



**\$60 ION-CLEANSE (\$75 VALUE) EXP 1/31/09
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 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

Happy New Year

In this issue:

Supermarket Strategy;

Fill Your Grocery Cart with Foods That May Help Keep You Young

Upcoming Workshops

Five Secrets to Looking and Feeling Younger

**January 14th, 2009, Wednesday 7pm - 9pm
The Healing Lab, Palo Alto, CA**

Five Secrets for Permanent Weight Loss

**Wednesday, January 21 2009 at 7:30pm
Location: East West Bookstore
324 Castro Street, Mt. View, CA**

Success Story:

Depression, Anxiety, Severe Mood Swing

Upcoming Workshops

5 SECRETS TO LOOKING AND FEELING YOUNG

**January 14th, 2009, Wednesday 7pm - 9pm
The Healing Lab, Palo Alto, CA**

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

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.

January 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.

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

Free Energetic Nutritional Organ Scan.

Please Call 650 380-1999 to reserve your seat.

Five Secrets for Permanent Weight Loss

Wednesday, January 21 2009 at 7:30pm

Free but call to reserve a place

Location: East West Bookstore
324 Castro Street, Mt. View, CA

Are you tired of being overweight? Come and learn from Jenny Lee why diets don't work, why eating fat does not make you fat, what hormone is out of control in your body, how to reduce your chance of breast cancer by 70%, how to regain your energy and vitality, how to look and feel younger - and much, much more!

To Reserve Tickets, Please Call 800-909-6161

Find out:

- Why diets don't work
- Why eating fat does not make you fat
- What hormone is out of control in your body
- How to reduce your chance of breast cancer by 70%
- How to regain your energy and vitality
- How to look and feel younger
- And much, much more!

Free Energetic Nutritional Organ Scan.

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

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..

“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.

Supermarket Strategy; Fill Your Grocery Cart with Foods That May Help Keep You Young

Albuquerque Journal 12-30-08

Can you find a fountain of youth at the supermarket? Are the secrets to a long life hidden there among the toaster pastries and potato chips?

Not exactly, but supermarket shelves do contain numerous foods associated with a reduced risk of cardiovascular disease, Alzheimer's disease and other afflictions of aging. You just have to know where to look.

Canned goods

Fresh fruit and vegetables are best, but canned goods offer convenience and good nutritional value.

The processing of tomatoes actually increases the bioavailability of lycopene, an antioxidant that helps neutralize highly reactive and damaging free radicals in the body. Lycopene in tomato paste is four times more available than it is in fresh tomatoes.

Canned beans are a useful alternative for those who don't have the time or inclination to soak raw beans. The soluble fiber found in beans makes you feel full for longer and may help lower levels of low-density lipoprotein, or "bad" cholesterol. Black beans, kidney beans and lima beans are good choices.

The canned goods aisle is a good place to get a head start on meeting the American Heart Association's



Produce

While it's hard to go wrong with vegetables, some pack more nutritional power than others.

"Generally, the more color the vegetable has, the more nutrients it has," says Rael.

With lutein and other nutrients, spinach makes a more nutritious salad base than iceberg lettuce.

Cabbage is another good choice for salads. A study at the Fred Hutchinson Cancer Research Center in Seattle found that men who consumed three or more servings of cruciferous vegetables like cabbage and broccoli per week had a 44 percent lower prostate cancer risk.

Aromatic veggies like garlic and onions are rich in sulfur containing compounds that may help lower blood pressure, protect against cancer and prevent atherosclerosis.

Sweet potatoes and carrots are excellent sources of beta carotene, the antioxidant and vitamin A precursor.

Avocados have the highest omega-3 content of all fruits.

Kiwis, grapefruits, watermelons and apricots are

recommendation of two servings per week of fish. Canned varieties like tuna, sardines, salmon and mackerel are among the best sources of lean protein and omega-3 fatty acids, which reduce risk factors associated with cancer and heart disease and are important for brain health.

"Buy the fish packed in water, not oil," advises Rael. "The fish oil is in the fish, not the stuff it's packed in."

Besides providing the most complete source of protein, eggs contain choline, which may help protect against age-related memory loss.

Eggs also are great sources of the carotenoids a class of plant pigments with antioxidant properties. A 2007 National Eye Institute study found that two carotenoids in eggs -- lutein and zeaxanthin -- protect against macular degeneration, a condition that leads to blindness. Eggs from chicken that have been fed flax seeds contain essential omega-3 fatty acids.

Salad dressings and cooking oils

Bypass the salad dressings high in saturated fat and make your own with olive oil and cider vinegar.

Olive oil, the prime component of the Mediterranean diet, is a good source of monounsaturated fat and antioxidants. The extra virgin variety has higher levels of antioxidants.

Cider vinegar has been used since ancient times for a variety of ailments, and recent research suggests it could help lower blood glucose levels and cholesterol.

Bulk goods

Once reserved for health food stores, bulk items are increasingly common in supermarket chains and a good place to get raw nuts and legumes.

Raw nuts are high in monounsaturated fats, the healthy fats associated with a lower risk of heart disease. Walnuts have omega-3 fatty acids and almonds are a good source of the antioxidant vitamin E. Peanuts, which are actually legumes, provide a good source of monounsaturated fat and resveratrol, the much-touted antioxidant thought to protect against atherosclerosis. One ounce of peanuts contains as much resveratrol as six cups of red grapes.

great sources of vitamins and antioxidants.

Beverages

Green and black tea contain about 25 percent flavonoids, another class of plant pigments with antioxidant properties.

Though more research is needed, green tea has shown promise at helping to inhibit the growth of cancer cells, while black tea has shown potential for reducing the risk of stroke.

Just remember that the caffeine in coffee has negative health effects, including anxiety, upset stomach and irregular heartbeat.

Snacks

Dark chocolate, or chocolate that contains at least 70 percent cocoa, is a good antioxidant that has been shown to lower blood pressure and trigger the release of dopamine, a mood booster. Watch the portion size, as dark chocolate is high in calories and saturated fat.

Milk chocolate and chocolate syrup don't offer the same benefits, as the manufacturing process removes most of the flavonoids.

Have a plan

Eating healthfully not only means stocking up on healthful foods, but also keeping the junk food out of the shopping cart.

Rael, who teaches classes in grocery shopping and meal planning, says shoppers can accomplish this by devising a plan of attack before they set foot in the supermarket.

"You should make a list and stick to it, whether you have a meal plan for a week or a few days," she recommends. "Familiarize yourself with the layout of your local store, and only go down the aisles you need to go down."

And one more thing: Don't go to the supermarket when you're hungry.

"Have a snack before you go food shopping," urges Rael. "If you go to the store hungry, everything looks good, from the Fruit Loops to the ice cream."

Success Story :

Depression, Anxiety, Severe Mood Swing

I first came to the Healing Lab clinic on July 23th, 2008. I had dealt with depression and anxiety for 5 years now. I had heavy mood swing that would turn into anger. I had been put on medication for over 4 years.

I also had been put on birth control pill for 12 years which had made my period volume dwindle down to almost less than one day per month.

I felt tired as a result with sinus allergy, cough and abnormal discharge.

I also had water retention and sleep problem.

I was referred by my friend who found the Healing Lab online.

Within 4 weeks, I am off all my prescribed meds and I felt so great that

I hardly remember what my original symptoms were.

My period becomes normal again which makes me feel like a real woman.

I even have vivid dreams that symbolize that I am spiritually reborn.

Even with not much sleep at night due to work, I still feel energetic during the day.

Jennifer Kemp

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