



**\$60 ION-CLEANSE (\$75 VALUE)**

**EXP JUNE/30/09**

**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.

**In this issue:**

**Functional Blood Analysis**

**Special**

**\$125(Normally \$250)**

The functional blood test range is used to assess risk for optimal health before disease develops instead of the pathological blood test that is provided with laboratory test results.

If you have a current blood work report, we can use that to determine your wellness. If not, we can refer you to a lab where you pay a fraction of the retail price for your test. Then we combine with the **Energetic Nutritional Testing** to find out the cause of your health problems and get rid of the cause by applying potent herbal extracts and homeopathic remedies. Call us today so we can help you reach your optimum health.

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

**Success Story:**

***Abdominal Pain, Low Energy***

***Facial Miracle***

\*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-

**June SPECIAL OFFER - \$98**

**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

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.

## **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**

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.



## Meta-analysis finds lower risk of stroke among tea drinkers

The results of a meta-analysis published in the May 1, 2009 issue of the American Heart Association journal *Stroke* revealed that men and women who consumed at least three cups of green or black tea per day had a lower risk of stroke than those who consumed less than one cup.

For their review, Lenore Arab, PhD and her colleagues at UCLA's David Geffen School of Medicine selected 9 epidemiological studies that included data on tea intake and fatal or nonfatal stroke outcomes. The studies included a total of 194,965 participants in 6 different countries, among whom 4,378 strokes occurred.

The pooled analysis uncovered a 21 percent lower risk of fatal or nonfatal stroke among those who consumed three or more cups of tea per day compared to those whose intake was reported at less than one cup per day. The findings involved participants from diverse geographical areas and were consistent whether green or black tea was consumed.

Although the analysis did not break down stroke according to type, the authors believe that the association observed is likely to be due primarily to tea's effect on ischemic stroke. In their discussion of possible mechanisms for tea against stroke, they note that although tea's antioxidant and anti-inflammatory actions are frequently cited, green and black tea have also been demonstrated to reduce blood pressure in an experimental model of hypertension, a condition that is a strong risk factor for stroke. Additionally, tea has been shown to enhance endothelial function, which, when reduced, impairs cerebral blood flow. Furthermore, a compound found in tea known as theanine readily crosses into the brain, where it may provide a neuroprotective effect.

"The observational, epidemiological research in humans is strongly supportive of the hypothesis that tea consumption, at the level of greater than or equal to 3 cups per day, either as green or black tea, reduces the risk of



## Eating Slowly Helps Fight Overweight, Poor Digestion

*Sunday Gazette-Mail*

04-21-09

People who wolf down their food are more likely to be overweight and suffer from digestive problems. Here are tips from nutritionists on setting a healthier pace:

**Stop eating before you feel full.** It takes 15 to 20 minutes for your digestive system to tell your brain that you've had enough. So put down your fork when you start to feel satisfied.

**Turn utensils into allies.** Make a habit of putting down your fork or spoon after each bite; don't pick it up again until you've swallowed. If you're eating hand-held foods, place them on your plate between bites.

**Chew well.** Take small bites of food and chew each one about four or five times before swallowing. Don't take the next bite until your mouth is empty. You also can take a sip of water between mouthfuls.

**Take breaks.** Once or twice during a meal, stop eating for about a minute. Talk, drink some water and take note of how full you're getting.

**Relax.** Try to schedule mealtimes when you can sit down and not rush. If you can, play soft background music - studies have shown it makes people slow down.

**Concentrate on your meal.** Distractions such as TV can keep you from noticing how quickly you're

occurrence of stroke, stroke volume, and mortality from stroke," the authors conclude.

eating.

Try different dishes. If you have the same meals all the time, you're more likely to eat quickly and mindlessly.

Time yourself. As you adjust to a slower pace, a watch or timer can help you set goals.

**SUCCESS STORY:**

## *Acupuncture Miracles*

### *Abdominal Pain, Low Energy*

I came to The Healing Lab first on April, 24<sup>th</sup>, 2009. I had low energy as well as lower abdominal discomfort and bloatedness, on and off for a few months. I believe it was due to poor diet. Severity was low, but was noticeable and bothersome. Also it may be due to stress.

I saw a doctor at Kaiser but was told that everything was fine. The medical test results came back favorable, but I still had problems, so I turned to The Healing Lab, which I found out about from the Santa Clara Health Convention Center.

Only after two weeks of treatments at The Healing Lab, my abdominal pain is gone and my energy has improved. I am eating better as well.

David Ettlin

May 4<sup>th</sup>, 2009

# Facial Miracle

I have been dealing with a thyroid problem for about 3 years. My energy was very low, and I was always feeling tired. This energy started to always show on my face. I felt it was time to look at options, and while searching the internet, I found the Healing Lab and made an appointment 3 weeks ago.

I thought that I was only going to get a “facial rejuvenation”, but to my surprise, my whole body is being rejuvenated. I feel “alive” and happy. I also look well rested. I am not sure what is going on, but I will continue to keep up with my sessions. It is making me feel better about myself and my energy is great – my face is transforming. Jenny laughs when she sees me because of the difference between now and 4 sessions after.

I have also noticed a decrease desire to smoke and drink, which I did not expect to feel. But I love it. Total health from a facial - who would have thought. My sister and her friend came after she saw how well my face and energy became after just one session. Thanks Jenny for a life-changing experience !!!

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