

Joyful Living Services' News

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It's September – Time to get your Body on Track!

This month we thought we would focus on the Immune System. There is so much to write and so many issues related to the Immune System that it would take months and months to write about it. So we hope that what we've included this month will be useful to you. Please know that you are welcome to print and e-mail these newsletters to anyone you know.



Now that it's September I am taking consulting appointments again. There has been some confusion about what I do when I consult with my clients. A consultation with me will run about 1 hour and cost \$60. During that consultation I will run a Compass scan, take pictures of your iris and scan your iris pictures through the Iridology Station 5.1 software to create an iridology report, evaluate your Nutritional Survey (which is done beforehand), and muscle test you. After I've run these scans and we've looked at your irises and analyzed those, then I will put together a program for you if you need to work on your health using medicinal herbs, vitamins, lifestyle changes, and anything else that may assist you. I schedule follow up visits once a month and those cost \$40. During those visits we talk about what you have accomplished with your program over the last month and we perform another Compass scan and more muscle testing to see where you are and if your program needs to be adjusted. I will also have you check your pH and there may be some additional tests that may need to be done. If this is something you may be interested in, please call or e-mail me to discuss a good time for an appointment. Some of the above scans are also available if you live out of the area.

Our Iridology Certification courses will be held the following dates in Sacramento, California:

1. Beginning Iridology, February 20-21, 2010
2. Intermediate Iridology, March 13-14, 2010
3. Advanced Iridology, April 10-11, 2010

Each course costs \$200 or all 3 together cost \$500. These will include printed handouts and DVD set as well as a full personal iris analysis for you during the course. See registration handout on the next page. Have a great September. Brenda

CADI and Service Recommendation



"My husband and I purchased the CADI Digital Iriscope earlier this year and we love it. It does an excellent job taking pictures – very sharp and clear and we are going to purchase the Iridology Station 5.1 software for it in the near future. Brenda and her staff have always been and continue to be very kind and helpful. Any questions or concerns we have whether it be health or equipment questions, are always answered promptly and cheerfully. Joyful Living Services is a great company to do business with and we highly recommend them to anyone from someone just getting in the herbal/iridology field to a very experienced person. Thank you again Brenda." – Tim & Debbie Bode

"I worked for Brenda as an Accounting consultant (setting up a Web -Site development partnership in QuickBooks, as well as the accounting procedures). Brenda was very responsive and helpful. I was extremely impressed with her professionalism and knowledge of accounting and business principles. On another note, as Brenda's sister-in-law, I've been very fortunate to have her as a wonderful resource for health-related issues over the years. She is extremely knowledgeable in the field of Iridology. In fact, just for fun, when I was pregnant with my daughter, Brenda studied my irises and showed me a certain area that was different because of the pregnancy. Sure enough, after I gave birth, the area was back to normal." – Rosemary Generali, Owner, Generali Business Services, rgeneral1@yahoo.com

What You Can Do to Prevent Forced Mandatory Swine Flu Vaccinations

Please take a look at the following link and send off the petition. I don't know about you, but I don't want any mandatory vaccinations for myself, my kids, or anyone I know on this planet!! I don't want the government in my personal health business!! Click on the following link to fill out the petition: http://salsa.democracyinaction.org/o/568/campaign.jsp?campaign_KEY=27275 Also check out: <http://www.dailymail.co.uk/news/article-1206807/Swine-flu-jab-link-killer-nerve-disease-Leaked-letter-reveals-concern-neurologists-25-deaths-America.html> which was submitted by Kimberly Muzzi.

Nature's Sunshine Testimonial for the Swine Flu from class in Sparks Nevada in August 2009: Tai Go and Silver throughout the day.



Become a Certified Iridologist in 2010 in Sacramento, CA

Joyful Living Services has scheduled a Beginning Iridology course on Saturday/Sunday, February 20th and 21st, an Intermediate Iridology course on Saturday/Sunday, March 13th and 14th, and an Advanced Iridology course on Saturday/Sunday, April 10th and 11th. Courses run from 9-6 both Saturday and Sunday. Learn the following:

BEGINNING IRIDOLOGY

Do you know how to read your Irises? Learn the following:

- History of Iridology and Specific Iridology Signs.
- Difference between blue, mixed, & brown Irises.
- How Herring's Law of Cure Affects Us.
- What Iridology Does for Us.
- Recognition of the Eye and Study of the Iridology Chart.
- Seven Zones of the Body, Four Disease Stages, Four Levels of Inflammation, Four Elimination Channels, and the Reversal Process.

INTERMEDIATE IRIDOLOGY

Follow up to further strengthen your skills and perform Professional Iridology. Learn the following:

- Review Iris Signs and Iridology Chart.
- Find Iris signs in each Participant.
- Perform a Constitutional Iridology Analysis from beginning to end.
- Iris Analysis using the 8 Systems of the Body.
- How to determine which system is not functioning properly.
- Which Herbs, Vitamins, and Minerals are Necessary to Promote Growth In Systems.
- Detect Growths.
- Detect Mineral Deficiencies.
- Detect Inflammation Causing Symptoms.
- Compare Beginning and After Iris Slides to Learn Benefits of Lifestyle Changes

ADVANCED IRIDOLOGY

Follow up to perform Professional Iridology and Become Certified. Learn the following:

- Review Constitutional Iridology Signs and Perform an Analysis from Beginning to End
- Draw the Iris of the Eye.
- Perform Iris Analyses from Photos.
- Perform Iris Analyses from Drawings of Previous Analyses.
- Learn How to Take Iris Photos.
- Learn British Iris Signs.
- Learn Rayid Iris Signs.
- Learn German Iris Signs.
- Introduction to Sclerology.
- Final Exam

You will receive a Certificate of Completion after each course is completed and a Certificate of Excellence after you pass the final exam (at the end of the advanced course). CEC's are available if you are in the medical profession.

Prepayment Required By: February 5th to save your space! Class is limited to 20 students!
Each course costs \$200.00. Pay for all 3 courses up-front by February 1st and save \$100.00!

Previous Students: If you would like to review the courses are \$100 each!!

Send payment to: Joyful Living Services, P.O. Box 485, Weimar, CA 95736-0485

RSVP to: 530-878-1119 or 800-704-9800 by: March 1st to reserve your place.

Courses will be held in Sacramento, CA (2 hours east of the Bay Area); Sacramento Airport is ½ hour away by car

Check/Money Order/VISA/MasterCard/American Express/Discover Accepted

Each Course Includes: In-Person Instruction, Instruction Manual, Course Syllabus, Tests/Final Exam and Certification. DVD set of course and Full Personal Iris Analysis for each attendee



Certified Iridologist Sacramento Course Registration Form

Please fill out the following information to register for our in-person iridology certification course. Mail it to us along with your payment to JLS, P.O. Box 485, Weimar, CA 95736-0485, USA or fax it to us at 530-878-1119 by the registration deadline. You can also contact us via e-mail at iridology@netzero.net, by phone at 530-878-1119 or 800-704-9800 M-F 8-5 PST. Please fill out one form for each registrant.

Name: _____

Company: _____

Address: _____

Address: _____

City, State: _____

Zip Code: _____

Country: _____

Telephone: _____

Fax: _____

E-mail: _____

Course Name: (Please circle all that apply) Beginning Iridology Intermediate Iridology Advanced Iridology
February 20th and 21st March 13th and 14th April 10th and 11th

Course Type: In-Person in Sacramento

Payment By: (Please circle one) VISA MasterCard American Express Bank Wire Check Money Order

Payment Option: (Please circle one) 1 payment 2 payments (must be paid in full by start of class)

Credit Card #: _____ Exp. Date: _____

Date Funds were Wired (if bank wire): _____ Check Number (if personal check mailed): _____

The Immune System



The immune system is the body's defense against germs, viruses and other invaders. The thymus gland, spleen, tonsils, adenoids and lymph nodes, along with a variety of white blood cells, all protect the body.

Common immune-system concerns include viruses, bacteria, fungus, cancer, fatigue, influenza, AIDS and stress. You can do a lot to keep your defenses strong and boost your immunity. The first step is making good dietary choices.

Examining the Immune System

Prevention is a fundamental principle of natural health. One of the best things you can do to prevent disease and disability is to support your immune system.

The immune system consists of various body organs and processes. Key structures include the thymus gland, spleen, tonsils, adenoids and lymph nodes. White blood cells also help defend the body.

This system is unlike other body systems in that it is not a group of physical structures (like the heart and blood vessels of the circulatory system), but a system of complex interactions involving many different organs, structures and substances. Among these are white blood cells, bone marrow, the lymphatic vessels and organs, specialized cells found in various body tissues, and specialized substances called serum factors that are present in the blood. Ideally, all of these components work together to protect the body against infection and disease.

The thymus gland plays a vital role in defending your body. It produces a special like of white blood cell called a T-lymphocyte. This unique cell plays a profound role in creating "cell-based" immunity. Immunity on a cellular level protects against fungi, viruses, bacteria and yeast infections. Your body has approximately one trillion lymphocytes.

The immune system helps protect us from malignancies. Tumor cells are always present in our bodies in small numbers. A healthy immune system will recognize and destroy tumor cells. When a person develops cancer, the immune function has failed to provide the body with protection. For some reason, the body does not recognize malignant cells, and they are allowed to reproduce.

After puberty, the thymus gland begins to shrink. Because the thymus is believed to be the source of hormones involved in the maturation of T-lymphocytes (discussed later), it is crucial that we supplement our diets with nutrients that nourish and build this gland. These include vitamin C with bioflavonoids, selenium, vitamin E, beta-carotene, zinc and alpha lipoic acid. Recent clinical data support the notion that many of us become zinc-deficient, as we grow older. This may help explain why elderly people become so much more susceptible to disease. Herbs that support the thymus gland include astragalus, echinacea and pau d'Arco.

The lymphatic system, which includes the tonsils, adenoids and lymph nodes, is responsible for collecting lymph fluid and draining waste from the tissues. This fluid must be purified by white blood cells, which destroy infections, kill microorganisms and remove cellular waste. Our lymph nodes also help produce armies of antibodies, which are special cells designed to kill specific organisms. Herbs like ginseng, golden seal and echinacea help support and cleanse the lymphatic system. Regular exercise also promotes lymphatic system health.

The body's defense mechanisms are complex. In some cases, a virus must penetrate several lines of defense in order to cause a problem. Our defenses include the skin, mucous layers covering infection-susceptible tissues, white blood cells (or leukocytes) and interferon. Leukocytes are divided into two classes called granulocytes and agranulocytes. These two classes are further divided into smaller groups.

Granulocytes are primarily phagocytic, which means they have the ability to ingest particulate substances, a process called phagocytosis. Granulocytes include juvenile neutrophils, segmented neutrophils, basophils and eosinophils. Neutrophils neutralize bacteria and small particles by ingesting them. Basophils are believed to deliver anticoagulants to facilitate blood-clot absorption. Eosinophils increase in numbers with asthma and during certain infections.

The agranulocytes include monocytes and large and small lymphocytes. Monocytes can ingest large particles such as foreign proteins and peptides, while lymphocytes produce antibodies and are critical to cellular immunity.

Interferon is a protein that forms when cells are exposed to viruses. Uninfected cells will become immune to the virus when exposed to interferon. Interferon inhibits a virus's ability to reproduce.

If the body's ability to properly produce interferon or leukocytes is impaired, invading, disease-producing microorganisms may successfully challenge the health of the body. Weakening of the immune system results in increased susceptibility to virtually every type of illness. Some common signs of impaired immune function include fatigue, listlessness, repeated infections, inflammation, allergic reactions, slow wound healing, chronic diarrhea and infections that represent an overgrowth of some normally present organism such as oral thrush or yeast infections.

Type of Immunity

The human immune system is functional at birth, but immunity really develops as the body matures and learns to defend itself against different foreign invaders called antigens. The immune system has the ability to learn to identify and remember specific antigens that it has encountered. It does this through two basic means – cell-mediated immunity and humoral immunity.

In cell-mediated immunity, T-lymphocytes (or T-cells) identify and destroy cancerous cells, viruses and microorganisms like bacteria and fungi. These cells mature in the thymus gland – hence the “T” designation. Here they learn to recognize what is “self,” and therefore should be tolerated, and what is “non-self,” and therefore should be destroyed.



Humoral immunity involves the production of antibodies. These are not cells, but special proteins whose chemical structures form to match the surfaces of specific antigens. Antibodies concentrate in body fluids – tears, saliva, mucus, etc. – where they guard the entrances to the body. When they encounter their specific antigens, antibodies either damage the invasive cells or alert the leukocytes to attack.

Another group of white blood cells, the B-lymphocytes (manufactured by and matured in the bone marrow) produce the antibodies. When the B-lymphocyte meets a particular antigen, it engineers an antibody to match the antigen and stores a blueprint of the invader so it can initiate the production of antibodies in the case of any future exposure.

Key immune-boosting nutrients include vitamins A, C and B6, along with the minerals magnesium, selenium and zinc. The vast majority of people fail to get even Recommended Dietary Allowance levels of these nutrients from their diet, let alone optimal intakes. For this reason, supplementing with a high quality, comprehensive multivitamin is a proven way to boost your defenses. Vitamin C has antiviral properties and has proven successful against most viruses tested. The mineral zinc has been linked to the body's ability to resist viruses.

Immune System Analysis

If you have four or more of the following indications, you may consider nutritional aid to the immune system: Lack of energy, Illness more than twice a year, Difficulty digesting certain foods, Food allergies, Recent or frequent use of antibiotics, Poor resistance to disease, Belching or gas after meals, Stressful lifestyle, Sore or painful joints, Difficulty in maintaining ideal weight, Slow recovery from illness, Exposure to air pollution daily, Feeling out of control, Food/chemical sensitivities, and/or Recurrent yeast/fungal infections

Immune System Suggestions

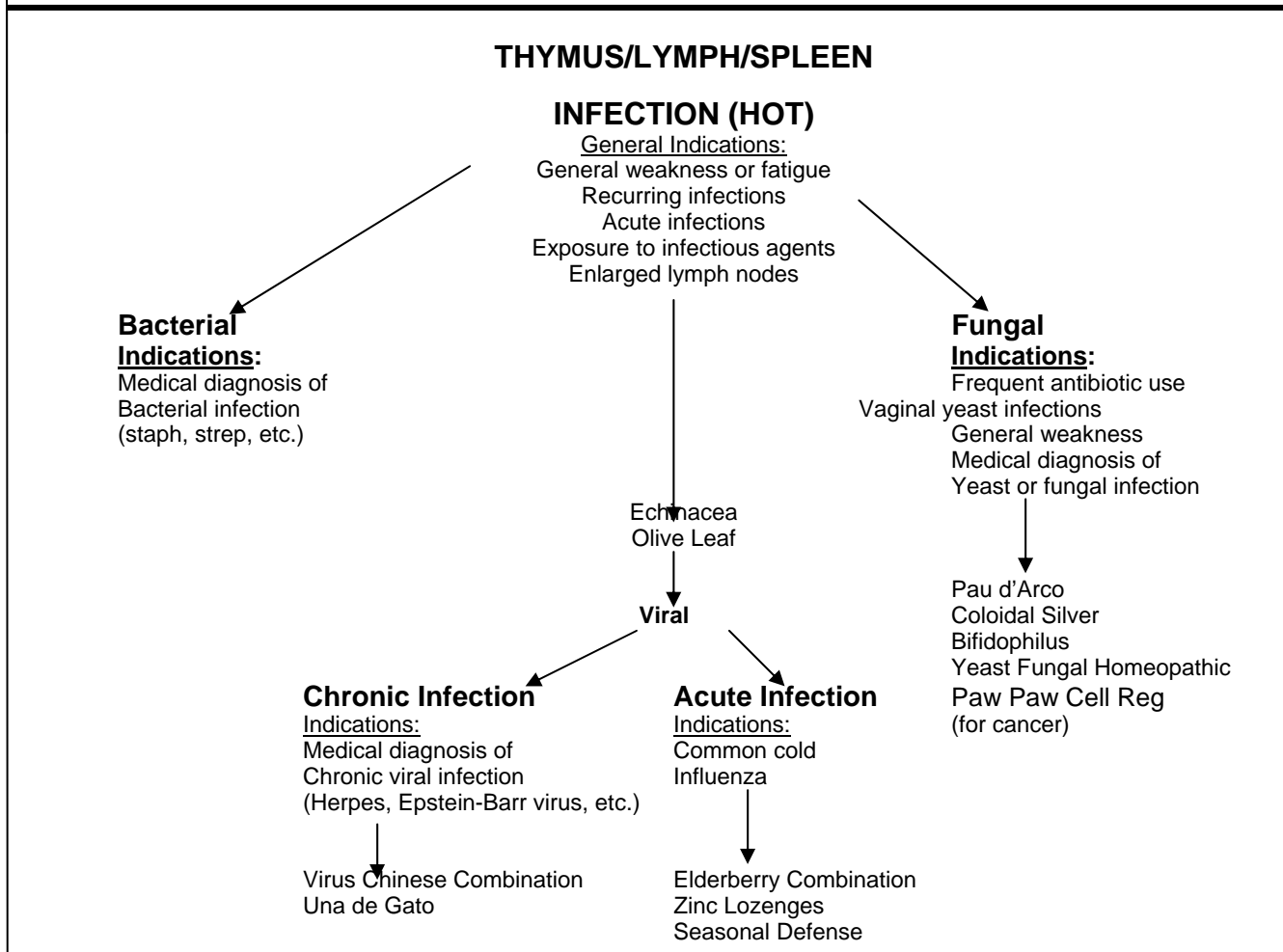
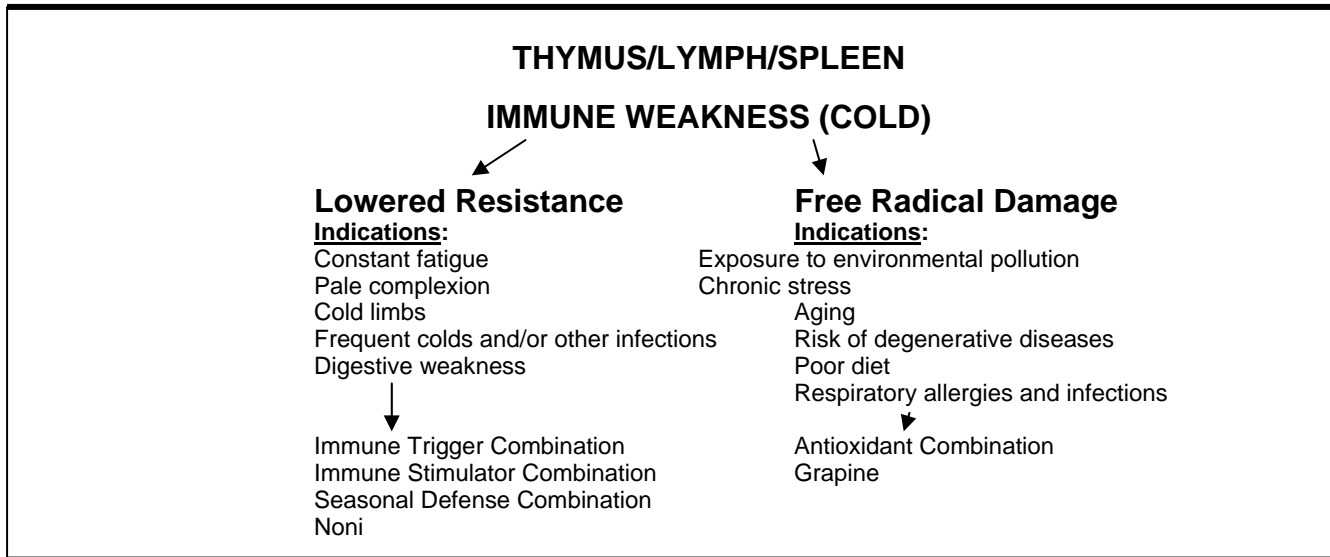
Reduce stress, Eat lots of fruit and vegetables, Eat adequate complete proteins, Avoid simple sugars, and Get adequate sleep and exercise.

Immune System Products

The following products are listed with ingredients only as not to sell any particular product line. These ingredients can be purchased at any store you wish. If you are interested in the actual combinations listed below, please contact us.

- **Immune Defense Combination** – This combination is a convenient 14-day herbal food program containing nutrients that boost the immune system. This combination provides natural sources of vitamins A, C and E, plus selenium and zinc. Fight off the never-ending assault of poisons, toxins and other microscopic dangers.
- **Garlic** – This popular herb offers a boost to the immune system with its antibacterial, antifungal and antiviral properties.
- **Colloidal Silver** – Colloidal silver is an effective antimicrobial that inactivates the enzyme responsible for the multiplication of bacteria, fungi and viruses.
- **Echinacea** – Echinacea contains polysaccharides that stimulate the production of phagocytes (cells that engulf and consume foreign matter) and active T-lymphocytes, macrophages and natural killer cells. Taken at the earliest sign of a cold or infection, echinacea may help cut recovery time remarkable.
- **Olive Leaf** – Olive Leaf supports normal blood pressure and cholesterol levels and strengthens the immune system against viral and bacterial attacks.
- **Virus Chinese Combination** – This centuries-old blend of nine Chinese herbs helps you battle infection. This combination strengthens your kidneys, liver, stomach, blood and adrenals. It also helps detoxify and energize the body.
- **Una de Gato** – Una de gato provides beneficial alkaloids. Combined with astragalus and echinacea, this product gives your immune system the added boost it needs to keep you on your feet.
- **Elderberry Combination** – Recent research shows that elderberry, a plant long used to treat colds, possesses antiviral activity. This formula also includes echinacea, a popular immune stimulant, and royal jelly, a highly nutritious substance produced by bees.
- **Zinc Lozenges** – By combining zinc with echinacea and licorice root, the lozenges not only soothe the mouth and throat, they also provide added immune-system support and extra energy.
- **Pau d'Arco** – Pau d'Arco contains a chemical called Lapachol, which may provide nutritional support to the immune system. It is commonly used against many conditions of unwanted growth, including fungus, yeast and tumors.
- **Bifidophilus** – This probiotic supplement contains living organisms to help replace depleted bacteria that are necessary for proper immune function.
- **Immune Trigger Combination** – This formula contains astragalus and ganoderma. Astragalus functions much like echinacea, while ganoderma is similar to garlic. This combination enhances the body's ability to respond to forces that might otherwise weaken it.

- **Immune Stimulator Combination** – This combination contains polysaccharides, which promote macrophage activity. It contains nutrients that kill unfriendly microorganisms, viruses, bacteria, allergens, molds and parasites. It also increases immunoglobulin proteins in the intestinal tract to combat foreign invaders.
- **Antioxidant Combination** – This combination contains tocotrienols, lycopene and alpha lipoic acid in a base of rose hips, milk thistle and turmeric. Tocotrienols can penetrate the fatty membranes of cells, taking their antioxidant properties deep within the cells. Lycopene has been linked to prostate health. Alpha lipoic acid is both fat and water-soluble and can move through the entire cell, scavenging free radicals. Rose hips provide vitamin C, carotenoids and flavonoids for immune system support. Turmeric helps protect liver tissue and promotes healthy cholesterol levels.



Loving Reiki” Or Confessions of a Reiki Therapist



By: Therese Silva Johnson
Reiki Therapist, Reiki Master Teacher, Gerontology Consultant
Reiki Treatments, Reiki Long Distance Healing, Reiki Classes Levels I, II, and III, CEUs
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As a Reiki practitioner and teacher for the past ten years, I have had the absolute joy and pleasure of experiencing the remarkable results of my clients healing and recovery from both chronic and acute illnesses. I have been blessed and witnessed many miraculous outcomes. The healing capacity Reiki energy possesses is as infinite as our human minds can create or imagine. The energy comes from the universal source of pure love. I don't know of anything pure love cannot heal, do you? When I practice Reiki I am graced with the delight of being a conduit for this beautiful, immeasurable, light and love passing through me to the person I am laying hands on or sending energy, too!

My own personal healing from Reiki took place ten years ago. I had been in a five-year long divorce battle that threatened to alienate me from my children. I was traumatized, emotionally and spiritually blocked. I was stuck and suffering. I tried many traditional modalities to help me heal to no avail. I then received a few Reiki treatments and attunements. Immediately, I felt relief. My path opened as the Reiki energy flowed through me. The blockage that was preventing me from moving forward in my emotional and spiritual growth was removed. I was able to really love again. The Reiki healing allowed me to open my heart and forgive. It is the tool that assures my peace of mind and stability are here to stay.

Healing is to be shared and I want to share some remarkable healing results Reiki energy has produced. The following are several accounts of my Reiki healing experiences with several clients below who have generously agreed to tell their own Reiki healing story.

Client Case #1

Brenda Generali brought me her newborn son Joshua born with birth Palsy (or Brachial Plexus) due to complications during the birth and as a result Joshua's entire right arm was paralyzed. After three forty-five minute Reiki treatments Joshua regained eighty percent of his range of motion and feeling back in his arm and he continued with a full recovery and complete use of his arm. I taught Brenda Reiki 1 so she could continue to give Reiki treatments to her son, too!

Brenda Generali's testimony: I had heard some years prior to the birth of my son that Reiki could heal tissues through energy so I made an appointment with Therese Johnson. I took Joshua to Therese six times for Reiki treatments until we were told that Joshua would not need surgery and that he would have a full recovery. I think that without Reiki Joshua would have had to have tendon transfer surgery at Shriner's hospital and he would not have normal movement. Brenda Generali 2003-Colfax, CA

Client Case #2

JS came to me for Reiki treatments to relieve the side effects of seizures he was experiencing in his brain due to brain cancer (the same kind of brain cancer Senator Kennedy is currently battling) When I would lay my hands on JS head I could feel the seizures but within ten minutes of administering Reiki energy to his head the seizures would stop completely.

JS testimony: As a five-year brain cancer survivor Therese Johnson's work has been instrumental in my successfully fighting the side effects resulting from past surgery treatment. Johnson has helped me greatly in dealing with the fall-out from surgery, chemo and-particularly-radiation. JS 2009-Auburn, CA

Client Case #3

Joseph M. had been suffering from bi-polar manic depression. He had been self medicating with methamphetamines for twenty years. This behavior had terrible results including time in prison. He was forty years old and wanted to heal, to be released from his dependence on drugs and to experience real health. I gave Joseph a one-hour Reiki treatment and his desire to take methamphetamines completely left him. I have no words to describe what occurred during his treatment. I was in absolute awe of the changes that took place and the healing power of Reiki. The changes in his energy field were immediate as the Reiki energy flowed through. He was ready to heal and he did.

Joseph M. testimony: I have been clean and free from a methamphetamine twenty-year drug addiction for eight years now ever since I received a Reiki treatment from Therese Johnson that helped me remove my desire for methamphetamine's. Joseph M. 2001-Auburn, Ca

Client Case #4

Jean Harmon Testimony: Therese Johnson treated my hypertension with Reiki energy. When we started it was 200/89 within twenty minutes it was reduced to 132/79. Amazingly, the severe headache that came with the elevated numbers and high blood pressure also disappeared. Jean Harmon 2009-Auburn, Ca

As a Reiki practitioner and teacher I have treated hospice patients eliminating their pain and need to be on heavy doses of morphine for anywhere from 24-72 hours with one Reiki treatment. This allows for great relief not only for the patient but also for the family so that they can spend quality time with each other with the patient being able to be cognizant of his surroundings and family. Once the patient's pain is controlled there is peace. Everyone relaxes when the patient is comfortable. I then show the family or caregiver how they too can continue to give Reiki energy, allowing them to become active participants in comforting the patient. It is a beautiful process that takes the fear and stress out of ones transition. I teach Reiki classes to individual caregivers and Residential Assisted Living Community Caregivers so they can ease the suffering of seniors. Reiki has proven to be of enormous help in alleviating Alzheimer's dementia behavioral problems. Currently, I am focusing on offering Reiki to our young soldiers returning home from war who are suffering from post-traumatic stress disorder. Reiki is excellent in aiding in the recovery of post-traumatic stress.

How Homeopathy Activates the Healing Response



By: Valerie Greguire

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www.MyAnswers4Health.com

When working to heal the body, we look for ways to activate the healing response and move in the direction of health. This can be accomplished by taking steps to improve mental attitude, diet and exercise habits. In addition, supplements such as enzymes and the use of essential oils help to activate the healing response in the body. Another great activator in the healing process can be the use of homeopathic remedies. Homeopathy's roots emerge from the findings, teachings and writings of Dr. Samuel Hahnemann (1755-1843). From his studies and experiments Dr. Hahnemann concluded that effective medications must produce symptoms in healthy people that are similar to the diseases they will expect to treat. Today this is known as the "Law of Similars" and is the basis for the use of the term homeopathy ("similar suffering"). This has evolved into a system of natural medicine which is based on treating the individual with highly diluted substances given in mainly tablet form, which triggers the body's natural system of healing. It works on the principle of "like cures like" - that is, a substance that would cause symptoms in a healthy person is used to cure those same symptoms in someone who is ill.

I look at homeopathy essentially as a form of energy medicine. Homeopathic remedies are made from substances **diluted thousands of times** in water or alcohol. Between each dilution, the liquid is shaken vigorously. For example, a one-to-one-hundred dilution means that one drop of a plant extract is placed in 99 drops of water or alcohol. After lengthy shaking, one drop of the new solution is mixed with another 99 drops of water. This mixture is shaken vigorously, and then one drop is taken from it and added to another 99 drops of liquid, and so on. This process is repeated as many as 30, 50, or more times. The end result can be a solution more dilute than one molecule of salt placed in an ocean. A molecule is the smallest possible amount of any substance. Most homeopathic remedies contain less than one molecule of the original plant or chemical extract. So it is not the chemical makeup of the plant, or the vitamins or minerals contained there in which cause the formula to work. Instead we find that the energy of the plant is captured in the formula and can be used to move stagnant energy in the person.

When a person is unhealthy, when they eat poorly and do not exercise regularly, the body's energy systems become blocked or congested. Think of this in terms of a computer on dial up, how slowly it processes the messages and brings up information. Quantum physics has acknowledged that we are all made up of energy, as is everything around us. It is the most basic building block of life, but like the air we breathe we usually can't see it. This movement of energy through our body travels on something called meridians. Acupuncture Reiki, Reflexology, and Kinesiology all work with the energy systems in the body. So a homeopathic formula will work to move and balance energy that is involved in a symptom the person is having. In so doing, the body is activated to overcome the condition. There is a homeopathic formula for just about every symptom the body exhibits.

There are several homeopathic formulas that I have come to love and keep in my home medicine cabinet. Since I am prone to migraine headaches, the formula **Migraquel** (#8745-7) is a favorite of mine. It is indicated for use when you have headaches associated with pain and throbbing. If taking at the first signs of the headache you can often stop it in its tracks. **Tobacco Detox** (#8712-5) is a wonderful formula for those who want to quit smoking. When you crave a cigarette, place a tablet under your tongue and the craving will immediately disappear. To this date, every smoker I have talked to says these tablets help them cut back or quit smoking. Another very famous formula is called **Distress Remedy** (8975-1). This is a formula that is called for when you are under stress, emotional or physical, like the stress of a job interview, or a dentist appointment. It will calm your energy after an argument, or before a speaking engagement. Physically you would use it when suffering minor pain or inflammation like a pulled muscle. For children it is great when they suddenly injure themselves and are crying. I like to combine this with the topical homeopathic formula called **Healing AC cream** (#8723-1). When applied to a bump or injury it immediately soothes the area, reduces the swelling and takes away the pain. Healing AC greatly diminishes bruising, so keep that in mind as well. Apply it several times in the first hour as needed. The remedy **Sprains and Pulls** (#8970-7) is excellent for sore muscles; it helps to reduce inflammation, pain and stiffness that occurred from overuse of the muscles. The formula **Allergies-Hay fever/Pollen** (#8925-0) works great for itchy, watery eyes, sneezing, congestion and runny nose due to hay fever and pollens.

It is really amazing how quickly a homeopathic remedy will work to alleviate a symptom. Nature's Sunshine has a great line of homeopathic remedies. I encourage you to try some of these or others that pertain to your particular health needs. I find it amazing that this science was discovered and understood over 200 years ago, and yet goes widely unknown today. Activate your body's healing...consider homeopathy today.

Wondrous Weeds...

After two weeks of daily rain showers followed by a few days of sunshine our front lawn looks like a man sporting a bristly five O'clock shadow. It's not that the grass is too long, but rather it's the false dandelion and plantain which have taken over the lawn. These two weeds both have a long stem topped by a flower of sort, giving the appearance of a bristly lawn. I have considered paying a lawn crew to come eradicate these weeds and sow me some soft pretty grass like my neighbor has. Well, I thought that way until recently...



Summertime brings a great many things besides warm weather and plentiful weeds, it also brings along a wide variety of flying insects. The ones I'm particularly troubled by are the stinging bees and wasps. A few years back, I went into anaphylactic shock after a single sting from an angry wasp. The initial tingling sensation and itching feeling was not so bad, but after about 10

minutes I was covered in hives, my speech slurred and my ears blew up like red tomatoes. The ambulance ride was but a blur due to all the weird feelings I was having, not to mention thoughts of dying. Needless to say after this experience; bees, wasps and other stinging creatures and I, do not get along.

I've managed to avoid the creatures for the past couple summers, but I keep a wary eye out for them all the time. So last week when a sweat bee stung me, I was a little nervous. Not as potent as it's cousin the wasp, but none the less, it caused a reaction with intense itching and burning followed by a good size welt the size of an orange. A couple days later when sitting on my front porch I was being nagged by a white faced bee, a species of which I had never seen before. He kept dive bombing me so I swatted at him to get him to leave. As I did so, I felt the distinct sharp pain of the sting. I watched as the welt began to rise on my wrist and I looked at the big red welt on my other arm and quite frankly was feeling a bit un-nerved. It was at that time that I glanced across the yard at those spiky plantain and dandelion plants covering the lawn, when I remembered something I read recently. I had recently read an article that mentioned the use of plantain to stop the reaction of a bee or wasp sting as well as the bite of the black widow spider. He said to chew the leaves of the plantain and apply them like a poultice to the welt.

So with nothing to lose and a big welt to gain, I went across the lawn to look for some tasty looking leaves. Having made my choice I chewed it up, finding it a bit bitter and grass-like in taste. I think the chewing factor is important as the saliva plays a role in helping to neutralize insect venom. I then applied the chewed weed to the welt and proceeded to cover it with a gauze bandage. To my amazement the stinging sensation began to quickly diminish, as well as the itching. In a short time it was barely noticeable. After a couple hours I took the poultice off. The welt was gone, and except for a bit of a green stain from the leaves, there was no way to distinguish the site of the sting. The next day I woke to find only a slight red mark on my wrist that barely itched at all.

If you have sensitivity to stinging insects like I do, I encourage you to find someone to help you identify plantain in your area. It is a common weed and is readily available. Plantain has historically been used to promote wound healing. Plantain is a powerful drawing herb and is specific for localizing any poison in the body. The plantain keeps it from overwhelming the lymphatic immune system. It has natural anti-inflammatory and pain relieving properties as well. So now when I sit on my porch and look at my neighbor's sterile lawn, I don't envy it anymore. He may have vibrant green grass, but I've got a hedge of protection around ours.

Chronic Fatigue Syndrome (CFS)

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

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Several people have inquired about Chronic Fatigue lately and I decided to address it this month. Chronic Fatigue seems to be a result of our times. People are leading such fast paced lives; pushing hard in order to make a living. Stress, anxiety, and fear over long periods of time wreak havoc on the adrenal glands.

What is Chronic Fatigue Syndrome (CFS)?

Chronic Fatigue Syndrome or CFS is characterized by feelings of unrelenting exhaustion that occurs on a daily basis. With CFS, a person often feels as tired when they wake up in the mornings as they were when they went to bed the night before. They drag through the days with a feeling of malaise and many suffer from

what has been described as "brain fog," and depression. They have difficulty thinking clearly and trouble with short term memory. It takes a huge effort just to concentrate. Many develop headaches, fever, muscle and joint aches (without swelling) or even flu like symptoms such as sore throat, tender lymph nodes, and swollen glands. Some people believe that Chronic Fatigue and Fibromyalgia are the same. They are not; however, a person with Chronic Fatigue may develop Fibromyalgia and vice-versa. A person can also have both. Fibromyalgia patients do not have fever, sore throats, and tender lymph nodes. People with Fibromyalgia have specific painful points that have been identified in muscle areas, but not in the joints. I have written about Fibromyalgia in my book of articles called, Bodyworks, and also in my book, Health is Your Birthright, How to Create the Health You Deserve, for those who would like to learn more about it.

What Causes Chronic Fatigue?

Many researchers believe that CFS is linked to a lingering viral infection. Many Chronic Fatigue patients even tell us that their symptoms began when they contracted mononucleosis (mono) or a severe case of influenza. Others may have the Epstein Barr Virus (EBV) or Cytomegalovirus (CMV). However, there has never been any conclusive proof that a virus causes CFS, especially not with every case. Some people suffer CFS and have no record of ever having a virus. Some people with CFS report that the fatigue began after receiving a flu vaccine, but again, this is not the case with everyone.

It has been my experience, after working with thousands of clients over the years, that people with CFS often have low blood pressure, anemia, low thyroid function, weakened adrenal activity, severe constipation or diarrhea, systemic Candidiasis, hypoglycemia (low blood sugar), and/or heavy metal toxicity from dental mercury fillings, vaccinations, or exposure to chemicals at work or home. Some people that I have worked with CFS, were exposed to heavy chemicals that were sprayed on fields of crops near their homes. Some people were exposed to an infestation of mold in the walls of their homes. Many of the people had severe allergies to molds, dust, pollens, and foods. All of these things weaken the immune system and congest the lymph fluids of the body.

How to Release Chronic Fatigue and Build Strength and Energy

Too many people today are living and working indoors in the city. They are rushing and hurrying and don't take the time to go into nature, or eat properly. There is very little or no life or vibratory energy from the earth and the sun in fast foods and heavily processed foods. Eventually people who eat these lifeless foods pay a high price because their bodies collapse and become exhausted from a lack of the sun's vibrant rays of color and nutrients. They are missing these nutrients by never going outside or

eating the fresh natural foods that were grown in rich soil and sunlight. Many people including our children are deficient in Vitamin D, which can cause lowered immunity, bone loss, fatigue, and depression. Countries that do not receive much sun have high rates of suicide. We need to be in fresh air and sunshine daily and eat organic foods from the earth that carry the life promoting vitamins and minerals from the soil and nutrients from the rays of the sun. People should make rainbow salads with dark green leafy vegetables, bright red tomatoes, vivid orange carrots, grated deep red beets, emerald green celery, cooling green cucumbers, shredded green zucchini, and rich green pumpkin seeds, with olive oil and raw apple cider vinegar or fresh pressed lemon juice as a salad dressing. If you will eat rainbow salads daily, you will begin to feel your energy and life force returning.

Specifically, if you have CFS, you should eat only life enhancing foods and as much organically grown food as possible to replace lost nutrients. You should avoid caffeine, alcohol, sugar, high fructose corn syrup, artificial sweeteners, partially hydrogenated oils, dairy products that contain hormones, wheat products - especially white flour, fried foods, pork, and table salt. These foods all congest the blood, lymph fluids, veins, arteries, liver, intestinal tract, and all cells of the body. Consider a stream that is running freely through a farm in the country. If that stream becomes congested with animal wastes or trash, it will slow down and not flow so well any more. The fluids of your body are the same way. When your blood and the clear fluids of your body become congested, you will feel sluggish and tired.

All of your elimination channels should be working well. These include your bowel, lungs, kidneys, and skin. If any one of these channels becomes sluggish and congested, you will feel fatigue. Rainbow salads eaten twice daily can go a long way in clearing debris from your elimination channels. Fiber is most important from fruits, vegetables, nuts, seeds, and whole grains. Most people are dehydrated and their bodies are acidic because they never drink good water. They drink lots of sodas, black tea, and coffee. These are all very acidic and dehydrating to the cells. Pure water is crucial for cleansing and clearing toxins from the body. Each person should be drinking at least half their body weight in ounces of water per day. I drink Kangen water, which is alkaline water that helps to alkalize the acids of the body. The molecules of the water are also hexagonal rather than pentagonal as with most water. Hexagonal water is highly absorbable water. It is the closest thing to pure mountain spring water that I know of in the world. The word, "Kangen" means "return to origin." If you would like more information about this amazing water, please let us know.

All of the organs and glands of the body need to be healthy. People with CFS often have low thyroid function. Unfortunately, blood tests do not always detect low thyroid. I recommend the temperature test designed by Broda Barnes, MD who studied the thyroid for thirty years. Place a thermometer under your arm first thing in the morning before you move out of the bed. The temperature under the arm should be 97.8 - 98.2. Test each morning for six days in a row to get an average. If it is lower than 97.8 on a consistent basis, the thyroid function is low. Menstruating women should test their temperature beginning the second day of menstruation for six days. If the temperature test runs low, I recommend that people begin taking Dulse Tablets. These are made from the seaweed called dulse from the cold waters of Nova Scotia. They are one of the richest sources of iodine; the most important mineral for the thyroid gland. Many people have noted marked improvement in energy when they start taking dulse. Two to four tablets, three times per day will give your body the life promoting minerals including iodine that it needs. Dulse is also very high in absorbable calcium and all of the trace minerals.

Another area to pay attention to is the adrenal gland. If you have been pushing yourself for years and never resting, or if you feel you have to have caffeine just to get going in the morning, the adrenal glands are probably exhausted. Low blood pressure often results from lowered adrenal function as well as dizziness upon standing. Licorice root capsules and licorice root tea help to strengthen the adrenal glands and raise lowered blood pressure. (Do not take licorice root if you have high blood pressure.) Another nutrient that really helps strengthen the adrenal glands is Siberian Ginseng. The one I recommend is called Sun Eleuthero (tablets) made from the root of the Wild Siberian Ginseng plant. Sun Eleuthero is not cultivated like many other ginsengs, but selected from wild roots that grow in organically rich soil, free from environmental pesticides, chemicals, or pollutants in the coldest regions of Russia, China, and Northern Japan. Legends tell us about the reindeer in these regions that live healthy, vigorous lives and one of their main food sources is the wild eleuthero. These tablets are full of minerals, especially iron (which can help alleviate fatigue from anemia), magnesium, potassium, and phosphorus. It is great for both men and women and helps give you a boost of natural energy and a feeling of clarity in the mornings. This special ginseng not only gives energy, but helps build real strength and stamina throughout the day. It is great for executives who have a high paced job, athletes who want to have lots of strength and vitality for their workouts, or people who suffer from fatigue. Older people who take it report a new found sense of well-being. Sun Eleuthero also has a large amount of pantothenic acid - one of the most important vitamins for balancing the adrenal glands. It has traditionally been used for strength, stamina, energy, resistance to physical and mental stress, and boosting immunity. Sun Eleuthero is totally caffeine free, but helps provide the body with a steady sustainable energy throughout the day. I would suggest that a person take 5 of these tiny tablets in the morning and 5 at noon.

Finally, the nervous system itself must be addressed. We cannot feel strong and vibrant with a weakened nervous system. The thousands of miles of nerves throughout the body need specific nutrients in order to function properly. Coffee, sodas, and too much alcohol damage and weaken the nervous system. Foods that support the nervous system are brown rice, rice bran, and whole grains because they are high in B vitamins. Egg yolks from organic fertile eggs strengthen the nervous system because they are high in lecithin. Fifty percent of the nervous system is composed of lecithin. Lecithin is what is required for neurons to make their proper connections across nerve synapses. If a person has CFS, I recommend Top B Complex, 1, 3x per day with meals to help strengthen the nerves.

Another nerve remedy is good, sound sleep. Be sure to be in bed at night by 9:30 or 10:00. Some of the best rest for the body occurs between 9:00 p.m. and midnight. Eat dinner early so that digestive processes will not keep you awake. Drinking a glass of raw vegetable juice about an hour before bed often helps promote deep sleep. Juice carrots, parsley, celery, and beets and drink 8 ounces at night. This nutritious juice will help hold the blood sugar in balance throughout the night and keep the liver from waking you up at 3:00 a.m. Deep sleep is crucial for restoring energy levels.

Ortho-Molecular Approach to Disease



By: Christopher Wiechert, C.N.C., President, Forever Changes, Inc.

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35 years ago, I adopted the Ortho-Molecular approach to disease, coined by Linus Pauling. In the last 5 years I have added Epigenetics to the mix, the understanding that genes are not set in stone, good genes can be turned on and bad ones off, a major breakthrough.

Recently I have begun to appreciate the power of Adult Stem Cell's and their ability to regenerate any organ or cells system in the body. Science is now taking bone marrow from YOUR own body, and injecting them into bad hearts or kidneys and getting amazing results.

I began a search wondering if we could stimulate stem cells from our bone marrow and migrate them through our own blood to whatever organ needed repair. We do this naturally when we are young, but after 40, this process slows down to a crawl.

I found one scientist who not only proved it could be done; he showed the body can increase production & migration of stem cells by 25-30%. He recently patented the formula and process.

He also led me to a natural compound (Nutraceuticals) I used 20 years ago, that is the basis of his work.

I ordered his book and I have been doing some experiments on my own with powerful results, and if you know anyone who is VERY sick and might be interested, I can create a program for this person and my consultation time would be pro bono.

Just take a moment and review the website below with its own video introducing the scientist and the second YouTube video after that. If you can think of anyone, we can talk live or you have my permission to forward this e-mail to them and they can contact me personally.

<http://www.christiandriveau.com/>

<http://www.youtube.com/watch?v=AO38mCsFTOQ>

Paget's Disease of the Nipple – A New Type of Breast Cancer

Submitted by Nalini Patel



In November, a rare kind of breast cancer was found. A lady developed a rash on her breast, similar to that of young mothers who are nursing. Because her mammogram had been clear, the doctor treated her with antibiotics for infections. After 2 rounds, it continued to get worse, so her doctor sent her for another mammogram. This time it showed a mass. A biopsy found a fast growing malignancy. Chemo was started in order to shrink the growth; then a mastectomy was performed; then a full round of Chemo; then radiation. After about 9 months of intense treatment, she was given a clean bill of health. She had one year of living each day to its fullest. Then the cancer returned to the liver area. She took 4 treatments and decided that she wanted quality of life, not the after effects of Chemo. She had 5 great months and she planned each detail of the final days. After a few days of needing morphine, she died.

She left this message to be delivered to women everywhere:

Women, PLEASE be alert to anything that is not normal, and be persistent in getting help as soon as possible.

Paget's Disease: This is a rare form of breast cancer, and is on the outside of the breast, on the nipple and aureole. It appeared as a rash, which later became a lesion with a crusty outer edge. I would not have ever suspected it to be breast cancer but it was. My nipple never seemed any different to me, but the rash bothered me, so I went to the doctor for that. Sometimes, it itched and was sore, but other than that it didn't bother me. It was just ugly and a nuisance, and could not be cleared up with all the creams prescribed by my doctor and dermatologist for the dermatitis on my eyes just prior to this outbreak. They seemed a little concerned but did not warn me it could be cancerous.

Now, I suspect not many women out there know a lesion or rash on the nipple or aureole can be breast cancer. (Mine started out as a single red pimple on the aureole. One of the biggest problems with Paget's disease of the nipple is that the symptoms appear to be harmless. It is frequently thought to be a skin inflammation or infection, leading to unfortunate delays in detection and care.)

What are the symptoms?

1. A persistent redness, oozing, and crusting of your nipple causing it to itch and burn (As I stated, mine did not itch or burn much, and had no oozing I was aware of, but it did have a crust along the outer edge on one side.)
2. A sore on your nipple that will not heal. (Mine was on the aureole area with a whitish thick looking area in center of nipple).
3. Usually only one nipple is affected. How is it diagnosed? Your doctor will do a physical exam and should suggest having a mammogram of both breasts, done immediately. Even though the redness, oozing and crusting closely resemble dermatitis (inflammation of the skin), your doctor should suspect cancer if the sore is only on one breast. Your doctor should order a biopsy of your sore to confirm what is going on.

My breast cancer has spread and metastasized to my bones after receiving mega doses of chemotherapy, 28 treatments of radiation and taking Tamoxifen. If this had been diagnosed as breast cancer in the beginning, perhaps it would not have spread...

To All Readers:

This is sad as women are not aware of Paget's disease. If, by passing this around we can make others aware of it and its potential danger, we are helping women everywhere. Please, if you can, take a moment to forward this message to as many people as possible, especially to your family and friends. It only takes a moment, yet the results could save a life. For more information on Paget's Disease, click on the following link:

http://www.medicinenet.com/pagets_disease_of_the_nipple/article.htm

Cancer Update from John Hopkins

Submitted by: Barbara LaVolpa

After years of telling people chemotherapy is the only way to try ("try" being the key word) to eliminate cancer, John Hopkins is finally starting to tell you there is an alternative way.

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.
2. Cancer cells occur between six to more than 10 times in a person's lifetime.
3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.
4. When a person has cancer it indicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors.
5. To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.
6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastrointestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.
7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.
8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction.
9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.
10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.
11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

Cancer Cells Feed On:

1. Sugar is a cancer-feeder. By cutting off sugar it cuts off one important food supply to the cancer cells. Sugar substitutes like NutraSweet, Equal, Spoonful, etc are made with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses, but only in very small amounts.
2. Table salt has a chemical added to make it white in color. Better alternative is Bragg's aminos or sea salt.
3. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soy milk cancer cells are being starved.
4. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little chicken rather than beef or pork. Fresh fish is the best just taken from the river caught on a Targus fly! Added as a test to see if you are reading this! Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.
5. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans.
6. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells, drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C).
7. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer fighting properties.
8. Water-best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.
9. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines becomes putrefied and leads to more toxic buildup.
10. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.
11. Some supplements build up the immune system (IP6, Flor-ssence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the bodies own killer cells to destroy cancer cells.
12. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.
13. Cancer is a disease of the mind, body, and spirit... A proactive and positive spirit will help the cancer warrior be a survivor.

14. Anger, un-forgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.
 15. Cancer cells cannot thrive in an oxygenated environment. Exercising daily and deep breathing help to get more oxygen down to the cellular level.
 16. Oxygen therapy is another means employed to destroy cancer cells.
 17. No plastic containers in micro.
 18. No water bottles in freezer.
 19. No plastic wrap in microwave.
 20. Johns Hopkins has recently sent this out in its newsletters. This information is being circulated at Walter Reed Army Medical Center as well. Dioxin chemicals cause cancer, especially breast cancer. Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic. Recently, Dr. Edward Fujimoto, Wellness Program Manager at Castle Hospital, was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This especially applies to foods that contain fat. He said that the combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body. Instead, he recommends using glass, such as Corning Ware, Pyrex or ceramic containers for heating food. You get the same results, only without the dioxin. So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else. Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc. He reminded us that a while ago some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons. Also, he pointed out that plastic wrap, such as Saran, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead.
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CADI, eyePIX, SD8004, Used Iridology Cameras, and Iridology Station 5.1 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. Please contact Brenda if you have questions. Go to the following links to learn about the cameras and software:

CADI WV5533 Handheld Digital Iriscope 8.0 Megapixel eyePIX 10.

1. CADI WV5533 Handheld Digital Iriscope, 8.0 Megapixel: <http://www.joyfullivingservices.com/cadi8megapixel.pdf>
 2. eyePIX Handheld Iridology Camera, 10.0 Megapixel: <http://www.joyfullivingservices.com/handouts/eyePIX.pdf>
 3. SD8004 Super Digital 10.1 MP Iridology Camera with 10 fiber optic heads. Also available with a 15 MP live view T1 Camera with Streaming Video: <http://www.joyfullivingservices.com/handouts/sd8004digitaliridologycamera.pdf>
 4. Used Iridology Cameras: <http://www.joyfullivingservices.com/usediridologycameras.html>
 5. Listing of New Iridology Cameras: <http://www.joyfullivingservices.com/iridologycameras.html>
 6. Iridology Station 5.1 Software: <http://www.joyfullivingservices.com/iridologystation5.1.html>
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We are happy to let you know that we have several distributors of our courses and products. You can find a distributor in your area by going to: <http://www.joyfullivingservices.com/iridologydistributorlist.html>. We offer distributorships for all our products and this includes all our courses and iridology and health supplies. If you are interested in becoming a distributor for us let Brenda know and we can discuss this possibility. There is no fee to become a distributor for us.

Nature's Sunshine Supplements (NSP)



Sign up as a Nature's Sunshine Member or Distributor and receive 20% off your 2nd order up to \$200 and free shipping!

This special applies to any of our Nature's Sunshine Products. Sign up for 1 year for free with your purchase of \$40 worth of products. When you place your 2nd order you will receive 20% off and free shipping! The 1 year membership will entitle you to order any and all of our health products at 30-50% off for 1 year which is much lower than most health food stores and the quality is much better. You can be sure you will receive the best quality from Nature's Sunshine. There is no monthly obligation or volume to qualify.

Testimonial for IBS, Chronic Fatigue Syndrome, and Fibromyalgia using NSP

By: Shay Johnson

11 years ago when I was only 29, I was struggling with IBS, Chronic fatigue and Fibromyalgia. My husband had to hire someone to take care of my kids because with my poor energy level and constant pain, I could not keep up with everything. I had seen a few different doctors, but they were baffled because they didn't see anything wrong with me.

After one of the strong drugs I was prescribed caused me to lose my sight temporarily, my husband suggested I go see a woman in my town who had a Nature's Sunshine store, Susan Bowan. Susan performed an iris reading and suggested some products for me. A couple products that have made a huge difference in my life, Magnesium and Fibrilgia. Seems so simple, but Magnesium was like a miracle to me! Now I suggest it to all my friends, who swear by it too. We all agree that Nature's Sunshine has the best Magnesium, other brands don't come close.

A few other products I have used with super success are Stomach Comfort and Slippery Elm. While I control my fibromyalgia with diet, whenever I have a flair-up with IBS, those are the 2 products I turn to and they have not let me down yet! I manage it with the nutritional support of course, but I also had colonics which were really helpful for the fatigue and I do not eat gluten. Aromatherapy is also helpful for pain and stress relief. I am so well now that I am just finishing up my training as a massage therapist and about to get my license. I thank God every day that I met Susan and she gave me the support and info that helped me take back my health. I'm almost 11 years older, but feel better than I did in my 20's!

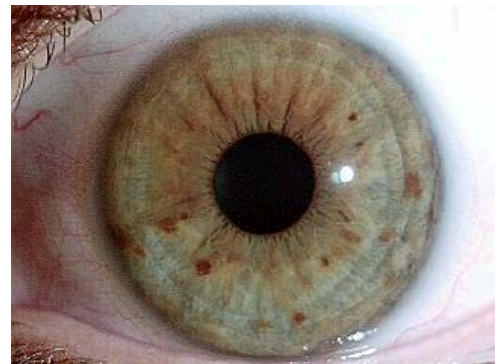
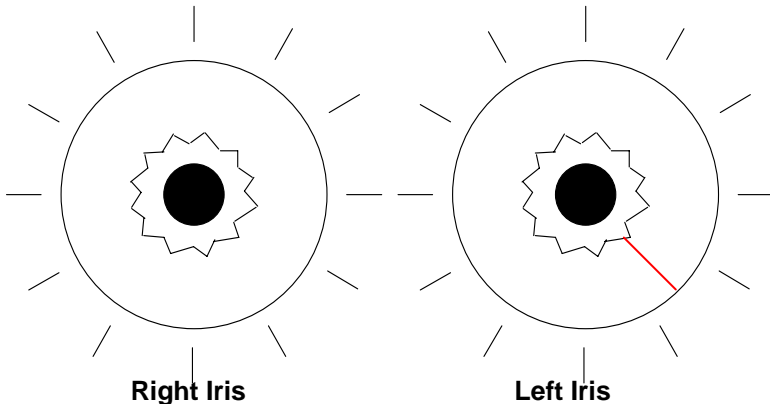
Go to: <http://www.mynsp.com/general/index.aspx> to look up the products and make your decision.

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 Immune System of the iris. Please let us know if you have any questions about these items. The information was taken from our Beginning and Advanced Iridology course. Go to: <http://www.joyfullivingservices.com/education.html> to find out more about our courses.

Spleen (4:30 L)

The Spleen performs five functions. These are (1) Filtration of old or damaged red blood cells, (2) Filtration of bacteria and blood debris, (3) Production of antibodies, (4) Production of lymph cells and plasma cells and (5) Storage of about 1/3 quart of blood in case of hemorrhage. The Spleen contains much lymphoid tissue and is known to enlarge when infection is present in the body. In the left iris, the spleen is located immediately after 4:00 o'clock and is noted to extend from the autonomic nerve wreath to the perimeter of the iris. To take care of the Spleen you need to take care of the lymphatic system as previously described.



Appendix (6:30 R)

The Appendix area is located at 6:30 in the right eye and not in the left eye. The appendix (like the tonsils) is made of lymphoid tissue once thought to be useless and infection-prone. In Western medicine, this organ is removed surgically at the appearance of serious inflammation or infection. The Appendix can become inflamed from picking up excess toxins in its area of the lymphatic system, a function that helps prevent the lymph system from overloading to the point where lymph nodes become seriously infected. As toxins are removed from the lymphatic system, the inflammation of the appendix generally disappears. The appendix normally ejects its accumulated toxins into the adjoining Cecum. When the appendix is inflamed, the area extends into or through the abdominal wall. Vitamins, minerals, and herbs for the lymphatic system are beneficial for this area as well as colon and blood cleansing.

Lymphatic & Circulatory Systems (Outer)

The Lymph Glands have eight functions. These functions are (1) Neutralizing toxins and poisons, (2) Returning water from tissues to the blood, (3) Returning leaked protein to the blood, (4) Transporting fats in the body, (5) Transporting hormones by the Lymph System, (6) Destroys foreign bacteria (7) Produces antibodies and (8) Makes up the largest content of fluid in the body; carries more waste than the blood.

In chemical characteristics, the Lymph resembles blood plasma. In fact, it has been described as blood without its red corpuscles. Lymph is necessary as an intermediary substance between blood and tissue. It bathes every active tissue of the body and it is believed to have its origin partly in the blood and partly in the tissues. Lymph may be considered the middleman in the transactions between blood and tissues. The Lymphatic System, in contrast to the blood circulatory system, follows a "**one-way**" network of vessels and arteries that empty eventually into ducts in the internal jugular and subclavian veins. Lymph fluid and lymphocytes are constantly being moved into the bloodstream to carry out their functions. The lymph returns fluid and proteins to the blood, while lymphocytes take part in the formation of antibodies and play an important role in the body's natural Immune System. In particular, Lymph Nodes, ranging from the size of a ballpoint pen tip to the size of a bean, filter pathogenic microorganisms and foreign particles from the Lymph and eject them as waste matter from the body.

The Lymph System has no pumping mechanism. Movement of Lymph Fluids that return liquid and wastes to the blood is carried out by the following six different forms (1) Respiratory movement which creates pressure differences in the body cavities moves the lymph; (2) Muscle movement in the body which squeezes the Lymph along the vessels. Each vessel contains valves that allow the flow to go in one direction only; (3) the Lymph vessels themselves have thin muscle fibers in their composition that move in peristaltic movements; (4) Intestinal movement; (5) Continuous production of Lymph and the pressure behind it forces movement of Lymph Fluids in the system and (6) Difference in pressure in the Lymph Vessels at the tissue end and at the emptying end of the blood vessels in the Thoracic area.

Herbs such as Garlic, Onion, Pau d'Arco, Golden Seal, Echinacea and other foods containing organic sulfur are beneficial to the Immune/Lymphatic System. Vitamin C is also important to this system. The best way to keep the Immune/Lymphatic System clean is to not suppress any discharge out of the body or any fever the body may develop. A "**Fever**" is the body's Immune System burning out toxins. By using medication to lower a fever we suppress the Immune System. Chlorinated drinking water and chlorinated swimming pools should be avoided as chlorine can also suppress the immune system.

