



**\$60 ION-CLEANSE (\$75 VALUE) EXP 10/31/08  
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.

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 alkalinize 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 Barody, 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

**In this issue:**

**No Longer Depressed, Or on Meds**

**In Women, Oversize Waistlines Are a Potent Risk Factor for Heart Disease**

**Miracle Testimony:**

***Ulcerative Colitis, Blood in Stool***

***Anxiety, Mood Swing, Crying Spell***

**OCTOBER SPECIAL OFFER - \$95**

**Complete Health Analysis (\$150 value):**

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

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.

## **The Healing Lab**

[www.HealingLab.com](http://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**

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.

**No Longer Depressed, Or  
on Meds**

**In Women, Oversize  
Waistlines Are a Potent  
Risk Factor for Heart  
Disease**



*Knight Ridder/Tribune Business News*

09-26-08

MINNEAPOLIS - Henry Quant was just 5 years old and bedridden with chronic fevers when he began taking pills for anxiety and depression.

His mother knew that the drugs helped, but they made her nervous.

"The really scary part," Elizabeth Quant said, "is we don't know what these do long term."

This summer, under the watchful eye of his physician, Henry, now 7, replaced his antidepressants with vitamins and learned some stress-relief exercises to calm himself.

"Now he's doing better and better," said his mother, who lives with her husband, Shawn, and three children in south Minneapolis. If Henry, a second-grader, starts to relapse, his mother says she won't hesitate to change course. But after two months, she's thrilled. "He's happy and he's healthy, that's Henry."

At one time, psychiatrists might have cringed at the thought of using alternative medicine instead of "real" treatments for mental health care. But a growing number of doctors are adding herbs, nutritional supplements and meditation to their arsenal of psychiatric drugs, as evidence mounts that natural therapies can help. Even stalwarts of the medical establishment, from the University of Minnesota to Allina Hospitals & Clinics, are exploring ways to use mind-body therapies to treat depression and anxiety.

In part, it's an effort to recapture the human touch in mental health care, which some say has been lost since antidepressants became the most widely prescribed drugs in the land.

"I think it is a backlash to the whole push for antidepressants, and I think maybe a reasonable one,"



*AScribe News*

09-24-08

BALTIMORE, Sep 23, 2008 (ASCRIBE NEWS via COMTEX) -- A heart expert at Johns Hopkins is calling for all women with a waistline measuring more than 35 inches to get an annual check-up and detailed risk assessment for heart problems because excess abdominal fat, even in the mildly obese and overweight, leads more than a third of women to underestimate their lifetime risk of having a heart attack, stroke or chest pain (angina.)

Cardiologist Erin Michos, M.D., M.H.S., who plans to make her pitch Sept. 23 directly to colleagues during a special lecture at The Johns Hopkins Hospital, says the recommendation is based on a national, multicity screening of 8,936 women, ages 35 to 63, for heart disease risk factors. The screening, she says, found a strikingly high number of overweight American women whose stretched girth was tied to a serious underestimation of risk using traditional tools to assess heart health.

In a report published in the August issue of the *Journal of Women's Health*, the research team showed that 39 percent of women screened were overweight (having a body mass index between 25 and 30) and 35 percent were obese (having a body mass index over 30, often overweight by more than 30 pounds.) And when waistlines 35 inches and larger were factored into the risk assessment, 55 percent of these women were found to have hearts at increased risk of disease.

"It is time for physicians and patients to pull out their measuring tapes and for overweight women in particular to start shedding some pounds," says Michos, an assistant professor at the Johns Hopkins University School of Medicine and its Heart and Vascular Institute.

said Dr. Gary Oftedahl, who helped design a depression treatment program for the Institute for Clinical Systems Improvement, a Bloomington, Minn., health policy group. "We've tried to medicalize depression almost to the point of not looking at the simpler things that can be done."

Few dispute that antidepressants can be lifesavers, and that many people are alive today because of them. Yet Sue Abderholden, who heads the National Alliance on Mental Illness, Minnesota chapter, said she is delighted to see more attention to mind-body therapies. "We've never said a pill's going to cure it. It just takes more than that."

## FROM PASSIVE TO ACTIVE

At Children's Hospitals and Clinics of Minnesota, kids are being taught how to manage depression and anxiety with everything from scented oils to deep-breathing, exercise, prayer and "quiet reflection."

"I think people are fed up with having their kids medicated as the only option," said Dr. Timothy Culbert, head of integrative medicine at Children's, and Henry's doctor.

Last year, Culbert co-wrote a series of self-care books for children ("Be the Boss of Your Body" by Free Spirit Publishing) on ways to cope with pain, stress and sleep problems - all linked to depression.

Several patients have been able to get off medication, while others have cut their dosage, Culbert said. His goal is to teach kids to help themselves, not just passively receive therapy.

Henry Quant started showing signs of depression at age 2. He had a rare condition, called periodic fever syndrome, that caused chronic high fevers and left him sad and listless. By the time he was 5, his mother recalled, one bout of fever lasted months. "He was so sick, and he didn't understand. He was sobbing a lot."

Eventually, doctors found a treatment - removing his tonsils and adenoids - for the fevers. With antidepressants, the youngster's spirits began to lift, his mother said.

This summer, Elizabeth Quant took Henry to Culbert's integrative medicine program. Culbert recommended vitamins, massages and other calming therapies, as

She points out that traditional risk-factor scoring leaves out waist size, taking into account only such other factors as age, blood pressure, blood cholesterol levels, smoking and diabetes. These measures have long been used as part of the Framingham Risk Assessment, which only assesses people's 10-year risk of heart disease.

But the team's latest assessments - drawn from a 2006 annual public screening in 14 communities across the United States, in which women were asked to undergo a short physical check-up and fill out a health questionnaire - changed significantly when expanded waistlines were factored into their calculations.

More than half (59 percent) of the 85 percent of women originally thought to be at low risk of heart trouble were now found to have one or two additional risk factors. And 19 percent of those at low risk and nearly half (41 percent) of the women originally ranked at intermediate risk actually had three or more previously unknown risk factors.

"These women have a high lifetime risk of cardiovascular disease even though their 10-year risk may be predicted as low," says Michos, who points out that the presence of a single, major risk factor for heart disease by the age of 50 cuts back on women's median lifespan compared to women with no risk factors.

"Our results really emphasize the growing epidemic of obesity in America and showcase its potential for misreading or masking future harm to women's heart health," she says. "Even if they are not experiencing immediate problems, they could soon be in trouble. Overweight people are more likely to develop risk factors that lead to cardiovascular problems, such as high blood pressure, blood sugar imbalances and excess blood lipid levels. And the reverse is also true: Losing weight, especially abdominal fat, is the first step in lowering blood pressure and getting blood cholesterol levels under control."

Michos notes that other research has shown a loss of just five pounds lowers people's risk of pre-diabetes by 31 percent. Losing 10 pounds lowers blood pressure by 5 millimeters of mercury.

Michos says she has started her campaign with local physicians because it will take a few years to amass the necessary additional evidence to change national

Henry's medication was tapered off.

The boy also was taught self-help techniques. "One of them is to sit quietly for about two minutes and just think of something happy," his mother said. With those techniques, and a strict diet-and-exercise routine, she says, "I believe we have it under control now."

Dr. James Gordon, a Harvard-trained psychiatrist, insists that many people struggling with depression could do without mood-changing drugs. But he says doctors have been cowed by insurers and drug companies into writing prescriptions at the first sign of depression.

"Many feel trapped in a system that tells them their patients have to be on drugs (or) they're not doing their job," said Gordon, who heads the Center for Mind-Body Medicine in Washington.

Gordon travels the world preaching that depression isn't really a disease, but a life out of balance. He makes that case in his latest book, "Unstuck." In July, he brought his message to a workshop in Minneapolis, hosted by Allina.

"The dominant issue in depression is stress," he said. "Why not teach people how to deal with stress?" Gordon's solution: A mix of meditation, dance therapy, deep breathing, exercise, herbs, nutritional supplements and self-help strategies, which he has packaged into an eight-week course.

"I do not say never take antidepressants. What I say is, antidepressants are a last resort, not a first choice," said Gordon. "It may turn out that it's far less expensive, economically as well as humanly, to help people help themselves." Most people have to pay for alternative mental-health treatments out of pocket, because insurers generally don't.

#### Snake oil or happy medium

Dr. Paul Goering, who heads Allina's mental health program, calls himself a skeptic. To some fellow psychiatrists, he admits, a treatment is no better than snake-oil if it's not "exhaustively tested."

Yet he invited Gordon to Minnesota to share his views as part of an Allina project exploring alternative treatments in mental health.

Goering notes that there's growing evidence that practices such as yoga and exercise can promote mental

clinical guidelines. Results from the 2007 screenings, coordinated by the Maryland-based Sister to Sister, Everyone Has a Heart Foundation, will not be ready until later this year.

"Physicians and others have unfortunately become too accustomed to seeing heavy-set people, and there is a risk that we overlook or dismiss being overweight and obesity as a potential and future source of heart problems," says Michos. "Even if the problems are not evident now, it is more important to start screening women at a younger age to forego heart problems later in life."

"Community screening events have confirmed that many women are unaware of their risk factors and the screenings have proven effective at identifying those women at risk and, hopefully, we will be able to expand these programs in the future," she adds, noting that 48 percent of women with high cholesterol levels were newly diagnosed with the condition, as were 7 percent of women with hypertension. "Awareness is the first step to implementing heart-healthy lifestyle changes to reduce their risk," says Michos. The next Sister to Sister community screening event will take place in February 2009.

Furthermore, Michos says annual survey results, though specific to women, also bear significance for men, for whom a waistline greater than 40 inches is considered obese.

Researchers say their next steps are to monitor screened women to see how well follow-up treatments worked at not only lowering risk, but also in lowering actual heart problems and whether or not this stretches out lifespan.

Of 150 women who were screened as high risk in 2006, 71 percent followed up with a visit to their physician, 64 percent changed diet, 47 percent lost weight, 61 percent monitored their blood pressure levels, 6 percent stopped smoking, and 23 percent checked their waistline against the 35-inch benchmark.

According to the latest statistics from the American Heart Association, one in three American women has some form of cardiovascular disease. Sixty-nine million women are overweight, including more than 36 million who are obese.

health. More studies are underway, in Minnesota and around the country. "I think we will be very cautious about introducing it," he said. "But I think there's something there."

He's not alone.

The Mayo Clinic has been weaving mind-body therapies into all fields of medicine, including psychiatry, for several years. Even the University of Minnesota psychiatry department, which has long focused on the biology of brain diseases, is taking a fresh look at alternative medicine, said its chairman, Dr. Charles Schultz.

"If it leads to a better outcome, then I think it's our obligation to look at it," he said.

His main concern, he said, is that patients who really need medication won't get it. Untreated depression, he notes, is a leading cause of suicide. "I will not say that every single person needs to start on an antidepressant medication as soon as they describe feeling sad or hopeless," he said. "On the other hand, we can't ignore how severe depression is."

Dr. Jeffrey Sawyer, a self-described holistic psychiatrist in St. Louis Park, says the problem lies at the extremes - insisting drugs aren't necessary, or that they're the only thing that works.

"I think," he said, "there's a happy medium in the middle that blends both worlds."

Funding for this study was provided by the Sister to Sister, Everyone Has a Heart Foundation. Besides Michos, other researchers from the Johns Hopkins Ciccarone Preventive Cardiology Center involved in this study and the Sister to Sister annual screenings were Brian Kral, M.D., M.P.H.; Catherine Campbell, M.D.; M. Dominique Ashen, Ph.D., C.R.N.P.; and Roger Blumenthal, M.D. Other researchers included Irene Pollin, Ph.D., M.S.W., and Laurene McKillop, Ph.D., from Sister to Sister; Teresa Shattuck, Ph.D., Michele Debarthe Sadler, Ph.D., and Karen Boyle, Ph.D., from Shattuck & Assoc.; Khurram Nasir, M.D., M.P.H., from Massachusetts General Hospital in Boston; Rita Redberg, M.D., from the University of California San Francisco; and Karlynn Brintzenhofeszoc, Ph.D., M.S.W., from Catholic University of America in Washington, D.C.

For additional information, go to:

<http://www.hopkinsheart.org>

<http://www.liebertonline.com/toc/jwh/17/6>

## **SUCCESS STORY:**

# *Acupuncture Miracles*

## *Ulcerative Colitis, Inflamed Colon, Blood in Stool*

I came to visit Jenny three weeks ago in Palo Alto, CA Clinic. I was referred by Standard Process in Berkeley, CA.

The issue that I was having was Ulcerative Colitis and I had this for almost 4 years. I was bleeding from anus all the time. When I wiped I can

see blood. You can also see blood in the stool. However, I came to know about it in December 2006 when I had diarrhea for two straight weeks, with cramps at lower left abdomen and pain in my back everyday. I also felt fatigue and really tired by 7 PM. It has made me irritable and I also felt warmer temperature at night time. The western Medicine cannot do anything about it.

I went to see Ayuvedic person which was okay, but his herbs was not strong and never cured my problem. The results I got was very minimal and I was not very happy as my symptoms was still there. I decided to return all my med/herbs back to that person as it was not working much.

My results were outstanding after three weeks of treatment at the Healing Lab. As now I am more energetic. I am going to the bathroom once a day instead of going 5-6 times a day. I have no bloating and am able to eat other veggies that I was not able to eat in the past.

Ashish Maharuj

8/22/2008

## *Anxiety, Mood Swing, Crying Spell*

*I was diagnosed with anxiety which on reflection, I think I suffered from most of my life at times it was more severe than others. I also suffered from mood swing which had gotten even worse after my third baby was born. I became so moody that I would have crying spell which tied to my period cycle.*

*I received treatment for a hormonal imbalance by a medical doctor and another acupuncturist. I had some symptom relief, but no resolution for anxiety and mood swing.*

*I found out about The Healing Lab through a talk Dr. Lee gave at*

*East West Bookstore.*

*After just two weeks of treatments at The Healing Lab, my anxiety and irritability have decreased, my mood has improved and I feel much lighter and stronger. My thoughts have become more positive and I have no more crying spells.*

*Becky, Los Altos  
Sept 11<sup>th</sup>, 2008*

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