



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

EXP NOVEMBER/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.

In this issue:

Prime of life: Forget thinner thighs, new study shows walking protects brain size, saves memory

Physical Exercise attenuates arterial stiffening

Success Story:
Tinnitus; Diabetes; Fatigue

COMMUNITY WORKSHOP

5 SECRETS TO LOOKING AND FEELING YOUNGER

Sat. Nov. 6, 2010 11am-12pm

Divine Science Community Center, San Jose;

Complimentary Nutritional Organ Scan

Call (650) 380-1999 for reservations!

WOULD YOU LIKE TO: • INCREASE ENERGY • LOSE WEIGHT •

HAVE BETTER HEALTH • HAVE MORE SELF ESTEEM • HAVE

MORE "GET UP AND GO" • LOOK YOUNGER • FULLY ENJOY

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

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

**APPOINTMENTS ONLY
Fremont (510) 792-2179**

LIFE Presented By: The Healing Lab Jenny C. Lee, L. Ac.

The Harvest Wellness Fair Sat. Nov. 6 11am-12 pm

Divine Science Community Center 1540 Hicks Ave. San

Jose 95125 Complimentary Nutritional Organ Scan

Call (650) 380-1999 for reservations!

NOVEMBER 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 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.



Prime of life: Forget thinner thighs, new study shows walking protects brain size, saves memory

Julie Sullivan *The Oregonian, Portland, Ore.*

10-14-10

Oct. 14--Kathleen Brown steps into the October sun in a green T-shirt and size 2

National Institute of Health and Nutrition reports research in hypertension-Physical Exercise attenuates arterial stiffening

NewsRx.com

09-14-10

denim shorts, her Nikes laced.

And if you want to remember that sequence -- or this story -- you might want to do what she does next.

Brown walks. Twice a day, she heads out into her Cedar Hills neighborhood, a habit that has kept her, a month shy of 75, trim, relaxed and requiring no medication.

Now, a new study published Wednesday in the journal of the American Academy of Neurology says walking may also save her from dementia.

Researchers at the University of Pittsburgh who studied people in their mid-60s over 13 years found that those who walked six to nine miles a week -- about a mile a day -- had more gray matter and less memory loss than their peers. Gray matter is the part of the brain involved in muscle control, seeing, speaking, hearing and memory.

The relationship between walking earlier in life and having more brain volume later in life was so robust "it astonished us," said author Kirk I. Erickson, a professor of psychology at the University of Pittsburgh. "Physical activity improves your brain and spares your brain."

Researchers studied the number of blocks that 1,479 people in their mid-60s walked a week. After nine years, they conducted brain scans on 299 of the subjects who had no sign of dementia. Four years later, they repeated the scans. They found that 4 in 10 had developed dementia or cognitive impairment.

But those who reported walking at least 72 blocks a week had less decline and they performed the best on standard memory tests. Those who walked the most had cut their risk of developing memory problems in half.

Erickson said regular exercise should become a public health imperative. The National Institute on Aging funded the study, and researchers hope to study whether physical

Fresh data on hypertension are presented in the report 'Longer time spent in light physical activity is associated with reduced arterial stiffness in older adults.' "Habitual moderate-to-vigorous-intensity physical activity attenuates arterial stiffening. However, it is unclear whether light physical activity also attenuates arterial stiffening," investigators in Tokyo, Japan report (see also Hypertension).

"It is also unclear whether light physical activity has the same effects in fit and unfit individuals. This cross-sectional study was performed to determine the relationships between amount of light physical activity determined with a triaxial accelerometer and arterial stiffness. A total of 538 healthy men and women participated in this study. Subjects in each age category were divided into either high-light or low-light physical activity groups based on daily time spent in light physical activity. Arterial stiffness was measured by carotid-femoral pulse wave velocity. Two-way ANOVA indicated a significant interaction between age and time spent in light physical activity in determining carotid-femoral pulse wave velocity ($p < 0.05$). In the older group, carotid femoral pulse wave velocity was higher in the low-light physical activity level group than in the high-light physical activity level group (945??19 versus 882??16 cm/s; $p < 0.01$). The difference remained significant after normalizing carotid-femoral pulse wave velocity for amounts of moderate and vigorous physical activity. The carotid-femoral pulse wave velocity ($r = -0.47$; $p < 0.01$) was correlated with daily time spent in light physical activity in older unfit subjects. No relationship was observed in older fit subjects," wrote Y. Gando and colleagues, National Institute of Health and Nutrition.

The researchers concluded: "These results suggested that longer time spent in light physical activity is associated with attenuation of arterial stiffening, especially in

activity can reverse or treat some of the loss.

Brown began walking in the 1970s to combat a back problem. After she retired from the telephone company in 1992, she found herself sitting around in sweat pants with an expandable waistband. First, she put on a pair of jeans to force herself to pay attention to her waist size. Then to stay active, the grandmother and widow began driving three days a week for Meals-on-Wheels. She eventually started walking daily -- in the rain, in the winter, and four years ago, began walking 45 minutes twice a day.

"I find that when I'm walking I can solve all my problems," she says. "And I feel better than I have in my whole life."

-- Julie Sullivan

Copyright (c) 2010, The Oregonian, Portland, Ore.

unfit older people."

Gando and colleagues published their study in Hypertension (Longer time spent in light physical activity is associated with reduced arterial stiffness in older adults. Hypertension, 2010;56(3):540-6).

For additional information, contact Y. Gando, National Institute of Health and Nutrition, 1-23-1 Toyama, Shinjuku, Tokyo, 162-8636, Japan.

SUCCESS STORY:

Tinnitus; Diabetes; Fatigue

I came to Jenny Lee because I was tired, needed a nap every afternoon, no energy, and my tinnitus has been very loud all the time for the last 10 to 15 years after the Vietnam War. My diabetes HIAIC index was 8.4 and my male hormones were out of control according to my MD doctor.

After just five treatment sessions of Acupuncture and Energetic Nutritional Testing, I don't have to take naps anymore. I only need to sleep 6 hours per night and still full of energy all the time. My ringing in the ear is also improving.

My HIAIC went down from 8.4 to 6.4. My MD doctor said it was amazing going from 8.4 to 6.4 in such a short period of time, and he told me to keep up the good work. I am going to stick with Jenny Lee for sure.

Joe Salas September 9th, 2010

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