



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

EXP OCTOBER/31/09

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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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-

Upcoming Workshop

Natural Solutions to Breathing Problems

EastWest Bookstore, Mt. View, CA

Tuesday, December 1

**Success Story:
Severe Hives**

Upcoming Workshop

Tuesday, December 1

Natural Solutions to Breathing Problems

7:30pm • Free but call to reserve a place

Breathing problems, from the mild irritation of hay fever to severe cases of asthma, affect millions of people. **Jenny C. Lee, L.Ac.** will teach you about the manner in which stress affects the body, interfering with your ability to breathe; common asthma and sinus-problem "triggers;" and how to do the revolutionary Buteyko breathing method to relieve asthma attacks. Attendees will receive a free Energetic Nutritional Organ Scan.

www.HealingLab.com

To Reserve Tickets, Please Call 800-909-6161

October 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.

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.

*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**

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 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 Pancreas: Gland of Many Talents, Source of Many Woes

International Herald Tribune

09-18-09

The pancreas functions as a linchpin in some of the biggest medical crises that we face, including with diabetes and obesity.

Should anybody in the reliably pestilent health care debate be casting about for a mascot organ to represent some of the biggest medical crises that we face, allow me to nominate a nonobvious candidate: the pancreas.

It may lie in the hidden depths of the abdominal cavity, and its appearance, size and purpose may be obscure to the average person. Yet the pancreas turns out to be a linchpin in two epidemics that are all too familiar.

As the organ entrusted with the manufacture of insulin and other hormones that help control blood sugar, the pancreas gone awry is a source of diabetes, which afflicts more than 23 million people in the United States. The World Health Organization estimated the global figure in 2000 at 171 million, and projected that by 2030, 366 million would be affected. And as the tireless brewer of digestive juices that help shear apart the amalgamated foodstuffs that we consume each day, the pancreas is at the frontlines of obesity.

Researchers are discovering that the pancreas helps mediate much of the appetite-related cross talk between the brain and the gastrointestinal tract, the streams of chemical signals that say, I'm starving down here, how about some dinner, or, enough already, step away from that dessert cart and no one will be hurt. By better understanding the precise role of the pancreas in



Factors Contributing to Hair Loss

The Patriot Ledger Quincy, MA

09-25-09

Most female-pattern baldness is inherited. Other causes of hair loss include:

Disease. Illnesses such as diabetes, lupus and thyroid.

Poor nutrition. Having inadequate protein or iron in your diet or poor nourishment in other ways can cause hair loss. Fad diets, crash diets and certain illnesses, such as eating disorders, can cause poor nutrition.

Medications. Certain drugs used to treat gout, arthritis, depression, heart problems and high blood pressure may cause hair loss in some people. Also, the acne medication Accutane contributes to hair loss. Taking birth control pills also may result in hair loss for some women.

Medical treatments. Undergoing chemotherapy or radiation therapy may cause you to develop alopecia. After your treatment ends, your hair typically begins to regrow.

Recent high fever, severe flu or surgery. You may notice you have less hair three to four months after events such as an illness or surgery. These conditions cause hair to shift rapidly into a resting phase, meaning you'll see less new hair growth. A normal amount of hair typically will appear after the growth phase resumes.

Childbirth. Some women experience an increase in hair loss several months after delivering a baby. This is because during pregnancy the hair is shifted into

conveying sensations of hunger or satiety, suggested Rodger A. Liddle of Duke University Medical School, we may find new ways to combat obesity.

Other researchers are intrigued by the pancreas' ability to shield itself from harm, to churn out huge quantities of enzymes that can rapidly reduce a cheeseburger and fries to so many particles of amino acids, carbohydrates and fats, without digesting its own tissue in the process. They suspect that the organ's set of self-protective mechanisms has a terrible downside, and helps explain why pancreatic cancer can be so difficult to treat -- insights that are just beginning to offer hope in the fight against one of the most lethal of all malignancies.

Early anatomists were certainly aware of the pancreas but mostly ignored it, and the organ's name reflects that ho-hum attitude. Pancreas is Greek for all-meat, a reference to its seeming homogeneity from one end to the other.

Much of the neglect may well have been practical. "The pancreas has always been difficult to study," Dr. Liddle said. For one thing, it's hidden. Measuring some 6 to 8 inches, or 15 to 20 centimeters, in length, and slippery and lobular to the touch, the yellowish- brown pancreas is located deep in the abdomen, wedged between the stomach and the spinal cord and extending horizontally right above the waistline. Think of it as an oblong eel.

Add to that inaccessibility a prima donna sensitivity. "If you do anything to the pancreas, you initiate an inflammatory response," Dr.Liddle said. "It tends to become inflamed more easily than other organs."

In fact, inflammation of the pancreas, or pancreatitis, is a relatively common and often debilitating condition, brought on by excess alcohol, drug reactions, gallstones, genetic predisposition or other reasons. Unfortunately, said Dr. Anthony Kalloo, a professor of medicine at the Johns Hopkins University School of Medicine, the symptoms of pancreatitis, like chronic abdominal pain radiating into the back, could be misdiagnosed or dismissed as a hypochondriac's lament.

As a result, Dr. Kalloo said, patients do not always receive the right pain medications, the optimal diet, surgery when necessary.

For all the difficulty of studying the pancreas, researchers eventually came to appreciate the organ as a gland of many talents, serving both an exocrine role -- secreting its products through ducts, as the breast

an active growth state that then goes back to base line soon after delivery. This increased hair loss usually corrects itself.

Hair treatments. Chemicals used for dyeing, tinting, bleaching, straightening or perming can cause hair to become damaged and break off if they are overused or used incorrectly. Excessive hairstyling or hairstyles that pull your hair too tightly also can cause some hair loss.

Scalp infection. Infections such as ringworm can invade the hair and skin of your scalp, leading to hair loss. Once infections are treated, hair generally regrows. Ringworm, a fungal infection, can usually be treated with a topical or oral antifungal medication.

Source: Mayo Clinic.



Waist-hip ratio better than BMI for gauging obesity in elderly

NewsRx.com

09-11-09

Body mass index (BMI) readings may not be the best gauge of obesity in older adults, according to new research from UCLA endocrinologists and geriatricians. Instead, they say, the ratio of waist size to hip size may be a better indicator when it comes to those over 70 (see also University of California - Los Angeles).

In a new study published online in the peer-reviewed journal *Annals of Epidemiology*, researchers from the David Geffen School of Medicine at UCLA found that the waist-to-hip circumference ratio was a

secretes milk and the sweat glands perspiration -- and an endocrine role, fabricating hormones and squirting them into the bloodstream, as the ovaries and testes dispense sex hormones and the thyroid thyroxine.

Roughly 90 percent of the pancreas is devoted to its exocrine role of generating digestive enzymes and funneling them into the small intestine, a burbling broth that flows forth from the pancreas at a rate of perhaps a quart a day.

The other 10 percent of pancreatic tissue consists of so-called islet cells, the endocrine players that synthesize insulin and glucagon to manipulate and titrate blood sugar, the body's energy currency, as needed. In people with Type 1, or juvenile-onset, diabetes -- among them Justice Sonia Sotomayor of the Supreme Court -- an autoimmune reaction ends up destroying many of these islet cells, resulting in the need for lifelong insulin injections. Among sufferers of Type 2, or adult-onset, diabetes, the reasons for insulin imbalance are more varied, and the condition can often be treated through diet and exercise alone.

Imagine the pancreas as a tree, Dr. Liddle suggested. The trunk and branches are the ducts that deliver digestive juices, the leaves the factories that make digestive enzymes, and the islet cells birds' nests scattered throughout -- in the tree but not of it.

When cancer strikes, it generally arises in the ductal tissue of the pancreas, the woody parts of our metaphoric tree, and intriguingly, they feel the part. "These tumors are rock-hard masses," said Peter Olson, an oncology researcher at the University of California, San Francisco. "They're white on dissection, very tough and fibrous."

Pancreatic cancer is almost impossible to cure. About 34,000 Americans will be diagnosed with it this year, and nearly as many will die of it. As doctors have long known, some of that lethality is positional: There is no easy way to screen the deep-set pancreas for early signs of malignancy, and by the time symptoms arise, the cancer already has spread to other organs.

Another reason for the ferocity, however, might be the nature of the tumors themselves. Most cancers are thought to spur the growth of new blood vessels to supply them with the extra oxygen and nutrients necessary for frenzied cell division, but pancreatic tumors are markedly devascularized.

better yardstick for assessing obesity in high-functioning adults between the ages of 70 and 80, presumably because the physical changes that are part of the aging process alter the body proportions on which BMI is based.

"Basically, it isn't BMI that matters in older adults - it's waist size," said Dr. Preethi Srikanthan, UCLA assistant professor of endocrinology and the study's lead investigator. "Other studies have suggested that both waist size and BMI matter in young and middle-aged adults and that BMI may not be useful in older adults; this is one of the first studies to show that relative waist size does matter in older adults, even if BMI does not matter."

Using data from the MacArthur Successful Aging Study - a longitudinal study of high-functioning men and women between the ages of 70 and 79 - researchers examined all-cause mortality risk over 12 years by BMI, waist circumference and waist-hip ratio. They adjusted for gender, race, baseline age and smoking status. The average age of participants was 74.

Obesity is often associated with premature mortality because it leads to an increased risk of diabetes, heart attack, stroke and other major health problems, the study authors say.

The researchers found no association between all-cause mortality and BMI or waist circumference; the link was only with waist-hip ratio. In women, each 0.1 increase in the waist-hip ratio was associated with a 28 percent relative increase in mortality rate (the number of deaths per 100 older adults per year) in the group sampled. Thus, if the waist-hip ratio rose from 0.8 to 0.9 or from 0.9 to 1.0, it would mean a 28 percent relative increase in the death rate. Put another way, if hip size is 40 inches, an increase in waist size from 32 to 36 inches signaled a 28 percent relative death-rate increase.

The relationship was not graded in men. Instead there was a threshold effect: The rate of dying was 75 percent higher in men with a waist-hip ratio greater than 1.0 - that is, men whose waists were larger than their hips - relative to those with a ratio of 1.0 or lower. There was no such relationship with either waist size or BMI.

The study may have some limitations, the authors noted. For instance, participants' BMI may be

"The number of blood vessels in a pancreatic tumor is 10 percent what it is in normal tissue, of the pancreas or anywhere else," said David A. Tuveson of the Cambridge Research Institute in England. The results are devastating. In the anoxic microenvironment beneath the fibrous, bloodless capsule, any malignant cells that survive become increasingly unstable and virulent, like super-roaches proliferating in the wake of a pesticide bomb. Moreover, without blood vessels, nothing can get into the tumor to kill the renegade cells, so chemotherapy is almost useless.

Reporting recently in the journal Science on results with genetically engineered mice, Dr. Tuveson and his colleagues described a new approach to treating pancreatic cancer, in which the tumors were revascularized and thus made sensitive to cancer drugs. Clinical trials are now under way to test the basic strategy in people, and with all due caveats, Dr. Tuveson said, "I am cautiously optimistic."

underestimated because height and weight were self-reported and older adults tend to report those numbers from their younger, peak years. Also, waist-hip ratios, waist circumference and BMI numbers were based on single measurements, limiting the researchers' ability to gauge how changing body size in old age can affect mortality risk.

SUCCESS STORY:

Acupuncture Miracles

Severe Hives

I came to the Healing Lab on around June 10th. I have severe hives all over my body. The hives would reappear everyday.

It was severe and I was not able to concentrate on my daily activities.

I was taking medicine for it in India and hives had subsided then. They reappeared when I came to U.S.

The Healing Lab was very helpful. The constant monitoring of my health helped me. Results were fantastic. My hives subsided in 2 to 3 weeks but I could feel the difference immediately. Other than that, I felt I was healthier than ever before.

Manaswi Shukla

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