

Joyful Living Services' News

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Happy Holidays from Our Family to Your Family!



Happy Holidays from Joyful Living Services – From Our Family to Your Family!! December is such a special time of year. It's a time for us to reflect on what we are grateful for in our lives and to become closer to family and friends. Last week I was sent a very inspiring web site to join on gratitude called "Go Gratitude". I highly recommend you sign up for the free e-mail newsletters. They are wonderful at helping me be grateful every day for something in my life. Go to the following link to learn about the site and sign up: <http://www.gogratitude.com/>

We have focused this month's newsletter on stress and the adrenal glands since it is the holidays and a time when people get together with family and eat a lot just like at Thanksgiving time. There is also a lot more stress this time of year due to financial issues with the economy and with holiday spending. This taxes the glandular system and adrenal glands tremendously. Most people socialize so much during the holidays and get very little sleep so they turn to caffeine which further weakens the adrenal glands. Be sure to take care of your body during this holiday season. We've listed some ways you can support your glandular system and adrenal glands in this newsletter. I hope you will enjoy the information this month and that you will pass it on to anyone you think would benefit from it. Happy Holidays! Brenda

Hope for the Holidays – A Perfect Gift

Hi Brenda, Do you remember me? We communicated about my issue of pregnancy loss due to incompetent cervix, and my desire to try again. Just to recap, my husband and I lost 4 pregnancies over the last five years (at 23 weeks, 17 weeks, 8 weeks, and 25 weeks). Well, on 8/8/08, I gave birth to a healthy baby boy at 38 weeks. I did have complete and strict bed rest for 6 months, a cerclage stitch, and weekly progesterone shots. Also, I drank red raspberry tea and took pure red raspberry tablets daily. My husband and I are very happy and thank God that our dream came true. I truly believe that being positive and having strong faith can take anyone a long way to reaching their dreams.



I hope you're well Brenda. I remember how kind and empathetic you were to me and wanted to share the news with you. Believe it or not, we want to try again for another child in 2 years. It is certainly worth the great efforts. Please feel free to share this story with anyone who you think may be encouraged. Again, thank you for your help and sincere concern for me. Take care and Happy Holidays!!! Sincerely, Rebecca Perez

Vicks Testimonial



During a lecture on Essential Oils, they told us how the foot soles can absorb oils. Their example: Put garlic on your feet and within 20 minutes you can 'taste' it. Some of us have used Vicks Vapo rub for years for everything from chapped lips to sore toes and many body parts in between. But I've never heard of this. And don't laugh, it works 100% of the time, although the scientists who discovered it aren't sure why.

To stop night time coughing in a child, put Vicks Vapo rub generously on the bottom of the feet at bedtime, then cover with socks. Even persistent, heavy, deep coughing will stop in about 5 minutes and stay stopped for many, many hours of relief. Works 100% of the time and is more effective in children than even very strong prescription cough medicines. In addition it is extremely soothing and comforting and they will sleep soundly. Cough medicines in kids often do more harm than good, due to the chemical makeup of these strong drugs. Vicks on the bottom of the feet is found to be more effective than prescribed medicines for children at bedtime, in addition to having a soothing and calming effect on sick children who then went on to sleep soundly.

I tried this on my son the other night and it stopped his cough in only 5 minutes. He coughed only once after I applied the Vicks and that was it. Please pass this testimonial on to everyone you know as it can really assist them. Brenda, JLS

Healthy Miracles

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The month of December is a wonderful month when people around the world celebrate peace, love, good health, abundance and joy for mankind. Whatever your culture or background and however you celebrate - whether it's Christmas, Hanukkah, Kwanzaa, Three Kings Day, Ramadan or other meaningful holy days, we at Bernard Jensen International wish for you and your loved ones to have happy moments and healthy miracles!

Miracles are events that occur as something that previously seemed almost impossible. At this time, I would like to share with you a wonderful real life miracle that happened for a little boy named Michael. When Michael's parents brought him to visit me as a client, they had nearly lost all hope of their child ever getting well. They had tried everything they knew of and everything they had tried had failed. At seven years old, Michael was a very sick little boy. His abdomen was swollen like a balloon and the rest of his body was frail and thin. He would go for two weeks and not be able to have a bowel movement. He was actually being poisoned by his own wastes. Laxatives brought little or no relief. Upon questioning his parents and looking over Michael's health records, I discovered he had developed a very high fever of 103 degrees at two years of age after receiving his MMR and DPT shots and he cried a lot. Shortly after the shots, he contracted a very serious (more serious for children) and highly contagious virus called Respiratory Syncytial Virus or (RSV). He was given medications for this. Soon, he developed severe constipation and his immune system was extremely weak. He was developing pneumonia five times a year. With each bout of pneumonia, he was given antibiotics, liquid prednisone, and breathing medication treatments. His energy level was very low and his skin was pale and slightly blue. He would not participate in any sports activities. I suggested a natural healing program for Michael and the loving parents went to work helping him to follow it. Michael himself was a real trooper and did everything I asked of him. He wanted with all his heart to get well. Some good results came about within a few weeks; great improvements came after a few months; and after a year of diligence, Michael was a new child! He became active in Hip Hop dancing, karate, and loved working with anything electronic. He began to enjoy having friends over to visit after school. His skin became a beautiful tanned color and best of all he had regular bowel movements every morning and evening. He did have a bout of pneumonia during this healing period, but we were able to help him get well with natural remedies and without the use of antibiotics or steroids. Recently, his mother sent me three little Teddy bears. Each one carries a special message on the front. One says Peace, one says Hope, and one says Joy. She wrote a note that said,

Dear Dr. Jensen, The moment I saw these three precious bears I thought of you. You have brought so much hope to me and my family from the very first time we met you for Michael's consultation. Without your love, caring and dedication all hope would have been lost. Once we began your protocol for Michael and he began healing, I began to feel a sense of peace wrapping around us. Now that Michael is doing much better, I really feel a sense of joy. Thank you for all you have done, continue to do and the healing you bring to all that know you. Sincerely, Karen

Tears came to my eyes when I received this package and letter. I was so thankful for the miracle that had happened for Michael and his family. This is one miracle out of many that I have observed during my twenty five years in practice. These little bears will live in my office and continue to inspire the children and adults who see them. I consider December a very special month and one in which many of us celebrate the possibility of peace, hope, joy and miracles. I would like to share with our readers how to create their own miracles when it comes to improving digestion during the holidays and how to overcome constipation. We can also create miracles of peace, hope, and joy just by being kind to one another.

Holiday Salad

Remember to eat salads during the holidays. They will help keep you regular and your digestive tract will love you for it! Here's a delicious holiday salad that is especially good for preventing or relieving constipation. Remember, bitter greens help that liver work better. In a large glass or wooden bowl add the following:

- Mixed greens including baby Romaine lettuce, red leaf lettuce, arugala, and cilantro to equal three cups. Tear up the large pieces into bite size bits.
- Cut up a red Gala or Red Delicious apple with peeling into bite size pieces.
- Cut up an organic cucumber with the peeling into bite size pieces (if you prefer, peel it before cutting up).
- Peel a small jicama, and chop into bite size pieces to equal about 2/3 cup.
- Chop up 4 stalks of fresh celery into small pieces.
- ½ cup dried cranberries.
- 2/3 cup of chopped walnuts and/or pine nuts. Toss together.

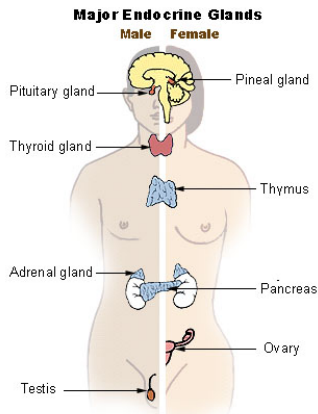
Dressing

- ¼ cup fresh lemon juice.
- ¼ cup raw apple cider vinegar.
- 1 cup cold pressed olive oil.
- 1 teaspoon fresh grated ginger.
- 1/3 teaspoon unrefined sea salt (optional).
- 1 tablespoon raw organic honey. Shake well in a glass jar. Pour over salad and toss together.

This dressing is excellent for promoting proper liver and gallbladder function and helps to promote good peristalsis. Enjoy your holidays! Make them holy days. Remember the joy and healing that comes with giving and sharing kindness. Nurture joy within yourself. The more joy you carry within, the more it will overflow through your smiles and laughter to others. From all of us here at BJI, we wish you very Happy Holidays and a Wonderful New Year!

The Glandular System

The following information was taken from our “Certified Herbal Counselor” course. The glandular and nervous systems work intimately together to maintain balance among all of the body systems. Together, these systems regulate voluntary and involuntary actions within the body such as growth, metabolism, digestion, elimination, menstruation and sleep. These systems also serve as the body’s means of communication between cells.



The glandular system communicates using chemical messengers called hormones, which stimulate reactions that may last from a few hours to several days.

Glandular system concerns include hormone imbalances, weak adrenal glands, thyroid imbalance, diabetes, hypoglycemia and hyperglycemia.

Examining the Glandular System

While the glandular system communicates using hormones, the nervous system uses electrical impulses and chemicals called neurotransmitters to relay fast, short-lived messages. Some neurotransmitters, e.g., noradrenaline, also act as hormones and may be secreted in more than one place throughout the body. Both neurotransmitters and hormones bind to receptor cells to initiate responses.

The nervous and glandular systems are linked by the hypothalamus – the control center for the body’s emotional and physical responses. The hypothalamus, part of the brain stem, has been found to control hunger, thirst, blood pressure, pain, pleasure, water balance, temperature, sexual desire, hostility and many other emotions and responses. However, it is not the only area of the brain associated with emotions. Many structures, including the hypothalamus, make up the limbic system, an area of the brain that processes feelings and emotions.

The relationship between the hypothalamus and the pituitary gland provides the link between the nervous and glandular systems. The pituitary is a small gland located at the base of the brain. Many refer to it as the master gland because it regulates the release of hormones from most other glands, much like the maestro of a symphony directs all the musicians to play together to produce harmonious music. Divided into two lobes, the anterior and posterior, the pituitary is a double gland. Some hormones are produced in the hypothalamus and stored in the posterior lobe of the pituitary. The hypothalamus also manufactures hormones that stimulate the release of other hormones from the anterior pituitary. These are called releasing, or tropic hormones.

Many glands have a “feedback loop” that prevents the over-secretion of certain hormones. For instance, if the anterior pituitary secretes thyroid-stimulating hormone (TSH), the thyroid subsequently releases thyroxine and tri-iodothyronine, two hormones that trigger an increase in metabolism. These hormones inhibit the release of TSH so the thyroid will not be stimulated by the anterior pituitary.

The pituitary also produces hormones that it secretes directly into the bloodstream. One of these, growth hormone, is responsible for growth, development, protein synthesis, the breakdown of fats, and increases in blood sugar levels. Other hormones produced by the pituitary and secreted directly into the bloodstream include prolactin, which stimulates milk secretion in females; follicle-stimulating hormone (FSH), which stimulates the growth of ovarian follicles in females and seminiferous tubules in males; and luteinizing hormone (LH), which initiates ovulation during the menstrual cycle.

The pineal gland is a small, pea-sized gland located in the center of the brain. It is associated with biological responses to light and regulation of the body’s circadian rhythms such as sleep. Exposure to light inhibits the secretion of melatonin, a pineal hormone, and darkness stimulates it. Secretion of this natural antioxidant peaks around midnight and troughs in the morning. Melatonin production decreases with age.

The thymus gland is located behind the upper part of the breastbone and produces the hormone thymosin. Thymosin plays a role in immune response.

Just above the thymus, in the neck, is the thyroid gland. The thyroid secretes two different hormones; thyroxine and tri-iodothyronine (mentioned previously). Together, these two hormones regulate metabolism, growth and development. Calcitonin, another thyroid hormone, regulates blood levels of calcium, preventing excessive amounts from being released into the blood.

The parathyroid gland lies adjacent to the thyroid. Parathyroid hormone (PTH) acts as an antagonist to calcitonin to increase calcium levels in the blood by stimulating its release from the bones. At the same time, PTH causes the kidneys to excrete phosphate, which is also released from the breakdown of bone. The kidneys, intestines and bones all play a role in maintaining proper blood levels of calcium and phosphate.

The adrenal glands are located on top of the kidneys. Each gland is divided into two parts, the cortex and the medulla. The adrenal cortex (outer layer) produces “cortical” steroid hormones from cholesterol. Among the many cortical steroid hormones produced by the adrenal cortex are the sex hormones, DHEA, cortisone and aldosterone. The sex hormones signal development of secondary characteristics such as facial hair and a deeper voice. DHEA (dehydroepiandrosterone), an intermediate hormone, aids in the production of sex hormones. Cortisone and its derivatives (called the glucocorticoids) help maintain normal blood sugar levels by stimulating formation of carbohydrates from protein and fat through secretion of enzymes.

from the liver. These glucocorticoids also decrease inflammation, help repair damaged tissue and act as the body's buffer for stress.

Another cortical steroid hormone is aldosterone, which regulates mineral balance within the body by stimulating the absorption of sodium, chloride and water, and decreasing absorption of potassium by the kidneys. A careful balance of these minerals is vital for proper function of the sodium-potassium pump, which transports molecules into cells, and for conduction of nerve impulses.

Many plants produce hormones similar to the cortical steroid hormones; these are often called phytosteroids, and in the body they act similarly to the way the cortical steroid hormones function.

The medulla (or inner layer) of the adrenal gland produces adrenaline and noradrenaline. These hormones stimulate the sympathetic nervous system in fight-or-flight responses. When the body senses stress – whether it be emotional, physical or environmental – elevated blood pressure, increased blood sugar, accelerated heart rate and constricted blood vessels can result as the body redistributes its energy in order to deal with the stress. Simultaneously, functions that are less crucial to survival (like digestion and elimination) temporarily stop.

The ovaries are the female sex organs that produce estrogen and progesterone. Estrogen maintains and helps develop other female sex organs, stimulates secondary sexual characteristics and stimulates growth of the uterine lining during the first two weeks of the menstrual cycle. Progesterone has been called the pregnancy hormone because it prepares the uterus for the fertilized egg during the last two weeks of menstruation and helps maintain a healthy fetus during pregnancy.

The male hormone testosterone is produced in the testes, the main male reproductive organs. Testosterone stimulates development of sperm cells in men, maintains and develops male reproductive organs, and is responsible for male secondary sexual characteristics.

The pancreas is a digestive organ that also functions as a gland. It secretes glucagon, which converts glycogen into glucose, and insulin, which acts as an antagonist to glucagon to prevent excessive levels of blood glucose. Both of these conversions involve enzymes produced by the liver.

The digestive tract also contains hormones. Gastrin, secreted in the stomach, triggers secretion of gastric juices and enzymes in the pancreas. Stomach acidity causes the release of secretin in the small intestines, which in turn causes the pancreas to secrete its enzymes, and stops the secretion of acid. Cholecystokinin (CCK) stimulates the gallbladder to secrete bile. Proper nutrition is crucial to the function of this complex system. Most glands need increased amounts of particular minerals to function as enzymes in their reactions. For example, the pancreas needs chromium, the prostate requires zinc, and the thyroid uses iodine. Many problems with the glandular system are associated with poor nutrition and low levels of these minerals in the diet.

Glandular System Analysis

If you have four or more of the following indications, you may consider nutritional aid to the glandular system: Lack of energy, Regular consumption of alcohol, Frequent mood swings, Poor concentration or memory, Stressful lifestyle, Skin/complexion problems, Cravings for sweets, salt or junk foods, Too little sleep or restless sleep, Hair loss, Difficulty in maintaining ideal weight, Lack of a balanced diet, Slow recovery from illness, Lack of appetite, Unsettled, apprehensive, pressured, More than 2 cups of caffeinated beverages/day, Easily irritated or angered, and/or Don't get enough exercise.

Glandular System Suggestions

Eat regular meals at regular intervals, Eat vegetables, legumes and whole grains, Avoid simple sugars, Exercise, Avoid stress.

Nature's Sunshine Supplements



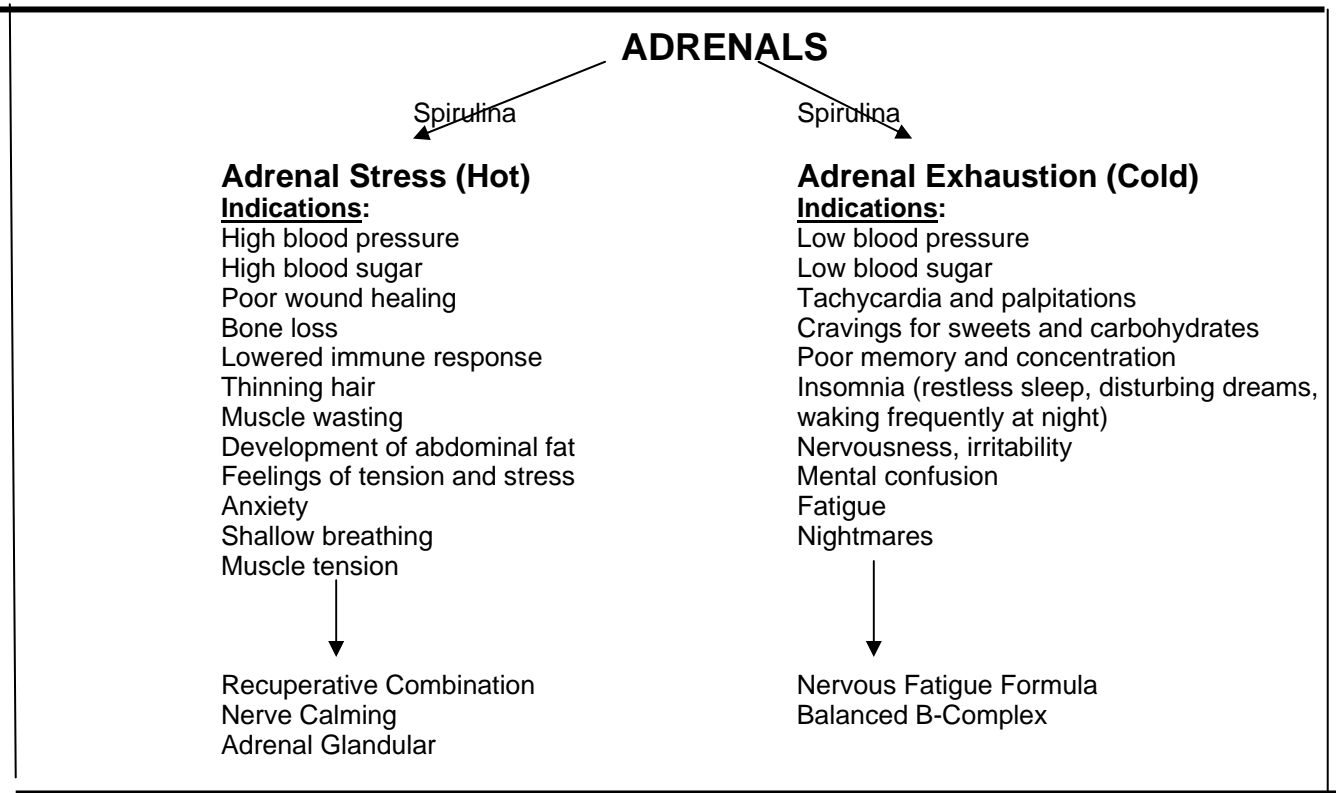
Become a Member or Distributor for 1 year for free by placing a \$40 order at time of sign-up. Order for yourself and/or your family and friends and save 30-50% off retail on the products you use everyday. If you are interested in a home-based business, please contact us. Order products and search for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

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.



Fatigue

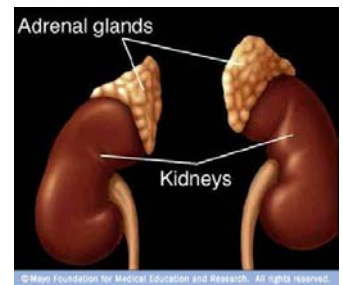
By: Dr. Timothy Moore, PH.D, TH.D, NDC, HHP, CH
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Stressed, it seemed; tired for no apparent reason, blaming others for what's happening to you. Your family and your doctor think you are fooling yourself with all the complaining that's coming from you. The symptoms are real and they are not just coming from your head, you feel the pain. I'm often asked by my clients how I feel energized everyday, physically, mentally and emotionally. These issues are dealing with adrenal fatigue. The problem with these issues, we live in a quick pick me up and that's what it seems like, but I call it the dive phase.

The adrenal glands are two organs that sit on top of each kidney. They are shaped like small pyramids and are just a bit smaller than your palms. The adrenal glands help us respond to the stressful issues in our lives. Our adrenals work with the pituitary and the hypothalamus to secrete the hormones in response to our different levels of stress, keeping our glandular system in check.

The inner part of your adrenal glands, the adrenal medulla, secretes adrenalin and noradrenalin. These hormones are increased when you experience acute stress, such as anger and fear. They are hormones that help you gain energy for quick response like, running, lifting or fighting. The hormones can cause an immediate rush and this is the adrenal response that can make you extra ordinary strong for a short period of time.



Adrenal stress comes from prolonged release of adrenaline hormones, a chronic elevation of heart rate and muscle tension and a decrease of blood flow to our organs. There is an increase in the retention of our sodium, water, calcium and a thickening of the blood. Adrenal stress will deplete our minerals, reduce immune systems and increase our fat storage from cortisol buildup. When cortisol is increased, it brings on symptoms of fatigue, irritability, hypoglycemia, night sweats, sugar craving, binge eating and mental confusion. When someone becomes exhausted after stress, and remains exhausted, they should have there adrenals tested.

The adrenal stress test is a urine test that determines your levels of adrenal stress or adrenal fatigue. One thing we must learn to do is to relax and not let issues we cannot control get the best of us. We must control our diets and learn to be proactive when face with difficult problems or issues. When understanding stress we must look inside ourselves. Adrenal exhaustion is widespread by the millions of people who are suffering from what we call "stress disease" which we can control. Remember to exercise is the key to a stressful free life!

Nature Sunshine Products Recommended: Adrenal Support, Nervous Fatigue Formula, Nutri-Calm, and Licorice Root.

Eighteen Overlooked Symptoms of Adrenal Fatigue...



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More and more alternative health practitioners are beginning to recognize how widespread adrenal fatigue (hypoadrenia) is in the general population. In mainstream medicine, doctors refuse to recognize there is a problem with the adrenal glands unless you meet the diagnostic criteria for Addison's disease (extremely little adrenal function) or Cushing's disease (hyper adrenal). These diseases together affect less than 2% of the population, but some experts believe that upwards of 80% of the population suffers from some level of adrenal insufficiency. Besides the usual symptoms of overwhelming fatigue and inability to handle stress, the symptoms listed below provide a more complete picture of adrenal fatigue and are often overlooked even by alternative practitioners.

•**ASTHMA, BRONCHITIS or CHRONIC COUGH:** Any person with lung problems, especially asthma and bronchitis should be checked for poor adrenal function. The lungs cannot respond appropriately to stress, allergens etc because of lack of cortisol. Asthma is often considered an emotional disease because stress can trigger an attack. Fix the adrenals so the body can respond normally to stress and the asthma will disappear.

•**ALLERGIES:** Most allergies involve an inflammatory process. As the adrenal function decreases, allergies worsen. Generally, if the adrenal glands were functioning properly, the body would not respond to the allergen. This same anti-inflammatory effect is important in asthma also. As the adrenal glands heal, allergies are markedly reduced.

•**RECURRENT INFECTIONS:** Severe and/or recurrent infections (especially respiratory) often indicate adrenal problems. The more severe, the more frequently it occurs or the longer it lasts, the more likely adrenal fatigue is involved in the infection.

•**MUSCLE WEAKNESS AND BACK PAIN:** Dr. Goodheart identified five skeletal muscles which can indicate adrenal function. These are 1) sartorius, 2) gracilis, 3) posterior tibialis, 4) gastrocnemius, and 5) soleus. When the adrenal glands are malfunctioning, there will be weakness in one or more of these muscles. The sartorius and gracilis attach to the pelvis. Weakness in these muscles can cause the sacro-iliac joint to subluxate posteriorly (toward the back) leading to low back pain. In persons with adrenal fatigue, low back pain is frequently caused by instability of the pelvis rather than an actual back problem. These same two muscles also attach to the knee and help provide support. Weakness will cause knee pain, weakness and instability of the joint. Any person with knee problems should be checked for adrenal fatigue. The other 3 muscles mentioned stabilize the feet and ankles. Weakness of any of these muscles leads to complaints of tired, aching feet, weak ankles or aching calves. The symptoms related to the muscle weakness will improve when the adrenal glands are treated.

•**SLEEP DISTURBANCES:** Cortisol production follows a curve from highest levels around 8am, dropping throughout the day until the lowest levels are reached about 11pm. In early stages of adrenal fatigue the body compensates with high night time cortisol. In this case the person finds it difficult to relax from the stress of the day and has trouble going to sleep. High night-time cortisol results in reduced REM sleep which is neither restful nor restorative. This can lead to depression and reduced energy levels the next day. In later stages of adrenal fatigue, the body may produce adrenaline ("fight or flight" hormone) in an attempt to compensate for low cortisol. This too will result in insomnia.

•**DIZZINESS (POSTURAL HYPOTENSION):** When a person stands from a sitting or lying position, the systolic blood pressure usually rises about 10 points as blood vessels in the lower body constrict to force blood to the heart, lungs and brain. This is a result of the action of epinephrine on the blood vessels. In people with adrenal fatigue, the blood vessels are unable to respond to the release of epinephrine because of lack of cortisol, so blood pools in the abdomen and pelvis and blood pressure drops. This systolic drop ranges from 10 to 40 points and is present in over 90% of those with hypoadrenia. Dizziness is usually present on standing; however, in some people it is present intermittently or constantly throughout the day as even resting blood pressure is low. Paradoxically, in order to prevent pooling of blood in the abdomen and lower extremities, the body may keep blood pressure extremely elevated. Pressure will still drop when the person stands but only to around 150. Remember, it may have been 180 or higher before standing. Treating the adrenals will lower blood pressure whereas anti-hypertensives and diuretics will make the adrenal problems worse in many cases.

•**INFLAMMATION:** Cortisol and other glucocorticoids produced by the adrenal glands are the body's own anti-inflammatory hormones. People who have responded to injections of corticosteroids into joints or to taking them orally are usually those whose adrenal glands produce insufficient amounts of these hormones. Any person who responds to corticosteroids should be checked for adrenal fatigue.

•**HYPOGLYCEMIA:** As adrenal fatigue progresses, blood glucose levels will tend to fall too low. The body responds to hypoglycemia by causing the person to crave anything that will rapidly raise blood sugar levels, such as a soda, candy bar, a cup of coffee or even cigarettes. Often adrenal fatigue leads to the abuse of alcohol, marijuana, and hard drugs because of the need to "fix" recurrent hypoglycemia. Unfortunately, the rapid rise in blood glucose provided by the "fix" only serves to start the whole cycle over.

•**HEADACHES:** This is caused again by blood pooling in the abdomen and pelvis leading to inadequate blood supply to the head.

•**BEHAVIOR AND MEMORY PROBLEMS:** Cortisol even regulates the electrical activity of neurons in the brain and thus influences behavior, mood and memory. Behavior changes frequently occur in both excess and deficient cortisol levels. Sleep disorders for

example, are common with both high and low cortisol. Symptoms more closely related to adrenal fatigue involve decreased tolerance (quick to anger), decreased clarity of thought, poor memory and memory retrieval.

•**SALT CRAVING:** The adrenal glands produce many more hormones than just glucocorticoids. One very important hormone is aldosterone, a mineralocorticoid. Aldosterone regulates fluid and electrolytes (sodium, chloride, potassium and magnesium) in the blood, between and in the cells of the body. As adrenal fatigue progresses, the production of aldosterone lessens. This causes "salt-wasting". As the salt is excreted by the kidneys, water follows leading to electrolyte imbalance and dehydration. Those with adrenal fatigue should always add salt (preferably sea salt with its trace minerals) to their water. Soft drinks and electrolyte drinks like Gatorade are high in potassium and low in sodium, the opposite of what someone with low cortisol needs. Commercial electrolyte drinks are designed for those who produce high cortisol when exercising, not for someone who produces little or no extra cortisol during exercise. You need to add ¼ to 1 teaspoon of salt to a glass of water or eat something salty to maintain fluid/electrolyte balance.

•**EXCESSIVE THIRST AND URINATION:** A person with low aldosterone may also urinate 15 to 20 times a day and drink excessive quantities of water. Unless salt is added to the water, the fluid/electrolyte balance in the body is further disrupted.

•**SWELLING:** As the body tries to keep the ratio of electrolytes and fluid balanced, fluid may pour into the tissues and cause swelling. Most doctors will only see the symptom and not the cause and prescribe a diuretic which further compounds the dehydration and electrolyte imbalance and making the patient worse.

•**HEMORRHOIDS:** Hemorrhoids are basically varicose veins of the rectum and are caused by blood pooling in the abdomen and pelvis. When a person presents with hemorrhoids, it is usually do to adrenal fatigue, but can be caused by liver congestion. Once again, listening to the heart can help determine the cause. If the loud second sound is over the pulmonic valve, it is indicative of adrenal problems, while a loud 2nd sound over the tricuspid valve is indicative of liver congestion.

•**VARICOSE VEINS:** Varicose veins of the lower extremities result from the same pooling of blood in the abdomen and pelvis that causes hemorrhoids.

•**INDIGESTION:** The same sluggish circulation in the abdomen can cause symptoms of indigestion and poor absorption of nutrients.

•**HYPERPIGMENTATION:** Although more often seen in actual Addison's disease, hyperpigmentation is occasionally seen in adrenal fatigue. This increased pigmentation of the skin may show up as "bronzing" somewhere on the body or as unusual brown patches.

•**HEART SOUNDS:** The heart normally makes a "lub-dub sound, with the second sound being much quieter than the first sound. In a person with hypoadrenia, the second sound will be equal or louder than the first sound over the pulmonic valve. When the body is stressed, it produces epinephrine which will cause vasoconstriction throughout most of the body, including the lungs. This vasoconstriction decreases the production of mucous in the airways. At the same time, epinephrine will relax the bronchi (bronchodilation) allowing more air to reach the lungs. In those with adrenal fatigue, the body cannot respond to the epinephrine because of lack of cortisol so they experience bronchoconstriction instead, leading to symptoms of asthma. The bronchoconstriction, along with vasodilation and swelling of the mucous membranes create a back pressure in pulmonary circulation (pulmonary hypertension) that causes the pulmonary valve to slam shut, hence the accentuated second sound over the pulmonic valve. Lung diseases such as tuberculosis or tumors can also cause this loud 2nd sound.

The adrenal glands are very complex parts of the endocrine system producing glucocorticoids (cortisol is the most important), mineralocorticoids (aldosterone), epinephrine, norepinephrine and even sex hormones. Adrenal fatigue affects every part of the body and every aspect of life. If you are experiencing the symptoms described above it is imperative you find a practitioner and get tested and treated. It may be helpful to print this out and take it to your practitioner. Saliva cortisol testing usually includes the sex hormones too and can be ordered from several on-line sites without a doctor's order. If you do it this way though, testing will not be covered by insurance. Saliva testing is the most accurate test because it shows the rhythm of cortisol production and because it shows how much cortisol is present that the body can actually use. Blood tests only show bound cortisol which gives no indication if that cortisol is actually available to enter the tissues. Many people test "normal" on blood cortisol yet very low on saliva.

Sources: http://tuberose.com/Adrenal_Glands.html

Adrenal Fatigue: The 21st Century Stress Syndrome by Dr. James Wilson

http://www.drlam.com/A3R_brief_in_doc_f...

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Fatigue and Exhaustion



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Fatigue is a very common complaint that affects so many of us at one point or other during our daily routine and this is why so many of us use coffee, teas and other stimulants just to give us a little boost of energy, but this only lasts for a short time and often enough causing withdrawal symptoms. Fatigue by itself can be for a short time depending on work load and rest period, but for some people this can worsen and become chronic with symptoms of total exhaustion and not part of normal living. Fatigue is really the result of many biological and psychological factors that accumulate to the point of overwhelming the coping mechanism.

The serious diseases and pathological causes should be ruled out first, this includes anemia, hypothyroidism, diabetes or chronic infection. Prescription drugs and alcohol can be a contributing factor to fatigue as metabolic and nutritional factors that include deficiencies in the "B" vitamins and protein. Hypoglycemia, weakness in the adrenal glands, toxicity in the intestinal tract, poor liver function, chronic yeast or viral infections, intestinal parasites and systemic candida can be the cause of fatigue, chronic fatigue and or exhaustion.

Homeopathic remedies can help with symptoms of fatigue, first we need to address the cause then we select the remedy. These remedies are listed for people whom are in a state of fatigue due to long work, emotional stress and tension, worry or similar situation. Take the chosen remedy in a 30 CH. Potency once daily for one to two weeks. If the condition is exhaustion or a person with low vitality, a lower potency will be more suitable for this individual.

The short list provided is for your convenience, but should not rule out medical attention. If the symptoms are mild and the symptoms fit the homeopathic remedy, there is no danger in trying this form of treatment, the remedies are gentle and non toxic, but can work deeply when properly administered by a qualified homeopathic practitioner.

Remedy:

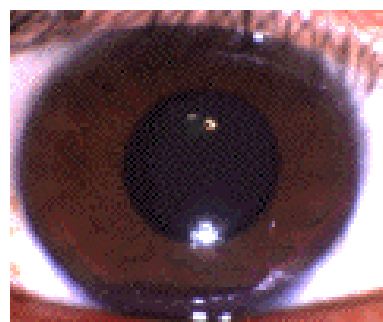
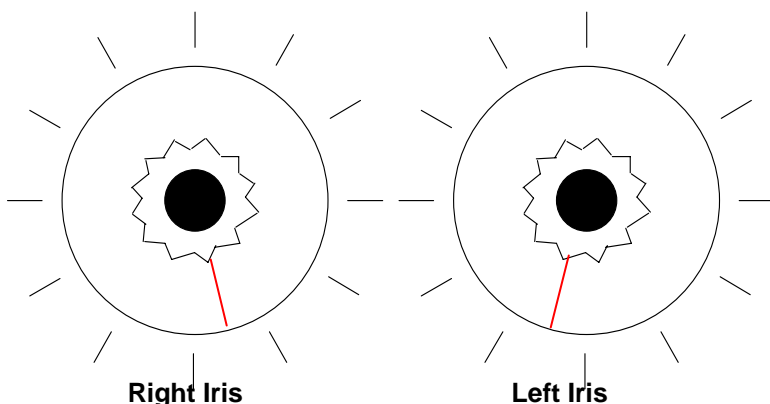
Arsenicum-	Weakness, restlessness, anxiety, problems recur on a regular basis. Sudden episodes of exhaustion, with the least amount of physical exertion. Chilly, weight loss with foul breath and possible burning pains. Fear of disease, of death, insecurity and fastidious.
Symptoms worse; better;	Suppressed skin eruptions, cold temperature and alcohol. Heat.
Carbo. Veg.-	Low vitality, listless, sluggish, sleepy, indifferent. Exhaustion brought on after surgery, loss of blood or fluids. Cold clammy skin, cold breath, craves fresh air, sluggish circulation. Gas, bloating, a bluish complexion, desires coffee.
Symptoms worse; better;	Humidity, tight clothes, fats, milk, excessive heat. From belching.
Gelsemium-	Mental, emotional and physical weakness, Paralysis of will, gives up. Fear- anticipation or ordeals or performance/ Dull, drowsy, dizzy, trembling, heavy limbs, muscular weakness. Poor co-ordination, heavy eye lids, dim vision, dull headaches, sore eyes.
Symptoms worse; better;	Hot, humid, if disturbed. Quiet, profuse urination.
Kali phos.-	Nervous exhaustion, sensitive, weak, easy fatigue from the slightest effort. Causes- over work, worry, over excitement, exhausting illness. Muscular weakness, low grade fever, Sweats easily with excitement, chilly. Putrid yellow discharges, desires solitude, averse to talk. Irritability, cruelty towards family members. Sudden outburst.
Phosphoricum ac.-	Mild, sensitive person, over whelmed by events, illness, grief or loss, over study, over work, blood or fluid loss, anesthetics. Indifferent to everything, apathy, listless, quiet, answers using single words. Weak, difficult thinking, poor memory. Chilly, sweats easily, Craves fruits and refreshing foods.
Picricum acidum-	Nervous exhaustion, indifference, aversion to talk, think or do anything. Cause are- mental strain, anxiety before exams, grief, depression, anemia. Insomnia, weakness or heaviness or burning along the spine and a sallow complexion, headaches with dilated pupils even from the slightest motion or mental exertion.
Symptoms worse; Better;	Physical or mental exertion, excessive heat and or cold. Taking cold water.

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 adrenals and adrenal fatigue. Please let us know if you have any questions about these items. The information was taken from our Beginning and Intermediate Iridology courses. Go to: <http://www.joyfullivingservices.com/education.html> to find out more about our courses.

Adrenal Glands (5:30-R, 6:30-L)

The Adrenal glands are little glands situated atop the Kidneys. They are very important glands. We cannot live without them. It is here that Corticosteroids are made which protect us from disease and infection. ***If the adrenal hormones are not in adequate supply upon demand, we suffer weakness, loss of stamina, become fearful and feel unequal to the tasks of life. We become open to diseases and infections.*** The best way to take care of this is with rest. This rest must include rest of the mind and spirit as well as of the physical body. We cannot be full of mental tension and think that by merely getting more physical rest we are going to help the Adrenals. We can help the Adrenal glands by proper diet, correct bowel care, proper living and good attitudes. In addition we can take adequate amounts of Vitamin C. The Adrenals have a great store of this vitamin. It's best to take some at night before bed so the gland(s) can be replenished as they are being rested. Adequate amounts of Vitamins E and F (essential fatty acids) as well as Pantothenic Acid are helpful. Adrenals need Calcium, Phosphorus, Manganese, Silicon, Sulfur, Tin and Zinc. Helpful herbs are Juniper, Licorice Root, Blood Root, Gotu Kola, Borage, Ginseng, Kelp and Parsley. Caffeine weakens the Adrenal glands by forcing them to release adrenaline and this is why there usually is a sudden surge of energy once caffeine is taken. Needless to say, caffeine should be avoided.



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.

Iridology Chart by Bernard Jensen, DC

