



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

EXP SEPTEMBER/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.

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Unsung Superfoods: Healthful Foods You Should Incorporate Into Your Diet (And How to Enjoy Them)

On Nutrition: Foods with Function

BPA may leach from polycarbonate bottles

Success Story:

Allergy, Insomnia, Bursitis

Migraine, Lose Sense of Smell and Taste

July 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 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

| 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.

The Healing Lab

www.HealingLab.com

Jenny C. Lee, L. Ac.

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Certified Nutrition Response Clinician,
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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.



Unsung Superfoods:



On Nutrition: Foods

Healthful Foods You Should Incorporate Into Your Diet (And How to Enjoy Them)

Chicago Tribune

04-20-09

Step aside, blueberries, spinach and broccoli. It's time to give unsung superfoods a chance.

Many of us tend to eat what we know and what we can pronounce and prepare. But mixing things up helps add more healthful micronutrients and phytochemicals into our diets, said Mary Russell, director of nutrition services at the University of Chicago Medical Center.

Trying little-known foods also gets you into ethnic grocery stores, farmers markets and local markets that focus on sustainable, local food, Russell said. "That's where you can learn from others how to buy, prepare and use unusual foods."

To help steer your cart in a new direction, try incorporating these 10 healthful foods that you probably aren't eating - but should be - into your diet.

Dandelion greens

One of the first vegetables to come to the farmers market - and your yard - in the spring, dandelion greens are low in calories and high in fiber. But a serving (1 cup) of these dark, leafy greens also has more vitamin A than a cup of cantaloupe and more calcium than spinach, said dietitian Jodi Greebel, president of Citrition, a nutritional counseling practice in New York City. They're also high in iron, other vitamins (including vitamin C), potassium and folate.

Try them: They're somewhat bitter so you might not want to toss them in salads. Instead, try cooking them with something sweet - say a chicken or pasta dish with tomatoes - or adding nuts and dried fruit, Greebel said. Or saute with garlic and pepper.

Grapefruit

Grapefruit is in peak season through April and its juice

with Function

The Monterey County Herald, Calif.

04-17-09

What is a "functional" food? In Japan, it's a food with a "specified health use." In Canada, it's a food with physiological benefits "beyond basic nutritional function." In the United States, it's a great marketing tool with no legal definition.

All foods are functional at some level, according to a recent paper on the subject by the American Dietetic Association. "Functional foods" have been found to provide additional health benefits beyond their basic nutritional content. Many have been enriched, fortified or enhanced, such as calcium-enriched orange juice or omega-three fortified eggs.

Others are just regular foods that have been found to possess health-promoting substances. Here are a few of my favorites from registered dietitian David Grotto's intriguing book, "101 Foods that could save your Life":

- Artichoke: Actually the immature flower of a thistle plant, artichokes are thought to be one of the world's oldest medicinal plants. Besides being a rich source of vitamin C, folate, and dietary fiber, artichokes contain substances that may ease an upset tummy and reduce the symptoms of irritable bowel syndrome (IBS).

- Broccoli: A member of the cruciferous family that includes cabbage, cauliflower, kale, collard greens and brussels sprouts, broccoli contains a good many compounds with cancer-fighting properties. Broccoli is also rich in sulforaphane glucosinolate (don't try to say this at home, boys and girls) a potent antioxidant that has been shown to stop the growth of breast and prostate cancer cells.

- Chocolate: Dark chocolate contains natural substances called flavonoids that improve the health of blood vessels and can help lower blood pressure. Just don't feed it to your pets. Chocolate is toxic to dogs, cats, parrots and horses, reports Grotto.

- Pecans. My favorite nut, pecans are rich in oleic acid, the same healthful fat found in olive oil. Researchers at New Mexico State University (my

boasts more nutrients per calorie than 100 percent apple, grape, pineapple and prune juice. Each serving (1 cup of juice) gives you more than 100 percent of your daily recommended vitamin C, which helps neutralize free radicals that can damage cells and lead to infection, aging and disease. It can boost the performance of some medications - but it can interfere with others - so check with your doctor if you take prescription drugs.

Try them: Top with a spoonful of maple syrup, or a dash of cinnamon, nutmeg or cloves, or use as a topping on cereal, waffles, pancakes or in a yogurt parfait.

Seaweed

Sea vegetables are rich in vitamins, minerals and trace elements. The kelp family (kombu, wakame and arame) is an excellent source of iodine and has about four times the iron of beef. Arame has more than 10 times the calcium as milk. Nori, the seaweed wrapped around sushi rolls, contains protein, calcium, iron, potassium and more vitamin A than carrots. If you're taking medications, check with your doctor.

Try it: Try sushi or maki rolls. Or cut nori strips into pieces and sprinkle on salads, Russell suggested. Put kelp in a shaker and use instead of salt. Add to soups. Or mix it with olive oil or tamari and use as a seasoning.

Avocados

Don't shun this creamy fruit because of the fat content. Avocados have good, unsaturated fats which help with growth and development of the central nervous system and the brain. They're packed with nearly 20 vitamins, minerals and phytonutrients. And they play well with others; when you eat an avocado, it helps the body absorb more fat-soluble nutrients, such as alpha- and beta-carotene, as well as lutein, from other foods.

Try them: Use avocado in place of mayonnaise. Add it to smoothies, salad, salsa, soups or sandwiches.

Dried plums (prunes)

These little gems are "a mouthful of rich sweetness," said dietitian and nutrition therapist Victoria Shanta Retelny of Chicago. High in antioxidants, they also have twice as much potassium as bananas; potassium can help keep blood pressure in check.

Try them: Retelny loves to dip them in dark chocolate or she purees them, then tops them with a dollop of plain

alma mater) found that pecans added to a heart healthy diet reduced bad LDL cholesterol more than a diet without them.

- Peppers. Chile "hot" comes from a group of phytochemicals called capsaicinoids, which act on pain receptors in the mouth and throat, says Grotto. Capsaicin applied topically as a cream has been found to be an effective treatment for painful arthritic hands.

- Romaine lettuce. Romaine contains more than five times more vitamin C than iceberg lettuce. It is also rich in lutein and zeaxanthin - substances that help fight macular degeneration in the eye. Romaine also contains salicylic acid, the same anti-inflammatory compound found in aspirin.

- Spinach. One of the richest sources of lutein - the pigment that helps protect the eyes from macular degeneration - spinach intake is also associated with a lower risk for developing cataracts. Glycolipids in spinach are powerful chemicals with properties that can fight the growth of cancer cells as well.



BPA may leach from polycarbonate bottles

United Press International

05-22-09

BOSTON, May 22, 2009 (UPI via COMTEX) -- Those who drank for a week from polycarbonate bottles showed a two-thirds increase of the chemical

yogurt and cinnamon.

Chia seeds

The little seeds that blossom into low maintenance pets - or the bizarre new Chia Obama - are actually nutrient-dense whole grains with omega-3 fatty acids. "They have among the highest antioxidant activity of any whole food, outdistancing even fresh blueberries," doctors Michael Roizen and Mehmet Oz wrote in "You: Staying Young." Studies also have shown they can level out blood sugar spikes. Roizen and Oz recommend two daily doses of about 20 grams of seeds each.

Try them: Use like flax seeds. "Sprinkle chia seeds in oatmeal or cereal for breakfast, or add them to salads, smoothies or baked goods such as muffins or brownies," said natural health expert Jordan Rubin.

Beets

The deep red color can be a little intimidating, but earthy beets give us fiber, iron and vitamin C. "Plus, they contain betacyanin, a powerful cancer-fighting agent that has been shown to help prevent colon cancer," said dietitian Gloria Tsang, founder of the online nutrition community Healthcastle.com. They also contain antioxidants that have been shown to lower total cholesterol while increasing HDL (good) cholesterol.

Try them: Try marinating steamed beets in fresh lemon juice, olive oil and fresh herbs. Grate raw beets onto salads, soups or any other dish. Or simply roast them with other veggies, Tsang suggested. But don't cook beets too long, because their anti-cancer activity is diminished by heat.

Pumpkin

Though fresh pumpkin is available only in the fall and winter, canned products are just as healthful, Tsang said. "A serving of pumpkin (1 cup) has nearly 3 grams of fiber, and is packed with beta carotene - an antioxidant that can help improve immune function and reduce the risk for cancer and heart disease," she said.

Try it: Cut fresh peeled pumpkin into chunks and roast with a bit of olive oil, salt and pepper, Tsang suggests.

bisphenol A in their urine, a U.S. researcher said.

Senior author Karin B. Michels of the Harvard Medical School said exposure to BPA -- used in the manufacture of polycarbonate and other plastics -- has been shown to interfere with reproductive development in animals and has been linked with cardiovascular disease and diabetes in humans.

The study, published in the journal Environmental Health Perspectives, showed that drinking from polycarbonate bottles increased the level of urinary BPA. It suggests that drinking containers made with BPA release the chemical into the liquid that people drink in sufficient amounts to increase the level of BPA excreted in human urine, the study said.

"We found that drinking cold liquids from polycarbonate bottles for just one week increased urinary BPA levels by more than two-thirds," Michels said in a statement. "If you heat those bottles, as is the case with baby bottles, we would expect the levels to be considerably higher."

BPA is found in polycarbonate bottles, which are refillable and a popular container among students, campers and others. It is also used in baby bottles, dentistry composites and sealants, and in the lining of aluminum food and beverage cans. In bottles, polycarbonate can be identified by the recycling number 7, Michels said.

SUCCESS STORY:

Allergy, Insomnia, Bursitis

I had suffered from severe allergy symptoms of throat and chest constrictions all the time that I have to take allegra and flonase everyday for four years now. If I did not take those allergy drugs, I would get sinus congestions, cold symptoms, high fever, or even bacterial lung infection.

I felt as if I had a swollen head, dizzy and tired all the time with headache. I could not fall asleep. I have been taking ambien for two years every night. If I did not take the drug, I could not fall asleep till 6 am in the morning. On top of all that, I got bloated easily with muscle pain and bursitis of my knees.

I have been to many orthopedist, chiropractor, nutritionist and naturopath. I have even got cortisone shots for my knees. However, the result remained the same. After only two weeks of treatments at The Healing Lab, I have already gotten amazing results. My energy levels are way up. My body pain is near gone and bursitis is much better. No more bloating feeling. Allergy is

much better as well.

Jenelle Flaherty

8/25/09

Migraine, Lose Sense of Smell and Taste

I have had migraine attack every three weeks for several months now ever since I came from a trip to Peru. The last attack lasted for 4 days straight that I cannot stand it anymore. My pounding headache would get so severe that I would feel nauseated, followed with diarrhea. I would pass out and fall asleep several hours.

I cannot take either noise or light. Along with that, I have also lost my sense of smell completely. I felt sluggish and tired, but was unable to sleep deep and would wake up at 4 am in the morning.

I have seen my family physician and the ENT specialist who said that there is no cure for my lost sense of taste and smell. The doctor just gave me steroid shot and medical drugs with side effects that I did not like. My migraine became even worse over time.

I have tried all means for over a year without any change until I found The Healing Lab. My headaches are nearly completely gone! I have more energy throughout the day and better sleep at night. Also, to my surprise, my sense of smell and taste came back. For the first time, I can smell Cilantro, vanilla candles! I can taste peanut butter and even potato chips!

Peggy Gin 9/3/09

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