



# Joyful Living Services' News

**MAILING ADDRESS:**  
P.O. Box 485  
Weimar, CA 95736-0485

**E-MAIL:** [iridology@netzero.net](mailto:iridology@netzero.net)  
**WEB SITE:** <http://www.joyfullivingservices.com>  
**TELEPHONES:** 530-878-1119 or 800-704-9800, **FAX:** 530-878-1119

**NOVEMBER-DECEMBER 2005**

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## From The Author

It's been about 6 years since we published the last newsletter. It's amazing to think how much has happened in those 6 years. Since I've written to you, my family and I moved to the Auburn area of California, bought a beautiful home with land, have given birth to our daughter, Josephine, who is now 4-1/2 and have given birth to our son, Joshua, who is now 2-1/2. Joyful Living Services has undergone quite a few changes throughout these years and it's definitely been a "fun" and "challenging" roller coaster ride.

It is my vision that we will continue to provide you with good customer service and courses and that we will continue to grow and provide iridology and education to the world.

## Shop Online

We have updated our online shopping cart. You can now 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!

## New Short Courses Available

Take the following new short courses to assist you to better understand and appreciate your body. Learn how your body functions and take control of your health. \$45 each. Available at any time. Order all 5 for \$200 and SAVE \$25!

### Your Digestive System Short Course

Audio tape and bound manual set. Learn how your digestive system functions. What happens when you think about, smell, touch and/or taste food? When does the digestive process start? Once you've started eating, what begins to digest in the mouth and what is digested in the stomach or elsewhere? What is the full digestive process from beginning to end? How does the stomach, liver, pancreas, gall bladder, small intestines and colon function? What role do they play in your health? What foods help and/or hinder your digestion? What supplements can help your digestion? Learn about the "Furnace" and how your digestive system functions in the same way. Do you

know how well you're eliminating everyday? Learn what happens to the digestive system and the rest of the body when the elimination is too slow.

### Your Elimination System Short Course

Audio tape and bound manual set. Learn how your elimination system functions. What is a hiatal hernia and how can it affect the elimination system? What are the 6 main colon conditions and how can they affect the way you feel? What are some acute and chronic symptoms of the elimination system? What are the four parts of the elimination system? What are the processes of the elimination system? How does fiber help elimination? What kinds of foods are high in fiber? What foods help and/or hinder your elimination? What supplements can help your elimination? Learn about the "Waste Disposal Plant" and how your elimination system functions in the same way. Do you know how well you're eliminating every day? Learn what happens to the elimination system and the rest of the body when the elimination is too slow.

### Your Immune System Short Course

Audio tape and bound manual set. Learn how your immune system functions. What organs are involved? What is candida and how does it effect the immune system? What are parasites? How can you get them and how do you get rid of them? How does the colon play a role in the immune system and how does this effect the sinus when it doesn't function properly? How do the white blood cells function and what are free radicals? How do chemicals and poor foods effect the immune system? How does a good/bad attitude effect the immune system? Learn which foods stimulate and feed the immune system and which ones harm and suppress it. How do aspirin and other over-the-counter (OTC) medications effect the immune system? What role does a fever play? What is the Thymus Thump? Learn about the breakdowns of the immune system as well as the steps toward degenerative diseases. Lastly, learn what supplements will help stimulate and strengthen the system.

### Your Respiratory System Short Course

Audio tape and bound manual set. Learn how your respiratory system functions. What organs and tissues are involved in the respiratory system and how are they effected during various months of the year? What weakens the respiratory system and what other organs are involved with this system? What foods should you eat and drink or avoid to have a healthy respiratory system? What foods cause mucous in the body? What herbs,

vitamins, minerals, and homeopathic remedies are available and beneficial for the respiratory system? What kind of exercises are beneficial for the respiratory system? How can massage therapy be beneficial to the respiratory system?

### **Your Structural System Short Course**

Audio tape and bound manual set. Learn how your structural system function. Find out if you have correct posture. Realize the way you sit and stand may effect the way you feel. Learn some good posture tips. What is the safest way to use your back for lifting, standing, sitting, pushing, and pulling? What is a hiatal hernia? Do you have one? Learn its signs and symptoms and how to correct it. Learn which foods strengthen and/or weaken your structural system. What common foods and beverages increase calcium loss in the body? Find out what vitamins, minerals, and herbs are necessary for healthy bones, muscles, and ligaments.

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## **New Herbalism Courses**

I want to introduce you to a new herbalism course created by Joyful Living Services and Med-Herbs. We have worked together to create a more detailed "Advanced Herbalism Course" for you to study.

There are now 3 herbal courses that you can study through Joyful Living Services:

1. Med-Herbs' Certified Herbalism Course
2. Joyful Living Services' Certified Herbal Counselor Course
3. Joyful Living Services' and Med-Herbs' combined Advanced Herbalism Course

Descriptions of all 3 courses are listed below:

### **Med-Herbs Certified Herbalism Course**

Online and CD-ROM course. Med-Herbs has developed their own Certified Herbalism Course which we are sponsoring to you, on our web site, and in our catalog. Med-Herbs is a European company specialising in herbs and herbal remedies. Unlike many other herbal courses, the Med-Herbs course is unique in that it describes the preparation and use of herbal teas, creams and oils in detail. In depth descriptions are included of over 60 herbs, plants, fruits and vegetables along with information in relation to harvesting times, methods of preservation and remedial properties. The course also contains descriptions and primary sources of 12 vitamins and 6 minerals. The aim of the course is to provide the student with a basic knowledge of herbs and their remedial properties. Upon successful completion of this course, students will be awarded with a certificate of completion. Additionally, upon commencement of the course, all students will receive a complimentary Med-Herbs screen saver containing pictures of all the herbs featured in the course and free membership to the Med-Herbs web site for two months. This course is an excellent adjunct to the Certified Herbal Counselor course that Joyful Living Services offers. To find out more about this course please go to the Med-Herbs' web site located at <http://www.med-herbs.com> or contact us at Joyful Living Services. Available anytime, \$200.

**Joyful Living Services' Certified Herbal Counselor Course**  
Online and CD-ROM course. Herbs perform many healing functions in the body, but they must be used appropriately, not indiscriminately. Although herbal remedies are less likely to cause side effects, they can be very potent. Not all plant life is beneficial. There are poisonous plants, and some of them are deadly, especially if used for long periods of time. Since herbs contain active ingredients, you should be aware that some of these elements might interact negatively with prescribed medications. This course is designed to teach you about the safety of herbs and how to use them appropriately for you and others. This course is an excellent adjunct to the Certified Herbalism course that Med-Herbs offers. To find out more about this course please contact us at Joyful Living Services. 40 CECs available. Available anytime, \$200.

### **Joyful Living Services' and Med-Herbs' combined Advanced Herbalism Course**

Online and CD-ROM course. With the development of modern medicine, the tradition of using herbs and herbal remedies to prevent and fight illness seems to have been lost. To reverse this trend "Joyful Living Services" in conjunction with "Med-Herbs" have designed this Advanced Herbalism Course. This course describes the preparation and use of herbal teas, creams and oils in detail. In depth descriptions are included of over 60 herbs, plants, fruits and vegetables along with information in relation to harvesting times, methods of preservation and remedial properties. Additionally, this course considers various aspects of nutrition relative to the maintenance of general good health, specifically detailing vitamins and minerals found in fruit and vegetables. The overall aim of this course is to equip the student with a basic knowledge of herbs and herbal remedies that can be prepared and utilized in the home. After the successful completion of this course, students will be awarded a certificate of completion, will be placed on the referral pages of the Joyful Living Services' web site and will receive free referrals from potential clients. Also, upon commencement of the course, all students will receive a complimentary Med-Herbs screen saver, containing pictures of all the herbs featured in the course and free membership to the Med-Herbs web site (<http://www.med-herbs.com>) for two months. This course is an excellent completion course for both the Certified Herbal Counselor course and the Med-Herbs Certified Herbalism course. To find out more about this course please contact us at Joyful Living Services. Available anytime, \$350.

We are sure that you will be pleased with the new herbalism course from Med-Herbs as well as the joint Advanced Herbalism course from JLS.

**November-December Special:** If you are currently taking the Certified Herbal Counselor course or are a graduate and decide to order the Med-Herbs' Certified Herbalism course in November or December, we will be pleased to offer you a completion certificate for the Advanced Herbalism course once both courses are completed.

## November-December 2005 Specials

### **Become a Certified Iridologist Special! - \$450.00 + Shipping (SAVE \$150!)**

Order the Beginning, Intermediate, and Advanced Iridology Correspondence courses all at one time during November or December and receive them at \$450 instead of \$600! This saves you \$150! Receive 9 DVDs or 9 videotapes plus manuals on 3 CD-ROMs. If you want manuals printed then there is an extra \$25 charge for printing services. Please see our catalog for an order form and to read the course descriptions. Please contact us directly if you live in Canada as we have special pricing for Canadian students.

The following are descriptions of the 3 courses involved in becoming a "Certified Iridologist":

- **Certified Iridologist-Beginning Iridology Course**  
Correspondence course on 3 DVDs or 3 VHS videotapes and manuals on CD-ROM. Course offers the following: The History of Iridology; Specific Iridology Signs; The difference between blue, mixed and brown irises; How Herring's Law of Cure Affects Us; What Iridology Does for Us; Recognition of the Eye; Study of the Iridology Chart; Seven Zones of the Body; Four Disease Stages; Four Levels of Inflammation; Four Elimination Channels; Reversal Process; Herbs, Vitamins, Minerals for areas of the Iris and Specific Iridology Signs. Available anytime. 40 CECs available. \$200 if sold separately.
- **Certified Iridologist-Intermediate Iridology Course**  
Correspondence course on 3 DVDs or 3 VHS videotapes and manuals on CD-ROM. Course offers the following: Review Iris Signs and Iridology Chart; Find Iris Signs in Irises Provided; Perform a Constitutional Iridology Analysis from Beginning to End; Perform Iris Analysis using the Systems of the Body; What Organs are in each system and how to tell Which System is not Functioning properly; Which Herbs, Vitamins, and Minerals are Necessary to Promote Growth in Each System; Detect growths; Detect Mineral Deficiencies, Detect where Inflammation is Causing Symptoms; Case Study to Learn Benefits From Lifestyle Changes. Available anytime. 40 CECs available. \$200 if sold separately.
- **Certified Iridologist-Advanced Iridology Course**  
Correspondence course on 3 DVDs or 3 VHS videotapes and manuals on CD-ROM. Course offers the following: Review Constitutional Iridology Signs and perform an Analysis from Beginning to End on Irises Provided; Draw the Iris; Perform Iris Analysis from Slides; Perform Case Studies by Examining Iris photos and Determining Strengths and Weaknesses in each, British Iris Signs; Simple Sclerology Signs. Available anytime. 40 CECs available. \$200 if sold separately + \$50 for final exam.

### **Certified Anatomy & Physiology Course Special! - \$150 + Shipping (SAVE \$50!)**

Order the Anatomy & Physiology Course in November or December and save \$50. Course is either online or a CD-ROM course. Learn Human Development, Genetics, Body Organization, Cells, Tissues, Membranes, Integumentary, Skeletal, Muscular, Nervous, Respiratory, Digestive, Urinary,

Endocrine, Reproductive, Blood, Heart, Vascular, Lymphatic and Immunity, Senses, Body Temperature, Metabolism, Fluid-Electrolyte, and Acid-Base Balance. Available anytime. 40 CECs available.

**Herbal Guide CD-ROM Special! - \$150.00 + Shipping (SAVE \$45!)** - The **Snap! Herbal Guide** is the perfect CD-ROM for anyone with an interest in herbal medicines and natural healing. This powerful tool allows you to look up thousands of traditional herbs, discover their healing properties, and receive tips on choosing the best herb for curing certain ailments. This reference source is truly unmatched in its exceptionally detailed information and ease of use. Contains the following: Alphabetical "Materia Medica" Listing of Medicinal Herbs and Plants; "Basic Principles" Section Including Classification, Formulation, Preparation, and Selection Criteria for Herbal Remedies; "Human Systems" Categories Detail Systemic Afflictions and Suggested Treatments; Cross-references Match Physical Effect to Herbal Application. System Requirements: Windows 3.1 or better. PC Compatible. 512K RAM, CD-ROM Drive, VGA, Sound Card.

**Nature's Sunshine Products Special!** - Sign up as a member or distributor with Nature's Sunshine Products for free for 1 year with an initial order of \$40 and save up to 45% off retail prices during the year! Go to:

<http://www.naturesunshine.com> and **sign up under account number 465339-8.**

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## German Iridology Types - Part 1

Iridologists have said that there are only two basic colors for the iris, blue and brown. Perhaps this was so, but now there has been so much intermarriage of races in the world that we likely have a genetic mix of colors. Of course, we usually see the basically blue or brown iris, but there are irises, which we call "*mixed*" when it becomes obvious that in addition to the basic color there is a strong genetic influence of another color. There are instances where it becomes very difficult to determine exactly which color is the true basic color. Also, drug settlements in the body can make the iris appear a color, which is different than its true and basic color.

The following is the first of three basic German Iridology types (blue iris, mixed biliary iris, and brown iris). They are based on eye color. They relate somewhat to the primary colors and to the three aspects of health (physical, mental and spiritual).

### **Blue-Eyed Type** (German: Lymphatic)

**Description** - White collaret (autonomic nerve wreath), solid blue or gray/blue color with no discoloration or psora (pigments). Related to the primary color blue and the spiritual aspect of health. Strong tendency towards Western phlegmatic (water) constitution and Chinese water, metal constitutions.

**Tendencies** - This is the "*pure*" blue eye that is found in people of European descent. It usually accompanies a classic phlegmatic disposition, which means the person is prone to lymphatic disturbances and catarrh afflictions. This is probably due in part to the fact that people of European descent are frequently heavy consumers of dairy products. Blue-eyed people are also thought to have a greater tendency to

accumulate uric acid in their bodies and to have kidney troubles. The body systems and parts that these people have to pay particular attention to are the following: Mucus membrane areas (upper respiratory tract, bronchioles, villi of lungs, digestive tract and the uro-genital tracts), lymphatic tissues (tonsils, appendix, spleen and lymph nodes) and membranes of the joints.

Health problems commonly found in people with the lymphatic constitution include the following: Sinus troubles, sore throats, tonsillitis, earaches, bronchitis, asthma, swollen lymph nodes, skin catarrh (eczema and dandruff), kidney weakness, arthritis and rheumatism.

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## **AstraZeneca's Crestor May Harm Kidneys**

Oct 29, 2004 — By Lisa Richwine  
Submitted by Christopher Wiechert

WASHINGTON (Reuters) – Twenty-nine patients who took AstraZeneca Plc's <AZN.L> <AZN.N> anti-cholesterol drug Crestor have developed kidney damage, a U.S. consumer group said on Friday as it called again for a ban on the medicine.

The rate of reported kidney problems is about 75 times higher with Crestor than with all other drugs in the same class combined, consumer group Public Citizen said. According to its analysis, there have been 6.4 reports of acute kidney failure or kidney damage for every 1 million Crestor prescriptions filled.

“It becomes clearer by the day that this drug is uniquely toxic without offering any unique benefit, and that it must be removed from the market,” Dr. Sidney Wolfe, head of Public Citizen's Health Research Group, wrote in a letter to the Food and Drug Administration.

AstraZeneca insists Crestor, known generically as rosuvastatin, is as safe as other drugs in the family known as statins. The FDA has agreed but promised to closely monitor reports of safety problems.

“Our data shows, with regard to that particular adverse event, (Crestor) remains in line with other statins,” company spokeswoman Emily Denney said.

AstraZeneca updates information about health problems reported in Crestor patients every week on its Web site [www.rosuvastatininformation.com](http://www.rosuvastatininformation.com), Denney said. The “adverse event” reports often are incomplete and do not prove if a drug caused a particular problem, but the FDA uses them to look for signals of possible drug-induced hazards.

According to the site, “serious” kidney problems are “very rare” and occur at a rate of less than one in 10,000. The company's main Web site, [www.astrazeneca.com](http://www.astrazeneca.com), has a link to [www.rosuvastatininformation.com](http://www.rosuvastatininformation.com), but the AstraZeneca-run site for the drug — [www.crestor.com](http://www.crestor.com) — does not, Denney said.

Because of “some of the guidelines ... that the FDA institutes, we need to make sure we separate scientific information and promotional information,” she said.

Public Citizen said its latest analysis was based on reports to the FDA since Crestor's approval in September 2003 through Aug. 26, 2004.

Millions of people worldwide take statins, such as Pfizer Inc.'s <PFE.N> Lipitor and Merck & Co Inc.'s <MRK.N> Zocor, to lower their cholesterol. High cholesterol is a major risk factor for heart disease.

Bayer AG's <BAYG.DE> statin Baycol was pulled from the market in 2001 after it was linked to more than 100 deaths, many of them from a severe muscle-damaging condition called rhabdomyolysis.

The FDA has received 65 reports of rhabdomyolysis in Crestor patients, which is similar to the rate associated with Baycol, Public Citizen said. AstraZeneca says the problem, also linked to other statins, is rare with Crestor.

AstraZeneca shares gained 55 cents, or 1.35 percent, to \$41.20 on the New York Stock Exchange.

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## **“An avocado a day .... keeps arthritis away.”**

Submitted by Christopher Wiechert

Eat an avocado a day.

Dr John Heinerman, a medical anthropologist, reports he has not found a single case of RA among the Mayan Indians of the Yucatan Peninsula and Guatemala who regularly consume ripe avocado pears. The same is true of various native Northwest Amazon tribes who live in areas where wild avocados grow in abundance. Only when they give up avocados and start eating a Westernized diet do they start suffering from the disease....

Sixteen years ago, a major study clearly showed that arthritis symptoms improved on fasting, but worsened when patients began to eat certain foods. One of the authors of that landmark study was Dr John Mansfield, who has a large practice treating arthritis through diet.

He is convinced that most arthritis is caused by adverse reactions to just a few foods or chemicals. The culprit foods differ from person to person, but the most common ones are cereals and dairy products. In Dr Mansfield's experience, eliminating problem foods from the diet will cure 75 per cent of rheumatoid arthritis and about 50 per cent of osteoarthritis cases.

Two nutritional supplements are also beginning to revolutionize alternative treatments for arthritis. These are glucosamine and chondroitin, now recognized to be of major importance in the growth of cartilage, the spongy material that covers the ends of bones in the joints and protects them from wear.

The evidence for their beneficial effects is impressive. To date, there have been over 14 clinical trials, all showing a significant reduction in pain and joint stiffness. Virtually all the research has been done on osteoarthritis, the most common form of the disease. A recent major study has shown that 1500-mg of glucosamine a day protects against joint damage in osteoarthritis and may even reverse it.

Other, more usual nutritional supplements may also be of benefit as people who develop rheumatoid arthritis have been found to have low levels of vitamin E, beta-carotene, selenium and zinc.

Three herbs have been found to be particularly useful in arthritis: Boswellia, Devil's claw and white willow bark. An herbal formula based on Boswellia was recently tested in over 40 osteoarthritis patients in a double-blind trial, with highly significant effects on pain and joint mobility.

@xiom Int'l, Inc., Health & Wellness Division  
Christopher Wiechert, C.N.C. & President  
Clinical Nutritionist in the field of Ortho-Molecular Medicine...Serving Northern Nevada & Northern California...  
Web site: [www.cwiechert.com](http://www.cwiechert.com)  
E-Mail: [axiom@n2lmail.com](mailto:axiom@n2lmail.com)  
CA Office: 925-779-8456, NV Office: 775-265-5693

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## Herbal Overviews

**Flash-Ease** contains black cohosh, which is known for its ability to help support the mature woman's body as she encounters normal glandular imbalances and physical changes. Women have used it for decades to help "keep cool" during menopause. This product also includes dong quai. The slow-release matrix process ensures a full 10 hours of release.

**Nature's Prenatal Multivitamins and Minerals** -Specifically formulated for pregnant and nursing women, this product offers a balanced combination of essential vitamins and minerals needed by both mother and child as the baby grows and develops. Contains ginger to help soothe the stomach. Contains no yeast, artificial colors, flavors, preservatives, sweeteners, yeast, gluten, lactose, milk, soy or wheat.

**Red Raspberry** - This herb is known for its support of many aspects of the female reproductive system. Raspberry also helps nourish the uterus and is excellent for upset stomach and morning sickness.

**Natural Changes** - As women reach their mid-50's, their bodies stop producing as much estrogen and progesterone as they once did. These hormone deficiencies can manifest themselves in the body in several ways. NSP Natural Changes supports this normal transition naturally.

**NSP Product: MSM** - Naturally occurring organic form of dietary sulfur. Our bodies use MSM on a daily basis for several functions: Maintain structure of proteins, protect cells and cell membranes, replenish connections between cells throughout the body and to preserve the molecular framework of connective tissue. Product helps support collagen, fortify connective tissues and maintains healthy joints. Reported to increase circulation, reduce inflammation and help the body resist toxins, allergens and parasites. Used with HSN-W, promotes smooth skin, improves hair texture, strengthens nails.

**COURSE UPDATE:** ALL our courses (except the Business Development, Learn How to Muscle Test, and the Herbs & Your Health) now offer 40 CEC's (Continuing Education Credits) through ARPI for RNs, LVNs, and CNAs. Completion certificates available. Approved by the California Board of Registered Nursing - Provider No. 13837. See pages 10-12 in our catalog for course information.

## Testimonials

Joyful Living Services would like to know if you have had success with any Nature's Sunshine Products, tissue cleansing programs, rebuilding programs and/or kidney or liver flushes. Please send your testimonial to us. We will share it with others upon your approval.

### MSM Testimonial by: Shannon Sweeney

I've been using MSM. It has made my nails so hard that it hurts my teeth to bite them. My hair feels denser and has more body and it doesn't break like it used to. It took 2-3 weeks for me to see a difference.

### Duodenal Ulcer Testimonial by: Srinu Rajendran

"I would like to pass on this good news that my family member is feeling a lot better now. I had sent the information that you had posted on your web site by mail (to India) and my family member had been following the exercise that was described on there. That has helped enormously. I am extremely thankful to you. You are great. Treatment without any medication. I appreciate all your help."

(Information sent to Srinu follows: Check the Hiatal Hernia article I have on my web site and then click on nutrition and then on Hiatal hernia. You can print out the flier for your family member. At the same time here's some information regarding herbs that are beneficial. A chiropractor can usually bring the stomach down without surgery. For Hiatal Hernia: Stomach is bulging up into diaphragm, sending stomach acid into esophagus, creating a burning feeling after eating. Use: AG-X or AG-C and PDA to prevent the formation of gas. UC3-J to soothe digestive tract and improve digestion. Please note the products listed above are Nature's Sunshine products and some information was taken from Recipes for Success.)

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## Are You A Massage Therapist, Chiropractor, or Iridologist?

We have had an enormous number of people write in looking for massage therapists, chiropractors, and iridologists. There doesn't seem to be a worldwide listing on the web. If you're a massage therapist, chiropractor who does or does not know how to adjust hiatal hernias, or are an iridologist and would like to be put on our referral list please go to:  
<http://www.joyfullivingservices.com/referrals.html>

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## Organizations to Join

These organizations support alternative healing practitioners. Please contact and support them.

**Citizens for Health** - This organization champions public policies that empower individuals to make informed health choices. Contact them by phone at 800-357-2211, by fax at 303-417-9378, by mail at P.O. Box 2260, Boulder, CO 80306, or on the web at <http://www.citizens.org/>

**Price-Pottenger Nutrition Foundation** - Provides the public with accurate information on nutrition. Contact them by e-mail at [info@price-pottenger.org](mailto:info@price-pottenger.org), by phone at 619-574-7763, by fax at 619-574-1314 or on the web at <http://www.price-pottenger.org/>



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**Ivy Bridge’s Colon Cleanse**

“The key to good health is getting nutrients into the blood stream. This happens once the bowels have begun to be cleansed” – Ivy Bridge

**Ingredients**

1. ½ glass apple juice
2. 2 tablespoons Aloe Vera Juice
3. 2 tablespoons Liquid Chlorophyll
4. 1 heaping teaspoon Psyllium Hulls

**Procedure**

1. Combine in blender or stir with spoon. This mixture will thicken if allowed to sit, so drink it immediately. Follow with a full glass of pure, delicious-tasting water and two Cascara Sagrada capsules.
2. This drink should be taken first thing in the morning every day for 60 days. Thereafter, it can be taken every other day indefinitely.
3. NOTE: It is important to drink plenty of good, clear water, while on this regime.

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**BRENDA R. GENERALI, C.N.C.**  
**JOYFUL LIVING SERVICES**  
**P.O. Box 485**  
**Weimar, CA 95736-0485**

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**New Products**

**Liquid Cleanse** - Liquid Cleanse makes cleansing easier than ever. It's perfect for those who have difficulty swallowing tablets, capsules or thick fiber drinks. Designed as a gentle colon cleanser, Liquid Cleanse helps soothe the bowel as it cleans and also nutritionally supports liver function. This formula combines the following ingredients into a powerful cleansing blend: Aloe Vera, Red Raspberry, Senna, Cinnamon, Fennel, Trace Minerals, Barberry, Cornsilk, Ginger, Dandelion, and Capsicum. If you have never attempted a cleanse because you thought it would be too difficult, Liquid Cleanse is for you. Just drink one ounce per day. 16 fl. oz. Stock #3193-1. \$12.95.

**Bulk Capsicum and Sea Salt with Shaker** - For a limited time only, a bulk capsicum twin-pack and a bulk sea salt twin-pack are available. Capsicum has long been used not only as a delicious spice, but also as a way to boost circulation and activate the body. Sea Salt is an all-natural salt, which is void of fillers and other additives that are commonly used in everyday white table salt. (2-3 oz./65 g. ea.) Stock # for bulk capsicum is 166-7. Stock # for bulk sea salt is 150-6. \$7.95 each.

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**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.

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**POSTMASTER: Address Correction Requested!**

<p align="center"><b>Now Accepting:</b>  <b>PayPal, Bank Wires, Personal Checks, Cash,</b>  <b>VISA, MasterCard, and American Express</b>  <b>for Orders, Consultations, Classes &amp; Supplies</b></p>
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