

Joyful Living Services' News

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From The Author – Can You Believe Its June Already?



Well, I don't know about everyone else, but I LOVE the summer time. Not only are my kids out of school, but I love all the outdoor activities that are available here in California. I love to swim and hike and garden plus a million other things we can do in the warm weather. For those of you who know me, you know I have a fantastic garden during the summer and am learning about winter gardening. During the summer I pretty much support our family with our fruit trees and our garden. We also have chickens so we have organic fertile eggs, rabbits, and we now have turkeys which I'm very excited about for our non-hormone Thanksgiving dinner. Living in the mountains definitely has its advantages especially when we live outside of the city in what I call "big foot land". It's amazing to me that even though we only live 15 minutes away from the nearest city of Auburn which has about 12,000 people, we still cannot get cable here. The cables stop about halfway up the freeway. But I much prefer this low-paced lifestyle than the lifestyle I had 8 years ago in the Bay Area where I was working a high-stress job at Stanford University and was driving to San Francisco to see iridology clients every night and then driving over an hour to get home at 10:00 at night only to do the same thing the next day and the next and the next.

So besides the fun activities, summer also has its healthy benefits. The sun has received quite a bit of attention lately. We've been told over and over again to stay out of the sun and be sure to wear hats and be sure to smother ourselves in sunscreen to protect ourselves from skin cancer. BUT now there are reports coming out that because of all these protections we are low in our Vitamin D. Vitamin D has been known to help the body protect itself against cancer. Wow, what a concept!!! Imagine doing whatever you love to do in the sun a little bit every day knowing that you are helping your body to prevent cancer! Isn't that an exciting idea? Here is some information from the "Vitamin D Council". I hope it benefits you, your family, and your friends. Have a Wonderful month of June.

The April 2008 vitamin D newsletter is now available at: [Vitamin D Question and Answers, April, 2008](#).

On our home page, you can also download the recent **Expert Opinion** paper for free here: [Diagnosis and Treatment of Vitamin D Deficiency](#). This is a practical paper on diagnosis and treatment of vitamin D deficiency aimed at physicians and the educated general public. Download it, print it, and take it to your doctor.

[The Vitamin D Council](#), 9100 San Gregorio Road, Atascadero, CA 93422

The Gratitude Dance

I thought this "gratitude dance" was important to send out to everyone I know. I find that a lot of people focus on complaining about what they don't like in their life rather than on being grateful for what they have in their life. To join in the gratitude dance, go to:

http://www.youtube.com/watch?v=7m_jwKwyi8M

Shop on eBay

We have an eBay store. It's located at: <http://stores.ebay.com/Joyful-Living-Services>. Please check out our store. We have several of our courses in the store as well as our iridology camera and software. Contact us at the numbers above or at iridology@netzero.net if you have questions.

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Referrals

Joyful Living Services offers referrals for Certified Iridologists, Certified Herbal Counselors, Certified Health and Nutrition Counselors, Certified Anatomy & Physiology Professionals, Certified Colon Health Care Professionals, Certified Advanced Herbalism Professionals, Certified Muscle Response Testers, Chiropractors, Massage Therapists, Iridology Distributors, Nature's Sunshine Distributors, and more. Go to <http://www.joyfullivingservices.com/referrals.html> to find the right professional for you.

Nature's Sunshine Featured Product – EverFlex Pain Cream

The NSP Answer for Joint Pain. Don't take PAIN for granted...it may be you someday!

Benefits:

- Enhances joint mobility and flexibility through pain reduction.
- Relieves muscle and joint pain.
- Provides penetrating, fast-acting help.



EverFlex Pain Cream® [Structural] features the cooling relief of menthol plus a unique combination of cetylated fatty acid esters (cetyl myristoleate, myristate, palmitoleate, oleate, palmitate and laurate), olive oil and MSM. MSM is a great source of sulfur, an important structural component, while menthol is an approved **active ingredient in many pain-relieving topical creams**. This cream is easily absorbed through the skin for fast-acting structural support.

NOTE: For external use only. Avoid contact with eyes. If condition worsens, or if symptoms persist for more than seven days or clear up and occur again within a few days, discontinue use of product and consult a physician. Do not apply to wounds or damaged skin. Do not bandage tightly. Keep out of reach of children.

Adults and children 2 years of age and older: **Apply to affected area not more than three to four times per day.** Children under **2 years of age**, consult a physician.

Order online at: <http://www.mynsp.com/generali/index.aspx> or call us at one of the numbers on the first page of this newsletter.

Nature's Sunshine Featured Product – EverFlex

The NSP Answer for Joint Pain. Don't take PAIN for granted...it may be you someday!

Benefits:

- Promotes joint health and normal function.
- Helps lubricate joints.
- May increase shock absorption in the joints.
- Enhances flexibility.
- May contribute to healthy cartilage.



EverFlex® with Hyaluronic Acid [Structural] offers the benefits of **glucosamine, chondroitin, MSM, hyaluronic acid and devil's claw in one convenient tablet**. Glucosamine helps maintain the integrity, lubrication and mobility of joints. Chondroitin promotes cartilage tissue generation and attracts fluid into the cartilage, making it more shock absorbent.

Methylsulfonylmethane (MSM) is a form of biologically active sulfur that is found in the human diet. Sulfur is important to joint health for a wide variety of processes. Hyaluronic acid is an important component of cartilage that plays a crucial role in joint motion and homeostasis. **HA promotes the viscosity and elasticity of the fluid surrounding the joints.** Devil's claw has long been used to relieve joint pain and has been shown to have anti-inflammatory activity.

Each 2-tablet serving provides a 1,900 mg proprietary blend of glucosamine hydrochloride (from crab shells), MSM (methylsulfonylmethane), chondroitin sulfate, hyaluronic acid and Devil's Claw root.

Adults: Take 2 tablets twice daily with a meal.

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Nursing Tidbits for Kids

Dental erosion is the loss of the teeth's protective enamel and is on the rise in the United States. A recent study confirms suspicions of the high prevalence of dental erosion in this country. The study looked at 900 middle school students (aged 10 to 14), and found that about 30% of middle schooler's studied, is blamed on acids found in many sweet drinks. Dental erosion is caused by acids found in many sweet drinks, sports drinks, some fruit juices and herbal teas. When these products are consumed in excess, they can easily strip the enamel from the teeth, leaving the teeth more brittle and sensitive to pain. The acids in these products can be so corrosive that not even cavity-causing bacteria can survive when exposed to them. Regular use of some types of medications, such as aspirin, also may cause dental erosion. Certain medical conditions, such as acid reflux disease or eating disorders associated with chronic vomiting, can cause dental erosion because of the gastric acids that are regurgitated into the mouth. Because dental erosion creates a smooth and shiny appearance of the enamel and causes no pain or sensitivity in its early stages, most patients are not aware that they are suffering from the condition until the problem becomes severe. It is important for children to make visits to the dentist where the erosion and its causes can be identified before it is too late.



Hypertension



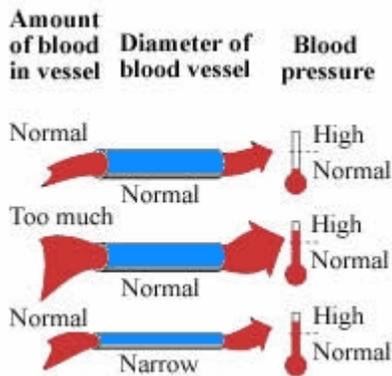
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Hypertension is often referred to as high blood pressure or even just high BP.

We know that hypertension is affected by other conditions such as obesity, smoking, and intake of caffeine just to name a few. It's also more common for people who live with stress in their life to have high blood pressure. Unfortunately, hypertension can lead to more serious conditions such as stroke and cardiovascular disease. Did you know that cardiovascular disease is the number one killer of both males and females in the United States? Just think, If you can get your high blood pressure under control, half the battle is won. There is a way to do it without side effects of drugs.

In many cases there are no symptoms associated with hypertension, however the following may be indicators of high blood pressure and should not be ignored. (Have you or a loved one had one or more of the following?):

- Nosebleeds
- Racing or Irregular Heartbeat
- Headaches
- Dizziness



Don't let your high blood pressure go unchecked, seek professional advice if you have or you think you may have high blood pressure.

Did you know that people with high blood pressure left out of control are 7 times more likely to have a stroke, 6 times more likely to have congestive heart failure and 3 times more likely to have a heart attack?

By helping the heart beat at a slower pace and with less force your blood pressure can drop and the heart does not have to work as hard. Many have found this increases their ability to exercise, which can be a tremendous benefit in reaching your blood pressure goals.

How blood flow and diameter of vessel affect blood pressure.

Herbal products that are know to help with high blood pressure;

Garlic Deodorized (10:1) Garlic provides the body with protection against cardiovascular sluggishness and has platelet-inhibiting properties. Garlic is one of nature's most studied and helpful herbs. Scientific trials reveal that it can lower cholesterol and triglyceride levels, raise high-density lipoprotein levels (HDL, the good cholesterol), reduce the formation of plaque in carotid arteries and provide protection against aging in the all-important aorta-the cardiac blood vessel responsible for maintaining blood flow and pressure with every heartbeat.

Dandelion Leaf (10:1) Dandelion is a natural diuretic that increases urine production by promoting the excretion of salts and water from the kidney. Dandelion is a rich source of vitamins A, B complex, C, and D, as well as minerals such as iron, potassium, and zinc. One advantage of dandelion over other diuretics is that is a potassium-sparing diuretic and even a natural source of potassium, a nutrient often lost through the use of other natural and synthetic diuretics.

Hawthorn Berries (5:1) Hawthorn dilates blood vessels and lowers blood pressure. Studies of people suffering congestive heart failure, found that they were able to do more aerobic exercise than a group who did not take hawthorn. Other studies of those with congestive heart failure found that hawthorn can reduce shortness of breath and improve heart function. Hawthorn has also been shown to increase peripheral circulation to the hands and feet. This reduces blood pressure and makes the heart's pumping easier. A German study found that hawthorn helped strengthen heart contractions in people whose heart problems stemmed from liver disease like hepatitis. When used for a long period of time (weeks or months), extracts of hawthorn dilate blood vessels, including vessels of the coronary system, giving better blood flow through the heart and throughout the body. Hawthorn also affects intracellular calcium levels in the heart muscle, resulting in improved cardiac function and lowered spastic cardiac conditions.

Linden - Linden flowers prevent spasms, lowers blood pressure, prevents hardening of the arteries, relaxes your respiratory system. Linden also stimulates immune function.

Celery Seed (4:1) Studies suggest that celery seed extracts may have activity to help lower blood pressure and cholesterol as well as protect the liver from damaging agents such as acetaminophen (also called paracetamol; an over the counter medication for pain and headache that can cause liver damage if taken in large quantities.)

Ginkgo Biloba Leaf (4:1) Ginkgo improves peripheral blood flow and decreases platelet aggregation. Ginkgo has been shown to be effective in preventing atherosclerosis and reducing symptoms of claudication (pain in calf & thigh muscle after walking a certain distance).

Skullcap - Skullcap has been used for over two hundred years as a mild relaxant and has long been hailed as an effective therapy for anxiety, nervous tension, and convulsions. Because of its calming effects on the nervous and musculoskeletal system, it can be beneficial in preventing heart disease or limiting the damage following a heart attack.

Mistletoe - Mistletoe is known to possess hypotensive, cardiotoxic, vasodilatory, antispasmodic, tumor-inhibiting, and thymus stimulating activity.

Yarrow - Yarrow has anti spasmodic and inflammation properties and is key to the synergy of the proprietary blend.

St. Johns Wort - St. Johns Wort has a calming effect on the system.

Valerian Root - Valerian is a European herb used for centuries as a calmative to treat nervous disorders, ease hypertension and calm hyperactivity. It's useful for symptoms associated with anxiety, panic attack, tension headache and insomnia.

Ginger - The high content of magnesium, calcium and phosphorus in ginger makes it useful for muscle spasms, depression, hypertension, muscle weakness, and gastrointestinal disorders. The high content of potassium in ginger can protect the body against bone fragility, muscle weakness, mental apathy and confusion, kidney damage, and damage to the heart. In addition to potassium's role in blood pressure regulation, it also regulates heartbeat. Ginger has a high content of antioxidants. This makes it a free radical scavenger. This means, it has antimutagenic and anti-inflammatory properties

Creating a Natural Vacation Travel Kit



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Vacation time brings pictures to our minds of relaxing, having fun and being more active. We travel to exciting remote places or to hidden treasures near our home, taking time to relax, have fun or just clear our mind. One thing we don't want during this time is unexpected health concerns to hinder our special time away. I would like to share with you some helpful natural products that can you can take along to make your trip more enjoyable, or to be prepared for unexpected illness or injury during your stay. Preparing your natural travel kit depends a lot on where or how long you will be traveling. Look over the list below, and consider your individual health concerns during travel. You can choose from the suggestions below to put together your own personal travel kit.

Digestive problems: Whenever we change our routines or the type of food we eat, we can expect our digestive system to speak up about it. Irritable bowel, constipation, and digestive upsets are not unusual during travel. Luckily we have several formulas that can help... Digestive enzymes help to ensure good digestion of our food during travel so we do not experience digestive upsets that can upset our travel fun. Proactazyme Plus (#1525-0) helps to digest carbohydrates, fats, and proteins. It is a vegetarian formula of plant enzymes that helps give our body the extra support we need to digest new unfamiliar foods. Take 1-2 per meal. Lactase Plus (#1655-2) helps to digest dairy products, take 1 with a meal that contains dairy if this food is hard to digest for you. Food Enzymes (#1836-9) is a stronger full spectrum digestive enzyme with hydrochloric acid and bile salts. It really helps to digest heavy meals and meats. Take it along when you go for that fancy steak dinner! 1-2 per meal.

Constipation: a sluggish colon is very common during travel the formula LBSII (#990-1) is a good laxative formula that will stimulate peristalsis in the colon. For those prone to have spastic bowel, use the formula LB-X (#1226-3) instead. This formula has the bowel stimulants along with powerful muscle relaxing herbs to stop spasms in the colon. Take 2-3 capsules of either formula in the evening with your dinner meal. Take more often if needed.

Irritable bowel: New foods, or travel stress can cause our digestive tract to over react resulting in loose stools or diarrhea. Intestinal Soothe and Build (#1106-2) formula will soothe the irritated digestive tract, break up gas, and relax intestinal spasms. Take 3-5 capsules with a glass of water 2-3 times daily as needed.

Parasites: Herbal Pumpkin Combination (#915-2) is Anti-parasitic, antibacterial, soothes and heals, helps constipation. This formula would be good to take during travel as it contains anti-parasitic herbs, they are antiseptic as well, and have laxative properties. I like this formula as it also contains slippery elm, marshmallow and mullein which soothes and heals the intestinal lining in cases of loose stool. This formula is gentle enough that people could take 2-3 twice a day if they are prone to sluggish colon during travel, and in the case of suspected parasites, you can take 6-9 daily. L-Reuteri (#1559-0) A probiotic formula which provides good bacteria for your colon that are perfect for travel. This probiotic prevent the growth of many types of microorganisms. This includes Cryptosporidium, salmonella, and E. coli (the bacteria responsible for food poisoning). L-reuteri also protects against fungi, protozoa, both gram positive and gram negative bacteria. It greatly helps in the healing and recovery of bacterial diarrhea. L-reuteri helps to heal the gut lining from food allergies and irritable bowel. Take 1 per day 2 weeks prior to travel, and 2 per day during travel.

High Stress: Perhaps you're nervous about travel, or need to stay a few days with someone you not entirely comfortable with. Stress Pack (#3022-1) can help to calm your nerves, improve your ability to handle stress, and improve your sleep. Each Stress Pack packet, contains 2 Stress-J (a calming chamomile and passion flower blend), 2 SUMA combination (an adaptogen formula that helps you handle stress, and boosts your immune system), 1 Nutri-Calm tablet (a B-Complex formula with Vitamin C in a base of calming herbs), and 1 hops capsule (a relaxant herb that soothes the nervous system). Take one packet 1-3 times daily

Sleep: For adjusting your sleep cycles due to change of time, or for jet lag take one Melatonin Extra (#2830-4) 30 minutes before you go to sleep. This natural compound helps to restore your natural sleep rhythm, and promotes a restful night's sleep. Herbal sleep (#940-8): Enhances your ability to fall asleep, relaxes your nerves and muscle tension. If you have trouble sleeping well when you travel, take 3 - 4 capsules at bedtime. This formula will not cause you to feel groggy in the morning like over the counter or prescription sleep aids.

Air travel sickness: Ginger (#300-6) take 3-4 capsules ½ hour before travel and then as needed. Ginger is a very warm herb, it sometimes feels hot in the stomach if you are not used to it. So if you plan to use it to reduce motion sickness during travel you should start using it ahead of time to get used to it. I suggest you take 1-2 ginger before meals for a week prior to travel. Ginger helps to improve digestion so taking it before a meal is very beneficial.

Endurance while Exercising: Target Endurance (#2809-8) a unique formula designed for those who are partaking in strenuous physical activity. Provides nutrients to increase stamina and endurance, and improve oxygen uptake by the cells. Take 3-4 capsules prior to physical activity. Recovery drink mix (#3662-2) is a great alternative to sports drinks. This well balanced orange flavored drink is packed full of electrolytes and energy producing nutrients. Drink this while exercising or playing sports and you won't believe how well it works. It is a real energy saver for those who have to work outside in the heat every day as well. It comes in a convenient powdered form so you can mix it up as you need it and don't have to carry along so many bottles.

The dreaded Poison Ivy!!!! Nature has provided us with some great cures for all types of pests around us, and poison ivy is not exception. The first thing to have on hand is Lemon essential oil (#3908-2). We have found that if you apply lemon oil to the little itchy bumps that first appear from the poison ivy (Fred gets this every summer), that you can dry them up and stop the itch in a couple applications. Only apply the oil just to the bumps. Often we don't figure out we are covered in poison ivy until we have already broke the skin from itching so badly. In this case the pure lemon oil will irritate the condition and burn the skin too much, so a second plan is needed. Keep on hand the following ingredients: Pure Aloe Vera Gel (#1679-2), Eucalyptus essential oil (#3904-9) and Roman Chamomile essential oil (#3901-6) Place a teaspoon of aloe vera in the palm of your hand; add 5 drops Roman Chamomile and 3 drops eucalyptus oil. Blend together and apply to any itchy areas of poison ivy that you have already itched and broke the skin. You can add a couple drops of the lemon oil to this as well. Do not use the lemon oil if the skin is very inflamed. These oils are also great for other things, the combination of Eucalyptus and Roman Chamomile are great for repelling insects, rubbing on sore muscles, or rubbing on the chest to loosen a tight chest and relieve congestion from a cold. Roman Chamomile is wonderful to help you fall a sleep, mix a few drops into some of the aloe vera and rub it onto your feet and back just before bed. It is a great for relaxing muscles, and I have used it to relax the abdomen and colon in babies and children suffering from colic or gas. A few drops mixed in the aloe and rubbed on the abdomen and back will work wonders in minutes in most cases. It helps the child go quickly back to sleep as well.

Insect bites: Tea Tree oil repels insects as well as killing germs and promoting healing. Natural bug spray recipe: 15 drops tea tree oil, 10 drops lavender, 5 drops eucalyptus oil. Mix in 2 ounce spritzer bottle (3936-9) with water. Spray on body to repel insects.

Cuts & abrasions if there is an accident Tea tree oil kills germs, fights infections. Lavender essential oil (#3907-8), and aloe vera gel (#1679-2) heals and soothes burns and injuries. Healing AC Cream (#8723-1) for soft tissue injury, swellings, bumps, broken bones, works better than ice. Apply every 30 minutes as needed. Takes down swelling quickly, minimizes bruising.

Sunscreen: For a all natural (no synthetic ingredients) sunscreen with a soothing aloe vera base, try Natria Sun Screen by NSP (6018-2). This formula feels great going on, soaks into the skin with no greasy residue and provides excellent protection from harmful rays of sun (SPF 30).

Immune Strengtheners: High Potency Garlic (#292-9) is anti-bacterial, anti-viral, anti-fungal, anti-parasitic. Strengthens the immune system and gives your blood a smell that helps to repel bugs and insects. 1 tablet twice daily, start a few days before travel.

Infections and Viruses: For the most powerful infection and virus fighter out there Colloidal Silver (#4074-7) is my choice. Use as a preventative in small doses, or as a remedy for fighting infections both internal and external. You can take this in addition to the garlic if you know you are coming down with something. Caught at the first signs of an infection most of the time it will minimize the symptoms and shorten the duration of illness, so you can still enjoy your trip. Silver can be applied for topically for abrasions, cold sores, staph infections, or ringworm. You can use a couple drops in the ear for ear infections, or directly in the eye for eye infections, or after you get something in your eye to help prevent infection. It may sting for a second, but then the eye feels better. Use in a douche for yeast infections. For suspected viral or bacterial infections, take 1 tsp. 3 times daily for adults (including children).

Allergies: When you travel to a new area you often encounter pollens and other allergens you may not be accustomed to. If you tend to get seasonal allergies you need to travel prepared when you go to new places. HistaBlock (776-1) is a great allergy formula that has anti-histamine properties. It will help the itchy eyes, and runny nose associated with allergies. Are you staying with someone who has pets and you are bothered by them? HistaBlock is a great formula for cat and dog allergies. Take 2-4 capsules several times daily as needed. ALJ (#774-3) is another great formula that helps relieve allergy symptoms. If you tend to

get plugged up and congested from your allergies, then this formula may be the best choice. I always have both formulas on hand and often combine them. Each family member or exposure to different allergens may call for using a different formula. ALJ is also available in liquid form, for children. Sinus Support (#1250-3) is another great allergy formula which helps to fight sinus infections as well. It is particularly good if you are traveling somewhere that has a different climate from the one you live in. The formula contains burdock which helps your hypothalamus gland adapt to the change in climate, which helps stop the drainage in your throat common with weather changes. I know 3 allergy formulas can be confusing, they are each a little different and developed by different herbalists. But since each person is affected a little differently by the allergens I find it is best to try all three over time, and find out which helps you the most.

Dynamic Changes in Health



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Dynamic changes in health can be achieved by decreasing some things in our diet like sugars, and high glycemic foods and beverages, and by increasing the amount of healthy foods along with supplements. Orthomolecular Nutrition teaches us that taking the RDA, the Recommended Daily Allowance, of nutrients is not enough to prevent chronic illness. This is true as well, when we don't eat enough vegetables and fruits each day. One example below is copper. Greens contain lots of the trace mineral copper, which when eaten in large amounts, might reduce enlarged hearts. Here are some examples of things we should do less of and powerful nutrients that we might want to consider taking more of.

Vitamin C: There May Be a Modern Chronic Deficiency - (NaturalNews) Vitamin C. Mmmm maybe you think of a tall glass of Florida orange juice. Or maybe you grab it at the beginning of the cold season. But would you associate it with cardiovascular disease (CVD) or cancer? Maybe you should. According to an article published in October 2007, in the Journal of Nutrition, there is accumulating scientific evidence that very large (therapeutic) doses of vitamin C may be effective in treating both CVD and cancer. In addition, some scientists have hypothesized that the onset of these common degenerative diseases may actually be due to a [vitamin C](#) deficiency in the general population. Dr. Steven Hickey and Dr. Hilary Roberts with the Vitamin C Foundation and authors of the book 'Ascorbate: the Science of Vitamin C', have gone so far as to suggest that [heart disease](#) is actually a chronic form of the vitamin C deficiency disease called scurvy. If we ate the recommended 5 servings of fruits and [vegetables](#) per day, we'd easily consume double the RDA for vitamin C and likely a lot more. According to Linus Pauling, a two time Nobel Prize winning chemist who is noted for his vitamin C research, our early human ancestors probably consumed 2,300 mg/day to 9,500 mg/day of vitamin C from their plant-based diet. This is 25 to 100 times more than today's RDA for an adult man! [MORE](#)

High-dose copper reverses heart enlargement - (NaturalNews) Relatively high doses of copper may help reverse unhealthy enlargement of the heart, according to a new study published in the Journal of Experimental Medicine. The research was led by scientists at the University of Louisville Medical Center in Kentucky, in collaboration with Agricultural Research Service scientists from the Grand Forks Human Nutrition Research Center in North Dakota. The researchers fed a group of mice with enlarged hearts the equivalent of three times the human recommended daily allowance of [copper](#). The mice that had been fed copper experienced a reversal of cardiac hypertrophy- (enlarged heart) symptoms, whereas the non-supplemented mice did not. [MORE](#)

Dr. Matthias Rath - Cellular Medicine - How Cancer Develops - Dr. Rath identified a common pathomechanism of all cancers, which is the degradation of the surrounding connective tissue, as a precondition for cancer metastasis. He suggested that the amino acid lysine and vitamin C could effectively control this process. Cancer develops when cells in one part of the body begin to grow out of control. Normal body cells grow, divide, and die in a systematic way. During the early years of a person's life, normal cells divide more rapidly until the person becomes an adult. After that, cells in most parts of the body divide only to replace worn out or dying cells and to repair injuries. In the case of cancer cells, the genetic program that regulates their growth cycle is interrupted, causing the cells to become immortal and constantly divide. Cancer cell growth never stops, and it results in the formation of a tumor mass. To stop cancer metastasis, the activity of MMPs must be inhibited. Dr. Rath and his team of researchers at the Dr. Rath Research Institute have identified a specific combination of nutrients that can inhibit the activity of MMPs and stop the spread of cancer cells. Further research has led to the development of a nutrient combination, including vitamin C, the amino acids L-lysine and L-proline and a green tea extract known as Epigallocatechin Gallate (EGCG), that works synergistically to stop the spread of cancer cells through connective tissue. [VIDEO](#)

Glutathione: The "mother" of all antioxidants - Medical Professionals on the Benefits of Glutathione "We literally cannot survive without this miraculous antioxidant," according to Dr. Earl Mindell, What You Should Know about the Super Antioxidant Miracle "No other antioxidant is as important to overall health as glutathione. It is the regenerator of immune cells and the most valuable detoxifying agent in the body. Low levels are associated with early aging and even death." The Immune System Cure, Lorna R. Vanderhaeghe & Patrick J.D. Bouic, Ph.D. "Without glutathione, other important antioxidants such as vitamins C and E cannot do their job adequately to protect your body against disease." Breakthrough in Cell Defense, Dr. Allan Somersall, Ph.D., M.D. with Dr. Gustavo Bounous, M.D. FRCS(C) "Your life depends on glutathione. Without it, your cells would disintegrate from unrestrained oxidation, your body would have little resistance to bacteria, viruses and cancer, and your liver would shrivel up from the eventual accumulation of toxins." Glutathione: Essential Health AID - Antioxidant. Immune Booster. Detoxifier, Dr. Jimmy Gutman, MD, FACEP "A review article published in the Annals of Pharmacology stated that glutathione is important in DNA synthesis and repair, protein and prostaglandin synthesis, amino acid transport, detoxification of toxins and carcinogens, enhancement of the immune system, and protection from oxidation and enzyme activations." The Immune System Cure, Lorna R. Vanderhaeghe & Patrick J.D. Bouic, Ph.D. "Glutathione has potent anti-viral properties - if you raise the glutathione level you can stop the replication of most any, at least, intracellular pathogen....but glutathione deficiency

produces a pro-viral effect." Dr. Paul Cheney, transcribed from a workshop presentation on the clinical management of Chronic Fatigue Syndrome "Glutathione levels also diminish as we age and many diseases normally associated with aging have been linked to glutathione deficiency." Glutathione: Essential Health AID - Antioxidant. Immune Booster. Detoxifier, Dr. Jimmy Gutman, MD, FACEP "Clinical evidence links low glutathione levels to the most common illnesses of our time as well as newly emerging diseases." Glutathione: Essential Health AID - Antioxidant. Immune Booster. Detoxifier, Dr. Jimmy Gutman, MD, FACEP [VIDEO](#)

The Harmful Effects of Sugar and Choosing Healthy Alternatives... (NaturalNews) Most of us have heard the good advice that we need to eat less sugar - and rightly so. However, despite the numerous warnings by health authorities of the ill effects of sugar, the majority of the population is still consuming sugar on a daily basis in some form or other. Sugar is both a broad category and a misleading one. Let's examine it for our health's sake. We do not have to consume white, refined sugar to be consuming sugar. Sugar includes glucose, fructose (as in fruit [sugar](#)), lactose (as in milk), [sucrose](#) (as in table sugar), maltose or malts (as in rice malt and honey), jam (contains concentrated juice, which is high in fruit sugar), maple syrup, [corn](#) syrup, palm sugar (traditionally used in macrobiotic [cooking](#)), and the very deceiving organic brown sugar, which is not all that different from white sugar. Even alcohol is a sugar. All of these [sugars](#) are problematic in many different ways. [MORE](#)

NAC as a Natural Treatment for Cocaine Addiction? (NaturalNews) Three recent clinical studies, two about cocaine addiction and one about compulsive gambling, examine the role of a simple amino acid in normalizing brain chemistry of those with addiction. Drug addiction and various forms of pathological gambling has widely ruined personal finances, family cohesiveness and health. Relapse rates are extremely high. These studies offer much hope for an inexpensive, non-toxic option for healing. N-acetylcysteine, a form of the sulfur-containing amino acid cysteine is a precursor to [the brain](#) neurotransmitter glutamate. There is observational evidence that low levels of glutamate in the brain will increase compulsive and addictive behaviors and intensify cravings. Taking NAC by mouth has been shown to increase glutamate concentrations in the regions of the brain (the nucleus accumbens) which, when low in glutamate, promotes addictive behavior. [MORE](#)

[NSI N-Acetyl Cysteine -- 600 mg - 120 Capsules](#)

[NSI Vitamin C with Bioflavonoids, Quercetin, Green Tea, L-Lysine and L-Proline -- 240 Capsules](#)

[DAILY GREENS](#)

Tidbits

The following tidbits were taken from Tidbits Newspaper in Auburn, California April 16-22, 2008

1. The moisturizer we know as **Oil of Olay** was invented by South African chemist Graham Gordon Wulff in 1949. Its initial use was not as a beauty treatment, but to treat the skin of burn victims. According to a spokeswoman at Procter and Gamble, the popular skin care cream is now called simply "Olay."
2. American women didn't regularly **shave their underarms** until a 1915 issue of Harper's Bazaar magazine depicted a comely model wearing a toga-style garment with her arms held over her head. The ad revealed that "summer dress and modern dancing combine to make necessary the removal of objectionable hair." Wilkinson (a major razor manufacturer) quickly jumped on the bandwagon, claiming fuzzy underarms were not only unfeminine, but also a health hazard.
3. You may not realize it, but you have almost certainly engaged in **sternutation** at some point in your life – and it you're like me, you do it regularly every spring when the pollen count is high. Sternutation is simply the act of sneezing.
4. Alcohol labeled 100 proof is 50 percent **alcohol**, but why is it called "proof" in the first place? In the Wild West, drinkers tested the strength of booze by pouring a bit onto a tiny pile of gunpowder, and then lighting it on fire. Once the liquor burned off, it would set off a small explosion as "proof" that the alcohol content was right on. If it was too watery, the fire would simply fizzle out.
5. It may seem ridiculous that the arms of **Death Row inmates** are swabbed with alcohol prior to lethal injection, but there are three reasons for the procedure. First, it keeps the injection area sterile (just in case there's a last-second stay of execution). Secondly, it brings blood vessels to the surface to facilitate the injection. Lastly, it adds an air of medical professionalism to an otherwise gruesome job.
6. We've all heard that TV commercial that insists "**four out of five dentists** recommend sugarless gum for their patients who chew gum." Just what did dentist #5 recommend? No gum at all. Recent studies indicate that gastroenterologists agree with that lone dissenting dentist. Folks that chomp on a lot of gum throughout the day tend to suck in a low of air, which can cause flare-ups in those who suffer from acid reflux disease.

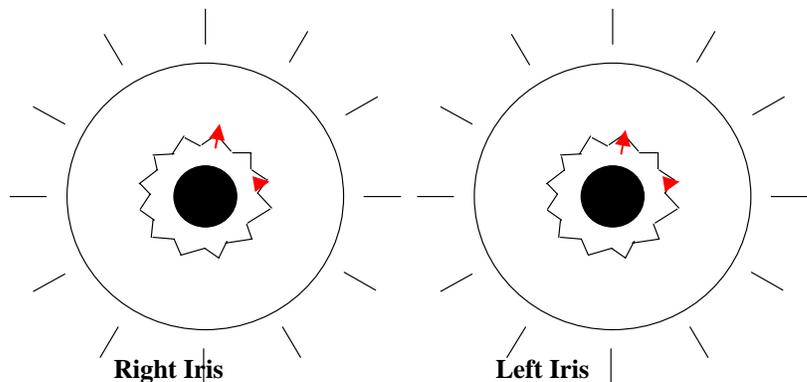
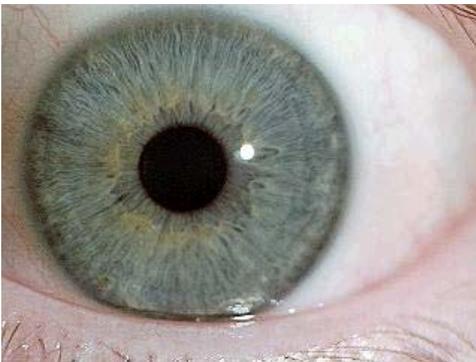
Important Notice - The information contained in the Joyful Living Services' newsletter is for educational purposes only and should not be used to diagnose or treat diseases. If you have a disease, the author suggests that you contact a health practitioner, and do not treat the disease yourself.

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 bowel pockets and prolapses. Please let us know if you have any questions about these items. The information was taken from our Intermediate Iridology course. To find out more about our courses please go to: <http://www.joyfullivingservices.com/education.html> or call us at the numbers on the front of this newsletter.

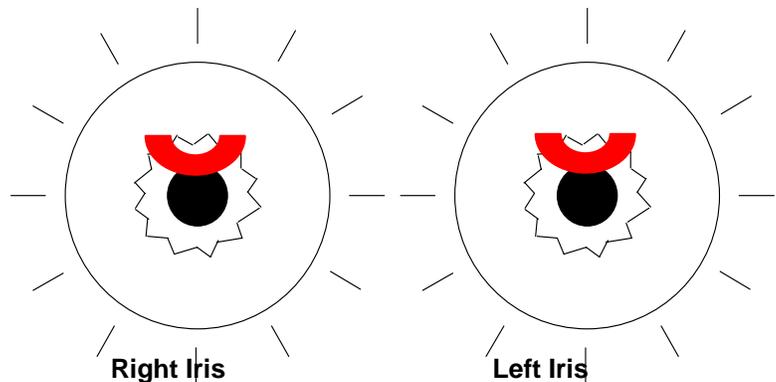
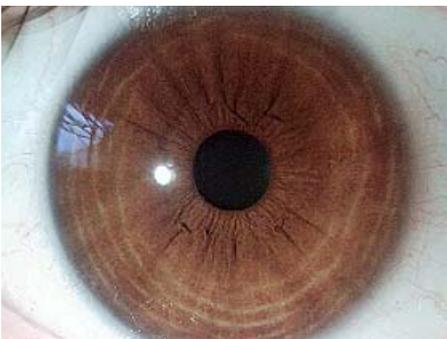
Bowel Pockets

Medically these are called "*Diverticula*". We refer to them as "*Pockets*" because it more accurately depicts what they are, an out pouching of the colon wall associated with an inherent weakness in the colon and perhaps also with increased colon gas developed by improper dietary habits (improper food combining). Bowel pockets can usually cause no problems if kept clean. Bowel pockets frequently can be the spawning-ground for localized sub-clinical infections. When colon debris are allowed to accumulate in them and putrefy, these pockets can become infected and inflamed. If this occurs it is called "*Diverticulitis*". This is a serious condition. Even when not acutely infected, there is frequently a "*low-grade*" infection present producing an irritation of the nerves in the colon wall. It is not uncommon for bowel pockets to be responsible for more enervation and conditions of ill-health than is generally recognized. It is best to take care of them by keeping them clean, first using the Colema Board then following up with proper diet, consistent use of intestinal bulk formers such as psyllium hulls and adequate intake of acidophilus bacteria. Chlorophyll containing products also can be a great help with this. Avoiding granola, individual nuts unless ground into a butter and popcorn. This is very important as these foods can become trapped in the pockets and can cause pain. Adequate intake of pure water is vital to proper colon health. Many conditions in the body are associated with the neglect of these bowel pockets. Moderate to severe contamination of these pockets is common and the best way to get them cleaned up quickly is with the colema board.



Bowel Prolapses

Gravity is one of the most difficult forces to overcome, because of our continual exposure to it. As a result, we have to exert a great deal of preventive care to reduce the development of spinal problems, brain anemia or prolapses of the transverse colon. Man is a creature who walks erect. His internal organs are held in place by connective tissue and membranes which generally resist the downward pull of gravity upon those organs, but the combination of enervation and gravity, sometimes together with inherent weakness or chemical depletion, can cause the dropping of the transverse colon. Prolapses of the transverse colon is one of the most commonly encountered effects of gravity, and its consequent pressure effects upon the organs of the pelvic region can cause serious problems if not properly counteracted. Among women, the first thing we find is pressure on the ovaries, uterus and the blood vessels of the pelvic region. Cysts on the ovaries may form which do not drain adequately for healing to take place. This is probably responsible for many of the surgeries performed on women these days. Blockage of one or both fallopian tubes may occur, hindering or preventing passage of the ovum and contributing to irregular menstrual cycles. Blockage of both fallopian tubes would, of course, result in sterility. Prolapses of the transverse colon among men is frequently accompanied by prostate trouble due to visceral pressure. In general, the pressure due to prolapses can cause distortions, contractions and irritation to the sigmoid colon which interferes with bowel elimination. If there is enough pressure on the pelvic organs, we may find urinary disturbances and pain in the lower abdomen. Interference with the blood supply to this area may lead to adhesions, bowel distortions, ballooned conditions in the bowel wall, strictures and diverticula due to restrictions of the passage of wastes and consequent buildup of gas. One of the most troublesome problems in the abdominal areas is that of hemorrhoids caused by rectal pressure. The veins are forced out of the rectal area because of pressure at the stool. Use of a slanting board, regular exercise, controlling weight, use of herbs, vitamins and foods are all beneficial to the transverse C\colon.



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>.

Silver Shield is excellent for infections, viruses, and parasites, and even cancer. Contact Brenda for more information.

Silver Shield The Natural Immune System Promoter

Research indicates that Silver Shield (with Aqua Sol Technology) is an effective immune system booster, discouraging the growth of unwanted invaders. Silver Shield has become a popular alternative to other products on the market.



BENEFITS

- Provides more powerful support to the immune system.
- Uses only the finest particle-size colloids to ensure maximum bioavailability and efficiency.
- Is completely non-toxic; no heavy metal contamination.
- Acts as an EPA-approved surface disinfectant.

HOW IT WORKS

Silver Shield disables the specific enzyme that many unwanted microorganisms need to metabolize oxygen (breathe). When this enzyme becomes disabled, the microorganisms cannot thrive. NSP Silver Shield with Aqua Sol Technology has been effective against unwanted microorganisms when tested *in vitro*.

Silver Shield is processed by the kidneys and may not affect populations of beneficial bacteria in the colon.

NSP ADVANTAGE

NSP Silver Shield is safe and effective. It is manufactured using a patent-pending process with strict quality control to verify atomic adsorption. The result is fine particle-sized colloids with 99 percent bioavailability. Other products tested ranged between 15–65 percent bioavailability.

SCIENTIFIC SUPPORT

NSP Silver Shield has been studied extensively in *in vitro* and human trials. It has proven to be two to three times more effective than other commercial colloidal silver products, and it has outperformed some other products.

INGREDIENTS

Contains 70 mcg silver (14 ppm) per serving and deionized water.

RECOMMENDED USE

Take 1 teaspoon with a meal three times daily. NSP Silver Shield is gentle enough for application to the eyes, ears and nasal passages.

COMPLEMENTARY PRODUCTS

- Nutritional: Olive Leaf, Echinacea/Golden Seal, Immune Stimulator, High Potency Garlic.
- Homeopathics: Candida, Viral Recovery.
- Essential Oils: Lavender Fine AOC, Thyme Linalol, Tea Tree.

*Silver Shield with Aqua Sol Technology
(4 fl. oz.) (14 ppm)
Stock No. 4074-7*



Contact your local NSP Herb Specialist:

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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