

Joyful Living Services' News

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From The Author – Welcome to November



It's November and it's cold. It's time for warm blankets and wood stoves and lots of cuddling. It's also time for hot meals to keep the body warm which means that more of the essential nutrients in our fresh foods are cooked and not as accessible to the body. This means more supplementing. It's also the time of the year when people's immune systems are more taxed because of the cold weather so more trips to the doctors and more antibiotics are prescribed. One of my students asked me what my 3 favorite herbs are in my last "Introduction to Herbs" class. My answer is the following: Pau d'Arco is my very favorite. Second is Echinacea and third is Garlic. These all work with the immune system. Pau d'Arco is great for viruses, Echinacea is great for infections, and Garlic is excellent for just stimulating the immune system and they are all safe and great for kids and pets. If you don't have these 3 herbs in your home I highly recommend that you stock up for the winter. Take them as soon as you feel like you are getting sick and

they will help you. Don't forget to take vitamin C to bowel tolerance. If you don't know what bowel tolerance is, give me a call or send me an e-mail and we can talk about it.

November is also a special time of year to be thankful for our lives. Of course we can be thankful every day for our lives on this planet but some of us get so wrapped up in our daily lives that we don't stop and smell the roses and we don't think about all the things in our lives that we can be thankful for on a daily basis. Just waking up and breathing clean air is something to be thankful for. Why not start right away and jot down a few things you are thankful for today. As you go through your day and the week jot down things you think about that you are thankful for in your life. You will be surprised how many things you will have written down by the end of the week. If you post this list on your mirror so you can read it every day when you wake up it will definitely have a strong positive impact on the way you deal with your life and the stress in it.

We have focused this month's newsletter on the digestive system since it is Thanksgiving and a time when people get together with family and eat a lot. This taxes the digestive system tremendously especially when you are eating foods you are not used to eating and drinking. Most people socialize so much during the holidays and get very little sleep; plus not to mention the stress on the body due to spending more money this time of year. Be sure to take care of your body during this holiday season. We've listed some ways you can support your digestive system in this newsletter. I hope you will enjoy the information this month and that you will pass it on to anyone you think would benefit from it. Happy Thanksgiving! Brenda

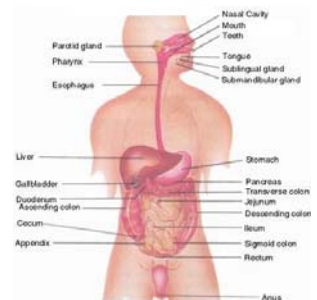
Join Us! For this Free, pre-recorded class on the Digestive System and Hiatal Hernias

With Class Host: Valerie Greguire, Natural Health Consultant
And Featured Speaker: Brenda Generali, Certified Iridologist

In this class you will learn how the digestive system functions and what supplements have been historically used to benefit this system. You will also learn about Hiatal Hernias, how they are an underlying cause of acid reflex disease, and what you can do to correct one if you have one or know of anyone who has one.

The digestive system breaks down the food we eat, extracting nutrients and assimilating them for use throughout the body. Proper digestive-system function is essential to maintaining good health and energy levels. The body requires nutrients from all three food categories (proteins, carbohydrates and fats) to survive.

Hiatal Hernia has been called the "great mimic" because it mimics many disorders. A person with this problem can get such severe pains in their chest that they think they are having a heart attack. They may think they have an over acid stomach because they will regurgitate stomach acid after they eat, or their stomach may hurt so badly they will think they have an ulcer. This is just a sampling of the symptoms that may occur from this disorder.



Available November 11, 2008 through December 15, 2008

To listen to this class dial: (616) 597-8099, Enter pin number 658565 followed by the # sign.

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Course Instructors

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

Referrals

Joyful Living Services offers referrals for Certified Iridologists, Certified Herbal Counselors, Certified Health and Nutrition Counselors, Certified Anatomy & Physiology Professionals, Certified Colon Health Care Professionals, Certified Advanced Herbalism Professionals, Certified Muscle Response Testers, Chiropractors, Massage Therapists, Iridology Distributors, Nature's Sunshine Distributors, and more. Go to <http://www.joyfullivingservices.com/referrals.html> to find the right professional for you.

Certified Nutritional Advisor and Certified Herbalist Testimonial

"I received the Certified Nutritional Advisor and Certified Herbalist certificates from you, which has helped me in my career. I would appreciate your continuing introducing me as REFERRALS."

Jahangir Ganjian

24 Marion Street, Greenvale, NY 11548

Please direct all your correspondence to the following e-mail: jganjian@optonline.net

New and Used Iridology Cameras and Iridology Station Software

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

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

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

Hiatal Hernia Testimonial

I would like to thank everyone at Joyful Living Services for the information you have provided on hiatal hernias. Just over 2 years ago I developed many strange symptoms over the course of a month which could not be explained medically. The symptoms were pains that traveled throughout my abdominal and chest region, a tightness in my esophageal tract especially in the throat, tension in my solar plexus, increased blood pressure, inability to breathe deeply especially after eating, loss of appetite, weight loss (10 lbs in 1 month), **excessive** gas in my upper and lower GI tract, back pain, the feeling of a marble in my throat, irregular bowel movements and irregular menstrual cycle.

My first Dr. visit was January 2, 2005 to an urgent care facility. The Dr. there diagnosed me with anxiety and a vaginal yeast infection. I then went to my gynecologist due to the abdominal pains and irregular menstrual cycle. He said I could possibly have an ovarian cyst due to thickening of the uterus. He wanted to take a wait and see approach. Next it was on to my general practitioner for a battery of tests. I had an EKG, thyroid tests, a number of other blood tests, an abdominal ultra sound and barium swallow screening. The abdominal ultra sound revealed nothing suspicious and the last test to return was the barium swallow showing that I had an "insignificant" hiatal hernia and was probably born with it. My GP told me it was not worth repairing and if we did I could never vomit again or else I would risk tearing my stomach away from my abdominal wall. He also said it probably wasn't the cause of my issues and prescribed Nexxium, high BP pills and anti-anxiety meds. I told him I would regulate my BP and anxiety with diet, exercise and relaxation. I did try the Nexxium hoping it would reduce the gas pains and tightness from my throat to my stomach but it just made me feel jittery. By this time I had been suffering for nearly a month. I was so full of anxiety, fear discomfort that I thought I was dying. I was living on soda crackers and water and not resting at night which began to affect my general health and well being.

In desperation, I began to research hiatal hernia treatments other than surgery and by the grace of God I stumbled on the Joyful Living Services website <http://www.joyfullivingservices.com/hiatalhernia.html>. I excitedly read through the information citing **all** of my symptoms and realized that my chiropractor or an applied kinesiologist could help. I called my chiropractor immediately and after some research, he began to do regular manual adjustments on my hernia that brought it down and keeps it down for the most part. Almost all of my symptoms had gone away within 2 months of 2-3 adjustments a week. Now my stomach has been retrained to stay down below the abdominal wall and the muscles surrounding the hernia are healed and stronger. I go in now for weekly or biweekly adjustments depending on my schedule and how I feel.

Hiatal Hernia – An Overlooked Cause of Disease

About three years ago Jack Ritchason, a naturopathic physician, corrected a health problem Steven Horne must have carried since childhood--a hiatal hernia. The impact this simple maneuver has had on his health has amazed him. He immediately noticed a difference in his lung capacity and his digestion and in the months that followed he began to put some muscle on his skin and bones frame and gain newfound strength and stamina.

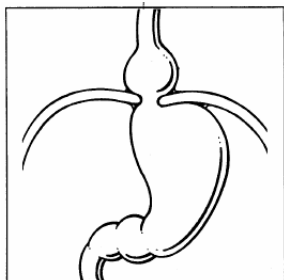
Dr. Ritchason tells us that this is a common health problem and our own observations as well as those of others confirm this fact. But this is more than a personal observation as the American Digestive Disease Society has estimated that nearly half of all adults--some 60 million people--have a hiatal hernia. It occurs more often in women than in men. It affects people of all ages; but is most prevalent in people over 50 and highly likely in people over 65.

The Great Mimic

Hiatal Hernia has been called the "great mimic" because it mimics many disorders. A person with this problem can get such severe pains in their chest that they think they are having a heart attack. They may think they have an over acid stomach because they will regurgitate stomach acid after they eat, or their stomach may hurt so badly they will think they have an ulcer. This is just a sampling of the symptoms that may occur from this disorder.

What is a Hiatal Hernia?

When you swallow, your food passes down a long tube known as the esophagus into the stomach. This tube must pass through a muscle known as the diaphragm, which is located near the bottom of your rib cage. This opening in the diaphragm, which permits the esophagus to pass through, is regulated by a sphincter muscle (or "valve"), which relaxes and opens when we swallow to permit the food to pass through the diaphragm and into the stomach. This sphincter then closes to prevent stomach acid from coming back up into the throat. A hiatal hernia occurs when the top of the stomach rolls or slides up into this opening and becomes stuck there.



Symptoms - When part of the stomach is forced into this opening, the sphincter cannot close properly. Thus, stomach acid may travel back up into the esophagus causing burning sensations (heartburn), esophageal spasms, inflammations and ulcers. The cramped position of the stomach can also stress the Vegas nerve, which stimulates the release of hydrochloric acid. This can cause

both over and under secretion of hydrochloric acid and stomach enzymes. It may also affect the sphincter or valve at the bottom of the stomach so that digestive secretions "leak" out of the stomach and are lost before they have completed their job.

The hiatal hernia will also interfere with the movement of the diaphragm muscle. This muscle normally pulls downward to expand the chest capacity and inflate the lungs. Since the hiatal hernia interferes with this movement, the person may be restricted to shallow breathing, or will resort to using the chest and shoulders to expand the lung capacity and take a deep breath.

The esophagus may also "kink" in the throat, which will irritate the thyroid gland and may cause some difficulty in swallowing. Often persons with hiatal hernias will have difficulty in swallowing capsules or tablets as they get the sensation that they are "sticking" in their throat.

The irritation on the vagus nerve can cause reflex irritations throughout the body. The vagus nerve comes from the medulla and goes to the heart, esophagus, lungs, stomach, small intestines, liver, gall bladder, pancreas and colon. It also has links to the kidney, bladder, and external genitalia. Thus, a hiatal hernia may start imbalances in the system such as decreased stomach acid and ph imbalance in the intestines and elsewhere.

If a person develops poor stomach digestion due to a lack of hydrochloric acid; they will have difficulty digesting and assimilating protein and most minerals. It will also contribute to food putrefaction in the intestines, causing greater toxicity in the body. This lack of nutrition and toxic condition may contribute towards food allergies, constipation, anemia and immune and glandular system weaknesses.

Two other problems that a hiatal hernia may contribute to are asthma and heart disease. Since the hernia reduces the lung capacity by interfering with natural breathing, it could be a factor in asthma. The hernia may also put pressure on the heart. Gas in the intestines may put pressure on the hernia and push it against the bottom of the heart, which may be one way, in which a heart attack can be triggered. None of this spells immediate fatality, but it does point to a major contributing factor in degenerative illness.

Causes

The causes of a hiatal hernia are speculative and unique to each individual. However, there are a number causes. First of all there may be a mechanical cause. Improper lifting, hard coughing bouts heavy lifting, sharp blows to the abdomen (the kind that "knock the wind out of you"), tight clothing and poor posture may contribute to the development of this problem. Improper lifting may be the biggest mechanical cause of this disorder. If the air is not expelled out of a person's lungs while lifting, it will force the stomach into the esophagus.

Secondly, there are dietary causes. Hiatal hernia just about always accompanies a swollen Ileo-Cecal valve. The Ileo-Cecal valve is the valve between the small and large intestines which permits material to enter the colon from the large intestine, but prevents material in the colon from moving back into the small intestine. When this valve becomes swollen and irritated it cannot close properly. This allows material from the colon to leak back into the small intestine. This is analogous your sewer backing up into your kitchen. This creates gas and indigestion, which puts pressure on the stomach and presses it tighter against the diaphragm. The relationship between the Ileo-Cecal valve and the hiatal hernia is a chicken/egg situation ... it is hard to know which comes first. However, it is clear that the Ileo-Cecal problem aggravates the hernia. Hence, the things that irritate that valve

may be causal factors. These are the basic causes of digestive problems: poor food combining, overeating, drinking with meals, overeating and eating when upset.

Lastly, there are emotional causes. According to one applied kinesiologist text a hiatal hernia comes from repressed anger. A person "swallows their anger" and "can't stomach it." When you get angry, you suck your breath upward. If you fail to release this anger, your stomach stays up. I have observed that most of the people with severe hiatal hernias have a great deal of emotional stress and hold a lot of it inside.

Identification

The easiest way to tell if you or someone you know has a hiatal hernia is to place your fingers on the solar Plexus, just below the breastbone. Then take a deep breath. You should feel the solar plexus expand and move outward. If there is no movement at the solar plexus and you have to lift your chest and shoulders to take a deep breath, then you probably have a hiatal hernia. You should be able to take a deep abdominal breath without lifting your shoulders. There are other, more complicated, methods of determining if you have a hiatal hernia, such as muscle testing, but this is a fairly simple and reliable method.

Correction

Since a hiatal hernia is primarily a mechanical problem, the easiest and best way to correct it is mechanically. Medical doctors have attempted surgery to correct this disorder, but the results tend to be poor. Cutting into this area can further weaken it so that the hernia will return in short order. A better method is to manipulate the stomach and bring down the hernia by hand. Unfortunately, you can't do this to yourself. You will need to find a good chiropractor, applied kinesiologist or massage therapist who understands this problem and knows how to correct it. If you want to learn how to do this adjustment to others, you will have to find someone who does it and have them show you how since it is impossible to adequately describe the technique(s) in writing. They have to be learned through demonstration and practice.

Self-Adjustment

There are some self-help adjustment techniques. They aren't as effective as having someone else perform the adjustment, but they may help. The best one I've tried is to drink a pint of warm water first thing in the morning, then stand on your toes and drop suddenly to your heels several times. The warm water helps to relax the stomach and diaphragm and puts some weight in the stomach. By dropping down suddenly, the weight of the water helps to pull the stomach down. In a mild case, this might be enough to bring the hernia down. In a more severe case it may loosen the stomach and make it easier for someone else to bring it down. It will also help you to keep the stomach down once mechanical corrections have been made.

Nutritional Aids

Until the problem is corrected mechanically; there are some nutritional therapies, which may be of help. Immediate, but temporary, relief of pain and discomfort can often be achieved by the use of a mucilaginous herb like slippery elm or comfrey. These herbs absorb the digestive secretions and help to prevent their traveling back up the esophagus and burning it. They also help to prevent irritation of the Ileo-Cecal valve. Comfrey can also speed the healing of this problem once mechanical adjustments have been made. Comfrey/pepsin is a good combination for this problem as well. A digestive aid will help the person obtain the nutrients they need when the hernia is interfering with digestion. This may take the form of a hydrochloric acid supplement or a food enzyme tablet, or perhaps an herbal digestive aid such as papaya and peppermint, chamomile tea, safflowers, ginger root and so forth.

Other food or herb products that have been used to help people with hiatal hernias include: raw cabbage juice (where ulcerations have occurred), balm, barley water, brown rice, celery, coriander, gentian, hops, licorice, marshmallow and passion flower. Dietary modifications may be necessary to relieve the problem and to keep it from reoccurring once it has been corrected. Since the pressure of abdominal gas can push the stomach upward, it would be advisable to avoid gas-forming foods like beans. It would also be wise to watch food combinations carefully and to avoid overeating. Dr. Jack Ritchason recommends that people with hiatal hernias avoid eating any heavy meals after 3 pm.

Below you will find a checklist of symptoms, which will help you in identifying people who have this problem so they can take steps to correct it.

Symptoms of a Hiatal Hernia

What is a Hiatal Hernia? A hiatal hernia occurs when the top of the stomach rolls or slides up into the opening in the diaphragm which the esophagus passes through and becomes stuck there. This condition may create difficulty with digestion (and hence general nutrition and well being) as well as breathing difficulties, nervous problems, circulatory problems and glandular imbalances. All of the following symptoms have been connected with a hiatal hernia. If you have some of these symptoms especially those marked with an asterisk (*) you may wish to consider being checked for this condition.

- **DIGESTIVE DIFFICULTIES** *Belching, *Bloating, *Heartburn, *Difficulty digesting meat/high protein foods, Tension or pressure at the solar plexus, Sensitivity at the waist, Intestinal gas, Regurgitation, Hiccups, Lack or limitation of appetite, Nausea, Vomiting, Diarrhea, Constipation, Colic in children, Difficulty in gaining weight or overweight, Ulcers.
- **BREATHING AND CIRCULATION PROBLEMS** *Difficulty with deep abdominal breathing, *Difficulty in swallowing capsules, *Asthma, *Inability to take a deep breath from diaphragm, Overall fatigue, Tendency to swallow air, Allergies, Dry tickling cough, Full feeling at base of throat, Pain or burning in upper chest, Pressure in the chest, Pain in the left side of chest, Pressure below breastbone, Lung pain, Rapid heartbeat, Rapid rise in blood pressure, Pain in left shoulder, arm or side of neck.
- **STRUCTURAL COMPLAINTS** TMJ (Temporo-Mandibular Joint Pain), Bruxism (Grinding teeth in sleep), Joint pain, Localized or overall spinal pain, Headaches.

- **STRESS** *Suppression of anger or other emotions, *Living with or having lived with a quick-tempered person, Dizziness, Shakiness, Mental Confusion, Anxiety attacks, Insomnia, Hyperactivity in children.
- **OTHER AILMENTS** *Open Ileo-Cecal valve, *General weakness, *Difficulty in getting and/or staying healthy, Overactive thyroid, Cravings for sugar or alcohol, Candida Albicans, Menstrual or prostate problems, Urinary difficulties, Hoarseness

For more information about the problem of hiatal hernias, read the book "Hiatal Hernia Syndrome: Insidious Link to Major Illness" by Theodore A. Baroody, Jr., M.A., D.C., "Hiatus Hernia" by Penny Hemphill from an Australian Magazine, Nature & Health, and "Chiropractic Handout".

Nature's Sunshine Supplements



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NSP Products for a Hiatal Hernia/GERD/Acid Reflux

Stomach is bulging up into diaphragm, sending stomach acid into esophagus, creating a burning feeling after eating.



- For relief: [STOMACH COMFORT \(CHEWABLE\) \(60\)](#) – A healthy alternative to antacids.
- For healing and prevention of symptoms: [MSM \(90\)](#) greatly reduces inflammation and therefore heals.
- [INTESTINAL SOOTHE AND BUILD \(IMPROVED\)](#) or [ANTI-GAS, CHINESE](#) to soothe digestive tract and improve digestion.
- [ANTI-GAS FORMULA \(WITH LOBELIA\)](#) or [ANTI-GAS, CHINESE](#) and [PDA COMBINATION \(200\)](#) to prevent the formation of gas.
- Eliminate all carbonated beverages, coffee, and tea, except herbal.
- Go to <http://www.joyfullivingservices.com/naturesfield/hiatalhernia.pdf> to download Steven Horne's Nature's Field newsletter that contains an excellent article on Hiatal Hernia.
- Products can be referenced and purchased from: <http://www.mynsp.com/generali/index.aspx>

Messed Up in Tennessee E-mail to Share

I've had GERDS and Barrett's Esophagus in the past, ten years ago, which cleared up by diet and without PPIs and H2 blockers, and since that time whenever I have a small episode of reflux, I have definitely told my doctors that I get worse if they try to put me on PPIs or Histamine blockers. I remember what those pills did. I tried each one back then and they immediately made me bloat up terribly and it wouldn't go away for a while, and everything got worse in the GERDS, so I stopped. But through the years, they kept pushing them on me, saying I needed them, but I really wasn't even having any symptoms.

The GERDS is acting up a little again now because of muscle relaxer medicine I took, and the neurosurgeon, demanded I take something for the GERDS, as someone passed away in his family from esophageal cancer. So, today, I took one 150mg capsule of Ranitidine with some peaches as I cannot swallow pills at this time. I thought this Zantac would act differently. But - 30 minutes afterwards, my whole stomach and chest completely bloated up, it scared the daylights out of me. It scared me so much that I didn't want to be alone. I went up around the hill and had some friends pray over me. My neck, throat and head also have a lot of pressure in them, and my "lifted-feeling" in the gut and the abdominal pressure hasn't gone down yet. This is affecting my lungs. I don't know what to do at this point, but I know that I will NEVER take any of those pills again, and I left every one of my doctors a message about it. I do have an endoscopy on Monday already scheduled; I hope they will find only gas left behind from the pill, and not a large hiatus hernia. My chest feels very uncomfortable beneath and under my ribs, and I cannot sit straight up for long because my ribs are hitting the bloated area.

Does this in any way sound familiar to problems you've heard of, and will this go away on its own if it's a hernia? Hard to think of living this way for a long time. I remember all the hardships of enduring it before, but I can't remember how long it was before it stopped. Hopefully it has not damaged other organs. I can kick myself for taking that pill! I was on the road to recovery and this has made things terribly worse for me.

If you can use this email (without my address of course) to tell others to STOP this insanity of treating the symptom rather than the problem, then by all means do so!

Soothing Relief for Acid Reflux

Dr. Ellen Tart-Jensen, Ph.D., D.Sc.



People are in such a hurry, they seem to have lost this inner peace that comes from stillness and walking in nature. Rushing and hurrying creates stress and acidic conditions in the body. Every drop of adrenaline that we produce from stress that goes unused causes acidity and aging. Also, because people are so rushed, they do not take the time to eat properly. They are rushing through fast food restaurants, cramming down fries and burgers and guzzling soft drinks as they hurry back to the office. And because they have not nourished themselves well, they are often exhausted in the mornings and feel they must drink lots of strong coffee to wake up. All of these "non" foods and drinks create stomach acids, gas, and burning in the esophagus, throat, and around the heart.

Lots of people are pouring into the doctors' offices with heartburn, burning in the throat and esophagus (this often occurs during the night and prevents proper sleep), and burping of acidic fluids from the stomach. Doctors often label these symptoms, GERD, or gastro- esophageal reflux disease. I have had several clients lately with this condition and it has gone away beautifully with a few simple lifestyle changes:

1. **Stop drinking coffee.** Replace coffee with the following hot mineral whey drink: 1 Tablespoon mineral whey powder, 2 teaspoons Jensen vegetable seasoning, and 1 teaspoon lecithin granules. Place all ingredients into a cup of hot water, stir and drink. This mineralizing, alkalizing drink is delicious. It tastes like a bullion and nourishes the stomach with the exact minerals and nutrients the stomach needs to heal and balance itself. This drink will replenish the stomach minerals lost during improper eating, drinking, and stress. Acids burn up the soothing stomach minerals and this drink will replace them. I suggest that you drink this drink two to three times per day.
2. **Stop drinking soft drinks of all kinds.** Soft drinks contain acids and 12 teaspoons of sugar - also very acidic. Diet sodas are even worse. The artificial sweeteners are highly acidic and can also weaken the nervous system. Replace soft drinks with the following Whole Life Food Blend Drink: 1 TBS. Whole Life Food Blend, 4 oz. organic apple juice, and 4 oz. cold water. Stir powdered food blend up in the water and juice and drink. The Whole Life Food Blend will also alkalize and remineralize the stomach and help to stop the acids and burning.
3. **Take 2 Digest It Supreme and 2 to 4 Sun Cleanse just before each meal.** The enzymes in the Digest It Supreme will help the foods to digest properly and go down rather than coming back up. The fresh organic nutrients in the Sun Cleanse will help to alkalize the acids and cleanse the blood and lymph. It also will help to readjust the metabolism.
4. **Take 2 Preolac at night before bed.** This is a superior form of friendly bacteria like acidophilus that will help to repair the entire digestive tract.
5. **Choose whole, fresh and natural foods.** Avoid wheat, homogenized milk, and sugar. These are all very sticky foods and will congest the digestive tract. 80% of your diet should be alkaline, while only 20% should be acidic. Even the acidic foods should come from natural sources. So eat six vegetables a day, two fruits per day to get the 80% alkaline and 10% starch and 10% protein to give you the 20% acidic amount you need.
6. **Combine your foods properly.** Eat fruits alone or with soaked almonds. Eat vegetables and grains together or vegetables and proteins together. Do not combine grains and proteins.
7. **Soak beans and grains overnight before cooking.** Add a tablespoon of plain organic yogurt to the soak water. This will help to break down the enzyme inhibitors and help them not to cause gas.
8. **Make sure the bowel is eliminating properly!** This is a must. If the bowel is backed up, the stomach will have no place to dump foods into. So if you have constipation, consider a cleanse. Have a look at my e-book, The Simplified Guide to Internal Cleansing. This will help anyone understand how to cleanse. These are very gentle cleanses and can be done while still going to work. Cleansing will help the bowel, liver and all organs to release toxins and work much more efficiently. Acid reflux and constipation will vanish in most people. (You can download the e-book free of charge from the front page of our website: www.bernardjensen.com. This book will also give you all of the ingredients of the Sun Cleanse, Digest It Supreme, and Preolac and explain even more about what they do for you.)
9. **Exercise to improve digestion and circulation.** If you don't move the body, the internal organs will become very sluggish. Walking a half hour a day and swinging the arms is one of the finest exercises one can do. Use a tennis ball and massage the colon each day as well.
10. **Eat in a quiet, friendly environment and chew your food really well.** We should chew each bite at least 25 times! It is crucial to feel peaceful and happy while eating so the food can digest properly. If you are watching the news or a violent movie, the adrenal glands will produce adrenaline and the whole acidic cycle will begin. To digest properly, we must be in parasympathetic (calm and peaceful mode) rather than sympathetic (fight or flight mode).

Focus on Colon Health.... Diverticulosis and Diverticulitis

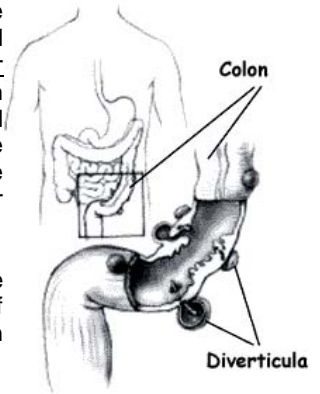


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Your colon, or large intestine, is a very important part of your digestive tract. Its main job is to eliminate waste products from the body, but it also plays a role in nutrient absorption, reabsorbing body fluids, and is the home to the friendly bacteria that help keep our immune system strong. It is therefore important to keep your colon in good health. The colon is not a hard tube. It is actually made of muscle tissue. When the diet lacks fiber and adequate nutrients, the stool stays in the colon too long, which expands and stretches the colon wall, weakened areas develop and small pouches begin to protrude from the colon wall. This would be similar to the idea of bulges that form in a tire inner tube when weakness occurs.

Each pouch is called a diverticulum. Pouches are diverticula. When you have many of these pouches on the colon wall it is called diverticulosis. About half of all Americans age 60 to 80, and almost everyone over age 80, have diverticulosis. When the pouches become infected or inflamed, the condition is called diverticulitis. This happens in 10 to 25 percent of people with diverticulosis. Often there are no symptoms of diverticulosis except mild cramps, bloating, and constipation. All of these signs should warn you that your digestive tract needs attention. Once the pouches have become inflamed you may experience tenderness around the left side of the lower abdomen, if infected, fever, nausea, vomiting, and chills may occur on top of the other symptoms.

Supplement Recommendations: The following supplements are recommended to support the body to help heal this condition. Fiber formulas are essential to help prevent the buildup of wastes in the bowel pockets as well as helping the body to empty the debris that is built up in them:



Ultimate Greenzone - (if diagnosed with diverticulosis) 1 scoop twice daily. This formula provides a wide range of fibers from whole grain sources such as amaranth, brown rice, millet, and flax seed, it also provides green foods that help to alkalize an acidic condition in the body, along with herbs and supplements that cleanse and strengthen the liver and kidneys. The formula is also high in antioxidants that have a protective effect against colon cancer. Prebiotic fiber is included in the formula because of its ability to help the good bacteria in the colon to grow and populate. This formula offers so many naturally occurring vitamins, amino acids, phyto-nutrients and minerals that I consider this to be a great plant based multiple vitamin and mineral supplement.

If you have been diagnosed with diverticulitis an additional type of fiber drink is recommended. Since there is inflammation with diverticulitis, you need a fiber blend that combines herbs that soothe and heal the digestive tract. **Everybody's Fiber (#1336-6)** is such a fiber blend. The herbs in this formula provide herbs that repair the intestinal wall, reduce inflammation, break up gas and relax muscle spasms in the digestive tract. They also provide a bulk fiber to move waste materials along thru the colon, and clean out the bowel pockets. The Ultimate GreenZone product is excellent for both conditions as it improves the overall health of the individual, is pH balancing for better health, and provides bulk fiber. It is a good fiber drink to start your day with. However, in cases of a lot of inflammation, the Everybody's fiber might be a better choice for the first month or two of healing, and then you can switch to the GreenZone for your long term maintenance program.

Most people who develop diverticulum on the colon wall tend to be constipated. When you start out using fiber and have a sluggish colon, you often become more constipated. If you know you have a tendency to be constipated then I recommend you take a very gentle bowel stimulant and toning formula along with your fiber drink each day. The Formula **Bowel Detox (# 3020-8)** provides nutrients that help to repair and build a healthy colon wall. At the same time, the formula helps to improve intestinal function. It has mild laxative properties for those with a sluggish colon. Another great formula for this situation is Gentle Move (#952-9). This formula is particularly helpful for those who tend to have a dryer stool and cramping spasms in the intestinal tract. Gentle Move features a proprietary blend of magnesium hydroxide and herbs. Triphala extract is an Ayurvedic combination of dried fruits used as a "health harmonizer." Traditionally, triphala is considered a gentle laxative that supports digestive and intestinal health. Magnesium hydroxide is a natural salt of magnesium, an essential mineral that specifically attracts and retains fluid within the colon. Gentle Move's herbal blend also contains yellow dock root, ginger rhizome, marshmallow root and slippery elm bark to aid digestion and provide soothing action to the digestive tract.

It is important when anyone suffers from digestive complaints or colon problems to rebalance the good bacteria in the intestinal tract. A good formula for people with diverticulum is **Probiotic Eleven (#1510-1)** this formula provides eleven species of friendly bacteria to help replenish the colon. These bacteria enhance digestion of minerals, soothe an irritable bowel, help fight unfriendly bacteria and yeast in the colon, improve immunity, and aid in the elimination of toxins. I recommend people take 2 capsules twice daily on an empty stomach through 1 bottle to help restore good bacteria levels in the intestinal tract. Keep refrigerated.

Poor diet and poor digestion of your food is the major contributing cause to the formation of diverticulitis and diverticulosis. **Food Enzymes (#1836-9)** is a full spectrum enzyme that helps to digest proteins, fats, carbohydrates in the stomach. It contains hydrochloric acid (HCL) to help with protein digestion and destroy yeast and parasites. This enzyme is best for people over age 30, or those under moderate stress, and have symptoms of poor digestion on a somewhat regular basis. These people usually have low hydrochloric acid output, the most common symptoms being: bloating, belching, or gas immediately after a meal, a sense of

fullness or fatigue after a meal, undigested food in the stools, mild indigestion, and constipation or diarrhea on a regular basis. Start with 1-2 enzymes per meal, if your symptoms are not aggravated, or they improve, try 2-3 with larger meals, some people require 3-4 enzymes with their largest meal initially. If you have taken too many you will feel a warm feeling in your stomach, simply cut back on the dose with the next meal. Eventually, your own output of HCL will improve and you should be able to cut back on the amount needed.

Note: A simple test for acid production involves taking 1 tablespoon of apple cider vinegar with a meal, if digestion is improved you are likely suffering from low production of stomach acid and Food Enzymes will help. But if the heartburn is made worse, then it is likely you have either reduced mucus production or excessive acid production.

For those who have an irritated stomach lining or hyper acid production they should consider using **Proactazyme Plus (#1525-0)** This is a wide spectrum digestive enzyme from plant sources, which does not contain any hydrochloric acid, so it will not cause burning. This is a good enzyme to use while you are working on healing the stomach lining, and can be used by those who are on any type of antacid medications.

Notes: Make sure to drink 2 quarts of filtered or bottled water daily to improve colon function. Also work in more fiber foods into your diet by adding more fruits and vegetables, brown rice and oatmeal. Although whole grains do provide fiber, whole wheat is not recommended for the first couple months on this program as so many people do not digest the wheat products well and they may contribute to gas and bloating. Wheat free breads and pastas can be found at any health food store and some grocery stores.

Aside from improving bowel function and helping to keep the pouches clean of debris, fiber helps to absorb excess sugars, thereby helping to maintain proper blood sugar levels. This is particularly helpful for those with diabetes or hypoglycemia. Fiber also plays a role in absorbing bad fats that contribute to the formation of colon cancer, and helps in the lowering of cholesterol. There are many sources of fiber: all fruits, vegetables, whole grains, ground flaxseed, beans and lentils contain fiber. The problem is that since the introduction of processed foods in the early 1900's our diets became more and more deficient in fiber. Every time you eat white flour bread or pasta you take in a meal low in fiber. The lack of fiber makes it very hard for the stool to move along thru the digestive tract, it even makes the stool pasty and causes it to stick to the lining of the colon and this interferes with the absorption of nutrients, and creates an environment which is friendly to yeast and parasites. This lack of fiber slows the transit time of the waste and creates constipation. Because the waste remains in the colon too long, excess water is removed from it, making it even harder to eliminate. It is important for all of us to include plenty of fiber in our diets. Sometimes dry stool is caused by a lack of fatty acids and oils in the diet. Be sure to include sources of omega 3 oils in your diet. Omega 3 oils also help reduce inflammation which would be very important in healing diverticulitis.

So in review:

- Diverticulosis is a condition where pouches form along the colon wall. It is caused by the weakening of the colon wall due to poor diet, constipation and lack of fiber in the diet.
- Diverticulitis is a condition where these pouches become inflamed and possibly infected.
- Poor digestion of food in the stomach contributes to digestive problems in the intestinal tract. Digestive enzymes help improve poor digestion.
- Fiber supplements help to improve bowel function and act as a broom to clean out the diverticulum pouches on the colon wall.
- Probiotics should be taken periodically to help restore the balance of the good bacteria in the colon. This will enhance the overall function of the colon.
- Diet and lifestyle changes are necessary to correct the underlying cause of this condition.

Leaky Gut Syndrome

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The pain in your body usually starts in your stomach. Digestive disturbances are also known as a common condition called 'Leaky Gut Syndrome' which is related to malabsorption problems. Most of the problems with our health usually start or appear as a digestive issue. When studying natural healing courses we are taught that eighty five percent of all diseases begin in the colon. The real truth to the matter is our digestive process begins in the mouth. When chewing our food, the breakdown begins to digest enzymes in the saliva. When our food gets into the stomach it needs to be broken down even a lot more, if not broken down correctly indigestion happens. When undigested food gets into the small intestine, this causes mucus to build up in the attempt to protect the lining of the intestinal wall. The mucus forms to counter act the

bacteria created as the food ferments. In the small and large intestine there is suppose to be a high level of good bacteria but with fermenting food more toxic bacteria are created. With this process starting, toxic bacteria overpower the good bacteria. Whenever there is undigested food in intestinal tract, the toxic bacteria flourish when food sit too long and begins to putrefy or rot if the undigested food is not removed quickly through the colon, toxic chemicals called "indicans", will form and cause irritation to the lining of the digestive tract. As this irritation gets worse, the toxic chemicals are leaked through the intestine into the circulatory and lymph system. This condition is called 'Leaky Gut Syndrome'. When really looked at, 'Leaky Gut Syndrome' is often the cause of much chronic disease. We can prevent or reverse these disease patterns by making sure you digest your food in the stomach effectively. Also we must have enough good bacteria in the small intestine and colon for the food to get broken down completely. Irritable bowel syndrome affects 25 to 55 million Americans every year. (Source: Smybim for Life)

Possible Supplements for Digestion - All Cell Detox, Anti-Gas (Chinese), Anti-Gas Formula, Artemisia

Possible Supplements for Leaky Gut Syndrome - Chamomile, Irritable Bowel Fiber, Kudzu/St. John's Wort, Licorice Root

Recognizing the Symptoms of Poor Digestive Health



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Diet and nutrient intake are critically important in the proper function of the digestive system. We must keep the system running properly if it is to perform its function adequately. The digestive system is responsible for the complex process of breaking down fuel (food) and allowing for the absorption of nutrients into our bodies. Failure can occur at either point, leading to a defect in digestion (maldigestion) or a failure in absorption (malabsorption), which may trigger the development of a number of related digestive problems. Because the symptoms for both maldigestion and malabsorption overlap, these conditions are difficult to diagnose.

Other problems related to the digestive system include constipation, candidiasis, abdominal bloating, and irritable bowel syndrome. Constipation affects over 4 million people on a regular basis. Typically, this is caused by poor fiber intake, poor water intake and imbalance in the bacterial content of the colon, or candidiasis. Candidiasis can be caused by a deficiency of friendly bacteria, which allows an overgrowth of yeast (the most common being *Candida Albicans*) and can lead to symptoms manifested by reflux, abdominal bloating, lethargy and a host of other symptoms. Irritable bowel syndrome is one of the more common digestion problems seen in the country, and candida may also play a role in its symptoms.

As we age, the function of the intestinal system changes. Often, acid levels decrease, and poor digestion occurs, which can lead to symptoms of indigestion, heartburn, and bloating. Digestive enzymes may help reduce the occurrence of these symptoms.

Dietary and Product Recommendations - Constipation:

- Avoid highly processed carbohydrates and adopt the Ideal Diet.
- Drink plenty of filtered water
- Include high fiber foods and fiber supplements (total daily fiber intake 25 to 35 grams), Try... NSI Friendly Fiber
- Include *Lactobacillus* as part of your daily regimen. *Lactobacillus* is one of a handful of probiotic bacteria strains available in capsule form. Try...

Orthomolecular Formulations - Colon Health - Candidiasis and Irritable bowel

- Maintain a low glycemic diet, avoiding all refined grains and flours, as well as sugar
- Drink plenty of filtered water
- Include high fiber foods and fiber supplements (total daily fiber intake 25 to 35 grams), with the same product recommendations as noted above.
- Include *Lactobacillus* as part of your daily regimen. *Lactobacillus* is one of a handful of probiotic bacteria strains available in capsule form with the same recommendations as noted above.
- Peppermint, used as a folk remedy for stomach ailments, aids in soothing the symptoms associated with irritable bowel and candidiasis.

Correcting HCL levels will help reduce the occurrence of indigestion, heartburn, and bloating. Try... Orthomolecular Formulations - Digestive Health - Maldigestion

- Maintain a balanced diet with 50% Protein, 30% Carbohydrate and 30% fat
- Drink water only in between meals, and very little with meals to decrease the dilution of stomach acid, especially with ice.
- Take digestive enzyme supplements that contain HCL & Pancreatic enzymes. Try these great products from MBI Nutraceuticals...

Bio-Gest: This is a full spectrum digestive enzyme supplement made with natural pepsin. Bio-Gest is specifically designed to reduce symptoms arising from problematic digestion in the stomach. Many people do not make adequate hydrochloric acid or sufficient enzymes to digest their foods properly. Bio-Gest is a balanced digestive aid supplement with protein metabolizers (proteases), starch metabolizers (amylases), and fat metabolizers (lipases), as well as, hydrochloric acid in the form of betaine HCL and glutamic HCL which enhances enzyme function.

Panex-8: Remedy lower gastrointestinal tract digestive problems with Panex-8. This special formula contains a digestive enzyme from the pancreas and is especially helpful for treating stomach upset related to food allergies. Panex-8 contains pancreatin, a combination of pancreatic enzymes that are normally produced naturally in the body. They help to digest fat, starch and protein in the food you eat. Pancreatin is given to people who do not produce enough enzymes to digest their food properly.

Food Combining



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Do you have digestive trouble? In other words, do you belch after a heavy meal or feel full? Does it seem like food stays in your stomach for hours? Do you still taste the food you ate 4 hours later? It typically takes 4 hours to break down fats and proteins (meat, eggs, dairy), 2 hours to break down starches (rice, potatoes, pasta), 1 hour to break down vegetables (salad, cooked or raw vegetables), and 1/2 hour to break down fruit.

Think About This

If you eat all the above types of foods together at one meal like most people do, how long do you think it will take you to break them down? If we add up the amount of time it takes to break each one of these food types down it would take approximately 7-1/2 hours for these foods to be broken down and leave your stomach to be absorbed in the small intestines. That's a very long time. Most people don't wait 7-1/2 hours between meals. Most people eat breakfast around 7 or 8 am, lunch around 12 or 1, and dinner around 5 or 6. That means that the last meal you ate is still in your stomach when you begin the next meal. And you're wondering why you're so tired and listless? Probably because your body is constantly trying to break down the food you're eating and all your energy is going to that task.

How Can You Avoid This?

Simply by following proper food combining rules and by supplementing your digestion with a product that will help you break down your foods easily. Food combining is a process that we suggest for eating each meal in which you only combine foods that can be broken down together. This allows a much quicker transit time.

Why Use Digestive Aids?

Even if you follow the food-combining chart, you still might be low in your store of food enzymes and hydrochloric acid. These enzymes are created and stored by the liver and pancreas. If you constantly eat junk food and other foods that are devitalized of their nutrients, your body will have to use its store of digestive aids. Once they're depleted you have to depend on the foods you're eating to stimulate the production of these enzymes and HCL.

Most people by the time they reach 35 have approximately 1/2 the enzymes and HCL production they used to have. This is because the body begins to slow down. The metabolism decreases and the body does not need as much fuel (food) to keep it going. At the same time the body slows down the production of these digestive aids. But, you keep eating at the same pace and the same types of foods not paying attention to the signals your body is giving you. These signals include belching, intestinal gas, bloating, nausea, overfull stomach, pain in the stomach, and other symptoms related to the intestinal system such as diarrhea after a meal and formation of mucous after a meal relating to food allergies.

Take Responsibility for Your Health

If you have these symptoms and are tired of them, then food combining will be useful to you. You will be amazed at how good you will feel in just a few days of following this program. It's not easy at first. The first week is difficult because we are so accustomed to sitting down and eating a salad, a protein, a starch, a fruit and maybe even a dessert at the same meal within the same hour. If you follow this program you will be limited to eating only a vegetable and a protein or only a starch and a protein at the meal and using the fruits and desserts as your desserts. If you need to lose weight this is the easiest way to do it. This is definitely NOT a diet BUT a lot of people have lost weight because they have begun to take responsibility for what goes into their mouth and how they feel afterwards. This is the beginning of "listening" to your body and learning what IT LIKES rather than what YOU LIKE. What your brain likes is not necessarily what's good for you. Everyone would love to eat whatever they want but there are consequences to doing this. Why don't you start today and feel better by following food combining and using digestive aids.

Food Combining Diet



Protein with Vegetables. Carbohydrates with Vegetables. No proteins mixed with Carbohydrates at the same meal.

Fruits, 1/2 hour before or 2 1/2 – 3 hours after meals. Keep fruits from the same category together and do not mix them at the same time.

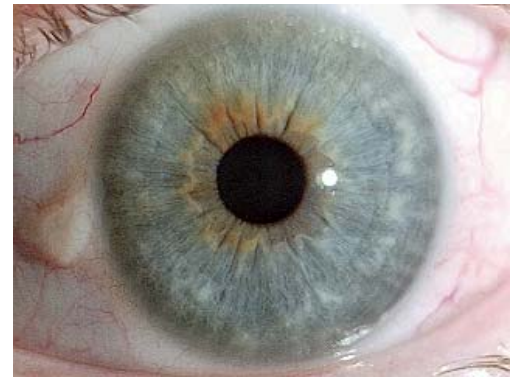
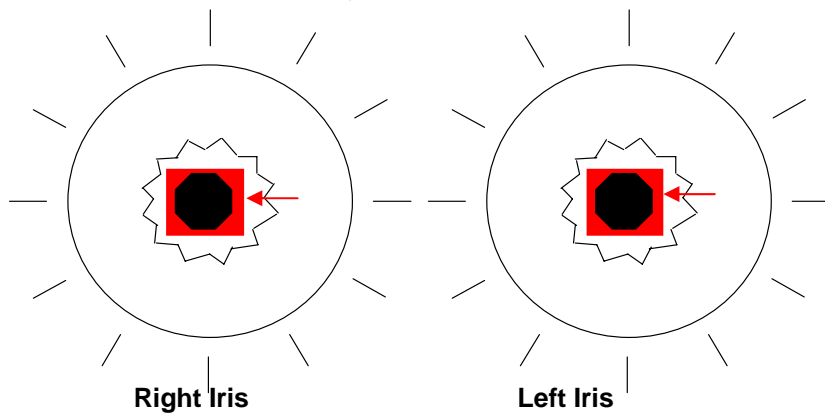
Melons, in a category by themselves, consume them between meals. Sub-acid fruit can be consumed with a protein and vegetable combination.

The Study of Iridology

We make it a point to put some type of iridology information in each of our newsletters. This month we are discussing the digestive system. Please let us know if you have any questions about these items. The information was taken from our Beginning and Intermediate Iridology courses. Go to: <http://www.joyfulliving.com/education.html> to find out more about our courses.

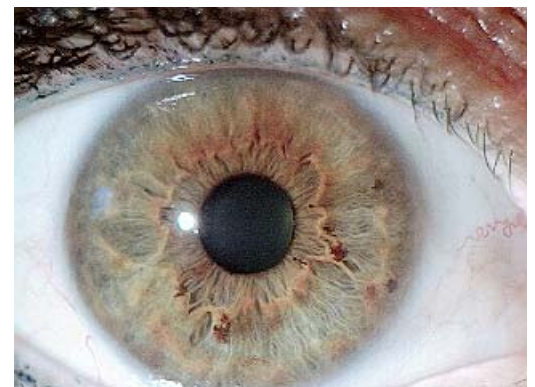
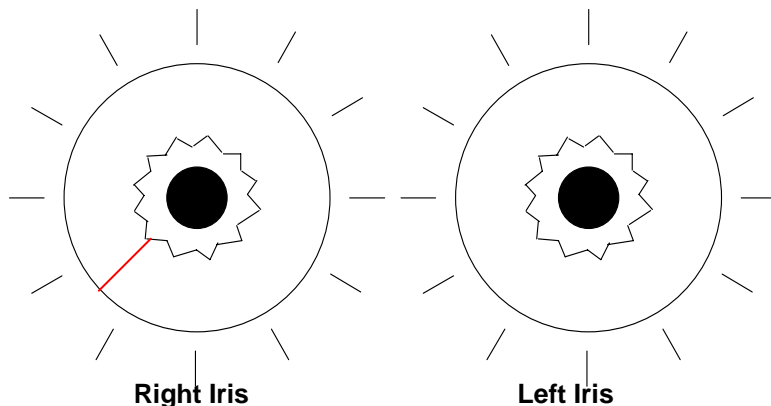
Stomach (Center) - Upper=Cardiac, Lower=Pylorus

If the stomach does not perform its job well it is hard to be happy. The stomach wall has a very high concentration of organic sodium, a mineral essential to its proper function. Sodium is very alkaline and this helps prevent the very acidic stomach hydrochloric acid from eating its way into the Stomach wall and causing ulcerations. When other parts of the body need sodium they "rob" it from the stores in the Stomach wall. When the body ages it decreases its production of hydrochloric acid in the Stomach. As this happens food is not able to be prepared like it should for entrance into the Duodenum, the first portion of the small intestine. This creates indigestion or improper digestion and gastric distress. Many find it uncomfortable to eat heavy protein meals with this condition. In severe cases there is discomfort after eating almost anything. The highest natural food in sodium content, which is practical to get and take, is whey. Whey is a milk constituent and a by-product of the cheese-making process. Concentrated goat whey is the highest in sodium but cow whey is also suitable. Also for the stomach we find that we should have an adequate amount of celery everyday. An intake of vitamins A, B1, B2, C, D, G, Folic Acid and Niacin are also necessary. In addition there should be adequate amounts of Chlorine, Iron, Magnesium, Potassium and Sulfur. A good diet supplies these elements. Herbs helpful for the stomach are Comfrey, Fenugreek, Peppermint, Archangelica, Ginger, Papaya, Raspberry, Slippery Elm and Alfalfa. Sometimes a hydrochloric acid tablet with meals is helpful as a temporary aid in the digestive process.



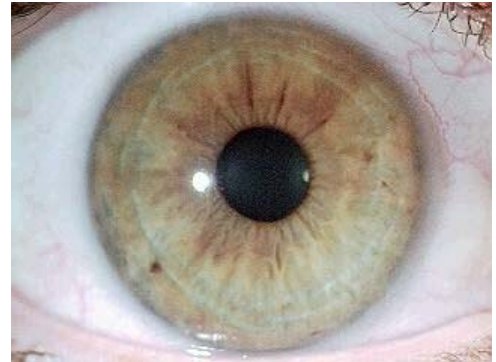
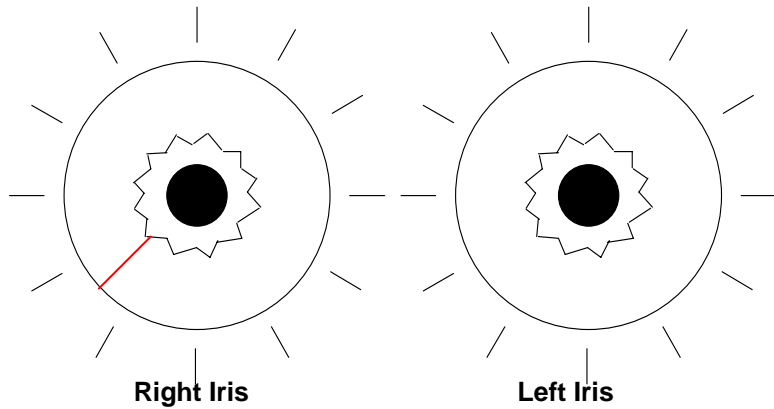
Gallbladder (7:30 R)

The Gall Bladder is a little sac on the right side near the Liver. Its function is to store and concentrate bile. Bile is created by the liver, and it is a very toxic and noxious waste product which must be gotten rid of. It does have a useful function. Through the bile duct bile is carried to the upper portion of the small intestine where it helps emulsify fats we have ingested. The Gall Bladder contracts as fatty meals are eaten to provide a shot of concentrated bile for fat emulsification. People who have Gall Bladder dysfunction, or have had their Gall Bladder removed, find that ingestion of fats in quantity causes them to suffer indigestion because these fats cannot be fully emulsified. Bile also stimulates peristaltic action of the intestines, which promotes the excretion of this and other toxic waste material from the body. We can take care of the Gall Bladder by making sure we have adequate amounts of Vitamins A, C and E. Minerals include Iodine Sulfur, Chlorine, Iron, Potassium and Sodium. Herbs include Dandelion, Cascara Sagrada, Chicory, Golden Seal, Marigold, Rosemary, Yellow Dock and Comfrey. Chiropractic manipulations are also helpful in chronic congestive states of this organ. Specific Gal Bladder cleanses using Epsom salts, lemon juice and olive oil can cause the gall bladder to forcefully contract, thus helping to relieve congestion. Raw and steamed red beets eaten on a daily basis are extremely beneficial and can stimulate the Gall Bladder.



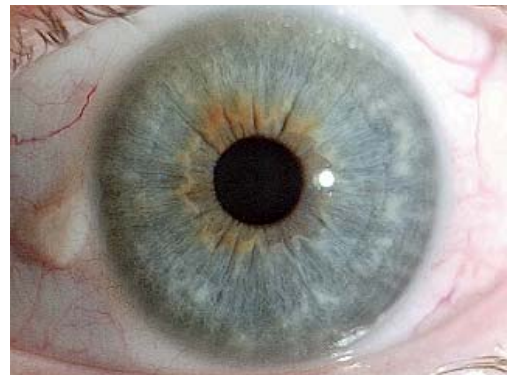
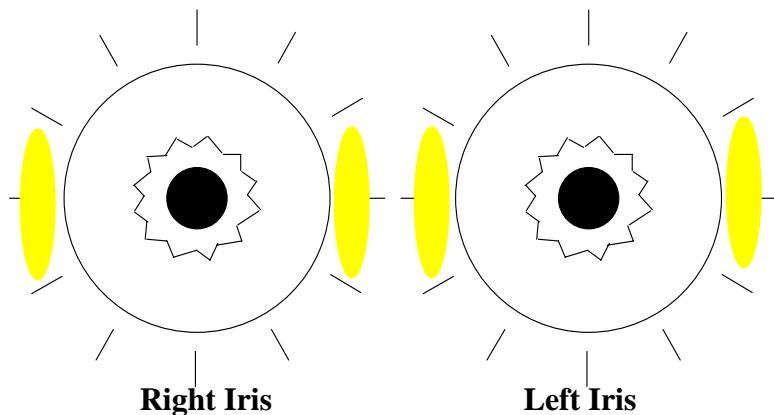
Liver (7:30 R)

The Liver has six functions which include five Non digestive Functions and one Digestive Function. The Non digestive functions are (1) Production of plasma proteins (antibody production and anticoagulant production), (2) Destruction of worn-out red blood cells and bacteria, (3) Detoxification of body acids and metabolic wastes, (4) Glucose balance in blood through ability to store or release sugar into the blood and (5) Storage of Vitamins A, D, E and K along with Copper, Iron and any poisons found in the body. The Digestive Function is to manufacture bile, which is used in the small intestines for digestion and absorption of fats. General care of the Liver would include those of the Gall Bladder. Care of the Bowel is imperative and Liver flushes are beneficial.



Fatty Deposits in Whites (Poor Fat Digestion)

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



Iridology Chart by Bernard Jensen, DC

