stress and even in your tense moments decreases the chance of a cardiac arrest or stroke by 50%.
- I am so happy that I have a stock of Vitamins F!
- In summary, we should value our friends and keep in touch with them. We should try to see the funny side of things and laugh together, not forgetting to open our mouths big to swallow the floating vitamins F!!!!
- Thank you for being one of my vitamins!

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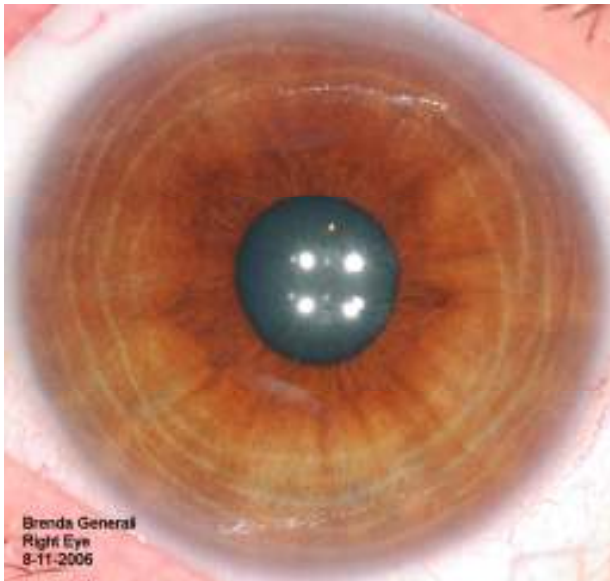
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The Study of Iridology

Last month I put my irises in the newsletter with an invitation. No one responded so I'm putting this in again this month. I hope to hear from several of our students and graduates with ideas.

I realized that I have not shown my own iris in the newsletter and you cannot see it from my picture. For those of you whom are studying iridology with us, you should recognize this iris from the practices and tests. For those of you whom have not studied with us, it's my iris.

My iris reminds me of the Mariposa Grove of Redwoods we just visited in Yosemite last month. Notice all the rings. In trees you can count the rings to find out how old a tree is. With humans it has to do with the amount of stress and how sensitive someone is. Notice that I was very stressed out in 2006. To find out my history go to <http://www.joyfullivingservices.com/bio.html>



I would be very interested, for those of you whom are studying iridology or are professional iridologists, if you would like to submit an analysis of my iris to me. Send it to iridology@netzero.net and I will publish it in the September newsletter as well as your business information.