

Joyful Living Services' News

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The weather has been quite crazy here in the foothills. One day it's raining and the next sunny. It's not even supposed to get to 70F before May 31st. Last year at this time it was over 102F. The positive thing about this is that the rain is still filling our reservoirs and swimming pools. The negative side is that the grasses are growing like crazy and people are suffering with allergies even more this year.

Every year we see people everywhere we go with watery eyes and stuffy and drippy noses. We see the sales go sky high for over-the-counter anti-histamines, sinus remedies, and allergy medicines. People just don't like to feel sick and they think that by stopping their symptoms that there will be no consequences. Sorry to tell you this but it's not a good thing and there are negative consequences".

Hering's Law of Cure

Hering's Law of Cure is the basis of all healing. This is the way the body heals or cures itself. **"All cure starts from within out, from the head down and in reverse order as the symptoms have appeared or been suppressed".** **"We don't catch diseases, we create them by breaking down the natural defenses according to the way we eat, drink, think and live".** Hering's Law is a very important law to understand and remember. It is imperative to follow this law in order to allow the body to eliminate toxins created daily.

The definition of Hering's Law of Cure is as follows:

"We heal from the head down". This means that before we can even begin to heal we must believe we can heal. We must be mentally prepared and strong in order to allow the body to heal. We must not doubt the body's ability to heal itself.

"We heal from within out". This means we must allow the body to cleanse. In order for the body to eliminate toxins it must be allowed to do so by not suppressing any kind of discharge. Most over-the-counter medications and prescriptions do suppress discharges. This is not good as these toxins can go deeper into the body and create other weaknesses. The body must be allowed to cleanse itself in whatever manner it needs to without interruption by synthetic suppressive substances.

"We heal in reverse order as the symptoms have appeared or been suppressed". This means that most of the time the last problem someone has is the first problem to be dealt with by the body in the reversal process. For instance, let's say the last illness you had was a sinus infection and a suppressive medication was used to stop any sneezing, coughing, dripping nose or sinus drainage. In order for the body to heal itself it must eliminate these toxins and mucous that were suppressed at this time. Since this was the last illness it is the easiest for the body to heal. The body may stimulate the Immune System to create a fever to burn out the toxins, the toxins may be eliminated through the Lungs or Bronchioles causing a large amount of phlegm to exit these areas, it might eliminate them through the skin causing breakouts or it could eliminate them through the Colon in which case mucous, old feces and food that hasn't been eaten for quite a while may be eliminated. These are just a few ways the body heals itself.

Unfortunately, Hering's Law Of Cure is not used today in Orthodox medicine. Orthodox medicine generally believes that because the symptoms are suppressed the problem is cured, or by removing the organ, which is not functioning correctly, it can cure the problem. Perhaps this is why no one knows what a **"Cold"** is today. A **"Cold"** is the body's way of eliminating toxins, which it does by increasing the mucous from the mucous membranes in order to free the toxins. Toxin elimination is imperative in order for the body to stay healthy. Disease reversal is also imperative in order for the body to **"cure"** a disease.

The Definition of Allergy

Allergy is defined as "any body reaction that cannot be explained by infection or injury or tumor growth. The term allergy should really be limited to eczema, allergic rhinitis (hay fever), bronchial asthma, drug reactions, serum sickness, and contact dermatitis." (Lendon Smith)

What Are Allergic Reactions?

'Something' is taken into the body through the skin, respiratory tract, or digestive tract. The body, recognizing this 'something' as being unfriendly or foreign, sends out antibodies to devour the invader. In the process of eliminating and/or neutralizing the

invader, histamines are released. The liver must then supply antihistamines to neutralize the histamines. Histamines are responsible for all allergic reactions that involve swelling, itching, fluid production and retention, etc. Often in allergy situations we see weakened adrenal glands (hence, very little stress hormone production), a congested liver, poor digestion, hypoglycemia (especially cravings for sweets, bread, and cheese), and Candida overgrowth.

What Is Allergic Rhinitis?

As many as 50 million people in the U.S. have some kind of allergy or asthma. The most common type of allergy is allergic rhinitis, commonly called hay fever, which affects as many as 22 million Americans. The total bill for allergy treatments is estimated at up to \$5 billion annually, a large part of it for decongestants and antihistamines. About 9% of those people with hay fever are sensitive to tree pollen, 40% to grass pollen and 75% to ragweed and other weed pollens. Symptoms of hay fever include swelling sinuses, itchy eyes and noses and wheezing. With hay fever; your body's immune system mistakes pollen or mold spores for menacing invaders and starts to produce antibodies. The next time you encounter the culprit, the antibodies trigger powerful inflammatory chemicals called histamines and prostaglandins which causes cold-like symptoms like stuffy or runny nose, itching and sneezing. Some allergic reactions can turn into asthma, characterized by sneezing, shortness of breath and coughing. About 7% of allergy sufferers have asthma.

Where Does Pollen Come From?

Trees - There are approximately 6,700 trees native to North America but only about 65 of these cause hay fever. Among the offenders: alder, aspen, birch, fir, hemlock, pine, poplar, spruce, beech, birch, cedar, elm, hackberry, hickory, hazelnut, maple elm, oak sycamore, walnut, willow, olive and mesquite. **Grasses** - There are about 4,500 species of grasses, but only a small percentage cause hay fever. They can be found all over the U.S. even heavily urbanized areas and they release enormous amounts of pollen. The most common grass pollens include: Bahia, Bermuda, Bluegrass, Fescue, Johnson, Orchard, Rye, Timothy, Sweet Vernal, Red Top and Velvet. **Weeds** - The single most potent weed family is Compositae, or ragweed. This family consists of some 20,000 species. Other problem weeds for hay fever sufferers are Redroot pigweed, Western water hemp, Russian thistle, Burning bush, Lambs quarters, Sheep sorrel, Nettles and Buckhorn plantain.



When Is Pollen The Worst?

Early Spring Pollen Season begins in February, goes through March and involves predominantly tree pollen. Late Spring Pollen Season lasts from April through June or July. Trees and grasses are the biggest problems. Summer Pollen Season lasts from June through August. Tree and grass pollens stop by mid-summer. Fall Pollen Season is weed season, especially ragweed. Winter Pollen Season usually occurs only in south central Texas, Florida and Southern California.

Could It Be Molds?

Tiny reproductive spores released by molds, are second only to pollen as a cause of hay fever. They, too, are carried by air currents. Mold can be a problem year round, but usually peaks in mid-summer because they thrive in damp places and hot, humid weather. Common sources of mold are humidifiers, dehumidifiers and air conditioners, shower stalls, damp basements, musty garages, plant debris, sleeping bags, mattresses, pillows and tents, outdoor furniture cushions and flower pots. Some seasonal molds grow on field crops and foliage or thrive in wetland areas and along the shores of seas and lakes. You may have a mold allergy if you start sneezing when the car or home air conditioner is turned on or if you become congested while working in the garden, basement or garage. If you feel lousy on rainy days, molds may be to blame.

Airborne Allergy Trouble

Most insect bites are trivial, but some bites or stings may cause reactions. Local reactions may consist of pain, swelling, and redness at the area of the bite or sting. A more serious and systemic (involving the whole body) reaction may require emergency treatment. People who know they are allergic to bee, wasp or hornet stings can carry a sting kit, that usually contains epinephrine. If you are stung, remove the stinger using a scraping, not a squeezing motion, wash the area with soap and water, rub an ice cube over the sting and apply a paste made from baking soda or salt and water to draw out the poison. Sometimes antihistamines can be helpful to relieve local reactions and itching. The following can help to prevent insect bites and stings: Take B-Complex. Avoid using perfume, scented soaps or lotions. Avoid wearing bright colored clothing. Wear protective clothing such as shoes, long pants, and a long sleeve shirt when outdoors. Cover garbage cans tightly. Keep food packed before and after a picnic. Move slowly when around a nest.

Orthodox Medicine

Decongestants help relieve stuffy noses, but may keep you awake. A nasal spray or nose drops rather than an oral decongestant can avoid the increased risk faced by people with high blood pressure, heart disease, thyroid disease, diabetes and depression. Antihistamines specifically treat reaction to allergens such as pollen, molds and dust. They often have sedative effects. They are not the best for alleviating cold symptoms. It may help asthmatics to avoid over-the-counter (OTC) mists that delay asthma treatment as well as aspirin and Ibuprofen. Reading labels can be important to learn what is in the OTC substances you are taking and to learn the amount that can be most helpful. Allergies can increase your risk for a sinus infection because your nasal passages are frequently irritated and bacteria may more easily enter into the sinuses, as your own bodies defenses may also be inhibited. It may be helpful in reducing irritation to keep the membranes inside your nose moist with a saline spray. Besides decongestants, anti-histamines, and saline solutions, it is helpful to drink plenty of liquids, which will help thin mucus secretions and to avoid alcohol, cigarette smoke, and automobile emissions. Keeping your windows closed and using an air conditioner with a clean filter may also help.

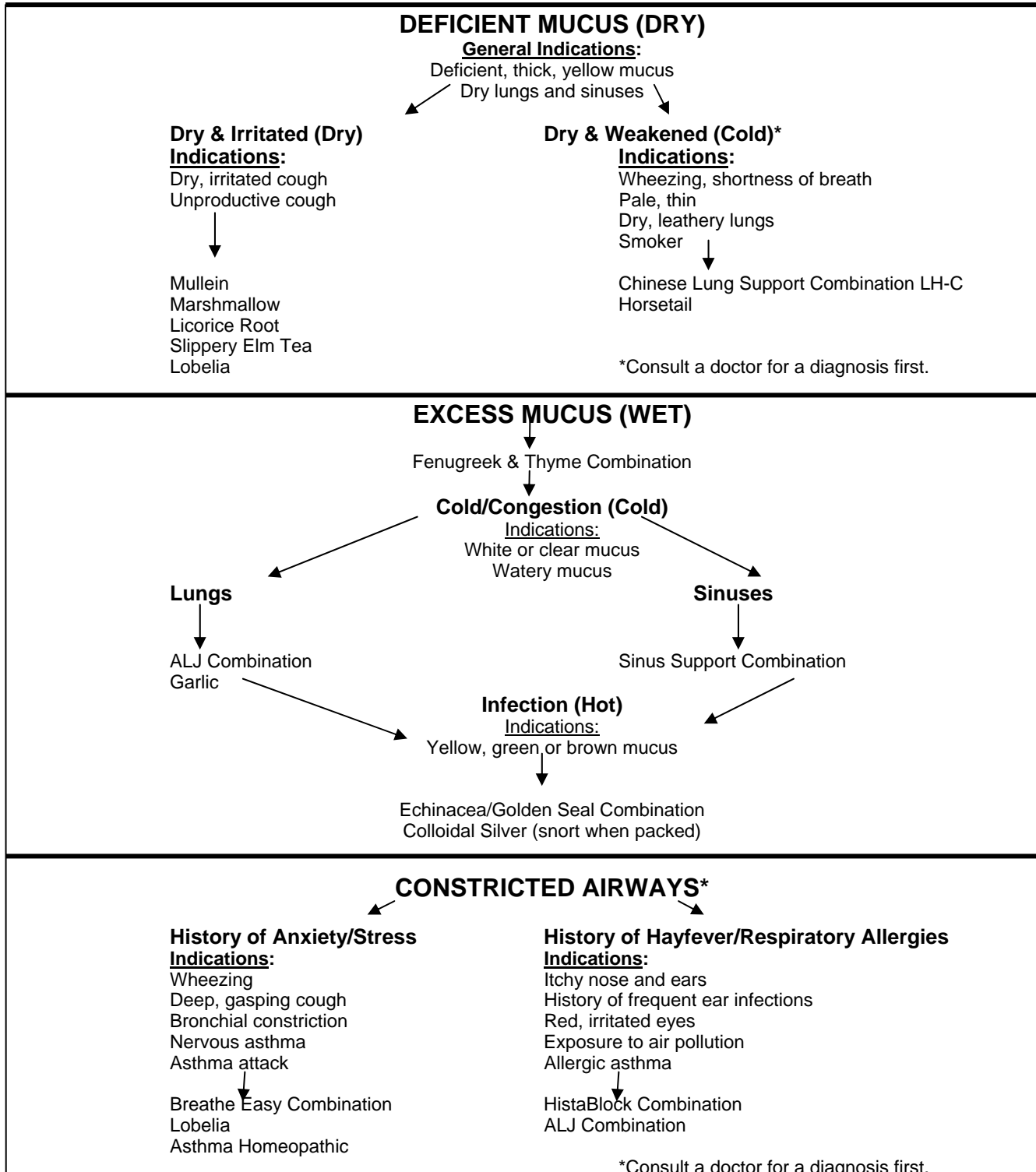
Alternative Treatments

We do very little for the symptoms and work with the cause instead. This way we can monitor the progress. With allergies, it is mandatory to support the liver, adrenal glands, digestion (many food allergies begin with poor digestion), and pancreas. See "Springtime Allergies" article by Valerie Greguire on the following pages for more information.

Is Diet Important?

Many people have food allergies. Generally food allergies happen immediately after eating a food that doesn't agree with your body. Sometimes it takes up to 20 minutes to have an allergic reaction to a food or chemical substance. Typical items that can cause allergies are milk, yogurt, ice cream, various cheeses, white flour, white rice, wheat, cauliflower, soda pop, preservatives, sulfites in wine, artificial sweeteners, over-the-counter and prescription drugs.

If you are suffering from allergies give me a call for a personal or phone consult to determine the cause and a program that can help you.



NICOTINE USE*

Indications:

Desire to stop smoking or using tobacco



Lobelia/St. John's Wort Combination
Tobacco Detox Homeopathic
Lobelia

*It takes 21 days to make or break a habit.

ALJ

It's Time To Breathe Freely

The respiratory system is one of the body's first lines of defense, where threatening airborne particles are trapped and either destroyed or eliminated. Built-in mechanisms such as sneezing, coughing and a runny nose are the body's way of getting rid of offenders.

Certain airborne particles that are benign to most people can wreak havoc for others. For instance, one person can inhale ragweed pollen uneventfully, whereas another reacts to the same particle as if it were an enemy. In such instances the body turns on its cleansing mechanisms, and the immune system is put on active duty!



BENEFITS

- Helps soothe irritated tissues.
- Encourages the entire respiratory tract to gently cleanse itself.
- Assists the body in neutralizing allergens by nutritional means.

NSP ADVANTAGE

ALJ is NSP's top herbal combination for the respiratory system. Like all of the body's systems, the respiratory system relies on proper nutrition to function as nature intended. ALJ combines herbs traditionally used to nourish the respiratory and digestive systems. Both of these systems play an important role in respiratory health.

HOW IT WORKS

ALJ helps balance the natural eliminative functions of the respiratory system. Fenugreek and mullein contain mucilage, a substance that causes the herbs to swell in water. This creates a

viscous, fibery substance that provides a soothing effect. Fennel has traditionally been used as a cleansing herb and is often used after eating. Indians used boneset during seasonal times when the body needed extra nutritional support. Horseradish has a stimulating effect on the respiratory system, which you can easily discover for yourself by eating a small amount of the freshly grated herb.

INGREDIENTS

ALJ contains fenugreek seeds, fennel seeds, mullein leaves, boneset herb and horseradish root.

RECOMMENDED USE

Take 2-4 capsules/tablets three times a day with food. Liquid: take 20-30 drops (or 10-20 drops for children) every two to four hours.

COMPLEMENTARY PRODUCTS

- Nutritional: Sinus Support® EE, HistaBlock®, Vitamin C, Fenugreek & Thyme.
- Homeopathic: Allergy—Hay Fever/Pollen, Allergy.
- Essential Oils: Lavender Fine AOC, Bergamot BIO, Lemon BIO, Breathe Free.

ALJ

Stock No. 775-9 (100) capsules
Stock No. 778-8 (100) Vegetabs®
Stock No. 779-6 (270) Vegetabs
Stock No. 3166-5 (2 fl. oz.)
Liquid Herb (4 Kids Too™)



Contact your local NSP Herb Specialist:

www.naturessunshine.com

Sinus Support[®] EF[™]

Smell the Roses Again

Common sinus congestion often responds to nutritional support of respiratory cleansing and tissue-protecting processes. Several herbs provide practical and safe support for the respiratory system, especially when pollen levels soar.

Sinus Support EF supports nasal passages and supplies nutrients for proper respiratory function. This unique herbal combination helps where it counts—at the root of the problem.



INGREDIENTS

Sinus Support EF contains: synephrine (immature orange peel), burdock root, capsicum fruit, golden seal root, parsley herb, horehound herb, althea root and yerba santa herb.

RECOMMENDED USE

Take 2 capsules with meals three times daily.

COMPLEMENTARY PRODUCTS

- Nutritional: ALJ[®], Chinese Lung Support, Vitamin C.
- Homeopathic: Allergy, Asthma, Cold, Sinus.
- Essential Oils: Clary Sage, Eucalyptus BIO, Breathe Free.

BENEFITS

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

HOW IT WORKS

Sinus Support EF features synephrine (from immature orange peel), which possesses properties somewhat similar to the alkaloid ephedrine in providing respiratory support. But it acts much more mildly in the body.

NSP ADVANTAGE

This popular combination includes only the finest raw materials prepared under strict quality assurance standards.

Sinus Support EF (100)
Stock No. 1250-3



Contact your local NSP Herb Specialist:

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

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Nature's Sunshine Supplements (NSP)

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.



Allergies



Submitted By: Salvatore Messina HD., Certified Iridologist
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Web Site: www.thehomeopathicdoctor.com

Allergic responses often occur spontaneously, and can cause a reaction in any part of the body. The reaction can manifest itself on the surface of the skin or internally affecting an organ or many organ systems.

A sudden swelling on the skin from an insect bite can cause swelling and itchiness in the local area of the bite or can be as severe as an itchy palate or throat constriction after eating peanuts, or a runny nose, watery eyes with sneezing or wheezing after coming in contact with furry animals, even in the vicinity of them for very sensitive people.

The most common allergy related illnesses are hay fever, asthma attacks, skin issues like rashes, eczema and hives. Food allergies still remains one of the unrecognized reactions because the discomforts can be subtle and not always immediate. Bloating, diarrhea, indigestion, headaches and joint pain are some of the symptoms that come from allergies as well as heart palpitations and mood swings can be alleviated by removing the causative factor or factors.

People with allergies may have other conditions such as hypoglycemia, candidiasis and chronic fatigue and are more susceptible to fungal and parasitic infections.

The causes of allergies are due to hyper reaction of the immune system to a particular substance that is usually harmless, but in sensitive people can become life threatening.

When an allergen comes into contact with any mucous membrane, the skin or bronchioles, the immune system perceives it as an enemy and triggers a series of reactions set up to fight this threat.

Allergens can be found in areas such as the environment and in the home and businesses, some diligent work needs to be done to scope and eliminate the culprits. Out doors weeds, trees, flowers, insecticide, pesticides, fungicides, many of these agents are introduced into the environment to control the very weeds they are trying to control. Indoors carpets, dust mites, cleansers and detergents are some chemical agents that people can be allergic too.

The pantry and refrigerators also hold items that can trigger an allergic reaction, white flour, milk product, moldy nuts of a varying variety, especially peanuts, the mold may not be visible, but never the less present, dyes used in food colouring, msg's (monosodium glutamate) used for flavour enhancement, food additives, artificial colour, artificial taste, the list goes on and on..

Some people may have just a sensitivity to the same allergens, but the symptoms are much milder than a full blown allergic reaction.

Homeopathy has a wonderful and gentle approach in helping people and animals to build up the immune system that helps to minimize the effects of allergies or eliminate them.

Please seek emergency response or medical attention if an allergic reaction is severe, then a homeopath or health care practitioner can help you minimize future flareups or allergic reactions.

If allergies are something that prevents you from work and enjoying your life look into all the possible causes that may make you sick including cigarette smoke, alcohol, prescription medication, they can have a profound effects on the body as a whole and lower the resistance of the immune system.

Many homeopathic remedies treat acute allergic flare-ups. For lasting relief, constitutional homeopathic care is needed. When all else fails, homeopathy offers acute remedies to treat the symptoms of hay fever and allergies.

Some of the common homeopathic remedies for an acute allergic reactions are; Allium cepa, Arsenicum, Dulcamara, Euphrasia, Nux vomica, Pulsatilla and Sabadilla.

Homeopathic eye drops are also available for red, tired, itchy and watering eyes.

The potency for the selected remedies can be a 6 CH, 12 CH, 30 CH. Higher potencies should be used with caution.

Nutritional advice for allergy relief

Nutritionally, Pantothenic acid, vitamin B5, is thought to help reduce allergy reactions, along with any other anti-inflammatories, such as quercetin or L-glutamine. Pantothenic acid stimulates production of antibodies. Fruits high in citric acid, like lemons and oranges, can break up mucus. Omega-3 fatty acids also help by reducing inflammation in the body. Vitamin C helps your body to produce adrenal hormones to fight stress and reduce the histamine response that causes allergy flare-ups.

Springtime Allergies



By: Valerie Greuire

Natural Health Counselor/Educator/Certified Herbalist

Consultations, Classes & Seminars, Product Information & Guidance

864-877-6611 Home/Office

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www.MyAnswers4Health.com

A time to plant, a time to grow, a time of preparation and renewal...

Springtime is a time of preparation, farmers plant their fields, birds build their nests, and people everywhere start to clean, organize and repair their homes. Did you know your own body goes thru some spring cleaning as well? Your body is in a constant state of repairing and building cells, it is constantly cleaning out toxins from its environment, and waste products from its metabolism. Springtime is a time when the body naturally makes an extra effort to clean out old garbage from the cells. Above I talked about the importance of cleansing and weight loss. I'd also like to bring your attention to cleansing for the preparation of allergy season.

With the arrival of spring many of us find we are confronted with the problem of finding relief from our spring allergies. Allergy medications are often helpful, but tend to bring on many unwanted side effects such as headaches, dry mouth, and sleepiness. Fortunately, there are many herbs that not only help bring relief from allergy symptoms, but also help change your body chemistry so it is not so sensitive to allergens. Natural allergy support is a very different from just using a medication to stop an allergic reaction. The focus instead is on cleansing the blood and the lymphatic system to change the environment of the cells. *By changing the environment within the body we can change how we are affected by the things we breathe in.*

If you have suffered from allergies for many years it is likely that your lymphatic system has gotten congested from excess mucus production. Your lymphatic system is responsible for cleaning out toxins and cellular debris, as well as cleansing the immune system cells. It is very helpful when planning a strategy for reducing spring allergies to focus on cleansing early in the season. Cleaning the respiratory and lymphatic system often brings immediate relief of many allergy symptoms. Your cleanse time should be 2-4 weeks. You may repeat this cleanse several times a year as needed, spring and fall are the best times to cleanse. My favorite formula for this purpose is called **Enviro-Detox**. This formula was designed to help our bodies clean out chemicals, toxins and allergens that we breathe in from our environment. It is the formula I recommend hairdressers or anyone who works around excess chemicals take on a regular basis. The herbs in Enviro-Detox help to reduce many of the symptoms associated with allergies and sinus congestion. In particular burdock, helps to reduce the way your body reacts to temperature changes, this helps reduce sinus drainage, sneezing and headaches. Fenugreek and marshmallow help to thin mucus so it can be eliminated more easily, as well as helping to remove allergens from the respiratory system. Pepsin helps break down foreign particles which provoke an allergic reaction by the immune system. Red clover is an expectorant and has been used to cleanse and soothe irritated bronchioles; it has traditionally been used for whooping cough, wheezing, and bronchitis. It is used to strengthen the immune systems of those susceptible to colds and illness. Allergy sufferers usually suffer from low grade viral or bacterial infections that never resolved themselves. Many of these herbs have mild antibiotic properties, as well as anti-viral and anti-fungal properties. Other herbs in the formula help to cleanse the liver, lymph, blood, and colon. I personally use 2-3 capsules two to three times daily.

Another major contributing factor to allergies stem from hidden food allergies and intestinal imbalances. For many people the inability to digest proteins in certain foods creates mucus production in the body. This increases sinus congestion. If you suffer from gas, indigestion, bloating or constipation on a regular basis then consider working to improve your digestion. If your blood and lymphatic system is congested due to improperly digested foods and the resulting mucus that forms, you will have more problems with allergies. Consider taking **Food Enzyme** or **Proactzyme Plus** with each meal to improve the digestion of your food. Also, ask me about the Blood Type Diet to help find foods that you may be sensitive to based on your blood type.

Another important step after cleansing is to replenish friendly bacteria in the intestinal tract. **Probiotic Eleven** provides eleven strains of friendly bacteria. These friendly microbes that live in your intestinal tract actually help you to be less reactive to allergens. A history of antibiotic use, which kills the good bacteria in your gut, has been shown to directly correlate to a higher incidence of allergies. This formula is specially formulated for those who suffer from food allergies as well. Take 3 capsules per day thru one bottle. Keep refrigerated.

Nature's Sunshine has a several wonderful herbal blends that help bring relief from allergy symptoms and lessen the need for over the counter medications. My favorites are: **Sinus Support**, **ALJ**, and **HistaBlock**. Many people ask me what the difference is in these formulas, or how do you know which one to use? The answer is that these are 3 different allergy formulas, created by 3 different Herbalists, with the same goal in mind: bringing relief from allergy reactions. They each take a slightly different approach in the way they work, and the area they target. Since each person is different, you will have to try these formulas to find which one works best for you, sometimes I combine them. The dosage you need will depend on your personal make-up. Typically 2-4 capsules of a particular formula at a given time, 2-3 times daily works the best for most people. It is a learning process, so be patient

ALJ was created to help relieve sinus and respiratory congestion associated with allergies. It is a good choice if allergies tend to get you all stuffed up, mucus congestion, or swollen glands. I find it a wonderful formula to support those who also have asthma, it helps to reduce the amount of medication they need to control their symptoms.

HistaBlock is a fairly new formula created as a alternative to over the counter anti-histamines. The formula helps to stop sneezing, itching, watery eyes, and wheezing associated with allergies. It is a good choice for hay fever, and cat and dog allergy reactions.

Sinus Support is somewhat a combination of the above two formulas, it is considered an expectorant, and a decongestant. It also helps to shrink swollen inflamed sinus passages. The formula contains burdock which helps to stop sinus drainage related to the sudden change in temperatures. This is a favorite formula of mine for spring allergies. I usually take some sinus support daily when the flowers start blooming. If there is an unusually high pollen count or something in the air that I really seem irritated by, then I take a couple HistaBlock with 2 Sinus Support.

ALJ comes in liquid form, and works great for children. I like to combine it with **Red Clover Blend liquid** which contains burdock and is similar to the Sinus Support. For children with allergies I usually try ¼ to ½ tsp. Of each, 2-3 times per day.

A strong immune system is critical to combating allergies. If you have suffered from allergies for many years, or have a weak immune system you could benefit by supplementing your diet with **Co-Q10** daily. You may be familiar with Co-Q10 as an enzyme that supports heart health, but it is equally important for your immune system. Immune system cells divide more rapidly than most cells, and they are in constant need of repair and maintenance. All of this work requires energy reserves, and Co-Q10. Researchers have found that people with low levels of Co-Q10 have exaggerated histamine reactions and thus react more to common allergens. Researchers have demonstrated that people with asthma related to allergies have decreased blood levels of CoQ10 as well. Our 10 year old son tends to react to spring allergies and at the start of the season he became very congested. I gave him CoQ10 75 mg. twice daily for several days, his congestion cleared up and he is not reacting to the pollen like he normally would have. I think this is a great supplement to take in advance of the allergy season to get your blood levels built up. You can continue on a lower dose daily through the season as well. For those of you on statin drugs for lowering cholesterol, this nutrient is particularly important because the statin drugs deplete CoQ10 levels. You may need to take a higher dose initially until your blood levels improve and results are noticeable. When looking for a CoQ10 product look for the liquid gel caps as they are 3 times more bio-available to the cells than the powdered forms. Nature's Sunshine makes one in 75 mg. I would take this twice daily for a week or two to saturate the cells and build up your levels. Then consider taking one daily after that.

I hope you have found this information to be helpful and informative. Consider what I have written and choose products that apply best to your situation. After following some of the suggestions above for 2-4 weeks you should find that that your body will respond much better to allergens in the environment. However, it took your body a long time to get off balance, so it is likely to take a while for it to repair and rebuild itself. This means that even with improvement, you are still likely to be sensitive to many allergens. The good news is that for the most part, you should be able to help control them with natural supplements instead of over the counter drugs and medications.

Nature's Sunshine has a several wonderful herbal blends that help bring relief from allergy symptoms and lessen the need for over the counter medications. My favorites are: **Sinus Support, ALJ, and HistaBlock**. Many people ask me what the difference is in these formulas, or how do you know which one to use? The answer is that these are 3 different allergy formulas, created by 3 different Herbalists, with the same goal in mind: bringing relief from allergy reactions. They each take a slightly different approach in the way they work, and the area they target. Since each person is different, you will have to try these formulas to find which one works best for you, sometimes I combine them. The dosage you need will depend on your personal make-up. Typically 2-4 capsules of a particular formula at a given time, 2-3 times daily works the best for most people. It is a learning process, so be patient

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NAET Acupuncture Treatments

Submitted by Janice Fera

It has been my personal experience that allergies to food, environmental, bug bites, etc. can be permanently eliminated using NAET acupuncture treatments. NAET re-programs your body to accept 'harmless' substances without reacting to them. Everyone in my family has benefited from it, and it WORKS. I encourage you to investigate this amazing technique if your family is suffering from allergies. Go to the following links for more information:

www.naet.com

<http://search.barnesandnoble.com/The-Food-Allergy-Cure/Ellen-Cutler/e/9780609809006>

Local practitioner: Michele Pouliot, LAc, Masters Oriental Medicine, 530-368-6417 (Auburn, CA).

Let's Talk About Keeping Your Immune System Tuned Up



By: Elaine Ashton
Medical & Geriatric Massage Therapy
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E-mail: elaineashton9@aol.com

Brenda is putting an emphasis on allergies this month. Massage therapy does not address allergies specifically. However, massage therapy does keep your immune system tuned up. It also keeps your lymph moving correctly and helps your body do its job of moving the nasty stuff out of your body. In this respect, massage therapy helps allergies.

Keeping the tension out of your neck and shoulders is a fantastic benefit for your sinuses, nose and throat. While lying on one's tummy while getting a massage, most people find they need to blow their nose as the massage has released a lot of fluids. Logically, because one is prone on the table -- that position helps to cause the stuffy nose. But, definitely, you will realize that tension of the shoulders causes the body to keep "stuff" up in the sinuses.

I recently had serious trouble with a sinus and ear infection following the bronchitis everyone seemed to be having. Because this sinus problem has been around for the majority of my life, I decided in my elderliness that I must get rid of it or it would bring me down each time a germ came my way. I was basically a fertile breeding ground for all germs. Plus, I was doing one heck of a lot of coughing over every little fuzzy that was floating in the air.

Oh yes, I've been told it must be allergies. And of course, my three cats were easily blamed as they sleep with me every night. I've always said that I would die rather than throw my cats out of my bed.

Long story short, I saw various practitioners and received lots of reasons why my ears don't drain. But the most logical explanation is the very small size of my ear canals and Eustacian tubes hinders proper drainage. I found out that Dr. Jim Greenlee could drain my Eustacian Tubes (by reaching down the side of my throat with his gloved finger) and then he would pull my ears half off my head (I'm joking a little) *this* is what worked the best.

In addition, I'm now doing salt water nasal rinses every morning and every night. I occasionally gargle with 50% peroxide and water. After decades of having a constant drainage in the back of my throat, always clearing my throat, having an oversensitive throat causing me to cough for seemingly no reason, I am now cough-free. When I breathe I feel like my nose and throat are really clean. It's a most wonderful feeling.

Throughout this season of pollen blowing all around, I have never had a coughing or sneezing problem. As far as I'm concerned, all these years I have *not* had an allergy problem, simply a problem with layers of mucous which had been collecting in my sinuses and ears. The constant drainage kept my throat tissues sensitive and irritated. The salt water rinses seem to be working. Life is great when you find a solution to a health problem. Especially when the solution is so cheap and easy.

Recipe of the Month – Veal Joint Broth by Dr. Bernard Jensen

This sodium-rich broth is excellent for joint, gland, ligament, and digestive disorders, and helps to retain youth.

1. 1 fresh, uncut veal joint
 2. 1-1/2 cups apple peels (cut half an inch thick)
 3. 2 cups potato peels (cut half an inch thick)
 4. 1 small celery stalk
 5. ½ cup okra, fresh or canned; or 1 tsp. Powdered okra
 6. 1 large parsnip
 7. 2 beets
 8. 1 onion
 9. ½ cup parsley
- Cut up vegetables finely.
 - Wash veal joint in cold water and place in a large saucepan. Cover halfway with water.
 - Add remainder of ingredients.
 - Simmer for four or five hours; strain off broth and drink hot or warm. Refrigerate unused portions. Serves 4.

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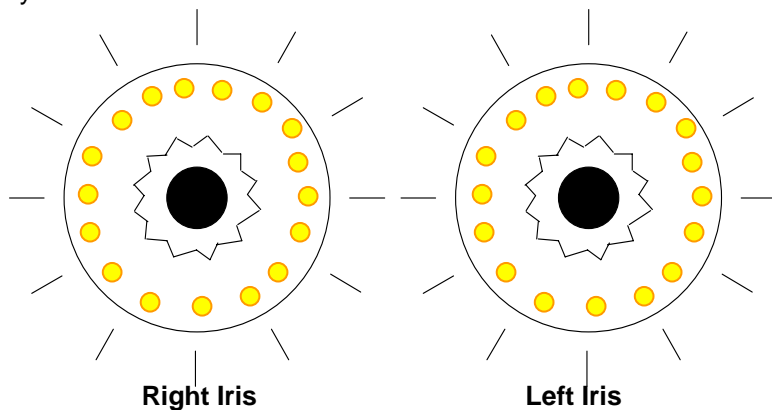
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The Study of Iridology

This month we are discussing allergies. Please contact us if you have any questions. The information was taken from our Beginning Iridology course. Go to: <http://www.joyfullivingservices.com/education.html> to find out more.

Lymphatic Rosary (Allergies, Hay Fever, Weakened Immune System)

The Lymph Glands have eight functions. These functions are (1) Neutralizing toxins and poisons, (2) Returning water from tissues to the blood, (3) Returning leaked protein to the blood, (4) Transporting fats in the body, (5) Transporting hormones by the Lymph System, (6) Destroys foreign bacteria (7) Produces antibodies and (8) Makes up the largest content of fluid in the body; carries more waste than the blood. In chemical characteristics, the Lymph resembles blood plasma. In fact, it has been described as blood without its red corpuscles. Lymph is necessary as an intermediary substance between blood and tissue. It bathes every active tissue of the body and it is believed to have its origin partly in the blood and partly in the tissues. Lymph may be considered the middleman in the transactions between blood and tissues. The Lymphatic System, in contrast to the blood circulatory system, follows a "one-way" network of vessels and arteries that empty eventually into ducts in the internal jugular and subclavian veins. Lymph fluid and lymphocytes are constantly being moved into the bloodstream to carry out their functions. The lymph returns fluid and proteins to the blood, while lymphocytes take part in the formation of antibodies and play an important role in the body's natural Immune System. In particular, Lymph Nodes, ranging from the size of a ballpoint pen tip to the size of a bean, filter pathogenic microorganisms and foreign particles from the Lymph and eject them as waste matter from the body. The Lymph System has no pumping mechanism. Movement of Lymph Fluids that return liquid and wastes to the blood is carried out by the following six different forms (1) Respiratory movement which creates pressure differences in the body cavities moves the lymph; (2) Muscle movement in the body which squeezes the Lymph along the vessels. Each vessel contains valves that allow the flow to go in one direction only; (3) the Lymph vessels themselves have thin muscle fibers in their composition that move in peristaltic movements; (4) Intestinal movement; (5) Continuous production of Lymph and the pressure behind it forces movement of Lymph Fluids in the system and (6) Difference in pressure in the Lymph Vessels at the tissue end and at the emptying end of the blood vessels in the Thoracic area. Herbs such as Garlic, Onion, Pau d'Arco, Golden Seal, Echinacea and other foods containing organic sulfur are beneficial to the Immune/Lymphatic System. Vitamin C is also important to this system. The best way to keep the Immune/Lymphatic System clean is to not suppress any discharge out of the body or any fever the body may develop. A "Fever" is the body's Immune System burning out toxins. By using medication to lower a fever we suppress the Immune System. Chlorinated drinking water and chlorinated swimming pools should be avoided as chlorine can also suppress the immune system.



Iris of a 9 year-old girl with severe allergies