

Joyful Living Services' News

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From The Author

Happy Easter! Wow, can you believe it's March already?

Easter is a special time to reflect on our religious beliefs. It's another time for family get togethers and children hunting for eggs. There is a great kid's easter movie called "The Easter Bunny is Coming to Town". It has a fun way of explaining where all the ideas about Easter have come from to a small child except it has no religious undertones.

As a reminder, our first Iridology and Nature's Sunshine teleconference call is available for one month which started on February 8th and ends on March 8th. To listen to the free class dial: 1(641) 715-3443 and enter pin number 658565 followed by the # sign. We hope you will enjoy the teleconference and will join us in future calls as we create them. Have a Wonderful March! Brenda

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.

Shop Online

We are continuously updating our online shopping cart. You can order all our products online using PayPal. PayPal is a secure system that requires your e-mail address. It's free to use and was created by Ebay. To find out about PayPal go to <http://www.paypal.com>. To access our online shopping cart, go to <http://www.joyfullivingservices.com/products.html>. We look forward to doing online business with you!

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 in your area.

New Product – Good Quality Introductory Camera – EyeSpy Digital Iriscope

We are happy to report that we are now carrying the EyeSpy Digital Iriscope. If you're an iridology student just starting out or are just dabbling in iridology for the first time, this may be the camera for you.



What are some reasons you may choose this Iriscope?

- The iriscope connects to a PC or Laptop in the USB port.
- It has a Microsoft camera module with capture and zoom software.
- It's a great value and takes good images.
- It comes with a 2-year upgrade guarantee.
- You can upgrade to an EyeRonec system and get \$500 trade-in value.
- The iriscope and microscope comes with 50X and 200X lenses for skin, nail, and hair analyses as well as the iridology lens.

To learn more and to download the EyeSpy handout, go to <http://www.joyfullivingservices.com/handouts/eyespy.pdf>.

SD8004 Super Digital 8.1M Iridology Camera

We are also happy to report that we are in partnership with Allison Imaging and are offering this high resolution 8.1MP Iridology set up which offers uncompromising quality at an affordable price. If you're an iridology professional looking to be the best of the best then this may be the digital camera for you.

The digital sensor in this award-winning camera incorporates extra large pixels that are specifically optimized for low noise and high saturation giving you the best image quality available. We use a highly regarded macro lens along with a special eight-head fiber optic lighting system that flashes in the pupil so none of the iris is obscured with flash dots. Because of the power of our unique Iridology system, you can greatly magnify the size of the image on your computer screen. This gives you the option to zoom in and observe minute nuances that are simply unavailable with other cameras. The portable fully adjustable custom stand is made of heavy duty plate aluminum with stainless steel guides rather than the plastic found in other systems. This gives you unequaled strength, stability and longevity. It is easy to set up on any table, at any location for ultimate portability and comfort. The fiber optic system is made of high-density silicon glass and has eight illumination tips instead of the two usually found on other units. This gives you perfectly illuminated shots every time without flash spots on the iris. The twin head focus



light is embedded in the flash ring giving you ease in focusing while being easy on the client. The camera comes with all the drivers, manuals, and instructions making it easy to take stunning pictures that will impress your clients and offer excellent clinical advantages over any other camera in this price range. We also include Iridology software that will automatically scan the iris and compile a report that you can share with your clients making the start of your business a breeze. Camera model is a Cannon XT Rebel. Camera comes with a 1-year manufactures warranty. We offer an additional 5-year warranty for \$69. Camera comes with a 105mm macro lens. We are sure you will find what we have is by far the best image quality for the price. Each Cannon XT Rebel camera comes with a 1-year limited warranty. We also offer an additional 5-year warranty on the camera. This warranty does not cover accidents. There is an additional charge of \$69 for this warranty protection. Let us know if you are interested when ordering your camera set-up. If you are excited to get started and need financing, we offer very reasonable financing. The bank we use charges a low 12% interest. If you purchase a \$4,600 camera and choose to pay for it on a 36-month plan then your monthly payments will be \$162.43. There is no money down with a \$1 buyout. Leases are available for anyone within the United States and Canada at this time.



To learn more and to download the SD8004 handout, go to <http://www.joyfullivingservices.com/handouts/iridologycameras.pdf>. Contact Brenda for more information and/or a quote.

Iridology Station 5.1 Iridology Software

Works well with our [SD8004 Super Digital Iridology Cameras](#), [EyeSpy Digital Iriscope](#) and can be purchased as a stand-alone iridology software program to work with 35mm cameras as well.



The worlds' leading Iridology software takes you to the next level! Dual-mode ~ iStudio and iBrowser! Iridology Station 5.1 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. 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 Constitution, Lacunae, Pupil Distortion, Pupil Flattening, Pupil Size, Sclera, Ellipsoid, Pupil Ruff.
- 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
- Analytical Reference Bar – Analytical reference material with images easily accessed from quick-retrieve toolbar for 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 integration
- More intuitive & integrated functionality – tools are just one click away! Full Ongoing Support!

To learn more and to download a sample report, demo that you can use for 30 days without charge, and instructions on how to use the software to create your first report, go to <http://www.joyfullivingservices.com/iridologystation5.1.html>.

What are the Best and Worst Cooking Oils for You?

Submitted by Salvatore Messina, HD

Once you've made a commitment to healthier eating, cooking more of your meals at home and paying attention to healthy cooking methods becomes important. After all, even the most nutritious meal can be sabotaged if you fry it or douse it in trans-fat-laden oil.

The type of oil you choose to cook with can also add or detract from the nutritional value of your meal. Here we've broken down some of the most popular cooking oils to clear up the confusion over which are great, and not-so-great, for cooking.



Vegetable Oils: Included in this category are soybean oil, canola oil, safflower oil, cottonseed oil, sunflower oil, corn oil, and others. Although these polyunsaturated fats are typically described as heart healthy -- they may help to reduce cholesterol levels and reduce your risk of heart disease -- they are often highly processed and are quite perishable. This means that when you use them to cook with, the fats easily become rancid, and rancid oil may contribute to oxidative stress and damaging free radicals in your body. In general, any highly processed vegetable oil is not the best choice for a healthy diet.

Sesame Oil: Sesame oil is composed of primarily heart-healthy monounsaturated fats. Sesame oil is also rich in antioxidants and very stable, meaning you can heat it to a relatively high temperature without damaging the oil.

Olive Oil: Olive oil is rich in monounsaturated fats, which have been found to reduce the risk of atherosclerosis and increase HDL (good) cholesterol. However, olive oil is very perishable, making it an ideal oil for salads, cold dishes and dipping bread, but not for cooking.

Coconut Oil: Coconut oil is a saturated fat, but don't let that scare you. This incredibly stable oil contains a type of saturated fat called medium-chain triglycerides (MCTs). MCTs are actually great for your immune system, intestinal health and even may help to support weight management. And, because coconut oil is highly stable, it won't become damaged during cooking.

Avocado Oil: If you're looking for something a little unusual, avocado oil is a healthy choice. It's rich in monounsaturated fats (similar to olive oil) but is relatively heat-stable. Further, when used on salads, avocado oil has been found to increase your absorption of nutrients such as beta-carotene and lutein, making it an ideal base for salad dressings.

A Final Note about Choosing Healthy Cooking Oils

Cooking oils are not created equal, and you will find a wide variety of qualities, and price ranges, in your grocery store. Because of the fragile nature of oils, you should look for varieties with the following properties:

- **Minimal, gentle processing:** Highly processed oils can become damaged before you even open the bottle. Look for expeller-pressed or cold-pressed oils to be sure you're getting high-quality, undamaged oil.
- **Minimal refining:** Refined oils have been stripped of their flavor, color and nutrients. Although they have a place if you'll be using them for high-temperature cooking (as they're processed to be made more stable), for other uses (particularly when flavor and nutrition are important) seek out unrefined oils.
- **Stored in a dark, glass bottle:** Oil can become damaged by heat and light, which is why you'll find high-quality oils stored in dark-tinted bottles. It is also possible that the oil could leach potentially dangerous chemicals from a plastic storage bottle, which is why you should, ideally, seek out those stored in glass bottles.



The absolute worst oil you can use is highly processed, low-quality vegetable oil. It will be devoid of nutrients and very susceptible to going rancid (and rancid oil should not be consumed).

Try experimenting with different types and flavors of oil. One of the best ways to really savor the flavor is to try the oil on a piece of crusty bread.

The Power of Inspiration Newsletter by WALKTHETALK.com

I wanted to share this free online newsletter with you. It's an especially motivating newsletter that's great for children and adults and really makes you think about how you lead your life. You can subscribe if you want (it's free) and you will receive free sayings every day and a video once in a while to watch. I find it very helpful to keep me on track to do my very best and be my very best every day. I hope you enjoy this. Go to: <http://mk1.netatlantic.com/t/3408358/17284017/9802/0> to watch the video.

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.

Germs, Bacteria Lurk in Your Car - Expert Says Dashboard and Cup Holder Are Dirtiest Areas

Debra Farber, a New Jersey mother, uses her SUV for way more than just getting from point A to point B. Sometimes, her car is an office and sometimes, a closet. With two kids under three years of age, it's often a dining room.

Little does Farber know that her car could be a breeding ground for bacteria. Like so many American moms, Farber, who works full time in pharmaceutical sales, lives in her car and it shows. "Crumbs, raisins, bagels, anything the dog can't eat, it's in the car," Farber said. "Half the time, I'm like jumping in and out of the car. I don't have time to clean it. I try to get to the car wash as often as I can but it doesn't always happen." Compare that to her husband Steven Farber's brand new BMW, which the kids have only been allowed to ride in a couple of times. "His car is like the sanitarium," she said. "He doesn't even let me drive the car." Farber admits she would never let her house get this way.



ABC News asked germ expert Dr. Chuck Gerba, a University of Arizona microbiologist, to swab every inch of Farber's SUV and her husband's BMW to let them know, for better or worse, what's growing in there. "We found that cars are the moldiest of all forms of transportation," Gerba said. He added that most people don't realize their cars are perfect breeding grounds for germs. "In cars, germs seem to tend to build up because people aren't really cleaning or disinfecting these areas," he said. "Our germs are traveling with us and everybody that travels in that car carries their germs and leaves them in your car."

Gerba took the samples back to his lab while Debra Farber waited and worried. "It's definitely making me nervous. I mean, obviously, I wouldn't want to expose the kids to any harm ... They both have colds now," she said. "I'm sure you'll find plenty of germs in the car." Unfortunately, Farber was right. Gerba found millions of bacteria on the door handles, seat and floor of the SUV, compared to just a few hundred in Steven Farber's new BMW. Gerba even found MRSA, a staph bacteria that can cause skin infections. To see the video go to: <http://abcnews.go.com/Video/playerIndex?id=2646498>.

Rhodiola Herbal Extract Found to Fight Off Depression

By: Michael Jolliffe, Submitted by: Christopher Wiechert, CNC

(NaturalNews) A new clinical trial has found that an extract of the herb [Rhodiola](#) could be a useful treatment for cases of mild to moderate depression.



The study, published in the *Nordic Journal of Psychiatry*, involved 80 participants, aged between 18 and 70, who were divided into three groups. The first received 340mg of [Rhodiola](#) extract daily, the second twice as much, and the third two capsules containing a placebo. The results revealed that only the groups taking Rhodiola had found benefit, with particularly significant improvements in insomnia and emotional instability, and no adverse effects. Rhodiola is thought to work against [depression](#) in two ways. Firstly, researchers believe the herb blocks the enzyme monoamine oxidase in a manner similar to the early drug anti-depressants such as amitriptyline, which helps [the brain](#) to retain levels of 'feel good' neurotransmitters such as serotonin and norepinephrine. [Rhodiola](#) is also believed to calm a part

of the brain known as the HPA axis, which connects the brain to the adrenal glands. High levels of adrenal stress hormones have consistently been found in individuals suffering from depression, but [Rhodiola](#) may address this imbalance and help to restore normal levels.

The plant has a long history of traditional usage associated with improving strength, motivation and resistance to stress and fatigue. Early records suggest that civilizations as old as the Vikings have prized and cultivated [Rhodiola](#). It was equally prized by Soviet researchers during the Cold War, who successfully tested its application with both athletes and astronauts. Experts have commented on the promise that this latest research holds for the treatment of depression. Dr. Richard Brown, associate professor of clinical [psychiatry](#) at Columbia University College of Physicians & Surgeons, and one of the world's leading experts on [Rhodiola](#), called for additional studies 'to explore and establish the potential applications of the herb', but stated his belief that both sufferers and researchers should be 'encouraged' by the results.

Nature's Sunshine Featured Product – Sinus Support EF



Benefits:

- Encourages proper nasal function.
- Helps maintain nasal tissues.
- Is ephedra-free.

Sinus Support® EF™ [Respiratory]. This ephedra-free formula supports clear nasal passages and supplies nutrients that support proper respiratory function. It contains burdock root, synephrine (immature orange peel), capsicum fruit, golden seal root, parsley herb, horehound herb, althea root and yerba santa herb. This combination contains natural trace amounts of magnesium, potassium, silicon and zinc plus vitamins A and C, and thiamine.

Adults: Take 2 capsules with a meal three times daily. Stock No. is 14214-9. Order online at: <http://www.mynsp.com/general/index.aspx> or call us at one of the numbers on the first page of this newsletter.

Nature's Sunshine Featured Product - Vitamin D3 Tablets (60)



Benefits

- Supports bone health.
- Helps maintain the immune system, especially during the cloudy months.

The body manufactures Vitamin D through sun exposure, which makes it difficult to obtain adequate amounts of vitamin D during cloudy or winter months. Vitamin D comes in two forms, D2 and D3. Of the two, D3 is more bioactive. In the body, vitamin D is responsible for maintaining normal blood levels of calcium and phosphorus and for helping to build strong bones. Vitamin D works with other vitamins, minerals and hormones to promote bone mineralization. Additionally, research shows that vitamin D may help support a healthy immune system.

NSP Vitamin D3 contains 2,000 IU natural vitamin D3 derived from lanolin harvested from the wool fat of sheep from New Zealand and Australia. These animals are certified BSE-free.

Adults: Take 1–2 tablets daily with a meal. Stock number is 1155-1. Order online at: <http://www.mynsp.com/general/index.aspx> or call us at one of the numbers on the first page of this newsletter.

Type 2 Diabetes May be Linked to Pesticide Exposure

Submitted by: Dr. Grisanti

Cambridge University scientists are advocating more research into the possible links between environmental pollution and type 2 diabetes, the most common form of the disease. At least 171 million people worldwide suffer from diabetes, according to estimates by the World Health Organization. In today's edition of the British medical journal "Lancet," Drs. Oliver Jones and Julian Griffin highlight the need to research the possible link between **persistent organic pollutants, POPs, and insulin resistance**, which can lead to adult onset diabetes. POPs is a group of chemicals which includes many pesticides such as dieldrin, DDT, toxaphene and chlordane and several industrial chemical products or byproducts including polychlorinated biphenyls, or PCBs, dioxins and furans. In their commentary, Jones and Griffin cite peer reviewed research which demonstrates a strong relationship between the levels of POPs in blood, particularly organochlorine compounds, and the risk of type 2 diabetes.



"Of course correlation does not automatically imply causation," says Dr. Jones. But if there is indeed a link, the health implications could be tremendous." "At present there is very limited information," he said. "Research into adult onset diabetes currently focuses on genetics and obesity; there has been almost no consideration for the possible influence of environmental factors such as pollution."

People with high levels of POPs in their blood are more likely to develop **insulin resistance**, a precursor for type 2 diabetes, according to a study by researchers in Korea that is cited by Jones and Griffin. Previous research by the same group found a link between POPs and type 2 diabetes. This study confirms that background exposure to chemicals such as organochlorine pesticides and PCBs is also associated with insulin resistance among people who do not yet have diabetes. The Korean scientists found that people were more at risk of diabetes if they were thin with high levels of POPs in their blood than if they were overweight but with low levels of POPs. Dr. Jones said, "I think research should be carried out to first test the hypothesis that POPs exposure can cause diabetes, perhaps using cell or tissue cultures, so we know for sure if this can occur."

"Assuming POPs can have this effect, the next step would be to try and develop a method of treatment for those people who might be affected," he said. POPs came into prominence as effective pesticides with the introduction of DDT in the 1940s. But many of these chemicals, including DDT, fell out of favor after they were blamed for the declining number of wild birds and other animals and the possible negative human health effects. The Stockholm Convention, an international treaty banning a dozen of the world's most dangerous POPs that took effect in May 2004 has helped reduce exposures, but many such chemicals remain in use and even those that have been banned may linger in the environment for years. Once released, POPs can travel long distances in the atmosphere before they are deposited on land or in water. Humans can be exposed to POPs through diet, occupational accidents and the environment.

As these compounds biodegrade slowly, they continue to find their way into the food chain and ultimately into the blood streams of individuals even though many of these toxins were banned many years ago. For example, chlordane was banned two decades ago in the United States but continues to be present at high levels in the U.S. food supply. Because these compounds are fat soluble, they can persist in body fat for very long periods of time following exposure.

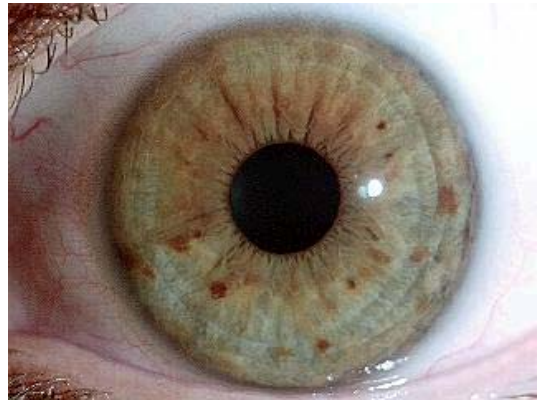
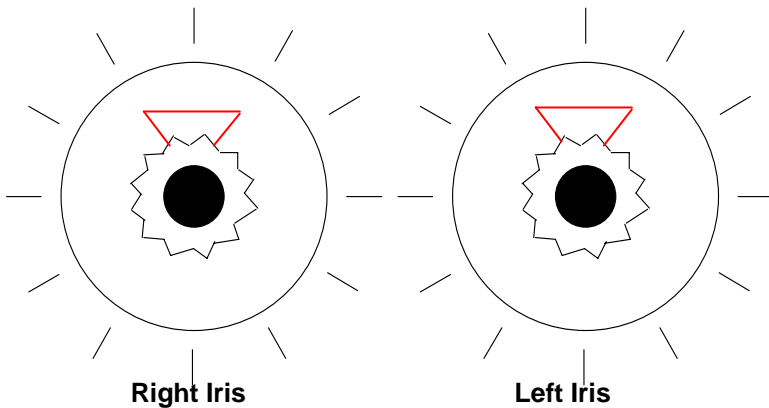
It is well documented that significant exposure to POPs can cause negative health effects. The U.S. Environmental Protection Agency states that the pesticide chlordane, for example, can cause cancer, can lead to behavioral disorders in children if exposed before birth or while nursing, and harms the endocrine system, nervous system, digestive system, and liver. But to date, the link between POPs and type 2 diabetes has only been suggested, not confirmed. Type 2 diabetes is the most common form of diabetes. In type 2 diabetes, either the body does not produce enough of the hormone insulin or the cells ignore the insulin. Insulin is necessary for the body to be able to use glucose for energy. When people eat, the body breaks down sugars and starches in the food into glucose, the basic fuel for the body's cells. Insulin carries the glucose from the blood into the cells. When glucose builds up in the blood instead of going into cells, the cells may be starved for energy. Over time, high blood glucose levels may damage the eyes, kidneys, nerves or heart.

The Study of Iridology

We make it a point to put some type of iridology information in each of our newsletters. This month we are discussing the sinus; lungs, bronchioles, and bronchus; and liver. 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.

Sinus (11:00-1:00 L, 11:00-1:00 R)

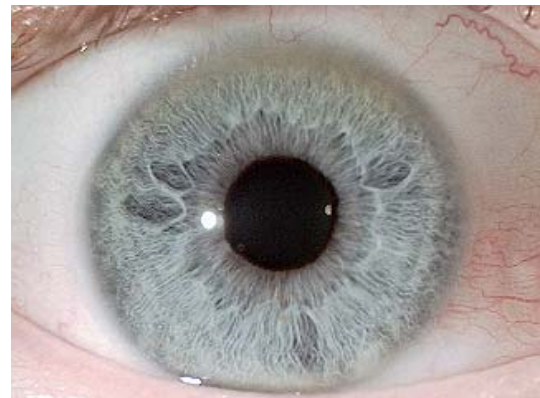
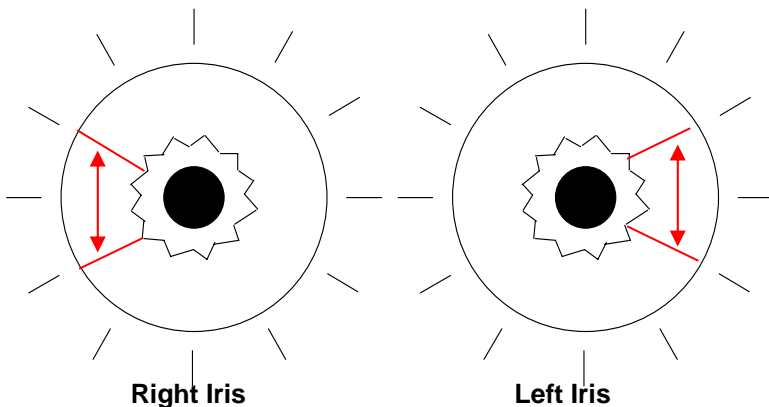
The sinus is the second elimination channel for mucus. When the bowel is not eliminating properly it cannot eliminate the mucus either. The body then sends the mucus to be eliminated through the sinus area. Mucus is also called Catarrh. Catarrh is the word from the Greek meaning "*I Flow*". It is another name for mucous. Catarrh is formed by the mucous membranes as a way of getting rid of toxic wastes in the body. When the diet is near correct and the mind is at peace we find that there is no excess catarrh being formed. When things are not as they should be in the body, catarrh is formed. We should not attempt to stop the flow of catarrh using drugs or other suppressive measures. If we do, we only drive the catarrh and toxic wastes deeper into the body to cause more serious problems later. We deal with excess catarrh by "**Letting It Flow**" and at the same time making the necessary changes in the diet. We also must cleanse the body properly. This is possibly by getting a "**cold**", burning diarrhea, phlegm from the lungs, breakout of the skin and other ways the body eliminates toxins.



Lungs (8:00-10:00 R, 2:00-4:00 L), Bronchioles (8:00-10:00 R, 2:00-4:00 L), Bronchus (2:00-3:30 R, 8:30-10:00 L)

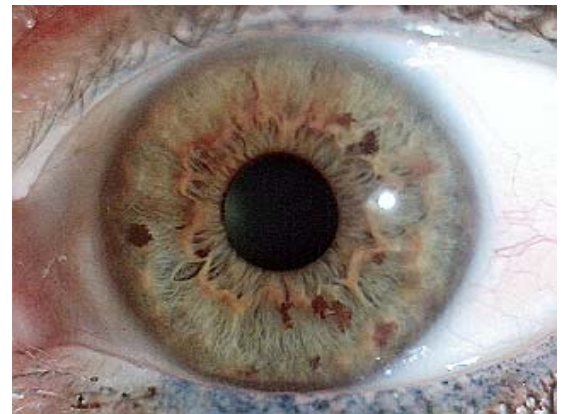
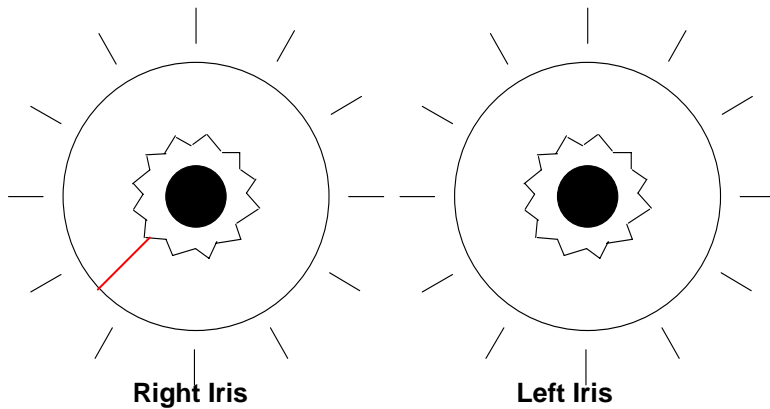
This is one of the primary elimination systems in the body. The respiratory system via its exchange of gases oxygenates the blood, but also in the course of expiration removes potential acidic waste products in their gaseous form thus helping to maintain the body's acid/alkaline balance. When we do not get enough gas exchange due to poor lung development, mucous congestion or destruction of the lung tissues, we are forcing the other elimination systems to carry an additional burden. Whenever an elimination system fails to do its job efficiently, the whole body suffers. Toxic waste build-up in the tissues lowers vitality, diminishes resistance to disease, hastens the aging process and generally leaves the door open to many other problems. You can take care of the Lungs and Bronchioles by first avoiding the long-term use of over-the-counter drugs such as bronchial dilators, nasal sprays, decongestants and other drugs. These destroy the sensitive mucous tissues and are habit-forming substances and do nothing to correct the real problems, which still exist. You might think of helping yourself, if necessary, naturally in the following ways: Seek a climate, if possible, which is most helpful to these areas. Usually this is a dry climate with lower humidity and not too cold. Elevated altitude usually is helpful, 1,500 - 2,500 feet above sea level is best. Bowel care is almost always needed in cases where respiratory problems are involved. Of course, changes in the diet are essential especially eliminating all processed dairy products, whole wheat products and refined foods. Vitamins A, B, C and D are needed in adequate supply as are the minerals Calcium, Copper, Fluorine, Iron, Oxygen and Silicon.

Helpful herbs are Comfrey, Lungwort, Angelica, Elecampane, Eucalyptus, Fenugreek, Licorice, Marshmallow, Mullein, Sage and Thyme. Of course there is exercise. Sniff breathing exercises and any work or play in the outdoors, which causes you to breathe deeper, would be beneficial. Try to stay away from heavy smog areas and drive with the car windows up to avoid breathing the exhaust. Don't suppress sneezes, or coughs, as these are your Bronchioles and Lungs cleansing themselves.



Liver (7:30 R)

The Liver has six functions which include five Non digestive Functions and one Digestive Function. The Non digestive functions are (1) Production of plasma proteins (antibody production and anticoagulant production), (2) Destruction of worn-out red blood cells and bacteria, (3) Detoxification of body acids and metabolic wastes, (4) Glucose balance in blood through ability to store or release sugar into the blood and (5) Storage of Vitamins A, D, E and K along with Copper, Iron and any poisons found in the body. The Digestive Function is to manufacture bile, which is used in the small intestines for digestion and absorption of fats. General care of the Liver would include those of the Gall Bladder. Care of the Bowel is imperative and Liver flushes are beneficial.



Free Yourself from Clutter Using Feng Shui Principals



We will be giving a live class on freeing yourself from clutter on Sunday, March 9, 2008 from 12:30-5:00 p.m. in Auburn, California. If you would like to attend, please contact us to reserve your place and to be sure you have the necessary handouts. If you cannot attend and would like to receive the handout and audio CD from the course, please contact us to place your order. The cost is \$50 and must be paid in advance. Below is some information that is covered in the class:

Identifying Clutter - What is Clutter?

Merriam Webster's Collegiate Dictionary, Tenth Edition, defines clutter as: Vb: "to run in disorder, to fill or cover with scattered or disordered things that impede movement or reduce effectiveness – often used with up." N: "a crowded or confused mass or collection, things that clutter a place."

There are four categories of clutter:

1. Things you do not use or love.
 2. Things that are untidy or disorganized.
 3. Too many things in too small a space.
 4. Anything unfinished.
1. **Things you do not use or love** - You are connected with everything you own. When your home is filled with things you love and use it becomes a source of support and nourishment. Clutter, on the other hand, drags you down, and the longer you keep it, the more it can affect you. When you get rid of everything that has no real meaning, you literally feel lighter.
 2. **Things that are untidy or disorganized** - Clutter in this category consists of things that either don't have a proper place of their own or do have one but have strayed from it and got all mixed up with everything else. Many of the items seem to just appear in your life, rather than you making a conscious decision to acquire them. Your home is an outward expression of what is going on inside you, so if you are messy on the outside there is a corresponding mess of some kind on the inside too. By sorting out the outer, the inner starts to take shape as well.
 3. **Too many things in too small a space** - Sometimes the problem is just too small a space. Your family has expanded but your space is the same size or it never was big enough in the first place. The solution is to move to a bigger place that can hold all your stuff or move some of your stuff to another place. You will feel much better no matter which option you choose.
 4. **Anything unfinished** - Things not dealt with in your home reflect issues not dealt with in your life, and they are a drain on your energy. These are repairs such as fixing a leaky faucet or a broken chair leg and the bigger jobs such as painting the hallway, pulling the weeds in the far corner of your property, or having your car serviced. You will be surprised at how much energy you will have if you accomplish all your unfinished business.