

Joyful Living Services' News

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JUNE 2012

VOL. 21, NO. 04



Welcome to June! I hope you are all having a wonderful summer. Summer to us means 2-1/2 months because our children are only 9 and 11 and this is when school is out of session. So far this summer it's been very peaceful for us. We've been very busy and we've had a lot of fun as well.

The summer is a wonderful time to eat healthier. A lot of us garden which not only saves us money but also saves us from eating all those toxic preservatives, waxes, and chemicals to keep our fruit and vegetables "fresh". We are able to eat tree and vine ripened fruit which is much better for us. Most of the fruit you find at the local grocery store is old and was picked before it was ripe and therefore is not healthy for us.

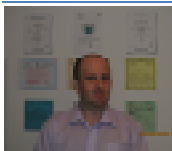
I love summertime. I'm a sun person. I love gardening and boating and just enjoying not being on a schedule. We have a lake nearby and we've gone fishing twice. Of course eating fish from a lake is healthy as well because it has not been treated with salt and other toxic preservatives but we still have to worry about mercury poisoning here in the foothills that dates back to the gold mining times.



Summer is also a time for playing on the beach, playing in the sun, and getting tan. We used to believe that it is important to use sunscreen because of the fear of skin cancer. Now they are telling us that the chemicals in the sunscreens cause cancer. So you still should not go into the sun without protection but you should not use the standard sunscreens that are affordable and widely available. What about tanning salons? Are those any safer than the sun itself? And what about Vitamin D? They say that most of us are deficient in Vitamin D. The only way to really get it is from the sun. During the wintertime I just want to hibernate and work at the computer inside. I don't want to go searching for the sun. During the summer we are told to wear a hat and use sunscreen so we still do not get the necessary Vitamin D from the sun.

Who do you believe in these situations? What should you do? What is the best thing to do? There is so much conflicting information on the web. I leave it up to you to read and learn what is best for you and your family.

Iridology Testimonials



I received the **Iridology Course Series**. Thank you very much! The course is very well structured. I strongly recommend this training course to both those who want to know as much as possible about iridology and to those who are already practicing it. We find answers to many of our questions in this course. Congratulations! Satmari Daniel, Romania

Dear Brenda, Thank you for coming to the Transition to Health one day retreat on Saturday ... everyone loved meeting you and were really excited about the camera and the iris pictures ... I am really wanting to learn as much as I can about iridology. How could I learn from you? It would mean a great deal to me as I feel drawn to helping people improve their health. We look forward to seeing our iris pictures and so are the other retreat participants ... already had someone ask me about it! Warmest wishes, *Margaret Gomes, Raw Food Chef and Instructor*, LIVE FOOD ACADEMY, Teaching to make raw food simple. www.livefoodacademy.com, [916 910 4914](tel:9169104914)



If you are interested in finding out more about the vegetarian diet, please join us on Saturday June 30th for a fun informative class which includes recipe handouts, loads of information and cooking demonstration with food samples afterwards. For more information please call [916 910 4914](tel:9169104914) or email info@livefoodacademy.com

Iridology Continuing Education Programs

We are happy to announce that we have 2 Continuing Education Programs to follow our Iridology Certification.

IIPA Certification

To become Certified by IIPA (International Iridology Practitioner's Association <http://www.iridologyassn.org>) through Joyful Living Services complete the following:

- **Certified Iridologist Course** - Complete and pass the 3 levels of iridology (beginning, intermediate, advanced, final exam) and become a Certified Iridologist approved by the Board of Registered Nursing and Joyful Living Services. Special Price: \$450 when 3 courses purchased together (normally \$900)
- **Sign up as an Associate Member of IIPA** – When you sign up for our iridology courses and/or if you are already taking our iridology courses, you can sign up as an Associate Member of IIPA through Joyful Living Services. Speak to Brenda about this. Cost is only \$50.
- **Anatomy and Physiology Course** – Complete and pass the Certified Anatomy and Physiology course. This course is approved by the Board of Registered Nursing and Joyful Living Services. A&P is required by IIPA for certification. All Iridologists need an understanding of how the various organs, glands and tissues interact. \$300
- **Purchase and Study**: “Iridology: A Handbook” by Kianna Smith. \$40
- **IIPA Exam**: Apply to take the IIPA Certification Exam. Apply through Joyful Living Services. Includes a 1-year membership to IIPA. \$100

Once the 4 items above are completed you will have a “**Double Certification**” through Joyful Living Services as well as through the International Iridology Practitioner's Association. A whole world of iridology will open up to you!! If you are already a Certified Iridologist through us, you can upgrade your certification by completing items 2, 3, and 4 above. To Register for the IIPA Certification Contact Brenda Generali at Joyful Living Services

Certified Iridologist Practitioner (CIP)

To become a Certified Iridologist Practitioner you will need to complete the following courses:

Anatomy and Physiology	NES 01	Credit 3
Certified Health and Nutrition Counselor Course by Joyful Living Services		Credit 3
Certified Herbal Counselor Course by Joyful Living Services		Credit 4
Natural Health Approaches 1	NES 03	Credit 5
Kinesiology	NES 32	Credit 3
Beginning Iridology by Joyful Living Services		Credit 3
Intermediate Iridology by Joyful Living Services		Credit 3
Advanced Iridology by Joyful Living Services		Credit 3
Herbal First Aid	NES 05	Credit 2
Starting your Business as a Natural Health Practitioner	NES 40	Credit 2

Total Semester Credit Hours: 31

Tuition: 1550.00

50.00 Per credit hour

Award: Diploma in Iridology

Tuition includes manuals, testing, mentorship, DVD'S, CD'S, except certain text books

Graduates can apply for Board Certification with the ACHM, or the ANMC

Graduates are encouraged to be members of the: International Iridology Practitioners Association (IIPA)

To Register to Become a CIP Call Larry De Santis at [New Eden School of Natural Health and Herbal Studies](http://www.newedenschool.com) At 1-630-403-8149 Email: info@newedenschool.com

Become an Associate Member of IIPA

If you would like to learn more about iridology please become an Associate Member of IIPA through us. The cost is only \$50 and you will receive a monthly newsletter with articles about iridology as well as be able to attend conferences at a reduced rate. Plus you will learn more about iridology.

New IIPA Members through Joyful Living Services

Congratulations to the following professionals who are now Associate Members of IIPA through Joyful Living Services

1. Maria Pina Bramante, B.A.
2. Dr. Cindy Cork
3. Denise Coyle
4. Dr. Anne Murray
5. Loretta Ross, B.S.
6. Irina Kouchnir, B.S.
7. Regina Catherine Iggulden
8. Ulysses Leopoldo Angulo
9. Dr. Diane Collins
10. Debbie Young C.C.Ir.



IIPA

International Iridology Practitioners Association

Please let me know if you are interested in applying for this membership in IIPA and we will forward a membership form to you. It will open up the world of iridology to you and we highly recommend it.

Nutri-Body Analyses are Now Available through Joyful Living Services!

We are happy to announce that we are now offering Nutri-Body Analyses.

Take this Nutritional Symptomatology Analysis and you will empower yourself to take charge of your health and well-being. Our motivation and passion is to help others help themselves. The key to good health is to identify and support your body's inherent weaknesses. To do this is to know the most effective way to get your Nutritional Needs in balance.

What are your nutritional needs?

Have you ever been confused standing in front of thousands of supplements to choose from trying to figure out which ones are right for you? Spending money and not knowing if it's helping you or hurting you or if you're even assimilating any of them?

Remember Our Body's Process: (Digestion – Absorption –Assimilation - Distribution – Elimination)

Questions Like

- Do I have food sensitivities? Maybe that's what's causing my digestive system to be so uncomfortable.
- I heard heavy metal toxicity causes pain in the body. Do I have that?
- Are my hormones out of balance? Why do I have these mood swings, headaches, anxiety, weight gain, and/or depression? Is my blood sugar going up and down causing this?
- Why is my energy so low? What are these mild aches and pains? Why is my thinking fuzzy? Why do my fingernails break easily? Why is my skin so dry?
- Why are my allergies so severe?

All of these signs can relate to (Nutritional Imbalances) *It has been proven this takes place in the body when it gets too little (or too much) of a given nutrient.*

This Nutritional Assessment from Nutri-Body will answer those questions and more

Nutritional symptomatology is a reliable way to determine one's nutritional status. It can pinpoint nutritional inadequacies that other methods may miss. This analysis involves you in your own health care and gives you valuable information to help you build and maintain your health. The analysis takes about 30– 40 minutes to complete. It asks questions about possible symptoms that can relate to Nutritional imbalances. All of the questions are based on what your body is experiencing right now, with the foods and supplements you are presently taking.

What is Nutritional Symptomology?

It is a systematic way of analyzing a person's unique array of symptoms to discover possible nutritional causes for them. Long before any dis-ease may present itself, there are indications that things may not be working as well as they used to.

- They may be little discomforts and inconveniences- things that we take for granted, not realizing nutrition may be involved.
- There can be a clean medical bill of health. There may be no abnormal medical tests, yet things do not feel quite right.

Researchers have found that certain changes take place in the body when it gets too little (or too much) of a given nutrient. By studying this body language, one can determine deficiencies (or excesses) of specific vitamins, minerals, proteins and other factors. By studying symptomology, body signs are interpreted to find the underlying causes.

Nutri- Body Analysis is a method of nutritional appraisal designed especially for professional Nutritional Consultants by natural health leader, David Rowland, PhD, and is the most effective questionnaire of its time. It can detect deficiencies and imbalances long before they show up on laboratory tests. And in many, many ways is a more reliable laboratory test for determining nutritional status. With your *Nutri- Body Analysis* you receive

- An analysis of 65 nutritional categories
- A color graph prioritizing weaknesses
- Items of concern- prioritized
- Items to watch- prioritized
- Explanation of weakness
- Dietary guidelines
- Supplement recommendations
- Recommendations unique to you

It Has Been Estimated That at Least 70% of Sickness & Disease Is Dietary Related. However, that Number is expected to be Much Higher! North America has been called the most over-fed, undernourished nation in the world. With chronic illness & obesity skyrocketing, it's no wonder. Overloaded with nutrient-empty ingredients, toxic chemicals and fabricated food products our bodies are simply poisoned and starved. Researchers have discovered a 50% drop in nutrients in most vegetables in the last 40 years. Our bodies are suffering because of nutrient neglect. We know that. We want to change. We want to claim back our health. But the overwhelming question is how!!!! With the dramatic rise in the supplement and herbal market these days we are bombarded with products, packages and, yes, sometimes, gimmicks.

How often have you stood in the Dietary Aide" aisle of your local grocery store knowing you should be taking SOMETHING, but not knowing WHAT?

Before you invest any more money in a product, not knowing if you even need it, invest in a *Nutri- Body Analysis*.

What has been my Experience?

As a Nutrition consultant and Iridologist I have found this a very effective, revealing and inexpensive tool for my clients and myself. In many cases, when a nutritional deficiency is addressed the turn- around is amazing! For so many people it is the perfect starting place for improving health and well-being.

Nutrition Hunting on the Web

I can tell you that the *Nutri-Body Analysis* is the most thought-out and complete program I have ever seen. I have tried and tested numerous analyses for my clients, but none shows the accuracy of this analysis. I believe everyone should have a fair shot at good health.

That is why we are choosing to offer this at the incredibly reasonable investment of \$50! If you would like a telephone or in-person consult after we send you your report the cost is merely \$110 for both the Nutri-Body Analysis and the consult. Consults run \$60/hour. Upon payment, you will receive the *Nutri-Body Analysis* directly to your email. When you're finished filling it out, you need to send it directly back to me, then I will send you back your results. If you don't have internet service I can mail you an analysis and you can mail it back. Whichever is more convenient for you.

The *Nutri-Body* questionnaire takes about 25-40 minutes to complete. These questions are grouped by specific nutritional factor, for ease of interpretation. In completing this kind of appraisal, you may be reminded of many body signs that may have been taken for granted-not realizing they may be nutritionally related, and not thinking to mention them to your health care practitioner

It is intended to identify nutritional weaknesses *only* and in *no way* intended to diagnose or treat disease.

To register for the Nutri-Body Analysis please fill out the attached registration form and e-mail, mail, or fax it to us. You can also e-mail us to iridology@netzero.net if you wish to sign up through PayPal or with question

Eating Right for Your Blood Type Presentation – By Ulysses Angulo, IIPA Member

An individualized approach to the patient is a key to unlocking many of the latent healing powers of the body. It allows the practitioner the ability to help the person as a whole, not the dis-ease, a tenet of healing wisdom. Beginning with a simple concept - that food can be your medicine, many of my clients enjoy the benefits of cutting-edge research the work of Dr. Peter J. D'Adamo while also receiving compassionate care and support.

Whether you are interested in improving your health by refining the techniques described in *Eat Right 4 Your Type*, *The GenoType Diet* or plan to use our resources to assist you in fighting stress or a chronic disease, the following presentation outlines how knowing more about your blood can unlock the key to why some diets and herbal supplements works for some and not for others, in fact how they can actually cause the dis-ease you are trying to prevent.

More information at <http://www.biostarorganix.com/nap> or email info@biostarorganix.com

One of my clients, who is a chef, has taken off with the concept is now making her recipes based on the better food choices: <http://web.mac.com/angileridanila/iWeb/Danila%20Cusine/Menu.html>

8 Bugs You Don't Know You're Eating – Submitted by Kelly Sparry

Here are a few of the more disgusting bugs infiltrating your food. For more information, go to: <http://health.yahoo.net/experts/eatthis/grossest-bugs-you-dont-know-youre-eating>



Thrips - At anywhere from 1/25 to 1/8 of an inch long, these tiny little winged parasites are legally allowed in apple butter, canned or frozen asparagus, frozen broccoli, and frozen Brussels sprouts.

Aphids - Those same little green or black bugs that can destroy a bouquet of flowers can infiltrate your frozen veggies, particularly spinach, broccoli, and Brussels sprouts. And if you home-brew beer, you might consider growing your own hops: The FDA legally allows 2,500 aphids for every 10 grams of hops.

LENIENT LEGISLATORS: *Pest control isn't the only area where the FDA is lax—many food-packaging claims are entirely unregulated by the government! Don't believe it? Take a look at the [9 "Natural" Cereals That Aren't](#).*



Mites - These tiny white bugs are common in wheat and other grains that have been stored for a while, but expect to eat a few with your frozen vegetables. And if you have indoor allergies, that could be a problem. Storage and grain mites can cause the same type of allergic reaction as the dust mites common in homes.

Maggots - If you've ever eaten canned food, you've probably also eaten a maggot. These disgusting little critters abound in things like canned mushrooms, canned tomatoes, tomato paste, and pizza sauces, as well as fresh or frozen Maraschino cherries. Mushrooms are by far the worst: 20 maggots are allowed for every 100 grams of drained mushrooms, compared with between 1 and 5 for every 500 grams of tomato products.

SCARIEST FOOD ADDITIVES: *Some gross ingredients, like bugs, are supposed to be removed from food. Others, like the [15 Scariest Food Additives](#), should never be added in the first place.*



Fruit Flies - Buy a piece of fruit covered in fruit flies, and you can wash them off. Buy a can of citrus juice, and you'll be swilling five fruit flies with every 8-ounce cup of juice. Grab an 8-ounce handful of raisins and you could be eating as many as 35 fruit-fly eggs.

Not sure how to pick the best produce? No problem. [Master the Produce Aisle](#) and you'll know what, when, and where to buy all year-round.

Corn Ear Worms - Corn is notoriously difficult to grow organically, because it's prone to insect infestations. But in most cases, it's easy to avoid eating the earworms that burrow into corncobs and eat the silk—just cut the kernels off the cob, and voilà! However, canned sweet corn will come with some extra crunch from all the larvae, skins, and skin fragments allowed by the FDA.

CHUCK BOMBS: *If bugs don't scare you, maybe this will: Applebee's Quesadilla Burger has more than 1,200 calories! And that's not even the worst we found! Check out our complete list of the [15 Worst Burgers in America!](#)*



Cowpea curculio - Love black-eyed peas? Buy them dried and cook them yourself, rather than buying them frozen or canned. A can of black-eyed peas, cowpeas, or field peas may contain an average of five or more cowpea curculio larvae, which will grow into dark brown, beetle-like weevils that infest all manner of peas and beans.

Caterpillars - Fuzzy, ugly caterpillars are supposed to turn into beautiful butterflies for people to marvel at—not eat in a mouthful of frozen spinach. But along with the 50 or so aphids, mites, and thrips allowed in 100 grams of spinach, you may also find yourself munching on caterpillar larvae and larval fragments. Mmm . . . probably not what was giving Popeye all that strength.



50 Reasons NOT to Use Fluoride – Submitted by Jean Aragon

<http://www.fluoridealert.org/50-reasons.htm>



Recipe of the Month – Janet's Killer Kahlua Cake

My sister-in-law made this cake for Memorial weekend. It's not what I would consider healthy but it is fantastic! Enjoy!

1 Devil's Food Mix (can substitute with German Chocolate cake)
1 cup Kahlua
1 cup sour cream
4 eggs
¾ cup vegetable oil (not olive)
1 TBLS honey

Grease and flour Bundt pan. Preheat oven to 350. Use mixer. Put all ingredients in mixing bowl. Turn up as high as it can go. Mix on high for 4 minutes. Pour into Bundt pan. Bake at 350 for 55 minutes. Cool in pan for ½ hour. Turn it out on a plate. Dust with powdered sugar or pour a ganache over it.

Chocolate Ganache: Use equal parts 8 oz. dark chocolate and 8 oz. regular whipping cream. Melt chocolate in microwave. Put together in mixing bowl and stir. If too thin add more chocolate. Pour over the top of your cake.

Mocha Ganache: If you want to make mocha ganache put in 2 TBLS instant espresso powder.

Use Food Instead of Medicines – Submitted by Debi Schroader

This chart is awesome! Everyone can use it. Please pass it on to others.

Apples	Protects your heart	Prevents constipation	Blocks diarrhea	Improves lung capacity	Cushions joints
Apricots	Combats cancer	Controls blood pressure	Saves your eyesight	Shields against Alzheimer's	Slows aging process
Artichokes	Aids digestion	Lowers cholesterol	Protects your heart	Stabilizes blood sugar	Guards against liver disease
Avocados	Battles diabetes	Lowers cholesterol	Helps stops strokes	Controls blood pressure	Smoothes skin
Bananas	Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocks diarrhea
Beans	Prevents constipation	Helps hemorrhoids	Lowers cholesterol	Combats cancer	Stabilizes blood sugar
Beets	Controls blood pressure	Combats cancer	Strengthens bones	Protects your heart	Aids weight loss
Blueberries	Combats cancer	Protects your heart	Stabilizes blood sugar	Boosts memory	Prevents constipation
Broccoli	Strengthens bones	Saves eyesight	Combats cancer	Protects your heart	Controls blood pressure
Cabbage	Combats cancer	Prevents constipation	Promotes weight loss	Protects your heart	Helps hemorrhoids
Cantaloupe	Saves eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer	Supports immune system
Carrots	Saves eyesight	Protects your heart	Prevents constipation	Combats cancer	Promotes weight loss
Cauliflower	Protects against Prostate Cancer	Combats Breast Cancer	Strengthens bones	Banishes bruises	Guards against heart disease
Cherries	Protects your heart	Combats Cancer	Ends insomnia	Slows aging process	Shields against Alzheimer's
Chestnuts	Promotes weight loss	Protects your heart	Lowers cholesterol	Combats Cancer	Controls blood pressure
Chili peppers	Aids digestion	Soothes sore throat	Clears sinuses	Combats Cancer	Boosts immune system
Figs	Promotes weight loss	Helps stops strokes	Lowers cholesterol	Combats Cancer	Controls blood pressure
Fish	Protects your heart	Boosts memory	Protects your heart	Combats Cancer	Supports immune system
Flax	Aids digestion	Battles diabetes	Protects your heart	Improves mental health	Boosts immune system
Garlic	Lowers cholesterol	Controls blood pressure	Combats cancer	Kills bacteria	Fights fungus
Grapefruit	Protects against heart attacks	Promotes Weight loss	Helps stops strokes	Combats Prostate Cancer	Lowers cholesterol
Grapes	Saves eyesight	Conquers kidney stones	Combats cancer	Enhances blood flow	Protects your heart
Green tea	Combats cancer	Protects your heart	Helps stops strokes	Promotes Weight loss	Kills bacteria
Honey	Heals wounds	Aids digestion	Guards against ulcers	Increases energy	Fights allergies
Lemons	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy

Limes	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
Mangoes	Combats cancer	Boosts memory	Regulates thyroid	Aids digestion	Shields against Alzheimer's
Mushrooms	Controls blood pressure	Lowers cholesterol	Kills bacteria	Combats cancer	Strengthens bones
Oats	Lowers cholesterol	Combats cancer	Battles diabetes	Prevents constipation	Smoothes skin
Olive oil	Protects your heart	Promotes Weight loss	Combats cancer	Battles diabetes	Smoothes skin
Onions	Reduce risk of heart attack	Combats cancer	Kills bacteria	Lowers cholesterol	Fights fungus
Oranges	Supports immune systems	Combats cancer	Protects your heart	Straightens respiration	
Peaches	Prevents constipation	Combats cancer	Helps stops strokes	Aids digestion	Helps hemorrhoids
Peanuts	Protects against heart disease	Promotes Weight loss	Combats Prostate Cancer	Lowers cholesterol	Aggravates Diverticulitis
Pineapple	Strengthens bones	Relieves colds	Aids digestion	Dissolves warts	Blocks diarrhea
Prunes	Slows aging process	Prevents constipation	Boosts memory	Lowers cholesterol	Protects against heart disease
Rice	Protects your heart	Battles diabetes	Conquers kidney stones	Combats cancer	Helps stops strokes
Strawberries	Combats cancer	Protects your heart	Boosts memory	Calms stress	
Sweet potatoes	Saves your eyesight	Lifts mood	Combats cancer	Strengthens bones	
Tomatoes	Protects prostate	Combats cancer	Lowers cholesterol	Protects your heart	
Walnuts	Lowers cholesterol	Combats cancer	Boosts memory	Lifts mood	Protects against heart disease
Water	Promotes Weight loss	Combats cancer	Conquers kidney stones	Smoothes skin	
Watermelon	Protects prostate	Promotes Weight loss	Lowers cholesterol	Helps stops strokes	Controls blood pressure
Wheat germ	Combats Colon Cancer	Prevents constipation	Lowers cholesterol	Helps stops strokes	Improves digestion
Wheat bran	Combats Colon Cancer	Prevents constipation	Lowers cholesterol	Helps stops strokes	Improves digestion
Yogurt	Guards against ulcers	Strengthens bones	Lowers cholesterol	Supports immune systems	Aids digestion

Eating Fruit - Submitted by Leigh Vecchio, CHNC (Certified Health and Nutrition Counselor)

Dr. Stephen Mak treats terminally ill cancer patients by an "un-orthodox" way and many patients recovered. He believes on natural healing in the body against illnesses. See the article below.



Dear Shereen, Thanks for the email on fruits and juices. It is one of the strategies to heal cancer. As of late, my success rate in curing cancer is about 80%. Cancer patients shouldn't die. The cure for cancer is already found. It is whether you believe it or not? I am sorry for the hundreds of cancer patients who die under the conventional treatments. Thanks and God bless. Dr. Stephen Mak

EATING FRUIT...

It's very informative

We all think eating fruits means just buying fruits, cutting it and just popping it into our mouths. It's not as easy as you think. It's important to know how and when to eat.

What is the correct way of eating fruits?

IT MEANS NOT EATING FRUITS AFTER YOUR MEALS! * FRUITS SHOULD BE EATEN ON AN EMPTY STOMACH.

If you eat fruit like that, it will play a major role to detoxify your system, supplying you with a great deal of energy for weight loss and other life activities.

FRUIT IS THE MOST IMPORTANT FOOD. Let's say you eat two slices of bread and then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines, but it is prevented from doing so.

In the meantime the whole meal rots and ferments and turns to acid. The minute the fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil....

So please eat your fruits on an empty stomach or before your meals! You have heard people complaining every time I eat watermelon I burp, when I eat it during my meals my stomach bloats up, when I eat a banana I feel like running to the toilet, etc. Actually all this will not arise if you eat the fruit on an empty stomach. The fruit mixes with the putrefying other food and produces gas and hence you will bloat!

Graying hair, balding, nervous outburst, and dark circles under the eyes all these will **NOT** happen if you take fruits on an empty stomach.

There is no such thing as some fruits, like orange and lemon are acidic, because all fruits become alkaline in our body, according to Dr. Herbert Shelton who did research on this matter. If you have mastered the correct way of eating fruits, you have the Secret of beauty, longevity, health, energy, happiness and normal weight.

When you need to drink fruit juice - drink only fresh fruit juice, NOT from the cans. Don't even drink juice that has been heated up. Don't eat cooked fruits because you don't get the nutrients at all. You only get to taste. Cooking destroys all the vitamins.

But eating a whole fruit is better than drinking the juice. If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it. You can go on a 3-day fruit fast to cleanse your body. Just eat fruits and drink fruit juice throughout the 3 days and you will be surprised when your friends tell you how radiant you look!

KIWI: Tiny but mighty. This is a good source of potassium, magnesium, vitamin E & fiber. Its vitamin C content is twice that of an orange.

APPLE: An apple a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants & flavonoids which enhances the activity of vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

STRAWBERRY: Protective Fruit. Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer-causing, blood vessel-clogging free radicals.

ORANGE: Sweetest medicine. Taking 2-4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessens the risk of colon cancer.

WATERMELON: Coolest thirst quencher. Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system. They are also a key source of lycopene – the cancer fighting oxidant. Other nutrients found in watermelon are vitamin C & Potassium.

GUAVA & PAPAYA: Top awards for vitamin C. They are the clear winners for their high vitamin C content.. Guava is also rich in fiber, which helps prevent constipation. Papaya is rich in carotene; this is good for your eyes.

Drinking Cold water after a meal = Cancer! Can you believe this?? For those who like to drink cold water, this article is applicable to you. It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal.

A serious note about heart attacks HEART ATTACK PROCEDURE': (THIS IS NOT A JOKE!) Women should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw line. You may never have the first chest pain during the course of a heart attack. Nausea and intense sweating are also common symptoms. Sixty percent of people who have a heart attack while they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive.

Are Sunscreens a Cancer Shield or a Cancer Risk? – Submitted by Janice Fera

You would expect the increased use of sunscreens should be accompanied by a marked decrease in cases of skin cancer over time. Do the statistics show this to be true? The Environmental Working Group (EWG), a non-profit consumer research organization, said despite increased use of sunscreen products, "incidents of skin cancer in the United States continue to RISE!

In a sobering 2011 study on the science behind sunscreens and skin cancer, the EWG determined that sunscreens:

- May decrease the occurrence of squamous cell carcinoma...
- Have no demonstrated influence on basal cell carcinoma...
- May INCREASE risk of melanoma when used during intentional sun exposure, such as when staying outdoors for lengthy periods

Yes, you heard right on that last point: sunscreens may cause melanoma skin cancer. How could sunscreens actually *increase* your risk for developing melanoma? EWG said many lotions produced over the past 30 years are effective at blocking UVB rays while allowing higher UVA exposure. UVA rays penetrate deeper into the skin, thereby causing more DNA damage. And although many sunscreens now include UVA filters, EWG said many of the products available as late as 2011 still fell short in offering sufficient UVA protection. But one health researcher said lack of UVA safeguards isn't the only problem you'll run into with sunscreen use. These chemical cocktails may cause cancer in other ways, too. Keep reading. . .

Here's why 'fake' hormones in sunscreens can harm your health...

Did you know that some chemicals in sunscreens can take the place of your body's natural hormones? I'm not talking about something out of a science fiction movie. This is for real! Dr. Elizabeth Plourde, C.L.S., PhD, a clinical laboratory scientist and health researcher, identified some of these chemicals in her book *Sunscreens' Biohazard: Treat as Hazardous Waste*. According to Plourde, a class of chemicals called **endocrine disrupting chemicals (EDCs)** are so similar in structure to natural hormones like androgen and estrogen they actually can invade the space these hormones should occupy -- and take over! Not only do EDCs substitute for your natural hormones, they even PREVENT the natural ones from doing what they're supposed to do! Dr. Plourde said one group of researchers found

that all 18 of the sunscreen chemicals they examined were EDCs. If you've got a bottle at home, check the back for names such as:

- Benzophenones
- Camphors
- Cinnamates (IMC)
- Octocrylene
- OMC PABAs
- Salicylates

If you see any or all of them listed you should know that these substances have been shown repeatedly to have a toxic effect on the reproductive systems of lab animals!

So what effect do fake hormones have on humans?

Dr. Plourde said researchers have concluded that early exposure to EDCs, combined with genetic propensity, contributes to adult testicular cancer... low testosterone levels... and male infertility... And women aren't off the hook either. When EDCs in sunscreen act as fake estrogens they can lead to increased risk of breast cancer... thyroid problems that affect metabolism... and problems with fetal development during pregnancy... In addition to the EDCs, sunscreens may also contain vitamin A to help slow skin aging. But according to the EWG report, vitamin A and its derivatives retinol and retinyl palmitate actually may increase the development of cancer cells! The group said vitamin A used on skin exposed to sunlight can actually cause the formation of cancerous tumors. The irony is that EWG reached its conclusion by examining results of a study released by the Food and Drug Administration (FDA) and the National Toxicology Program. These are the very agencies the government uses to evaluate substances that could pose a public health threat! Some folks insist that sunscreens are actually TOXIC to all living organisms and should be treated as hazardous waste. They might be right. I've never liked slathering on sunscreens and haven't used them for a number of years now. And I've always been horrified to see young parents coating their babies and toddlers with these chemicals from head to toe. Of course, we all know why they do. We've all had it drummed into our heads that overexposure to sunrays can damage your cell DNA and put you at major risk for developing skin cancer. According to the American Cancer Society (ACS), this affects one to two million Americans each year. The statistic is nonsense because nearly ALL these cases are basal cell carcinomas, a type of skin cancer that's about as life-threatening as a pimple. Dermatologists insist on removing these almost-harmless specs with "surgery" that can cost you several hundred dollars. Something like one or two thousand deaths a year can be attributed to basal cell carcinomas. That's a tiny number. Out of 310 million Americans, it's a very minor problem. Melanoma skin cancer is another matter entirely.

Some recent scientific research has isolated UV radiation as a deadly culprit behind the development of melanoma. In a landmark 2009 study from The Wellcome Trust Sanger Institute in the United Kingdom, scientists used new molecular technology to determine that thousands of gene mutations they identified in melanoma lesion cells were caused by UV radiation. Prior to this study the connection between sun exposure and melanoma was in dispute (by me, not least of all). One problem is that melanomas often appear in areas of the body that get little, if any, sun. How do you figure that? The new study tilts me a little bit toward believing sunburns may lead to melanoma. In any case, you only need *moderate* sun exposure and you should avoid burning or deep tanning. Tanning ages your skin and causes wrinkling. A light tan acquired by just a few minutes of sun exposure per day is the safest, healthiest option. The ACS, of course, is a firm believer that sunshine causes skin cancer including melanoma, and recommends that you always use a sunscreen with sun protection factor (SPF) of 15 or higher.

How serious is the problem?

Although melanoma and other skin cancers don't lead the pack for causing cancer deaths, the fact is, people DO die from skin cancer. The American Cancer Society (ACS) reported that melanoma accounts for about 9,000 of the nearly 12,000 skin cancer deaths each year. The other deaths could be traced to other forms of skin cancer such as basal or squamous cell carcinomas. The fact is that very few people die of skin cancer. It's not a major health risk compared to breast cancer, prostate cancer, lung cancer and many other types. Still melanoma is a nasty, life-threatening cancer if you do get it, a fact that leads many folks to slather on lotions and creams mostly so they can spend long, long hours in the sun.

So if you choose not to use chemical laden sunscreens-what CAN you do to protect your skin from sun damage? Dr. Plourde offers these suggestions:

- **Wear clothes that shield your skin** such as tightly woven fabrics; you may not know it, but thin, light fabrics may allow the sun's rays to pass through
- **Reduce time spent in the sun** seek shade and be sure to cover up between 10:00 a.m. and 2:00 p.m. By 5 PM in the summer there's still plenty of sun and you can spend as much time in it as you want without burning
- **Adopt antioxidants** foods with healthy antioxidants will protect your skin naturally. I've also heard that a solution of powdered vitamin C in water, applied to the skin, prevents a burn. I don't have confirmation of this.

So. . .you may need to change habits you've developed over many years. But if ditching your bottles of sunscreen determines whether or not you become a cancer statistic it might be a move worth considering!

Additional resources:

American Cancer Society. 2012. Skin cancer facts. Available online at:

<http://www.cancer.org/Cancer/CancerCauses/SunandUVExposure/skin-cancer-facts>

American Cancer Society. 2007. UV radiation and cancer. Available online at:

<http://www.cancer.org/acs/groups/content/@nho/documents/document/uvradiationandcancerpdf.p df>

Environmental Working Group. 2011. Sunscreen and skin cancer. EWG's Skin Deep. Retrieved online at:

<http://breakingnews.ewg.org/2011sunscreen/sunscreens-exposed/sunscreen-and-skin-cancer/>

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