

# Joyful Living Services' News

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## From The Author – Time To Go Back to School!



The last time I put together a newsletter was in June and at that time it seemed like August would not come for a long time. And here we are – in August already! It's been a very crazy summer – a very good summer! Even though the economy has been down according to the news media, banks, and realtors, the health business has been booming over the summer. It seems that a lot of people are changing professions and are looking to alternative medicine and starting their own businesses. Also my husband has a theory. He thinks that when the economy goes down and a lot of people don't have money to spend, they don't have money to spend at the doctors on tests and medications so they turn to alternative medicine which cost a lot less. We have actually noticed this before when the economy has dropped. And even though the US dollar has dropped, which is a bad thing for the United States; it has allowed for a lot more international business which has been good for the United States and those of us who have businesses within the United States. This has allowed us to reach more people outside the United States. We believe the dollar will bounce back and when it does both the US market and the international market will benefit.

So now that it's August, my kids go back to school on the 25<sup>th</sup>. My 5 year old son starts Kindergarten and my 7 year old daughter starts 2<sup>nd</sup> grade. They will be busy using their minds to develop the skills they will need in their lifetime to survive in our world. At the same time parents can go back to school at home and have the time to learn what they've always wanted to learn and become a part of the alternative field. People are always going to need professionals who can help them improve their health and more and more people are becoming open to alternative medicine. Medicinal herbs are becoming more and more popular and people are learning to be patient as their body heals itself over time, rather than depend on a synthetic pill once a day to force the symptoms away. Iridology is branching out all over the world and people are learning the science and using the cameras and software to work with chiropractors, doctors, and others who are in the public eye. People are learning more about how foods affect their body and how to eat according to their blood type and body type. Lifestyle is also something that people are realizing affects their health tremendously and I'm seeing more and more people trying to "slow down and smell the roses" rather than rush here and there for no reason at all other than to dig an early grave.

2008 is a good time to be in the alternative health field and I believe it will continue to thrive as more and more people learn of its benefits. I hope you are one of the people who have become involved in improving your life and your health. We are here to assist in that process in any way we can. Have a wonderful August. Brenda

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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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## 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.

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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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## New and Used Iridology Cameras and Iridology Station Software

There has been an enormous amount of requests for camera and software information. We can send you some written information on the cameras and software but most information is on our website and can be easily downloaded. Go to the following links to learn about the cameras and software:

1. New Iridology Cameras: <http://www.joyfullivingservices.com/iridologycameras.html>
2. Used Iridology Cameras: <http://www.joyfullivingservices.com/usediridologycameras.html>
3. Iridology Station Software: <http://www.joyfullivingservices.com/iridologystation5.1.html>

Please contact Brenda if you have questions about the cameras and/or software.

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## Pomegranate Seed Oil Causes Breast Cancer Cells to Self-Destruct



On the heels of the discovery by Israeli researchers that pomegranate juice has antioxidant properties, another Israeli team has found that the fruit could have important implications for breast cancer treatment and estrogen replacement therapy. To learn more, go to: <http://www.ats.org/news.php?id=32>

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## Health Risks of Wildfires for Children – Acute Phase

Most people have heard of the terrible wildfires that have been burning up California. In July there were over 1,700 wildfires throughout the state. Now in August there are only about 500! Many people have become very ill due to the smoke and soot from these fires. To learn more go to: <http://www.coeh.uci.edu/pehsu/Wildfires%20-%20Acute%20Phase.pdf>

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## Nature's Sunshine Supplements



Become a Member or Distributor for 1 year for free by placing a \$40 order at time of sign-up. Order for yourself and/or your family and friends and save 30-50% off retail on the products you use everyday. If you are interested in a home-based business, please contact us. Order products and search for products. Go to our web site at: <http://www.mynsp.com/generali/index.aspx>.

## Nature's Sunshine Featured Product – Milk Thistle Combination

### Benefits:

- Supports the liver.
- Supports liver cell production.
- Stabilizes liver cell membranes.
- Facilitates elimination of toxins in the body.
- Acts as a powerful antioxidant.

Milk Thistle Combination [Digestive]. Milk Thistle Combination provides nutrients that must be present for the liver to perform its 500 or more functions. **This long-time favorite boasts the same liver-protecting and free-radical fighting ingredients as in the previous formula, plus N-Acetyl-Cysteine (NAC).** NAC optimizes the production of glutathione in the liver. Glutathione is used in the breakdown and elimination of toxins in the body. NAC is also a powerful antioxidant that helps support the liver and may support the eyes

and respiratory system. **Milk thistle helps protect the liver from the toxins it collects and breaks down.** It contains a constituent called silymarin, which has been the subject of numerous studies. Silymarin may help stabilize cellular membranes, preventing the intake of some toxins and subsequent tissue damage. Each tablet contains:

Supplement Facts		
Serving Size 1 Tablet		
Servings per Container: 90		
Amount Per 1 Tablet	% Daily Value	
Vitamin A (beta-carotene, contains soy)	7,000 IU	140%
Vitamin C (ascorbic acid)	240 mg	400%
Choline (bitartrate)	50 mg	*
Inositol	60 mg	*
*Daily Value not established		

These are mixed in a base of milk thistle extract (80 percent silymarin, 140 mg), N-Acetyl-Cysteine (50 mg), dandelion root (150 mg), choline bitartrate (60 mg) and inositol (60 mg). **Adults:** Take 2 tablets with a meal twice daily. Order online at: <http://www.mynsp.com/generali/index.aspx> or call us at one of the numbers on the first page of this newsletter. Stock Number #4076-5.

## God's Pharmacy

A friend sent this to me. It's been said that God first separated the salt water from the fresh, made dry land, planted a garden, and made animals and fish... all before making a human. He made and provided what we'd need before we were born. These are best & more powerful when eaten raw. God left us a great clue as to what foods help what part of our body!



A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye... and YES, science now shows carrots greatly enhance blood flow to and function of the eyes.



A Tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.



A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.



Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.

Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.



Avocadoes, Eggplant and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).

Figs are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of Sperm as well to overcome male sterility.



Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.



Olives assist the health and function of the ovaries.



Oranges, Grapefruit, and other citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.

Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body.



**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.

## How to Avoid Foods That Are Harmful to Your Thyroid



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Your thyroid is a small, butterfly-shaped gland in the front of your neck. It releases hormones that control metabolism (how your body gets energy from the food you eat), and if this process becomes interrupted it can lead to heart disease, osteoporosis, infertility and, in rare cases, even coma and death. More specifically, your thyroid produces two main hormones thyroxine (T-4) and triiodothyronine (T-3), which are responsible for:

- Maintaining the rate at which your body uses fats and carbohydrates
- Helping control your body temperature
- Influencing your heart rate
- Helping to regulate the production of protein
- Your thyroid also produces a hormone that regulates the amount of calcium in your blood.

***Women over 50 are most likely to have hypothyroidism.***

### **Hypothyroidism: The Most Common Thyroid Disease**

Thyroid disease, which impacts 27 million Americans according to the American Association of Clinical Endocrinologists, can cause your thyroid to use energy more quickly (hyperthyroidism) or more slowly (hypothyroidism) than it should. It is the latter condition, hypothyroidism that is most common, making up perhaps 80 percent of thyroid disease cases. In hypothyroidism, your thyroid gland is not active enough, leading to:

- Weight gain
- Fatigue
- Sensitivity to cold
- Muscle weakness
- Pale, dry skin
- Sluggishness
- Constipation
- Depression
- Swelling of your joints
- A puffy face and hoarse voice
- Brittle fingernails and hair

The most common cause of hypothyroidism is an autoimmune disease known as Hashimoto thyroiditis, which may be caused by a virus, bacteria, genetics, or a combination of environmental factors. Thyroid surgery, radiation therapy for cancer and certain medications (such as lithium) can also lead to hypothyroidism. Hypothyroidism is generally diagnosed using a blood test that measures your levels of thyroid-stimulating hormone (TSH). Conventionally, hypothyroidism is treated by taking a synthetic or natural thyroid hormone daily.

### **How Do Foods Impact My Thyroid?**

Naturally occurring substances known as goitrogens exist in certain foods and are known to interfere with thyroid function. Foods that contain goitrogens include:

- Cruciferous veggies (broccoli, cabbage, cauliflower, kale, turnips, etc.)
- Soybeans and soy extracts
- Millet
- Peaches
- Strawberries
- Radishes
- Spinach
- Peanuts

If you're healthy, there's no need to limit goitrogen-containing foods, however if you have hypothyroidism some health care practitioners recommend against excessive consumption of these foods. That said, because research studies showing a link between goitrogenic foods and thyroid hormone deficiency have yet to be conducted, you probably don't need to eliminate these foods entirely, just eat them in reasonable quantities. Generally speaking, the food that could be most problematic would be soy. This is because soy exists in many forms in most processed foods. So if you eat a lot of processed foods, you could be inadvertently consuming a lot of soy. Therefore, people with hypothyroidism may want to limit their intake of processed foods. Cooking is also known to help inactivate goitrogenic compounds in foods, so if you enjoy cruciferous veggies but are concerned about your thyroid, eating them cooked may be preferable. As for foods that may HELP your thyroid function, those rich in selenium, iodine and animal-based omega-3 fats may all be beneficial. A small amount of broccoli or other cruciferous veggie is unlikely to cause much thyroid trouble, especially if it's cooked. However, excess quantities could be problematic.

## Herbal Remedies for Women . . . Natural PMS Relief



By: Valerie Greguire  
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<http://www.herbalanswersforhealth.com/>

It is estimated that 80% of women experience some type of premenstrual symptoms, for some it is a mild inconvenience; for others, it destroys their personal lives. In order to find a natural treatment for PMS we need to realize that your symptoms are caused by imbalances in both hormones, and nutrients at some point in the monthly cycle. These symptoms differ in intensity and variety according to the nutrient and hormone imbalance a woman suffers from. Choosing herbal and nutritional supplements for PMS can be complicated. Hormone balance is tied into many factors such as diet, stress, and waste elimination. The following list, based on the categories developed by Dr. Guy Abraham, will help to categorize the different types of PMS. In the recommendations below, you will find a specific herbal formula that helps bring relief for each type of PMS. This is accomplished by using herb blends that help your body to naturally balance itself. In addition, I have recommended several other supplements that are needed by the body to balance hormones. These supplements have helped many women find natural PMS relief. I have given you doses based on my personal experience with clients as to what has worked best for the 150 lb. woman.

**Type A (Anxiety):** Symptoms: Anxiety, Irritability, mood swings, nervous tension. Cause: High Estrogen-Low progesterone ratio.

### Supplements:

**Female Comfort** A combination of 8 herbs which supports and balances the female reproductive system. Over the years, I have found this to be the best formula for balancing female hormones on the market. I don't think I have ever had anyone not get some benefits from it. Take 6 capsules per day during the first month, and then reduce slowly each month to find the level that is right for you. Some women find they can just take the formula 10 days before the period is due. (# 882-2)

**Nutri-Calm** A high potency B-Complex vitamin formula, with added vitamin C to support stress. It is in a base of calming herbs to counteract the effects of stress and nourish the nervous system. Adequate B-vitamins are needed by the liver to help break down excess hormones each month. 2-3 per day (# 1617-3)

**Magnesium 250 mg** A lack of this mineral is tied into anxiety, irritability and mood swings. Magnesium helps to nourish the nervous system. Magnesium is depleted during times of stress, and with high intake of dairy foods and refined white sugar intake. 2 per day, for those who are prone to headaches and or constipation, a higher dose may be needed. If the dose is too high for an individual then loose stools are normally noticed, reduce the dose slightly until the bowel movements return to normal consistency. When choosing your dosage, consider how much magnesium you are getting in your daily. (#1786-6)

**Type C (Cravings):** Symptoms: Craving sweets, breads, pasta, chocolate, headaches, fatigue, low blood sugar. Cause: Low Prostaglandin, blood sugar imbalances.

### Supplements:

**Evening Primrose Oil** <http://www.mynsp.com/web/healthanswers/products.jsp?stocknum=17877> Evening primrose supplies fatty acids that help in the production of the prostaglandin PGE1. This substance helps to stop inflammation which is one of the triggers for headaches during the cycle. 2 per day. (# 1787-7)

**Master Gland** This product is a key product for the hormonal system. It supports the female system as well as the adrenals, thyroid, pituitary and hypothalamus. By doing this it helps to support blood sugar imbalances, stress, and slow metabolism, all of which are triggers to the many cravings associated with PMS. 2 capsules twice daily. (# 3040-3)

**Magnesium 250mg** This mineral helps to reduce cravings for chocolate, balances the moods, and reduces incidents of headaches. It also helps with fatigue by promoting a restful nights sleep, and energy production in the cell. 1-3 daily (# 1786-6) For those who are prone to headaches and or constipation, a higher dose may be needed. If the dose is too high for an individual then loose stools are normally noticed, reduce the dose slightly until the bowel movements return to normal consistency. When choosing the dosage, consider how much magnesium you are getting in your daily multiple as well. \*Avoid salt, white sugar products, margarine and fried foods.

**Type D (Depression):** Symptoms: Depression, crying, forgetfulness, confusion, insomnia. Cause: Low estrogen-high progesterone ratio, elevated aldosterone.

### Supplements:

**Female Comfort** <http://www.mynsp.com/web/healthanswers/products.jsp?stocknum=8822> To balance hormone levels. 6 per day thru the first month, then each month there after, you can try reducing it by a pill or two until you find what level works best for you. (# 882-2)

**Magnesium 250mg** This mineral helps to balance the moods, and nourish the nervous system. It also helps with fatigue by promoting a restful nights sleep, as well as energy production in the cell. 2 per day. (# 1786-6)

**Chinese Mood Elevator** This formula is a natural antidepressant. It works to increase moods and a sense of well-being, as well as energy and vitality. 6-12 per day of the regular strength (# 1878-8) or 1-2 daily of the TCM concentrate (# 1035-7).

**Type H (Hyper hydration):** Symptoms: Fluid retention, weight gain, abdominal bloating and discomfort, swollen hands and feet. Cause: Elevated Aldosterone, insulin, and cortisol.

### Supplements:

If you are under high stress (good or bad), or over the age of 35, it is likely that this bloating is being caused by too much cortisol and insulin being produced. It is likely that you have also experienced some weight gain around the midsection as well. The continuous high stress also elevates the aldosterone level which results in fluid retention.

**Chinese Kidney Activator** Because the hormone aldosterone is elevated, this results in sodium and water retention symptoms. This wonderful Chinese combination is a natural diuretic and works great at relieving excess water retention. 2 daily of the TCM concentrate (# 1040-0). For those under 35 or who not overweight, the water retention may be from a lack of potassium in your diet, and/or too much sodium. It could also come from a loss of potassium from heavy exercise and sweating. Increase your intake of fruits and vegetables and add a supplement like alfalfa or Ultimate GreenZone to increase natural potassium.

Master Gland This product is a key product for the hormonal system. It supports the female system as well as the adrenals, thyroid, pituitary and hypothalamus. By doing this it helps to support blood sugar imbalances, stress, and slow metabolism. 2 capsules 2 times daily, take all month long. (# 3040-3)

Magnesium 250 mg Magnesium is depleted during times of stress. A lack of this mineral is tied into elevated aldosterone levels. Take 2 per day (500 mg), all month long. (# 1786-6)

B-Complex The addition of a B-Complex will help control the excessive cortisol, insulin, and aldosterone levels. While the MasterGland formula mentioned above, also contains B-Vitamins, if you are under particularly high levels of stress than the addition of this formula will help even more. 3 per day. (#1778-9) For high stress, I prefer the Nutri-Calm formula for the source of the B-Complex vitamins, as it also contains added vitamin C to support stress. And is in a base of calming herbs to counteract the effects of stress and nourish the nervous system. 3 per day (# 1617-3) \* Avoid Caffeine and nicotine, \* Eat more fresh vegetables to provide more potassium, but limit fruit to 2 per day, so as to not raise sugar levels. Avoid white sugar and white flour products. Eat more whole grain foods instead, \* Drink 2 quarts water daily, the body will actually retain water if you do not drink enough of it. <http://www.womentowomen.com/>

## **Fats – Which Ones Are Good, Which One Are Bad, and Whether You Should Be Fearful of Cholesterol in Your Diet**



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Today I wanted to talk a bit about fats, which ones are good, which ones are bad and whether you should be fearful of cholesterol in your diet. Fats are essential for health. The healthiest cultures eat high amounts of good fats and have the lowest levels of chronic degenerative diseases. Understanding the Epigenetic effects of good and bad fats will make a big difference in your family's health. Basically there are 2 kinds of essential fats, omega 3's and omega 6's. We need both to be healthy. Omega 3's have an epigenetic switch of turning inflammation OFF, while omega 6's have the opposite switch of turning inflammation ON. The ideal ratio of omega 3's to omega 6's is 1 to 1. Our typical American diet has a ratio of at least 20 Omega 6's to 1 omega 3's... What does that mean? It means our typical American diet is very PRO-INFLAMMATORY. Do you consume the following oils? Corn, Canola, Soybean, Sunflower? Even if you don't, if you consume commercially produced process packaged foods, salad oils, etc., you are getting loads of these PRO-INFLAMMATORY fats. Take a few moments and learn the facts from the articles and studies below.

Cave men diets offer insights to today's health problems, study shows... They found that wild game, such as venison or elk meat, as well as grass-fed beef, contain a mixture of fats that are actually healthy for you, and, the researchers say, lower cholesterol and reduce other chronic disease risk. Recent studies have indicated that a healthy diet should contain a balance of essential fats. The two types of most concern are omega-6 and omega-3, and both are essential for proper nutrition. Omega-3 fat, which is often found in high levels in certain fish, has been shown to reduce the risk of cardiovascular disease, but too much omega-3 can increase the risk of stroke. Omega-6 fat also is an essential fat, but too much omega-6 in the diet can contribute to inflammatory responses associated with chronic disease. <http://news.uns.purdue.edu/UNS/html4ever/020204.Watkins.paleo.html>

More fish oil, less vegetable oil, better for your health... Scientists have provided new evidence that using more fish oil than vegetable oil in the diet decreases the formation of chemicals called prostanoids, which, when produced in excess, increase inflammation in various tissues and organs. The results, by William L. Smith, Professor and Chair of Biological Chemistry at the University of Michigan, Ann Arbor, and colleagues, may help in designing new anti-inflammatory drugs with fewer side effects than the ones currently available. Prostanoids help control blood pressure, fight allergies, and modulate inflammation, but too much of them especially those made from vegetable oils can also lead to increased pain, swelling, and redness in various tissues, Smith says. Our study shows that prostanoids made from fish oil are less effective at causing pain and swelling than those made from vegetable oil and that adding fish oil to the diet decreases the amount of prostanoids made from vegetable oil. Go to: <http://www.scienceblog.com/cms/more-fish-oil-less-vegetable-oil-better-your-health-13810.html> for more information.

Does Cholesterol Matter? Only if You're on a Cholesterol-Lowering Drug... The makers of Zetia and Vytorin (which combines Zetia and Zocor) recently announced that their aggressively advertised cholesterol-lowering drugs failed to slow the development of fatty plaque in arteries. In fact, the drugs actually promote the formation of plaque in arteries, which fuels heart disease and increases the risk of a heart attack. The announcement in a news release, not a medical journal came after long delays in reporting the findings of their study. Go to: <http://www.naturalnews.com/022985.html> for more information.

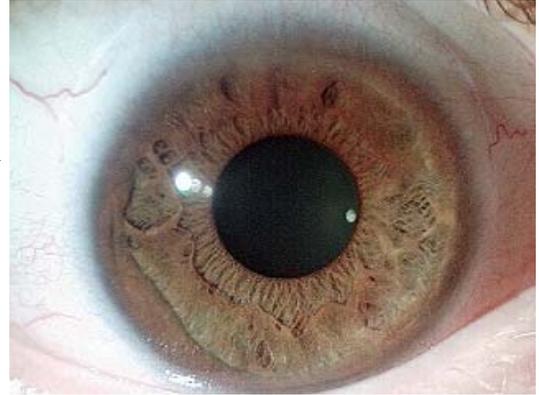
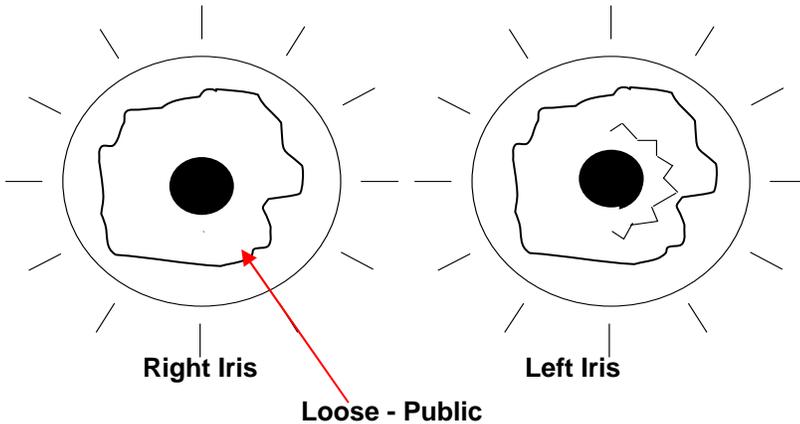
Taking a Closer Look at the Inuit Paradox and Cardiovascular Disease ... Cardiovascular Disease (CVD) is rare in Inuit people who continue to eat their traditional diet. But how can eating a diet predominantly consisting of seal meat, fat and blubber and almost completely void of greens, fruits and fiber be preventative of the very disease which plagues the entire western world and for which medical orthodoxy blames on diets high in saturated fats and cholesterol? Also, by adopting medicines low-fat, low-cholesterol diet and drug regimes, CVD continues to increase with no cures in site. Herein lies the paradox... if high fat and high cholesterol diets cause CVD, then what is protecting the traditional Inuit, which has thrived on a diet rich in both? One of the differences is that the traditional Inuits diet is very high in Omega-3 fats while our western diet is very high in Omega-6 fats. Science has shown that the ratio of Omega-6 to Omega-3 should be as close to a ratio of 1:1 and certainly no more than 4:1. Inuits are about the only peoples to approach the 1:1 ratio while we typically come in at 20:1 and the real junk food lists are measuring in at upwards of 50:1 ratios. A balanced Omega-6 to Omega-3 ratio promotes a homeostasis, non-inflammatory state in the body while a tilt to the high Omega-6 side will promote an inflammatory and therefore disease and degenerative state. Go to: <http://www.naturalnews.com/022868.html> for more information.

Video - Exploring the Cholesterol Myth: Cholesterol doesn't cause heart disease, sugars & high insulin levels do. Go to: <http://www.ihealthtube.com/asp/viewvideo.aspx?v=bc89174b0fc29ef0> to watch the video.

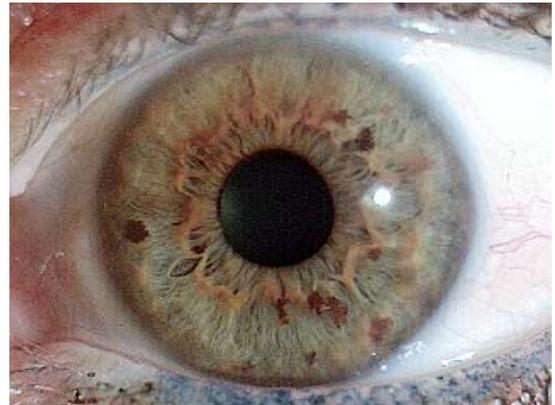
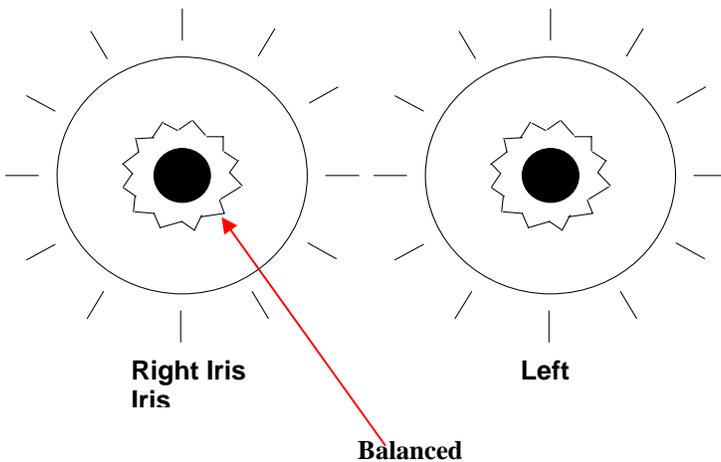
## The Study of Iridology

We make it a point to put some type of iridology information in each of our newsletters. This month we are discussing the Autonomic Nerve Wreath and its signs. **Closeness to Pupil** determines how close the nerve wreath is to the pupil area. Please let us know if you have any questions about these items. The information was taken from our Intermediate Iridology course. Go to: <http://www.joyfullivingservices.com/education.html> to find out more about our courses or call Brenda.

**Flaccid/Atonic (Loose - Public)** - If the intestinal area is large and the nerve wreath is more than halfway across the iris of the eye then it is considered flaccid. This person would be extrovert and/or very public. They would be the type of person who would love to sing in front of a group of people and who want a lot of attention. They would be fun to invite to a party.



**Balanced** - If the intestinal area is fairly balanced and the nerve wreath is in the center of the iris of the eye then it is considered balanced. This person enjoys being home alone reading a book and needs time in the public. This person would be a good friend and would be fun to invite to a party.



**Constricted/Spastic (Tight-Private)** - If the intestinal area is very tight and constricted and looks spastic and the nerve wreath is very close to the pupil it is considered constricted/spastic. This person would tend to be introvert and private. They need a lot of time at home to themselves. They would not be fun to invite to a party but would be a "wall flower".

