

# Joyful Living Services' News

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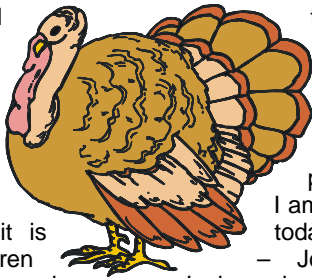
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## From The Author

Tis the season to be thankful for what we have in our life. It's wonderful to know that even with all the horrible things that happen on this planet that we can still dedicate a day to give thanks. It has been said that people who focus on being grateful for what they have can live a healthier and longer life. UC Davis has announced that gratitude may help a person's body heal from cancer. A good way to increase your happiness is to sit down once a week and make a list of all the people, places, and things you are thankful for. This helps change your focus from lack and abundance. I believe that reading a positive list every day would put a smile on anyone's face. I am so thankful for my life the way it is today. I have 2 beautiful children - Josephine who is almost 6-1/2 and Joshua who is almost 4-1/2 and a great husband (most of you have heard my children in the background when you call in). We live in a beautiful area of California and have a wonderful home in the foothills. We have so many things to be thankful for including family, health, Joyful Living, and many other things. What are you thankful for in your life? How about starting that list today and focusing on those positive thoughts! Have a wonderful holiday season. Brenda



- Constipation
- Chronic yeast infections
- Brittle hand or toe nails
- Getting sick or catching colds often (suppressed immune system)
- Weight problems
- Acne, or skin dry or pale
- Mood swings or depression
- Low sex drive
- Lack of concentration, short term memory problems
- Sleeping problems
- Being easily prone to diseases
- Frequent headaches
- Chronic urinary tract irritation /infections
- Arthritic bone pains or rheumatism
- Allergies
- Gas, bloating, flatulence
- General weakness, frequent/chronic fatigue or lack of energy

We live in a very toxic world, where we are constantly bombarded with dangerous toxins. To make matters worse our modern diets are to blame for many of our most common ills. Disease often occurs as a result of an unhealthy lifestyle causing the body to become sluggish congested, acidic, and polluted. These facts alone can cause major imbalances and disturbances within our internal environment.

## Shop Online

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

## Let's Cleanse Before The Holidays!

The greatest secret to radiant sustained health is to keep a balanced and clean internal environment! Those who do look younger, feel younger, are much healthier, and live a longer life. For this reason, I would like to talk with you about the effects of toxins in the body and how to gently, easily, and safely cleanse them from the body.

The following are some of the possible symptoms of colon build up and toxins in the body:

**Toxins** - There are thousands of toxic chemicals all around us. There are pesticides in our foods, chemicals in our water, and pollutants in the air we breathe. Even common cosmetics are full of chemicals. We drink, eat, breathe and live in a soup of toxic chemicals.

**Flora imbalance** - Antibiotics, excess sugar, carbonated beverages, chemical food additives, and over-the-counter drugs can alter the acid/alkaline balance of the intestinal tract, often killing beneficial bacteria and creating the perfect environment for harmful microbes to grow. Without the "good" or "friendly" bacteria to keep them in check, these "bad" bacteria can eventually overrun our body and severely depress our immune system.

**Mucoid plaque** - Mucoid plaque is a slimy gel like substance that covers the inner lining of the intestines and bowel. Plaque harbors toxins and interferes with nutrient absorption. The colon is known to hold up to 30 lbs of old matter and can be packed with undigested foods, and disease promoting bacteria.

**Parasites** - Parasites are a toxic menace and can wreak havoc in your body. When faulty digestion keeps food from being properly processed and sent out of the body, undigested food can remain in the body and create fermentation, and putrefaction. This can cause parasites and germ life to develop. Parasites thrive in an unhealthy, unclean colon. When the bowel contains partially digested proteins, sugars or starches it can harbor an alarming variety of parasites. Parasites can range from microscopic organisms to tapeworms 15 inches long.

**What can internal cleansing do for you?** The most commonly reported benefits of cleansing and restoring the body include:

- Relief from bloating
- Flatter abdominal area
- Relief from constipation
- Clearer thinking
- Greater sense of well being
- Stronger immune system
- Improved digestion
- Better sleep
- Youthful appearance
- More energy
- Overall better health!

Simply put, internal cleansing can dramatically improve the quality of your overall health. When the colon and liver are clear of excess toxins and waste, it frees up energy to be used by the rest of the body. It also helps the liver and intestinal tract to manufacture nutrients as well as absorb them from your food much more efficiently. This supports the healing, repair, and maintenance of your entire body.

For decades working with Dr. Bernard Jensen, we have seen life changing transformations with people from all over the world. We have witnessed first hand what cleansing can do for the human body. In fact, the benefits of a quality internal cleansing and restoration program are too numerous to mention! This is why we believe that internal cleansing and restoration can be the golden key to optimal health and vitality!



**The Jensen solution** - For decades Bernard Jensen International has been a worldwide authority on colon, tissue, and whole body cleansing. During this time we have offered serious no nonsense approaches to cleansing with phenomenal success. Today we are happy to announce that we have created the next generation of cleansing solutions!

Introducing the Internal Cleanse Tool Kit!  
<http://rs6.net/tn.jsp?t=aax7lfcab.0.u4tetfcab.9arz5rbab.6073&ts=S0288&p=http%3A%2F%2Fwww.bernardjensen.org%2Fitem.jhtml%3FUCIDs%3D1060446%257C1062732%26PRID%3D1509056>The Internal Cleanse Tool Kit is a dynamic cleansing system, designed to cleanse, detoxify, and balance your internal environment like nothing else on the market today. This tool kit is the result of years of experience working with Dr.

Bernard Jensen and tremendous amounts of research to find the very best ingredients available on the planet. The Internal Cleanse Tool Kit is the effective, pure, and all natural cleansing solution. The following is a brief description of the formulas contained in the kit.



releases its healthy natural oils, which turns the fiber into a wonderful fibrous gel. This gel simultaneously scrubs and lubricates the bowel, making it a wonderfully effective Smooth Sweep!

**Smooth Sweep** - Smooth Sweep is a unique blend of five fibers that create a deep cleansing action throughout the bowel. When you combine Smooth Sweep with liquid, it

**Natural Release** - Natural Release is a unique herbal cleanse formulated to encourage the cleansing of impurities and toxins through the bowel. Soothing herbs have been included to help insure a more comfortable cleansing process. Natural Release is made with 100% Certified Organic and Ethically Wild Harvested ingredients!

**Liver Vibrance** - Liver Vibrance is a balanced herbal formula designed to stimulate, cleanse, and protect the liver and gall-bladder. Liver Vibrance contains a powerful extract of milk thistle. Milk thistle is one of the most valued herbs in the world for liver health. Its many phyto chemicals such as silymarin can help protect, strengthen and regenerate the liver like no other herb on the planet. Milk thistle combined with our proprietary synergistic blend of liver supporting herbs creates Liver Vibrance.

**Preolac** - Preolac is a superior blend of both pre and pro biotics. Preolac contains Lactospore (L. Sporogenes), a clinically proven micro encapsulated probiotic preparation. It also contains FOS and Inulin two highly prized probiotics. Together they work to help create a healthy, balanced, intestinal environment. Daily use of Preolac can support your immune system, digestion, and regularity. It can also help your body manufacture important vitamins and enzymes! In addition, Preolac is 100% vegetarian and Kosher.

**Para Ex** - Para Ex is a synergistic blend of strong anti-parasitical plants. It is designed to kill parasites and expel them and their eggs from the body. Each ingredient is of the absolute highest quality. We purchase our herbs from only the best, certified growers. All of our certified organic, Kosher, and ethically wild harvested herbs are fresh, whole, and very potent! Each ingredient has been through strict quality control. Our formulas do not contain any type of filler or animal product. Even our capsules are superior to traditional gelatin capsules. We use only vegetarian capsules in all our formulas. Our packaging is also top notch. We use amber glass bottles along with oxygen absorbers and induction sealing for maximum freshness and potency. Our packaging facilities are Kosher certified, and are Department of Agriculture inspected. It is also in compliance with CGMP insuring the highest quality and replication. In addition, these formulas are backed by years of solid Jensen tissue cleansing knowledge and wisdom!

## VITAMIN D-3... The newest addition to the NSP family of supplements!

By Chris Ritchason and Patti Keplinger RN BSN

This past week NSP unveiled its newest products at the NSP national convention...and Vitamin D3 was one of them. There is a vast amount of amazing research available on Vitamin D3 from many sources. Please note that the information we are sharing in this E-Flash just scratches the surface.

As we know many herbs and vitamins these days receive very skeptical reviews from much of the medical community. We see this changing rapidly – mostly because of you. Speaking out is the best way to preserve our health freedoms. I have listed a few that are helping to change the views of the medical community – Especially Vitamin D3. **Here's a few;**

1. The Canadian Cancer Society (2007) recommends for Cancer.
2. Findings from Northwestern and Harvard University (Cancer Epidemiology Biomarkers & Prevention, September 2006) show may dramatically reduce pancreatic cancer. (15)
3. Harvard School of Public Health (2006) found is associated in men with a 17 percent reduction in all cancers incidences and a 29 percent reduction in mortality. (16 )
4. A study published in The American Journal of Clinical Nutrition (June 2007) found supplemental in conjunction with calcium substantially reduced risk of all cancers in post – menopausal women. (17)
5. For which scientists have linked seasonal deficiencies to epidemics of influenza. (18)
6. United Kingdom researchers (2007) wrote may help prevent the development of multiple sclerosis. ( 19 )

Why Vitamin D? - In an abstract entitled "Vitamin D: Importance in the prevention of cancers, Type I diabetes, heart disease, and osteoporosis" published in the American Journal of Clinical Nutrition, Michael F. Holick is quoted saying that "...Studies in both human and animal models add strength to the hypothesis that the unrecognized epidemic of vitamin D deficiency worldwide is a contributing factor of many chronic debilitating diseases." (1)

What is the difference between Vitamin D2 and D3? - According to Alan R. Gaby, in the October 2005 Townsend Letter for Doctors and Patients in an article entitled, "Vitamin D3 is more potent than vitamin D2, "...Vitamin D3 is a naturally occurring form of Vitamin D that occurs in the human body [when it is exposed to sunlight], whereas vitamin D2 is produced by irradiating yeast with ultraviolet light..." Since vitamin D research began in the 1030's it was most generally thought that "...Vitamin D3 and Vitamin D2 are equally effective in humans..." Gaby continues. But, there are a plethora of research studies over the past several decades that address and compare which is found to be the most readily available in the body. Research shows that physicians generally find that large amounts of D2 taken over varied periods of time, "...produce little or no change in serum 25-hydroxyvitamin D [25(OH)D] concentrations." Gaby also states, "...that the potency of vitamin D2 may be as low as 10% that of Vitamin D3."

What is Vitamin D-3 Anyway? - Most individuals call it a Vitamin...but, it is really a hormone. According to Dr. Anthony Norman, PhD, a renowned Vitamin D researcher and professor of biochemistry and biomedical sciences from the University of California – Riverside, "...an understanding of the substance known as Vitamin D is complex." The Fall 2007 edition of Natural Solutions magazine quotes Norman further stating that,

"...vitamins, by definition, are organic compounds necessary in small quantities in our diet. Since we synthesize vitamin D3 in our skin in the presence of sunlight – a type of cholesterol reacts with ultraviolet light and gets converted into vitamin D3." This is then a hormonal type process versus a naturally occurring vitamin. (2)

Vitamin D is vital to the health of your skeletal and immune systems. The body manufactures this essential vitamin through sun exposure, making it difficult to obtain adequate amounts of vitamin D during the cloudy winter months.

There is a great deal of new research which shows that Vitamin D3 "...factors into far more than the critical tasks of building and maintaining healthy bones. Touted as the new, (yet old and safe), wonder drug, vitamin D3 may be one of our body's best defenses against various cancers, autoimmune diseases, respiratory and skin infections, and declining physical performance as we age." (3)

As basic as it may seem, getting just a few minutes of direct sunlight per day might indeed be enough to ward off unwanted disease processes. There is a direct correlation between Vitamin D deficiency and where you live, the amount of time you spend in the sun without sunscreen, etc. It is the areas of the world that do not have regular, direct sunlight, that suffer the most. If you happen to reside on the sunny equator never fear... but if you call Alaska home on the other hand it might be beneficial to consider a little extra D3. Without getting into great detail, research shows that the proximity one lives according to the latitudes on the globe is an essential player in the amount of sunlight one receives.

Donald Lepore, ND, in his book The Ultimate Healing System, discusses that, as has been previously discussed, individuals obtain Vitamin D3 from sunlight. "This ultraviolet light acts on the oils of the skin to produce the vitamin, which is then absorbed by the body." It can also be obtained "...orally through food or food supplements." Lepore states that "...it should be noted there is more D in the milk in the summertime because the cows themselves are out of the barns. So summer milks and cheeses are richer in Vitamin D than winter products." He also states that anything that grows in the sunlight also contains Vitamin D, as well as "...Fish Liver Oil, sardines, herring, salmon, Tuna, Milk and Dairy products." (4)

Why Blood Tests are Essential - According to an abstract cited from the National Institutes of Health, "Circulating 25-hydroxyvitamin D [25(OH)D] is generally considered the means by which we define nutritional vitamin D status. There is much debate, however, with respect to what a healthy minimum level of circulation 25(OH)D should be." (5) It is imperative that the blood serum levels of Vitamin D 3, also known as 25(OH)D, be tested annually in the general population as a method to monitoring for vitamin D deficiency. But, the question remains, what is the optimum level for an individual to maintain.

According to Lab Corps of America, the "normal range for 25 Hydroxy D3 is between 32-100 nmol/L. Once again, it should be reiterated that individuals should be treated as very special recipes and not a "box mix." There are many factors that play into health and it is imperative to remember to treat the patient/client and not the lab value. It appears that research concludes that Vitamin D3 is the form of Vitamin D that should be used for supplementation because it is naturally occurring in the body. It is imperative to remember though that some subsets of patients, such as those "...with parathyroidism or other Vitamin D-responsible conditions that are well controlled on high-dose Vitamin D2 should probably not have their regimen changed. When changing from supplementation with

D2 to that of D3 it is important to have your blood drawn on a regular basis until optimum levels of 25(OH) D have been achieved in the blood (6).

What does Vitamin D do? - In the body, vitamin D is responsible for maintaining normal blood levels of calcium and phosphorus and for helping to build strong bones. Vitamin D works with other vitamins, minerals and hormones to promote bone mineralization. Additionally, research shows that vitamin D may help support a healthy immune system. In all reality, this barely scratches the surface of the benefits of D-3 supplementation. "Vitamin D is very important for Calcium and Phosphorus absorption, to strengthen bones and teeth. It also aids in assimilation of Vitamin A (7)."

Signs of Vitamin D deficiency - Some signs of Vitamin D deficiency might include "... joint pain and stiffness, backache, tooth decay, muscle cramps, [and] hair loss. (8)" as well as the more commonly associated childhood illness of Rickett's.

**Persons that might benefit from D-3 Supplementation** - Some of the potential illnesses that could benefit from D3 supplementation include: alcoholism, anxiety, arthritis, autoimmune diseases, birth defects, bone disease, bone pain, cancer, Celiac-Sprue, Coeliac, Crohn's disease, Chronic Fatigue Syndrome, Depression, diabetes, diarrhea, enzymatic diseases, eye problems such as conjunctivitis, myopia, and cataracts; fatigue, fibromyalgia, Grave's Disease, heart disease, high blood pressure, impaired wound healing, irritable bowel disease, insomnia, intestinal irritability, joint pain, kidney disorders, liver impairments, Lupus, malabsorption, multiple sclerosis, muscle pain, obsessive disorders, osteomalacia, osteoporosis, panic attacks, Parkinson's, PMS, psoriasis, rheumatoid arthritis, Rickets, schizophrenia, and thyroid issues. There is additional information available that suggests that degenerative Liver disorders keep the body from absorbing D3, as do small bowel disorders. It is also written that a deficiency in Vitamin D3 could possibly keep insulin from being reabsorbed by the pancreas.

<http://www.healthandage.com/Home/gid2=2847>

#### Mental Health Issues:

Seasonal Affective Disorder, Depression, Schizophrenia, etc...

<http://www.vitamindcouncil.com/mentallllness.shtml>

Cancer - According to the Harvard School of Public Health, "If everyone had adequate Vitamin D levels in their bloodstreams, it would be equivalent to eliminating a big portion of cancer."

[http://cancer.ucsd.edu/AboutUs/News/stories/Garland\\_Colon.asp](http://cancer.ucsd.edu/AboutUs/News/stories/Garland_Colon.asp)

Calcium Absorption/ Osteoporosis - In a research study conducted by Dr. Robert P. Heaney MD from Creighton University, it was discovered that when Vitamin D3 was added to the regimen of 34 post-menopausal women, two-thirds of their calcium absorption increased. According to Dr. Heaney, "...in brief, raising serum 25 (OH)D [also known as Vitamin D3] from 20 to approximately 80nmol/ L improves Ca [calcium] absorption, reduces osteoporotic fracture risk and is associated with higher BMD [bone mineral density]."

Asthma - "Researchers from King's College London have found that vitamin D3 could substantially improve the responsiveness of these patients to steroid treatment, offering them hope of an improvement in their condition (9)." These findings were published in the Journal of Clinical Investigation on December 10, 2005.

<http://www.medicalnewstoday.com/printerfriendlynews.php?newsid=34739>

Auto-immune Diseases - There are many studies that show the correlation between "...higher levels of Vitamin D and a lower incidence of multiple sclerosis. Similarly, studies associated with numerous autoimmune diseases. Vitamin D offers benefits for autoimmune diseases because of its ability to influence T cell development and inactivate Natural Killer cells." (10)

[http://autoimmunedisease.suite101.com/blog.cfm/the\\_importance\\_of\\_vitamin\\_d](http://autoimmunedisease.suite101.com/blog.cfm/the_importance_of_vitamin_d)

<http://rheumatology.oxfordjournals.org/cgi/content/full/43/3/393>

Colds and Flu - Could there be a correlation between the flu season running from November through February with the incidence of decreased sunlight? Dr. John Cannell, MD, a psychiatrist at Atascadero State Hospital in California and executive director for the nonprofit Vitamin D council, found that in "...2005 a nasty flu virus hit the forensic psychiatric hospital where Cannell supervises a ward. While 10 percent of the facility's patients caught the bug, none of his patients did." At that point he began to investigate if there was a correlation as to whether the additional D3 that these patients had been taking played a part. His work found that "...vitamin D3 augments the antimicrobial compounds produced by white blood cells, and thus helps boost the resistance to flu - and scores of other viruses that cause the common cold." (11)

Fibromyalgia/CFS - "Vitamin D deficiency is often misdiagnosed as fibromyalgia," according to Michael F. Holick, in the American Journal of Clinical Nutrition. (12) This information could be the integral link in this confusing, frustrating illness.

Skin Infections/Wound Healing - In an article entitled "Immune regulation: Vitamin D<sub>3</sub> promotes immune function in the skin," published in Nature Reviews Immunology, it is written that "the importance of vitamins for optimal health has been known for a long time, but two recent papers reveal a previously unknown role for vitamin D<sub>3</sub> in regulating immune responses in the skin." (13) <http://pid.nci.nih.gov/PID/2007/070313/full/nri2047.shtml>

Periods of Rapid Growth such as Adolescence - According to Dr. Connie Weaver, PhD, Vitamin D researcher from Purdue University in the presentation from The American Society of Bone and Mineral Research, Adolescents need increased vitamin D. Weaver stated that "20-50% of adult bone mass is acquired during puberty." She stated that there is an imperative time frame, according to work published in the Journal of Bone and Mineral Research, that from the age of 11-13 is the important time for girls and from ages 13-15 for boys. It important to remember that one's geographical location, exposure to the sun sans sunscreen, etc. all play a part in the Vitamin D absorption at this crucial time in their lives.

More technical information - To get a full grasp of what D3 was about we did an extensive literature and internet based search. The American Society of Bone and Mineral Research Symposium, which is available for on-line viewing, dated December 4, 2006 provided a vast array of medical based information...hours and hours of it. This symposium was sponsored by Eli Lilly thus had the medical "flavor" to the information. Given the fact that one is able to look past the "advertisement" side of things, there is a great deal of information available.

This web-site can be accessed at the following link:  
<http://app2.capitalreach.com/esp1204/servlet/tc?cn=asbmr&c=10169&s=20343&e=6950&>

The NSP Advantage - Many companies offer synthetic vitamin D products. NSP Vitamin D3 is completely natural. According to the NSP label on the new product, it is stated that the D3 is derived from lanolin harvested from BSE-free sheep's wool fat from New Zealand and Australia. These animals are certified BSE-free which means that they have been tested for bovine spongiform encephalopathy, also known as Mad-Cow Disease. This disease process is specific to beef, but it appears that NSP is covering all bases in testing for this in a sheep-based product. The testing could also be done due to the fact that the sheep could have possibly ingested animal feed that contained beef or beef by-products.

Ingredients - **Each NSP tablet contains 2000 IU of natural Vitamin D-3.** Other ingredients include: Dicalcium Phosphate, cellulose (plant fiber), stearic acid, and magnesium stearate (vegetable).

Recommended Use: Take 1-2 tablets daily with a meal. "The recommended adequate intakes for vitamin D are inadequate, and, in the absence of exposure to sunlight, a minimum of 1000 IU vitamin D/day is required to maintain a healthy concentration of 25(OH)D in the blood (14)." Research differs as to the amount needed by each individual. Some studies state that 2000 IU /day is essential in preventative maintenance. But, there are some works cites that up to 45,000IU day could be necessary in restorative work.

## RG Max



*...there is more to this new product than meets the eye!*

By **Chris Ritchason** and **Patti Keplinger RN BSN**

RG-Max, NSP's newest amino acid drink formula, is a revolutionary new product which contains 5 grams of L-Arginine (free-form amino acid) in combination with an amazing Amino Acid Blend.

When NSP releases a new product, such as the RG-Max, the NSP family has come to understand that there must be something special about a product in order for NSP to add it to their extensive line. Therefore, we continued to ask, "What makes this amino acid formula so special?"

### The investigation began...

Our searching revealed more spectacular details than we could have ever imagined. It was evident that Nature's Sunshine had once again produced the best product of this type available on the market today.

The Back to Herbs team is excited to share the amazing information that we have uncovered in investigating the impact that this new product might have on health and wellness. Guess what...there was even a Nobel Prize in Medicine awarded on the work that provides the foundational premise for this new product.

### What is the function of L-Arginine and why is it important?

As we continued to read about L-Arginine, it became apparent that the key component in the supplementation with this amino acid is that of Nitric Oxide. Nitric Oxide (NO) is produced in the human body when L-arginine is converted to nitric oxide with the aid of molecular oxygenation and NADPH, "...an enzyme complex found in the plasma membrane of cells (1)." It (NO), "... is a gas. It is highly reactive; that is, it participates in many chemical reactions (2)."

"The Nobel Prize landmark discovery of the functions of Nitric Oxide (NO) highlighted the fact that without NO, human life would be impossible. Even more revolutionary was the irrefutable evidence that L-Arginine is the sole NO molecule in the human body (3)."**...without nitric oxide, human life would not be possible!"(4)**

Dr. Louis J. Ignarro, UCLA-Department of Molecular and Medical Pharmacology, and 1998 Nobel Laureate, has spent over 30 years on the topic of nitric acid. Dr. Ignarro was awarded the Nobel Prize in Physiology and Medicine for his "...discovery that nitric oxide (NO), a signaling molecule produced organically, is a vasodilator that helps control blood flow to every part of our body...by relaxing and enlarging blood vessels (5)." This award "...recognized the huge potential for health the understanding of the Nitric Oxide (NO) Pathway affords (6)." More details pertaining to the Nobel Prize can be found at:

[http://nobelprize.org/nobel\\_prizes/medicine/laureates/1998/](http://nobelprize.org/nobel_prizes/medicine/laureates/1998/)

At each systole, the period in the cardiac cycle when the chambers of the heart contract, "...the endothelial cells that line the blood vessels release a puff of NO. This diffuses into the underlying smooth muscle cells causing them to relax and thus permit the surge of blood to pass through easily (7)." It is also interesting to note that "Hemoglobin transports NO at the same time it carries oxygen. When it unloads oxygen in the tissues, it also unloads NO (8)." There is also evidence that "in laboratory animals (mice and rats), NO is released by neurons...and stimulates the NMDA receptors there that are responsible for long-term potentiation (LTP) - a type of memory (and learning) (9)."

### Impact on the Heart and Circulatory System

"Nitric oxide does a variety of jobs," explains Dr. Jason Allen of Duke University. "It tends to be antiatherogenic, which means that it helps prevent your arteries from becoming clogged. From start to finish, this is a 40-year process which depends on lifestyle." That is, it's a function of what you eat, how you exercise, and the stresses you are under (10)." It is written that NO "...regulates blood pressure, prevents blood clots that trigger strokes and heart attacks, and protects against the accumulation of vascular plaque (11)."

NO also keeps inappropriate clotting from interfering with blood flow. "Johns Hopkins scientists investigating nitric oxide (NO) ...have figured out how it can block blood vessel inflammation and prevent clotting, a process that has long stumped biologists (12)." In his book, *No More Heart Disease*, (New York: St. Martin's Press), Dr. Ignarro explains his 3-part plan for assisting individuals in "age-proofing your cardiovascular system." His 3-part plan includes "...taking NO-boosting supplements... incorporating NO-friendly food into your diet, and following a moderate NO-boosting exercise program."

"We've done a lot of work to show that one does not have to take prescription drugs to be effective in treating cardiovascular disease," says Ignarro. One can just engage in natural sorts of things -- dietary supplements, exercise, diets that are low in fat, and so on. All of these things increase or enhance nitric acid production in the body; and the more nitric oxide that is produced, the more protection you have against cardiovascular disease. (13)"

Dr. J. Joseph Prendergast MD, a board certified Internal Medicine physician specializing in Endocrinology and Metabolism with over 30 years experience in the field, wrote an article entitled "L-Arginine: a Primer for its power©." According to Dr. Prendergast, "...there are many studies on the effect of L-Arginine on the lining of the artery, the endothelium... Nothing

works in every situation but in my experience it works in 99% of the patients I see with vascular disease (14)."

### **Human Sexuality and the L-Arginine Connection Nitric Oxide...Is it Nature's Viagra?**

It might be interesting to note that "...the first practical application of Dr. Ignarro's research led to the development of Viagra!" "Knowledge of the biology and chemistry of NO led Dr. Ignarro to make the first observation that NO is a neurotransmitter mediating penile erection (15)." According to Dr. David Christianson, University of Pennsylvania, "Nitric oxide is the messenger, if you will, the signaling molecule, and without that signal you can't get that signal from the brain to the penis for the erectile process (16)." The NO in this process is "...released from nerve endings close to the blood vessels of the penis (17).

Three popular prescription drugs for erectile dysfunction, sildenafil (Viagra®), vardenafil (Levitra®), and tadalafil (Cialis®) are based on this scientific research. It might be interesting to note that NSP has products on the market that could possibly assist in this area such as Men's X-Action, etc.

In the article, "L-Arginine, the Pro-sexual Nutrient with Numerous Health Benefits" the correlation between NO and sexual performance is discussed at great length. This article can be accessed at: <http://www.smart-publications.com>

### **What are some things that L-Arginine does?**

L-Arginine is essential to several systems in the body. Among its many roles, L-Arginine: Is a precursor of nitric oxide (NO); Promotes circulation resulting in improved blood flow; Stimulates the release of growth hormone; Improves immune function; Reduces healing time of injuries; Plays a role in the formation of bone and tendons; Increases muscle mass, while reducing body fat; Supports male fertility, improving sperm production and motility; Reduces risk of blood clots and stroke; Supports normal blood pressure; Improves vascular function for patients with angina; Helps recovery after heart attack; Helps prevent and treat cardiovascular disease; [and] Helps reduce growth of cancerous tumors (18).

There is also evidence that supports L-Arginine is effective in "L-Arginine has been shown to have positive impacts on immune function, obesity concerns, human sexuality, and aging. As an adaptogen, L-Arginine helps the body adapt to changes in life, the environment, and may increase stamina and sports performance (19)."

Columbia University researchers have collected more than 10,000 citations, and have nicknamed L-Arginine the " 'Magic Bullet' in human health." This university integrates teaching on this amino acid and its benefits into its curriculum for physicians and surgeons (20).

"Twenty years ago, the idea that a simple and humble amino acid could change the face of medicine would have been dismissed. Now, physicians, researchers, and scientists are embracing the effectiveness of L-Arginine and its use has become mainstream (21)."

### **Benefits of RG-Max**

NSP has shared that RG-Max "...supplies the nutrients needed to boost energy levels and blood flow throughout the body, helps protect against cardiovascular aging and supports the cardiovascular system." RG-Max may also support healthy sexual function, contribute to more productive exercise and help support overall energy levels..." as well as much, much more.

### **Details from the NSP Product Guide/Label: (From [www.naturessunshine.com](http://www.naturessunshine.com))**

Benefits of RG-Max might include: Helps maintain healthy circulation and thereby promotes stamina during exercise; Protects against premature cardiovascular aging; Provides powerful antioxidant benefits; Supports heart function and may positively impact blood lipid profiles; Contains amino acids that support the heart and skeletal muscles; Offers the low-glycemic health benefits of xylitol. Ingredients contained in RG-Max: RG-Max contains xylitol, L-Arginine, citric acid, natural strawberry flavor, natural lemon juice, malic acid, silicon dioxide, red grape skin extract, taurine, L-isoleucine, L-leucine, L-methionine, L-tyrosine, L-threonine, N-acetyl-L-cysteine, L-glutamine and acetyl L-carnitine.

### **Other featured ingredients: (from NSP Product Information)**

1. Acetyl-L-Carnitine-researched for its neuroprotective effects.
2. Taurine- involved in heart muscle contraction and has demonstrated antioxidant and antiatherogenic effects in humans
3. N-Acetyl Cysteine-a precursor of glutathione, a powerful antioxidant that is naturally produced in the body
4. Grapeskin Extract-high in phenolic compounds including flavonoids, oligomeric proanthocyanidins (OPCs)
5. Resveratrol- that have powerful antioxidant and cardioprotective actions. Xylitol-Frequent between-meal consumption of foods high in sugars and starches promotes tooth decay. The sugar alcohol Xylitol does not promote tooth decay and is low on the glycemic index. All-natural xylitol makes RG-Max taste great without the harmful effects of sugar on the teeth and circulatory system.

### **Recommended Adult Usage of RG-Max**

Adults: Mix one level scoop in 8 oz. water, shake well and drink immediately.

**Those who SHOULD NOT supplement their diet with RG-Max might include:**

### **Precautions (FROM NSP PRODUCT LABEL):**

Consult your health care provider prior to using this product if you are pregnant, nursing or have a known medical condition including cancer, diabetes, herpes, coronary artery disease, or have had a heart attack. Consult your health care provider before use if you take any medications including those for diabetes, high blood pressure, heart conditions, or erectile dysfunction.

### **Other potential contraindications:**

There is conflicting information which discusses various contraindications of L-Arginine supplementation. The data on its use with heart health is overwhelming, thus the reason NSP is touting it for that purpose. We have contacted a 3rd Party expert in the field of L-Arginine research and are awaiting a reply regarding the individuals who should not supplement their diet with RG-Max/contraindications. We will keep you informed as to what we find out!

### **Products to work in conjunction with RG-Max might include:**

CoQ10, Vitamin E with Selenium, Kidney Activator, Nattozyme Plus, Mega-Chel, B-complex, Blood Pressure X, Cardio-Assurance, Omega 3, Vitamin C/Citrus Bioflavonoids, and Thai Go.

### **Why NSP L-Arginine over its competitors?**

There are many L-Arginine products on the market today. NSP has performed a great deal of research on this topic over the past couple of years. Initially, NSP was going to launch an L-

Arginine supplement in a liquid form. After a great deal of research, it was discovered that this amino acid was not stable in a liquid form as it lost its potency very quickly, thus NSP continued to research the best delivery method for this much needed supplement...and RG-Max was born!

## Anatomy & Physiology

This is our third article in our anatomy & physiology section in our newsletter. This month is about the organization of the body. The following is taken from our anatomy & physiology course.



Human beings are arguably the most complex organisms on this planet. Imagine billions of microscopic parts, each with its own identity, working together in an organized manner for the benefit of the total being. The human body is a single structure but it is made up of billions of smaller structures of four major kinds:

### Cells

Cells have long been recognized as the simplest units of living matter that can maintain life and reproduce themselves. The human body, which is made up of numerous cells, begins as a single, newly fertilized cell.

### Tissues

Tissues are somewhat more complex units than cells. By definition, a tissue is an organization of a great many similar cells with varying amounts and kinds of nonliving, intercellular substance between them.

### Organs

Organs are more complex units than tissues. An organ is an organization of several different kinds of tissues so arranged that together they can perform a special function. For example, the stomach is an organization of muscle, connective, epithelial, and nervous tissues. Muscle and connective tissues form its wall, epithelial and connective tissues form its lining, and nervous tissue extends throughout both its wall and its lining.

### Systems

Systems are the most complex of the component units of the human body. A system is an organization of varying numbers and kinds of organs so arranged that together they can perform complex functions for the body. Ten major systems compose the human body:

1. Skeletal
2. Muscular
3. Nervous
4. Endocrine
5. Cardiovascular
6. Lymphatic
7. Respiratory
8. Digestive
9. Urinary
10. Reproductive

### Body Functions

Body functions are the physiological or psychological functions of body systems. The body's functions are ultimately its cells' functions. Survival is the body's most important business. Survival depends on the body's maintaining or restoring homeostasis, a state of relative constancy, of its internal environment.

More than a century ago, French physiologist, Claude Bernard (1813-1878), made a remarkable observation. He noted that body cells survived in a healthy condition only when the temperature, pressure, and chemical composition of their environment remained relatively constant. Later, an American physiologist, Walter B. Cannon (1871-1945), suggested the name homeostasis for the relatively constant states maintained by the body. Homeostasis is a key word in modern physiology. It comes from two Greek words - "homeo," meaning the same, and "stasis," meaning standing.



"Standing or staying the same" then is the literal meaning of homeostasis. However, as Cannon emphasized, homeostasis does not mean something set and immobile that stays exactly the same all the time. In his words, homeostasis "means a condition that may vary, but which is relatively constant."

Homeostasis depends on the body's ceaselessly carrying on many activities. Its major activities or functions are responding to changes in the body's environment, exchanging materials between the environment and cells, metabolizing foods, and integrating all of the body's diverse activities.

The body's ability to perform many of its functions changes gradually over the years. In general, the body performs its functions least well at both ends of life - in infancy and in old age. During childhood, body functions gradually become more and more efficient and effective. During late maturity and old age the opposite is true. They gradually become less and less efficient and effective. During young adulthood, they normally operate with maximum efficiency and effectiveness.

### Life Process

All living organisms have certain characteristics that distinguish them from non-living forms. The basic processes of life include organization, metabolism, responsiveness, movements, and reproduction. In humans, who represent the most complex form of life, there are additional requirements such as growth, differentiation, respiration, digestion, and excretion. All of these processes are interrelated. No part of the body, from the smallest cell to a complete body system, works in isolation. All function together, in fine-tuned balance, for the well being of the individual and to maintain life. Disease such as cancer and death represent a disruption of the balance in these processes.



The following is a brief description of the life process:

### Organization

At all levels of the organizational scheme, there is a division of labor. Each component has its own job to perform in cooperation with others. Even a single cell, if it loses its integrity or organization, will die.

### Metabolism

Metabolism is a broad term that includes all the chemical reactions that occur in the body. One phase of metabolism is catabolism in which complex substances are broken down into simpler building blocks and energy is released.

### Responsiveness

Responsiveness or irritability is concerned with detecting changes in the internal or external environments and reacting to that change. It is the act of sensing a stimulus and responding to it.

## Movement

There are many types of movement within the body. On the cellular level, molecules move from one place to another. Blood moves from one part of the body to another. The diaphragm moves with every breath. The ability of muscle fibers to shorten and thus to produce movement is called contractility.

## Reproduction

For most people, reproduction refers to the formation of a new person, the birth of a baby. In this way, life is transmitted from one generation to the next through reproduction of the organism. In a broader sense, reproduction also refers to the formation of new cells for the replacement and repair of old cells as well as for growth. This is cellular reproduction. Both are essential to the survival of the human race.

## Growth

Growth refers to an increase in size either through an increase in the number of cells or through an increase in the size of each individual cell. In order for growth to occur, anabolic processes must occur at a faster rate than catabolic processes.

## Differentiation

Differentiation is a developmental process by which unspecialized cells change into specialized cells with distinctive structural and functional characteristics. Through differentiation, cells develop into tissues and organs.

## Respiration

Respiration refers to all the processes involved in the exchange of oxygen and carbon dioxide between the cells and the external environment. It includes ventilation, the diffusion of oxygen and carbon dioxide, and the transport of the gases in the blood. Cellular respiration deals with the cell's utilization of oxygen and release of carbon dioxide in its metabolism.

## Digestion

Digestion is the process of breaking down complex ingested foods into simple molecules that can be absorbed into the blood and utilized by the body.

## Excretion

Excretion is the process that removes the waste products of digestion and metabolism from the body. It gets rid of by-products that the body is unable to use, many of which are toxic and incompatible with life.

The ten life processes described above are not enough to ensure the survival of the individual. In addition to these processes, life depends on certain physical factors from the environment. These include water, oxygen, nutrients, heat, and pressure.

## Directional Terms

Directional terms describe the positions of structures relative to other structures or locations in the body.

### Superior or cranial

Toward the head end of the body; upper (example, the hand is part of the superior extremity).

### Inferior or caudal

Away from the head; lower (example, the foot is part of the inferior extremity).

### Anterior or ventral

Front (example, the kneecap is located on the anterior side of the leg).

### Posterior or dorsal

Back (example, the shoulder blades are located on the posterior side of the body).

### Medial

Toward the midline of the body (example, the middle toe is located at the medial side of the foot).

### Lateral

Away from the midline of the body (example, the little toe is located at the lateral side of the foot).

### Proximal

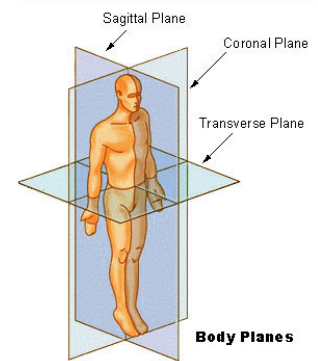
Toward or nearest the trunk or the point of origin of a part (example, the proximal end of the femur joins with the pelvic bone).

### Distal

Away from or farthest from the trunk or the point or origin of a part (example, the hand is located at the distal end of the forearm).

## Planes of the Body

Medical professionals often refer to sections of the body in terms of anatomical planes (flat surfaces). These planes are imaginary lines – vertical or horizontal - drawn through an upright body. The terms are used to describe a specific body part.



### Coronal Plane (Frontal Plane)

A vertical plane running from side to side; divides the body or any of its parts into anterior and posterior portions.

### Sagittal Plane (Lateral Plane)

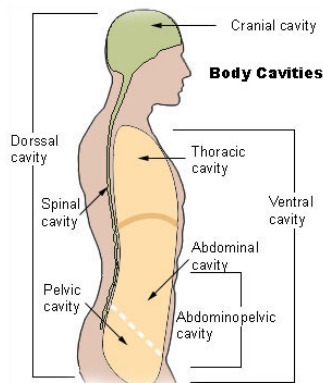
A vertical plane running from front to back; divides the body or any of its parts into right and left sides.

### Axial Plane (Transverse Plane)

A horizontal plane; divides the body or any of its parts into upper and lower parts.

## Median plane

Sagittal plane through the midline of the body; divides the body or any of its parts into right and left halves.



## Body Cavities

The cavities, or spaces, of the body contain the internal organs, or viscera. The two main cavities are called the ventral and dorsal cavities. The ventral is the larger cavity and is subdivided into two parts (thoracic and abdominopelvic cavities) by the diaphragm, a dome-shaped respiratory muscle.

### Thoracic cavity

The upper ventral, thoracic, or chest cavity contains the heart, lungs, trachea, esophagus, large blood vessels, and nerves. The thoracic cavity is bound laterally by the ribs (covered by costal pleura) and the diaphragm caudally (covered by diaphragmatic pleura).



### Abdominal and pelvic cavity

The lower part of the ventral (abdominopelvic) cavity can be further divided into two portions: abdominal portion and pelvic portion. The abdominal cavity contains most of the gastrointestinal tract as well as the kidneys and adrenal glands. The abdominal cavity is bound cranially by the diaphragm, laterally by the body wall, and caudally by the pelvic cavity. The pelvic cavity contains most of the urogenital system as well as the rectum. The pelvic cavity is bounded cranially by the abdominal cavity, dorsally by the sacrum, and laterally by the pelvis.

### Dorsal cavity

The smaller of the two main cavities is called the dorsal cavity. As its name implies, it contains organs lying more posterior in the body. The dorsal cavity, again, can be divided into two portions. The upper portion, or the cranial cavity, houses the brain, and the lower portion, or vertebral canal houses the spinal cord.

Please let us know if you are interested in our anatomy and physiology course. It costs \$300 and can be taken online or on CD-ROM. Contact us with questions and/or to place an order.

## The Study of Iridology

We make it a point to put some type of iridology information in each of our newsletters. This month we are discussing how to approach a client as well as the brain area. Please let us know if you have any questions about these items.

When you practice Iridology you need to be careful not to touch a person's face at all. If you need to look at a marking in your client's iris a little bit closer, you can ask the client if you can rest your fingers on the side of their face. Otherwise, do not touch your client. Also note that you will be in your client's "personal space". Most people are very uncomfortable if a stranger is in their personal space. You can determine your personal space by doing the following exercise:

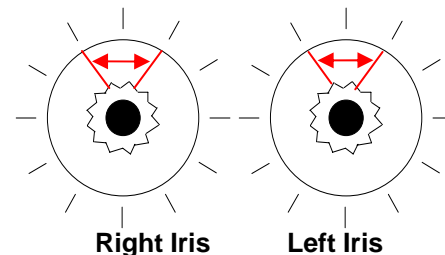
1. Pick a partner to do this exercise with you. We recommend a friend, not a family member. Someone you know, but might not be completely comfortable with. Maybe even a colleague would be best. You can practice this exercise with as many people as you would like. The more, the better.
2. Stand at opposite ends of a room.
3. Walk towards each other very slowly, keeping eye contact at all times.
4. Stop when each of you begins to feel uncomfortable. This is normally your public space, not your private/personal space. Note that this is where you normally can make eye contact with a person and where you would normally stand when you have a conversation.
5. Now, continue to move closer to each other, keeping eye contact. Notice when you become quite uncomfortable. You are not touching but you can. You are looking into each other's eyes and can actually see the color of the iris, and maybe even a few markings, depending on the lighting in the room. This is your personal/private space. Here you would feel very uncomfortable next to a stranger.
6. Now, both of you grab a chair and sit in front of each other. You need to sit close enough to almost touch each other's knees, but not quite touch. This is also in your personal space but you are far enough away as to not be able to hear each other breathing or feel each other's breath.
7. Now take your chairs and put them next to each other facing opposite directions so that the bottom of your chair is right next to the other. Again, you are almost touching but not quite touching. Turn your head towards each other

and look into each other's eyes. Notice the color of the iris, some marks in the iris, the breathing of your partner, maybe the smell of their breath.

8. While you are sitting there notice how you feel. Are you uncomfortable? Are you holding your breath so the other person can't smell your breath? Are you self-conscious of yourself?
9. Now, one of you be the client and one of you be the iridologist. The one who is the iridologist needs to hold a magnifying glass in their right hand, and a flashlight in their left hand. Bring the magnifying glass up to the left iris of the client. Take a flashlight (preferably a pen light) and twist the end to make the light as strong as possible. Shine the light into the client's eye, without shining the light directly into the pupil. Notice what your client does. Is your client comfortable or moving away from the light? Be sure not to hold the light too closely or you can burn the eye. If your client is moving away from you then you are holding the light too closely. Is your client's eye watering? Then you are holding the light too closely. Move the light around the pupil over the iris and see if you can determine the color of the iris based on what you learned in session 1 last week. Be sure to constantly move the light around the pupil. If you see a marking you are curious about, look at the marking and move on. Do not keep the light on that spot for very long as you can hurt the client's eye. Now do just the opposite. Hold the magnifying glass in your left hand and the flash light in your right hand and look into the iris of your client.
10. Switch partners and the partner who was the client is now the iridologist. Go through step 9 again.
11. It is the iridologist's responsibility to not harm the eye of the client.

### Brain Area (11:00-1:00 R, 11:00-1:00 L)

The brain areas on the iris chart are located at the top from 11:00 o'clock to 1:00 o'clock. Of all the areas of the chart the least is known about these. Orthodox medicine knows very little about the human brain and its function. Because so little is known with any degree of certainty about most of these brain areas I choose not to make comments about them. Much more research is needed with regard to these brain areas of the iris. Vitamins helpful for the Brain are B-Complex and B12. Beneficial minerals include Calcium, Copper, Fluorine, Iodine, Iron, Magnesium, Manganese, Phosphorus, Silicon and Sulfur. Herbs include Gotu Kola, Oat Straw, Red Clover, Valerian, Orange Blossom, Ginseng, Rosemary, Rue Sage, St. John's Wort and Walnuts.



To find out more about iridology and/or to take our courses, please contact us. Courses are \$200 each (beginning, intermediate, and advanced) or \$450 if all 3 are ordered together.

**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.