



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

EXP JULY/31/11

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:

TYPE-2 DIABETES CAN BE REVERSED?

Elderly may be more likely to die if they have subclinical hyperthyroidism

Success Story:

Dirty finger nails
Menopause;
Sweats and chills

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, 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

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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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.



TYPE-2 DIABETES CAN BE REVERSED?

World Entertainment News Network

06-27-11

A new study suggests an extreme eight-week diet can reverse Type 2 diabetes in people newly diagnosed with the disease. Researchers at Britain's Newcastle University found the 600 calories-a-day diet reduced fat levels in the pancreas and liver, which helped insulin production return to normal. Seven out of 11 people who went on the diet, eating only liquid diet drinks and non-starchy vegetables, were free of diabetes three months later. But experts say more research is needed to see whether the reversal is permanent. Lead study author Roy Taylor says, "This diet was only used to test the hypothesis that if people lose substantial weight they will lose their diabetes. Although this study involved people diagnosed with diabetes within the last four years, there is potential for people with longer-standing diabetes to turn things around too."

Tanya Zuckerbrot Nutrition Reports: Eat More Fiber, Live Longer

NewsRx.com

06-23-11

People who consume a fiber rich diet live longer, according to a recent study - the first ever to link longevity and dietary fiber consumption (see also Diet and Nutrition).

Researchers from the National Cancer Institute and the American Association of Retired Persons (AARP) examined dietary fiber intake in relation to total mortality and death from specific causes and found that those with the highest fiber intake, specifically fiber from whole grains, had a significantly lower risk of death from any cause for both men and women.

The massive 10-year government study of roughly 388,000 people, published (June 14, 2011) in the Archives of Internal Medicine, "makes the strongest



Elderly may be more likely to die if they have subclinical hyperthyroidism

NewsRx.com

06-16-11

A common hormone abnormality in older adults—a mild form of overactive thyroid called subclinical hyperthyroidism—is linked to a much higher risk of dying, a new study finds. The results will be presented Sunday at The Endocrine Society's 93rd Annual Meeting in Boston (see also Hyperthyroidism).

Because this condition sometimes does not even cause symptoms, elderly people may be unaware they have altered thyroid function until serious complications occur, said the study's main author, Graziano Ceresini, MD, PhD, a clinical researcher at the University of Parma in Italy.

"Subclinical hyperthyroidism can be responsible for important medical problems, such as cardiac arrhythmias—irregular heartbeat—as well as altered bone structure and cognitive abnormalities, especially in elderly individuals," Ceresini said. "Now we know that it also may be accompanied by increased mortality in people ages 65 and older."

In the new study, the investigators used data from the Italian Aging in the Chianti Area study to evaluate the relationship between thyroid function and death from all causes in older people. Thyroid function test results were available for 950 subjects age 65 or older. At enrollment in the study, 819 subjects (86 percent) had normal thyroid function and 83 (nearly 9 percent) had subclinical

case yet for eating a fiber-rich diet," said Tanya Zuckerbrot, MS, RD, author of the bestselling weight loss book, *The F-Factor Diet* (Putnam, 2006). She sees fiber as paramount for any patient, whether they have heart disease, diabetes or need to lose weight.

"For over 15 years I have studied fiber's effects on cholesterol and serum glucose levels," Zuckerbrot said. "I recommend my patients eat on average 40g of fiber daily, and I consistently see cholesterol and sugar levels drop approximately 10 percent after 3 months and 20 percent after 6 months, without medication," she said. "And all my patients lose weight without hunger."

Previous studies have found that high-fiber diets can help reduce the risk of cardiovascular disease, diabetes, hypertension, breast cancer and colon cancer, but this latest NIH research is the first to show that eating fiber can actually help people live longer.

The American Dietetic Association recommends women consume 25-35g and men eat 38g per day. Unfortunately, most Americans are not meeting their fiber needs; the average American consumes only 9-11g each day.

"This research launches fiber as the next big health trend - and it signals the end of low-carb," said Zuckerbrot. "Dietary fiber is only found in carbohydrates, and while not all carbs contain fiber those that do are enormously important for good health. People need to eat them," she said.

"Fiber has received a makeover. It's not your grandma's fiber--prunes and Metamucil," said Zuckerbrot. "In truth fiber-rich foods are delicious and abundant - found in everything from raspberries, to bread, to even chocolate," she said. Keywords: Cancer, Diet and Nutrition, Oncology, Tanya Zuckerbrot Nutrition Llc.

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hyperthyroidism.

Technically, subclinical hyperthyroidism is a below-normal or undetectable blood concentration of thyroid-stimulating hormone (TSH) with normal levels of the thyroid hormones called free T3 and T4.

In evaluating the death statistics, the researchers adjusted for age, sex and other factors that could bias the results, such as congestive heart failure, body mass index, cancer and stroke. They found that subjects who had subclinical hyperthyroidism at the beginning of the study had a 65 percent higher risk of dying during the six-year follow-up than did subjects with normal thyroid function.

"Although our results would suggest the need for thyroid function testing in elderly people, confirmation of our data by further studies is needed before a screening recommendation can be made. There are no current recommendations to test all elderly individuals for subclinical hyperthyroidism," Ceresini said.

He suggested, however, that elderly persons with signs of subclinical hyperthyroidism, especially arrhythmias or thyroid disease, should ask their doctor about getting a thyroid function test. Other symptoms may include weight loss, feeling too hot and nervousness.

Subclinical hypothyroidism, or a mildly underactive thyroid, also is common in elderly people but in this study was not linked to decreased survival. There were not enough subjects with overt underactive or overactive thyroid to analyze their death risk, the authors reported.

Keywords: Arrhythmia, Cardiology, Hormones, Hyperthyroidism, The Endocrine Society.

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SUCCESS STORY:

Dirty finger nails

My finger nails were always very dirty (black) like I had been playing with dirt. The nails would get clean after each shower, but would get black and dirty again about 30 minutes after my shower.

I had this condition for about 20 years.

I was treated by my family Doctor, Gynecologist and chiropractor, and my regular doctors could not cure this condition.

After coming to see Jenny my nails got clean within 3 weeks.

My dirty black nails are now very clean and only have some slight spotting under my nails.

My digestion, energy and sleep are also better.

Overall results are very good – conditions improved about 90%.

May 17, 2011

Claire Delaney

Menopause; Sweats and chills

I came to The Healing Lab on May 15th 2011.

I had the menopausal symptoms moderate in severity with sweats and chills mostly at night which began in April, 2011. Also I could not sleep deep at night ever since I was a child.

First night after my initial treatment, my symptoms were diminished to

negligible. My menopausal symptoms reduced greatly and I anticipate permanent relief over a series of treatments.

Victoria Ireland

June 7th, 2011

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