

Joyful Living Services' News

P.O. Box 485
Weimar, CA 95736-0485
TELEPHONES: 530-878-1119 or 800-704-9800
FAX: 530-878-1119

E-Mail: iridology@netzero.net
Web Site: <http://www.joyfullivingservices.com>
BLOG: <http://joyfullivingservices.blogspot.com/>
eBay Store: <http://stores.ebay.com/Joyful-Living-Services>

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It's been an interesting couple of months. It's hard for me to believe that it's already the end of September. Where does the time go? It seems the days are going faster and faster and I have so many things to do. It just seems like a little while ago it was June and my kids got out of school and it was time to play. Now they have already been in school for over a month. I wonder if any of you are having the same experience. Please share with me your experience of time. I would love to read about it.

I've had a challenge with my health that I want to share with you. I hope that it helps a lot of women out there that are suffering through menopause.

For about the past 4-6 months I've been having symptoms of menopause and have been in perimenopause for some time. I've been having night sweats and irregular periods. I didn't really think much of it other than that time is passing and my body is changing. Then in June I started having hot flashes. Not bad ones, but once in a while during the day. It was interesting and I thought that menopause was surly here. Well I have to tell you that in July it hit me like a brick wall. All of a sudden I started having terrific hot flashes every half hour. They started in my back and went up to my head and my body felt like I had a fever. I started sweating profusely and the top of my head became very wet as well as the rest of my body. It was very uncomfortable. It also affected my mood and my sleep. I was waking up about every hour and a half during the night. I was wondering if this was going to be my menopause and was wondering if I was going to have a rougher menopause because of the infertility treatments I took to have my children. Who knows what all the hormones do to our body.

I've had a history of glandular issues throughout my life. I didn't start my period until I was 17. That should raise a red flag right there. It took me 3-1/2 years to become pregnant with Josephine and I had to go through 2 surgeries, shots and inseminations to become pregnant. I was successful though and have two beautiful children to show for it. I had been diagnosed with PCOS (polycystic ovarian syndrome). Then over the years I've also had bouts of low blood sugar (hypoglycemia) which has ruled my life from time to time. Thank goodness I believe in herbs or I would probably be on many medications for the rest of my life. Thank goodness the herbs worked for that. (See our January 2010 newsletter for information on Metabolic Syndrome.)

So here I am, only 48 years old, and going through these tremendous hot flashes. Luckily I found out that Nature's Sunshine has a good program for menopause and hot flashes and I began to take the Pro-G-Yam Cream, FlashEase, DHEA for Women, and the Adrenal Support. Since everyone is different we never know exactly how much of an herb it will take to help heal us so I started with just 2 of each of the products two times per day. That did absolutely nothing for me. Being an herbalist I know that the only real side effects to herbs are headache and diarrhea so I kept upping the dosages until one day (about 3 weeks later) I did not have any more hot flashes and was sleeping well again. It took 12 Adrenal Support, 3 FlashEase, Pro-G-Yam Cream 3 times a day under my arm, and 2 DHEA to get my body back in control. I have now lowered the dosages to a maintenance amount and am happy to say that to this day I have not had 1 hot flash nor any night sweats. I am also sleeping all night long every night and feel like myself again.

If you are going through menopause or about to go through menopause and are having night sweats and hot flashes, insomnia and loss of libido, the program that helped me may help you as well. I highly recommend it. Since I'm a great believer in herbs and this is a great testimonial I hope you will use it for yourself if you need to and pass it on to other women who it may benefit.

Joyful Living Services' Review



"Brenda, Stephanie's short and sweet message has brought an immense joy to my family's heart and we want to share this moment with you. You have been an outstanding mentor, a woman of great integrity and a true humanist. We hold you in great esteem in our heart and we will never stop expressing our sincere gratefulness and appreciation to you and Joyful Living Services." Dr. DC Tshibangu

Reiki Appointments Available



I am a Certified Reiki Master Healer and Teacher. I am now offering 1 hour Reiki treatments for \$50. If you are interested in a treatment please call me at one of the telephone numbers above to schedule a time. It normally takes about an hour and 15 minutes. Reiki can be performed on animals as well. Let me know if you are interested. Brenda

What is Reiki?



Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

The word Reiki is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy". So Reiki is actually "spiritually guided life force energy."

A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing. Many have reported miraculous results.

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and malady and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.



Reiki and Iridology Testimonial

Submitted by Connie Wolf

E-mail: journeytowellness@frontier.com, Telephone: (920) 849-9139



Since I'm studying for my certification in Iridology I bought a handheld camera. Some of my Reiki clients gave me permission to take the pictures of their eyes, even though I am not certified, and I use them for training. I wanted to see the progress of how Reiki is healing them. I think you will find these pictures interesting.

This client came to me as a last resort and in tears. She suffers from all over body pain that cannot be explained. She has gone to everyone, but she is very holistic at heart and came to me after meeting me at a Wellness Fair. I should explain that the lacunae's in her digestive system may be from a surgery she had when she was a toddler. They found that she had a double set of them and they were removed.

The first pictures I took of her were on 6-28-10. Right away I noticed she was acute/inflamed by all the white fibers in her iris, explaining the all over body pain. Then I took pictures again on 8-16-10. I see a considerable change. The true color of her iris is coming through. Most of the inflammation is gone in less than 2 months. She was seeing me once a week during this time. On 8-30-10 she is off all pain medications and in no pain anymore, and she is on an every two week visit now for a bit, then once a month for maintenance.

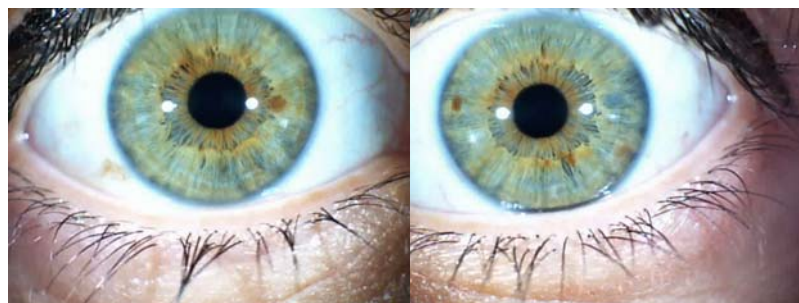
I have been seeing in my clients that around the 7-9 visit of seeing me every week that is when their bodies make that drastic change in healing. They seem to just wake up one day around that time and they notice something different, they aren't in pain.

Right Iris
6/28/10



Left Iris
6/28/10

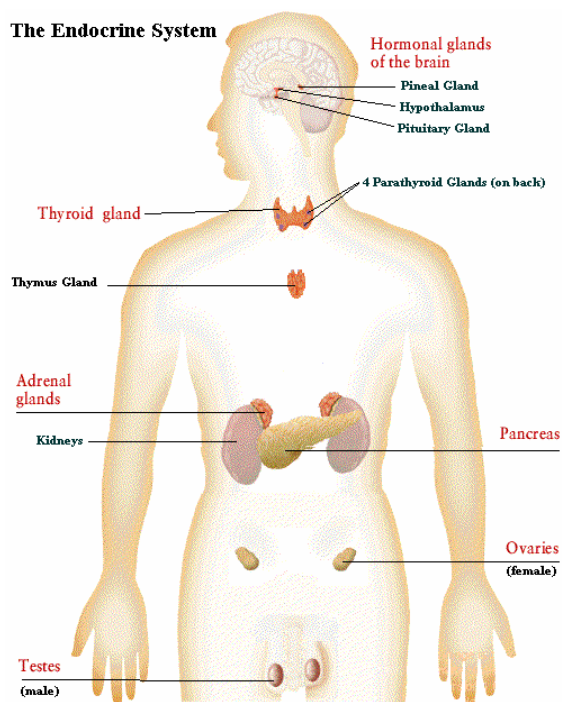
Right Iris
8/16/10



Left Iris
8/16/10

The Glandular System

Taken from Joyful Living Services' Certified Herbal Counselor Course



The glandular and nervous systems work intimately together to maintain balance among all of the body systems. Together, these systems regulate voluntary and involuntary actions within the body such as growth, metabolism, digestion, elimination, menstruation and sleep. These systems also serve as the body's means of communication between cells.

The glandular system communicates using chemical messengers called hormones, which stimulate reactions that may last from a few hours to several days.

Glandular system concerns include hormone imbalances, weak adrenal glands, thyroid imbalance, diabetes, hypoglycemia and hyperglycemia.

Examining the Glandular System

While the glandular system communicates using hormones, the nervous system uses electrical impulses and chemicals called neurotransmitters to relay fast, short-lived messages. Some neurotransmitters, e.g., noradrenaline, also act as hormones and may be secreted in more than one place throughout the body. Both neurotransmitters and hormones bind to receptor cells to initiate responses.

The nervous and glandular systems are linked by the hypothalamus – the control center for the body's emotional and physical responses. The hypothalamus, part of the brain stem, has been found to control hunger, thirst, blood pressure, pain, pleasure, water balance, temperature, sexual desire, hostility and many other emotions and responses.

However, it is not the only area of the brain associated with emotions. Many structures, including the hypothalamus, make up the limbic system, an area of the brain that processes feelings and emotions.

The relationship between the hypothalamus and the pituitary gland provides the link between the nervous and glandular systems. The pituitary is a small gland located at the base of the brain. Many refer to it as the master gland because it regulates the release of hormones from most other glands, much like the maestro of a symphony directs all the musicians to play together to produce harmonious music. Divided into two lobes, the anterior and posterior, the pituitary is a double gland. Some hormones are produced in the hypothalamus and stored in the posterior lobe of the pituitary. The hypothalamus also manufactures hormones that stimulate the release of other hormones from the anterior pituitary. These are called releasing, or tropic hormones.

Many glands have a "feedback loop" that prevents the over-secretion of certain hormones. For instance, if the anterior pituitary secretes thyroid-stimulating hormone (TSH), the thyroid subsequently releases thyroxine and tri-iodothyronine, two hormones that trigger an increase in metabolism. These hormones inhibit the release of TSH so the thyroid will not be stimulated by the anterior pituitary.

The pituitary also produces hormones that it secretes directly into the bloodstream. One of these, growth hormone, is responsible for growth, development, protein synthesis, the breakdown of fats, and increases in blood sugar levels. Other hormones produced by the pituitary and secreted directly into the bloodstream include prolactin, which stimulates milk secretion in females; follicle-stimulating hormone (FSH), which stimulates the growth of ovarian follicles in females and seminiferous tubules in males; and luteinizing hormone (LH), which initiates ovulation during the menstrual cycle.

The pineal gland is a small, pea-sized gland located in the center of the brain. It is associated with biological responses to light and regulation of the body's circadian rhythms such as sleep. Exposure to light inhibits the secretion of melatonin, a pineal hormone, and darkness stimulates it. Secretion of this natural antioxidant peaks around midnight and troughs in the morning. Melatonin production decreases with age.

The thymus gland is located behind the upper part of the breastbone and produces the hormone thymosin. Thymosin plays a role in immune response.

Just above the thymus, in the neck, is the thyroid gland. The thyroid secretes two different hormones; thyroxine and tri-iodothyronine (mentioned previously). Together, these two hormones regulate metabolism, growth and development. Calcitonin, another thyroid hormone, regulates blood levels of calcium, preventing excessive amounts from being released into the blood.

The parathyroid gland lies adjacent to the thyroid. Parathyroid hormone (PTH) acts as an antagonist to calcitonin to increase calcium levels in the blood by stimulating its release from the bones. At the same time, PTH causes the kidneys to excrete phosphate, which is also released from the breakdown of bone. The kidneys, intestines and bones all play a role in maintaining proper blood levels of calcium and phosphate.

The adrenal glands are located on top of the kidneys. Each gland is divided into two parts, the cortex and the medulla. The adrenal cortex (outer layer) produces "cortical" steroid hormones from cholesterol. Among the many cortical steroid hormones produced by the adrenal cortex are the sex hormones, DHEA, cortisone and aldosterone. The sex hormones signal development of secondary characteristics such as facial hair and a deeper voice. DHEA (dehydroepiandrosterone), an intermediate hormone, aids in the production of sex hormones. Cortisone and its derivatives (called the glucocorticoids) help maintain normal blood sugar levels by stimulating formation of carbohydrates from protein and fat through secretion of enzymes from the liver. These glucocorticoids also decrease inflammation, help repair damaged tissue and act as the body's buffer for stress.

Another cortical steroid hormone is aldosterone, which regulates mineral balance within the body by stimulating the absorption of sodium, chloride and water, and decreasing absorption of potassium by the kidneys. A careful balance of these minerals is vital for proper function of the sodium-potassium pump, which transports molecules into cells, and for conduction of nerve impulses.

Many plants produce hormones similar to the cortical steroid hormones; these are often called phytochemicals, and in the body they act similarly to the way the cortical steroid hormones function.

The medulla (or inner layer) of the adrenal gland produces adrenaline and noradrenaline. These hormones stimulate the sympathetic nervous system in fight-or-flight responses. When the body senses stress – whether it is emotional, physical or environmental – elevated blood pressure, increased blood sugar, accelerated heart rate and constricted blood vessels can result as the body redistributes its energy in order to deal with the stress. Simultaneously, functions that are less crucial to survival (like digestion and elimination) temporarily stop.

The ovaries are the female sex organs that produce estrogen and progesterone. Estrogen maintains and helps develop other female sex organs, stimulates secondary sexual characteristics and stimulates growth of the uterine lining during the first two weeks of the menstrual cycle. Progesterone has been called the pregnancy hormone because it prepares the uterus for the fertilized egg during the last two weeks of menstruation and helps maintain a healthy fetus during pregnancy.

The male hormone testosterone is produced in the testes, the main male reproductive organs. Testosterone stimulates development of sperm cells in men, maintains and develops male reproductive organs, and is responsible for male secondary sexual characteristics.

The pancreas is a digestive organ that also functions as a gland. It secretes glucagon, which converts glycogen into glucose, and insulin, which acts as an antagonist to glucagon to prevent excessive levels of blood glucose. Both of these conversions involve enzymes produced by the liver.

The digestive tract also contains hormones. Gastrin, secreted in the stomach, triggers secretion of gastric juices and enzymes in the pancreas. Stomach acidity causes the release of secretin in the small intestines, which in turn causes the pancreas to secrete its enzymes, and stops the secretion of acid. Cholecystokinin (CCK) stimulates the gallbladder to secrete bile. Proper nutrition is crucial to the function of this complex system. Most glands need increased amounts of particular minerals to function as enzymes in their reactions. For example, the pancreas needs chromium, the prostate requires zinc, and the thyroid uses iodine. Many problems with the glandular system are associated with poor nutrition and low levels of these minerals in the diet.

Did You Know?

- The pituitary gland is about the size of a kidney bean.
- Giants and midgets are the result of too much or too little growth hormone.
- Diabetes mellitus, the most common glandular system disorder, affects between 10 and 20 million people in the United States.

Glandular System Analysis

If you have four or more of the following indications, you may consider nutritional aid to the glandular system.

- Lack of energy
- Regular consumption of alcohol
- Frequent mood swings
- Poor concentration or memory
- Stressful lifestyle
- Skin/complexion problems
- Cravings for sweets, salt or junk foods
- Too little sleep or restless sleep
- Hair loss
- Difficulty in maintaining ideal weight
- Lack of a balanced diet
- Slow recovery from illness
- Lack of appetite
- Unsettled, apprehensive, pressured
- More than 2 cups of caffeinated beverages/day
- Easily irritated or angered
- Don't get enough exercise

Glandular System Suggestions

- Eat regular meals at regular intervals.
- Eat vegetables, legumes and whole grains.
- Avoid simple sugars.
- Exercise.
- Avoid stress.

Glandular System Products - Metabolism

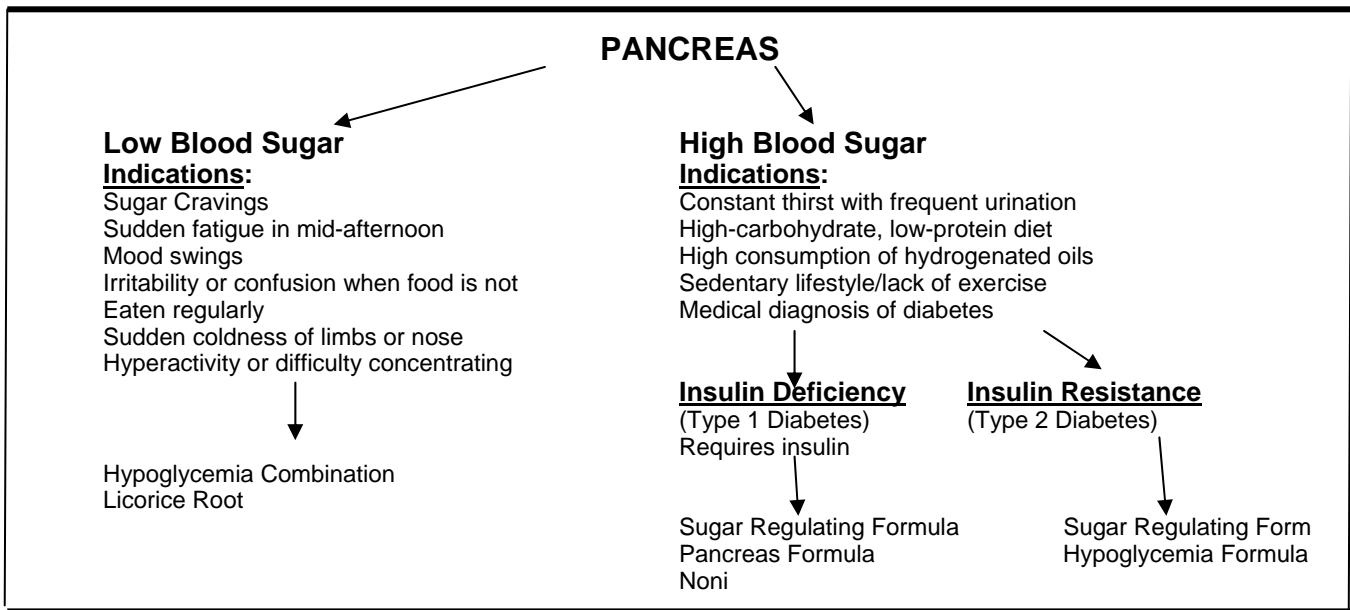
The following products are listed with ingredients only as not to sell any particular product line. These ingredients can be purchased at any store you wish. If you are interested in the actual combinations listed below, please contact JLS directly.

- **Master Gland Formula** – This general body tonic includes adaptogens like schizandra and Siberian ginseng, along with herbs historically used to strengthen all the glands: alfalfa for the pituitary, kelp for the thyroid, licorice for the adrenals, thyme for the thymus, dong quai and ginseng for the reproductive glands, and dandelion and uva ursi for the pancreas.
- **Hypoglycemia Combination** – A combination of licorice, dandelion, safflowers and horseradish, this formula was designed for hypoglycemics. Herbal properties of this formula include adaptogenic, glandular and stomachic. Licorice helps stabilize the adrenal glands, dandelion supports the liver, and safflowers and horseradish improve digestion.
- **Licorice Root** – Licorice has long been recognized for the natural sweetness of its deep-sinking roots. Next to ginseng, licorice is the most popular herb used in Chinese formulas.
- **Sugar Regulating Formula** – By combining banana leaf, gymnema, bitter melon, fenugreek, nopal, chromium, and vanadium, this formula assists diabetics. This formula works naturally to keep blood sugar at levels in the healthy range while providing antioxidant and protective substances to guard against the damage that is often caused by diabetes.
- **Pancreas Formula** – This mixture contains 14 herbs that help support the function of the pancreas gland. It helps balance blood sugar levels and improves digestive secretions from the pancreas. This formula also contains golden seal root, juniper berries, uva ursi leaves, cedar berries, mullein leaves, garlic bulb, yarrow flowers, slippery elm bark, capsicum fruit, dandelion root, marshmallow root, nettle herb, white oak bark and licorice root.
- **Hypoglycemia Formula** – This is a Chinese combination of 16 herbs that nutritionally support the glandular system and associated metabolic processes. The Chinese call this formula bu yin, which means to “supplement yin.” The herbs in this formula work to support the body as it attempts to reduce fire (fever) and strengthen water (support associated organs and normalize metabolic processes).
- **Recuperative Combination** – A blend of five herbs that support glandular health, this combination aids the body's recuperative functions. Its adaptogenic ingredients – astragalus, ginkgo, gotu kola, Siberian ginseng, and suma – provide energy and emotional support.
- **Nerve Calming** – A combination of herbs and essential B-complex vitamins, which nourishes the nerves to help the body cope with stress. Contains generous amounts of vitamin C, B-complex vitamins, plus schizandra fruit, choline bitartrate, wheat germ, inositol, PABA, bee pollen, citrus bioflavonoids, hops flowers, passion flower and valerian root to help reduce tension, stress and insomnia.
- **Nervous Fatigue Formula** – This formula contains 18 Chinese herbs that offer adaptogenic, balancing and stimulating properties. It is excellent for those feeling “burnout” or stress.
- **Balanced B-Complex** – B-vitamins are particularly important for the nervous system and are also vital for good digestive function and enzyme reactions that control energy, circulation, hormones and overall health. Since the same amount of each B vitamin is not necessarily needed by the body, this formula is balanced to assist B12 absorption.
- **Thyroid Activator** – This combination was created by Dr. Christopher. It contains several sources of iodine and other nutrients that benefit the thyroid. Ingredients include Irish moss, kelp, black walnut hulls, parsley, watercress, sarsaparilla and Icelandic moss. This formula aids thyroid function and may help with fatigue. Do not use with an overactive thyroid.
- **Thyroid Normalizer** – This combination works to normalize an underactive thyroid. By supplying the body with organic sources of iodine, this product activates the thyroid to increase your metabolism to a healthy level of glandular operation.
- **7-KETO** – 7-Keto boosts the production of T3 hormone, which stimulates metabolism and helps lower the body's pre-programmed weight “set point.” Clinical tests indicate that 100 mg of 7-Keto taken twice a day significantly lowered body fat over an eight-week period.

Glandular System Products - Reproductive

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 NSP actual combinations listed below, please contact JLS directly.

- **Master Gland Formula** – This general body tonic includes adaptogens like schizandra and Siberian ginseng, along with herbs historically used to strengthen all the glands: alfalfa for the pituitary, kelp for the thyroid, licorice for the adrenals, thyme for the thymus, dong quai and ginseng for the reproductive glands, and dandelion and uva ursi for the pancreas.
- **Monthly Maintenance** – This formula provides women with nutritional support vital to promoting and maintaining optimum health throughout the month.
- **Yam Cream** – This cream provides the progesterone a woman's body needs in a unique herbal base. Chamomile is included to help soothe the nerves and skin, and the addition of ginkgo strengthens nerves and improves circulation. Horsetail, yucca, Vitamins A and C and aloe vera are added to support the mature woman by promoting healthy hair, skin and nails, while enhancing the adrenal system and protecting body tissues.
- **Hot Flash Combination** – This potent, time-release combination of black cohosh and dong quai provides a natural defense against uncomfortable menopausal changes. Studies show that black cohosh acts like estrogen to help relieve hot flashes and depression.
- **Soy Combination** – Because they contain the isoflavonoid genistein, soybean products are in great demand today for major benefits to the immune, glandular and circulatory systems. This soy combination contains 48 times more isoflavonoids than comparable amounts of tofu, 25 times more than tempeh and 10 times more than roasted soybeans.
- **Prenatal Multivitamin and Mineral** – The perfect supplement for pregnant or lactating women, a prenatal vitamin and mineral that provides a balanced combination of vitamins and minerals, including Vitamins A, C, D, E, B1, B2, B6 and B12, as well as folic acid, biotin, pantothenic acid, iron, iodine, magnesium, zinc and copper to support the nutritional needs of both mother and baby. In addition, this combination provides ginger root to help soothe the stomach. It's free of artificial flavors, preservatives, sweeteners, guar, yeast, gluten, lactose, milk, soy and wheat.
- **Red Raspberry** – This herb is renowned for its nutritional support of the female reproductive system. Raspberry is known to nourish and strengthen the uterus. A common backyard fruit bush, Red Raspberry is an excellent herbal source of iron, manganese and niacin. It also contains quantities of vitamins C, A, D, E and B, as well as phosphorus and calcium.
- **Men's X-rated Formula** – This formula features muira puama stem and yohimbe bark. Muira puama, also called "potency wood," has aphrodisiac properties. Yohimbe bark supports and stimulates the nervous system. Also includes L-arginine, damiana leaves, oat straw leaves, saw palmetto berries and DHEA.
- **Woman's X-rated Formula** – This formula for Women contains seven herbs carefully selected for female reproductive needs: red raspberry leaves, slippery elm bark, Siberian ginseng, ginger root, oat straw concentrate, damiana leaves and kava kava concentrate.
- **Men's Formula** – This combination of saw palmetto, pygeum, lycopene, stinging nettle, gotu kola and zinc provides incredible nutrition and toning for the prostate gland. Lycopene is a powerful antioxidant. A seven-year study showed that the most lycopene-containing foods in your diet, the less risk you have of getting prostate cancer.



ADRENALS

Spirulina

Spirulina

Adrenal Stress (Hot)

Indications:

High blood pressure
High blood sugar
Poor wound healing
Bone loss
Lowered immune response
Thinning hair
Muscle wasting
Development of abdominal fat
Feelings of tension and stress
Anxiety
Shallow breathing
Muscle tension

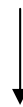


Recuperative Combination
Nerve Calming
Adrenal Support

Adrenal Exhaustion (Cold)

Indications:

Low blood pressure
Low blood sugar
Tachycardia and palpitations
Cravings for sweets and carbohydrates
Poor memory and concentration
Insomnia (restless sleep, disturbing dreams, waking frequently at night)
Nervousness, irritability
Mental confusion
Fatigue
Nightmares



Nervous Fatigue Formula
Balanced B-Complex
Adrenal Support

THYROID

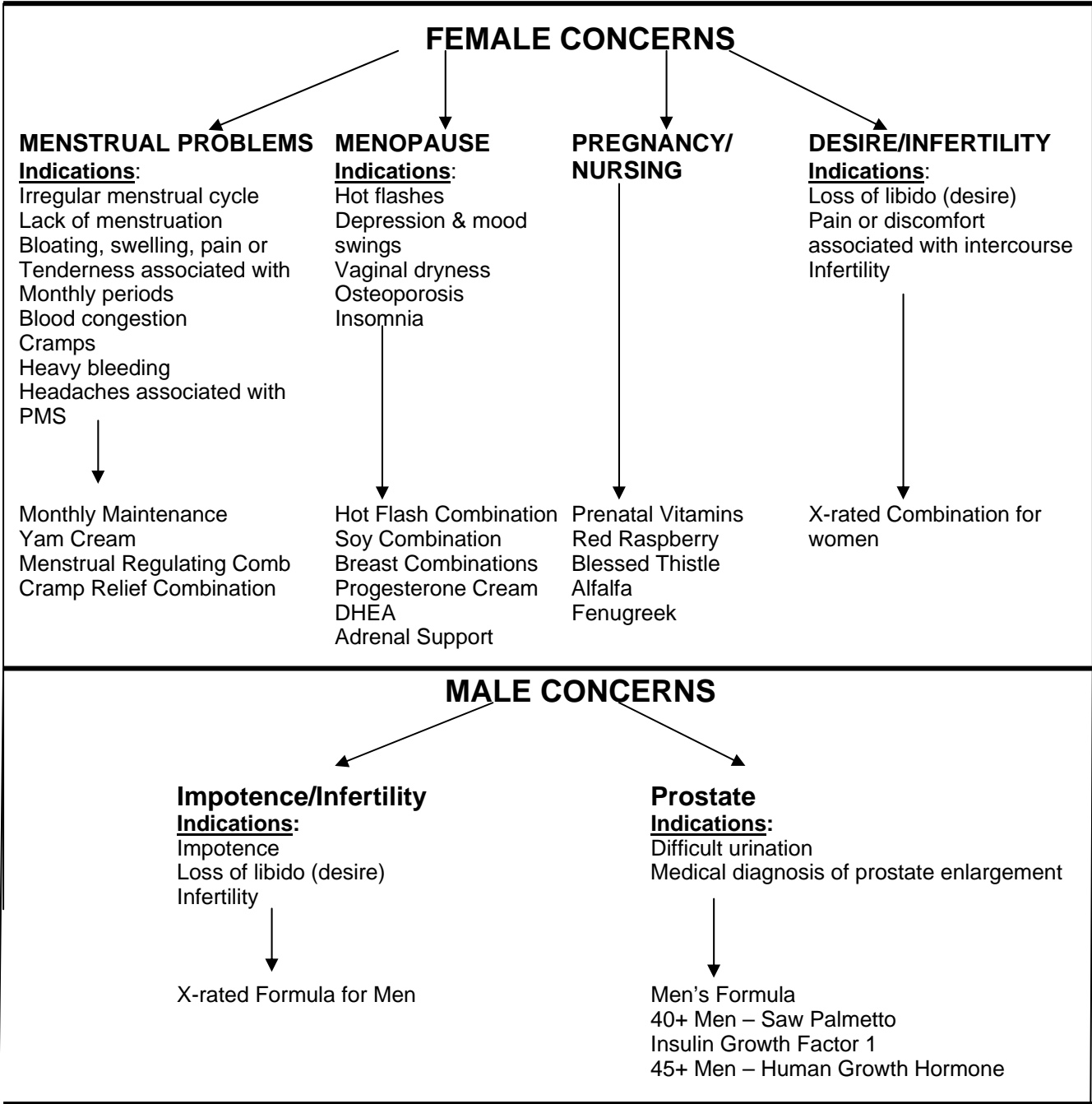
Hypothyroidism (Cold)

Indications:

- Mental or physical slowing
 - Fatigue/lethargy
- Undue sensitivity to cold weather
 - Low body temperature
 - Hair loss
 - Weight gain
 - Coarse skin
 - Low sex drive/infertility
 - Mild depression



Thyroid Activator
Thyroid Normalizer
7-Keto
Thyroid Support
Master Gland
Iodine Patch
Goiter use Liquid Dulse
Myrrh



How to Conquer Menopause

By Cathy Taylor

Menopause is a normal part of every woman's life. Some dread it and others welcome it. But this much is certain, if you are a woman, sooner or later you will experience menopause. It's not a matter of time; it's a matter of when! Menopause is a time of transition. It is also a rite of passage to some extent, the passing from your childbearing years into the rest of your life. Some women sail through these years with hardly a problem, while others suffer month after month with every symptom imaginable. There is no way to predict what your experience will be, but one thing is for sure, you won't be alone. Millions of women worldwide are in the midst of menopause every single day! For most women, menopause hits somewhere in mid-life, usually between the ages of 35 and 50. If menopause hasn't hit you yet, and you're wondering when it might, look to your mother and sisters. Chances are it'll hit you at about the same age it did them. You can discover everything you need to know to cope with menopause symptoms including:



- Why it's possible to have symptoms when your doctors says our hormone levels are normal
- Why you do not like to take drugs and how you can manage uncomfortable symptoms without them
- Why you are growing facial hair and secretly freaking out that you're turning into a man
- Is HRT really safe?

Find out everything you need to know about [How to Conquer Menopause](#) right now

Newly Discovered Herbs Revealed for Healing Cancer and Other Diseases



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

Health Blogger: www.cwiechert.blogspot.com

Orthomolecular Formulations: www.cwiechert.com/Orthomolecularformulations.html

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E-Mail: cww@cwiechert.com, Office Number: 541-728-5675

(NaturalNews) Two related herbs, paw paw and graviola; have proven effective against cancer cells in vitro (lab tests not involving mammals) while not adversely affecting non-cancer cells. In other words, they are potential non-toxic cancer cures. Even Sloane-Ketterer established that graviola has cancer cell resisting properties and doesn't damage healthy cells. However, private research proves that pawpaw is even more potent than graviola for curing cancer.

Why Aren't These Herbs Known to the General Public?

It costs too much for continued animal and human trials. However, the last section of this article features a limited trial. The way the approval system works has been rigged. Only large pharmaceutical companies can afford the trials they need to get FDA approval and exclusive patent rights that will bring huge profits while the patent is in effect. Big Pharma can't patent purely natural extracts from plants. So it's not worthy of their funding. Nevertheless, over the last 20 years of the 20th century, a lot of research had been conducted at Purdue University by Professor of Pharmacology Jerry McLaughlin, PhD on paw paw, what it can do, and what makes it tick. He was fortunate to receive enough institutional and private funding for his work, and several alternative health practitioners as well as adventurous MDs and individuals picked up the ball, using pawpaw extract products for cancer and other health issues, even Lymes Disease.

All About Paw Paw

Before completely retiring in 2004 as a private researcher, Professor McLaughlin's published papers from Purdue featured only one of the eight species of paw paw, the *Asimina triloba* species. This species had the highest concentration of substances known as *acetogenins* than any species of paw paw or graviola. Acetogenins inhibit a molecule known as *adenosine triphosphate*, or ATP. The process that uses this molecule takes place in a cell's *mitochondria*, those strands in the interior of each cell. Cancer cells are high ATP users, thus inhibiting ATP will create a situation of the cancer cells dying off or *apoptosis* (programmed cell death). Chemo kills cancer cells faster than paw paw causes apoptosis. But of course, chemo kills healthy cells too, creating more suffering and even killing the cancer patient. **Acetogenins do not harm non-cancerous cells. So pawpaw and graviola are non-toxic cures.** Although graviola has been tagged as "Brazilian paw paw", its products are considered inferior to paw paw for two reasons:

1. Paw paw products that use McLaughlin's formula contain more acetogenins than graviola. And McLaughlin's technique involves harvesting the twigs at the right time to create standardized dosages in those paw paw products.
2. Even more importantly, the acetogenin chemical structures in paw paw are much stronger. Those structures are double rings compared to single rings that are prevalent in graviola.

Is There Any Third Party Human Trial of Record?

The state of Nevada allows a physician or health practitioner to perform informal clinical trials with unapproved remedies on terminal cancer patients who have already tried the Medical Mafia's routine of cut, burn, or poison. In Reno, Nevada, James W. Forsythe, MD, associated with McLaughlin in 2002 and 2003 to test paw paw on cancer patients that fit those Nevada state law guidelines. Considering the condition of stage IV cancer patients who have been treated by mainstream medicine, the fact that 13 of the first 20 tried beat their cancer with pawpaw is impressive. Further testing has produced great results with no side effects. Additionally, other health issues were handled with the cancer patients using paw paw as well. There are even reports of success with Lymes Disease using standardized pawpaw.

[Editor's Note: NaturalNews is strongly against the use of all forms of animal testing. We fully support implementation of humane medical experimentation that promotes the health and well being of all living creatures.]

Sources for More Information Include:

- PawPaw Research complete website coverage) <http://www.pawpawresearch.com/index...>
- Asimina Triloba (Pawpaw) on Royal Rife Digital Site <http://www.rifedigital.com/php2/Roy...>
- Cancer Tutor Explains Graviola and Paw Paw <http://www.cancertutor.com/Cancer/G...>
- Sloane Kettering Report on Graviola <http://www.mskcc.org/mskcc/html/692...>
- Cancer Cure: The Story about Graviola and Cancer [http://www.graviolaleaves.com/HIS - Health Sciences Institute <http://hsibaltimore.com/2004/09/17/...>](http://www.graviolaleaves.com/HIS - Health Sciences Institute http://hsibaltimore.com/2004/09/17/...)

Brenda's Note: I have personally had results with several clients with prostate cancer, bone cancer, and cancer in the neck area. All these clients have done very well on the Nature's Sunshine Paw Paw. See insert in this newsletter for more information and call Brenda if you would like more information on the Paw Paw.

Pantothenic Acid – A Very Amazing Vitamin



By: Valerie Greguire

Natural Health Counselor/Educator/Certified Herbalist

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Most of us have very busy lives and deal with a good amount of stress on a regular basis. To keep up with this busy pace, your body requires a constant supply of B-vitamins. One particular B-Vitamin called pantothenic acid or Vitamin B5 is stored in the adrenal glands (your stress support glands) and is readily burned up under stress. Whenever we use up a nutrient at a high rate, we create deficiencies. This imbalance creates symptoms which are manifested in the body. A lack of pantothenic acid creates a variety of symptoms one of which seems to be nasal congestion and increased sensitivities to allergens. Our son Tyler has had trouble with nasal congestion for over a year. He did not respond well to any of the allergy/sinus formulas I tried him on. The congestion was worse at night and made it hard for him to breathe when he slept. He also got very congested at school due to all the allergens in the air. I put him on 250 mg. of pantothenic acid at bedtime and his congestion cleared up and he was able to breathe clearly again. I give him an additional 250 mg. before going to school too.

Here are results of a couple clinical observations:

1. Pantothenic acid supplementation may reduce allergic reactions, especially allergic rhinitis. Clinical observation: The majority of over 100 patients with allergic rhinitis who took 250mg of pantothenic acid twice daily had almost instant relief. [*Martin W. On treating allergic disorders. Townsend Letter for Doctors Aug/Sept 1991: pp.670-1*]
2. Clinical observation: A physician with allergies took 100mg at bedtime and found that his nasal stuffiness cleared in less than 15 minutes and that he stopped awakening at 4 or 5 AM with cough and mucous secretion. He subsequently found that many of his patients also noted significant relief of nasal congestion from supplementation. [*Crook WG. Ann Allergy 49: pp.45-46, 1987*]

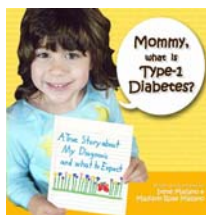
Here are other symptoms of pantothenic acid (B5) deficiency...

- A lack of B5 tends to cause an **allergy or sensitivity to citrus fruit**. This allergic reaction creates an intense craving for these foods. I often find that people low in B5 will crave orange juice. They often find they have to clear their throat frequently after drinking it. Other foods in the citrus allergy group are lemons, lime, tangerines, grapefruit, pineapple, tomatoes and cantaloupe. When the levels of B5 improve in the body the cravings for these foods decrease as well as sensitivity to them.
- Because pantothenic acid (B5) plays such a role in the health of the adrenal glands we find that a lack of this nutrient causes people to have **excessive worry**. People low in B5 will worry about little things that normally should not bother them, and they can worry excessively over bigger things. In addition B5 has been shown to be very useful in **reducing the frequency and intensity of panic attacks**.
- B5 plays an important role **in the production of hydrochloric acid (HCL)** the acid made in your stomach to help digest proteins. When people are under high stress they tend to have a lot of digestive problems and food allergies.
- B5 is needed for the conversion of proteins and carbohydrates into energy, so it is common to have **low energy** when B5 is deficient. Adrenal Fatigue is caused by excessive stress over a long period of time, combined with inadequate nutrition to support the stress. This condition is greatly benefited by the addition of B5. The formula **Adrenal Support (#1507-0)** supplies pantothenic acid (B5) along with nutrients needed to rebuild and strengthen tired adrenal glands.
- A lack of pantothenic acid is attributed to **premature graying of the hair**. Supplementing with this vitamin has been known to reduce or reverse premature graying.
- The use of pantothenic acid is considered **valuable in arthritis**. One study found that the pantothenic acid content of the blood of persons suffering from rheumatoid arthritis was lower than that in healthy individuals. In some cases, 1,000 mg administered daily was found effective in reducing the pain caused by arthritis.
- Vitamin B5 has been found to be very **helpful in reducing acne**. B5 works in the body with Coenzyme-A in the role of fat metabolism. Fats that don't get broken down properly get deposited in your sebaceous (oil) glands and get secreted as sebum (oil). Oil is a fat in liquid form. One of the causes of acne is from the bacteria in your pores that feed on this excess oil. Supplementing with pantothenic acid decreases this excess oil and helps clear up the acne. I have seen good results with this with our teenage son Harlow whom I gave 250 mg. twice daily to. His skin started clearing up significantly over the first 2 weeks of use.
- Pantothenic acid **helps the immune system to fight infections**
- A deficiency symptom of Vitamin B5 can cause **burning foot syndrome** in which a person feels a lack of feeling in their feet accompanied by burning pain and fatigue.
- Pantothenic acid is very helpful for those who suffer from **low blood sugar** (hypoglycemia) because it strengthens the adrenal glands which play a role in balancing insulin levels.

Pantothenic acid (B5) is readily available in whole foods but destroyed easily when foods are processed. B5 is water soluble so it is depleted in the body by excessive coffee drinking as well. Because it is easily lost in the urine it is best to divide your pantothenic acid dose into several smaller doses throughout the day. Doses of 250 mg. twice daily and up to 500 mg. 3 times daily have been used *most commonly* for the conditions listed above. Nature's Sunshine has pantothenic acid in 250 mg. capsules (stock number # 1640-2). Whenever you take any B-vitamin it is recommended to take a full B-complex or multiple vitamins containing the B's along with your additional B5. I recommend the B-Complex formula called **Nutri-Calm (#1617-3)** for those of you under stress that also have nervous tension. When deciding on your daily dose of pantothenic acid make sure to check how much you are getting from your B-complex of multiple as well. If you have questions concerning the use of this vitamin please feel free to contact me.

Mommy, What is Type 1 Diabetes?

Written & Illustrated by Irene & Madison Mallano



I am so excited to share that there is a NEW children's book "[Mommy, what is Type-1 Diabetes?](#)" now available! It's perfect for newly diagnosed children but it is also good for anyone that would like to learn more about juvenile diabetes. It takes readers through many of the struggles a child with Type-1 diabetes goes through, while providing an understanding with valuable basic information throughout. You can now find this book and many resources at www.mommywhatisdiabetes.com It was written and Illustrated by a mother and her young daughter that has Type-1D. (25% of net-proceeds from this book are donated to JDRF) Thank you for your support!

About the Author(s): Irene Mallano is a native New Yorker and a full-time mom. She is passionate about helping other children and their families find the resources needed after a juvenile diabetes diagnosis. She and her daughter, Madison Rose, wrote and illustrated *Mommy, What is Type-1 Diabetes?* together. They have learned with balance all things are possible!

About the book: "*Mommy, what is Type-1 Diabetes?*" The book is a useful reference for anyone wanting to learn more about juvenile diabetes, particularly for children and their families who are personally dealing with the condition. Additionally, it provides valuable "mommy tips," glossary terms and basic information throughout the book, providing a feeling of virtual support and foundation.

Book Details: The book retails for 19.99 but is available on our website for \$15.99 +S/H. We can also offer bulk order special pricing. Quotes can be requested via email to mommywhatisdiabetes@live.com with the quantity needed.

Recipe of the Month – Wrapped Tuna Sandwich

By Inside Secrets

Ingredients: 1 can of tuna (soaked in water, not oil), 2 wraps (preferably whole wheat), ¼ head of lettuce, 1 red pepper, ½ tomato, ½ onion, 2 tsp. capers, 1 tbsp. low-fat mayonnaise, Garlic to taste, Dijon mustard to taste, Black pepper.

Directions:

- Cut up the onion and red pepper into long strips, and sauté for a few minutes or until soft.
- Drain the can of tuna; drain the capers. Put all ingredients (minus the wraps, tomato and lettuce leaves!) into a blender of food processor, and mix together to your preference. (Some people like more of a puree; others like it chunkier.)
- Spread half the mix onto each of the two wraps; add slices of tomato and lettuce to your preference. Roll the wraps, and then cut in half.
- Save one for later, share with a friend, or half the ingredients to make just one wrap.

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Go to the following links to learn about the cameras and software we sell:

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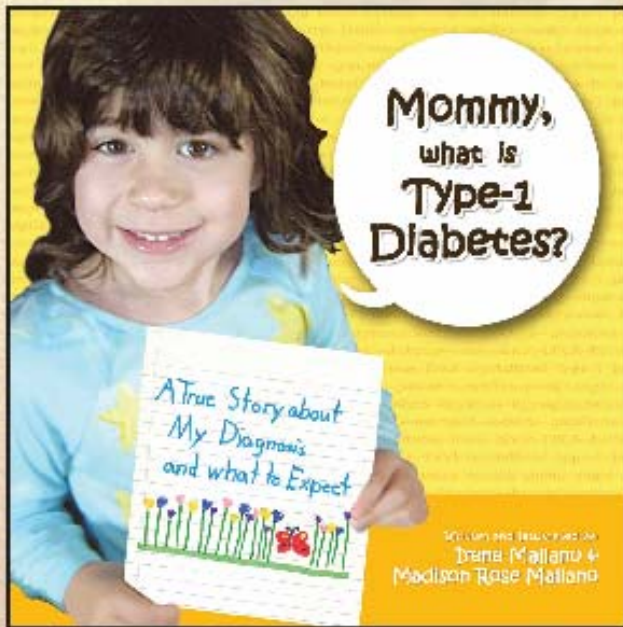
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Mommy, What is Type-1 Diabetes?

A True Story About my Diagnosis and What to Expect

Irene Mallano and Madison Rose Mallano

www.mommywhatisdiabetes.com



About the Book

A true story that provides a lot of information in a special story line written for children diagnosed with Type1 Juvenile Diabetes and their families. The reader will get a glimpse into this new world and all they must learn and understand along with her drawings and photographs. The parents section inside the book provides support, tips and a symptoms page to raise awareness for everyone. It is a great book for a newly diagnosed child and family to read.

About the Author

Madison Rose was diagnosed with Type-1 juvenile diabetes at a young age. Her parents thought their world had caved in; there was so much to learn. After settling into their new routine, Madison was doing all the things she used to love to do. The family grew to understand that even though diabetes has its many challenges, it would not be impossible to live a happy life. In fact, it was Madison's idea to her mom, Irene to create this book to help others.



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Adrenal Support

Don't Let Stress Drain Your Adrenals

The adrenal glands are primarily responsible for offsetting the effects of emotional, mental and physical stress on the body. Modern dietary habits and stressful lifestyles have a deleterious effect on the capabilities of the adrenal glands. Your level of energy, muscular strength, blood sugar levels and ability to respond to environmental stressors are all affected by adrenal function.

NSP Adrenal Support is formulated with BSE-free adrenal glandular substance from New Zealand plus vitamins and herbs to help maintain proper adrenal function.



BENEFITS

- Helps maintain normal adrenal function.
- Supports the body's ability to regulate stress.
- Supports a healthy biological terrain.

HOW IT WORKS

Certain hormones in the body—called stress hormones—prepare the body to deal with stressful situations by increasing the heart rate and the force of contraction and blood flow to the heart, liver, skeletal and adipose tissue. These stress hormones are produced and regulated by the adrenal glands. They also dilate airways to the lungs and increase blood levels of glucose and fatty acids.

The adrenal hormones and their functions are linked to virtually all of the body systems. Thus, many physiological processes and bodily functions, including cardiovascular health, sex drive, pH balance, skin conditions, energy levels, mood and overall psychological outlook often correlate to adrenal gland function.

Adrenal Support is specially formulated to nourish the adrenal glands and to promote glandular secretion.

NSP ADVANTAGE

This formula contains a synergistic blend of vitamins, minerals, enzymes and adaptogenic herbs to support and strengthen the adrenal glands. Adrenal Support combines the most bioavailable and biological-terrain-friendly forms of these vital nutrients.

SCIENTIFIC SUPPORT

Scientific evidence suggests that the ingredients in Adrenal Support may offer help in supporting adrenal functions and maintaining health. The B vitamins, for example, support most of the biochemical processes in the body, notably energy production. Vitamins B1 and B2 are necessary for nervous-emotional stress^{1,2} and the cardiovascular system.³

INGREDIENTS

Adrenal Support contains bovine adrenal glandular substance, vitamins B1, B2, B6, pantothenic acid and vitamin C, plus zinc, potassium, magnesium, protease, borage (*Borago officinalis*) oil powder, licorice root (*Glycyrrhiza glabra*) and schizandra fruit.

RECOMMENDED USE

Take 1 capsule twice daily with food or as directed by your health care practitioner.

COMPLEMENTARY PRODUCTS

- Nutritional: Liquid B12 Complete, Cellular Energy, Magnesium Complex.
- Homeopathic: Fatigue/Exhaustion.
- Essential Oils: Lemon BIO, Pink Grapefruit BIO, Red Mandarin.

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Adrenal Support (60)
Stock No. 1507-0



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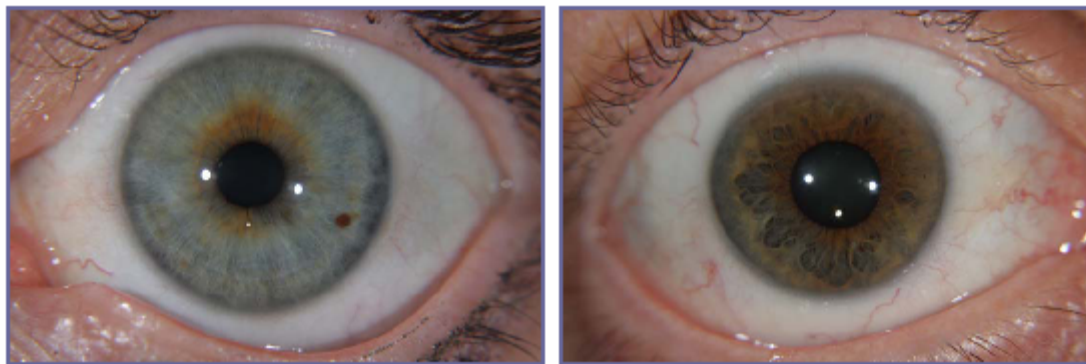
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The eyePIX Handheld can be used for Iridology, Sclerology & Animal Iridology. It can also be convenient for young children and bed ridden people.

If you're an Iridologist or Practitioner on a budget that needs to be portable, and wants to take high quality images, then the eyePIX Handheld is for you.

Features: Specially Designed Lens for Iridology - Superior Lighting System with Flash for True Color Images - Twin & Single Side Lighting - Small & Lightweight - 10 Megapixel Camera - Easy to Use

The eyePIX Handheld does not use cheap & inferior LED lighting that distorts color & image quality and limits depth of field.



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