



**MARCH SPECIAL OFFER - \$75**

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

- **Body Fat Analysis**
- **Nutrition Response Testing**
- **Report of Findings with Recommendations**

After 12 months of intense training, Dr. Lee has completed her Master's Certification in Nutrition Response Testing<sup>SM</sup>! She is now one of 38 doctors in the United States who has attained the Master status in the field of Nutrition Response Testing.

Over the past year, Dr. Lee has used Nutrition Response 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..

We combine herbs, homeopathy, and organic whole food supplements to restore your nutritional health.

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**Chinese New Year SPECIAL OFFER – \$75**

**Facial Rejuvenation (\$150 value)**

(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.

Energy Light facial Rejuvenation is the total solution to achieving optimum beauty. More than a cosmetic procedure, It is a revitalization process for the entire body designed to make you look and feel renewed. Lose that under-eye "baggage"! Turn jowls into a jaw-line! Look rested, radiant and revitalized! And discover the vibrant feeling of inner balance.

- Non-Invasive
- No Side Effects
- No Pain
- No Downtime for Healing
- Holistic
- No eye-mask required, since it will not damage the eyes like laser treatment
- No danger of burning the skin like other thermal or laser treatment

**Inner Balance, Outer Beauty**

Healthy skin tone is the direct reflection of inner balance. The facial treatment combines acu-point microcurrent electrical stimulation, color light therapies and specifically formulated skin renewal products to provide a rejuvenating treatment that meets an individual's definition of beauty. One that is as unique as you are! It is safe, comfortable, and relaxing at the same time. You'll

feel and see the benefits after the first treatment. Noticeable results occur after three treatments. Dramatic results after 10. There are no side effects to the facial treatment, only side benefits

## **ACUPUNCTURE REDUCES HOT FLASHES**

Women suffering from severe hot flashes that often occur during menopause may be afforded some relief through Acupuncture. These hot flashes, which often

occur at night, can significantly disrupt sleep and affect woman's quality of life.

A study was recently concluded on 29 menopausal women who were experiencing at least seven moderate to severe hot flashes per day. All of the women

received 9 treatments delivered by trained acupuncturists in sessions spread over 7 weeks.

Twelve of the women in the study received real Acupuncture treatments using points selected to target both hot flashes and sleepiness. The remainder of the

women received sham Acupuncture treatments using non-penetrating needles at randomly selected Acupuncture points. During the study, the women were asked to record both the number and the severity of their hot flashes.

The women in the Acupuncture group reported a 28% decrease in the severity of nighttime hot flashes. On the other hand, those women who received the sham treatments reported only a 6% drop in the severity of their discomfort.

The traditional treatment for hot flashes is Hormone Replacement Therapy.

Recent studies have shown Hormone Replacement Therapy to increase a

## **WHY DO WE NEED WHOLE FOOD SUPPLEMENTS?**

Today, nearly 70% of Americans take some type of vitamins or food supplements. More than 3,000 vitamin and mineral supplements stand on shelves in health food stores around the country. The supplement industry is a more than \$16 billion a year industry.

### **More Than Genetics**

Although it is true that genetics play a role in our health profile, a disease that runs in a family eats the same nutrient-depleted diet and follows the same sedentary lifestyle. Often we get what mom or dad got because we eat like they ate! Our health and protection from disease depends on many factors, and a large one is supplementation. Let's begin by looking at five reasons you may need to supplement your diet.

#### **1. To Make up for Our Unhealthy Lifestyles**

Nutrient deficiencies created by our American diet can cause the body to be prone to a number of symptoms including viruses, infections, allergies, headaches, fatigue, bowel problems, heart attacks, and arthritis. Even if we consume a totally perfect diet it does not contain enough nutrition to take care of today's needs and have enough left over for paying back long-standing nutritional deficiencies. Taking supplements bridges the gap between what you would like to eat and what you actually eat.

#### **2. To Replenish What's Missing in our Soil.**

One hundred years ago, all of our soil was "organic." People were healthier, too. The average American doesn't even eat their recommended servings of fruits and vegetables. The sad part is that the fruits and vegetables they do grab are frighteningly low in minerals. But what if these valuable minerals aren't in the soil? Then we need to take them as a supplement. In 1948, you could buy spinach that contained 158 milligrams of iron. Today, the iron content of raw spinach is 27 milligrams.

woman's risk of heart disease or cancer. This has sparked renewed interest in alternative treatments.

Researcher Mary Huang, MS, of Stanford University conducted the study and suggests that Acupuncture definitely deserves further study as an alternative treatment for menopausal hot flashes. Acupuncture had a noteworthy result in decreasing the severity of the discomfort and this bodes well for additional research.

SOURCE: <http://www.acupuncture.com/news/menopause.htm>

### 3. To Replenish What's Missing in Our Food

Foods are usually transported across the country for days before they get to the supermarket, losing precious vitamins and minerals from exposure to light and air.

### 4. To Help You Deal With Stressors

The Environmental Protection Agency (EPA) estimates that 60,000 chemicals have been buried or dumped throughout the U.S. over the last hundred years. There are over 3,000 different carcinogenic chemicals in our foods. Foreign to your body, these chemicals attack your cells in a process that leads to disease.

### 5. To Prevent or Reverse Disease

The body uses nutrition first for day-to-day survival. Healing is the body's second priority. It's only when nutrients are left over at the end of the day that the body can heal. That's why natural healing takes time. We have to continue to feed small amounts of whole foods over a period of several months to help the body return to health.

Source: Why Do I Need Whole Food Supplements? By Lorrie Medford, C.N.

## 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.

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.

## The Healing Lab

[www.HealingLab.com](http://www.HealingLab.com)

**Jenny C. Lee, L. Ac.**

*Master Acupuncturist,  
Certified Nutrition Response Clinician,  
Herbalist*

**MAIN OFFICE**

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**APPOINTMENTS ONLY**

**Fremont (510) 792-2179**

## **SUCCESS STORY:**

### *Lyme Disease Back & shoulder Pain, Stomach indigestion, and bloating*

*I came to the Healing Lab less than a month ago, and I am already amazed at the results!*

*My primary health challenges were shoulder pain and stomach problems. In 2005, I had body pain from the advanced stages of Lyme Disease. When it began to subside (with 7 months of antibiotics) I still woke up most mornings with pain in my right shoulder. I also struggled with stomach indigestion and bloating on a daily basis – I believe due to so many antibiotics, and also 6 chemotherapy treatments I had in 2004 in my battle against Ovarian Cancer.*

*I told myself, “I am only 36 years old, and I am too young to have to live with this pain.”*

*I found the healing lab’s website through a Kaiser referral. I was encouraged by the testimony given by a girl who had tried physical therapy that was ineffective, but got relief from Jenny Lee.*

*My results to acupuncture, Chinese herbs and diet were immediate. By my third week evaluation, I was virtually pain free, and my stomach felt great. I have even lost the weight I wanted to.*

*It is so wonderful to feel like my body is functioning well again!  
I am grateful for the Healing Lab - It truly is a path to healing.*

*Ana Moya*

## *Infertility with polycystic ovary*

*My husband and I have been trying to have a baby for two years with no luck, I had a history of polycystic ovary ever since my puberty.*

*My doctor has put me on clomid for six months and femara for 5 months, plus three IVI's in one year.*

*After all the treatments, my right ovary still was not able to produce any eggs.*

*A fertility doctor gave me the idea of acupuncture and saw Dr. Lee's website, so I thought why not give it a try. After only two weeks of seeing Dr. Lee, I had an ultrasound and found that my right ovary was producing eggs for the first time. Within one month I got pregnant by using standard infertility treatments, acupuncture and herbs with Dr. Lee.*

*Angela Hebert-Johnson*

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