



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

EXP AUGUST/31/10

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.

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-

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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.

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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**APPOINTMENTS ONLY
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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.



Weight loss reduces hot flashes in overweight and obese women

NewsRx.com

07-22-10

A new study shows that overweight and obese women who suffer from hot flashes can reduce the severity of their hot flashes if they lose weight through diet or exercise (see also Urinary Incontinence).

Hot flashes, which are associated with sleeping problems, anxiety and depression, are the most common complaints of women during menopause and persist for five or more years past menopause in up to one third of women, according to the researchers. In multiple observational studies, women with a higher body mass index (BMI) have reported more frequent or severe hot flashes compared to women with lower BMI, but the effect of weight loss on hot flashes has been unknown.

"We still don't understand the underlying mechanism of hot flashes, or why some women experience flashes and others don't," said Alison J. Huang, MD, assistant professor of internal medicine in the UCSF Department of Medicine, who was the lead author on the paper. "The good news is that millions of women who are overweight and troubled by hot flashes may be able to reduce their discomfort through diet and exercise."

Findings are available July 12 in the online edition of the Archives of Internal Medicine.

The Centers for Disease Control and Prevention estimate that 64.1 percent of adult women in the United States are overweight and 35.5 percent of women are obese. Those estimates are based on a BMI of 25-29.9 for the overweight category and 30 or more for the obese category. BMI, expressed as weight in kilograms divided by height in meters squared, commonly is used to classify weight.

The study included 338 women aged 30 or older with a BMI of 25-50 who were randomly assigned to two groups. One group, of 226 women, attended weekly one-hour group sessions led by experts in nutrition, exercise and behavior change, and were asked to follow a reduced calorie diet. They also were encouraged to

Carbo Unloading

GOODYER Paula GOODYER Paula
Sunday Star-Times

07-14-10

There could be more heart- disease dangers in your diet than the usual suspects. By Paula Goodyer .

WHEN CONSIDERING which foods increase the risk of heart disease, you might think of fatty bacon rashers, but not a bowl of refined breakfast cereal. But to defend arteries from the thickening and hardening that can lead to heart disease and stroke, it might pay to be choosy about your carbs.

We're all familiar with the standard dietary advice to head off heart disease - avoid saturated fat and trans fats in favour of healthier fats. But, according to Professor Jennie Brand-Miller of the School of Molecular Biosciences at the University of Sydney, there's growing evidence that too many carbohydrates with a high Glycemic Index (GI) - the kind that cause rapid rises in blood sugar - may also contribute to heart disease.

The trouble with a diet heavy on rapidly digested carbohydrate foods - such as many white breads, refined breakfast cereals, processed snack foods, biscuits and potatoes - is their potential to increase levels of blood glucose. High levels of glucose are "toxic" to arteries, Brand-Miller explains. "Not only do they encourage plaque to form in the artery walls, they also cause inflammation that ages arteries, making them stiffer and less elastic, while also increasing the formation of blood clots."

And it's not just people with diabetes who are likely to have high blood glucose levels either - increasing numbers of Kiwis and Australians now have blood glucose levels that hover somewhere between normal and diabetic, and that's not healthy.

"This isn't saying that high GI carbohydrates are the only villain as far as arteries are concerned - it means we need to beware of both too much saturated fat and too many high GI carbohydrates," says Brand-Miller. "It's the quality of both carbohydrates and fat that influence heart health. Carbs and fat both

increase their physical activity to at least 200 minutes per week. The remaining 112 women, in the so-called "control" group, participated in one-hour group sessions that provided general information about weight loss, physical activity, healthy eating and health promotion.

Bothersome hot flashes and other baseline menopausal symptoms were assessed at baseline and at six months using self-administered questionnaires. Participants were asked to indicate intensity of hot flashes in the past month with responses ranging from 'not at all' to 'extremely.'

Half of the participants reported being at least slightly bothered by hot flashes at the start of the study. Among these women, reductions in weight, abdominal circumference and BMI were associated with an improvement in hot flashes.

In fact, women in the active weight loss group were twice as likely to see an improvement in their hot flashes after six months compared to women in the control group, according to senior author Deborah Grady, MD, of the UCSF Department of Medicine and the Veterans Affairs Medical Center, San Francisco.

"This gives women who suffer from hot flashes an added option in controlling their symptoms, while also creating a healthier life for themselves," Grady said.

The study was ancillary to the Program to Reduce Incontinence by Diet and Exercise (PRIDE), a randomized, controlled trial of an intense behavioral weight loss intervention versus a structured education program to promote weight loss in overweight and obese women with urinary incontinence, coordinated by UCSF.

The researchers acknowledge that a possible limitation of the ancillary study is that participants also had urinary incontinence. However, they said that urinary incontinence, while more prevalent among older women, has not been shown to be associated with menopause, nor did they see a link between more severe incontinence and increased hot flashes.

"We don't see any reason why our findings aren't also applicable to women who are not incontinent," Huang said.

Keywords: Bariatrics, Gastroenterology, Internal Medicine, Menopause, Obesity, Urinary Incontinence, Urination Disorders, Urologic Diseases, Urology,

taste good - but we have to be choosy about which type we eat."

Some research also suggests women's hearts may be more easily damaged by high GI carbs than those of men. A study recently published in the Archives of Internal Medicine found that in women, but not men, a high carb intake more than doubled the risk of developing heart disease over an eight-year period. Eating more high GI carbs seemed to increase the risk, while eating more low GI carbs did not. But with men it was a different story - the amount of carbohydrate foods and their GI rating didn't seem to matter - at least not to their heart health.

Why carbs should have an effect in women, but not men, isn't clear, but Brand- Miller speculates that heart disease might develop in a different way in women compared to men.

"Some research has found that a predictor of heart disease in women is a high level of C-reactive protein (CRP), a substance measured in blood that's a sign of inflammation. This low grade inflammation is probably a result of oxidative stress - and this fits in with the idea that a high GI diet can increase oxidative stress. A study at the University of Sydney has suggested that women may be more vulnerable to the effects of high GI carbohydrates on weight gain, but it's only a hypothesis - we don't know for sure."

None of this is to say that you should never bake a potato or eat toasted Turkish but it does suggest it's not smart to let refined carbs and potatoes dominate your diet. And not just for your heart's sake either.

A broad mix of vegetables and eating denser, grainier breads delivers a lot more heart healthy nutrients and fibre.

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SUCCESS STORY:

Indigestion; Bloating

I came to the Healing Lab on October 29th, 2009 after listening to Dr. Lee's radio interview on AM1450. I felt extremely bloated with a big stomach as if my food cannot go down. I have had this abdominal discomfort for about 3 months. It got worse after eating steaks.

Two Kaiser Doctors told me it may be cancer. I became very worried. When Dr. Lee saw me and examined me for the first time, she laughed and told me I had indigestion – this was so true!

I am all well now and forever grateful to Dr. Lee, not only for healing my body, but for putting my mind at peace.

I can purely say that I am healed!

Thank you Dr. Lee. You are wonderful!

J. Roma Hinckel

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