

Joyful Living Services' News

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Have you ever had pain that would not go away? Have you had problems raising your arms above your head, bending forwards, backwards, or sideways? Have you had carpal tunnel syndrome? Have you been diagnosed with fibromyalgia? Have you lifted anything heavy the wrong way and then paid for it with pain and stiffness for days and had to take Advil or Tylenol to deal with the pain?

Christmas time was very hectic for me. It was fun and I had 21 people at my home over a 3-day period. I did a lot of cooking and cleaning before the holidays and moved a lot of furniture and other items that I should not have moved. I've also had some personal stress as my grandmother passed away at the beginning of November and my aunt passed away at the end of October. This along with working a lot of hours on JLS and being busy with my family sent my body into major stress. All of a sudden I had pain all over my body and was beginning to think that I was starting arthritis or fibromyalgia. It was very scary and very painful.

I have had some long standing issues which include not being able to raise my right arm over my head without pain and not being able to bend from side to side. Plus the fact that I sit a lot during the day which makes my hips pretty stiff. I also went ice skating with my kids and for the following week I could not turn my head due to the muscles at the top of my shoulders. I was seeing a chiropractor for these pains as well as for carpal tunnel syndrome and adjusting my spine and hips. All this along with the diagnosis of Metabolic Syndrome which I talked about in the January newsletter made me feel like I was falling apart. I was having regular chiropractic adjustments but they were not staying. Several days after the adjustments I was in pain again and I can tell when my back or neck is out. I was using the heating pad and ice packs and was on my back on the weekend. Then one day I went into the chiropractor's office and I made an appointment with the massage therapist there. This woman is a past client of mine who I had met when my daughter, Josephine, was only about 3 years old. I went into my appointment with her and she worked on me for an hour. I was tender and sore everywhere, including my scalp.

Since going every week for deep therapeutic massage, I can now raise my right arm over my head without pain, bend more easily from side to side, very little if no lower back pain, the chiropractic adjustments are holding, no tissue pain, and no more carpal tunnel syndrome. The massage I'm having is not a light relaxing massage. It's very deep massage that is releasing very old tension and injuries that I've had over probably years. The last time I can remember being able to really bend from side to side is before I became pregnant with Joshua and he is now almost 7 years old.

If you have any type of pain in your body due to improper lifting or stress, if you have fibromyalgia, have high blood pressure, have had surgery, or any aches and pains in your body, I highly recommend having serious body work done. Elaine is fantastic and I hope you can find someone who can help you as she has helped me.

Let's Talk About Therapeutic Massage



By: Elaine Ashton
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I always like to talk about Massage THERAPY! any one of my clients will tell you I'm big on information that I think will help people resolve their various aches and pains. I've been doing Massage THERAPY for over 19 years and have been eager to learn and amazed to see firsthand how beneficial Massage THERAPY really can be. But, first things first. Let's discuss how to *find* a good therapist.

Logically, one must find a therapist they like and can easily converse with. Trust is also critical. Trust your gut feelings. Massage Therapy is a very personal service. My favorite introduction is: You go somewhere and take off your clothes and somebody you don't know rubs on your body. Now before you get carried away with that visualization the person on the massage table is always covered. And, I also assure every person, if at any time during the massage somebody were to walk into the room you would never be embarrassed.

Let's move to a more detailed discussion of the actual massage techniques. You can get a Swedish Massage and the therapist will basically rub oil on your body using long smooth relaxing strokes. There is nothing wrong with this technique which is widely used on cruise ships and in the spa setting. However, I would like to suggest that each of you find a person who really is interested in helping you learn how and where *your own* body holds stress. Talk to your intended therapist and *ask* about their techniques and also ask about their training. You may not understand some terminology, but you will get a sense of how that person feels about being a massage therapist.

This is important because doing Therapeutic Massage is a cooperative effort between the Therapist and the person on the table. During these past nineteen years I have seen that receiving regular Massage Therapy will have a noticeable and absolute benefit. I tell all my clients that after receiving a weekly one-hour massage for six to eight weeks, you will definitely feel like a new person able to do things you avoided due to inflexibility or pain on movement. In addition, Massage Therapy will stimulate your immune system. Toxins will be released from being stuck in the muscles and fascia, (fascia used to be called connective tissue) and eliminated from the body. You'll have greatly increased circulation. Now your muscles will be able to become stronger when you use them because they'll have better circulation (remember to drink lots of water). Hopefully, some muscle fiber and fascia adhesions (scar tissue) will be released even during your first massage although this will generally require a few massages to effect this change.

In the next Newsletter -- lets talk about some of the various types of Massage Therapy which are available. There are a lot of very beneficial therapies that are not commonly talked about. If anybody has a particular question they would like me to answer, you can e-mail me at elaineashton9@aol.com or call me: 530-888-1245.

News and Commentary on Health, Wellness and Anti-Aging Nutrition



By: Christopher Wiechert, C.N.C., President, Forever Changes, Inc.

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For over 5 years now, I have been blogging on the virtues of optimizing vitamin D levels. Our fear of the sun, and our location on this planet, all affect our stores of this amazing vitamin. 5 years ago, 400 mgs of vitamin D was considered optimal, in fact, anything much higher was considered toxic. Today, the top researchers around the world are recommending 5,000 IU's daily for adults and 2, 000 to 3,000 IU's for kids. We know so much more now on just how important this vitamin/hormone really is. It affects thousands of genes and every aspect of health. Doctors are now recommending that peoples blood be **tested** and therapeutic levels of 50,000 IU's, for a short period of time, are being used by medical professionals, to quickly fix low levels when they are found. MS, TB, heart disease, cancer, type 1 & 2 diabetes, immuno deficiencies, chronic pain, fibromyalgia, and now even Crohn's disease, are being implicated.

I have placed the latest study on Crohn's below. Pass this on to anyone you know who may find this information useful. Remember, it's never too late to become younger...

[Crohn's Disease Responds to Vitamin D Supplements...](#)

Good news for Crohn's disease sufferers: a new study has found that vitamin D is effective against symptoms of this inflammatory bowel disease. This discovery by researchers at McGill University in Montreal is especially exciting because it involves a non-drug treatment for this condition and is one that can be used by most patients and individuals at risk for the disease. Go to: <http://muhc.ca/newsroom/news/vitamin-d-supplements-could-fight-crohns-disease>

Testimonial for Iridology

Submitted by Martha Bowers



Hi Mrs. Generali, I would like to share my experience from last Tuesday when I had to go to the Emergency hospital because I was very dizzy and vomiting. The doctor told me that those symptoms are related to vertigo. They gave me the following prescriptions: Meclizine 25mg RX tablets for dizziness or motion sickness (from the Emergency hospital). Transderm-scop patches - each patch contains 1.5 mg scopolamine programmed to deliver in vivo approximately 1.0 mg over 3 days. The inactive components are light mineral oil, polyisobutylene, polypropylene and aluminized polyester film (from family doctor) and Amoxicillin 500mg capsules (from family doctor). After three days I started feeling better. Since I am your iridology student, I had read my iris and I found a huge open lacuna in my left iris at 12:45 which is the Equilibrium/Dizziness center. It is located in the Cerebellum. Based on this I believe in Iridology. Thank you for all your support and advise. I appreciate it. God bless you. Take care. Martha Bowers.

Testimonial for Iridology Courses

Submitted by Brian Garvey

You have done an AMAZING job with your DVD Course, I am really learning so much, and want to help others in my community. I am Loving this course, and appreciate you in the World and in this Lifetime with me! Thank you again Brenda, and have a Great Day!! Peace & Love. Brian



For more information on our iridology courses, go to <http://www.joyfullivingservices.com/handouts/bcii.pdf>

New CPR Method (Mayo Clinic)

Submitted by: Lynne Sutter

This is a great 2 minute video on who, how and why.....the new CPR. No mouth to mouth unless under 8 years old. Go to: <http://www.youtube.com/watch?v=E5huVSebZpM>

New Ways to Survive Cardiac Arrest

Submitted by: Janice Fera

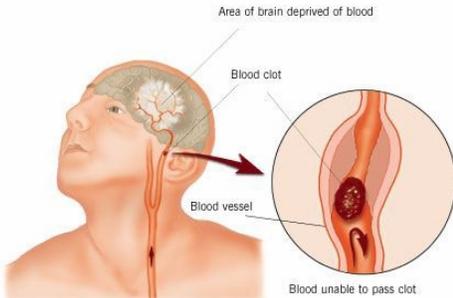
The newest research shows that it's more effective than mouth-to-mouth CPR! Save a life! Learn how to do chest compressions in case of cardiac arrest. Go to: http://www.cnn.com/2009/HEALTH/09/21/cardiac.arrest.parade/index.html?eref=rss_health

Blood Clots/Stroke - They Now Have a Fourth Indicator, the Tongue

Submitted by: Hendrina du Plessis

Stroke Identification

During a BBQ, a friend stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) She said she had just tripped over a brick because of her new shoes. They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening Ingrid's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00 PM Ingrid passed away.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Ingrid would be with us today. Some don't die, they end up in a helpless, hopeless condition instead. A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.



Recognizing a Stroke

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

S *Ask the individual to **SMILE**.

T *Ask the person to **TALK** and **SPEAK A SIMPLE SENTENCE (Coherently)** (i.e. It is sunny out today.)

R *Ask him or her to **RAISE BOTH ARMS**.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke ----- Stick out Your Tongue

Another 'sign' of a stroke is this: Ask the person to 'stick' out his or her tongue.. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

Cancer Update from John Hopkins

Submitted by: Toni Miller and Hendrina du Plessis



This information is being circulated at Walter Reed Army Medical Centre as well. No plastic containers in microwave. No water bottles in freezer. No plastic wrap in microwave. A dioxin chemical causes cancer, especially breast cancer. Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic. Recently, Edward Fujimoto, Wellness Program Manager at Castle Hospital. Was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us. He said that we should not be heating our



food in the Microwave using plastic containers... This especially applies to foods that contain fat. He said that the combination of fat, high heat and plastics releases dioxin into the food and ultimately into the cells of the body... Instead, he recommends using glass, such as Corning Ware, Pyrex or ceramic Containers for heating food...You get the same results, only without the dioxin. So such things as TV dinners, instant ramen and soups, etc., Should be removed from the container and heated in something else. Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc. He reminded us that a while ago some of the fast food restaurants moved away From the foam containers to paper. The dioxin problem is one of the reasons.... Also, he pointed out that plastic wrap, such as Saran or Glad Wrap, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high Heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead. **Begs the question "Should we use microwaves at all"???** ALSO Leaving bottled water in your car can be very dangerous. This is possibly how Sheryl Crow got breast cancer. She was on the Ellen show and said this has been suggested as one of the most common cause of the high levels in breast cancer, especially in Australia. A friend whose mother was recently diagnosed with breast cancer said the Doctor told her "women should not drink bottled water that has been left in a car. Heat causes dangerous chemicals to leak from the plastic into the water. These same toxins have been found in breast tissue and can cause breast cancer". Use a stainless steel Canteen or a glass bottle when you can! This information just might save someone we love!



Do You Need Supplements?



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If You See Yourself in this List you NEED Supplements:

1. Poor digestion - Even when your food intake is good, inefficient digestion can limit your body's intake of vitamins.
2. Hot Coffee, Tea, and Spices - Habitual drinking of liquids that are too hot, or consuming an excess of irritants such as coffee, tea, or spices can cause inflammation of the digestive linings, resulting in a drop in secretion of digestive fluids and poorer extraction of vitamins and minerals from food.
3. Alcohol - Alcohol affects availability, absorption and metabolism of nutrients.
4. Smoking - Smoking too much tobacco increases the metabolic requirements of Vitamin C. Vitamin C is important for the immune system to function properly.
5. Laxatives - Overuse of laxatives can result in poor absorption of vitamins and minerals from food by hastening the intestinal transit time.
6. Vegetarian diets - Vegetarian diets that exclude meat and other animal sources must be very skilfully planned to avoid B12 deficiency, which may lead to anemia.
7. Overcooking - Lengthy cooking or reheating of meat and vegetables can oxidize and destroy heat susceptible vitamins such as the B-group, C, and E.
8. Convenience Foods - A diet overly dependent on highly refined carbohydrates, such as sugar, white flour and white rice, places greater demand on additional sources of B-group vitamins to process these carbohydrates.
9. Antibiotics - Some antibiotics, although valuable in fighting infection, also kill off friendly bacteria in the stomach, which would normally be producing B-group vitamins to be absorbed through the intestinal walls.
10. Food allergies - The omission of whole food groups from the diet, as in the case of individuals allergic to gluten or lactose, can mean the loss of significant dietary sources of nutrients, such as thiamine, riboflavin or calcium.
11. Crop nutrient losses - Some agricultural soils are deficient in trace elements. Decades of intensive agriculture can overwork and deplete soils, unless all the soil nutrients, including trace elements, are regularly replaced.
12. Accident & illness - Surgery increases the body's need for zinc, vitamin E and other nutrients involved in the cellular repair mechanism.
13. Stress - Chemical, physical and emotional stresses can increase the body's requirements for vitamins B2, B5, B6, and C. Air pollution increases the requirements for vitamin E.
14. Premenstrual Syndrome - Research has demonstrated that up to 60% of women suffering from PMS can benefit from supplementation with B6.
15. Teenagers - Rapid growth spurts, such as in the teen years, place high demands on nutritional resources to underwrite the accelerated physical, biochemical, and emotional development in the age group.
16. Pregnant Women - Pregnancy creates higher than average demands for nutrients, to ensure healthy growth of the baby and comfortable confinement for the mother. Nutrients, which typically require an increase during pregnancy, are the B-group, A, D, E and the minerals calcium, iron, magnesium, zinc, and phosphates.
17. Oral contraceptives - Oral contraceptives can decrease absorption of folic acid and increase the need for vitamin B6 and possibly vitamin C, zinc, and riboflavin.
18. Light eaters - Some people eat very sparingly, even without weight reduction goals. U.S. dietary surveys have shown that an average woman maintains her weight on 7,560 kilojoules per day, at which level her diet is likely to be low in thiamine, calcium, and iron.
19. The elderly - The aged have been shown to have a low intake of vitamins and minerals, particularly iron, calcium and zinc.
20. Lack of Sunlight - Invalids, shift workers and people whose exposure to sunlight may be minimal can suffer from insufficient amounts of vitamin D, which is required for calcium metabolism without which rickets and osteoporosis (bone thinning) has been observed.
21. Low body reserves - Although the body is able to store reserves of certain vitamins - such as A and E - Canadian autopsy data has shown that up to 30% of the population have reserves of vitamins A so low as to be judged "at risk". Vitamin A is important to healthy skin and mucous membranes and eyesight.
22. Athletes - Athletes consume large amounts of food and experience considerable stress. These factors affect their needs for B-group vitamins, vitamin C and iron in particular.

Nature's Sunshine Supplements (NSP)

Sign up as a Nature's Sunshine Member or Distributor and receive 20% off your 2nd order up to \$200 and free shipping!

This special applies to any of our Nature's Sunshine Products. Sign up for 1 year for free with your purchase of \$40 worth of products. When you place your 2nd order you will receive 20% off and free shipping! The 1 year membership will entitle you to order any and all of our health products at 30-50% off for 1 year which is much lower than most health food stores and the quality is much better. You can be sure you will receive the best quality from Nature's Sunshine. There is no monthly obligation or volume to qualify.



Go to: <http://www.mynsp.com/generali/index.aspx> to look up the products and make your decision.

Nature's Sunshine Product – Joint Support (100 caps)



Benefits:

- Provides nutrition to the joints and bones.

Joint Support [Structural, Nervous] provides a host of nutrients beneficial to the structural system. Individual ingredients in this formula are traditionally used for the following: maintaining joint tissues, supporting the body during physical stress to joints, helping the body clear uric acid, promoting normal muscle health, supporting a balanced nervous system, promoting protein digestion, nourishing the nervous system and more. It contains: Alfalfa aerial parts, Horsetail stems and strobilus, Bromelain fruit, Catnip leaves, Celery seed

Stock Number: 810-8, Retail Cost: \$22.05 Member Cost: \$14.70

Nature's Sunshine Product - Joint Health, Ayurvedic (100 caps)



Ayurvedic Joint Health [Structural] provides nutritional support for the skeletal system. This system takes a lot of punishment: from heavy lifting, to sedentary living, to getting a less-than-optimal level of necessary nutrients. Exercise and nutrition play very important roles in the development and strengthening of the skeletal system. It is of the utmost importance to seek a balanced environment that will contribute to skeletal health. Ayurvedic Joint Health's Western counterpart is Joint Support. This formula contains the following: Withania somnifera root, Commiphora mukul gum extract, Smilax china root, Boswellia serrata gum.

Stock Number: 1296-1, Retail Cost: \$32.25 Member Cost: \$21.50

Nature's Sunshine Product - Skeletal Strength® (150 tabs)

Benefits:

- Helps rebuild and preserve bone and muscle tissue.
- Supports stressed nerves.
- Provides balanced nutrients for best utilization.

Skeletal Strength® [Structural] is the key product formulated to provide nutrients necessary for proper structural system function. Skeletal Strength provides materials that the body uses to manufacture bones, muscles, ligaments, tendons and skin. Adults: Take 2 tablets with a meal twice daily.

Stock Number: 1806-7, Retail Cost: \$20.80 Member Cost : \$13.85 QV Points: 13.85



Go to: <http://www.mynsp.com/general/index.aspx> to look up the products and make your decision.

Liquid Ionic Minerals with Acai Minerals



By: Valerie Greguire

Natural Health Counselor/Educator/Certified Herbalist

Consultations, Classes & Seminars

Product Information & Guidance

864-877-6611 Home/Office

Business Hours: Monday-Friday 10 - 5 By Appointment

www.MyAnswers4Health.com

Due to soil depletion and food processing we are not getting the minerals from our food like we did 50-100 years ago. For those of you who have any form of a garden or house plants around your home you can understand the importance of good soil. Plants simply cannot flourish in dead soil. And if our food supply is grown in depleted soils (which it is) how can our health truly flourish? Minerals are the catalysts that make enzyme functions possible. They are involved in turning on hundreds of enzyme reactions in the body. Every cell, organ and tissue contains minerals. They are essential for antioxidant-enzyme function, for releasing toxins from the body, for hormones to work and communicate. Minerals assist in blood clotting, muscle contraction, nerve transmission and oxygen transport. And the list could go on and on...

The new Ionic minerals offer a special form of 70 organic plant derived minerals that absorb easily into the body. Organic, plant-derived minerals are able to be safely used by your body because of the fact that nature has acted upon them and transformed them (with fulvic acid) into organic material rather than allowing them to remain in their elemental form. Fulvic acids are naturally occurring organic acids that are part of the structure of rich soil. Fulvic acid is created in extremely small amounts by the action of *millions of beneficial microbes*, working on a soil environment with adequate oxygen. It is biologically very active. The minerals are in a base of Acai berry a tropical fruit grown in the Amazon. Acai berry is a very nutrient dense fruit, it contains ten times the antioxidants of grapes and twice that of blueberries. The Acai Berry is naturally rich in omega fats, amino acids, electrolytes, antioxidants, protein and Vitamins A, B1 and E. They are high in anthocyanins and flavonoids which are powerful antioxidants that help defend the body against life's stressors.

Minerals to charge your battery.... I'm excited about this new mineral drink because for most of us, our trace mineral levels are so low it is as if our batteries are running out. Just think how good you would feel if your battery was fully charged. I have been taking one ounce of these minerals twice daily now for about 10 days, I can feel a new inner energy emerging and my skin is taking on a fresh glow. I have begun to look forward to taking the minerals daily, as my body recognizes the benefits that they hold. I believe that adding these minerals to your current nutritional program will enhance the program and further activate the healing process in your body. Liquid Ionic Minerals with Acai Minerals (#310-5) Keep refrigerated after opening.

Arthritis



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Arthritis is no longer a disease of the elderly. Arthritis is more common today among the younger generation as well as the elderly; people of all ages are showing symptoms of degeneration, this condition is now known as auto-immune disease or disorders. Diet must be looked at in order to remedy the situation and the use of natural remedies will bring a cure or lasting relief from the debilitating signs of this crippling disease. Listed for you are some suggestions. You can try them, they are safe, but some rules have to be followed when using Homeopathic remedies. If you have questions or concerns, please do not hesitate to obtain information that will keep you safe.

Homeopathic remedies should be taken one half hour before or after any food or drink, and at different time when taking other forms of medication. Try to avoid coffee, mint and spearmint within one hour of taking the remedy. As with any treatment a Homeopath will take a case that is pertaining to you specifically and not any one else who may have similar signs or symptoms.

Food and Diet

Proper food is probably the most important factor to be taken into consideration in the successful treatment and cure of all chronic diseases. Nearly all chronic disorders are associated in some way with wrongful eating. Great attention must be placed on nutrition if long term or permanent cure is to be achieved. I believe that food of the right kind and proper amount is the most powerful of all curative agencies. Not only the person suffering from disease must have the proper food, but also the individual in good health must use the proper foods in the right proportions if he/ she is to maintain good health.

The human body is composed of sixteen principal chemical elements: Oxygen, nitrogen, hydrogen, carbon, chlorine, fluorine, phosphorus, iron, calcium, potassium, magnesium, manganese, sodium, sulphur, silicon and iodine. Each element has to perform its own duty, if the blood and tissue building mineral salts are not supplied in sufficient quantities, or if any of them are missing, health will soon become impaired. These elements are Nature's means to establish and maintain an equilibrium between the constructive and destructive functions of our cells and tissue function.

White bread, high intake of red meat, potatoes, pie, cake and other cooked foods do not contain these mineral salts in sufficient quantities and during the process of cooking, most of them are lost or are not made assimilative and are of the acidic forming foods variety. Such a diet is too rich in acid forming material and, being robbed of its alkaline ingredients, cannot neutralize the acid of fermentation nor the acids of the stomach. Meat and some other cooked foods have a tendency to decay in the intestines and the gases formed penetrate the alimentary walls and saturate the entire system. In this manner the blood becomes saturated with waste material that clogs the capillaries and causes painful congestions (toxins cannot be eliminated as quickly as they are produced) and brings about a state of auto-intoxication.

The blood is the life of the body. To be 100% efficient one must have 25 billion of perfect, round, disc-shaped corpuscles. The function of the red corpuscles and plasma is to carry nourishment and oxygen to the various parts of the body and to carry worn-out cells and other poisonous matter to the eliminative organs. Meat and other cooked foods that decay in the digestive tract, manufacture poisons which degenerate these round disc to vitiated, cross-shaped corpuscles ready to die and drop out of activity, thus putting a larger burden on the live ones.



Fruits and vegetables together with nuts and uncooked cereals are very rich in organic tissue salts and as this diet does not readily ferment nor decay in the alimentary tract to produce toxic elements, it is naturally the proper diet for the cure of disease and for maintaining a body free from sickness. Natural foods promote all natural functions of the body. They keep the stomach sweet and induce peristalsis of the intestines and carry off intestinal poisons and rid the system of these dangerous toxic products, which if allowed to remain in the system would eventually bring about a diseased condition in some particular part of the body. I believe that a natural diet must be adapted as we are to overcome disease and maintain health. We need physical fitness, fresh water, plentiful restful sleep and enjoyable hobbies so that we can become more harmonious reducing the amount of stress which is all around us on a daily basis.

Here are a few Homeopathic remedies to use for an acute case of arthritis. If there is no improvement or if the condition worsens, please seek a qualified Homeopathic Doctor or Practitioner to help with the selection of constitutional remedies. Please be advised that these are just suggestions, they are known to help with this condition, but are not limited to the ones listed.

1. You can start with - Sulphur 30 C. (morning and night) for a week if there are no improvement you can try Causticum 30 C. (morning and night) for a week.
2. In the second week use Ferrum phos. 30 C. in the morning) and Natrum sulph. 30 C., at night.
3. The third week use Bryonia 30 C., in the morning and Rhus tox. 30 C. at night time.
4. Fourth week and thereafter you can repeat week by week if necessary.
5. When there is extensive swelling and very little pain give - Apis 30C, (once daily) for a few weeks.
6. When worse by movement and sensitive to touch - Ferrum phos. 30 C, in the morning) and Bryonia (night) for a few weeks.
7. If there is frequent and/or extensive swelling in the joints you can use Bryonia 30 C., in the morning and Natrum mur. 30 C, at night.
8. 30 C. is the potency or the dilution that these remedies are dispensed. Some manufactures of homeopathic remedies may use the 30 CH. – The "H" indicates Hahnemann.

Fruits and Vegetables that protect against Arthritis

According to the Arthritis Foundation, nearly one out of three Americans has arthritis. Of these 66 million adults, 43 million have been diagnosed with arthritis and another 23 million live with chronic joint symptoms that have not been doctor-diagnosed. In fact, arthritis is one of the leading causes of disability among Americans over the age of 15 and costs related to the disease cost the U.S. economy over \$86 billion a year. Further, half of the people with arthritis do not believe anything can be done to help them. New research has that for arthritis protection and relief you may need to look into your neighborhood grocery store. A study from the University of Manchester's Medical School, published in the August 2005 issue of the American journal of clinical nutrition, found that antioxidants called carotenoids in most brightly colored yellow/orange fruits and vegetables may actually reduce the risk of developing rheumatoid arthritis and other inflammatory disorders.



How do they Work?

Oxidation, which produces free radicals in our bodies, is known to play a role in joint damage, such as that seen with rheumatoid arthritis. Antioxidants help to combat free radicals, and by doing so may suppress inflammation along the way, researchers said. There were test's done and out of the 25,000 participants in the study, 88 developed cases of inflammatory arthritis. These 88 people had:

- 40 percent lower intake of the antioxidant beta-cryptoxanthin than those who did not develop the disease
- 20 percent lower intake of another antioxidant zeaxanthin

"Those in the top third for beta-cryptoxanthin intake were only half as likely to develop inflammatory polyarthritis as those in the lowest third, and vitamin C was also found to be an important factor," said Dr. Dorothy Pattison, the lead researcher of the study. According to this study and many others, increasing your intakes of certain fruits and vegetables can help to protect against and fight arthritis.

Listed are the top 14 fruits and vegetables to consider:

1. **Oranges:** The American Journal of Clinical Nutrition study found that a modest increase in the antioxidant beta-cryptoxanthin intake, equivalent to one glass of freshly squeezed orange juice per day, is associated with a reduced risk of developing inflammatory disorders such as rheumatoid arthritis.
2. **Berries:** are all great sources of antioxidants and vitamin C. Blueberries have been ranked number one in terms of antioxidant concentrations, but cranberries, blackberries, strawberries and raspberries are good choices too.
3. **Kiwi:** One kiwi provides almost double the vitamin C of an orange, according to the California Kiwifruit Commission. Vitamin C is associated with a reduced risk of arthritis.
4. **Apples:** Cornell University researchers found that apples contain antioxidants that fight inflammation (along with allergies, cancer and viruses).
5. **Cherries:** According to Eve Campanelli, PhD in Prevention magazine, after drinking two glasses of black cherry juice (four ounces of juice with four ounces of water) twice a day, 85 percent of her patients experienced at least partial relief from their arthritis pain. Further, the effect continued even after the patients stopped drinking the juice.
6. **Parsley:** Parsley contains beta-carotene, making it a useful ingredient for those with arthritis.
7. **Prunes:** These dried plums are antioxidant powerhouses. Prunes had more than twice the antioxidant power than any other fruit or vegetable.
8. **Carrots:** They're rich in the antioxidants vitamin A and carotenoids.
9. **Broccoli:** Broccoli is helpful for arthritis because of its beta-carotene content. It's also a rich source of vitamin C.
10. **Pineapple:** Pineapple is rich in the enzyme bromelain, a powerful and natural anti-inflammatory agent.
11. **Beans:** "The protein in beans helps to replace body proteins broken down by inflammation."
12. **Red Grapes:** Red grapes are loaded with antioxidants that can help reduce inflammation associated with arthritis (as well as fight heart disease and cancer).
13. **Tomatoes:** Tomatoes are an excellent source of the antioxidant lycopene, which has been found to help fight degenerative diseases (and reduce the risk of prostate and other cancers). Cooked tomatoes (tomato sauce or paste, marinara sauce, ketchup, etc.) are best when it comes to lycopene.
14. **Sweet Potatoes:** These are loaded with antioxidant vitamins A, C and E. One half-cup serving provides twice the Recommended Daily Amount of vitamin E.

CADI, eyePIX, SD8004, Used Iridology Cameras, and Iridology Station 5.1 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. Please contact Brenda if you have questions. Go to the following links to learn about the cameras and software:

1. CADI WV5533 Handheld Digital Iriscope, 8.0 Megapixel: <http://www.joyfullivingservices.com/cadi8megapixel.pdf>
2. eyePIX Handheld Iridology Camera, 10.0 Megapixel: <http://www.joyfullivingservices.com/handouts/eyePIX.pdf>
3. SD8004 Super Digital 10.1 MP Iridology Camera with 10 fiber optic heads. Also available with a 12 MP and 15 MP live view T1 Camera with Streaming Video: <http://www.joyfullivingservices.com/handouts/sd8004digitaliridologycamera.pdf>
4. Used Iridology Cameras: <http://www.joyfullivingservices.com/usediridologycameras.html>
5. Listing of New Iridology Cameras: <http://www.joyfullivingservices.com/iridologycameras.html>
6. Iridology Station 5.1 Software: <http://www.joyfullivingservices.com/iridologystation5.1.html>

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.

JLS Certified Instructors and Distributors

We are happy to let you know that we have several distributors of our courses and products. You can find a distributor in your area by going to: <http://www.joyfullivingservices.com/iridologydistributorlist.html>. We offer distributorships for all our products and this includes all our courses and iridology and health supplies. If you are interested in becoming a distributor for us let Brenda know and we can discuss this possibility. There is no fee to become a distributor for us.

Referrals

Joyful Living Services offers referrals for our distributors who sell our products and courses, 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.

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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!

Monthly Specials and Catalog

To view and download our monthly specials and updated catalog, click on the following links:

February Specials: <http://www.joyfullivingservices.com/handouts/jlsspecials.pdf>

Updated Catalog: <http://www.joyfullivingservices.com/handouts/jlscatalog.pdf>

The Study of Iridology

We make it a point to put iridology information in each of our newsletters. This month we are discussing the disease stages and levels of inflammation, arthritis and structural system issues. Please contact us if you have any questions about these items. The information was taken from our Beginning Iridology course. Go to: <http://www.joyfullivingservices.com/education.html> to find out more about our courses.

The Disease Stages – Levels of Inflammation

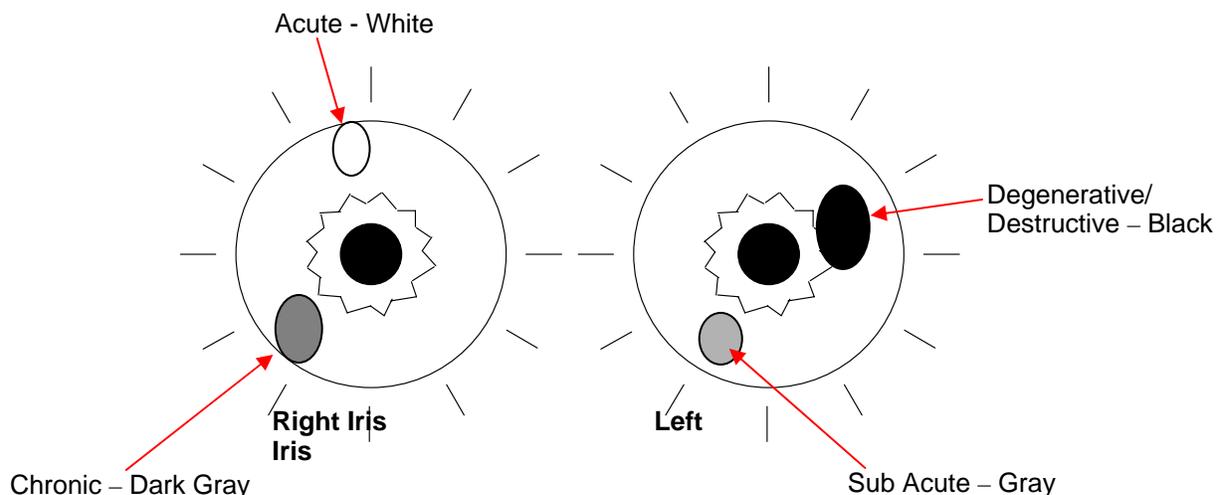
- | | |
|------------------------|-------------------------------------|
| 1. Acute – White | 2. Sub Acute – Gray |
| 3. Chronic - Dark Gray | 4. Degenerative/Destructive – Black |

An **Acute** or overactive condition in the body is seen by the Iridologist as white in the iris. An acute condition is a condition that is active meaning there might be discharge or pain as occurring during cleansing (a Cold) or Arthritis (pain in the joints).

A **Sub Acute** condition in the body would be seen as an area slightly darker than the normal color of the iris. This would be a light gray color in the iris which denotes a slightly sluggish area.

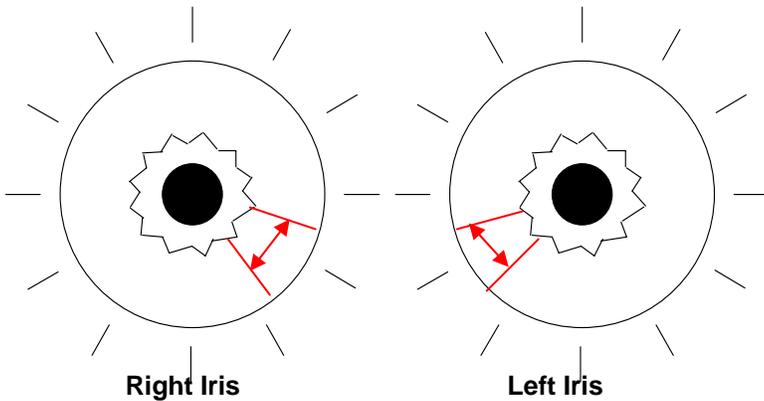
A **Chronic** condition in the body would be seen as a darkened area in the iris such as a medium brown color. This would denote a chronic condition in the body or a condition that has been a problem for quite some time. Most individuals do not realize symptoms before they are in the chronic condition. This is when most conditions surface and cause the most problems.

Lastly, a **Degenerative/Destructive** condition in the body would appear as a blackened area in the iris. This is when the cells do not repair themselves and can lead to the end of life if not taken care of properly. Many of the fatal diseases are found in the degenerative area.



Body Acidity (Over Acid Body Chemistry)

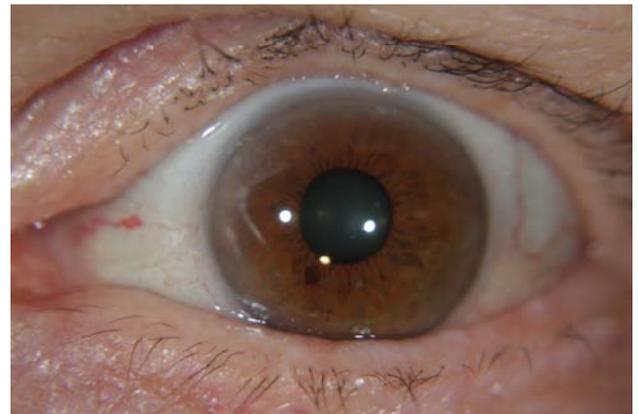
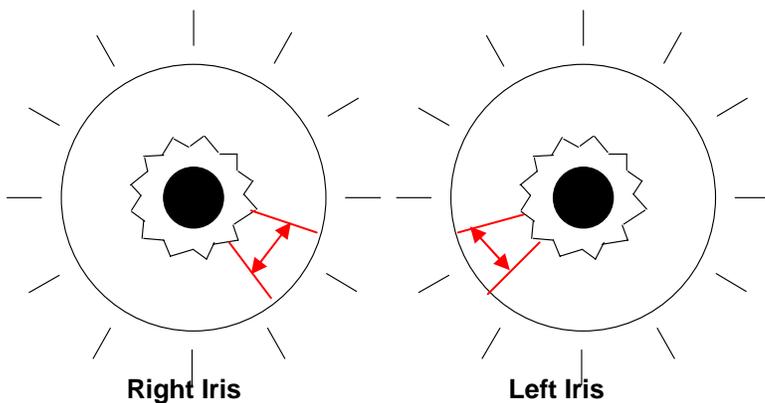
Acids may come from the diet, from the state of mind of the person or from under functioning elimination systems. Often all three are involved to some extent. Thoughts can drive the body to an over acid condition faster than the worst diet. This places a strain on the organs whose job it is to eliminate these acids. Therefore, under functioning organs compound the problem. The way to overcome the over acid condition is to take care of the under functioning organs, make the necessary changes in the diet and alter the thinking. Organic sodium foods and high potassium foods are a help in alkalizing the system. The best way to alkalize the system is to eat only alkaline foods for a period of time such as fruits and vegetables and to avoid proteins and starches which are acidic foods.



This person is a 50 year old woman who has chronic joint pain.

Back & Spine (3:30-4:45 R, 7:30-8:30 L)

Back problems and the resulting pain is the leading cause for workdays missed in the United States according to Dr. Bernard Jensen. One out of every four persons either has or can have experienced back pain of moderate to severe nature in their lifetime. The kinds of back problems experienced by many, apart from any injuries received are the Curvatures (scoliosis, hyper and hypo lordosis and kyphosis), degenerating disks and the various forms of Arthritis. Injuries may cause other problems in addition to the common muscular strains of overexertion. Many back problems are associated indirectly with an inherited weakness in the spinal areas which do not allow the body to retain enough of the mineral elements. Medical science now is just beginning to clearly recognize the need for increased and adequate Calcium in the diet to prevent Osteoporosis and the "**Dowager Hump**". Natural health care providers have long recognized this need for Calcium. Iridology is the only science that I know of which can reveal inherent weaknesses and these weaknesses. If present in the spinal areas, these indicate that this person does not hold Calcium well. This person needs a greater and more consistent intake of dietary Calcium than do others. The Spine and the long bones of the Legs and Arms are the body's greatest stores of Calcium. The foods high in Calcium are greens, the green tops of vegetables, dairy products (especially if not pasteurized) and some meat. In addition, Calcium supplements are available in many forms and can be quite inexpensive. Dr. Bernard Jensen believes bone meal is the best way to take Calcium. Calcium supplements, which have been chelated with Magnesium, is another excellent way to take Calcium in supplement form. Be sure to not eat sugar with meals as this robs the body of Calcium as does caffeine, carbonated beverages and alcohol. An Extreme Slanting Board may be beneficial for any of these back problems.



This person is a 70 year old woman who has spinal stenosis and chronic back/leg pain.