

Joyful Living Services' News

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From The Author

Welcome to winter. Since I'm a summer person I tend to be cold and uncomfortable in the winter months. My feet and hands get cold and I just don't enjoy being all bundled up when I go outside. If you're like me, one thing you can do to keep warmer is put some capsicum powder in your shoes. Capsicum stimulates the circulatory system and can be absorbed directly through the thin skin between your toes. Just think how warm your feet will be with capsicum all around them. Be careful not to use too much – just a pinch will do. They say that if your feet are cold then you are cold too. So if you use capsicum in your shoes and your feet are warm then you will be warm too.

From everyone at Joyful Living Services, Happy Holidays to you and your family. May Thanksgiving and Christmas bring you much love, joy, good health, and prosperity into your life and the lives of those you love.

Brenda

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Purchase the SD8004-Super Digital 8.1MP Iridology Camera now with 8 fiber optic heads, \$4,100 with face stand and case, \$3,400 without face stand and receive 1 CD-ROM course for free (SAVE \$200!) (Iridology software sold separately for \$500)



Joyful Living Services in partnership with Allison Imaging is offering this high resolution 8.1MP Iridology setup which offers uncompromising quality at an affordable price. The digital sensor in this award-winning camera incorporates extra large pixels that are specifically optimized for low noise and high saturation giving you the best image quality available. We use a highly regarded macro lens along with a special eight-head fiber optic lighting system that flashes in the pupil so none of the iris is obscured with flash dots. Because of the power of our unique Iridology system, you can greatly magnify the size of the image on your computer screen. This gives you the option to zoom in and observe minute nuances that are simply unavailable with other cameras. [Click here](#) to see an example of the quality you can add to your practice. Now check the

images from other cameras and see why we are so excited to offer this package at this price. The portable fully adjustable custom stand is made of heavy duty plate aluminum with stainless steel guides rather than the plastic found in other systems. This gives you unequaled strength, stability and longevity. It is easy to set up on any table, at any location for ultimate portability and comfort. The fiber optic system is made of high-density silicon glass and has eight illumination tips instead of the two usually found on other units. This gives you perfectly illuminated shots every time without flash spots on the iris. The twin head focus light is embedded in the flash ring giving you ease in focusing while being easy on the client. The camera comes with all the drivers, manuals, and instructions making it easy to take stunning pictures that will impress your clients and offer excellent clinical advantages over any other camera in this price range. We also include Iridology software that will automatically scan the iris and compile a report that you can share with your clients making the start of your business a breeze. Camera model is a Cannon XT Rebel. Camera comes with a 1-year manufactures warranty. We offer an additional 5-year warranty for \$69. Camera comes with a 105mm macro lens. Please [click here](#) to see an image from this camera and then compare our image to others. We are sure you will find what we have is by far the best image quality for the price. Please [click here](#) to see instructions on how to use the camera as a hand-held camera. Each Cannon XT Rebel camera comes with a 1-year limited warranty. We also offer an additional 5-year warranty on the camera. This warranty does not cover accidents. There is an additional charge of \$69 for this warranty protection. Let us know if you are interested when ordering your camera set-up. If you are excited to get started and need financing, we offer very reasonable financing. The bank we use charges a low 12% interest. If you purchase a \$4,600 camera and choose to pay for it on a 36-month plan then your monthly payments will be \$162.43. There is no money down with a \$1 buyout. Please click here to read about [leasing options](#) and click here to download a [credit application](#) to apply for a lease. Leases are available for anyone within the United States and Canada at this time. Contact Brenda for more information and/or a quote.

Parasites and People

They eat off our tissues then release their toxic waste back into our systems. Yuk! And yet, while most of us are familiar with some of these common culprits - [ringworm](#), tapeworm, mites, and heartworm - few of us want to accept the possibility that our own bodies often host over a dozen different parasites that feed and live off our internal organs.

While parasites are most prevalent in areas with hot, humid climates, they are finding their way into a large number of American homes. Although they usually live in the gastrointestinal tracts of their hosts, they can travel to the joints and tissues causing aches and pain. Keeping your body healthy and clean decreases their chance of survival.

After my brother, a doctor, tested my middle son and me for parasites, I began a simple parasite cleanse and repeated it at least once a year. Years later our family started traveling to Mexico once a year, and after reading the book, "*Guess What Came To Dinner*" by Ann Louise Gittleman, I decided to do a more intense cleanse. While the health of our family seemed good as far as not having colds and flu, we struggled with food allergies, gas, sore joints and skin problems. Through my research, I learned the importance of treating the entire family at the same time, [pets](#) included.

I noticed that my youngest son, at the age of four, was grinding his teeth consistently at night. While this could be due to a lack

of certain minerals, or even an emotional disturbance, it can also be due to parasites. Another symptom he has had for almost three years is an appetite swing between not wanting to eat anything at all, to not being able to eat enough. I took him to my chiropractor to have him [muscle tested](#) with a bottle of Parasites [homeopathic medicine](#). That was exactly what he needed. Because of the dark circles under his eyes, another sign of parasites, my chiropractor recommended also using [liquid black walnut](#).

Hulda Regehr Clark, Ph.D., N.D., in her book, "*The Cure of All Cancers*", claims cancer can be cured by ridding the body of parasites. She states, "*In 1990 I discovered the true cause of cancer. The cause is a certain parasite, for which I have found evidence in every cancer case regardless of the type of cancer*". I've never been diagnosed with cancer, so I can't prove or disprove her bold statement. But, I strongly believe that a person's health will improve after eliminating parasites, changing the environment where they thrive, and rebuilding the body to a healthy state causing new arrivals to perish before settling down to live.



Dr. Clark names the parasite responsible for cancer is the "intestinal fluke", a member of the flatworm family, which typically causes colitis, Crohn's disease and irritable bowel syndrome. It is when the organism moves out of the intestine and into other areas of the body that several problems result.

After reading Dr. Clark's book and seeing pictures of a fluke, I realized that when I did my first major cleanse over ten years ago, I had passed these parasites. Dr. Clark believes that the fluke moves out of the intestine and into other organs such as the [liver](#) and survives in our bodies at different times. It may have started in the shoulder, moved to the chest, then back and so on throughout the body.

The common symptomatic complaints are digestive pain, nausea, headaches, or diarrhea (my two older sons experienced these after beginning their cleanses.) Acute symptoms range from ulcers, acne, foul breath, coated tongue, menstrual irregularities, skin problems, sleep disturbances, itching of the skin and the anus, and constant picking of the nose. Since these also relate to other diseases, they are often misdiagnosed for the flu, [Epstein barr/chronic fatigue syndrome](#), [Candida](#), colitis, or other immune related diseases. Allergies, types of cancer, irritable bowel syndrome and malabsorption syndrome can also be caused by parasites.

Treatment

"The most important element in diagnosing a parasitic infection is often the physician's suspicion that a parasite may be involved - a possibility that is too often overlooked." Consult a doctor if you suspect parasites. The basic test for determining parasites is through a purged stool sample. If this test shows up negative and you still suspect parasites, a doctor may recommend a blood test, sputum test, urine test, radiology test, a biopsy or a culture test.

It is recommended that you maintain the following steps of treatment - preferably under the guidance of a health care practitioner. Various degrees of detoxification may take place throughout your body during treatment.

1. **Clean the intestinal tract:** Parasites can't survive in a healthy environment. Remove mucus and encrusted waste through colonics and home enemas along with the use of herbal fibers such as: agar-agar, bentonite clay, beet root, comfrey root, flax seeds, papaya and [psyllium husks](#). A tablespoon of unprocessed oil a day helps keep the intestinal system lubricated decreasing the parasite's ability to cling to the walls of the intestine.
2. **Modify your diet:** Avoid white flour and sugar. Eating a nutritional diet will build the intestinal tract while starving the parasite. A diet of 25% fat, 25% protein, and 50% complex carbohydrates is recommended.
3. **Limit Your Intake of:** Raw fruits and vegetables, avoid cold or iced foods and drinks. They cause the intestine to contract and hold in toxins. Avoid red meats. Add [garlic](#), onions, carrot tops, radish roots, kelp, raw cabbage, ground almonds, pumpkin and sauerkraut to your diet. [Enzymes](#) such as bromelain, papain, pepsin, and [hydrochloric acid](#) help aid in digestion of food and parasites.
4. **Eliminate parasites with:** Effective substances such as [Nature's Sunshine herbal supplements, medication, homeopathic remedies, and supplements](#). Taking large doses of powdered [vitamin C](#) helps keep the colon clean and the bowel moving. Again, Type A blood is a predisposition in which the body doesn't produce enough hydrochloric acid, therefore, supplementing is often necessary.
5. **Rebuild the intestinal tract:** With friendly bacteria. An overgrowth of [Candida Albicans](#) prevents production of hydrochloric acid and provides a toxic environment in which parasites can live. Add [Lactobacillus acidophilus](#), Lactobacillus bifidus, [Bifidophilus](#), and other [flora](#) supplements after eliminating the parasites. This restores the good flora which keeps the parasites from surviving.
6. **Avoid re-infection:** Through a change in lifestyle and environment. Drink safe water, not stream or even city-treated water. Invest in a [reverse osmosis water treatment](#) which blocks even the tiniest micro-organism.

Again, the most frequent ways parasites enter our bodies are through:

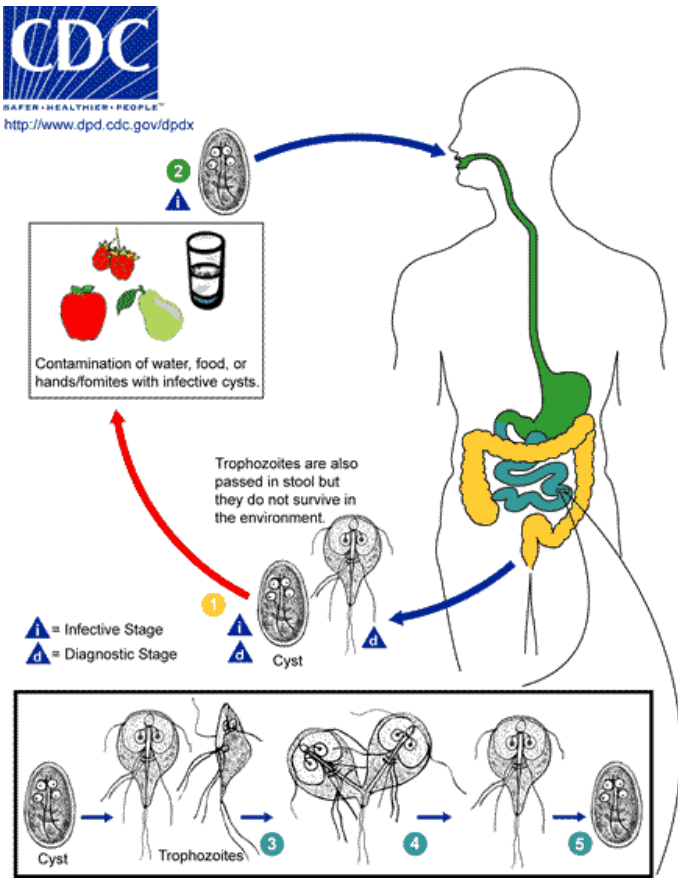
1. Contaminated water and food.
2. Saliva (kissing).
3. The pores of the skin (walking barefoot).
4. Petting and handling animals and their feces.
5. Fleas and other insect bites.
6. Through the nose on windy days.
7. Sexual intercourse.

It is important to remember to wash hands after petting pets, handling dirt or preparing raw meat. Thoroughly rinse your vegetables in water with 1-2 tablespoons of Clorox bleach, change bedding daily during treatment, and practice other common safe-guarding tips. Be aware that parasites can also be transmitted through blood transfusions and breast milk.

Cleansing

Parasites are believed to be most active during a full moon. Therefore if you choose to do a cleanse, start two days before the moon is full. Drinking lots of water, eating figs and sesame seeds on an empty stomach will assist your cleanse during treatment. You may experience flu-like symptoms as the parasites die off. Hydrated bentonite and [charcoal](#) help to quickly rid the body of the die off.

A cleansing fast, recommended by Jack Ritchason, for the intestinal tract consists in eating raw fruits and drinking fresh fruit juices diluted with equal parts of water for three days.



During the fast Ritchason recommends taking the following:

1. Herbal Pumpkin, 3, 3x a day
2. [Black Walnut](#), 4, 3x a day
3. [Chaparral](#), 1, 3x a day
4. Special Formula #1, 1, 3x a day
5. Normal dosage of [Vitamin C](#)

Herbs

There are a number of suggested remedies to use including: [Homeopathic Remedy](#) para-remedy; [black walnut](#), cranberry powder, butternut root, herbal pumpkin and thyme and sage which can be used every day on foods for seasoning.

Horsetail is known to kill the eggs of parasites, and wormwood helps expel worms and parasites. [Garlic](#) when eaten raw or used as an extract, helps kill roundworm and hookworm. Plants containing alkaloid, or berberin, such as [golden seal](#), help prevent the growth of parasites in the intestine and vaginal area. Some people have benefited from taking two capsules of [Red clover](#), [Pau d'Arco](#), and [Echinacea](#) three times a day. [Nature's Sunshine](#) recommends starting with their [Tiao He cleanse](#), then using the Para cleanse.

We need to replace the myth that it's normal to have parasites living in our bodies with the fact that it is un-healthy to have an organism feeding off our nutrients, blood, and waste material. Our bodies don't need the extra hungry hitch-hikers.

Sources: "Do You Have Parasites?" in Sunshine Sharing, Vol. 4 #10, 1993; "Parasites" in Today's Herbs, Vol. 15 #9, 1995; "The Neglected Tonics!" in Sunshine Sharing, Vol. 3 #6, 1992.

Extensive information on parasites can be found at: Parasites and Health – Parasites of the Intestinal Tract located at: www.dpd.cdc.gov/dpdx/html/frames/body_intest_listing.htm

Migraine Headaches

By: Judith Cobb

Symptoms

Anyone who has ever endured the pain of a migraine headache would have no problems describing their symptoms. Often included in the list of adjectives are throbbing, one sided pain, and lasts for several days (often up to three).

There are at least three types of migraine headaches. The first two usually affect women in the 20-to-40 year age bracket. The 'common' or 'sick' headache is usually accompanied by nausea and vomiting.

The 'classic' migraine is preceded by an 'aura' or a period of milk confusion, light headedness, flashing lights, blind spots in the field of vision, sensitivity to sound, distorted speech, and sometimes partial paralysis.

'Cluster' headaches are a variation of the migraine headache. These usually occur in men ages 20 to 40 years. People who suffer from these awaken early in the morning with intense pain, usually around one eye.

This is accompanied by redness and watering of the eye and stuffiness of the nostril on the side of the pain. The pain may radiate over the face, jaw, and into the neck. This pattern continues for several days, and then disappears.

Causes

Many authors and researchers have proposed different theories as to what causes these debilitating headaches. Hereditary factors certainly seem to play an important role in this condition. Dr. Lendon Smith suggested that "Levels of circulating basophils and lymphocytes are reduced in migraine patients, suggesting a defect in cell-mediated immunity." Another source suggests that hyperactivity of the brain, as determined by PET scans (positive emissions tomography x-rays) causes arteries to contract and then balloon.

Diet can play a part in migraines. Cheese (except cottage), chocolate, and alcoholic beverages (especially red wine), all contain tyramine, which can cause blood vessels to constrict by reducing levels of serotonin, a chemical that acts on blood vessels to help them behave normally. Other foods to avoid are champagne, chutneys, fatty foods, fried foods, fish (pickled or fried in batter), bay leaves, chili, cinnamon, citrus fruits, pineapple, bacon, ham, hot dogs, salami, lever pate, pickles, goose, duck, asparagus, eggplant, onions, coffee, and MSG (monosodium glutamate). This list obviously suggests limiting the amount of inorganic (non-vegetable) sodium. Inorganic sodium has also been implicated in migraines.

Yet another author has suggested that high concentrations of aluminum in the body can cause migraines. This mineral would probably come from using aluminum cookware over many years. The best way to combat the problem from this angle would be to switch to high quality stainless steel cookware, and use supplements such as bugleweed, montmorillonite, and hydrated bentonite to draw the toxic metals out of the body.

Orthodox Therapy

Medical doctors will usually recommend one of three drugs for migraine headaches.

The first is available over-the-counter. Ibuprofen reduces the concentration of prostaglandins in the body. The most common side effects of this drug are dizziness, nausea, pain, and headache. People should not use this drug without professional supervision if they are younger than 15 years old, have gastritis, peptic ulcers, enteritis, ileitis, ulcerative colitis, asthma, heart failure, high blood pressure, bleeding problems, are allergic to aspirin or any non-steroid anti-inflammatory. There are several more infrequent and rare side effects.

Ergotamine Tartrate (Cafegot) is one of two main prescription drugs recommended for migraine headaches. This drug blocks nerve impulses at the parasympathetic nerve endings and thereby prevents muscle contraction and glandular secretion of the organs involved, in this case blood vessel walls. Common side effects of this drug include fast heartbeat, dizziness, nausea, vomiting, diarrhea, nervousness, and 'hangover' effect. There are, of course, other side effects that are listed as infrequent, rare, and life threatening.

The second common prescription drug is **Midrin**. This drug causes the blood vessels in the head to constrict. The most common side effect is dizziness.

Natural Therapy

There are many natural therapies available. This is reassuring since if one does not work for an individual, another probably will. It is also reassuring to remember that the natural alternatives will probably not cause life threatening side effects unless there was a previously undiagnosed allergy to the chosen method. This, however, could easily be true of orthodox remedies also.

The most obvious remedies include lying down, relaxing, and applying a cold pack to the head to constrict the blood vessels. Biofeedback training has also been known to help. Some migraine sufferers find that 50 mg. of niacin, followed by another 50 mg ten minutes later (if a niacin flush has not occurred) can relieve a headache. Chiropractic adjustments may also be beneficial. It may be worthwhile to keep a food diary to try to trace a relationship between possible food allergies and headaches.

Preventively, vitamin therapy, including **B complex** (10 mg taken three times each day), B5 (100 mg three times each day), and B6 (50 mg three times each day) may be helpful. If this regime helps prevent attacks, the dosage can be reduced gradually until the optimum maintenance dose has been found. (While it is true that these levels far exceed the RDA, it is also true that the RDA is to maintain life, not improve health. The RDA also does not account for individual differences and the fact that some individuals may need far more than the 'national average' just to maintain life.) Extra **vitamin E**, A, C, and D may also be helpful.

Some minerals have also been found to be helpful. Extra magnesium (up to 400 mg per day) along with extra **calcium**, **potassium**, and all **trace minerals** could be tried.

Some herbs have been found to be beneficial. **Feverfew** has come into the lime light. Taken daily as a preventative, it can usually be discontinued after several months. It seems to have somewhat of a cumulative effect in that most people find they have fewer and less severe migraines while taking it and this trend continues after the herb has been discontinued. A formula containing **garlic**, **hawthorn**, and **capsicum** (HS II) can also be helpful by working with the circulatory system. Some people have found **fenureek**, valerian, and the pain formula APSII consisting of white willow bark, wild lettuce leaves, valerian root, and **capsicum fruit** to be helpful.

It is important to remember that lifestyle factors can help control migraines. The mild food diet (no sugar, animal products, or carbonated drinks), deep breathing, frequent relaxation periods, and reduced stress levels are all keys to being healthy.

Editor's Note

I have yet to find a migraine that I could not relieve by relaxing the shoulders, neck and scalp with some simple massage therapy. People with migraines tend to be tensed up due to carrying too many burdens in their lives. Self massage of the neck and shoulders using **capsicum extract**, **lobelia extract**, and/or a blend of volatile oils every night before going to bed can do wonders for releasing this tension and keeping the headaches at bay.

Introduction to Colon Health

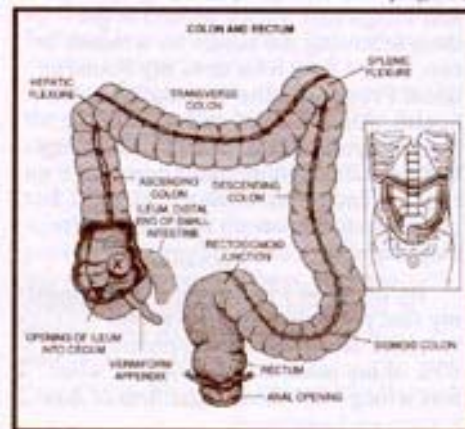
Colon

The colon is the major part of the large intestine. It is a segmented tube about 2.5 inches (6.4 cm) wide and 4.5 feet (1.4 m) long. The colon forms a large loop, shaped somewhat like a distorted "M," in the abdomen. Its segments, or haustrations, give it an irregular outline.

The colon consists of four sections:

1. Ascending
2. Transverse
3. Descending
4. Sigmoid

The first part, the ascending colon, starts at the cecum, in the



lower right-hand side of the abdomen, and extends up to a sharp bend just below the liver. This point, called the hepatic flexure, marks the beginning of the transverse colon, which loops across the abdomen, passing below the stomach to

the spleen on the left-hand side of the abdomen. Here, there is a sharp downward bend (called the splenic flexure) that marks the start of the descending colon. From this point, the descending colon passes down the left side to approximately the brim of the pelvis, where it adopts an S-shaped course of variable length (the sigmoid colon) to connect with the rectum at the lower-left hand side of the abdomen.

Structure

The colon is a muscular tube with a lubricated inner lining. Its outermost layer, called the serous coat, is a tough, fibrous membrane with a smooth outer surface. This membrane protects the colon from damage when intestinal movements cause it to rub against the abdominal wall.

The muscular coat consists of three bands of longitudinal muscles and an inner layer of circular muscles. Rhythmic contractions and relaxations of these muscles (peristalsis) squeeze the intestinal contents through the colon.

Inside the muscular coat is the third layer, the submucous coat. It consists of connective tissue, blood vessels, and lymphatic vessels.

The innermost layer is the mucous coat, which contains numerous tubular glands. These glands produce large amounts of mucus to lubricate the passage of digested material through the colon. Unlike the small intestine, the mucous coat of the colon (and the rest of the large intestine) is not folded into villi (tiny, fingerlike projections).

(This information was taken from our Certified Colon Health Course. To take this course, contact Brenda.)

Herring's Law of Cure

Herring'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".** Herring'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 Herring'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, Herring'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 "Herring's Law of Cure" information was taken from our Beginning Iridology course. To take this course, contact Brenda. For information download the following file: <http://www.joyfullivingservices.com/handouts/bcii.pdf>

The Disease Stages/Levels of Inflammation

Acute - White
Sub Acute - Gray
Chronic - Dark Gray
Degenerative/Destructive - Black

An **Acute** or overactive condition in the body is seen by the Iridologist as white in the iris. An acute condition is a condition that is active meaning there might be discharge or pain as occurring during cleansing (a Cold) or Arthritis (pain in the joints).

A **Sub Acute** condition in the body would be seen as an area slightly darker than the normal color of the iris. This would be a light gray color in the iris which denotes a slightly sluggish area.

A **Chronic** condition in the body would be seen as a darkened area in the iris such as a medium brown color. This would denote a chronic condition in the body or a condition that has been a problem for quite some time. Most individuals do not realize symptoms before they are in the chronic condition. This is when most conditions surface and cause the most problems.

Lastly, a **Degenerative/Destructive** condition in the body would appear as a blackened area in the iris. This is when the cells do not repair themselves and can lead to the end of life if not taken care of properly. Many of the fatal diseases are found in the degenerative area.

The "Disease Stages/Levels of Inflammation" was taken from our Beginning Iridology course and from Bernard Jensen's "Iridology: The Science and Practice in the Healing Arts", Volume 2. For information download the following file: <http://www.joyfullivingservices.com/handouts/bcii.pdf>.

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.

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.
