



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

EXP JULY/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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Upcoming Workshop

Natural Solutions to Learning and Behavior Problems

Monday, June 29, 2009 7:30pm.

EastWest Bookstore, Mt. View
Entrance is Free but please call 800-909-6161 for reservations.

Over 6 million American children and adults have been diagnosed with ADHD and related problems, in what many believe is the biggest drug-selling hoax ever perpetrated by pharmaceutical companies. Local herbalist and Board-certified acupuncturist Jenny C. Lee, L.Ac, will explain

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

Jenny C. Lee, L. Ac.

*Master Acupuncturist,
Certified Nutrition Response Clinician,
Herbalist*

MAIN OFFICE

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APPOINTMENTS ONLY

Fremont (510) 792-2179

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

how you can reclaim your life through natural healthcare treatment. You will learn how to assess your own health conditions and receive a free Energetic Nutritional Organ Scan.

5 SECRETS TO LOOKING AND FEELING YOUNG

Wednesday, July 22nd, 7:30PM

EastWest Bookstore, Mt. View
Entrance is Free but please call 800-909-6161 for reservations.

You will learn the five key areas to achieving full health potential, stop fad dieting, eat to nourish the body, avoid unnecessary drugs, get the body moving, and get out of pain:

- An explanation of metabolism, how sugar and carbohydrates are used by the body
- The true value of being healthy and fit
- How the thyroid and hormones tie into weight loss
- How water, medications, and certain fats play a role in your health
- How pain limits a person from achieving their full health potential

Local herbalist and Board-certified acupuncturist Jenny C. Lee, L.Ac, will explain preventive measures and natural approaches to improve your health. You will learn how to assess your own health conditions, and you will receive a Free Energetic Nutritional Organ Scan.

July 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,

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.

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..



Gluten-free Diets Help Many

Contra Costa Times, Walnut Creek, Calif.

05-22-09

WALNUT CREEK, Calif. - For 20 years, Maurie Ange of El Cerrito, Calif., suffered from chronic belly aches. A decade ago, she was diagnosed with irritable bowel syndrome and told to exercise more and increase her fiber intake. But the pain, bloating and digestive issues continued into her 60s.

Finally, four years ago, at the suggestion of an osteopath she was seeing for sinus trouble, Ange went on a gluten-free diet, avoiding everything that contained the protein



Early obesity ups risk of cancer type

McClatchy-Tribune Information Services -- Unrestricted

06-24-09

Obesity is a known risk factor for pancreatic cancer, but Houston researchers have found that people who took on excess weight in early adulthood or even their teens are at greatest risk.

In a study published in Wednesday's issue of the Journal of the American Medical Association, University of Texas M.D. Anderson Cancer Center scientists reported adults who were overweight

found in wheat (durum, semolina, spelt, kamut, einkorn and faro), barley, rye, contaminated oats, and a host of products including lipstick, soy sauce and pharmaceuticals.

"Ninety percent of my issues are gone," Ange says. "When I fall off the wagon the pain and yuckiness return."

Ange is one of many who has benefited from gluten-free living. Whether they suffer from gluten intolerance, hope to temper the symptoms of autism, or have been diagnosed with celiac disease, an autoimmune disorder that affects one in 133 adults and is getting overdue attention, they are going gluten-free for good, not as a fad. It is a lifestyle, that, when approached naturally and under medical supervision, provides relief and bonuses such as avoiding processed and packaged foods.

Still, cutting out gluten is difficult. It requires vigilant label reading and a dedication to eating at home. Most American staples such as pizza, pasta, beer and burgers are off limits. On the bright side, the things you can eat - proteins and fruits and vegetables - are good for you.

As a result, Pleasanton, Calif., personal chef Claudia Imatt has seen an overwhelming surge in the number of requests for gluten-free menus.

"People are requesting it for their ailments," says Imatt, owner of Shall We Dine. "Everything from headaches and weight loss to fatigue, seasonal or wheat allergies and fibromyalgia."

A typical dinner menu emphasizes fruits, greens, proteins and creative spins on rice, corn, beans and potatoes in lieu of wheat-based starches. Imatt struggles to find gluten-free products that meet her standards and don't "break the bank," she says. Overall, she has found that people who come to her for help changing their diet "embrace it and live well. "It's less garbage and less processed foods," she says. "You know where the food is coming from and you can see the ingredients that are in it."

Ten years ago, Kay Junta of Concord, Calif., marched into her general practitioner's office and told him she was so sick she was afraid she would die. The year before, he had diagnosed her with IBS and sent her to a specialist who put her on medication for digestive issues and abdominal pain. But, her health continued to deteriorate. Eventually, she went into malnutrition.

between 14 and 19 years old had a 60 percent higher risk of developing pancreatic cancer later in life, and those who were obese in their 20s and 30s had a two to three times' higher risk.

"This shows the importance of weight control in one's younger years to reduce pancreatic cancer risk," said Donghui Li, a professor in M.D. Anderson's department of gastrointestinal medical oncology. "The development of pancreatic cancer is still something of a mystery, but this suggests a preventive step people can take when they're younger."

Weight, stages of life

The study is the first in pancreatic cancer to look at the association between pancreatic cancer and excess weight at different stages of an individual's life span. The method is more common in diabetes studies.

The researchers also found adults overweight or obese around the time of diagnosis have shorter survival times than normal-weight patients. Normal-weight patients in the study lived an average of 18 months after diagnosis, whereas heavier patients lived 13 months.

Li's team matched 841 pancreatic cancer patients and 754 healthy people by age, sex and race. Participants were interviewed about their height and weight starting at ages 14 to 19 until the year prior to their recruitment in the study, as well as their alcohol use, smoking and family history.

The study found the risk of developing pancreatic cancer was not statistically significant when participants only became overweight or obese in their 50s.

Smoking also a factor

Pancreatic cancer is the fourth leading cause of cancer death in the U.S. It is diagnosed in more than 42,000 people a year and kills more than 35,000, according to the American Cancer Society. The five-year survival rate is less than five percent.

Obesity and smoking are the major modifiable risk factors associated with the disease. About 25 percent of cases are associated with obesity and 27 percent with smoking.

Finally, the doctors performed a blood test and intestinal biopsy. They confirmed the culprit as celiac disease, a multi-system, multi-symptom autoimmune disorder that often mimics the symptoms of other bowel disorders. According to the Celiac Disease Foundation, when individuals with celiac disease ingest gluten, the villi, tiny hairlike projections in the small intestine that absorb nutrients, are damaged. Damaged villi do not effectively absorb basic nutrients such as proteins, carbohydrates, vitamins and minerals.

But, not everyone with celiac disease has perceptible gastrointestinal symptoms, which can include fatigue, gas, bloating, abdominal pain or chronic diarrhea or constipation. Unexplained anemia and behavioral changes such as depression are not uncommon. If left untreated, damage to the small intestine can be chronic, causing an increased risk of associated disorders and issues such as infertility, intestinal lymphomas and Dermatitis Herpetiformis, a skin manifestation of celiac disease characterized by blistering, itchy skin.

While the cause of celiac disease is unknown, it is genetic and can be triggered by a viral infection, severe emotional stress, pregnancy or childbirth. So if someone in your family has been diagnosed with it or a related autoimmune disorder, it is best to get tested, Gray says.

The biggest problem is when people go off gluten on their own and then come in to get tested for celiac or gluten intolerance, he adds.

"If they've done it (the diet) for a month or longer, it's likely we can't diagnose it," he says. Furthermore, he adds, some people gain rather than lose weight as a result of the diet because they load up on fat-laden, gluten-free packaged goods.

Like Gray, San Ramon registered dietitian Kathi Nichols doesn't recommend launching into a gluten-free diet without a diagnosis. It's too hard, she says. Nichols, 51, was diagnosed with celiac disease three years ago after seeing numerous physicians for unexplained anemia and dermatitis.

"It is one of the most difficult things I've ever had to do," she says, of going gluten-free. "I thought I could just go to the store and buy anything. But a food manufacturer could suddenly change their recipe and add gluten. So it takes twice as long to do a grocery store trip because you have to read everything. And it's more expensive."

The bright side, Nichols says, is that she has discovered food items from different cultures, including a tapioca flour Bolivians use to make rolls. And her disease hasn't kept her from traveling overseas. Quite the contrary. Many celiacs enjoy going to other countries, particularly to England and Australia, where awareness is higher and restaurants are accommodating, Nichols says.

Overall, she advises people to stay focused on what they can eat and remind themselves that there's more to life than diet.

"The only place I have not walked into in years is McDonald's," she says, laughing. "Celiac controls my choices, but it doesn't control my life," she says.

Lori Crowley of San Ramon, Calif., helped reclaim control of her son's life when she took him off gluten last October. Aidan, 5, suffers from a developmental delay known as sensory integration dysfunction. It affects his ability to balance, process information and discern touch.

"He had these moments where he seemed spaced out," she says. "He also had issues with aggression and compliance."

While her son has not been diagnosed with an autism spectrum disorder, Crowley was aware of the research circulating about the link between diet and developmental issues. According to the Autism Research Institute and Defeat Autism Now, some children with autism cannot properly digest gluten. Instead of passing through the digestive system, the protein breaks down into peptides that leak into the bloodstream of children with ASDs and trigger an opiate-like effect in the brain.

With help from a friend with a celiac child, Crowley made the transition. And, within two weeks, Aidan had changed.

Schizophrenia, Paranoia, Thyroid Tumor

I was plagued with psychotic symptoms for more than 40 years. I took a lot of psychiatric drugs everyday for more than 40 years. I could not take care of my own life at all. I was always afraid that all the people I ever contacted have tried to kill me by poison. I would not dare to eat or drink any food other than the food handled by the few trusted family members.

I could not eat any food that has skin for fear of poison contamination. All food with skin had to be peeled off before I could safely eat them. Throughout the years, my symptoms got worse to the degree that I could wear only one set of clothes, since all the other clothes have already been poisoned. If I tried to wear them, I would get the uncomfortable feeling of being electrified. I could not walk out of the house for fear that if I ever leave, someone will break in to poison my belongings.

We found the Healing Lab when the doctor found a thyroid tumor during an ultrasound session. I was told that I might need surgery if it grows bigger. After receiving treatments in the Healing Lab for two weeks, the thyroid tumor disappeared as verified when I went back for follow-up visit at the hospital.

Miraculously, my schizophrenic symptoms have drastically reduced under the care of Dr. Lee. She used spiritual enlightenment and a combination of various herbs to gradually adjust my body and mind. Following the treatments at The Healing Lab, I am now able to wear a different outfit everyday without the electrifying feeling. I can wear whatever clothes I want. Every time I go to the Psychiatric doctor, he further reduces my drug dosage.

Now I have a lot of beautiful clothes to wear. I can go out to eat

without the fear of being poisoned. I have a lot of delicious food that I can eat. I can also go out to see beautiful scenery without needing someone to look after my belongings at home. I just need to lock the door and go. I can also go to see my dentist without fear of him doing something bad to me. I truly appreciate all the healings The Healing Lab has given me.

Hsu Pei-shu

June 2nd, 2009

Thyroid Disorder, Fatigue

I discovered the Healing Lab about 6 months ago and have done several facials with great result. Jenny explained to me that she could treat other conditions such as my thyroid.

My thyroid conditions have been with me for several years, and I did not want to have the surgery that my doctor recommended. Recently after my mom's passing, my health got worse. One day I could not even go to work. My body was so fatigued. My test results showed that my levels had progressively gotten worse.

I was treated by an Endocrinologist who simply gave me Tapazole and recommended surgery. I decided to do nothing until I came to The Healing Lab. I know it was time.

I have only been in treatment for 3 weeks. I feel already that a miracle has taken place. I get up with energy. I have a productive work day. I am motivated to do my personal projects, but most importantly I recognize the person in the mirror.

I believe in what I am doing by the changes that are occurring daily. more energy, a sense of well being, balance, and everyone is commenting

that something have changed when they see me. I look forward to the end results, because I know I feel the change.

Kim M. Adams June 2nd,09

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