



JOYFUL LIVING SERVICES

Joyful Living Services' News

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Mother Nature!

For those of you who do not live in California, you've probably heard that we've been in a 3-year drought. The water board has been talking about severe water rationing unless we receive 120% of our rainfall this winter. The water we store in our lakes is used not only for creating electricity, but also for drinking and irrigation. Some of the country's largest crops are grown down in the Sacramento Valley and they would greatly suffer without enough water.



It's been raining, hailing, and snowing up here in the foothills for several weeks now. The ground is saturated. I drove up to Rollin's Lake this morning and it's full. The last time I saw Rollin's Lake last summer it was just a puddle. There is a lake named Folsom Lake down in Folsom. It was a puddle at the end of the summer as well. Last weekend we heard that they are lifting the 5-mile an hour speed limit on the lake now that the water level is rising. Folsom Lake holds 977,000 gallons of water. Last night I was watching the late news and very interested in the weather. Mark Finan who is the meteorologist said that Folsom Dam has quite a few inflows. He said to imagine a



2,000 square foot home being filled up with water every second. That's how much inflow Folsom Dam has at this time. This to me is mind boggling! To imagine a home about the size of mine full of water every second is inconceivable to me! What a great visual and a great way to help people understand what is happening in our state. Shasta Lake which is further north and near Mount Shasta is about half full right now. Shasta Lake is the largest lake in our state. Shasta Lake holds 4,552,100 gallons of water. Lake Oroville is also a very large lake and my parents live on the middle fork of that lake. They said that the large hills that have been exposed all summer in the center of the lake will have disappeared by tomorrow! Lake Oroville holds 3,538,000 gallons of water. If you are interested in more lake statistics you can go to <http://cdec.water.ca.gov/cgi-progs/current/FCR> to find out more.

It's really incredible how dependent we are to Mother Nature. Have a Wonderful March! Brenda

Parasites – How to be a Bad Host

This subject is going to appeal to your inner 12-year-old, the one who tries to win at gross-out contests. And there is plenty of material here on this subject of parasites. But a serious subject it is and that is because rough estimates are that 85% and possibly up to 95% of the world's human population hosts them. Some parasites feasting off of you are not harmful but most of the over 100 types that are hosted by the human body can make you feel off. This can range from just feeling puny to having been diagnosed with a brain tumor, upon surgery that was found to be a worm munching its way around upstairs there. So if you have any of the following, you might consider assuming that there are culprits causing these symptoms. And those culprits would likely be parasites.



Roundworms

Acne, Allergies, Anemia, Asthma, Bad Breath/Bad Taste in Mouth, Cancer, Chronic Fatigue, Constipation, Dark under-eye circles, Diabetes, Diarrhea, Depressed Immune Function, Epilepsy, Excessive hunger, Flu symptoms, Gas & Bloating, Granulomas, Grinding Teeth at Night, Heart

Disease, Immune Dysfunction, Irritable Bowel Syndrome, Joint Muscle Aches & Pains, Migraines, Nervousness, Reddened Eyes, Skin Conditions, Sleep Disturbances, Weight Gain or Loss.

Do you know anybody who doesn't have at least one of these conditions? Most experts suggest that it is best to treat annually or even biannually, especially if any of the causation factors put you or your loved ones at high risk. And these guys, these parasites are incredibly prolific. They intend to be fruitful and multiply like crazy. For parasites, natural remedies have been found to be the most highly effective treatment, although you may have to be fairly tenacious about treating, especially if you have a severe case. Pharmaceuticals are effective only for a specific type of parasite or location in the body and they can cause fairly severe side effects while possibly not zeroing in on the target.

Some of the parasites that love the human host, namely nematodes or worms and protozoan (including amoebae) are common and can be found in the air, in water, in food, and in the soil. This are not simply a third world problem, this is an epidemic even in the good old U S of A. Parasites are everywhere and it's easy for them to get into the body. After all, we need to breathe, drink

water, and eat. From walking barefoot in warm moist soil, some can and do burrow through the soles of the feet. Parasites vary in size from microscopic, like giardia, the most prevalent intestinal parasite found in water, to tapeworms which, in people, can grow up to 35-feet long.

Worms, because they are visible to the naked eye and wiggle around and some exit out of orifices, are the most revolting to most people. Roundworms look similar to earthworms and can produce up to 200,000 eggs daily. This is the most common type of worm and adults grow to 15 inches long. Hookworms penetrate the skin. Young worms use their teeth to burrow through the intestinal wall and feed on blood, leading to numerous symptoms. Pinworms infect up to one in five children. Female worms crawl out of the anus and lay 15,000 eggs per day. Air born eggs can survive up to 2 days anywhere in the environment. Tapeworms, the largest worm can live up to 10 years, staying put by using the hooks and suction cups on their heads. Each segment of their body contains eggs including a complete set of male and female reproductive units and they lay up to a million eggs each day. Flukes or flatworms infect more than 250 million people worldwide. They live in the bladder, blood, liver, lung, kidneys and intestine.



Tapeworms



Giardia

Although they are the creepiest, worms are not the most dangerous. Some of the protozoan, microscopic parasite types, are the deadliest, like malaria, which claims 2 million people annually. Toxoplasmosis gained fame when it was flagged as a warning, successfully releasing pregnant women from kitty litter box duty due to the risk of contracting this parasite and jeopardizing their pregnancy. Also dangerous are, giardia, trichomonas vaginalis, residing where it sounds and in the prostate of males, and amebiasis, the most common infection causing ulcers or abscesses where they enter the body and can eventually reach the brain or liver.

Parasites can infest just about any part of the human body including the blood, brain, digestive tract, respiratory tract, feet or hands, genitals, liver, muscles, nose/sinuses. Where? You name it and the answer is probably yes. The parasites most common in humans, worms and protozoan, extract nutrition from the host's body. They mate and reproduce within the host and secrete and excrete, releasing toxins causing a variety of health problems. If someone is already health compromised, the immune system is affected and infection can take a hard toll on overall health.

Children and adults can contract parasites from common personal contact with an infected person, like shaking hands or kissing. Petting or handling animals is a prevalent source of contraction, as is drinking contaminated water, eating raw or improperly cooked meat, fish, or poultry, and eating unwashed fruits or vegetables. A high carbohydrate, low protein and high alkaline diet has been found to worsen parasitic infection as does sugar consumption.



Liver Fluke

While swimming in rivers, lakes, ponds, or public swimming pools avoid ingesting water and do not swim with cuts or open sores on the body. Wash food thoroughly, especially if consuming it raw and WASH YOUR HANDS OFTEN, especially after handling animals or touching common items in public places, like shopping cart handles and library drop boxes. Keep your fingernails short and clean. Parasites can live underneath the nails for up to 2 months. De-worm your pets regularly and treat all family once a year to keep the numbers down in there. The most often recommended protocol is to do an annual parasite cleanse simultaneously with a colon cleanse. Follow by cleansing the kidneys and then finally the liver. Cleansing once a year will keep your body healthy, symptom free and **give you the best chance of avoiding developing certain diseases.** *The effective and complete Nature's Sunshine Product to enhance this process, is Paw Paw Para-Cleanse, a 10-day program designed to support the efforts of the intestinal system in cleansing.* Additional products that may help with personal situations are: [Herbal Pumpkin](#), [Black Walnut](#), [Garlic](#), [Artemisia Combination](#) and [Homeopathic Parasite](#) formula. These may help to discourage the bloodsuckers from staying and can be effective products to use with your annual cleanse.

Finally, we have an informative video for you about parasites. This video is from [Fox News](#) and due to the subject matter, viewer discretion is advised. Click on the black box below then press Ctrl and click again to download and view this video.

To Your Health!

Sincerely,
Chris Ritchason &
The Back to Herbs Team



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Want a Better Way to Feel Full and Lose Weight for a Whole Lot Less Money, than Fullbar or Lipozene...



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Maybe you have seen the ads for Fullbar or Lipozene. They both claim that using their product will help you lose weight by making you feel full and eat less. Over all it is not a bad approach to losing weight and does work for many people.

HOW DOES EACH PRODUCT WORK? Lipozene creates a dietary fiber sponge that makes you feel full, thus reducing caloric intake and adding fiber to your diet. Lipozene contains Glucomannan, a 100% natural fiber from the Konjac Root. It cost \$29.95 for 60 capsules. Recommended use 1 to 2 capsules 30 minutes before meals. <http://www.lipozene.com/indexa.php>

The Story behind Fullbar

Fullbar creator: In working at my nationally recognized Bariatric Center of Excellence, I came to realize that there was a gap in what I could provide to people. Sure, I was treating those who had severe obesity, but what about everyone else? Now fast forward 4 years and over 50 formula changes later! Together with a food scientist, we created Fullbar, which uses the same principles in weight-loss surgery to help you loose weight. Fullbar's all natural ingredients help increase the sense of fullness that you feel before your main meal so that you eat what you want, but not as much. You still achieve appetite satisfaction, but with less food. When you don't have hunger pains, dieting is easier and you loose weight. [Click here](#) to view our TV ad that tells you more about how weight-loss surgery works and how Fullbar uses those same principles. We put Fullbar to the test and found that after a 3-month weight-loss study, people lost an average of 40% of their excess weight and 95% of trial participants were successful in loosing weight! Individual results may vary.

How is Fullbar different than a regular granola bar or just eating bran with water? Our food scientist, Robert, is the best person to answer this question. Research regarding satiety shows that it is not simply achieved by eating a fiber source such as bran; there needs to be a combination of ingredients to provoke the response (this would be one reason why after drinking a fiber supplement, one does not feel satisfied). The combination of ingredients is: a fiber source, a protein source, shear bulk with low calories as well as water. This combination has the best effect in specific ratios which we have perfected here at Fullbar. So, yes it is much different than eating some bran and water before a meal, plus it tastes much better. <http://www.fullbar.com/fullbar-flavors.html> Well, there you have the marketing mumbo jumbo for both products. Fullbar is new and when you look at the ingredients, it contains 170 calories with 30 grams of carbs and 5 grams of fiber per serving. Lipozene is just Glucomannan with no calories, but you pay a huge price for it.

Here is my recommendation if you want to try this weight loss approach. Just use a generic version of Glucomannan from Vita Cost and follow my [Forever Changes Weight-Loss & Longevity Lifestyle Program](#). [NSI Glucomannan -- 2,000 mg per serving - 180 Capsules](#) - \$9.99 Recommended use... 3 capsules with a full glass of water - 30 minutes before a meal.

Here is what it does... Glucomannan is a water-soluble dietary fiber that is derived from the Konjac root. Konjac is a perennial plant unique to Asia, and cultivated in Japan. The fresh Konjac tuber contains an average of 13% dry matter, of which 70% is Glucomannan, and the remaining 30% is starch. Glucomannan is a polysaccharide consisting of repeating units of beta-D-glucose and beta-D-mannose joined together in a chain. Historically, Glucomannan has been used in traditional Asian foods such as noodles, tofu, and other food products. Konjac flour (made from the tubers) has been a healthy Japanese jelly called "konyaku" for over two centuries. By expanding in the stomach, Glucomannan can be useful for people trying to lose weight. Fiber-containing foods such as [Oats](#) are known to help reduce cholesterol, improve bowel functioning and assist in weight reduction by creating a feeling of fullness. However, many people have a hard time consuming enough fiber from food and turn to fiber supplements such as Guar Gum and [Pectin](#) to help fulfill their daily requirements and get that feeling of "fullness." Glucomannan offers a significant advantage over these other forms of fiber - much smaller doses are necessary to achieve optimum results. When Glucomannan is placed in water, it can swell up to seventeen times its original volume. These qualities make it extremely effective and convenient as a fiber supplement. Several small controlled studies have found Glucomannan to be effective for reducing total cholesterol levels in otherwise healthy adults. Glucomannan reduced bad cholesterol (LDL) and, according to some studies, increased good cholesterol (HDL). In addition, Glucomannan may improve other risk factors for heart disease, such as high triglyceride levels and high blood pressure. Several studies have suggested that Glucomannan may also help the body to regulate blood sugar levels and, therefore, could be helpful in treating diabetes. Additionally, Glucomannan might be helpful for individuals who experience episodes of low blood sugar. In one double-blind study, participants showed significant reductions in total cholesterol, LDL cholesterol and triglycerides, as compared to a placebo. In addition, their systolic blood pressure (the upper number in the blood pressure reading) was also reduced. However, there was no significant increase in HDL cholesterol and no improvement in the ratio of LDL to HDL cholesterol in that study. Another study of individuals with diabetes tested for the effectiveness of Glucomannan fiber-enriched biscuits against wheat bran biscuits for better blood sugar control, and while using the Glucomannan biscuits, people had a significant improvement in glucose control, as opposed to the wheat bran biscuits. Other studies have also found evidence that Glucomannan can improve blood sugar control. However, while this evidence is promising, more studies need to be performed before Glucomannan can be considered an effective support treatment for diabetes.

[NSI Glucomannan -- 2,000 mg per serving - 180 Capsules](#), [NSI Glucomannan -- 2000 mg per serving -360 Capsules](#)

Balancing Moods Naturally



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As the morning sunlight hits our eyes, we reach across to turn off the alarm clock before it can sing its annoying tune. We then bounce out of bed with enthusiasm and energy to face our day... or do we? For many people, the morning brings a desire to climb under the blankets for a few more hours of sleep. Upon rising, their body complains with stiff or sore muscles; and as energy is concerned, that usually comes in the form of several strong cups of coffee. Enthusiasm, joy, creativity and motivation are elements of a happy day; but for many, depression has robbed them of these feelings.

For the most part medical doctors address depression with a group of antidepressant drugs called selective serotonin reuptake inhibitors (SSRI), such as Prozac, Paxil and Zoloft. This type of drug helps to keep serotonin from leaving select areas of the brain where it is needed to regulate moods, sleep, and appetite, among other things. New classes of antidepressants are steadily being developed and brought to market. One of these newer classes, the SNRI's (serotonin/norepinephrine reuptake inhibitors) like Effexor, work in a similar manor but seem to have less side effects. I have found that although these types of drugs often help in the beginning with depression, after a period of six months or more, they seem to lose their effectiveness and side effects often set in. I am often asked about natural alternatives for lifting depression. When you take a natural approach to healing, the first question you want to ask yourself is why did a symptom manifest itself? In the case of low serotonin levels, why did they get so low? One of the first places to look is stress.

Stress is a big trouble maker for our health. As our schedules get busier, more demands are put on our systems. In addition to a busy lifestyle, people are often faced with additional stressors such as children leaving the home, family illness, changes in career or relationships and caring for aging parents. As stress builds we begin to feel out of control and irritable, we find we can't fall asleep at night, and depression or mood swings start to set in. Even if we take a good multi-vitamin and eat a good diet, it would be very hard to get enough of what we need to sustain us through excessively stressful times without additional supplements. In response to the stress, our bodies put out chemicals that help to balance our emotions.

GABA (#1823-6) is one of the first to come to the rescue. GABA is an amino acid that is used to make a neurotransmitter (brain chemical) that calms excessive brain activity and promotes a state of greater relaxation and peace. If stress is ongoing and excessive, the body quickly depletes the GABA needed to make this chemical. The resulting low GABA levels will cause one to **feel irritable, easily angered, and short tempered**. A lack of **GABA** also causes **excessive brain activity** such as, lying in bed as our mind races through all the thoughts of the day. This adds to an inability to fall asleep which will add to poor moods. The next chemical to be depleted when under stress is **5HTP** (#2806-4) the precursor to serotonin. When serotonin levels become depleted a whole list of symptoms quickly follow: **Cravings for carbohydrates (they help to form 5HTP), vague muscle aches and pains, insomnia, depression, binge eating, tension headaches, migraine headaches, PMS headaches, mood swings, body aches, generalized fatigue, joint swellings, numbness and tingling, fibromyalgia, obsessive compulsive behavior and addictions (alcohol, smoking, and stimulants)**. I can understand the desire at this point to run to the doctor for medications; but before trying a prescription, discuss with him the alternative of first using GABA and 5HTP. See if the underlying cause can be corrected naturally without medications. In addition to these supplements, support stress with B-complex vitamins so that these neurotransmitters do not burn up so quickly. I love the formula **Nutri-Calm** (#1617-3) which combines B-vitamins and Vitamin C in a base of herbs that support stress and nourish the nervous system.



Question: Can I take 5HTP with Prozac or other SSRI drugs? It is not recommended to take 5HTP and GABA while on an SSRI anti-depressant drug because the 5HTP will increase your serotonin levels and the anti-depressant causes the serotonin to stay in the brain. An over abundance can quickly build-up. If you would like to replace your anti-depressant drug with 5HTP, talk with your doctor and have him advise you on a program to fade off of the medication. These drugs cannot be stopped suddenly and need to be decreased slowly.

What do we do if we want to get off these types of medications?

Our first step, as I mentioned above, is to support stress with B-complex vitamins and adaptogen herbs like those found in the formula **Nutri-Calm**. This can be done even while on the medications. Secondly, we will look to the wisdom of Chinese medicine for another alternative to lifting the moods. **Mood Elevator TCM** (#1035-7) is a Traditional Chinese Medicine herbal blend that relieves sagging chi and disperses stagnant chi. This formula increases something called shen in the body. Chi and shen are poetic descriptive names for the invisible energies which are created in the body when we are healthy and vibrant. When we

don't take care of our health and push our bodies too much, our chi and shen energy gets depleted. Think of this as your life force inside your body. When your life force gets depleted, you will suffer from sagging spirits, lack of motivation and illness. Unlike modern medicine's approach to depression, which focuses on the neurotransmitter serotonin, Mood Elevator works in a holistic manner to relieve depression and sadness by balancing the liver, digestive, intestinal and nervous system functions. This result is restored vitality and life force energy in the body. Within a few days of trying this formula, I remember the distinct feeling of being in a good mood – "like the birds were singing all around me." Besides depression, this formula is helpful for sadness, fatigue, insomnia, neurosis, hysteria, hypersensitivity and anxiety. It may be helpful for restless dreams and nightmares and for people who have hypochondriac tendencies. It is amazing the symptoms the body will exhibit when the liver and digestive functions are out of balance --disrupting harmony throughout the body. By restoring balance in the body, moods and a sense of well being increase. Chinese Mood Elevator formula can safely be taken while taking a prescribed anti-depressant. This formula is my choice to help people who want to get off their prescribed anti-depressant drugs. I have had people report very good success by taking one Mood Elevator in the TCM form (concentrate) twice daily for a couple weeks, along with Nutri-Calm to support stress. We would then ask the doctor's suggestion for reducing the antidepressant dose slowly. Once the medication is decreased in half or more, ask the doctor to retest serotonin levels. If the levels are still low, discuss adding in the 5HTP and/or GABA in place of raising the medication. Often just balancing the body with Mood Elevator will be enough to lift the moods. This is primarily because the depression was caused by poor lifestyle habits more than low serotonin levels.

Another area to consider is the changes in the hormones estrogen and progesterone that women experience monthly. A woman's monthly menstrual cycle, as well as entering peri-menopause and menopause, are accompanied by ever changing hormone levels. The ups and downs of hormone levels have to be balanced with the help of the liver. Problems arise when high stress, poor diet choices and lack of adequate water and exercise congest the liver and its ability to break down excess hormones each month. To further overload the liver, we are often bombarded with chemicals and toxins in our work place or home environment. According to Traditional Chinese Medicine, when the liver gets overloaded and fails to do its job properly, we develop symptoms which include feeling depressed. The first warning signs come when the liver begins to get stressed such as "Flu-like" symptoms, nausea, diarrhea, stiff & aching muscles, cold hands and feet, headaches, gallbladder attacks, tenderness or swelling under the right rib cage, dizziness, puffy eyelids, skin eruptions, difficulty falling asleep (late night energy) followed by difficulty awaking in the morning. If we continue with a high-paced lifestyle and poor diet, the liver becomes more congested resulting in symptoms becoming more chronic in nature; such as chronic fatigue, blood sugar imbalances, hormonal swings, food allergies, immune system weakness, poor bowel elimination, gas and indigestion, feelings of depression and despair. Chinese Mood Elevator is a good choice to support these issues. In addition I would consider adding digestive enzymes with your meals, drastically improving your diet and lifestyle and adding in formulas to either cleanse or strengthen your liver function such as **Chinese Liver Balance TCM** (#1008-8) or **Chinese Blood Build TCM**(#1005-9).

To help balance the female hormones and support stress at the same time consider the herb **MACA** (#1117-2). **Maca** is a hearty root vegetable plant which grows in the high Andean plateaus of Peru. Maca contains substantial amounts of minerals such as calcium, magnesium, phosphorus, iron, zinc, vitamin B1, B2, B12, C, E, riboflavin, thiamin and ascorbic acid. MACA's reputed positive effect on *hormonal balancing issues such as hot flashes, memory problems, fatigue, mood swings and male impotence*. A chemical analysis shows the presence of biologically active aromatics which have unique *aphrodisiac properties as well*. Henry Camponile, M.D., of St. Petersburg, Florida states that his first menopausal patient "started to feel better four days after she began taking Maca", and finds that it *promotes energy* unlike any other herb he has used. Dr. Richard Brown, M.D. author of STOP DEPRESSION NOW, says that Maca holds great promise for the health and well being of men and women. Dr. Mark Smith, M.D. has said "I have noticed a significant level of more *balanced energy, stamina & endurance* markedly during cardio vascular workouts using MACA". Aguila Calderon, M.D., is the former Dean of the Faculty of Human Medicine at the National University of Federico Villarreal in Lima. He says, "Maca has a lot of easily absorbable calcium, plus magnesium and a fair amount of silica. We are finding it very useful in *treating the decalcification of bones* in children and adults." In his practice, Dr. Calderon uses maca for male impotence, erectile dysfunction, menopausal symptoms, and general fatigue. Maca is a wonderful hidden treasure in the herb kingdom as so few people know about the wonderful benefits it supplies.

By approaching depression from the standpoint of improving and balancing your overall health, you will be bouncing out of bed with vigor and enthusiasm in no time at all. Make a decision today to take the steps necessary to take charge of your health and change your destiny.

Course Instructors

We are happy to let you know that we have several new instructors for our iridology, health & nutrition, herb, anatomy & physiology, and colon health courses. Go to: <http://www.joyfullivingservices.com/certifiedinstructors.html> for information.

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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.

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Nature's Sunshine Supplements



Sign up as a Nature's Sunshine Member or Distributor and receive 20% off your 2nd order up to \$200 and free shipping! This special applies to any of our Nature's Sunshine Products. Sign up for 1 year for free with your purchase of \$40 worth of products. When you place your 2nd order you will receive 20% off and free shipping! The 1 year membership will entitle you to order any and all of our health products at 30-50% off for 1 year which is much lower than most health food stores and the quality is much better. You can be sure you will receive the best quality from Nature's Sunshine. There is no monthly obligation or volume to qualify.

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

CADI and SD8004, Used Iridology Cameras, and Iridology Station 5.1 Software

There has been an enormous amount of requests for camera and software information. We can send you some written information on the cameras and software but most information is on our website and can be easily downloaded. Go to the following links to learn about the cameras and software:

1. New CADI and SD8004 Iridology Cameras: <http://www.joyfullivingservices.com/iridologycameras.html>
2. Used Iridology Cameras: <http://www.joyfullivingservices.com/usediridologycameras.html>
3. Iridology Station 5.1 Software: <http://www.joyfullivingservices.com/iridologystation5.1.html>

Please contact Brenda if you have questions about the cameras and/or software.

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 fatty deposits in the whites (sclera) of the eye that can show up due to poor protein digestion. Please let us know if you have any questions about these items. The information was taken from our Beginning and Intermediate Iridology courses. Go to: <http://www.joyfullivingservices.com/education.html> to find out more about our courses.

Fatty Deposits in Whites (Poor Fat Digestion) (also called a Pinguecula)

Fatty Deposits in the sclera (white of the eye) tends to stay on the inner portion of the sclera near the nose area. It can be in both eyes or in just one. When we see fatty deposits in the sclera we can tell immediately that the client has weakness in the liver and gall bladder area (especially the gall bladder) and difficulty breaking down fats. Sometimes the person will complain of pain on the right side of the body below the ribcage when they eat fatty foods. Effective treatment would include liver/gall bladder flushes, reducing stress, increasing hydrochloric acid, improving digestion, strengthening the liver and gall bladder areas.

Sign: A pinguecula is a sub-conjunctival elevation composed of degenerated elastic tissue (usually medial but occasionally lateral). It has the appearance of a small, fatty deposit on the sclera, and is commonly mistaken for a pterygium, which is usually vascular and of much larger size.

Significance: Iridologically, the pinguecula is a sign of digestive anomalies involving liver function and fat metabolism in particular. The color indicates the variable symptoms and etiology in the following way:

Clear or lemon yellow: Enquire about whether the client experiences any liverish symptoms - especially after eating rich or fatty foods. These colors indicate a high tendency to gall bladder insufficiency and are often found to be related to dietary indiscretion during childhood that involved indiscriminate over-consumption of animal fats.

Medium yellow: Darkening of the yellow colour indicates a tendency to fatty infiltration of the liver and the consequential elevation of serum blood fats. A blood test should be organized to determine cholesterol and triglyceride levels.

Dark orange yellow: A further negative progression of the previous examples. This is usually observed in cases of elevated liver enzymes and serious liver disease, including cirrhosis of the liver and hepatitis. In most cases, the client is aware of liver pathology on presentation of this version of Pinguecula. When this is not the case, recommend a liver function test as part of the routine when you see this sign.

Pearlescent colour: As with any Pinguecula this indicates reduced fat metabolism. The pearly sheen in this example carries the additional tendency to fatty infiltration of the liver and elevated serum cholesterol. In addition, there is possibly hardening in the liver.

Excerpt from "The Integrated Iridology Textbook" by Toni Miller Published 08.08.08, Toni Miller

