



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

EXP SEPTEMBER/30/10

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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Says

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*Breakthrough Diarrhea***

AUGUST 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.

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

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.

The Healing Lab

www.HealingLab.com

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*Master Acupuncturist,
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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.



Walkers' brains better connected



Having Bigger Waist Raises the Risk of Death,

08-30-10

U.S. researchers suggest walking enhances brain circuit connectivity and brain function.

Moderate walking for 40 minutes three times per week for a year -- rather than just stretching and toning -- helped increase brain function in older adults.

University of Illinois at Champaign study leader Art Kramer and colleagues looked at brain regions functioning together -- especially the "default mode network" that dominates brain activity while passively observing or simply daydreaming.

The study, published in *Frontiers in Aging Neuroscience*, finds in healthy young brains, activity in the default mode network quickly diminishes when a person engages in an activity requiring focus on the external environment. The researchers also say default mode network connectivity significantly improved in the brains of the older walkers.

"The higher the connectivity, the better the performance on some of these cognitive tasks, especially the ones we call executive control tasks -- things like planning, scheduling, dealing with ambiguity, working memory and multitasking," Kramer says in a statement.

Kramer and colleagues used functional magnetic resonance imaging to measure brain activity in 32 adults, ages 18-35, as well as in 65 previously sedentary people age 59 to over 80 -- before, as well as six and 12 months, after joining either a walking group or a stretching and toning group.

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Study Says

JEANNINE STEIN BY JEANNINE STEIN

The Virginian-Pilot and The Ledger-Star, Norfolk, VA

08-26-10

By Jeannine Stein

Los Angeles Times

LOS ANGELES

Having a large waist is associated with a host of potentially serious health issues, such as heart disease, high cholesterol, Type 2 diabetes and inflammation. According to a new study, it might also be linked to something else: death.

Researchers from the Epidemiology Research Program of the American Cancer Society in Atlanta looked at data among 48,500 men and 56,343 women ages 50 and older who took part in the study. Most of the participants were white. In 1997, they supplied their weight and waist circumference. At the beginning of the study the average age was 69 for men and 67 for women.

The study participants were followed until 2006, at which point 9,315 men and 5,332 women had died. Having a very large waist - at least 47 inches for men and 43 inches for women - was associated with about twice the risk of death compared with men with waists measuring 35 inches or less and women with waists measuring 30 inches or less. The link was found through all BMI groups, but in women it was strongest among those who were normal weight.

Having visceral, or intra-abdominal fat, is considered to be a bigger health risk than fat underneath the skin, or subcutaneous fat, because visceral fat surrounds the internal organs. Researchers also found that men and women with the largest waist circumferences also tended to be less educated, have a high BMI, were physically inactive, used to smoke and had a history of cardiovascular or respiratory disease or cancer. The study was released Monday in the journal *Archives of Internal Medicine*.

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SUCCESS STORY:

Break-through Diarrhea

I have had break-through watery diarrhea since Dec. 23rd, 2009 to March 16th, 2010 after breaking down from ileostomy for nine months due to Rectal Surgery for Cancer. It was so bad that I would have to sit on the toilet for four hours every single day, along with spasm in my colon and feeling very cold after that long bowel movement. Also I cannot walk that far since it will stimulate my bowel movement further.

I and my friend heard Dr. Jenny spoke on the radio show and decided to go to The Healing Lab for treatment on March 16th, 2010.

After 3 months of care at The Healing Lab, I feel like my internal strength has come back. I can start working in my garden doing yard work as I used to be. I have not felt like that for a long time since after the surgery. I am coming along just like something I cannot explain in words. I felt like body's starting to respond; like I am whole again. I feel really good. I forgot what I used to feel;

I feel like my old self again. It has just been a big surprise to me.

Maria Owens

August 30th, 2010

