

# Joyful Living Services' News

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**APRIL 2008****VOL. 17, NO. 4**

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## From The Author - What Are You Thankful For?

I received this e-mail the other day and wanted to share it with all of you. I'm sure you've all heard the saying, "look at life as a glass half full rather than a glass half empty". A lot of people have the tendency to see life as a glass half empty rather than a glass half full. When I received this e-mail it made me really think and look at my life. Our attitude about life really makes a difference on how we see ourselves and our world around us. If we see everything negatively we would see it as a glass half empty rather than a glass half full. I hope this message helps you see life as a glass half full. It's definitely a positive way of looking at things in your life. Have a Wonderful April. Brenda

- I am thankful for the wife who says it's hot dogs tonight, because she is at home with me, and not out with someone else.
- I am thankful for the husband who is on the sofa being a couch potato, because he is home with me and not out at the bars.
- I am thankful for the teenager who is complaining about doing dishes because it means she is at home, not on the streets.
- I am thankful for the taxes I pay because it means I am employed.
- I am thankful for the mess to clean after a party because it means I have been surrounded by friends.
- I am thankful for the clothes that fit a little too snug because it means I have enough to eat.
- I am thankful for my shadow that watches me work because it means I am out in the sunshine.
- I am thankful for a lawn that needs mowing, windows that need cleaning, and gutters that need fixing because it means I have a home.
- I am thankful for all the complaining I hear about the government because it means we have freedom of speech.
- I am thankful for the parking spot I find at the far end of the parking lot because it means I am capable of walking and I have been blessed with transportation.
- I am happy for my huge heating bill because it means I am warm.
- I am thankful for the lady behind me in church who sings off key because it means I can hear.
- I am thankful for the pile of laundry and ironing because it means I have clothes to wear.
- I am thankful for weariness and aching muscles at the end of the day because it means I have been capable of working hard.
- I am thankful for the alarm that goes off in the early morning hours because it means I am alive.
- And finally, I am thankful for too much e-mail because it means I have friends who are thinking of me. Live well, Laugh often, and Love with all your heart!

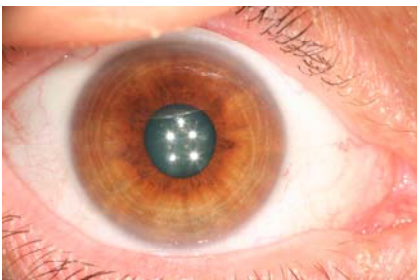


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## Introduction to Iridology

April 13, 2008

12:30 p.m. – 5:00 p.m. (lunch during class-bring your lunch)



Join Brenda Generali of Joyful Living Services to learn about Iridology. Iridology is the study of the iris of your eye to determine strengths and weaknesses in your body. By looking into your iris (the colored part of your eye), we can determine what is causing symptoms you may be experiencing and how to correct them. We can tell where there are strengths and weaknesses in your body and where your body is healing. Come join Brenda and learn about the health of your body. This will be a hands-on workshop so you will be looking at irises both on the screen and those that belong to your classmates. Please do not wear contacts during the class. There is no cost for the course, however there is a donation requested to use the venue. Class will be held in Auburn, California. If you would like to attend please call Brenda so she can be sure to have enough handouts and supplies for all students attending. See pages 6-7 for more iridology information.

## 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!

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## 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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## Depression

**Submitted by:** Salvatore Messina HD. Tel: 416-910-1555



Depression is an emotion we all can identify with, disappointment, loss, stress or frustration can put anyone in a temporary negative state, but one can be clinically depressed if any of these four symptoms are present for at least two weeks or more, sadness, sleep disturbances decreased or loss of appetite, loss of sex drive or interest, excess guilt, low self esteem, fatigue, inability to focus, indecision and thoughts of death.

About 10% of the population can feel this way, even with no previous history or who have no genetic predisposition to this ailment. Although that that women are 2-3 time more at risk than men, about 15% of the population have experienced depression (hormonal disturbance or imbalances, post partum), the young population whom seek help for depression has increased by three folds in the past 50 years.

In the past 50 years there has been an increase in air and water pollution, there are thousands of chemical, heavy metals and pharmaceuticals drugs that are toxic to the nervous system which we face on a daily basis.

Besides deep psychological and spiritual causes, there is a biological basis for depression. Two thirds of people suffering with depression can also suffer from any other of these conditions such as arthritis, diabetes, chronic lung disease, hypertension, coronary issues, back problems or chronic pain.

Deficiencies in nutrients can contribute or cause depression, like vitamin B-12 And Folic Acid.

As with any malady the cause must be found and not just masked over by pharmaceuticals, there are natural forms of anti-depressive herbs that are effective in relieving symptoms of depression. Some may work for you better than others, but should not be taken at the same time if you are presently taking anti- depressive medication, please consult with your physician before beginning alternative approach for this condition.

Here, I will list several homeopathic remedies that are known to help with depression, but will give example of one. The remedies are chosen based on the mind, emotional and physical state of an individual, much information must be gathered in order to prescribe a homeopathic remedy based on "likes cures like" approach.

Some of these remedies are- Aurum (gold); Ignasia (St. Ignatius bean); Natrum muriaticum (sodium chloride); Phosphoric acid; Pulsatilla (wind flower); Sepia (ink of cuttle fish) Remedy, Aurum metallicum. (Gold),

- The individual may be responsible, ambitious and a workaholic.
- May have loss of money, respect, love or power.
- Life has lost value, meaningless, hopeless, despair, and serious fits of anger.
- Sense of failure, worthlessness, blames himself, guilt, violent outbursts.
- Suicidal; cheered by thoughts of ending it, silent, brooding, forsaken.
- Symptoms are worse at night or in the cold.
- Better in the evening, open air, warmth and music.

It has been said that silence is golden. A person who is depressed may become very quite, withdrawn and reserved, different from his usual self. One of the key remedy for depression is Gold (en).

**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.

## Nature's Sunshine Featured Product – Silver Shield Gel (24 ppm) Now Available!



Our much-anticipated Silver Shield Gel is now available for purchase. Silver Shield Gel provides **24 ppm (parts per million) of bioavailable silver**. This product is a clear gel that promotes natural hydration and also provides a moisturizing effect.

Silver Shield Gel is made with food grade ingredients, contains no alcohol, and is safe for children. This product is manufactured with a patented process using Aqua Sol Technology and utilizes only the finest particle-sized colloids to ensure maximum bioavailability and efficiency. Silver Shield Gel is non-toxic, safe and effective, and has no risk of causing heavy metal contamination. Apply a small amount of gel to skin as needed for infection and wound healing.

### Silver Shield Gel 3 oz. (85.0 g)

Stock No. 4950-1

Direct Cost: \$14.95

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

This gel can be used instead of antibacterial soap and it won't kill all the beneficial bacteria on your hands. It can be used for infections and viruses. If you want more information contact Brenda for a brochure.

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## What Causes Poor Digestion?

By: Dr. Ellen Tart-Jensen

This month, I would like to talk with you about digestion. We see so many drugs advertised on television today to help relieve bloating, gas, GERD or gastro-esophageal reflux, hiatal hernias, burping, ulcers, constipation, and diarrhea. Many people have



tried them all and have only found themselves to be more uncomfortable than they were before they took the medicine. They are confused, disappointed, and don't know where to turn or how to really spell RELIEF! When I am working with clients, I like to try to find the cause of the problem. In finding the cause, we can find the answer. Most of the time, the cause of poor digestion begins with poor choices in what and how we eat and drink. People make poor choices for many reasons. As children, they were not taught proper food combining or how to choose foods that are pure, whole, organic, fresh, and natural. And, as children, they didn't suffer as much from gastro-intestinal disorders as much as they do after they reach middle age. People believe if they have always eaten a certain way, then why change. For example, I had a sixty year old lady who sought my advice once about a problem she was having with chronic diarrhea and indigestion. I asked her what she had been eating. She

promptly replied that she ate mostly canned foods from the grocery store because they were quick and easy. When I suggested that these canned foods might be the source of her problem, she insisted that they could not be because she had eaten them all of her life and never had a problem before. So in her way of reasoning, the canned foods had nothing to do with her troubles. People don't seem to realize that the body doesn't break down overnight. As a matter of fact, depending on one's genetics, the body can take years of destructive abuse before it starts wearing down. Something else people aren't aware of is that the body begins to have fewer enzymes in the stomach around the age of forty. What they might have gotten away with earlier in life, just isn't working any more. Eating processed, canned, fried, denatured fast foods on a regular basis because they are convenient will eventually create havoc in the stomach or intestines. White flour, pasteurized milk, and sugar, are three major inhibitors of proper digestion. Foods that are too spicy, too hot, or too cold can irritate the stomach lining. Our Divine Creator did not design our enzymes and digestive juices to be able to process these types of foods. The body is a magnificent, living organism and requires foods that are as close to natural as possible in order to maintain health. It is sad these days that many of our children don't even know where a carrot comes from! Vegetables and fruits that are picked fresh from the vine, tree, or bush are loaded with natural enzymes, vitamins, and minerals necessary for proper digestion. Thus, one of the reasons for digestive disorders is eating denatured foods. I also tell in my book, *Health is Your Birthright, How to Create the Health You Deserve*, to avoid using micro-wave ovens. Research has shown that the radiation in these ovens breaks down the natural enzymes in foods and wreaks havoc in our digestive tracts.

### Physical & Emotional Tips for Digestion

Another reason for stomach and digestive problems is eating too fast. Everyone seems to be in a hurry! Proper digestion begins in the mouth with chewing. We must chew, chew, chew our food, twenty-five times for each bite. Too many people are eating on the go with a cell phone in one hand and driving through a fast food lane with the other. They then try to eat while driving and talking on the phone. Their stomachs are churning due to stress and they gulp down loads of sugary soda or iced tea to wash everything down. Drinking too much liquid during a meal will dilute the enzymes in the stomach and greatly impair digestion. Drinking fluids full of caffeine and sugar will destroy the enzymes needed for the food. If you must drink with a meal, sip a small amount of raw vegetable juice, purified water, or herbal tea between bites. Poor food combinations greatly slow down digestion. Good rules for proper digestion are as follows:

1. Combine vegetables with proteins or carbs
2. Do not combine proteins and white flour products
3. Soaked, sprouted nuts and seeds blended make a nice protein - very high in enzymes
4. Eat fruit for the most part alone. However, avocados, tomatoes, and even apples because of the enzymes and pectin seem to combine fairly well with other vegetables.
5. Eat melons alone
6. Do not drink with meals unless it is to take tiny sips in between bites.
7. Chew each bite of food twenty-five times.

8. Eat foods that are fresh, whole, organic, and natural.
9. Avoid white flour, white sugar, artificial sweeteners, pasteurized cow's milk, foods fried in deep grease, caffeine, and micro-waved foods.
10. If you have a problem with digestion, try blending your salads and soups.
11. Take digestive enzymes and probiotics.
12. Eat in peace. Stress is a huge culprit to the digestive process.
13. When your body tells you to visit the restroom, go, do not hold it in. Create a rhythm with times to eat and times to release.
14. Exercise and good posture can greatly improve digestion by helping to strengthen the abdominal muscles and facilitate nerve flow from the spine to the stomach and intestinal tract.

There are many kinds of stress that can impair digestion, both internal and external. Try to organize your life so you can eat three meals a day sitting down and chewing your food slowly and peacefully. Do not watch a horror movie or even the news while trying to digest your foods. Do not talk on the phone while eating. If you do talk during a meal, wait until you are finished chewing and speak about pleasant things. Pause before you begin eating, bless your food, and become peaceful before you begin to eat. Stress creates internal stomach acids, which you need to avoid. Constipation is often caused by holding in emotional problems. When a person feels relaxed and free from internal fear or anger, the bowel will work much more harmoniously.

### **What are Enzymes and Why are they so Important?**

Enzymes are natural protein chemicals found in all living organisms. Enzymes are very valuable in the digestive process because they break down foods so our body can use them. When we eat cooked food, our bodies actually sacrifice their own metabolic enzymes to digest it. Our bodies only contain a limited amount of "enzyme potential". This enzyme potential is like our bank of metabolic ability and it has to last us a lifetime. When we consume foods in their raw natural state, all foods, contain high amounts of enzymes. Research has proven that cooking foods destroys the naturally occurring enzymes in food. Enzymes are responsible for every biological function that takes place in our bodies and is the determining factor between living and dead matter, the primary function they provide from a dietary perspective is the digestive process. Enzymes have the ability to begin and complete the digestion of food upon consumption before the body is called upon to manufacture the pancreatic enzymes necessary to digest and to properly assimilate the nutrients in that food. The following is a brief summary of the enzymes that should be considered most critical to supplementation for pre-digestive needs.

1. Protease -for protein digestion
2. Amylase -for carbohydrate and starch digestion
3. Lipase -for digestion of fats and oils
4. Cellulase -for digestion of dietary fiber
5. Lactase -for digestion of dairy products
6. Sucrase -for sugar digestion
7. Maltase -for digestion of malt sugars and grains

To assist with digestion, you might try taking a couple of very good, high quality digestive enzymes made from plants just before you eat. I worked in the health field for nearly thirty years and have truly seen great results with the enzymes developed by Dr. Bernard Jensen called [Di- Gest-It](#). They are excellent, high quality plant based enzymes. I have seen them help hundreds of patients that he worked with as well as hundreds that I have assisted as well. Many people think they should take their enzymes after a meal, but I believe it's best to take them just prior to eating so they can go in and be there ready to work when the food comes down to the stomach. If you are going to be traveling or eating at a restaurant or going to a friend's house to eat, it is definitely a good idea to take some enzymes along with you.

### **What are Probiotics and why are they Crucial to Proper Digestion?**

A Probiotic is a naturally occurring and beneficial bacteria that lives in our digestive tract and exists in harmony with other good bacteria in our system. The word Probiotic means "in favor of life".

### **How do Probiotics Work?**

Probiotics are living microorganisms (bacteria) in our intestines. These friendly microorganisms offer a large variety of benefits such as: assisting in proper digestion of foods, defense against infectious bacteria, delivery of micronutrients, and synthesis of key nutrients. Friendly bacteria are the ultimate form of intestinal support. When their populations are high, and we eat foods conducive to their health, they keep our intestines healthy and working properly. However, if their numbers are reduced (by high fever, illness, trauma, stress, antibiotics, chemicals, sugar, alcohol, caffeine, etc.) infectious bacteria can take over and cause severe health complications.

### **Pathogens**

If our intestines undergo stress such as antibiotic or drug use, physical or mental trauma, dietary deficiencies, or exposure to chemicals and adverse environmental factors, the unfriendly bacteria (Pathogens) can take over and create major health concerns. Pathogens that use undigested protein as a food source create by-products that are toxic to our system through a process called putrefaction (rotting of proteins). The more undigested protein that is available, the larger population of pathogens will be. This creates a struggle between Probiotics and pathogens for colonization. If high populations of pathogens are present and the body undergoes further stress as previously described, infiltration and infection can ensue. Cumulatively, all of these adverse responses can contribute to more complications like Irritable Bowel Disease (IBD), Colitis, Intestinal Ulcerations, Polyps, Diverticulitis, etc.

### **What can you do to help maintain good intestinal health?**

- General - If we continually introduce new populations of Probiotics into our intestines, we replace any Probiotics lost due to adverse conditions.

- Increase Probiotics in Time of Need- If we increase Probiotic supplementation during and after times of intestinal stress, we further re-enforce our Probiotic defense.
- Dietary Considerations - If we eat a diet conducive to Probiotic growth such as easily digestible proteins and fresh fruits and vegetables high in fiber, we significantly reduce the Pathogens' growth medium and populations. Many of you have heard of acidophilus and bifidus as types of probiotics available on the market. It was our concern that many of these products are dead in the capsules with no viable activity left. Or, if they were living in the capsules that they may never survive all the way to the stomach or intestinal tract. In our research, we have found that an excellent daily Probiotic supplement called L. sporogenes. This species forms spores, which wait until they get to the stomach's acidic environment to be activated; they germinate and proliferate in the intestine and help prevent the growth of pathogens. L. sporogenes capsule forms have been used in successful clinical trials in the treatment of gastrointestinal disorders, vaginal infections, hypercholesterolemia, lactose intolerance, and as an adjuvant to antibiotic therapy. Clinical studies have revealed that L. sporogenes can be successfully implanted in the intestine. L. sporogenes cells are protected from destruction by environmental factors by the naturally-present micro-encapsulation system, L. sporogenes spores can be stored at room temperature without loss of viability - great news for those of us who travel often and can't always refrigerate. For these reasons we chose L. sporogenes for the wonderful probiotic formula I have put together called [Preolac](#). I think you will find when you try it, that it will not cause gas and bloating like some probiotics and will help to correct any digestive disorders. It has proven to be great for relieving constipation or diarrhea and greatly improves the entire immune system. Probiotics are the forgotten soldiers that we need to keep strong in our digestive tract so they can fight for us.

Enzymes and Probiotics have been used to help relieve all of the health issues mentioned below as well as many others:

- o Most digestive disorders
- o GERD, Gastro-esophageal reflux
- o Dairy intolerance
- o Prevention of malabsorption
- o Intestinal toxemia
- o - Food allergies
- o Indigestion
- o Sugar intolerance
- o Liver/Gallbladder stress which may show itself with these indications:
- o Nausea following meal
- o Headache prior to meal or following meal
- o Diarrhea
- o Constipation
- o Bloating

So if you are having any problems with digestion, please STOP and take some time to rearrange how you are living your life. Your digestive health affects every other part of your body. Remember, you DESERVE to be well, healthy, and full of vibrant energy; so do whatever is necessary to take care of YOU!!!

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## THINGS YOU CAN DO TODAY TO LOWER YOUR RISK OF GETTING CANCER

Submitted by: Christopher Wiechert, C.N.C., [cww@cwiechert.com](mailto:cww@cwiechert.com), Toll Free Number: 800-803-3323



I thought today I would focus on things you can do to prevent cancer. Watching a loved one dying of terminal lung cancer, as I am right now, is a sobering and depressing ordeal. I don't wish it on any of you. Everything we do or don't do in life can and will have consequences on our health. It is human nature to be less preventative and more reactive, when it comes to our health. The purpose of my blogs is to educate you every week on real things you can do to make a positive step toward optimal health. While I have a few articles here on different things you can do to prevent cancer, I want to highlight one miracle nutrient. This nutrient can lower your risk of cancer by as much as 66%, if recent studies are confirmed. One study found that those with low levels of this nutrient had a 62-per-cent increased risk of heart failure. The National Cancer Institute, found that those with relatively high levels of it in their blood had a 72-per-cent lower risk of dying from colorectal cancer, and a Finnish study found that children that were given 2,000 IU's daily of it cut their risk of getting juvenile diabetes by 80 per cent. Are you taking this nutrient? Are you taking a cheap multi that only contains 200 to 400 IU's per

day of this miracle nutrient? I personally take 2,000 to 4,000 IU's a day, depending on the season, and have been for over 6 years. I also make sure all my formulations have therapeutic amounts of it so they make a real difference in your health. Please read on to see how you can make a difference in your own health, by taking action now.

### **The vitamin D miracle: Is it for real?**

In the summer of 1974, brothers Frank and Cedric Garland had a heretical brainwave. The young epidemiologists were watching a presentation on death rates from cancer county by county across the United States. As they sat in a lecture hall at Johns Hopkins University in Baltimore looking at the colour-coded cancer maps, they noticed a striking pattern, with the map for colon cancer the most pronounced. Counties with high death rates were red; those with low rates were blue. Oddly, the nation was almost neatly divided in half, red in the north and blue in the south. Why, they wondered, was the risk of dying from cancer greater in bucolic Maine than in highly polluted Southern California? [Vitamin D Deficiency and Illness - video](#) [MORE](#)

### **Enzyme Therapy for Cancer Prevention and Treatment**

(NaturalNews) Enzymes are molecules that act as catalysts for all chemical reactions within the body and are necessary to sustain life. There are two basic categories: digestive enzymes which work in the stomach breaking down food particles before their nutrients can be absorbed, and metabolic (or systemic) enzymes whose primary work begins in the bloodstream digesting foreign debris before traveling to bodily tissues to continue this and other functions. A chronic deficiency of enzymes weakens the immune

system, contributes to illness, and ultimately promotes diseases such as cancer. Both enzyme types are produced in the body but are also present in raw foods and through oral supplementation. To achieve and maintain optimum health, an adequate supply of both forms is fundamental. [MORE](#)

### **Food Compounds That Kill Test-Tube Cancer Cells Analyzed**

ScienceDaily (Mar. 7, 2008) Strawberries, grapes, blueberries and some familiar seasonings like rosemary contain compounds that can in test tubes kill cells of a childhood cancer. Nutrition-focused research by molecular biologist Susan J. Zunino of the Agricultural Research Service (ARS) Western Human Nutrition Research Center (WHNRC), Davis, Calif., may reveal exactly how the powerful plant chemicals fight the disease known as acute lymphoblastic leukemia. [MORE](#)

### **Pomegranate Extracts Found to Inhibit Prostate Cancer Tumor Growth**

(NaturalNews) A type of antioxidant found in pomegranates may account for the fruit's benefit to prostate health, according to a new study conducted by researchers at the University of California at Los Angeles and published in the Journal of Agricultural and Food Chemistry. Researchers found that antioxidants known as ellagitannins and their metabolites accumulated in the prostates of mice in the laboratory. Then the researchers grafted prostate cancer cells onto mice whose immune systems had been deliberately hampered. They then treated one group of these mice with ellagitannins and their metabolites. The treated mice demonstrated significantly less tumor growth than mice in the control group. [MORE](#)

[O M COMPLETE](#) - A complete formula with high levels of the nutrients in which most Americans are deficient. This is a potent and unique formula packed with nutrients, nutraceuticals and botanicals to support people who are lacking Vitamin D3, Vitamin C, Magnesium and Omega-3 Fatty Acids.

[WOMEN'S BASIC +](#) - Comprehensive Women's multi-vitamin and minerals, providing a range of nutrients and nutraceuticals considered important for health. This is a comprehensive multi-vitamin designed especially for the needs of women who need just that little extra boost of vitamins and minerals essential to health. Compared with standard multivitamins, this exceptional formula contains added items known for their protective and supportive benefits.

[MEN'S BASIC +](#) - Comprehensive Men's multi-vitamin and minerals, providing a range of nutrients and nutraceuticals considered important for health. This is a comprehensive multi-vitamin designed specially for the needs of men who need just that little extra boost of vitamins and minerals essential to health. Compared with standard multivitamins, this exceptional formula contains added items known for their protective and supportive benefits.

[GLUCO VIT-MIN](#) - Comprehensive multi-vitamin and minerals for all who require support in managing blood glucose levels. This is a comprehensive multi-vitamin designed especially for those who require additional support in controlling blood sugar levels. The formula includes additional nutrients and minerals known to be protective in such situations.

[NSI FlavenZym](#) - The Ultimate Systemic Enzyme Formula (Compare to Wobenzym®) -- 800 Enteric Coated Tablets. Combines powerful enzymes including bromelain, papain and pancreatin to support the body's natural defense system. Promotes cardiovascular, immune, joint and total-body health.

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## **The Study of Iridology**

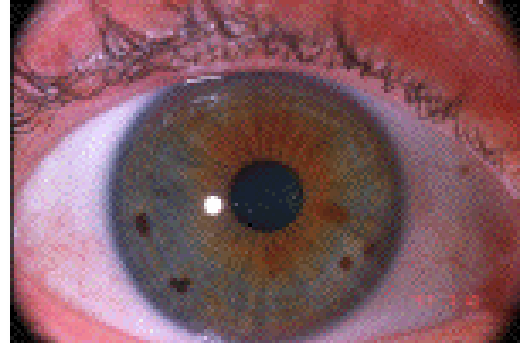
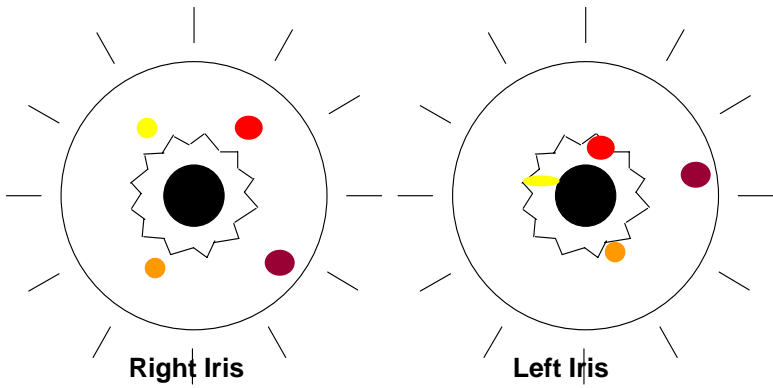
We make it a point to put some type of iridology information in each of our newsletters. This month we are discussing drug spots, deposits, psoric itch spots (Chemical Deposit); Lesions/Lacunae (Open or Closed) (Inherent Weaknesses); and Irritation of the Nervous System (Stressed Out), Please let us 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.

### **Drug Spots/Deposits/Psoric Itch Spots (Chemical Deposit)**

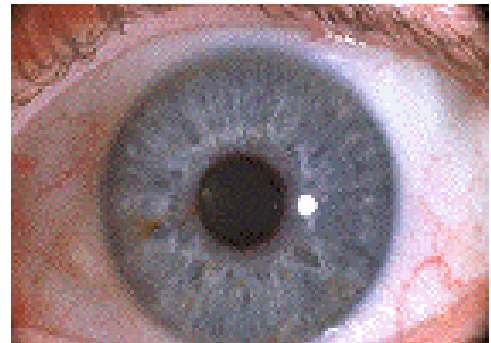
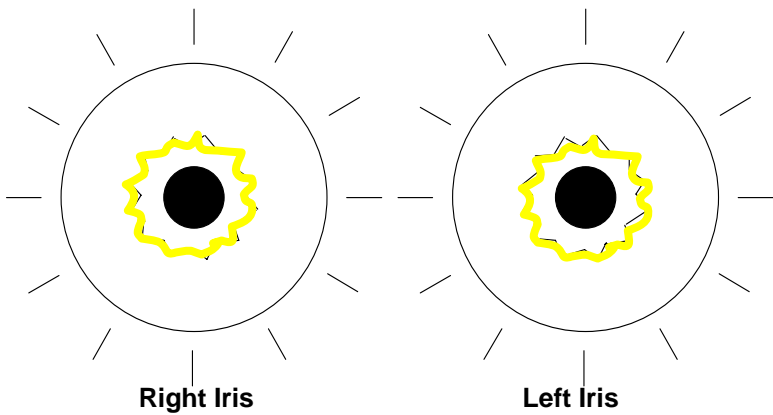
The word "**Drug**" refers to any elements absorbed into the tissues of the body which the body is unable to utilize as it would natural constituents, which include over-the-counter medications, prescription medications, inorganic sulfurs (sulfur dioxide) added to foods and other chemicals. Another example might be that in some well water there is sulfur present. Persons who drink this water over an extended period of time may find a yellowish coloration appearing in the iris. Drug settlements in the iris are not limited to drugs as we commonly think of them. Drug settlements can sometimes be enough to cause the iris to appear a different color from a distance or under various lighting conditions in a room. They may make a basically blue iris appear to be hazel colored or even brown. Settlements are usually more intense around the Autonomic Nerve Wreath which is closer to the pupil and in the bowel areas of the iris. Drug residues always settle greatest in the weakest parts of our body. These areas have less vitality to eliminate these wastes. Drug settlements may be relatively harmless, but also may be an irritant to the tissues and cause chronic problems. It's best if there are no drug settlements. Colorations associated with drug settlements may be removed from the iris through careful and steadfast attention to cleansing procedures. It usually involves the use of Bentonite Clay Water, the herb Algin and proper Colon Cleansing by using Psyllium Hulls and Cascara Sagrada. It can be a difficult thing to do in that it often takes quite a long while to accomplish. Even then, sometimes not all the color can be removed. People who do this cleansing most often do report that their eyes become closer to their natural basic color over a period of time. The trained Iridologist can observe spots or colors randomly distributed about the iris. If these spots or colors are inside the actual tissue of the iris it is known as a Psora, Psoric Itch Spot or Hyper pigmentation. Psora are areas of tissue weakness due to toxic settlement and encumbrance from drugs, body waste, etc. and is an inherited sign. Psora can be inherited from generation to generation. For instance, if someone has a Psora in one of their organs it may be traced back to a relative who might have had a weakness in that organ at one time and possibly took a synthetic drug. This drug could deposit in this area and be genetically passed through generations. It takes many years for the body to eliminate drugs from the tissues. As a matter of fact, it has been proven that it takes seven years for the body to eliminate the chemicals from one aspirin from its bone marrow. This is very frightening considering the number of

synthetic medications used today. The best way to eliminate these Psora is by cleansing the colon as previously described and by strengthening the areas where these Psora are deposited through dietary changes, herbs, vitamins and minerals.



### Irritation of Nervous System (Stressed Out)

When the nervous system becomes irritated it shows up in the iris of the eye as bright white or covered with pigmentation. Irritation of the nervous system can occur due to injury or stress. Vitamins, minerals, and herbs for the nervous system are beneficial for irritation.



### Lesions/Lacunae (Open or Closed) (Inherent Weaknesses)

These are the iris signs that represent acquired or inherited weaknesses in the body. They can be recognized by their shapes, although they vary in size and degree of darkness. Lesions are open-ended "holes" enclosed on three sides by trabeculae. The open-endedness of a lesion indicates that metabolic activities are still taking place although at a reduced rate. Lacunae are clustered lesions (two or more) closed at both ends. Crypts are small, closed single lesions, usually very dark. Both lacunae and crypts indicate encapsulated areas of toxic material in which metabolic function has apparently ceased. A white line around the outside of any crypt or lacunae indicates calcification of tissue surrounded the encapsulated area.

