

Joyful Living Services' News

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From The Author

For those of you who live in California, we have certainly found summer. It's been over 100 degrees up here in the hills and swimming has been a must to survive.

I find it interesting that in the winter everyone wishes for summer and in the summer everyone wishes it to be cooler. No one seems to be happy when it's cold and no one seems to be happy when it's hot. Granted we did go from rain and cold weather to scorching hot here in California but I think it's always best to be thankful for whatever comes our way and be glad that we're not in a really bad situation.

If you don't like the heat there are many ways to keep cool in the summer including swimming or staying in air-conditioned homes or public places.

Enjoy the summer. I am! Brenda

Shop Online

We have updated our online shopping cart. You can now 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!

New eBrochure Services Available



Joyful Living Services in partnership with Micron-Media is excited to announce that we are offering eBrochure services to all our customers.

A new concept in business promotion

What is an eBrochure?

The eBrochure is an electronic book, a piece of software that transforms the ordinary text and images into an electronic file that can be readily accessed.

The eBrochure is a product that feels and reads like an ordinary brochure or book. The pages flutter as they turn. It can never

be misplaced. It is always just a click away. Your details are readily accessible to your customers.

What are the benefits?

Flexibility to Modify or Update

Your eBrochure gives you flexibility to modify or update the content at any time. With a hardcopy brochure, your content can be out-of-date soon after you have taken delivery of perhaps a few thousand copies.

Flexibility to Customise

You can customise your eBrochure for individual customers. We will do your updates and you pay only for the changes and not for the design and printing costs of a new brochure.

No Storage Requirement

There is no storage. The eBrochure sits on your desktop waiting for you to click and attach to your promotional e-mail.

Faster Response to an Enquiry

Your eBrochure can be on your customer's desktop within minutes of you getting an enquiry.

Accessibility

Your customer has all your information just a click away. Your icon is on his desktop. Your e-mail is directly accessed from the eBrochure. In the same way there is a direct link to your Website.

Pricing

first 1000 words and up to 5 images - US\$175.00
1001-3000 words and up to 8 images - US\$400.00
3001-5000 words and up to 12 images - US\$550.00
5001 and over and up to 15 images -US\$750.00

The prices above include one e-mail link and one web-site link also. If there is any special requirement (special fonts, different fonts within the document, linking the images to web-site etc.) this would be priced separately.

Download a Free Sample

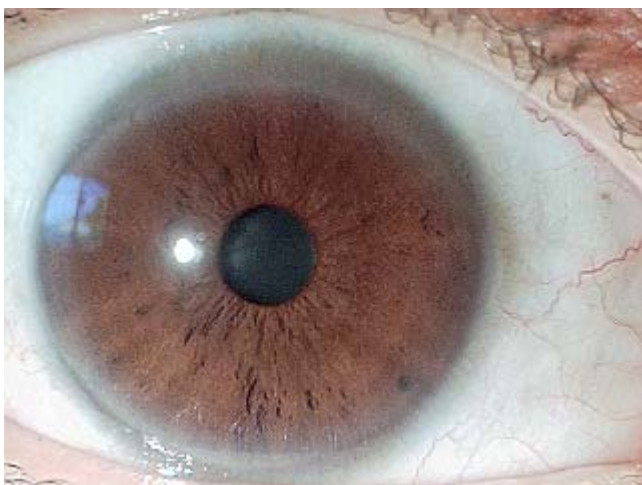
Please visit our Web site at (<http://www.joyfullivingservices.com/ebrochure.html>) and download a sample of our eBrochure.

German Iridology Types - Part 3

Iridologists have said that there are only two basic colors for the iris, blue and brown. Perhaps this was so, but now there has been so much intermarriage of races in the world that we likely have a genetic mix of colors. Of course, we usually see the basically blue or brown iris, but there are irises, which we call "**mixed**" when it becomes obvious that in addition to the basic color there is a strong genetic influence of another color. There are instances where it becomes very difficult to determine exactly which color is the true basic color. Also, drug settlements in the body can make the iris appear a color, which is different than its true and basic color.

The following is the 3rd of three basic German Iridology types (blue iris, mixed biliary iris, and brown iris). They are based on eye color. They relate somewhat to the primary colors and to the three aspects of health (physical, mental and spiritual).

Brown Eyed Type (German: Hematogenic)



- **Description**

Pure brown eye with pigments covering iris fiber structure. Related to the primary color red and the physical aspect of health. Probably Chinese constitutional types: fire and earth. Probability related to Western fire and earth constitutions as well.

- **Tendencies**

Pure brown eyes are difficult for Iridologists to read because a layer of pigment completely covers up the fiber structure of the eye. However, Iridologists have noted some general characteristics of brown-eyed people. First, they appear to be pre-disposed to imbalances in blood composition and hence to blood disorders. It has been suggested that they have a possible inherent inability to store adequate supplies of minerals. They may especially have problems with calcium metabolism. Specific systems and organs to pay particular attention to are: The circulatory system (heart, blood, blood vessels), the organs that make blood (liver, spleen, bone marrow), the digestive system and the endocrine glands.

Common health problems experienced by brown-eyed people include: Anemia, hardening of the arteries, all types of blood diseases, constriction and hardening of lymph tissue, possible reduced leukocytes in the blood, digestive troubles, mineral deficiencies and early breakdown of the endocrine glands.

New Iridology Software Available

Iridology Station 5.0 - \$500.00

The world's leading Iridology software takes you to the next level! Dual-mode ~ *iStudio* and *iBrowser*! Iridology Station 5.0 now brings together two powerful programs into one dual-mode instrument! *iBrowser* ~ Manage and view all your digital images. Browse, organize and transfer your digital images into *iStudio* with a single click. *iStudio* ~ The most up-to-date collection of powerful tools in one Iridology Studio. Patient database, Collarette maps, Grading systems, Pupil scanning, Report generation, Emailing reports, Histogram display, "One-click" Resource files, Digital camera integration, and much more.



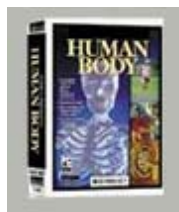
Software is stand-alone and can be used with 35mm cameras as a 2nd step process.

iStudio Tools and Features include:

- Chart Overlaying - Collarette Scan Map to trace the collarette for accurate chart overlaying.
- Iris Scanning: Identifies the colour difference within the iris to determine lighter and darker areas of the iris. This information is displayed in graph form listing body parts and systems. Use the new Collarette, Exclusion and Aspect Ratio tools for improved accuracy in iris scanning.
- Patient Database: records Patient Details, Iris Signs, Suggestions and Comments
- Patient Report Printouts: option to print out patient iris images, graphs, Iris Signs, Suggestions, Comments and Iris Markings
- Email reporting – generate reports to email in various formats, including PDF
- Customize reports in MS Word
- Iris Marking recording
- Image Adjustment, Graphic and Text Tools, Image Zooming Tools
- Diets
- "One click" Resource files: on Constitutions, Lacunae, Pupil Distortions, Pupil Flattening, Pupil Size, Sclera, Ellipsoids, Pupil Ruffs.
- Grading Systems – 1) by constitution , 2) by nutritional zone and organ zone 3) by iris structure
- Pupil Scan – grades pupil size, offset, pupil collarette position
- Top bottom image stitching
- Multiple Reference Plug-in Support – Constitutional Iridology by Milo Milosevic; Interactive referencing that is context sensitive to image
- Analytical Reference Bar – Analytical reference material with images easily accessed from quick-retrieve toolbar for rapid analysis
- Histogram Display – Measures colour density in each body organ; better-than-human-eye detection; enables before and after comparisons; research potential; unique in Iridology
- AVI Movie Tutorial support – Movie demonstrations of all tools!
- Operates seamlessly with digital cameras – Digital
- More intuitive & integrated functionality – tools are just one click away!

Health Related Software Available

Human Body Software - \$150.00



Uncover and understand the complex mystery of the human form with Topics Presents Human Body. From brain activity to muscular movement, circulatory function to the skeletal system, this award-winning suite includes 5 CD-ROMs that provide a complete guide, tutorial, and reference source on human anatomy and physiology. Featuring The Human 3D: Interactive

Human Body; Physiology of the Eye; Encyclopedia Britannica My Body, Myself; and Journey Into the Brain, every muscle, bone, and body system is revealed with 3D animations and large format videos. Equipped with audio explanations, reference texts and a fascinating X-ray Guide that reveals physiology layer by layer. Provides a complete resource for children, adults, students and medical professionals alike.

NutriBase - 150.00



Ailments and Organs of the Human Body, Foods, Herbs and Beverages, Nutrients and other Compounds, Toxic Substances and Toxic Foods, Physical & Complimentary Therapies, Cosmetics and Cosmeceuticals, Orthodox Medical Procedures, Biochemical Pathway Maps, Miscellaneous Health Subjects. 650

Ailments that affect the human body and their treatment by natural means. 400 Foods—their therapeutic properties and nutrient content. 200 Herbs—their therapeutic properties and nutrient content. 900 Nutrients—their therapeutic properties, food and herbal sources and availability. 300 Toxins—natural methods of counteracting them. 1000 Life Extension Strategies, Cosmeceuticals, Diets, Complimentary Therapies and Pharmaceutical Drugs. 150 Organs of the body and herbs, nutrients and foods that improve the health of those organs. 390 Hormones and chemicals of the body and natural compounds that enhance these hormones/chemicals.

Blood Pressure

Fix It With Herbs

Cobblestone Health/Judith Cobb, 403.287.2991

www.cobblestonehealth.com, www.mynsp.ca/fixitwithherbs

According to my husband, blood pressure is a simple thing. If you want to raise your blood pressure, have children; if you want to lower you blood pressure, go on a holiday. If only it was really that simple.

Blood pressure is the amount of force exerted by the blood on the vessel walls. There are several components that determine this pressure. There is the actual pressure exerted by the heart in pumping the blood, the amount of resistance encountered in the blood vessels, either by blockages that are being formed or by the muscular constriction of the vessels, and the actual amount of blood in the body. It is easy to see that a heart that is pumping too intensely, combined with atherosclerosis (fatty deposits accumulating in the vessels), and fluid retention resulting in an increase blood volume can push blood pressure readings right off the chart.

Conversely, however, hypotension (low blood pressure) is just as much of a problem for some people as hypertension (high

blood pressure) is for others. Hypotension is generally less common, but it can be an indicator of malnutrition, Addison's disease (inadequate adrenal cortex function – the adrenal glands will be very important as we look at blood pressure), hyperthyroidism, and severe wasting diseases. The risk for an otherwise healthy person is that sudden changes in posture can lead to dizziness. Hypotension is also a very important indicator of circulatory shock.

Normal blood pressure readings are between 120 (systolic) over 80 (diastolic). In people under 50 years of age, blood pressure is considered to be borderline high if it is over 140/90. Anything over 160/95 is high. A persistent diastolic reading of more than 158 increased the risk of death by cardiovascular accident by two times. What, exactly do these numbers mean? The first number, the systolic reading, indicates the amount of pressure being exerted by the heart when it pumps and shows if the heart is working too hard to get the job done. The second number, or diastolic, is the amount of pressure that is residual in the heart when the heart is at rest. If this number is too high it shows the heart is not resting adequately between beats.

Hypertension is a common phenomenon that we all experience from time to time. It is one of the ways our bodies adapt to stress, fever, physical exertion, pain, emotional upset, and fear. It is also one of the body's ways of coping with obesity and moving the blood through a very large circulatory system.

Hypertension is a more common problem than hypotension. In fact, nearly 30% of all people over the age of 50 are hypertensive regardless of their weight. By age 65, over one-half of the population is hypertensive.

There are two categories of hypertension. Primary hypertension has no underlying disease as its base. It is typically associated with smoking, stress, obesity, excessive use of stimulants (coffee and tea), drug abuse, high sodium diet, and use of the birth control pill.

Secondary hypertension originates from other disease processes - most commonly abnormal inherited narrowing of arteries, hormonal abnormality, atherosclerosis, and poor kidney function that results in sodium retention which leads to fluid retention. It is most commonly caused by arteriosclerosis (hardening of the arteries).

So, why is this such a common problem? Well, this could be because of your gender (more men than women are hypertensive), or your race (more blacks than whites are hypertensive), or your parentage (if one parent was hypertensive you are two times more likely to be also). Being pregnant or on the Birth Control pill will also increase your risk. Your diet could be unbalanced and/or your body weight and stress levels could be too high.

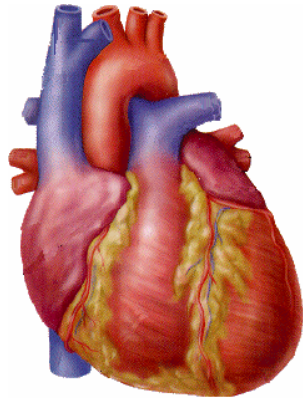
There are some warning signs sometimes, but remember that hypertension is also called 'the silent killer'. In a lucky few those warning signs could include nervousness, headaches, dizziness, fatigue, nosebleeds, and flushed cheeks. Of course the risks include heart attacks, strokes, kidney failure, and retinal damage.

There are several drugs that can be prescribed to control hypertension. Included in the list are diuretics, calcium channel blockers, and beta adrenergic blockers. Diuretics function with the kidneys to remove excess fluid from the blood stream. This, in turn, usually causes some depletion of some important electrolyte minerals, namely potassium, sodium, magnesium, and calcium.

Beta adrenergic blockers, also known simply as beta-blockers, interfere with action of the adrenal hormone epinephrine on the heart. Epinephrine stimulates the heart to pump more rapidly and more strongly, as is needed during emergencies. By controlling this effect, there is less wear and tear on the heart.

Calcium channel blockers prevent vasoconstriction by blocking the transport of calcium into coronary arteries. (Calcium is necessary for smooth muscle contraction, and arteries are simply smooth muscle.)

Lets look at some specifics. The heart, blood vessels, kidneys, and adrenals all must work together. If any one of the links becomes weak, hypertension is a possible result. Together, these four sets of organs control the stroking pressure of the heart, the dilation of the blood vessels, and the blood volume. It is a somewhat delicate balance with many variables. Probably the most important, controllable, variables are the release of rennin from the kidneys that results in the production of angiotensin (a vasoconstrictor) that stimulates the adrenal cortex



release of aldosterone. The adrenal glands produce two other hormones that play key roles in the regulation of blood pressure also: epinephrine and norepinephrine. Aldosterone stimulates the kidneys to reabsorb sodium, and thus allows the body to hold onto more fluid in the blood stream. This increases both blood volume and pressure. Norepinephrine is a vasoconstrictor and epinephrine is also a vasoconstrictor that enhances cardiac output. Clearly, the high-paced stresses of living in a developed nation, with the resulting constant output of these adrenal hormones can seriously increase blood pressure and its attendant risks. It has been well documented that people who live in simpler areas of the world do not suffer from these problems, and even taking a person who has these problems from a developed nation and transplanting them to a less developed nation will see his/her blood pressure self-correct. It would seem our modern life is doing us no favors.

We do have a lot of control over the very important diet and lifestyle factors. Our risks increase with diets that are high in sodium as compared to potassium, and with the use of monosodium glutamate. Other dietary and lifestyle factors include a low fibre, high sugar diet, a high saturated fat, low essential fatty acid diet, low intake of calcium, magnesium, vitamin C, and intake of the artificial sweetener aspartame. Certainly smoking with the effects of nicotine on the adrenal glands, using stimulants such as caffeine with its effects on the adrenal glands, and obesity with the increased pressure it takes to move the blood through extra miles of blood pressure, can play a critical role in elevating blood pressure. It has also been noted that people with high blood pressure often have cadmium toxicity, carrying three to four times the normal amount of this mineral in their bodies.

The life-improving changes that need to be made to impact blood pressure are not difficult, and they are readily accessible by everyone.

Start with increasing the intake of vegetables. Vegetables supply potassium that is needed to balance sodium and control its water conserving efforts. Vegetables will also provide complex carbohydrates that do not tax the pancreas and adrenal glands, essential fatty acids to help with keeping

arteries clean and supple, calcium and magnesium that work with the nerves to regulate muscular contractions and prevent vascular spasming, and vitamin C to build and maintain vascular strength and flexibility.

Sugar intake needs to be reduced. Sugars increase adrenaline production.

Many foods can be used to aid in achieving the goal of cardiovascular health and blood pressure regulation. Be sure to include garlic, onions, nuts & seeds (for essential fatty acids), green leafy vegetables (for calcium, magnesium, and vitamin C), and whole grains and legumes (for fiber).

Avoid caffeine in all forms, alcohol, and tobacco.

If hypertension is a problem, other therapies may be helpful. They include biofeedback, meditation, yoga, hypnosis, and aerobic exercise.

Certainly there are many herbs and supplements that can be beneficial. CoQ10 improves oxygen saturation for cell renewal and strength. Try 200 mg per day. Vitamin C with bioflavonoids is needed to improve blood vessel stability. Two doses of 500 mg have been recommended. Calcium (up to 1500 mg per day) with half as much magnesium can help balance the nervous system. Some studies have indicated that a vast number of hypertensives are calcium deficient. Essential fatty acids can be provided by Super Oil or Evening Primrose oil.

Hawthorn is the grand-daddy of heart/circulation herbs. It dilates larger blood vessels, strengthens heart, and is slightly diuretic, not to mention that it strengthens and supports the adrenal glands. Olive leaf contains oleuropein and dilates coronary blood vessels while regulating the heartbeat. Capsicum has a longstanding reputation of being a circulation normalizer. Ginkgo Biloba also dilates arteries and is well known for improving circulation.

Parsley is an important source of potassium and an excellent diuretic.

Because of the adrenal glands' production of blood pressure regulating hormones, it is usually prudent to support those small glands. Adrenal gland support is found with Siberian ginseng. This herb enhances one's ability to cope with stress and Adrenal Support is also a superb formula to support the adrenal glands.

A newer formula from Nature's Sunshine is Blood Pressure X. The company literature states this formula is for the maintenance of already normal blood pressure...but I have used it along with Stress Formula, Adrenal Support, and CalMag Plus D to get people off their blood pressure prescriptions!

Butcher's broom prevents blood clots which are much more common in blocked arteries. Garlic also thins blood and has been used effectively to reduce elevated blood pressure.

With diet, supplements, and the all important lifestyle changes the body can correct elevated blood pressure. So, maybe, just maybe, my husband was right. To lower blood pressure try a health retreat (vacation) to learn about healthy diet and how to slow down.

Eat Your Broccoli, or a Hand Full of Raw Almonds, Your Choice

Christopher Wiechert, C.N.C. & President

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CA Office: 925-779-8456, NV Office: 775-265-5693

Antioxidant-rich almonds on a par with fruits and vegetables.
07-01/2006

According to recent research, antioxidant-rich almonds could be the smart choice for people trying to be health-conscious, in a very busy world.

In a new study published last month, almonds, in common with fruit and vegetables, have been found to contain high levels of antioxidants. Antioxidants deactivate free radicals – cell-destroying compounds in the body that can cause heart disease, cancer and strokes.

While almonds have long been recognized as an excellent source of magnesium and vitamin E, comprehensive work had yet to be done on the quantity and quality of their antioxidant content.

Jeffrey Blumberg, director of the Antioxidant Research Laboratory at Tufts University, said: "These new findings, coupled with past results, lay the groundwork for future clinical trials that examine a link between whole almond consumption and the reduced risk of heart disease and other chronic conditions."

By testing the eight most common varieties of California almonds, researchers at Tufts University in California, discovered that the nuts contained 3 very important antioxidants, which are particularly important in fighting the cell damage that can lead to serious illnesses. The study also claims that one serving of the nut contains the same amount of the antioxidant flavenoid as an equivalent portion of broccoli.

The next stage of the research will focus on determining how the human body extracts and absorbs the beneficial compounds.

In addition to their high antioxidant content, almonds as an effective means of lowering cholesterol.

Previous research has found that the antioxidants and vitamin E in almonds work in tandem – and are more effective when taken in conjunction with each other – to prevent the oxidization of LDL, 'bad' cholesterol.

According to the Almond Board of California, around a handful of the nut reduces LDL cholesterol by 4.4% from baseline.

A single ounce of almonds contains 160 calories, calcium, potassium and iron as well as being a good source of protein and fiber.

Today's research was partly funded by the Almond Board of California and published in the Journal of Agricultural and Food Chemistry.