



**\$60 ION-CLEANSE (\$75 VALUE) EXP 08/31/08
CLEANSING/DETOXIFICATION PROGRAM:**

It literally drains toxins from your lymph nodes out of your feet in twenty to thirty minutes. It is especially effective if done right after acupuncture treatment, since the channels are all open and ready to let the toxins out.

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Upcoming Workshops

**BALANCING HORMONES NATURALLY:
A Holistic Approach to Hormone-Related Health
Concerns, Infertility and Impotence
August 17th, 2008, Sunday 1pm - 4pm
East West Bookstore, Mt. View, CA**

5 SECRETS TO LOOKING AND FEELING YOUNG

**September 15th, 2008, Monday 6:30pm after dinner
Location: Peninsula Macrobiotic Community
First Baptist Church, Palo Alto**

**Success Story:
Acid Reflux, Difficulty Sleeping**

Upcoming Workshop

**BALANCING HORMONES NATURALLY:
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Location: East West Bookstore
324 Castro Street, Mt. View, CA**

Over 80 million women in the United States currently suffer

Material or Area of the Body	Color/Particle
Detoxifying from the kidney, bladder, urinary tract, female/prostate area	Yellow-Green
Detoxifying from joints	Orange
Detoxifying from liver, tobacco, cellular debris	Brown
Detoxifying from liver	Black
Detoxifying from gallbladder	Dark Green
Lymphatic system	White Foam
Most likely yeast	White cheese-like particles
Heavy metals	Black flecks
Blood clot material	Red flecks

*The color of water will change depends on kinds of toxins that you have. \$75 per session.

How does it work?

A water molecule is composed of two hydrogen atoms and one oxygen atom. When the molecule loses a hydrogen atom, the remaining OH molecule takes on a negative charge. As you walk along the beach, your body absorbs millions of these negatively charged ions, which alkalize the blood and tissue. Because of poor diet and high stress, we tend to accumulate and store excessive quantities of waste products such as diacetic, lactic, pyruvic, uric, carbonic, acetic, butyric and heptic acids. According to Dr. Theodore Baroody, author of Alkalize Or Die, acid wastes attack joints, tissues, muscles, organs and glands causing minor to major dysfunction. He asserts that avoiding disease and maintaining vitality as we age requires the maintenance of an alkaline environment throughout the body. This is virtually impossible to accomplish in our high-tech, high-stress, toxic society unless we can walk

on the beach everyday.

The Ion-Cleanse creates precisely the same environment as a walk along the beach, only more powerfully because your feet are in direct contact with the ions being manufactured in the water. Place your feet in the water, turn on the unit and within seconds, millions of ions enter your body and begin to neutralize these tissue acid wastes. Fat and mucous residues found in the water after bathing reflect the wastes that have left the body during the 20 to 30 minute session. Healthy individuals can expect to feel lighter and experience a greater sense of well being from each Ion-Cleanse session. Many people with pain, edema, gout and swollen or deteriorating joints report considerable symptomatic relief from Ion-Cleanse sessions.

RECONNECTIVE HEALING

Reconnective Healing is a form of healing that is here on the planet for the very first time. It reconnects us to the fullness of the universe as it reconnects us to the fullness of our beings and of who we are. It is considered to be able to reconnect us to the universe and to our very essence not just through a new set of healing frequencies, but through possibly an entirely new bandwidth. The reality of its existence has demonstrated itself clearly in practice as well as in science laboratories.

There is something that we're experiencing of which most of you are at least somewhat aware. It's that time seems to be moving faster as well as expanding. This transition is referred to by many names. "The Shift" and "Shift of the Ages" are two terms used by Gregg Braden. The transition was predicted by the Mayans, the Incas, the Hopi, Nostradamus, Edgar Cayce, and the Kabbalah (both Jewish and Christian). In *Walking Between the Worlds*, Braden defines this shift as *"both a time in Earth history as well as an experience of human consciousness. Defined by the convergence of decreasing planetary magnetics and increasing planetary frequency upon a point in time, the Shift of the Ages, or simply, The Shift, represents a rare opportunity of collectively repatterning the expression of human consciousness. The Shift is the term applied to the process of Earth accelerating through a course of evolutionary change, with the human species linked, by choice, to the electromagnetic fields of Earth, following suit through a process of cellular change."*

Healing is a return to balance. Every health

with PMS and menopause symptoms. More than 30 million men in USA suffer with impotence. An estimated 2.1 million women are infertile. A very large percentage are confused as to what solution is right for them. Local herbalist, Certified Nutrition Response Clinician and Board-certified acupuncturist Jenny C. Lee, L.Ac, will explain preventive measures and natural approaches to improve the health of your endocrine system. You will learn how to assess your own hormone conditions, and you will receive a Free Energetic Nutritional Organ Scan.

Many women are not being served properly by the treatments their MDs give them. Now, more and more middle-aged women and men are looking towards alternative health care as a solution. Balancing Hormones Naturally workshop dispels some of the mysteries surrounding the symptoms people experience with PMS, menopause, infertility and impotence. The presentation educates the audience about alternative methods for addressing these symptoms.

Please call (800)909-6161 to reserve your seat.

5 SECRETS TO LOOKING AND FEELING YOUNG

September 15th, 2008, Monday 6:30pm after dinner

**Location: Peninsula Macrobiotic Community
First Baptist Church, Palo Alto
305 North California Avenue**

You will learn the five key areas to achieving full health potential: stop fad dieting, eat to nourish the body, avoid unnecessary drugs, get the body moving, and get out of pain.

- An explanation of metabolism, how sugar and carbohydrates are used by the body
- The true value of being healthy and fit
- How the thyroid and hormones tie into weight loss
- How water, medications, and certain fats play a role in your health
- How pain limits a person from achieving their full health potential

Please Call 650 599-3320 to reserve your seat.

AUGUST SPECIAL OFFER - \$95

Complete Health Analysis (\$150 value):

- **Body Fat Analysis**
- **Energetic Nutritional Test**

challenge is a combination of the physical, mental, spiritual, emotional (and probably a few other classifications we don't have words for). We simply classify it according to its predominate characteristic. Reconnective Healing doesn't specifically "treat" anything. If in its presence you allow yourself to come back into balance, as many people do, then you do. You just do.

Everyone's experience with Reconnective Healing is unique. Often healings are reported in an instant in just one session, and sometimes it takes a bit longer for a healing to unfold. If you're lucky, your healing will come in the form you anticipated; if you're really lucky, your healing will come in a form you haven't even thought of, one that the universe has in mind specifically for you.

Healings can come in all forms. The best way to allow for a healing is to proceed in a state of expectancy, without expectation or attachment. Place yourself on the table, relax, close your eyes and simply notice. Observe. Become both the observer and the observed.

Be in a relaxed atmosphere, lie down on your back on a massage table, close your eyes and notice. Just notice. Withdraw your participatory thought process and simply observe when there's something to notice, as well as when there's nothing to notice; lie there and let go, as if you simply had a little unexpected rest time.

Reconnective Healing® : \$120 / session

The Healing Lab

www.HealingLab.com

Jenny C. Lee, L. Ac.
*Master Acupuncturist,
Certified Nutrition Response Clinician,
Herbalist*

MAIN OFFICE

**PALO ALTO (650) 380-1999
460 California Avenue Ste 102**

APPOINTMENTS ONLY

Fremont (510) 792-2179

▪ **Report of Findings with Recommendations**

Energetic Nutritional Testing is a unique testing method which incorporates various muscle testing techniques, Acupoints Testing, and Emotional Release Therapy. This unique muscle testing technique can zero in on the causes of disease and the right nutritional program to correct them.

Dr. Lee has used Energetic Nutritional Testing to successfully diagnose her patients to overcome fatigue, weight problems, irritable bowels, acid reflux, high cholesterol and blood pressure, PMS, menopause symptoms and many more. She is able to effectively "crack" even the most difficult cases such as chronic allergies, inability to lose weight, reoccurring aches and pains.

Please bring a copy of this newsletter with you upon receiving care.

We can help you find out what is stressing your body: food allergy, immune challenges (bacterial, virus, parasite or Yeast), heavy metals or chemical allergy.

It is based on the theory that if the Qi or energy is blocked, not enough energy and blood can go to nourish the local tissue cells, then local muscle response will also be weak.

The reflex areas to check include Brain(Frontal, CSF, Crown, Cerebellum, Pituitary, Pineal, Hypothalamus, Eyes, Sinuses, Teeth, Glands, Thyroid, Para-thyroid, Lungs, Thymus, Heart, breast, Liver, gallbladder, Stomach, Pancreas, Spleen, Small Intestine, Colon, Ovaries, Testicles, Uterus, Prostate, Kidney, Bladder, Adrenals, etc..

Nutritional Dietary Counseling

Depending on your individual situation, we might also require that a patient make some specific changes in their diet and eating habits, and in their routines, in order to bring about the best possible results. Many people we see in our practice have eaten themselves into their current state of ill-health, to one degree or another. The deficiencies or imbalances lead to a breakdown in resistance or immunity and a loss of the ability to cope with environmental stresses (chemical, bacterial, or otherwise).

The good news is that it is possible to reverse the process. And my patients are very appreciative of the fact that we have a very effective system of monitoring their progress at each visit. By contrast, in medicine, the medical doctor makes a diagnosis and then uses drugs or surgery to attack

or suppress the symptom or to surgically remove the “offending” organ or part. Through our analysis we determine the exact nutrients needed to supplement the patient’s diet in order to bring about improved health.

CHINESE MEDICINE AND INFERTILITY

BACKGROUND

Acupuncture and Herbal Therapy are ancient Chinese methods used for the treatment and prevention of disease. These systems are as ancient and effective as any other medical techniques used in the world today. They have been practiced consistently for the past five thousand years in the Orient. Seventy percent of one quarter of the world's population uses acupuncture and herbs as their main form of health care. Although acupuncture has been used in England, France, and Germany for several hundred years, only in the past two decades have Acupuncture and Traditional Chinese Medicine (TCM) been recognized in the United States. The benefits of Acupuncture and TCM in treatment for the infertile couple can be found in early Chinese medical literature dating back to the 11AD. Not only do these techniques assist in regulating the menstrual cycle and invigorating the sperm, but they also serve to enhance the function of the whole body. This "whole body" health approach, in turn, provides a key to unlock unlimited potential in healing. This is especially appropriate for the over 40 couple as it stimulates overall health to effect reproductive health and a reduction of biological age.

PMS, amenorrhea, endometriosis, blocked fallopian tubes, immune system incongruities, and infertility related hormonal problems yield to many of these old world (traditional) procedures. Furthermore, herbal formulas that tonify the Kidney energy (renal and adrenal function), and Kidney essence (jing) are especially beneficial in raising sperm count and motility. The highly technical and expensive methods used in Western Medicine are supported by the complimentary set of procedures and herbal recommendations. In addition to the use of Acupuncture, TCM and herbal formulas, complete treatment programs also include a series of Qi Kung (pronounced chee gung) healing energy exercises to enhance the flow of specific meridians. These exercises, which were developed by Chinese Taoists (metaphysicians) over 3,000 years ago, stimulate the flow of intrinsic energy in the body which, in turn, enhances health and benefits organ function. The meditative dance-like movements which coordinate with specific visualizations, exercise and oxygenate the blood, while at the same time, enhance one's artistic nature. In the oriental sexological literature there are also specific sexual positions that enhance a man's sperm count and motility as well as regulating a woman's cycle. There are currently a number of studies being conducted in the United States and Europe that are focused on understanding the effects of these techniques. Longevity and regaining a persons youthfulness are key topics.

Switch Fats To Feel Better

Major increases in heart disease and depression have occurred in the United States over the past 80 years. During this time a major shift in the types of fats we eat has also occurred. Now even medical experts state that the more omega-6 fats you eat compared to omega-3 fats, the more likely you are to suffer from heart disease and depression.

An article in Psychosomatic Medicine(march 30, 2007) states that people who eat high amounts of omega-6 fats are much more likely to have **inflammation-promoting compounds** in their blood. These compounds, such as tumor necrosis factor alpha and interleukin-6, are linked directly to heart disease, type 2 diabetes, arthritis, depression, and other ailments.

But you can't just continue with your regular diet, take an omega-3 supplement (like Flax oil, Cod liver oil, or fish oil), and think that everything will be OK. Although taking these can help, the single greatest cause of this mess has been the introduction and massive consumption of processed foods containing **refined vegetable oils**. I am talking about the thousands of bottles of salad dressing and cooking oil found on shelf after shelf in your supermarket.

These oils are also found by the truckload on your market's margarine shelves. All the sweets, refined foods, snack foods, and baked foods you love to eat and serve to your children are also loaded with them. They are easy to produce, last a lifetime on the shelf, are easy to cook with, and look beautiful----a virtual liquid plastic. They are a dream come true for agribusiness and the giant processed food industry.

There are several advantages to using Traditional Chinese Medicine as an approach to heightening a couple's fertility.

SOME ADVANTAGES OF USING TRADITIONAL CHINESE MEDICINE

1. TCM sees the person as an integral Mind/body organism, thereby does not treat just symptoms/diseases. TCM ventures to stimulate the bodies natural healing potential by treating root causes rather than just symptoms.
2. TCM, used in the treatment of infertility, minimizes undesired side effects and accumulated toxicity from invasive procedures and drug therapies, known and unknown.
3. Traditional Chinese medicine may be used to strengthen and balance one's general health so that IVF, GIFT, ZIFT, ICSI, AHT and TET procedures are more effective. The TCM patient derives general health benefits and endocrine system balancing from specific acupuncture and herbal regimes. Pregnancy becomes easier to achieve and postpartum recuperation happens faster. Medical studies have been done in China to verify this type of whole body health enhancement.
4. The widespread use of TCM suggests that it is a complete traditional medical health care system and can be used with or without the integration of Western medical techniques. The integration of Western medicine, as we know it in America, began in the Orient less than a century ago. It is called INTEGRAL CHINESE MEDICINE (ITCM). Ancient medical techniques of acupuncture and herbs utilized with modern procedures, seem to work best.

UNEXPLAINED INFERTILITY / LIVER QI CONGESTION

Irritability, depression, frustration are keywords to the Liver Qi Stagnation. It must be noted that whenever an organ is mentioned in oriental medicine it implies the related conduit or meridian. A meridian is a pathway along which energy / Qi flows. The psychological aspect of the Liver is said to assist us in planning easily and wisely. The person who suffers from Liver Qi congestion may be found in a job that they don't enjoy, working late hours, and with a history of taking birth control pills. There frequently exists an inner psychological frustration about having and raising children. Dysfunctional family factors play a major role in the upset Liver, as the condition may have existed for many years.

Physical symptoms of irregular periods, PMS, dark colored blood with small clots, breast pain with distention, worry and frequent sighing and headaches often accompany the psychological symptoms. Pulse diagnostic palpation at the radial artery usually reveals a wiry and small quality pulse in the person with a Liver imbalance. Pulse diagnosis at the radial artery is an extremely sensitive and skilled art that takes many years to perfect. It is like a laboratory blood test. There are over twelve different pulse positions on each wrist and twenty-eight pulse qualities that can be related to each one of these positions. The readings yield a multitude of relationships when integrated and compared with the

Out of balance

In the old days, before the major health shift toward heart disease and depression, the ratio of omega-6 fats to omega-3 fats in the diet was somewhere between 1:1 and 3:1. Today it is more like 20:1 and even 50:1 for some typical American families. And taking a tablespoon of flax or cod liver oil daily is good, but will not tip the scales back toward normal.

Remember, the higher your intake of certain types of omega-6 fats, the higher the poisons in your blood. And it is the synthetic versions of these fats found in processed foods that are the culprits. It is not the omega-6 fats from meats (unless fried) and whole foods. In fact, you need omega-6 fats. Without some of these you cannot even utilize omega-3 fats. But get your omega-6 fats from real foods, not liquid plastic.

RAISING YOUR FERTILITY QUOTIENT WITH TCM TREATMENT

1. **Timing and consistency of treatment**, whether having acupuncture or just taking herbs, is of primary importance. Consistency of treatment is most important for men, as to raise sperm count and motility with herbs starts to take effect at the fourth month of treatment. It takes 70 days to generate new sperm.

Timing and consistency is also important for women as there are specific hormonal adjustments that can be made at each week of the cycle. Missing a week of treatment may lose an important opportunity to heal a particular segment of the four phase menstrual cycle. It takes a minimum of three consecutive cycles (12 treatments) to do the foundation work of regulation regardless of biological age. Most women can benefit from this type of concentrated foundational treatment every two years, even if they aren't trying to conceive. This should be started before a woman reaches 28 years old or earlier if birth control pills have been taken.

2. If a **woman is nearing forty years old** and has had either numerous fertility drugs (over 3 cycles), birth control pills, PMS, ART procedures, elevated FSH, polycystic ovaries, endometriosis, sperm antibodies, or a history of drug, alcohol, or smoking abuse, then it usually takes longer to balance her reproductive system. Likewise, if a man has a history of STDs, history of drug, alcohol, smoking, or sexual abuse, urinary tract

patients' signs, symptoms and tongue characteristics. The different pulses can confirm a diagnosis and be used to monitor a patient's progress. Both pregnancy and the sex of a child can be diagnosed from the pulses by a skilled practitioner.

Infertility due to Liver Qi Stagnation manifests mostly in women and is a frequent cause of unexplained infertility. This is because this type of Liver stagnation effects the blood flow in the pelvic cavity. Acupuncture at the right time in the menstrual cycle, in conjunction with an herbal formula and some counseling, very likely can clear the congestion in several months. The resulting pregnancy is more than welcome along with the emotional clarity that arrives when the Liver organ/meridian is less toxic (stagnated). Couples must realize, however, that the prevalence of Liver Qi Stagnation in modern society is not something simple that can be relieved over night. It may take 9 months or more to release the stress, trauma, and toxin in the system, if it is at all possible. There have been cases resolved within a month's time.

MISCARRIAGE; A TRADITIONAL CHINESE MEDICINE VIEWPOINT

Since the Western Han Dynasty (206 BC.- 24 AD.), Chinese people have been using traditional medicine to effectively treat both male and female infertility. Many texts have been published in the medical literature focusing on these problems that have so recently come to the forefront in western society. TCM for threatened miscarriage includes acupuncture, herbs, diet and a different approach to exercise. It must be remembered that treating infertility and miscarriage using any method is complicated and involved. The medicine that helps the patient attain a healthy vital energy (Tian kwei) can greatly aid the woman who has had miscarriages due to a hormonal imbalance. For the woman over 40 there are herbs that nourish the deeper vitality that is necessary for the body to call forth healthy ovum.

Currently TCM, both in China and America, is used in conjunction with Western medical techniques and testing to design an effective course of treatment for the couple wishing to achieve not only pregnancy, but a healthy baby delivered at full term.

Sixty percent of all spontaneous abortions occur in the first half of the first trimester of pregnancy. Genetics play a key role in habitual miscarriages. To presume that TCM alters genetic structure without triple blind studies etc., would be a stretch of most peoples imagination. However, Traditional Chinese Medicine is very effective in strengthening a persons' constitution.

If a woman has miscarried, it is important to build and conserve her Qi and build her Blood. This usually means building and conserving Kidney Qi, as within the Kidney both Yin (Blood) and Yang (Qi) are generated. We must remember that Kidney does not just mean the ear shaped organs guarded by the ribs just above the lower back. It means the whole psycho physical interrelated matrix and visceral relationship of Kidney function and its meridian pathways.

infections, burning urination, chronic lower back pain, prostatitis, difficulty passing urine, or other urological health issues it takes longer to rejuvenate the reproductive function. The extent of rejuvenation is relative to the effort and inherent constitution of the individual. Daily training sessions with the right exercises usually provide tangible results when combined with weekly treatment, meditation and a reasonable diet. The couple must expect to focus six to nine months before really expecting to evaluate results. There is no quick path when it comes to conception, full term pregnancy and recovery after delivery. "Turning back the clock" is indeed possible.

3. If a **woman is in a state of high level wellness** from a traditional medicine's point of view (warm hands and feet and no PMS are just several indicators), and has a "normal" active and relatively a low stress energy abundant lifestyle, then it is appropriate to evaluate between the sixth and ninth month of consistent treatment.
4. **Biological vs. chronological age.** According to the 2,000 year old Chinese medical classic (Nei Ching su wen ling shu) there are some precepts of health and aging that are very important in this day and age. Accordingly, the normal life span for humans is over 100 years. There are documented life spans of monks that have lived in good health to well over 150 years old. In the Nei Ching there is a dialogue between the Yellow Emperor and an old Taoist teacher named Chi-po. Why does medicine exist? asks the Yellow Emperor, "...because people have severed themselves from their roots (Tao)". The reconnection between the individual and their "roots" (spirituality) is a very important aspect in the maintaining of youthfulness and is thereby inherent in the basic foundation of traditional medicine. Modern science supports this in the focus on the emerging stem cell technologies and the possible cures for major life threatening diseases. Stem cells are found in abundance in the umbilical cord which suggests this deep root connection to the Jing Qi (essential energy). Understanding the root cause and quality of one's own longevity can slow the aging process and rejuvenate the body as thoughts can create reality. Knowing with certainty that we are an ageless body is the basis for creating high level wellness in the modern world. Longevity however is more than just belief.
5. Correct **dietary and exercise habits** are just as important for the preconceptive mother as for the father. Eating salads (cold nature food) for a year is not the best diet for a person who has generally a low basal body temperature (BBT). Sometimes eating meat such as lamb (warming food) can help tonify a "cold" barren uterus. For male factor and unexplained infertility there are specific physical and mental exercises to be done by couples to generate the right environment necessary for creativity and conception.
6. **Combining conventional reproductive**

In oriental medicine we say that all chronic imbalances effect the Kidney organ/meridian network. What this means is that if a person has a weak constitution i.e., is pale, feels cold is undernourished, etc., then this is a result of either prenatal (genetic) influences and or lifetime habits and illnesses. The way to change these conditions, if possible, is to change them through treating the Kidney with tools of acupuncture, herbs, diet, and exercise. Kidney means bone and bone marrow and from the marrow is made blood. Blood nourishes Qi and the cycle regenerates and builds. Essentially, in oriental medicine it is said that the Blood nourishes, the Qi protects, and the Kidney Qi holds the fetus. The Kidney is injured by cold, therefore dietary considerations are generally applicable for this patient.

Tip of the Month

Natural Solutions to Banish Body Odor

- **Soak up sweat.** If baking soda can keep the fridge from reeking, it can do the same for you. Sodium bicarbonate sucks up moisture and “helps stop bacteria from thriving.” Sprinkle a “small amount onto your hands,” then apply directly to underarms.
- **Think zinc.** This mineral help helps keep “bacteria in check.” Take about 30 mgs in supplement form” daily or “up your intake of food sources like shellfish and legumes.” Zinc can exacerbate copper deficiencies, so also take “1 mg copper” via a multivitamin. (Watch out for overdosage which will turn into heavy metal toxins)
- **Lather on the oil.** “Packed with antibacterial compounds,” tea tree oil can work as a “potent” natural antiperspirant. Mix a few drops with “a teaspoon of almond oil” and rub onto armpits. If you have sensitive skin, perform a “patch test on the inside of your forearm” first.

Source: Body + Soul

technologies with ancient acupuncture and herbal techniques demands accurate communications between team members which includes the patient as captain. Communication between the patient, the acupuncturist and the reproductive specialist is a delicate process. It is important for the physician to have knowledge of the procedures of the acupuncturist/herbalist and vis a vis. Lacking knowledge of an herbal program that a patient is on can effect the results of an ART procedure. It can even be detrimental as alternative therapies are effective in changing a persons body. Likewise it is important for the patient to inform the acupuncturist of any herbs or vitamins that are being taken while undergoing treatment, other than prenatal vitamins. Over the counter herbal remedies might be effective in some cases but may not be indicated for a particular cycle. It could be like having carpet delivered for the newborns room before the concrete foundation was poured for the house. Traditional Chinese medicines and acupuncture work quite differently than western medicines. They are gentle and deep acting rather than flashy and bright. Expect to feel a growing subtle influence that permeates your life like the smell of star jasmine on a summers night.

7. What if you have **already had a course of acupuncture treatment** in the past? When selecting an acupuncturist or any healer it is important to know that they are suitably qualified to do fertility work. Communication, experience and skill are important. Having a state acupuncture license means that the acupuncturist has passed a course of study that qualifies them as an entry level practitioner. Usually this is about a 3000 hour training, though there are some physician programs that are only 300. A growing number of practitioners have a greater than entry level experience of treating couples that are integrating oriental medicine with conventional reproductive techniques. These practitioners are to be sought out, as treating an infertile couple demands not just general practice but also specialty skill. General practice skills help remove pre-existing conditions. If these conditions are the cause of infertility then the couples fecundity quotient will be increased. However, if either reproductive function or biological age of the endocrine system is the primary contributory factor then specialty skills and experience is necessary.

SUCCESS STORY:

Acid Reflux, Difficulty Sleeping

I came to the Healing Lab as a desperate, last choice measure in my search for a remedy for acid-reflux and the digestive issues that surround it. We began the treatment for these problems two and 1/2 weeks ago and the effects were immediate. Within 3 days I no longer suffered from acid-reflex and my stomach bloating decreased day by day.

I should say that this has been a problem for me for years. It began eight years ago and reoccurred one year ago more severely. I had difficulty swallowing, felt something stuck in my throat, and felt nauseated. In addition, I could not lay flat sleeping. I had to sit sleeping with two to three pillows under my head at night. My quality of life was deeply affected. It woke me up at least twice a night. I was so tired that I could not be creative for my artistic work. I also suffered with mood swings, felt bloated all the time, and was short of breath.

I was treated by a gastrointestinal doctor for a year at two different times. Symptoms were eased but not 100% and new symptoms developed. I was not healed. I felt that there had to be a different way to become healthy. I researched Chinese Medicine and found The Healing Lab. In five days I feel lighter, no more acid reflux medicine after day three and I sleep better which is a major relief for me.

Of course, it was necessary for me to do my work with regard to the eating plan that was suggested by Dr. Lee. This eating "plan" seemed daunting at first but it has become more a way of life after following it for the past few weeks. I cannot imagine returning to my former way of eating. I am losing weight and feeling better and better with each day. I have become creative again with my clear thinking returning. I find that the support of Dr. Lee two times a week with energy testing and acupuncture is invaluable---absolutely vital to the healing process.

This healing process is amazing. I do my work and Jenny does her amazing work! For the first time in many, many years, I feel hopeful that I can return to my healthy self. The evidence in the way I feel and look says so much about this process--this way of treating the whole person. I am sleeping so well, eating incredibly well, and feeling joyful each day of this experience. Joyful because I am taking good care of myself and healing along the way.

Carla Labat

If you wish to be removed from our mailing list, please reply with REMOVE in subject heading.