



**\$60 ION-CLEANSE (\$75 VALUE) EXP 02/29/08  
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 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 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:**

**UPCOMING WORKSHOPS**

**Natural Solutions to Digestive Problems**  
Free nutritional organ scan included.

**ALZHEIMER'S DISEASE AND ACUPUNCTURE**

**EARLY EXPOSURE TO SUNLIGHT PERILOUS**

**Introducing New Services: RECONNECTIVE  
HEALING & THE RECONNECTION**

**Success Story:**

**Severe Digestive Problems,  
Spirit/body separation,  
No energy/motivation,  
Irritability, Frustration, Low Libido,  
Hopelessness, Shellshock**

**Upcoming Workshops**

Please call (650) 380-1999 or email [info@healinglab.com](mailto:info@healinglab.com) to reserve your seat. Seats are limited to the first 20 sign-ups. Complimentary nutritional body scan included.

**Natural Solutions to Digestive Problems**

March 19th, 2008, Wednesday at 7:30 PM  
Location: East West Bookstore  
324 Castro Street, Mountain View, CA

**FEBRUARY SPECIAL OFFER - \$95**

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

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

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.

### **Facial Rejuvenation**

Anti-aging Non-Surgical Face Lift with color light and Microcurrent technology

Developed according to the principles of Chinese medicine, Energy Light facial Rejuvenation works in harmony with the natural energy systems of the body. Its exclusive combination of Microcurrent and Color light re-educates facial muscles and addresses the underlying causes of visible aging. This unique, non-invasive, holistic system takes rejuvenation to the next level by providing whole body renewal with results that go to a new level...

#### **Regular Effects of Facial Rejuvenation:**

- wrinkle reduction
- adjustment of facial muscle tone to more youthful firmness to reduce or eliminate sagging areas
- normalization of skin coloration to more healthy hues
- reduction or elimination of acne, blemishes and age spots
- increase in collagen and elastin production to fill out and contour the face
- facilitating a healthy, vibrant glow to the face

#### **Additional Healing Effects from Facial Rejuvenation:**

### **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 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

- relief of menstrual cramps
- menopausal discomfort alleviated
- weight loss (averaging 5-15 pounds over a series of 3-10 facial sessions)
- relief of back and neck pain
- depression or emotional malaise lifted, increase in mental clarity, increased feelings of inner calm and emotional centeredness
- relief of digestive discomfort and constipation
- writer's block to composing music removed, so that a musician patient moved out of a period of disconnection from her music
- fatigue lifted, energy levels increased
- insomnia relieved
- hormonally-based acne permanently cleared up

### How can these effects be explained?

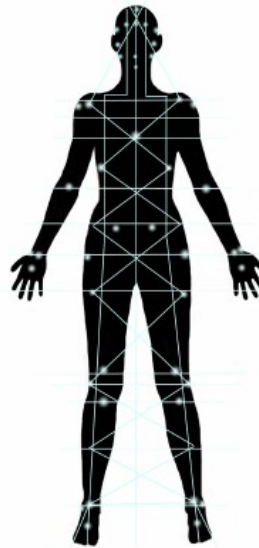
Meridian pathways connect the face with the viscera. The Stomach, Small Intestine, Large Intestine, Triple Warmer, Gall Bladder, and Urinary Bladder channels have points directly on the face. Further, the Ren (conception) and Du (governing) channels terminate on the face, and each of these extraordinary vessels link with all Yin and Yang functions of the body, respectively. In modern terminology, the Du channel connects all of the organs and glands to the brain and central nervous system via afferent and efferent receptors of the autonomic ganglia. Therefore, all organs are linked to the face directly or indirectly through the meridian system.

### 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.

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 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

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, 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

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](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**

there and let go, as if you simply had a little unexpected rest time.

**Reconnective Healing® : \$120 / session**

## **Alzheimer's Disease and Acupuncture**

### **Treatment Appears to Improve Mood and Cognitive Functions**

By Acupuncture Today

Alzheimer's disease is the most common cause of intellectual decline and dementia in the elderly, affecting approximately one out of 10 people over age 65 and nearly half over age 85.

The condition affects women more frequently than men, and it is characterized by shrinkage of the frontal or temporal lobes and nerve cell death in several areas of the brain, leading to a loss of key mental functions such as memory, learning and concentration.

Several therapies have been employed to slow down or reverse the effects of Alzheimer's disease, ranging from an increased intake of vitamins and antioxidants to using nicotine patches to a new class of drugs called cholinesterase inhibitors. Patches and large doses of vitamins may have unwanted side-effects, however, and the long-term benefits of cholinesterase inhibitors remain largely unknown.

New research presented at the recent World Alzheimer's Conference in Washington, D.C. have shown promising results with another form of treatment: acupuncture. In two separate studies - one at the Wellesley College Center for Research on Women, the other at the University of Hong Kong<sup>1,2</sup> - scientists have found that acupuncture can increase a patient's verbal and motor skills and improve mood and cognitive function.

In the first study, Dr. Nancy Emerson Lombardo and a team of colleagues at Wellesley College in Massachusetts studied 11 patients, 10 with Alzheimer's and one with vascular dementia. Subjects were treated with acupuncture twice a week for three months, with each subject receiving a minimum of 22 treatments. Patients were subjected to a variety of tests before and after being treated, including the Cornell Scale for Depression, the Spielberg State Anxiety Inventory, and the Mini-Mental Status Exam (MMSE) for cognitive function.

## **Early exposure to sunlight perilous**

*The Herald-Sun, Durham, N.C.*

Nov. 26--CHAPEL HILL -- High exposure to sunlight early in life may cause genetic mutations leading to skin cancer, according to a recent study by public health expert Robert Millikan at the UNC School of Public Health. Exposure in later years may affect a different gene, also causing skin cancer, the study revealed.

Millikan's study, "Genes, Environment and Melanoma," on the effects of genes and the environment on the onset of skin cancer is among the first to identify the genetic basis of skin cancer or melanoma in a comprehensive analysis of 214 individuals from 42 counties in North Carolina.

Using satellite data to measure the amount of sunlight that people got where they lived when they were young, Millikan and his team found that people who were exposed to high amounts of ambient ultraviolet radiation when they were 20 or younger had a higher chance of mutation in a gene called BRAF. Those who got high amounts of sunlight between the ages of 50 and 60 had a higher chance of mutation in a gene called NRAS.

The BRAF and NRAS genes control the division of skin cells that produce the pigment that gives skin its color. Upon exposure to ultraviolet radiation in sunlight, the genes undergo chemical changes that ultimately lead to uncontrolled division of the cells that produce the skin color pigment melanin. Once they are hit by sunlight and the genetic changes have occurred, these cells, called melanocytes, divide frenetically and spread outward and inward on the skin.

The initial change that can be seen on the skin is a small, gray, irregularly shaped blur which gradually grows outward, said Millikan. What is not obvious is that the melanocytes may also be growing inward. Trouble begins when they enter the blood vessels from where they can spread to the rest of the body and cause life-threatening cancer, Millikan added.

The researchers found "statistically significant improvements" in the depression and anxiety scores of patients. For example, the average Spielberger anxiety score at the start of treatment was 49.5; at the end of three months, it had decreased to 40.1. Four subjects experienced "substantial improvement" in mood symptoms after undergoing acupuncture; of those whose moods improved, two also showed improved MMSE scores, and a third improved in tests for fluency and naming ability.

While cognitive function was not measured scientifically (no control group was used), Lombardo said that those delivering treatment seemed to note an improvement in their subjects' thinking skills along with the other improvements, which she believes indicates a close relationship between cognitive ability, anxiety and depression.

"I think people should check it out," said Dr. Lombardo. "Besides anxiety and depression, they are likely to have other issues such as pain that can be helped with acupuncture."

In Dr. Kao's study, eight patients diagnosed with mild to moderate Alzheimer's disease were treated at the University of Hong Kong. Treatment consisted of needling and fine finger turning at eight acupoints: the *si shen cong* (Estra 7, four points on the scalp), *shen men* (HT7 on the wrists) and *tai xi* (KI3 on the feet). Needles were inserted 0.5 inches at an angle into *si shen cong*; 0.5 inches directly into *shen men*; and 0.8 inches directly into *tai xi*.

Needling for each acupoint lasted a total of 30 minutes, comprising the needle testing and its reinsertion after every 10 minutes of therapy. Patients received a seven-day treatment cycle with a three-day break in between for a total of 30 days.

Patients were graded using the TCM Symptoms Checklist for Alzheimer's and the MMSE exam to measure their levels of orientation; memory; attention; and the ability to name an object, follow verbal and written commands, and write a sentence spontaneously.

After being treated, Kao's team reported that patients "significantly improved" on measures of verbal orientation and motor coordination and had higher overall MMSE scores. They also noted that patients "showed a significant overall clinical improvement" on the TCM checklist, leading the researchers to conclude that acupuncture treatment "has shown significant

Skin changes associated with melanoma do not appear until after 55 years of age. "That's fairly young and leaves ample opportunity to develop a second or third melanoma," said Millikan. The risk of getting a second or third melanoma increases after the first, and survival rates decrease with each melanoma. "One in five Americans will develop melanoma in their lifetime," he added.

"The lifetime risk of getting melanoma used to be fairly rare, but now it's become one of the more common cancers," said Millikan. The average number of years of life lost due to melanoma is the same as that lost due to breast cancer and is much higher than that lost due to ovarian, lung, colorectal or prostate cancer, he added.

Although the melanoma mortality rate in the U.S. was steadily on the rise since 1975, it has leveled off since 2000. In the U.S., white men have higher mortality rates than white women and men of all other races combined. Although relatively less frequent, melanomas in black people may be harder to detect than in white people if they occur in places like the back or the bottom of the feet, said Millikan.

The rising incidence of melanoma is due to early detection, a longer life expectancy and changes in people's exposure to sunlight.

"In the 19th and 20th centuries, people went outside from their homes or their smoky workplaces to get fresh air but not to get tanned. They tended to cover up, and tried not to get too much sun. Not so much now. We go outside just to bake ourselves," Millikan said. "This behavior is fairly new in human history, especially for pale people who are not accustomed to abundant sunlight," he added.

"The other culprit is the tanning bed," Millikan said. A study of the location of the registered tanning units in North Carolina revealed that there was a significant correlation with the location of the major colleges and universities in the state, Millikan said.

"Becoming tan is a strong attraction to many young people in North Carolina," he added. Tanning is dangerous because it causes melanocytes to migrate. When exposed to sunlight, melanocytes produce melanin and bring it up to the surface where the pigment adds color to the skin. Tanning accelerates this process and exposes melanocytes to high amounts of ultraviolet light thereby inducing genetic

therapeutic effects" in reducing the symptoms of Alzheimer's disease.

### **Treatments May Provide Hope for Millions of Sufferers**

As the average life expectancy has increased over the past few decades, so have the number of people with Alzheimer's disease. Unless a cure or other preventive measure is found, the Alzheimer's Association estimates that by the year 2025, 22 million individuals worldwide will develop Alzheimer's disease.

Admittedly, the research conducted by Kao and Lombardo cannot be considered definitive. Both studies used small patient bases (a total of 19 patients were involved); neither team employed a control group; and some patients didn't respond to treatment as well as others.

Nevertheless, these studies represent an important step forward in the research of both acupuncture and Alzheimer's disease. Because they showed such promising results, the work by Kao and Lombardo could help lay the groundwork for larger, controlled investigations to determine how acupuncture combats Alzheimer's, which could eventually lead to safer, inexpensive forms of care for the more than four million Americans who currently suffer from the disease.

#### *References*

1. Emerson Lombardo N, et al. Acupuncture to treat anxiety and depression in Alzheimer's disease and vascular dementia: a pilot feasibility and effectiveness trial. Presented at the World Alzheimer's Conference, Washington, D.C., July 9-18, 2000.
2. Kao H, et al. Acupuncture enhancement in clinical symptoms and cognitive-motor abilities of the Alzheimer's disease patients. Presented at the World Alzheimer's Conference, Washington, D.C., July 9-18, 2000.

changes that could trigger a lesion.

When melanocytes are exposed to sunlight, they not only produce melanin but a different group of compounds called endorphins. Endorphins are natural painkillers that activate the pleasure centers of the brain. This is why being in the sun is pleasurable.

"Sunlight induces the production of endorphins which create a feeling of well-being. People are not baking themselves just to get a tan, but also because it makes them feel good," said Millikan.

Physical barriers to sunlight such as hats and clothing are much better than sunscreens, and contrary to all industry disclaimers, tanning beds are unsafe, said Millikan.

The mutations identified in Millikan's study cannot be passed down from parent to child. They die with the individual. However, exposure to ultraviolet radiation can also cause heritable mutations. Millikan's team has also identified such mutations in genes that are vital to several cellular processes. Mutations in one such gene have been linked to increased risk of melanoma in people with red skin, freckles and red hair.

Identifying the genetic underpinning of skin cancer is the first step toward developing drugs to fight it. Chemical compounds that reverse the effect of the BRAF and NRAS mutations are now being tested in melanoma patients in clinical trials, said Millikan.

### **SUCCESS STORY:**

*Severe Digestive Problems, Spirit/body separation,  
No energy/motivation, Irritability, Frustration,  
Low Libido, Hopelessness, Shellshock*

*In October of 2007 I came to The Healing Lab clinic upon just returning to California and having multiple health problems surface at once.*

*I'd had severe digestive problems for three long years since being sent to the invasion of Iraq in 2003. It varied over the years from feelings of razor blades slowly passing through every inch of my intestines to feeling like I was carrying a boulder in my stomach for days on end. I'd been suffering through these problems for so long with no feeling of ever being able to be healthy that I'd become completely sapped of all energy and motivation, as well as hope of ever being well again.*

*I'd seen Army doctors every chance I had while in service to no avail whatsoever. While living in Victoria during the Winter and Spring of 2007 I went through a combined program of counseling, acupuncture, ion cleanse detox and herbology treatments. There was some minor feeling of betterment, which all went away shortly after I'd had to move on. All past and new health problems attacked at once upon returning to California in Autumn 2007.*

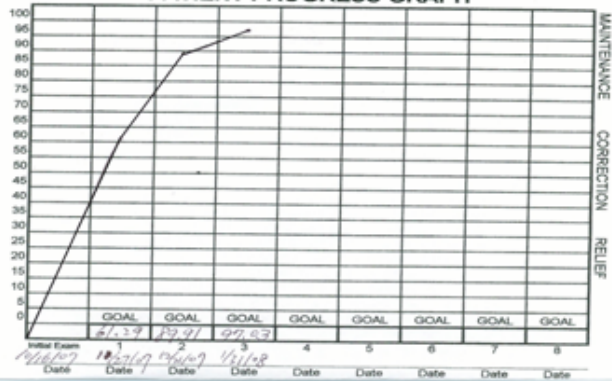
*I was told that there was an excellent acupuncture clinic in Palo Alto while working at Country Sun, so I Googled 'acupuncture' and was instantly magnetized to The Healing Lab. It seemed that the various treatment programs offered (especially Energetic Nutritional Testing) were exactly what I needed.*

*Shortly after commencing treatment with Dr. Lee, I noticed that I'd suddenly regained the ability to actually sit up instead of having to lie down all the time! This was the first huge step, followed by a harmonizing of bodily functions, i.e. bowel movements and breathing; being able to eat on a regular basis again instead of rushing to eat the few times I was not in pain before the pain resurged; being able to dress normally again instead of just in stretchy materials because anything else felt severely restricting; being able to exercise again and feel myself getting stronger everyday; being less and less irritable/frustrated with my condition and taking it out on those around me; learning to let go of past trauma and learn from those experiences; learning to STAND UP FOR MYSELF by taking responsibility for my own health!!! (Just to name a few, could write pages!) Don't forget that now I can be friends with myself so that I can once again be friends with those around me!!!!*

*Troy Williams*

Patient's Name: Troy Williams

### PATIENT PROGRESS GRAPH



Comment by Dr. Lee: Troy broke our patients' record of recovering 97.03% of his health. Congratulations!

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