



**\$60 ION-CLEANSE (\$75 VALUE) EXP 01/31/08
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.

In this issue:

UPCOMING WORKSHOPS

**Five Secrets to Permanent Weight Loss
Natural Solutions to Digestive Problems
Free nutritional organ scan included.**

**ACUPUNCTURE FOR MIGRAINE AND
RECURRENT HEADACHES**

STUDY: CT SCANS RAISE CANCER RISK

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

**Success Story: Fibromyalgia, Irritable bowel syndrome,
Chronic diarrhea, and Lack of energy**

Upcoming Workshops

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

Five Secrets to Looking and Feeling Younger

Jan. 15th, 2008, Tuesday at 10AM
Location: Avenidas Senior Center
450 Bryant St., Palo Alto, CA

Five Secrets to Permanent Weight Loss

Jan. 16th, 2008, Wednesday at 11AM
Location: Little House
800 Middle Ave., Menlo Park, CA

Natural Solutions to Digestive Problems

Jan. 29th, 2008, Tuesday at 10AM
Location: Avenidas Senior Center
450 Bryant St., Palo Alto, CA

Natural Solutions to Digestive Problems

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

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

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, 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."*

JANUARY 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.

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).

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

The Healing Lab

www.HealingLab.com

Jenny C. Lee, L. Ac.

*Master Acupuncturist,
Energetic Nutritional Testing Clinician,
Herbalist*

MAIN OFFICE

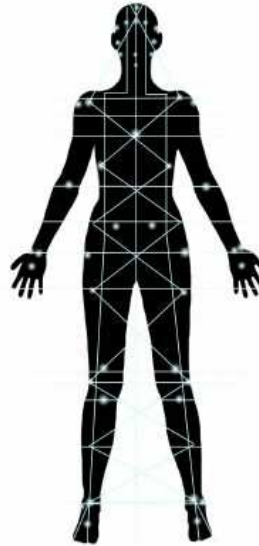
**PALO ALTO (650) 380-1999
460 California Avenue Ste 102**

APPOINTMENTS ONLY

Fremont (510) 792-2179

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 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.

Acupuncture for Migraine and Recurrent Headaches

By Acupuncture Today

Acupuncture is widely used in the management of headaches. It can be applied as a single form of care, or as part of a comprehensive treatment program.

Despite its popularity, however, there are still debates as to what role acupuncture plays in reducing or eliminating pain associated with recurrent headaches.

In the November 1999 issue of *Cephalalgia*, scientists from the Research Center for Complementary Medicine at Technische Universitat in Munich evaluated the effectiveness of acupuncture in combating headaches by systematically reviewing 22 randomized controlled trials. Included in the review were studies comparing acupuncture with any type of control intervention for the treatment of migraine or recurrent headaches.

Study: CT scans raise cancer risk

AFX News Limited

Millions of Americans, especially children, are needlessly getting dangerous radiation from "super X-rays" that raise the risk of cancer and are increasingly used to diagnose medical problems, a new report warns.

In a few decades, as many as 2 percent of all cancers in the United States might be due to radiation from CT scans given now, according to the authors of the report. Some experts say that estimate is overly alarming. But they agree with the need to curb these tests particularly in children, who are more susceptible to radiation and more likely to develop cancer from it.

The risk from a single CT, or computed tomography, scan to an individual is small. But "we are very concerned about the built-up public health risk over a long period of time," said Eric J. Hall, who wrote

Specifically, the authors sought to discover whether acupuncture is I) more effective than no treatment at all; II) more effective than "sham" acupuncture; or III) as effective as other headache interventions.

Of the 22 studies, 15 examined patients with migraine headaches; six involved patients with tension headaches; and one trial studied patients with various headaches. One of the migraine trials was conducted on children.

Fourteen of the trials compared true acupuncture versus sham procedures. Five trials compared acupuncture to various drug treatments. Two studies compared acupuncture to physiotherapy, and one three-pronged study compared acupuncture with a behavioral program and a no-treatment group.

A total of 1,042 patients were examined. The average treatment period lasted nine weeks and included eight treatment sessions.

Acupuncture fared most favorably when compared to sham treatments. Nine of the 14 trials comparing true and sham acupuncture in migraine and tension-type headache patients either "showed trends in favor of acupuncture" or had patients who "did significantly better than those in the sham acupuncture group."

Table I: Response rates in 10 sham-controlled trials of acupuncture for migraine and tension-type headaches.

Definition of "response"	# of patients receiving true acupuncture	# of patients receiving sham acupuncture
Migraine Headaches		
>50% index reduction	27/38 (71%)	19/36 (53%)
>50% symptom reduction	16/20 (80%)	3/20 (15%)
>33% frequency reduction	18/40 (45%)	19/38 (50%)
Overall patient assessment	11/20 (55%)	3/10 (30%)
Single case time series	13/20 (65%)	8/20 (40%)
Analysis (ARIMA)	15/20 (75%)	8/21 (38%)
All migraine trials	100/158 (63%)	60/145 (41%)
Tension-type Headaches		

the report with fellow Columbia University medical physicist David J. Brenner. It was published in Thursday's New England Journal of Medicine and paid for by federal grants.

The average American's total radiation exposure has nearly doubled since 1980, largely because of CT scans. Medical radiation now accounts for more than half of the population's total exposure; it used to be just one-sixth, and the top source was the normal background rate in the environment, from things like radon in soil and cosmic energy from the sun.

A previous study by the same scientists in 2001 led the federal Food and Drug Administration to recommend ways to limit scans and risks in children. But CT use continued to soar. About 62 million scans were done in the U.S. last year, up from 3 million in 1980. More than 4 million were in children.

Since previous studies suggest that a third of all diagnostic tests are unnecessary, that means that 20 million adults and more than 1 million children getting CT scans are needlessly being put at risk, Brenner and Hall write.

Ultrasound and MRI, or magnetic resonance imaging, scans often are safer options that do not expose people to radiation, they contend. CT scans became popular because they offer a quick, relatively cheap and painless way to get 3D pictures so detailed they give an almost surgical view into the body. Doctors use them to evaluate trauma, belly pain, seizures, chronic headaches, kidney stones and other woes, especially in busy emergency rooms. In kids, they are used to diagnose or rule out appendicitis.

But they put out a lot of radiation. A CT scan of the chest involves 10 to 15 millisieverts (a measure of dose) versus 0.01 to 0.15 for a regular chest X-ray, 3 for a mammogram and a mere 0.005 for a dental X-ray. The dose depends on the type of machine and the person -- obese people require more radiation than slim ones -- and the risk accumulates over a lifetime.

"Medical care in this country is naturally so fragmented. Any one doctor is not going to be aware of the fact that a particular patient has had three or four CT scans at some point in the past," said Dr. Michael Lauer, prevention chief at the National

>33% index reduction	17/24 (71%)	11/24 (46%)
All tension-type trials	17/24 (71%)	11/24 (46%)
All Trials	117/182 (64%)	71/169 (42%)

Heart, Lung and Blood Institute.

People with chronic problems like kidney stones are likely to get too many scans, said Dr. Fred Mettler, radiology chief in the New Mexico Veterans Administration health care system. "I've seen people who are 30 years old who have had at least 18 scans done," he said. That puts them at risk of developing radiation-induced cancer, Brenner and Hall said. They base this on studies of thousands of Japanese atomic bomb survivors who had excess cancer risk after exposures of 50 to 150 millisieverts -- the equivalent of several big CT scans.

"It's the best evidence we've got" on cancer risks, Lauer said. Dr. Robert Smith, the American Cancer Society's director of screening, said the authors' estimate that 2 percent of future cancers may be due to CT scans "seems high." But since cancers take 10 to 20 years to develop, "the ability to even observe that kind of an increase is going to be very difficult," he said.

The authors stressed that they were not trying to scare people who need CT scans away from having them. In most cases, the benefits exceed the risks, especially for diagnostic scans.

Many CT centers also are set up for adults and rarely image children, who need adjustments to limit dose and radiation risk, said Dr. Alan Brody, a radiologist at Cincinnati Children's Hospital Medical Center who wrote a report on the topic. He said parents should seek a center that often handles children.

Both doctors and patients need to be more aware of radiation risks and discuss them openly, Brenner and Hall said.

"We were astonished to find, when we were researching materials for this paper, how many doctors, particularly emergency room physicians, really had no idea of the magnitude of the doses or the potential risks that were involved," Hall said.

Future generations of devices using less radiation should help alleviate the concern, but these mostly are directed at the emerging field of heart scans, Lauer said.

"When we order a CT scan it just doesn't seem like such a big deal" but it should be, he said. "The threshold for ordering these tests is low and it's

Trials comparing acupuncture to other forms of headache intervention, however, displayed contradictory results. In one study, patients in a behavioral therapy group reported less medication use and less headaches than the acupuncture group. In another study, patients receiving the drug metoprolol suffered more side effects but had better scores in terms of lower frequency, duration and intensity of headaches.

"The widespread use of acupuncture, the promising results, and the often insufficient quality of the available studies warrant further research," the scientists said. Future studies, they believe, "should follow specific guidelines for headache trials for inclusion criteria, classification of headaches, control of co-interventions and outcome measurement, as well as general guidelines for reporting."

Based on these findings, the researchers concluded that acupuncture "has a role in the treatment of recurrent headaches." They added that while the small sample sizes and overall quality of the studies prohibited them from making a straightforward recommendation of acupuncture, the treatment "seems to be relatively safe in the hands of qualified providers. Therefore, we conclude that headache patients who want to try acupuncture should not be discouraged."

Reference

1. Melchart D, et al. Acupuncture for recurrent headaches: a systematic review of randomized controlled trials. *Cephalalgia* 1999;19:779-786.

getting lower and lower over time, which means that the risks become potentially all that more important."

SUCCESS STORY:

*Fibromyalgia, Irritable bowel syndrome,
Chronic diarrhea, and Lack of energy*

When I first met Jenny Lee I had been dealing with fibromyalgia and irritable bowel syndrome. I had chronic diarrhea for almost 10 years and my energy level was very low.

I have always exercised, but I was finding it difficult to get through a whole step class at the gym and by dinner time, I was wiped out.

Dr. Jenny Lee put me through Energetic Nutritional Testing and made recommendations of dietary changes and supplementation. After just 2 weeks in the program, my diarrhea was gone. I have been seeing Jenny for 3 months now and I no longer get the achy feelings that come with fibromyalgia and I can do a whole step class in the morning and still have energy to make dinner at night.

Sandi Hiles

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