



December Special :

\$60 for ION-CLEANSE

(a \$75 Value)

Exp 12/15/07

ION-CLEANSE 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:

NEW STUDY SUGGESTS ACUPUNCTURE CAN IMPROVE RECOVERY, PHYSICAL FUNCTIONING IN STROKE PATIENTS

SOME LOVE FOR THE HEART

Introducing New Services: RECONNECTIVE HEALING & THE RECONNECTION

Success Story: Back Pain, Weight Loss, and Fatigue

DECEMBER SPECIAL OFFER - \$85

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.

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,

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.

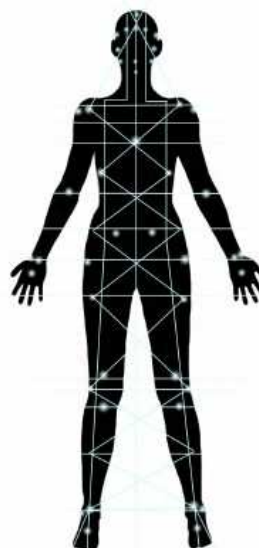
The reflex areas to check include Brain(Frontal, CSF, Crown, Cerebellum, Pituitary, Pineal, Hypothalamus, Eyes, Sinuses, Teeth, Glands, Thyroid, Para-thyroid, Lungs, Thymus, Heart, breast, Liver, gallbladder, Stomach, Pancreas, Spleen, Small Intestine, Colon, Ovaries, Testicles, Uterus, Prostate, Kidney,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

THE RECONNECTION



The Reconnection™ is the umbrella process of reconnecting to the universe that allows for Reconnective Healing™ to take place. These healings and evolutionary frequencies are of a new bandwidth and are brought in via a spectrum of *light and information* that has never before been present on Earth. It is through The Reconnection™ that we are able to interact with these new levels of light and information, and it is through these new levels of light and information that we are able to reconnect.

The intent of The Reconnection is to bring us into the fullness of our inherent connection with the universe.

This is done via a two-session experience, commonly referred to

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 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

as receiving your Personal Reconnection. And, of course, to achieve the degree of reconnection brought fourth via The Reconnection, you will, to some extent, experience healing as part of the process.

Our galactic body of creation controls its renewing functions through meridian axiatonal lines which are the equivalent of acupuncture lines that can connect with resonating star systems.

The axial lines are part of a fifth-dimensional circulatory system combining color and sound, which are used to draw from the overself body the basic energy used for the renewing functions of the human evolutionary body. Hence, the axiatonal lines can be used for the complete regeneration of an organ and even to resurrect the dead, when activated by the proper energies.

These grids are organized to exchange genetic information throughout the body through a network of messenger cells which are passed on to any part of the body. In other words, through axiatonal grids there is provided the key framework that is necessary for the proper formation of a new limb, organ, etc. This grid network within the body is connected with the spinal column which is the major antenna for the grounding of Light signals.

Just as the cell can be split, the whole spinal column network can be split by axiatonal lines into any number of parallel body networks because the spinal column couples all of the seven major fields of the body (the chakras) in relation to the primitive brain stem and the cerebral cortex.

Axiatonal Lines are vibratory lines which connect levels of human electrochemical activity with astrobiological circuits that span the solar system and are connected with resonating star systems. The axiatonal lines connect the acupuncture mapping of the human biological system with superior astrological analogs.

– Excerpts taken from [The Book of Knowledge: The Keys of Enoch](#) by J.J. Hurtak

The Reconnection™ : \$333 will get you reconnected in two sessions

[Dr. Pearl makes no claims, promises or guarantees. Dr. Pearl and anyone associated with this work, inclusive of, but not limited to The Reconnection™ and Reconnective Healing™ are neither diagnosing nor treating specific health challenges. You are solely responsible for seeing to and continuing with your own medical treatment and care.](#)

The Healing Lab

www.HealingLab.com

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New Study Suggests Acupuncture Can Improve Recovery, Physical Functioning in Stroke Patients

By Acupuncture Today

Nearly five years ago, Emperor's College of Traditional Oriental Medicine received a \$40,000 grant from The Center for Integrative Health, Medicine and Research to conduct a pilot study to determine the effectiveness of acupuncture in the rehabilitation of stroke patients. The results of that study have been published in the official journal of the American Society of Neurorehabilitation, and suggest that acupuncture provides "statistically significant" benefits in physical functioning and recovery when used as an adjunct to conventional stroke rehabilitation measures.

The study was conducted at the Daniel Freeman Rehabilitation Center's inpatient stroke rehabilitation unit in Los Angeles. In the trial, 29 patients who had suffered a stroke within the previous 60 days that resulted in hemiparesis (weakness on one side of the body) were randomized to either a control group or an acupuncture group. The control group received conventional stroke rehabilitation care (consisting of three hours of physical, occupational, and/or speech therapy, six days per week) for the duration of the inpatient stay. The acupuncture group received the same care as the control group, along with an additional 30 minutes of acupuncture therapy, seven days per week, for two weeks during the inpatient stay. Acupuncture was provided by eight licensed acupuncturists who had trained at Emperor's College and had a minimum of one year of clinical experience.

To ensure consistency, a standardized treatment protocol was used among all patients in the acupuncture group. Needles were inserted into specific points on the affected limb. Acupuncture points included Du 20, Du 19, Du 21, UB 7, GB 20, Du 14, Ren 6, Ren 12 and St 25. Supplementary points for the upper limbs (LI 15, LI 11, SJ 5, LI 4, and Lu 7) and lower limbs (GB 31, St 36, GB 34,

Some love for the heart

Knight Ridder/Tribune Business News

Nov. 19--AN ADULT HEART BEATS about 100,000 times a day, sending five quarts of blood a minute through 60,000 miles of arteries, veins and capillaries. With luck, the 8- to 10-ounce pump will reach about 2.5 billion cycles before it stops. That's if you exercise, don't smoke, watch your cholesterol, avoid diabetes, tend to your blood pressure and keep your coronary arteries unencumbered and clean. But, many Americans don't pay attention to what they eat, sit in a chair all day, put on weight, and line their vessels with a waxy sludge.

The latter, a plaque between the inner and outer walls of the vessel, eventually hardens and ruptures the inner lining of an artery. Blood platelets gather at the site and clot, closing off the already narrowed passage.

If this happens in one of the three arteries that carries oxygen to the heart, you've entered the ranks of the 650,000 men and women in the United States who have heart attacks every year. About 158,000 heart attack victims die, according to the American Heart Association. The rest suffer varying degrees of damage. Those who promptly receive an angioplasty experience the fewest damaged cardiac cells. In the procedure, a balloon is threaded up a large artery in the leg into the heart and to the blockage. The balloon is then inflated, pushing the clot and plaque to the sides, allowing blood to flow again.

Before angioplasty, physicians could only treat heart attacks with "clot-busting" drugs such as tissue plasminogen activator, or tPA. The survivors of

Sp 6, St 40, St 41, and Liv 3) were selected depending on the patient's condition. Within two weeks of the stroke episode, the acupuncturists added *ba feng* (an extra acupuncture point), Ren 23 and Ht 5 for aphasia; St 4, SI 18 and St 6 for facial paralysis; and UB 6 and GB 37 for vision problems.

To measure the effects acupuncture might have, the researchers used a tool that assessed aspects of physical performance in a person's upper and lower extremities, along with a functional independence scale that evaluated a person's ability to complete certain activities of daily living without assistance. Patients were evaluated at baseline (within three days of being admitted to the stroke rehabilitation unit) and after being discharged. At baseline and after the completion of the study, evaluations were performed by therapists who were blinded as to the randomization of each patient.

Results

While a general analysis of the data appeared to show no real difference in physical performance scores between patients in the control and acupuncture groups, closer inspection revealed that acupuncture patients experienced "significantly greater" lower extremity motor function compared to the control group. Acupuncture patients also fared slightly better than control patients in terms of lower extremity joint pain. Other improvements were seen when the researchers compared functional independence scores. While the average score of patients in the control group increased 8.5 points between baseline and discharge, the average score of acupuncture patients increased 11.2 points. In all seven activities of daily living measured on the scale, the average score of patients receiving acupuncture was between .1 and .8 points higher than control patients. The authors noted that "patients who received acupuncture as an adjunct to standard rehabilitation demonstrated significantly greater improvement in tub/shower transfer mobility and a trend for greater improvement in toilet transfer mobility."

Mean Baseline, Discharge and Change Scores for Functional Independence by Group

Group	Acupuncture			Control		
	Baseline	Discharge	Change	Baseline	Discharge	Change
Scale (max = 49)	15.9	27.1	11.2	19.9	28.4	8.5

In a discussion comparing the results of the pilot study to similar studies, the authors suggested that the reason previous trials of acupuncture and stroke rehabilitation have produced questionable results is because the tests

myocardial infarction join those with other kinds of heart problems resulting from hypertension, arrhythmias, viruses and many other causes. All share at least one diagnosis: congestive heart failure.

Although congestive heart failure can be treated with drugs and pacemakers, Yale-New Haven Hospital cardiologist Brian C. Swirsky said stem cells would be ideal to repair damaged hearts. Stem cells from bone marrow, umbilical cord blood, fetuses and cell lines all carry the potential to develop into different kinds of tissue, from neurons to somatic cells.

Swirsky reviewed recent stem cell studies conducted in Norway and Germany and published in the New England Journal of Medicine. He also reviewed additional examinations involving stem cells and repair of heart muscle. These stem cells are taken from bone marrow, yet are pluripotent, meaning they maintain their freedom to grow into any kind of cell, he said. The cells are likely attracted to damaged tissue issuing growth factor proteins.

In patients with congestive heart failure, the stem cells were infused directly into the heart. The studies are difficult to interpret, Swirsky said, because infusions in the studies varied by time and amount infused, the amount of heart damage, and the number of participants.

Some studies suggested that stem cells did the most good in the most heavily damaged hearts, he said. It is significant that the stem cells did not worsen outcomes in any study, Swirsky said. This suggests that stem cell therapy for heart damage is safe, he said. "So, it is promising. The studies need to be repeated in larger, multicenter trials with standardized techniques," he said.

Meanwhile, the prevalence of congestive heart failure is increasing because more people survive initial heart attacks and other illnesses, Swirsky said. Americans are also becoming fatter sooner, and many seem headed for heart disease. During congestive heart failure, the heart cannot pump enough blood. The result is fatigue, shortness of breath and swelling of the ankles. With the left ventricle not working efficiently, the right ventricle becomes overloaded, and blood pressure increases, forcing fluid out of vessels. Gravity pulls the fluid into the lower extremities, Swirsky said.

People with congestive heart failure often die

sensitive enough to detect subtle differences. They noted that while many studies used “global measures” of motor and physical function that showed no real benefit groups of control patients and acupuncture patients, “when subscores of these global measures were used, differences between groups were apparent.”

Moreover, the authors reasoned that some tests used to measure the effects of acupuncture may be incompatible with acupuncture’s physiologic mechanisms. Most studies have used intentionally selected stroke measurements that are recognized internationally. In the opinion of the scientists, however, “these instruments ... are not reasonably associated with the mechanisms that may account for acupuncture effectiveness.”

“This pilot study is consistent with previous studies that have examined acupuncture treatment as an adjunct to conventional acupuncture treatment as an adjunct to conventional stroke rehabilitation,” the researchers concluded. “When global measures are used, there are no differences in motor recovery or physical function associated with acupuncture. However, when more responsive measures are used, acupuncture effects are evident. Future work that investigates the efficacy and effectiveness of acupuncture treatment poststroke should incorporate levels of measurement that are sensitive to the physiologic mechanisms that may underlie acupuncture effects.”

“This study provides important insight into the design of future post-stroke acupuncture clinical trials, particularly the selection of appropriate outcome measures,” they wrote. “We believe that one of the problems in past investigations of acupuncture effectiveness after stroke is that outcome measures are used that look at gross changes in motor or functional ability that may be too far removed from the underlying mechanisms that may account for acupuncture effectiveness. Recent studies that are trying to understand the mechanisms that could explain how acupuncture works after stroke suggest that acupuncture induces changes in blood flow to the brain or may stimulate the production of growth factors that can help neurons survive. If that is the case, then studies need to use outcome measures that are more sensitive and can detect relevant changes in motor control that may lead to improved function. Our study demonstrated that when more sensitive measures are used these types of motor and functional changes can be detected.”

suddenly of ventricular fibrillation. Instead of pumping blood, the left ventricle quivers ineffectually. Quick action with a defibrillator can reset the chaotic ventricle.

However, blood flow remains reduced, causing the kidneys to lose function. The lungs are saturated with backed-up fluid and heavy. They cannot sweep out bacteria effectively, so pneumonia claims more lives.

About 25 years ago, angiotensin converting enzyme, or ACE, inhibitors, were developed. The drugs constrict vessels, increasing blood pressure, easing strain on the heart. Then, 10 to 15 years ago, beta blockers entered the fray. These drugs inhibit adrenal glands, which react to the sluggish blood flow by emitting large amounts of adrenaline. Constant stimulation from this would wear down the already over-stressed heart, Swirsky said.

Diuretics squeeze water from the system, leading the kidneys to produce more angiotensin. A newer class of drugs, angiotensin receptor blockers, counteract this unwanted effect. Others drugs are necessary to block the effects of another hormone, aldosterone, which detains salt and water. "Most heart failure therapy is a cocktail of drugs," Swirsky said.

Now, surgeons are exploring the use of ventricular remodeling, which involves removing scar tissue and making the heart smaller and more efficient.

Preventing congestive heart failure is far better than treating the disease, Swirsky said. The secrets of prevention are well known: Reduce obesity, stop smoking, control hypertension and reduce cholesterol.

"Then there would be less heart disease to start with. The solution is lifestyle change," Swirsky said.

SUCCESS STORY:

Back Pain, Weight Loss, and Fatigue

I had medium sciatica pain due to herniated disk L5 - S1. I was fatigued, causing me to nap daily for a couple of years now. I was also overweight and bloated. Recently, I have chronic daily heartburn for about a year now.

I have been to a chiropractor and neurologist for the herniated disk. The pain was reduced, but I still could not play sports or run. I decided to try other treatment methods and found The Healing Lab.

I started going for treatments of acupuncture, ion cleanse, and nutritional testing at the end of May and after about 4 ½ months, my back and hip pain is almost completely gone. I am able to play some sports now. I also have more energy, am less sensitive to light and noise, and have no more bloating. There is almost no heartburn and so far, I have lost 15 pounds. I found a healthier diet through Dr. Lee.

Greg Dyal

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