



Joyful Living Services' News

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From The Author

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

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

New Courses Available

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

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

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

Descriptions of all 3 courses are listed below:

1. Med-Herbs Certified Herbalism Course

Online and CD-ROM course. Med-Herbs has developed their own Certified Herbalism Course which we are sponsoring to you, on our web site, and in our catalog. Med-Herbs is a European company specialising in herbs and herbal remedies. Unlike many other herbal courses, the Med-Herbs course is unique in that it describes the preparation and use of herbal teas, creams and oils in detail. In depth descriptions are included of over 60 herbs, plants, fruits and vegetables along with information in relation to harvesting times, methods of preservation and remedial properties. The course also contains descriptions and primary sources of 12 vitamins and 6 minerals. The aim of the course is to provide the student with a

basic knowledge of herbs and their remedial properties. Upon successful completion of this course, students will be awarded with a certificate of completion. Additionally, upon commencement of the course, all students will receive a complimentary Med-Herbs screen saver containing pictures of all the herbs featured in the course and free membership to the Med-Herbs web site for two months. This course is an excellent adjunct to the Certified Herbal Counselor course that Joyful Living Services offers. To find out more about this course please go to the Med-Herbs web site located at <http://www.med-herbs.com> or contact us at Joyful Living Services. Available anytime, \$200.

2. Joyful Living Services' Certified Herbal Counselor Course

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

3. Joyful Living Services' and Med-Herbs' combined Advanced Herbalism Course

Online and CD-ROM course. With the development of modern medicine, the tradition of using herbs and herbal remedies to prevent and fight illness, seems to have been lost. To reverse this trend "Joyful Living Services" in conjunction with "Med-Herbs" have designed this Advanced Herbalism Course. This course describes the preparation and use of herbal teas, creams and oils in detail. In depth descriptions are included of over 60 herbs, plants, fruits and vegetables along with information in relation to harvesting times, methods of preservation and remedial properties. Additionally, this course considers various aspects of nutrition relative to the maintenance of general good health, specifically detailing vitamins and minerals found in fruit and vegetables. The

overall aim of this course is to equip the student with a basic knowledge of herbs and herbal remedies that can be prepared and utilized in the home. After the successful completion of this course, students will be awarded a certificate of completion, will be placed on the referral pages of the Joyful Living Services' web site and will receive free referrals from potential clients. Also, upon commencement of the course, all students will receive a complimentary Med-Herbs screen saver, containing pictures of all the herbs featured in the course and free membership to the Med-Herbs web site (<http://www.med-herbs.com>) for two months. This course is an excellent completion course for both the Certified Herbal Counselor course and the Med-Herbs Certified Herbalism course. To find out more about this course please contact us at Joyful Living Services. Available anytime, \$350.

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

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

October 2005 Specials

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

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

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

- **Certified Iridologist-Beginning Iridology Course**
Correspondence course on 3 DVDs or 3 VHS video tapes and manuals on CD-ROM. Course offers the following: The History of Iridology; Specific Iridology Signs; The difference between blue, mixed and brown irises; How Herrings Law of Cure Affects Us; What Iridology Does for Us; Recognition of the Eye; Study of the Iridology Chart; Seven Zones of the Body; Four Disease Stages; Four Levels of Inflammation; Four Elimination Channels; Reversal Process; Herbs, Vitamins, Minerals for areas of the Iris and Specific Iridology Signs. Available anytime. 40 CECs available. \$200 if sold separately.
- **Certified Iridologist-Intermediate Iridology Course**
Correspondence course on 3 DVDs or 3 VHS video tapes and manuals on CD-ROM. Course offers the following: Review Iris Signs and Iridology Chart; Find Iris Signs in Irises Provided; Perform a Constitutional Iridology Analysis from Beginning to End; Perform Iris Analysis

using the Systems of the Body; What Organs are in each system and how to tell Which System is not Functioning properly; Which Herbs, Vitamins, and Minerals are Necessary to Promote Growth in Each System;; Detect growths; Detect Mineral Deficiencies, Detect where Inflammation is Causing Symptoms; Case Study to Learn Benefits From Lifestyle Changes. Available anytime. 40 CECs available. \$200 if sold separately.

- **Certified Iridologist-Advanced Iridology Course**
Correspondence course on 3 DVDs or 3 VHS video tapes and manuals on CD-ROM. Course offers the following: Review Constitutional Iridology Signs and perform an Analysis from Beginning to End on Irises Provided; Draw the Iris; Perform Iris Analysis from Slides; Perform Case Studies by Examining Iris photos and Determining Strengths and Weaknesses in each, British Iris Signs; Simple Sclerology Signs. Available anytime. 40 CECs available. \$200 if sold separately + \$50 for final exam.
- 2. **Certified Anatomy & Physiology Course Special! - \$150 + Shipping (SAVE \$50!)**
Order the Anatomy & Physiology Course in October and save \$50. Course is either online or a CD-ROM course. Learn Human Development, Genetics, Body Organization, Cells, Tissues, Membranes, Integumentary, Skeletal, Muscular, Nervous, Respiratory, Digestive, Urinary, Endocrine, Reproductive, Blood, Heart, Vascular, Lymphatic and Immunity, Senses, Body Temperature, Metabolism, Fluid-Electrolyte, and Acid-Base Balance. Available anytime. 40 CECs available.
- 3. **Herbal Guide CD-ROM Special! - Only 1 Available - \$150.00 + Shipping (SAVE \$45!) - The Snap! Herbal Guide** is the perfect CD-ROM for anyone with an interest in herbal medicines and natural healing. This powerful tool allows you to look up thousands of traditional herbs, discover their healing properties, and receive tips on choosing the best herb for curing certain ailments. This reference source is truly un-matched in its exceptionally detailed information and ease of use. Contains the following: Alphabetical "Materia Medica" Listing of Medicinal Herbs and Plants; "Basic Principles" Section Including Classification, Formulation, Preparation, and Selection Criteria for Herbal Remedies; "Human Systems" Categories Detail Systemic Afflictions and Suggested Treatments; Cross-references Match Physical Effect to Herbal Application. System Requirements: Windows 3.1 or better. PC Compatible. 512K RAM, CD-ROM Drive, VGA, Sound Card.
- 4. **Nature's Sunshine Products Special!** - Sign up as a member or distributor with Nature's Sunshine Products for free for 1 year with an initial order of \$40 and save up to 45% off retail prices during the year! Go to <http://www.naturessunshine.com> and sign up under account number 465339-8.

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

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Ivy Bridge’s Colon Cleanse

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

Ingredients

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

Procedure

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

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New Products

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

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

Important Notice

The information contained in the Joyful Living Services’ newsletter is for educational purposes only and should not be used to diagnose or treat diseases. If you have a disease, the author suggests that you contact a health practitioner, and do not treat the disease yourself.

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