



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

EXP SEPTEMBER/30/11

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:

[ARCHIVED INTERVIEW- Keeping Healthy in Times of Change : Click Here to listen-aired August 22, 2011](#)
Is available for you to download and listen on www.healinglab.com home page!

Jenny C. Lee will be on Chinese Radio FM92.3 Tuesday September 20th 5:30 to 6PM. The program will be in Mandarin Chinese only!

Integrative Way: Dietary deficiencies

Study suggests new strategy to prevent infertility, birth defects

Success Story:

Eye Blood Vessels Popping

September 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

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 S. California Avenue Ste 102**

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

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.



Integrative Way: Dietary deficiencies

The Sacramento Bee

09-09-11

Dietary deficiencies are a significant problem in the United States, especially when fruits, vegetables, whole grains and other healthy foods are eaten in limited quantities. A study published in 2005 showed that many Americans were not meeting the U.S. Recommended Dietary Allowances for a number of nutrients: 73 percent of people were not getting enough zinc in their diets, 65 percent were deficient in calcium intake, 62 percent were low in magnesium, 56 percent in vitamin A and 54 percent in vitamin B6, to name a few.

Persistent nutrient deficiencies can increase the risk of chronic illness, including heart disease, high blood pressure, diabetes, osteoporosis, anemia and neurologic symptoms.

A new concern in health care is that, on top of already marginal nutrient intake for some people, nutrient depletion is worsened by some of the common medications taken by many Americans.

Medication-induced nutrient depletion can occur through several mechanisms; for example, some drugs may interfere with the absorption of nutrients, while others may lead to increased excretion. Some of these effects can be significant, especially when the medications are taken for long periods.

Below is a sampling of some of the most widely used medications and the nutrient losses that they induce:

--Stomach acid medications, including proton pump inhibitors like Prilosec, H2 blockers such as Zantac, and general antacids, all block the production of stomach

Study suggests new strategy to prevent infertility, birth defects

NewsRx.com

08-22-11

A strategy that has been shown to reduce age-related health problems in several animal studies may also combat a major cause of age-associated infertility and birth defects. Investigators from Massachusetts General Hospital (MGH) have shown that restricting the caloric intake of adult female mice prevents a spectrum of abnormalities, such as extra or missing copies of chromosomes, that arise more frequently in egg cells of aging female mammals. Their report appears in this week's online Early Edition of the Proceedings of the National Academy of Sciences USA.

"We found that we could completely prevent, in a mouse model, essentially every aspect of the declining egg quality typical of older females," says Jonathan Tilly, PhD, director of the Vincent Center for Reproductive Biology in the MGH Vincent Department of Obstetrics and Gynecology, who led the study. "We also identified a gene that can be manipulated to reproduce the effects of dietary caloric restriction and improve egg quality in aging animals fed a normal diet, which gives us clues that we may be able to alter this highly regulated process with compounds now being developed to mimic the effects of caloric restriction."

Many studies have found that animals whose food intake is restricted but still sufficient to avoid malnutrition live longer and show fewer signs of

acid. While this can help to soothe your heartburn in the short term, the long-term suppression of stomach acid leads to reduced absorption of many nutrients, including calcium, magnesium, zinc, iron, vitamins B12 and C, and beta carotene.

Magnesium deficiency in particular is troubling because it can lead to potentially life-threatening heart arrhythmias. Magnesium deficiency can contribute to anxiety, restless leg syndrome, insomnia and muscle spasm.

In March, the FDA published a safety announcement on the risk of magnesium deficiency in anyone taking proton pump inhibitors for more than a year. And while some people may be protected by taking a daily magnesium supplement, studies suggest that about 25 percent of people who take PPIs are unable to normalize their blood magnesium level with a supplement -- they have to stop the drug in order to return their blood magnesium levels to normal. Long-term reduction in calcium absorption from PPIs also can affect your bone health and increase your risk of osteoporosis.

--Metformin (also known as Glucophage) is a widely used drug for diabetes that causes the depletion of several nutrients, including vitamin B12, folic acid and coenzyme Q10. Up to 30 percent of people taking metformin will develop B12 deficiency, whose symptoms include anemia and neuropathy. Anyone taking metformin on a continuing basis should have B12 blood levels checked periodically. B12 supplements will generally correct any deficiency caused by this drug.

--Antibiotics, while very useful for killing off harmful bacteria in the body, also kill off healthy bacteria in the gut. These healthy bugs are there for a reason -- they help produce B vitamins and vitamin K, and they also affect the function of the immune system.

Disruption of this healthy flora is an active area of research now, and has been tied to multiple medical conditions including cancer, depression and autoimmune disorders. A reduction in healthy intestinal flora can also lead to the overgrowth of more dangerous bacteria in the gut, including *E. coli* and *C. difficile*, leading to infectious gastroenteritis. Probiotic supplements may help offset damage to the gut caused by antibiotics.

--Statin drugs like Lipitor and Zocor are excellent at lowering your cholesterol, but they also lower blood levels of coenzyme Q10, especially when high doses are used. Coenzyme Q10 is a fat-soluble antioxidant found

aging than do animals given access to as much food as they want. The long-term effects of a caloric restriction (CR) diet in humans are being investigated in ongoing studies, but some health improvements, including reductions in cholesterol levels and other cardiovascular risk factors, have already been reported. An earlier study by Tilly's group found that female mice maintained on a CR diet during most of their adulthood maintained their fertility into very advanced ages, even after being allowed to resume free feeding.

A key step in the development of reproductive cells - sperm and eggs - is a process called meiosis, in which sperm and egg cell precursors with two copies of each chromosome are divided into specialized reproductive cells with a single copy of each chromosome. When mature egg and sperm cells fuse, the resulting embryo has two copies of each chromosome, one from the male and one from the female. Meiosis-associated abnormalities, such as extra or missing copies of chromosomes, are more common in the eggs of aging animals and are responsible for a greater incidence of infertility, miscarriage and birth defects such as Down syndrome, which is caused by an extra copy of chromosome 21.

Following up their earlier finding on the impact of CR on fertility in mice, the MGH team took a closer look at metabolic factors that may underlie those results. They first followed two groups of female mice from young adulthood (3 months of age) to 1 year, an age when egg quality and fertility normally would be greatly diminished. One group was allowed to free feed throughout adulthood, while the other was maintained on a CR diet for about seven months and returned to free feeding for the last month of the study period. While the free-fed mice showed the expected age-related decline both in the number of egg cells released at ovulation and in how many of those eggs were mature and ready for fertilization, the eggs cells of the aged CR mice more closely resembled healthy eggs of young adult females during their prime reproductive life.

Analysis of chromosomes and other meiosis-related aspects of the egg cells revealed significant abnormalities in cells from aged free-fed mice, while egg cells of the aged CR mice showed no evidence of aging-associated abnormalities. Since the age-associated decline in egg cell quality has been associated with changes in the distribution

in most tissues of the body, and depletion of this compound by statin drugs may lead to muscle pain. From some people taking statins, coenzyme Q10 supplements will help to reduce this pain.

--Diuretics, also known as water pills, cause multiple nutrient losses in the urine. All diuretics cause urinary loss of potassium, magnesium and vitamin B1 (thiamine), which can cause or aggravate heart disease. Certain diuretics also cause loss of calcium, vitamin B6, folic acid and vitamin C. People who take diuretics need to be monitored for nutrient losses and may need to take supplements to make up for these losses.

The medications discussed above are primarily used in people with diabetes, heart disease, high blood pressure and chronic heartburn -- conditions that are usually preventable -- so staying healthy by eating a nutrient-rich diet, getting regular exercise and maintaining your weight can help you to avoid the need for medication in the first place.

However, if you are one of the many Americans who find yourself needing these meds on a long-term basis, talk with your doctor about monitoring your nutrient levels. And of course, never stop a medication that your doctor has prescribed without talking with him or her first.

throughout the cytoplasm of mitochondria - subcellular structures that provide cellular energy - the researchers looked at the effects of diet on those cellular power plants. Again, the age-associated changes seen in the free-fed mice - aggregation of mitochondria into clumps and a drop in levels of ATP, the metabolic fuel produced by mitochondria - were not seen in egg cells from the aged CR females.

While the mechanisms by which caloric restriction produces its effects are still being investigated, several of the metabolic pathways involve a regulator of DNA transcription called PGC-1alpha, which is known to modulate genes involved in controlling mitochondrial number and function. Tilly's team also found that egg cells from female mice lacking a functional PGC-1alpha gene who were allowed to free feed through adulthood maintained the same egg-cell quality as seen in the CR mice. However, combining CR with PGC-1alpha inactivation did not increase the effects beyond those achieved separately, which suggests that the two approaches work in a common pathway..

"While most of the work in the field of caloric restriction has been done in mice and other laboratory animals, over the past few years a number of studies have shown that several of the health benefits reported in aging mice are also seen in monkeys and perhaps in human populations that have chosen to limit their caloric intake," says Tilly, who is a professor of Obstetrics, Gynecology & Reproductive Biology at Harvard Medical School.

"If we find a way to safely reproduce in humans the effects we see in this study - and even though this is a mouse study, we know these age-related egg cell defects are also seen in humans - we may be able both to improve a woman's chance of getting pregnant and, for those who do need assisted reproductive technology, to improve the quality of the eggs we use to minimize if not eliminate the age-related increase in Down syndrome and other chromosomal disorders," he adds.

SUCCESS STORY:

Eye Blood Vessels Popping

I came to the Healing Lab through Bonnie Colleen's KEST Seeing

Beyond Radio Program.

I have had blood vessels in eye popping and low energy for 10 years and suffered hot flashes in 15 years.

I had gone through treatments by eye doctor, endocrinologist, chiropractor, acupuncturist, nutritionist and two medical intuitives. None of them helped – my eyes continued to pop.

Just after two weeks of treatments at the Healing Lab, my eyes have stopped to pop, my energy is better with diminished hot flashes.

September 9th, 2011

Celia Trevinu

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