

# Joyful Living Services' News

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## From The Author

Tis the season to be jolly, fa la la la la la la la! I LOVE the Christmas season! It brings so many good thoughts about family and friends. I love the idea that my kids are so excited about giving and that they have learned to be generous people already. I love knowing that there's a "Santa" in each and every one of us!! This season it's very busy here with business and our personal life. Business is usually busy but I have that Christmas added to our schedule which like a spinning just us that is "spinning top" spoken to quite a are experiencing No matter how spinning we still look forward to the special time we have to spend with our friends and family during this season. We cherish every minute we have with the people we care about and enjoy the feasts that surround this time of year. May this holiday season be a happy and healthy one for you, your friends, and your family and may 2008 be a happy, healthy, and prosperous year for you. We look forward to working with each and every one of you to increase "joy" in your and our lives. Have a wonderful holiday season. Brenda



Business is usually come to realize has just been already crazy now seems to be top. And it's not experiencing this sensation. I have few people who the same thing. fast we are

## Is Clutter Getting in the Way Of Your Life?

### How Can We Be of Service to You?

Is clutter getting in the way of your life? We are organization specialists available to help you organize your home and/or office. We can work with you to purge your clutter, pack your belongings, and organize your home and/or office. Our services include:

- Organize, Pack, Purge, and Sort
- Encourage Children in the Process
- Errands
- File System Set Up
- Free up Space
- Receipt Organization
- Recycling and Donation Runs
- Small Projects

### Testimonials

*"It has been my pleasure to experience Brenda in action assisting people to declutter their 'stuff'. She provides clarity as she empowers individuals to purge what they no longer need or serves them. She provides the skills needed to organize and be able to use what they keep in effective ways. I have seen the sense of accomplishment and satisfaction in individuals when the task is done. She encourages individuals to learn that they can be in charge of their stuff rather than their stuff ruling them."* – Ruth Ackerman

*"I own an in-home preschool and daycare and work over 60 hours per week. Joyful Living Services helped me with my business and personal needs. It was hard to find time to tackle my finances, taxes, junk mail, kid's clothes, toys, outdoor items, etc. Brenda had the resources to outsource many items to recycle and donation centers. She helped me set up my office and files to help with bookkeeping and taxes, helped me clear and organize an expensive storage unit, and a garage. In the end I was able to save money, work more effectively, and enjoy old things that were lost. It was so hard for me to organize myself and Brenda was so helpful."* – Marie Guernsey, Tishero's Hero's Preschool

*"Brenda has very good organizational skills. She was very good in helping me let go of things that I tend to get emotionally attached to. She was able to help me by asking me things like "Is this really serving you?", and "Are you ready to let go of it?" She was very supportive at having me decide if I was done with something or not rather than storing it in a box. Also, Brenda was fun to work with, focused, and efficient."* – Janet Beck

## Start Learning in 2008

January is the time when most people make "New Year's Resolutions". This January why not make a resolution to learn. We offer courses in iridology, health and nutrition, herbs, anatomy and physiology, muscle testing, goal setting, and business development. You can download syllabus handouts from our web site at <http://www.joyfullivingservices.com> at any time by going to our education link on the left side of our web site.

All our courses are state certified so if you are in the medical field you can receive continuing education credits (CECs) so you can continue your learning at a college if you so choose.

We hope you will choose Joyful Living Services for your learning in 2008 and we look forward to learning with you!

Contact us at the numbers above or at [iridology@netzero.net](mailto:iridology@netzero.net) if you have any questions or would like to start taking our courses.

For a free quote please contact Brenda at the numbers above.

## 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.joyfullivingervices.com/products.html>. We look forward to doing online business with you!

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## Dirty Hotel Health Secrets!

If any of you are traveling this holiday season, please click on the link below. I was appalled to find out how dirty hotel glasses are. "You may not want to drink out of a drinking glass in your hotel room after watching this video: <http://tinyurl.com/3xv1a4>. Maybe that's why one often comes home sick from a trip? And if one's immune system is already compromised by something else, this sure doesn't help".

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## Nature's Field Newsletter

Feeling stressed? Then perhaps you should take time out to read the latest issue of Nature's Field! This month's theme is all about holistically relieving anxiety. In This Issue: Feature Herb: Passion Flower Feature Article: Relieving Anxiety: A Holistic Approach by Steven Horne Kimberly Balas' Clinician's Corner: Help for Chiropractic Adjustments. To download directly at <http://www.treelite.com/NF/2007/12/Anxiety.pdf> To Your Health! The Staff of Tree of Light Publishing

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## Nucleotides REDEFINED...

### Cellular Build...

### NSP's Nucleotide based formula

NSP stock # 1400-3

By Chris Ritchason and Patti Keplinger RN BSN

The idea that nucleotides, the building block of all living organisms, are available in capsule form as a natural health supplement remains a revolutionary concept...and it just might be the "magic bullet" in your arsenal that you have been missing!



It's been over 3 years since NSP launched Cellular Build, the nucleotide-based product. The focus of this E-flash is to once again look at the powerful product we have at our disposal. Products come and go over time, but in our opinion this is an amazing product with many various uses that produce phenomenal results and it should not be overlooked.

Nucleotides are the building blocks of DNA. In all actuality, they are the molecules that hold the DNA molecule together. Nucleotides are "...perhaps the most fundamental and important constituents of the living cell." Nucleotides are molecules that are found everywhere in the cells of all living organisms. They are a part of almost all functions of the cell whether alone or in conjunction with other molecules. They play an important part in structural, energetic, and regulatory functions.

In 1953, scientists James Watson and Francis Crick first described the "double helix" pattern of DNA which has opened the door for the genetic understanding that individuals are afforded now. Over the past 50 years scientists have evolved in their knowledge of the genetic code and it is now understood that "the blueprint for a living organism is encoded into its DNA

or RNA (the two types of nucleic acids) and is passed on from generation to generation (1)."

Is your stress level unbearable? There are many great NSP products available for stress...Stress J, Nerve 8, Distress Remedy, etc...and the list goes on. But, have you ever thought about trying Cellular Build for stress? We hadn't either. Conceptually, it makes sense that if your body does not have to work as hard to rebuild damaged tissues; it would not be as stressed!

There is a great deal of new research related to stress and exercise that was not available when this product was launched in 2004. Lars McNaughton, Head of the department of Sport, Health and Exercise Science at the University of Hull in England, along with a team of researchers, conducted a study to determine whether consuming dietary nucleotides had any effect on endurance athletes, "...found significant differences in the two markers between the control and the experimental groups...this work suggests that a dietary nucleotide supplement may offset the hormonal response associated with demanding endurance activity (2)."

There continues to be new information available which supports the concept "...that nucleotide supplementation strengthens the immune system, leading to fewer colds and upper respiratory infections, and that it lowers the hormonal reaction to stress...and thus to lessen tissue damage, which in turn permits faster recovery (3)." Research shows that nucleotide supplementation "...had beneficial effects especially when the nutrition supply was inadequate (4)."

## Positive Effects of Nucleotide Supplementation on the Body

In an article entitled "The Importance of Nucleotides," Margaret Wissman DVM, DABVP, discussed that there are many positive effects that a diet supplemented with nucleotides might have on the body. These benefits include: increased resistance to challenge to bacterial and viral infections; acceleration of antibody production; increase in white blood cells called neutrophils; increase in the number of macrophages; reversal of malnutrition and starvation-induced immunosuppression; increase in NK (natural killer) cell activity and interleukin-2 production; increase of plasma HDL cholesterol [the good cholesterol]; decrease in the concentration of LDL cholesterol [the bad cholesterol]; faster recovery of the liver after injury; positive effects on the intestines [and intestinal flora]; intestinal repair after diarrhea; as well as positive effects of recovery from stress. (5). According to Dr. Wissman, there are scientific studies to demonstrate all of these positive effects.

Life Science Magazine discussed that even though it is known that DNA molecules are linked to the Genetic Code, mistakes do happen! IT is written that some things that can cause damage in the DNA replication process include: high-energy radiation from x-rays and ultraviolet radiation, asbestos, and cigarette smoking.

## Persons who might benefit from taking Cellular Build

There are a many types of situations that could possibly benefit from supplementation with a nucleotide-based product which might include: major injury; widespread infection and resistant fungal infection; periods of rapid growth such as infancy and adolescence; impaired liver function; stress; surgery; improved athletic performance; prevention of disease; proper functioning of the immune system; neurodegenerative disorders; age associated mental functioning; wound healing; lipid metabolism; extensive burns; blood clotting problems; and periods of nutritional stress.

### Where do the nucleotides come from?

Individuals often ask how this is a "natural supplement" and where does it come from. According to Dr. William J. Keller, VP of Health Sciences and Education for NSP, nucleotides that are used in Cellular Build, are "formed by a fermentation process of oats similar to that of Brewer's Yeast."

### Persons who **SHOULD NOT** supplement their diet with nucleotides include

- Persons who SHOULD NOT supplement their diet with nucleotides might include those with gout or other conditions with an elevated uric acid level and those who have had an organ transplant. It is questionable as to whether those with auto-immune diseases such as lupus should avoid nucleotide supplementation or not.

### Other ingredients in Cellular Build:

Cellular Build not only contains nucleotides, but milk thistle, astragalus, and FOS (fructooligosaccharides) as well.

This revolutionary combination creates a synergistic effect that is unsurpassed by any nucleotide-based supplement on the market today...TRY IT! We look forward to hearing your testimonies...Please share them with us! Order online at:

<http://www.mynsp.com/generali/index.aspx>

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## NATURE'S NONI (TWO) 32 OZ BOTTLE PACK

### Benefits:

- Helps normalize blood pressure.
- Supports the female reproductive system and minimizes discomfort due to menstrual cramping.
- Supports joint health and mobility.
- Promotes a feeling of well-being.
- Helps support proper digestion.



Nature's Noni®, Juice [Immune, Structural, Nervous, Digestive, Intestinal, Respiratory] is Morinda citrifolia fruit juice. The juice contains unique phytonutrients and antioxidants.

Phytonutrients nourish the body's cells, organs and tissues. They also fight free radical damage caused by harmful chemicals, pollution and a host of other free radical-generating processes. Nature's Noni juice is particularly useful for promoting healthy skin, healthy joints and a general feeling of well-being. Years of native use suggest that the many benefits of the morinda fruit come from these phytonutrients, antioxidants and its other physiologically unique ingredients.

Nature's Noni contains reconstituted Morinda citrifolia fruit juice, natural flavors and no preservatives. The natural blend of flavors gives Nature's Noni juice a pleasant tropical taste.

As a dietary supplement Adults: take 2 tablespoons (1 oz.) daily, preferably before meals. Children: take 1 tablespoon daily. Order online at:

<http://www.mynsp.com/generali/index.aspx>

## 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 Herring's Law of Cure, what iridology can and cannot do, the sinus area, and the immune system. Please let us know if you have any questions about these items.

### Herring's Law of Cure

Herring's Law of Cure is the basis of all healing. This is the way the body heals or cures itself. **"All cure starts from within out, from the head down and in reverse order as the symptoms have appeared or been suppressed". "We don't catch diseases, we create them by breaking down the natural defenses according to the way we eat, drink, think and live".** Herring's Law is a very important law to understand and remember. It is imperative to follow this law in order to allow the body to eliminate toxins created daily.

The definition of Herring's Law of Cure is as follows:

**"We heal from the head down"**. This means that before we can even begin to heal we must believe we can heal. We must be mentally prepared and strong in order to allow the body to heal. We must not doubt the body's ability to heal itself.

**"We heal from within out"**. This means we must allow the body to cleanse. In order for the body to eliminate toxins it must be allowed to do so by not suppressing any kind of discharge. Most over-the-counter medications and prescriptions do suppress discharges. This is not good as these toxins can go deeper into the body and create other weaknesses. The body must be allowed to cleanse itself in whatever manner it needs to without interruption by synthetic suppressive substances.

**"We heal in reverse order as the symptoms have appeared or been suppressed"**. This means that most of the time the last problem someone has is the first problem to be dealt with by the body in the reversal process. For instance, let's say the last illness you had was a sinus infection and a suppressive medication was used to stop any sneezing, coughing, dripping nose or sinus drainage. In order for the body to heal itself it must eliminate these toxins and mucus that were suppressed at this time. Since this was the last illness it is the easiest for the body to heal. The body may stimulate the Immune System to create a fever to burn out the toxins, the toxins may be eliminated through the Lungs or Bronchioles causing a large amount of phlegm to exit these areas, it might eliminate them through the skin causing breakouts or it could eliminate them through the Colon in which case mucus, old feces and food that hasn't been eaten for quite a while may be eliminated. These are just a few ways the body heals itself.

Unfortunately, Herring's Law of Cure is not used today in Orthodox medicine. Orthodox medicine generally believes that because the symptoms are suppressed the problem is cured, or by removing the organ, which is not functioning correctly, it can cure the problem. Perhaps this is why no one knows what a **"Cold"** is today. A **"Cold"** is the body's way of eliminating toxins, which it does by increasing the mucous from the mucous membranes in order to free the toxins. Toxin elimination is imperative in order for the body to stay healthy. Disease reversal is also imperative in order for the body to **"cure"** a disease.

### What Iridology Can and Cannot Do

Iridology is the only science that tells inherent weaknesses. We die from our inherent weaknesses. Disease migrates to our weaknesses. We become toxic laden because we cannot

detoxify. Inherent weaknesses tell us where the minerals are needed.

#### Iridology Can Reveal:

- The primary nutritional needs of the body.
- Inherently weak organs, glands and tissues.
- Inherently strong organs, glands and tissues.
- Constitutional strength or weakness.
- What organ is in greatest need of repair and rebuilding.
- Relative amounts of toxic settlements in organs, glands and tissues.
- Stages of tissue inflammation and activity.
- Where inflammation is located in the body.
- Under activity or sluggishness of the bowel.
- Spastic conditions or ballooned conditions of the bowel.
- The need for acidophilus in the bowel.
- Prolapses of the transverse colon.
- Nervous condition or inflammation of the bowel.
- High-risk tissue areas in the body that may be leading to a disease.
- Pressure on the heart.
- Circulation level in various organs.
- Nerve force and nerve depletion.
- Hyperactivity or hypo activity of organs, glands or tissues.
- Influence of one organ on another, contribution of one organ to a condition elsewhere in the body.
- Lymphatic system congestion.
- Poor assimilation of nutrients.
- Depletion of minerals in any organ, gland or tissue.
- Relative ability of an organ, gland or tissue to hold nutrients.
- Results of physical or mental fatigue on the body.
- Need for rest to build up immunity.
- Tissue areas contributing to suppressed or buried symptoms.
- High or low sex drive.
- A genetic pattern of inherent weaknesses and their influence on other organs, glands and tissues.
- Pre-clinical stages of potential diabetes, cardiovascular conditions and other diseases.
- Miasms.
- Recuperative ability and the health level of the body.
- Build up of toxic material before the materialization of disease.
- Genetic weaknesses affecting the nerves, blood supply and mineralization of bones.
- Genetic influence on any symptoms present.
- Healing signs indicating an increase in strength in an organ, gland or tissue.
- Bone marrow problems.
- Potential for varicose veins in legs as shown by inherent weakness.
- Positive and negative nutritional needs of the body.
- Probably allergy to wheat.
- Sources of infection.
- Acidity of the body or catarrh development, as indicated by acute signs in the iris.
- Suppression of catarrh, as indicated by sub acute or chronic signs in the iris.
- Condition of the tissue in any part of the body or all parts of the body at one time.
- Climate and altitude best for patient.
- Potential contributions to sterility.
- Effects of polluted environment.

- Adrenal suppression, which may indicate low blood pressure, lack of energy, slowed tissue repair, deficiencies of vitamin C and adrenaline.
- Resistance to disease, as shown by amount of toxic settlements in the body.
- Relationship or unity of symptoms with conditions in organs, glands and tissues.
- The difference between a healing crisis and a disease crisis.
- The workings of Herring's Law of Cure.
- Whether a particular program or therapy is working or not.
- The quality of nerve force in the body.
- Response to treatment; how well the body is healing itself and at what rate.
- The "whole" overall health level of the body as a unified structure.

#### Iridology Cannot Reveal:

- Predict or indicate blood pressure levels (abnormal or normal), blood sugar level or other specific diagnostic findings or laboratory test results.
- Identify what medication or drugs an individual is taking or has used in the past.
- Determine what surgical operations a person has had.
- Tell what foods a person does or does not eat.
- Find out how much uric acid is in the body.
- Indicate when an injury to the body occurred or what caused the injury.
- Determine whether a poisonous snake bit has occurred or whether snake venom has entered the bloodstream.
- Correlate tissue inflammation levels with specific diseases or symptoms of disease.
- Identify diseases by name.
- Tell whether a subject is male or female from the iris.
- Determine whether asbestos settlements or silicosis exists in the body but only the effects on tissue.
- Tell if hair is falling out or what may be causing hair loss.
- Determine the number of organs when a person has been born with 3 kidneys, a double uterus, etc.
- Verify the presence of fungal infections such as Candida Albicans, although it may indicate conditions supporting its possible presence in the body.
- Show which tooth may be causing trouble.
- Verify the presence of lead, cadmium, aluminum or many other metallic elements that may have settled in the tissues.
- Tell if someone is on birth control pills.
- Prove whether or not a woman is pregnant, either normal or entopic pregnancy.
- Indicate whether an operation may be necessary.
- Indicate reliably whether a tumor is present or what size it may be.
- Show whether hemorrhage exists in the body or where its location may be.
- The difference between drug side effect symptoms and symptoms of actual diseases.
- Show if the thyroid is causing irregular menstrual periods.
- Determine the presence of multiple sclerosis, Parkinson's disease or bubonic plague.
- Prove whether healing signs indicate a raising of the general health level.
- Indicate syphilis, gonorrhoea or other sexually transmitted diseases.
- Identify homosexuality or AIDS.
- Show whether gallstones or kidney stones are present.
- Tell reliably whether a blockage exists in a cardiac artery.

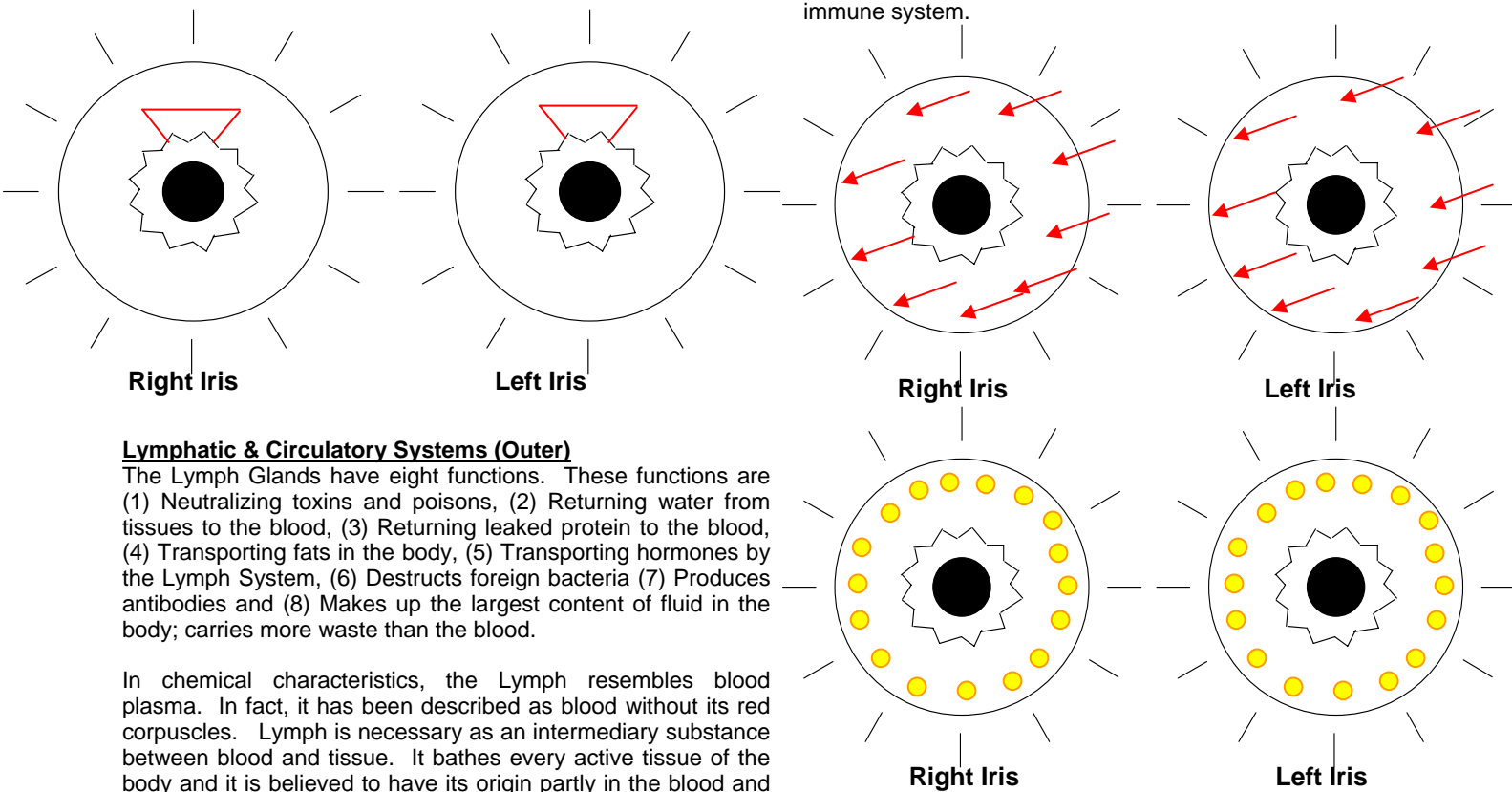
**Sinus (11:00-1:00 L, 11:00-1:00 R)**

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

This is possibly by getting a "cold", burning diarrhea, phlegm from the lungs, breakout of the skin and other ways the body eliminates toxins.

movement which creates pressure differences in the body cavities moves the lymph; (2) Muscle movement in the body which squeezes the Lymph along the vessels. Each vessel contains valves that allow the flow to go in one direction only; (3) the Lymph vessels themselves have thin muscle fibers in their composition that move in peristaltic movements; (4) Intestinal movement; (5) Continuous production of Lymph and the pressure behind it forces movement of Lymph Fluids in the system and (6) Difference in pressure in the Lymph Vessels at the tissue end and at the emptying end of the blood vessels in the Thoracic area.

Herbs such as Garlic, Onion, Pau d'Arco, Golden Seal, Echinacea and other foods containing organic sulfur are beneficial to the Immune/Lymphatic System. Vitamin C is also important to this system. The best way to keep the Immune/Lymphatic System clean is to not suppress any discharge out of the body or any fever the body may develop. A "Fever" is the body's Immune System burning out toxins. By using medication to lower a fever we suppress the Immune System. Chlorinated drinking water and chlorinated swimming pools should be avoided as chlorine can also suppress the immune system.



**Lymphatic & Circulatory Systems (Outer)**

The Lymph Glands have eight functions. These functions are (1) Neutralizing toxins and poisons, (2) Returning water from tissues to the blood, (3) Returning leaked protein to the blood, (4) Transporting fats in the body, (5) Transporting hormones by the Lymph System, (6) Destroys foreign bacteria (7) Produces antibodies and (8) Makes up the largest content of fluid in the body; carries more waste than the blood.

In chemical characteristics, the Lymph resembles blood plasma. In fact, it has been described as blood without its red corpuscles. Lymph is necessary as an intermediary substance between blood and tissue. It bathes every active tissue of the body and it is believed to have its origin partly in the blood and partly in the tissues. Lymph may be considered the middleman in the transactions between blood and tissues. The Lymphatic System, in contrast to the blood circulatory system, follows a "one-way" network of vessels and arteries that empty eventually into ducts in the internal jugular and subclavian veins. Lymph fluid and lymphocytes are constantly being moved into the bloodstream to carry out their functions. The lymph returns fluid and proteins to the blood, while lymphocytes take part in the formation of antibodies and play an important role in the body's natural Immune System. In particular, Lymph Nodes, ranging from the size of a ballpoint pen tip to the size of a bean, filter pathogenic microorganisms and foreign particles from the Lymph and eject them as waste matter from the body.

The Lymph System has no pumping mechanism. Movement of Lymph Fluids that return liquid and wastes to the blood is carried out by the following six different forms (1) Respiratory

To find out more about iridology and/or to take our courses, please contact us. Courses are \$200 each (beginning, intermediate, and advanced) or \$450 if all 3 are ordered together. You can download the syllabus of our iridology courses at <http://www.joyfullivingservices.com>

**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.