

Joyful Living Services' News

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From The Author – Welcome to October



I hope you will enjoy the information in this month's newsletter. Since it's October and the holiday this month is Halloween, be sure to have fun with your little ones and at the same time be sure to give them healthy treats in their pumpkin when they ring the bell and scream "trick or treat" at you. We are always so bombarded with candy this time of year. This year instead of giving out candy, why not put a dime in a pumpkin or a granola bar or a box of raisins. This is healthy and parents can use these healthy treats in school lunches as well. I know as a parent of a 5 and 7 year old that I very much appreciate getting healthy treats for my kids in their pumpkins. (Note Darth Vader here on the right. This is my son, Joshua, who is now 5 and excited about going out trick-or-treating.) I don't appreciate them eating candy and getting tummy aches and then being hyper for days on end nor are they happy when I tell them they have to throw their candy away that they've worked so hard to accumulate it. Even handing out gum is healthier than candy and kids can make gum last a very long time if parents keep track of it and divide it up. We hope your Halloween is a safe and happy one and that you have lots of spooky characters coming to your door this year. Brenda



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!

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.

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.

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.

Get Dioxins Out of Your Body with Green Chlorella

By: Chris Ritchason & the Back to Herbs Team

The average American now carries a "body burden" of seven hundred or more synthetic chemicals. These chemicals are found in the umbilical cord blood of new born babies. Even in the breast milk of mother's perchlorate (a toxic component of rocket fuel) is found. *The Hundred-Year Lie by Randall Fitzgerald*. The name "chlorella" refers to a number of species of single-celled green algae packed with chlorophyll, the chemical that gives plants their green color. Chlorella contains protein and carotenoids, plant pigments with antioxidant power. Fiber, chlorophyll, and lipids contained in Chlorella cells are found to be involved in the inhibition of absorption of dioxin in the digestive tract and reabsorption of dioxins in bile.

What is dioxin?

Dioxins are some of the most toxic chemicals known to science. According to an EPA report, not only does there appear to be no "safe" level of exposure to dioxin, but levels of dioxin and dioxin-like chemicals have been found in the general US population that are "at or near levels associated with adverse health effects." Dioxin was the primary toxic component of Agent Orange, just so you know. And it's in our food: mostly dairy and meat also including poultry, fish and eggs. Mixtures of several PCB's with dioxin caused synergistic increases in toxicity eight hundred times above what had been predicted.

What are PCBs??

PCBs belong to a broad family of man-made organic chemicals known as chlorinated hydrocarbons. PCBs were domestically manufactured from 1929 until their manufacture was banned in 1979. Although no longer commercially produced in the United States, PCBs are present in products and materials produced before the 1979 PCB ban. Plastics! That you store your foods in and drink from but no longer microwave in...right?

Green algae are the highest sources of chlorophyll in the plant world; and, of all the green algae studied so far, chlorella is the highest, often ranging from 3 to 5% chlorophyll. The tight binding of chlorophyll to potential carcinogens may interfere with their absorption from the gastrointestinal tract and reduce the amount that reaches susceptible tissues.

Proven to prevent the absorption and reabsorption of dioxins, Green Chlorella is also credited with cleansing the bowel and other elimination systems and may protect the liver while lowering triglycerides. In 1975, Japanese researchers published an article in the *Japanese Journal of Nutrition*, showing that chlorella in the diet lowered both the blood cholesterol and liver cholesterol. In addition, regular use of Chlorella in the diet may help to clean the bloodstream, balance blood sugar, and normalize blood pressure. Chlorella helps to build up the immune factors stimulating interferon production and helping protect cells against viruses and aiding wounds to heal.



Precautions: Chlorella may cause allergic reactions, as well as photosensitivity, in some people. Chlorella supplements can be rich in vitamin K, which can reduce the

effectiveness of the blood-thinning drug warfarin.

We highly recommend the [New Ultimate Green Zone](http://www.mynsp.com/generali/index.aspx) and [Super Algae](http://www.mynsp.com/generali/index.aspx) ...both contain Chlorella. Order products online at: <http://www.mynsp.com/generali/index.aspx> or call us at one of the numbers on the first page of this newsletter.

Nature's Sunshine Supplements



Become a Member or Distributor for 1 year for free by placing a \$40 order at time of sign-up. Order for yourself and/or your family and friends and save 30-50% off retail on the products you use everyday. If you are interested in a home-based business, please contact us. Order products and search for products. Go to our web site at: <http://www.mynsp.com/generali/index.aspx>.

New Products Introduced at National Convention

Gentle Move The latest addition to our popular cleansing line, Gentle Move is a mild laxative for people who need some gentle help. Stock No. 952-9

Candida Clear A potent 14-day cleansing program designed to discourage the overpopulation of Candida. Stock No. 958-7

Fizz Active-Immune A convenient, effervescent formula for boosting the immune system. Drop it in water and it fizzes. It's a perfect boost before traveling or being near large groups of people. Stock No. 3045-5

Nature's Sweet Life Chocolate bars In two new flavors! Plain Dark (Stock No. 5453-7) and Natural Orange (Stock No. 5452-5) with DHA and ginkgo.

Order new Nature's Sunshine products online at: <http://www.mynsp.com/generali/index.aspx> or call us at one of the numbers on the first page of this newsletter.

Fibromyalgia



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Fibromyalgia was first described in 1843 as type of arthritis or rheumatism. The term used was fibrositis and still used by some authorities today. In today's time fibrositis or fibromyalgia (FMS) is recognized as a systemic disorder with far reaching effects with an estimated 5% of the population is affected and probably more because diagnosis is difficult and there is no definite laboratory testing available at this time. Fibromyalgia produces generalized fatigue and aching in a joint, along with pain and tenderness in muscles and nodules with 18 other prominent symptoms such as; insomnia, headaches, cramps, irritable bowel syndrome, allergies (food and environmental), weight gain, paresthesias (unusual sensations), low thyroid function, anxiety, depression, irritability, poor mental concentration and PMS may be linked chronic fatigue syndrome and an definite link to the immune system being out of balance. Sleep disorders, sensitivities to chemicals or the environmental agents, and chronic viral, bacterial or parasites could be the cause and or contributing factors of fibromyalgia.

The homeopathic approach

Because fibromyalgia is a broad metabolic or a systemic disorder, an in depth cure requires constitutional prescribing by a homeopathic practitioner there are many remedies that can help, he/ she can find the remedy that best fits the symptoms that you are experiencing.

A study that took place in 1989 and published in the British Medical Journal, which verified the effectiveness of the remedy Rhus. Tox. (poison ivy), showing favorable results and improved symptoms. This remedy's drug picture has an association with pain and disability and improvement to the immune system, other remedies that were tested were; phytolacca with affinity to the glands, Causticum for contractions and stiffness, Cimicifuga for over all muscle tenderness and depression. Other remedies that have been known to help with fibromyalgia are Bryonia, Gelsemium and Ruta. These remedies mentioned are not the only one used; other wonderful remedies can be selected for the emotional and mental aspect of this syndrome other than just the physical symptoms. You can contact me for the potencies and dosing of these remedies. Treating fibromyalgia takes some time, improving your surroundings, lifestyle and nutrition are paramount, healing the intestinal tract and restoring the immune system should be the primary goal.

Solving Attention Deficit Disorder Naturally...



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Attention deficit disorder (ADD) and Attention deficit disorder with hyperactivity (ADHD) are medical terms to describe a combination of symptoms associated with the central nervous system. Symptoms range from an inability to pay attention and focus, to behavioral problems and inability to rest and sleep. The list of symptoms is long, but they all have one thing in common: an over-stimulated, and out of balance nervous system. Medically the solution is a group of drugs such as Ritalin, Dexedrine, and Adderall, all which control the symptoms, but do little to nothing to correct the cause. Long term use of these drugs is very questionable, and perceivably very dangerous.

From a natural standpoint, a symptom is the body's way of telling you something is wrong. The solution is to find the cause of the imbalance, or irritation, and correct it, thereby giving the body the opportunity to reverse the symptoms on its own. Many of you have tried natural supplements for these disorders but have been unsuccessful at getting the results needed. Before you give up on the idea, let me say that this is a complicated situation involving multiple imbalances and causes. It may take some serious effort and time, on your part, to put together the appropriate program for your child, or yourself. Below I will attempt to simplify the process by outlining some of the major contributing factors to the onset of ADD and ADHD and their nutritional relationships to the nervous system. I shall also outline a supplement program, which may be tried as a starting point, which we have found from experience to be the most successful.

Nutritional Factors in ADD and ADHD

Blood Sugar Imbalances – There are many symptoms associated with low blood sugar such as craving sweets and carbohydrates, irritability if a meal is late, afternoon fatigue, occasional vision blurs, and weight gain. Psychologically, low blood sugar also can cause depression, anxiety, mood swings, confusion, incoherent speech, and bizarre behavior. How many children do you know that start their day with bowl of sugary cereal, juice, pancakes with syrup, sweet rolls, etc? Along with drinking several sugary drinks and soda pops thru out the day? The second contributing factor in low blood sugar is the lack of protein with their meals. Protein provides amino acids that are critical for brain function particularly involving concentration, and irritability. Children need to start their day with a low sugar, high protein breakfast to maintain normal blood sugar levels and concentration levels thru out the day. Eggs and whole grain toast, a cold sandwich, natural protein drinks or breakfast bars are good choices. Learn to read labels as foods that are labeled as "healthy" are often misleading.

Basic guide for labels on cereals and breakfast bars:

Carbohydrates around 25 grams

Fiber 4-8 grams

Protein 6-10 grams

Fats 3 grams

Look for mixed grains, instead of all wheat.

Cereals: look for the brands Back to Nature, Nature's Path, or Ezekiel, they carry them at Ingles. These cereals have good flavors, and a good combination of protein, carbs, and fiber. **Breakfast Bars can be used as an alternative to cereals, or a half bar as a mid-day snack.** Bars need to be balanced properly also, the following brands are balanced well. **Good choices are:** Luna Bars, Power Bar Nut Naturals, or Power Bar Harvest whole grain, Zone Bars, Balance Bars **Note:** Watch out for the low fat yogurt drinks or some of the other brands as they may contain Splenda or sucralose, this and other artificial sweeteners should not be consumed on a regular basis (though I prefer not at all).

Food Sensitivities - When food is eaten it is broken down by the digestive tract so it can be assimilated into the blood stream and used to build the body. When children are under stress, eat quickly, and tend to be emotional, they tend not to digest their food properly or completely. This creates food allergies or sensitivities Common symptoms that food is not being digested properly are constipation or diarrhea, dark circles under the eyes, hives, rashes, skin disorders, stomachaches, gas, sinus congestion, irritability, anger, mood swings, depression, headaches, hyperactivity, and learning problems. Note: If your child suffers from frequent gas, bloating, indigestion, or constipation it is likely that he or she is having some food sensitivities. Work with your Natural Health Consultant to learn more about how to determine what foods may be a problem. Consider supporting digestion with enzymes while working on diet changes or other possible causes to the problem. **Proactazyme plus** or **Chewable Papaya mints** are natural food enzymes that can be added to a meal to improve digestion of the food.

Toxins in the Environment and Foods - Along with the problem of improperly digested foods comes the problem of food colorings and additives that create reactions in the brain and overload the liver. Again we think of the many cereals, drinks, and snacks that children consume that are loaded with artificial colors and flavors. On top of that the liver is further overloaded by excessive toxins in the environment such as cleaning chemicals in the schools and home, cigarette smoke, pollution, and pollens, molds, and other allergens in the air. Typically most children consume very little fiber and drink very little water; both these factors further enhance the build up of toxins in their systems and further weaken the eliminative organs of the body (liver, lungs, skin and kidneys). An overloaded liver creates symptoms such as mood swings, irritability and anger, difficulty falling asleep followed by difficulty waking in the morning, muscle aches, headaches, and skin problems. * It is very important that children consume 4-6 glasses of water daily. If your child has been exposed to a lot of toxins, such as cigarette smoke, new house fumes, molds, or cleaning chemicals it may be necessary to support liver cleansing. The formula **Herbal Trace Minerals** provides alfalfa, kelp, and dandelion which are all helpful for improving kidney and liver function. This formula also provides a wide range of trace minerals to help improve energy as well. **Enviro-Detox** is a good choice if the child also suffers from constipation and sinus congestion.

Yeast Build-Up - Perhaps you have heard the term Candida, referring to yeast like fungi which normally lives in the digestive tract. The overgrowth of this yeast often occurs when the diet is high in sugar, low in fiber, coupled with poor digestion and assimilation of foods and a history of the frequent use of antibiotics. In this situation the population of "good" friendly bacteria are destroyed, while "bad" unfriendly bacteria multiple and take over the digestive tract. This results in many symptoms, a few of the most common include: fatigue, poor memory, feeling of "spaciness", depression, constipation, diarrhea, intestinal gas and bloating, reoccurring vaginal or bladder infections, and muscle aches and weakness. **Yeast/Fungal Detox** or **Silver Shield** may be needed in severe cases of yeast. If your child has a history of antibiotic use, it is likely that he suffers from some amount of yeast overgrowth. This can intensify symptoms of craving sweets, as well as the other symptoms mentioned in the paragraph above on that subject. It is recommended that you supplement the child with a **pro-biotic** product like **L-reuteri** to build up the good bacteria levels and weaken the yeast population.

Nutritional Deficiencies – Whenever the body is out of balance, ill, or not functioning at its best there will be nutritional deficiencies involved. A few nutritional substances are particularly important to support with ADD and ADHD. They include:

Essential Fatty Acids (EFA) contained in Flaxseed oil - A diet composed of largely saturated fat, animal fatty acids, cholesterol, and trans-fatty acids like margarine, provides negative fatty acids that disrupt the cell membrane. We need a diet that supplies the essential fatty acids Omega 3 and Omega 6, which cannot be manufactured by the body but must be supplied by the diet. These good fatty acids are concentrated in a few tissues in the body but in particular the brain. They help to control what enters the cell as well as the exiting of waste products from the cell. A lack of these good fatty acids has a dramatic impact on moods, behavior, and mental function. A small deficiency of these fatty acids can cause impaired ability to learn and recall information. Foods that are high in essential fatty acids include salmon, mackerel, herring, raw almonds, and sunflower seeds, flaxseed oil, black current and evening primrose oils. Since very few children and adults consume these foods regularly in their diet it is easy to see how deficiencies result. Other symptoms of lack of EFA include dry skin, eczema, psoriasis, and inflammatory disorders like arthritis, hair loss, and irritability. Note: Flaxseed oil is the most recommended oil for ADD and ADHD, it can be mixed in a protein drink, or fruit smoothie, and is well tolerated by children in that way. Good quality protein drinks can be found at your health food store. Flaxseed oil needs to stay refrigerated. Flaxseed oil is available in capsules but they are rather large and some children may object to swallowing them. **Flaxseed oil liquid # 3162-1**

B Complex - Crucial for the function of your brain and nervous system. The B-vitamins help with proper mental function, memory, and moods. They are also involved in keeping your blood sugar levels stable, and your ability to handle stressful situations. Since both stress and sugar intake depletes B-vitamins you can see why children need this vitamin to be supported. When B-vitamin levels are low people tend to be "wound up", with excess energy that drops when they finally stop moving at the end of the day. They tend to always have something in motion such as tapping fingers or feet whenever they are sitting, they may also tend to be

excessive worriers. The B-complex vitamins are available in the multiple vitamins suggested below. Some of the older children if they are particularly stressed, or wound up, may require additional B-complex capsules. **Children's Chewable Multiple # 1593-0**, or for older children who can swallow tablets the **Multiple Vitamin Time Released #1619-5**.

Calcium/Magnesium - These two minerals are very valuable to the proper function of the nervous and structural systems. The lack of calcium and magnesium will cause nervous tension, irritability, an inability to sleep soundly, muscle cramps, jumpy leg syndrome, achy bones, clenching of the teeth, constipation, and bladder spasms- resulting in bed wetting, and a lowered immune system.

Calcium/magnesium supplement in tablets – best for older children (#1675-0).

For younger children I like the **Liquid Stress-J formula (#3163-3)** which is an herbal blend that provides naturally occurring calcium and magnesium. I also like **Herbal CA ATC (#826-3)** This blend of herbs is high in calcium and magnesium, is calming to the nervous system and supports urinary health. I have found this formula to be very helpful for children who wet the bed at night or have a hard time falling asleep. I give our boys ages 10 and 13, 1 capsule per day at bedtime as their natural calcium–magnesium source.

Colloidal Minerals –Trace minerals are much depleted from today's food supply. These important minerals help meet your body's need for active enzyme systems, chemical balance, as well as the maintenance and repair of all body systems. I feel children are particularly depleted of these important trace minerals and that this is a contributor to ADD and ADHD. The NSP Colloidal Minerals is made with the finest particle-size colloids that are ready for assimilation into the body, providing enhanced mineral supplementation in an economical, great-tasting lemon-lime flavor. These minerals come from ancient plant deposits--a balance of minerals produced by nature. It contains a full spectrum of macro and trace minerals, many of which are required for daily cell function and structure. pH balanced for maximum benefit. May be mixed with juice or water, **refrigerate after opening.** (#4013-6)

Focus Attention Formula – This formula combines powerful nutrients required for quiet, balanced mental activity. It helps modulate brain activity and energy levels without harsh chemicals and supports blood circulation and neurotransmitters in the brain. Focus Attention can also protect the body from undesirable effects caused by exposure to chemicals, food additives and pesticides. By supporting the body with a wide range of high-quality nutrients, balance and function may be maintained, while learning and memory are enhanced. Focus Attention contains Melissa officinalis to soothe the nervous system, Ginkgo biloba to support brain and circulatory health, DMAE for memory and learning enhancement, slippery elm to aid nutrient absorption, l-glutamine to support healthy brain activity and mental ability, and grape seed extract to neutralize brain cell-damaging free radicals. (#1833-4 capsules, #1843-0 powder)

Special Note: Some children diagnosed with ADD and ADHD are actually just suffering from an over stimulated nervous system which does not have enough nutrients to correct and balance itself. These children respond very well and very quickly to the above program. True cases of ADD or ADHD have an imbalance of the sympathetic and parasympathetic nervous systems. Those with an imbalance of excess in the sympathetic nervous system will tend to have very large pupils all of the time. They will also respond well to the above program. Children with an imbalance of excess in the parasympathetic nervous system react differently and you will find they may be stimulated by herbal formulas that tend to relax the body such as Stress-J or Herbal CA or calcium. These children tend to have very small pupils all of the time. Herbs that stimulate a tired or sluggish person will often help quiet this type of child down. My favorite formula in this situation is **Energ-V (#875-8)**.

Energ-V was designed to support the body's own energy-building system. It works with the glandular, nervous and circulatory systems to help relieve stress and support energy production. It provides a variety of nutrients to support vitality—some that nourish the glands (kelp and licorice) and some that nourish the brain and nervous system (gotu kola), better enabling the body to cope with stress. Energ-V also provides support from adaptogenic herbs (schizandra and eleuthero) that help the body under environmental stress. For children with a dominant parasympathetic nervous system this formula can have a quieting effect which helps them to focus and control their energy. (#875-8).

GABA is supplement that helps to balance excessive brain activity. When a child or adult finds they can't turn off the brain especially at night, they are often GABA deficient. GABA is an amino acid that is used to make a neurotransmitter (brain chemical) that calms excessive brain activity and promotes a state of greater relaxation and peace. Excessive daily stress quickly depletes the needed ingredients to make this chemical. The resulting low GABA levels will cause your mind to run fast all the time and make you feel irritable, easily angered, and short tempered. Consult your Natural Health consultant about the use of this supplement. Do not take if you are on any anti-depressant drugs. (#1823-6)

Question: What if my child is on prescribed medications for ADD or ADHD, can I still use this program?

Answer: This program is designed to be used along side the medications your doctor may prescribe for ADD and ADHD. These are basic nutritional supplements that do not have strong medicinal properties; therefore they will not interfere with the function of the medications. However, it is important for you to talk with your doctor about your desire to blend in nutritional supplements with his current medication program. Many of the symptoms of ADD and ADHD are actually brought on by simple nutritional deficiencies and poor diet. Knowing this, it can be expected that after improving the diet and using supplements for several weeks, that you would see a change in the child's behavior and focus. This may cause the child to need less medication. Talk with your Doctor about this program and your desire to try it with your child. Keep your Doctor informed of the child's progress so he or she can reduce the medication dose, in a safe and gradual manner as the child's nutrition improves.

Side Effects of Dental Work



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Seven years ago, a few visits to the dentist for major dental work, forever changed my life. Before those visits, I was in perfect health and had been on a life extension program for 25 years with amazing results. At the time I had this work, doctors were just realizing that bacteria released from major dental work could have damaging effects to the heart and were starting to recommend antibiotics to some of their patients before dental surgery. Especially if you had a history of rheumatic fever as a child, or even just a heart murmur. Six months after those treatments brought me to the doctor with very bad AFIB, a form of arrhythmia. The medical evaluation showed my cholesterol was high, my heart was enlarged, and my mitral valve was sloppy and not seating properly. Mitral valve regurgitation or mitral regurgitation is a condition in which your heart's mitral valve doesn't close tightly, which allows blood to flow backward in your heart. Mitral valve regurgitation is also called mitral insufficiency, or mitral incompetence. I had what is called Infective Endocarditis, inflammation of the heart and heart valves, and it was most likely caused by the recent dental work that I had. This progressed into Cardiomyopathy, a disease of the heart muscle. There are three main types of Cardiomyopathy: dilated, hypertrophic and restrictive - all of which affect your heart's muscle, often making it difficult to pump blood and deliver it to the rest of your body. Needless to say I was angry, depressed and I have had to deal with the damage, which was considerable, and still do to this day. Medications were recommended to treat but not cure the damaged valves and enlarged heart, as well as the elevated cholesterol. Since that time I have decided to turn lemons into lemonade, and have devoted myself to the healing of the heart without drugs. My research is found on my page [Mending a Broken Heart](#). The heart of the research is on the [Pauling/Rath Protocol](#), which was patented back in 1992 as an effective treatment and reversal program for cardiovascular disease. The program works, but is not a cure that you can take and then stop, as I was painfully reminded of last week with a heart attack at my home. I stabilized myself and managed to live through it, but was reminded that I can't experiment with other programs and veer too far from the effective treatment, I need to stay well. I assure you, I will not make that mistake again.

Lyme's Disease



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I hope when you look at Lyme's disease, you realize that when it comes to the complaints that your clients have of symptoms that seem to be in their head only, they are real complaints. When my clients complain about symptoms that seem to be nonexistent, I must realize that my clients understand their body. I often think about how much medication my clients are taking, and how little knowledge or experience their doctor really has when it comes to Lyme's Disease because the test that was administered showed no Lyme's. The issue is, I wonder do they really know where to look for the disease?

When studying Lyme's disease we must know that it can elude many doctors because it has a way of mimicking other illness. This can pose a health risk; also it can lead to treating the wrong illness, which can delay proper care. There are some major complaints dealing with Lyme's disease. Here are just a few of the symptoms that go along with it; joint pain, swelling, and stiffness, muscle pains and cramps, creaking, popping, and crackling of knees, persistent fatigue, headaches, warm/cool sensations, foot pain, and forgetting how to perform simple tasks. When you start to take notice you can see why Lyme's disease has to be understood because it can cause years of misery if allowed to go on undetected.

[So the million-dollar question is: What is Lyme's disease?](#)

Lyme's disease is called the "New Great Imitator" because, like syphilis, it attacks multiple organ systems and mimics many diseases. Both diseases are caused by a spirochete. Spirochetes are a group of phylogenetically distinct bacteria that have a unique mode of motility by means of axial filaments (endoflagella). For pathogens, this allows the spirochetes to hide their flagella, which are normally antigenic, from the host immune defenses. Lyme's diseases are caused by *Borrelia burgdorferi* (Bb). Bb previously thought to be transmitted only by the deer tick (*Ixodes dammini*) is now recognized to be transmitted by fleas, mosquitoes, mites and other insects, contaminated food, and human contact. Authorities estimate that up to 90% of the population could be carrying the Lyme's spirochete, and that Lyme's is a factor in over 50% of chronic illnesses. When studied, the symptoms mimicked are amyotrophic lateral sclerosis, Parkinson's disease, multiple sclerosis, Bell's Palsy, reflex sympathetic dystrophy, neuritis, psychiatric illnesses such as schizophrenia, chronic fatigue, heart failure, angina, irregular heart rhythms, fibromyalgia, dermatitis, autoimmune diseases such as scleroderma and lupus, eye inflammatory reactions, sudden deafness, AIDS, ADD and hyperactivity, chronic pain and many other conditions. I often wonder how many people are being misled or uninformed about their real health issues. We must start looking for the root cause to the problem for our clients, if not, we might as well be pushing drugs. When we see our clients there is always an answer to the cause of the illness.

I never thought how an autoimmune illness comes from a tick. I educate my clients to seek a qualified nutritionist and a natural holistic doctor. There are foods that you could be eating that could be actually making you sick. This is why we introduce them to supplements that help reduce the pain. Pain and fatigue put your body at a state of immobility were you have no control over anything and the feelings that my clients describe are unbearable. I'm not saying you will never have pain again, but with your diet and lifestyle changes you will. I'm often asked about treatment. Timely treatment increases chances of recovery and may lessen the severity of any later symptoms. The most effective treatment will depend on the stage of the disease.

The following Nature's Sunshine products may help with the recovery from Lyme's Disease: Una de Gato (Cat's Claw), Vitamin A & D, Vitamin C, 5000mg, Food Enzymes, and All-Cell Detox.

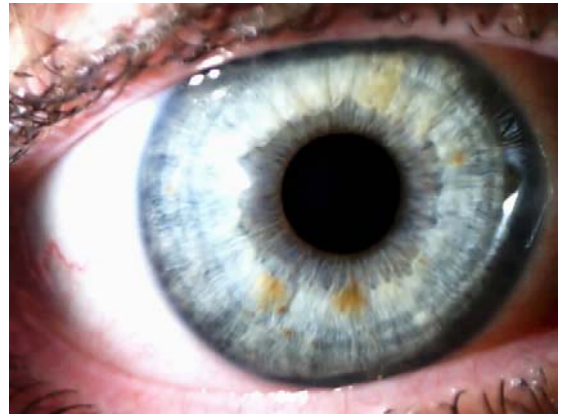
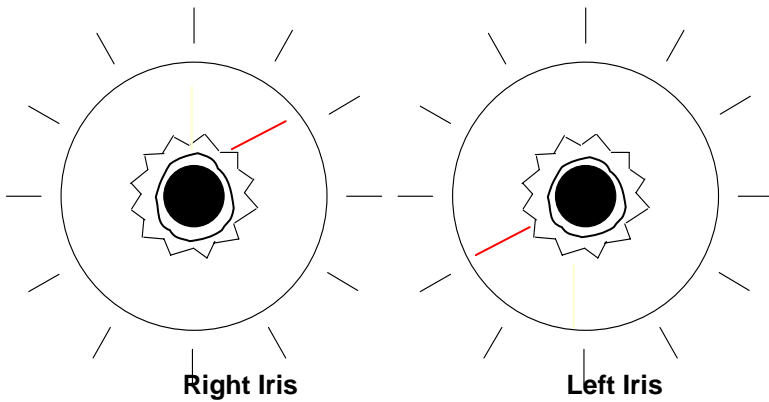
The Study of Iridology

We make it a point to put some type of iridology information in each of our newsletters. This month we are discussing body acidity. Please let us know if you have any questions about these items. The information was taken from our Intermediate Iridology course. Go to:

<http://www.joyfullivingservices.com/education.html> to find out more about our courses or call Brenda.

Body Acidity (Over Acid Body Chemistry)

Acids may come from the diet, from the state of mind of the person or from under functioning elimination systems. Often all three are involved to some extent. Thoughts can drive the body to an over acid condition faster than the worst diet. This places a strain on the organs whose job it is to eliminate these acids. Therefore, under functioning organs compound the problem. The way to overcome the over acid condition is to take care of the under functioning organs, make the necessary changes in the diet and alter the thinking. Organic sodium foods and high potassium foods are a help in alkalizing the system. The best way to alkalize the system is to eat only alkaline foods for a period of time such as fruits and vegetables and to avoid proteins and starches which are acidic foods. If you have an over acid body from an over stressed lifestyle or a high acid diet it would benefit you to check your ph with a ph test kit. These are very inexpensive and can tell you exactly what your body is doing throughout the day. Contact Brenda for a test kit if you are interested. Lots of green drinks and powders will help bring down the acid level in the body and so will fresh carrot juice and uva ursi.



Irritation of Nervous System (Stressed Out)

When the nervous system becomes irritated it shows up in the iris of the eye as bright white or covered with pigmentation. Irritation of the nervous system can occur due to injury or stress. Vitamins, minerals, and herbs for the nervous system are beneficial for irritation.

