



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

EXP OCTOBER/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.

| 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-

In this issue:

Jenny C. Lee, L. Ac. will be on Chinese Radio FM92.3 next Tuesday October 18th 5:00 to 5:30 PM. The program will be in Mandarin Chinese only!

Women who break a hip at increased risk of dying within a year

How to eat just the right amount

**Success Story:
Neck pain, sciatic pain,
Herniated disk pain**

October SPECIAL OFFER - \$150

Complete Health Analysis (\$188 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

Jenny C. Lee, L. Ac.

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MAIN OFFICE

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

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.



Women who break a hip

at increased risk of dying within a year

NewsRx.com

10-06-11

Women ages 65-69 who break a hip are five times more likely to die within a year than women of the same age who don't break a hip, according to a Kaiser Permanente Center for Health Research study funded by the National Institutes of Health and published online today in the Archives of Internal Medicine.

This paper breaks down death risk by age group. In addition to the finding for women ages 65-69, it finds that for women ages 70-79, a hip fracture doubles the risk of dying within a year. Most women 80 and older have the same risk of dying within a year whether they fracture their hip or not, but for women 80 and older who are in excellent health, a hip fracture nearly triples the risk of dying within a year.

"This study is a wake-up call that the first year after a hip fracture is a critical time for all elderly women, but especially for younger women, ages 65-69, who face a much higher death rate compared to their peers," said Erin S. LeBlanc, MD, MPH, lead author and investigator at the Kaiser Permanente Center for Health Research in Portland, Ore. "We need to do more to prevent hip fractures from occurring, and we need to study how best to care for women after fracture to prevent these deaths."

Other studies have found that women who break a hip are at higher risk for earlier death, but most of those studies concluded that the increased risk was not because of the fracture, but because of underlying health conditions such as heart disease, stroke, or diabetes. This study controlled for these underlying health conditions and also matched each woman who broke her hip with four women of the same age who didn't break a hip.

"Our study suggests that it is the hip fracture, and not just poor health, that puts these women at higher risk of dying," said Teresa Hillier, MD, MS, co-author and senior investigator at the Kaiser Permanente Center for Health Research. "We also found women are at the highest risk of dying within the first three months after hip fracture, which leads us to hypothesize that

How to eat just the right amount

Bae Ji-sook, The Korea Herald, Seoul / Asia News Network

Anchorage Daily News, Alaska

09-30-11

Sept. 30--SEOUL (THE KOREA HERALD/ANN) -- Have you ever kept eating even when you are full?

Overeating can cause not only weight gain but also gastroesophageal reflux, which can damage the internal organs.

Prof. Kim Jong-gab of Konkuk University Institute of Body Culture Study said people nowadays are more likely to overeat than in the past.

"Eating is one of the most intimate things. You feel the food on the lips and in the stomach. As society has become more competitive than ever, people try to substitute their solitude and desire for soft touches from others with foods felt in the mouth and stomach," he said.

Dr. Daniel Amen of Amen Clinics, author of the "The Amen Solution: The Brain Healthy Way to Lose Weight and Keep It Off," suggests a more physical compulsion behind overeating.

"Many of the foods we eat are additives, especially those filled with a certain combination of salt, sugar and fat. We have to be careful about the food we eat or we will lose control," he told The Korea Herald in an email interview.

Amen said overeating can increase the inflammation inside the body and damage many different systems including the brain.

It is easy to say "stop" when you think you are full. But putting that into action is another matter.

Amen suggested that people should first figure out their own characteristics before adjusting their diet.

Five characteristics of overeaters

hospitalization, surgery and immobility lead to other complications that ultimately result in their death."

Another reason researchers think that hip fractures, and not other underlying health conditions, put women at higher risk of death is their finding involving women aged 80 and older. These women are often sicker to begin with and most of them face the same risk of dying within a year whether they break their hip or not. But when researchers looked at a subset of women who were 80 and older and were also in excellent health, they found that those who fractured a hip were almost three times more likely to die compared to their counterparts who didn't break a hip.

"This finding suggests that it is the hip fracture itself that ultimately leads to death in these women. Even though they start out in excellent health the hip fracture is so devastating that many of them don't recover," said LeBlanc.

The study is part of the Study of Osteoporotic Fractures that has been ongoing for more than two decades. During 1986-88 SOF enrolled nearly 10,000 community-dwelling, ambulatory women ages 65 and older from Baltimore; Minneapolis; Portland, Ore.; and the Monongahela Valley near Pittsburgh.

Over the next 20 years, 1,116 of those women suffered hip fractures. Researchers categorized the women by age and then matched 4,464 women of the same age who didn't break a hip to serve as controls. They followed all of the women, sending out postcards every four months to check on their health status, and asking them to come in for clinic visits every 2 to 3 years. During the visits women were given a medical exam and asked to fill out questionnaires about their health status. Cause of death was determined by death certificates and other supporting documentation where available. The leading causes of death among all women in the study were heart disease, cancer and stroke.

Among women who broke a hip, more than half of the short-term deaths occurred within three months after the fracture and nearly three-quarters occurred within six months. The only women who had a higher long-term risk of death (within 10 years) after hip fracture were the women ages 65-69.

According to the National Osteoporosis Foundation, about half of women over age 50 will break a bone because of osteoporosis, which is a thinning or

In his book, he classified eaters into five groups.

1. Compulsive eater: Those who have a powerful urge, almost lust, to eat all the time are compulsive eaters. Focusing on protein, such as meat consumption, will not help. Such food may prompt one's insatiable desire to eat.

Instead, eating carbohydrates is much better. Serotonin secreted by the brain will make you feel content and satisfied.

2. Impulsive eater: People prone to eating, easily distracted, disorganized or often running late can be considered as impulsive eaters. They tend to hold back their desires well but let them go at the last minute.

Eating carbohydrates is not a good idea because serotonin may stimulate their desire even more. Dopamine, released through the consumption of chicken, steak, fish and other high protein foods, could be helpful because it comforts and controls the strong impulse.

3. Compulsive-impulsive eater: When a person shares both characteristics mentioned above, it is highly likely that the family shares addictive personalities, too. The combination of foods from both groups as well as green tea will reduce the cravings. Lots of exercise will help.

Alcohol may lead one to eat more or feel tempted to eat junk food.

4. Emotional eater: Those who find comfort in eating and feel anxious all the time usually lack vitamin D. So increasing the vitamin D intake will help a lot. Eggs, mackerel, liver and walnuts are good.

Being alone for too long or getting too little sleep can also disrupt eating habits.

5. Anxious eater: Those who have regular headaches and muscle tension, heart palpitations or are jumpy can be classified as anxious eaters. Wholegrains, lentils, dairy products, citrus fruits, spinach, almonds, walnuts and foods rich in amino acids can help calm the brain.

On the other hand, too much protein may stress out the digestive system.

weakening of the bone that can cause bones to break more easily. The foundation recommends that women 65 and older, and pre-menopausal women with risk factors such as low body weight, smoking or long-term steroid use, should get a bone density scan to determine if they have or are at risk for developing osteoporosis. Once diagnosed, many women start taking medication to strengthen their bones and decrease the risk of fracture.

What you can do

Amen also stressed the importance of keeping the blood sugar level stable.

"Low blood sugar levels are associated with lower levels of overall blood flow into the brain. Researchers found that drug addicts were much more likely to relapse when their blood sugar levels were low," he said.

"To keep your blood sugar stable, make sure you eat high-quality food with some protein 4-5 times a day. Get at least 7-8 hours of sleep at night. Less than six hours of sleep is associated with lower overall blood flow to the brain which means more bad decisions," he said.

Amen advised people to quit drinking alcohol.

"Have you ever wondered why they serve free alcohol at casinos? It is because if you drink it you are much more likely to make bad decisions and give them more of our money."

But most of all, what is important is to ask yourself about the motivation to live long, be healthy and have a good brain.

"If I am not healthy I will never be my best for the people who need me. I never want to be a burden to my children. I want to be the leader of my family, but the only way that is possible, is if I have a good brain," he said.

SUCCESS STORY:

Neck pain, sciatic pain, Herniated disk pain

I heard of The Healing Lab on a radio show called Seeing Beyond. With all the pain that I had been having I decided to give it a try. I had already exhausted all my other options with the medical profession.

To my surprise, after only 5 visits I began to have results. I have not had any sciatic nerve pain since I started the treatment and now have embarked on walking every day at least 2 miles.

The pain in my neck has subsided and the best result I have had is the relief from the herniated disks in my lower back. I have more energy to do more work around my garden and more housework.

I owe a debt of gratitude to Dr. Jenny Lee for making me a believer. I plan on continuing in her care whenever any of my symptoms return.

Thank you Dr. Lee, you are my savior!

Sincerely,
Magdalena F.

September 19th, 2011\

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