

◆ THE NATURAL ANSWER ◆

JANUARY, 2001

WEIGHT LOSS

IS NOT JUST ABOUT BEING ABLE TO FIT INTO A SIZE 6 PAIR OF SLACKS, IT IS ABOUT GOOD HEALTH AND PREVENTION OF SERIOUS HEALTH PROBLEMS.

WEIGHT LOSS

IS ABOUT FEELING GOOD ABOUT YOURSELF WHICH WILL DETERMINE THE QUALITY OF YOUR LIFE AND THE QUALITY OF LIFE FOR YOUR LOVED ONES.

WEIGHT LOSS

IS ABOUT LIFE STYLE CHANGE. DIET CHANGES, EXERCISE AND POSITIVE MENTAL ATTITUDE ARE NECESSARY FOR TRUE AND LIFE TIME WEIGHT LOSS.

WEIGHT LOSS

Being overweight and obese are underlying risk factors for the top causes of death, including hypertension, adult-onset diabetes, heart disease, cancer, and stroke.

Obesity is a major cause of the overall loss of energy experienced by so many people.

According to the National Institutes of Health and the U.S.

Surgeon General, most of "the top ten causes of death due to disease are attributable to health risks associated with excess body fat." The National Institutes of Health states it flatly: "Obesity is a leading cause of heart disease, hypertension, stroke, diabetes and even cancer."

Sixty-eight percent of all Americans are overweight,

and the percentage of adults who are obese has been rising for a decade. In 1998, the American Heart Association added

obesity to its list of major risk factors for heart attack. Americans are obsessed with dieting, yet few are successful in attaining



EXERCISE IS A MUST!

permanent weight loss. This "yo-yo" dieting can also contribute to health problems and chronic disease. It is estimated the ranks of diet-conscious adults will increase by 50% this year according to the National Center for Health Statistics in Washington, D.C.

Additionally, and of

importance to all Americans, the New England Journal of Medicine reports that even a small amount of extra body weight increases our risk of disease and may affect longevity.

We've learned in the last three decades that smoking reduces our life span. Likewise excess body fat also reduces our life span.

The risk of disease is not just confined to adults; recent studies have identified that children and young adults also face increased health risks if they are overweight or obese.

Recently, "lite" versions of almost every processed food on the market have been consumed by Americans obsessed with losing weight. Yet, despite diet manipulation, vigorous exercise, and the use of diet drugs, the fat epidemic continues unabated. The media blame high fat

INDEX

| | |
|----------------------|-----|
| Weight Loss | 1-4 |
| Materia Medica Index | 5 |
| Emotional Remedies | 7 |
| Seminar Schedule | 6 |

WEIGHT LOSS (continued)

consumption for America's overweight problem, but the facts are that previous generations often consumed higher percentages of dietary fat than many overweight people today,

Could a widespread deficiency of a specific nutrient be a major factor in causing the excess body fat in many people?

Let's take a look at one hypothesis. (hypothesis = an unproved theory, proposition. Tentatively accepted to explain certain facts or provide a basis for further investigation or argument)

Conjugated Linoleic Acid and the Weight Connection

Conjugated linoleic acid (CLA) is a component of beef and milk that has been shown to reduce body fat in both animals and humans. CLA is essential for the transport of dietary fat into cells, where it is used **to build muscle and produce energy.**

Fat that is not used for anabolic energy production is converted into newly stored fat cells.

There are published research findings about how dietary CLA reduces body fat, but first **let's take a look at why many Americans are now deficient in CLA compared with their parents.**

The primary dietary sources of CLA are beef and milk, and Americans are eating less beef and drinking less whole milk in order to reduce their

dietary intake of saturated fat. People often drink nonfat milk, but it's the fat content of the milk that contains CLA. since skim milk contains virtually no CLA, those seeking to lose weight, those who use skim milk, are depriving themselves of a potential source of this fat-reducing nutrient.

Now, here's where the real problem occurs. In 1963, the CLA percentage in milk was as high as 2.81%. By 1992, the percentage of CLA in dairy products seldom exceeded 1%. ***The reason for the sharp reduction in milk CLA was because of***

changing feeding patterns.

Cows that eat natural grass produce lots of CLA. Today's "efficient" feeding methods rely far less on natural grass. For example, grass-fed Australian cows have 3 to 4 times as much CLA in their meat as do American cows.

Researchers reported in June of 1999 in *Biosciences, Biotechnology, Biochemistry Journal* that animal studies demonstrated that "CLA has an obesity-preventing action."

Another study reported that CLA effects on glucose tolerance and glucose homeostasis indicate that dietary CLA may prove to be an important therapy for the prevention and treatment of obesity (*Biochem, Biophys. Res. Commun., 1998 - March.*

So health-conscious Americans are avoiding beef and whole milk because these foods are high in fat, and, when people do consume beef

or milk, they are consuming very little CLA because of CLA-deficiency in today's cows. ***Thus, most Americans have inadequate amounts of CLA in their diet, and this CLA deficit may be at least partially responsible for the epidemic of overweight people of all ages that now exists.***

Encouraging Results with CLA

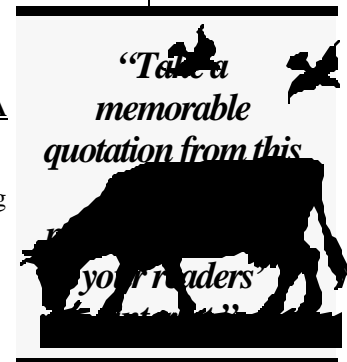
How significant is CLA in preventing excess accumulation of body fat? The results to date are preliminary, but extremely encouraging.

Athletes are taking CLA to push glucose into their muscle cells and connective tissues instead of letting it turn into fat. CLA has been shown to reduce protein degradation in both humans and animals.

CLA is required to maintain optimal function of the phospholipid membranes of cells. Healthy cell membranes will allow fat, protein, and carbohydrates to flow into active cells such as muscle, connective tissue, and organ cells, instead of being stored passively in fat cells. A

deficiency of CLA can inhibit fat from entering muscle cells, which can result in excessive accumulation of body fat.

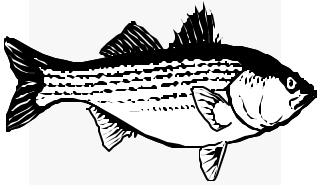
CLA has been studied in different species of animals, and the results consistently show that CLA reduces the percentage of body fat



RECENT FINDINGS ON CLA

Several years ago, the discovery of conjugated linoleic acid (CLA) caused a scientific sensation. ***Here was a fatty acid found in red meat and cheese that showed strong anticancer***

properties, being particularly effective in inhibiting breast and prostate tumors, as well as colorectal, stomach, and skin cancer, including melanoma.



On the whole, scientists found CLA to be more strongly anticarcinogenic than other fatty acids. What made CLA especially unique is that even low concentrations significantly inhibited cancer cell growth.

CLA supplementation was also shown to improve the ratio of lean mass to body fat,

decreasing fat deposition, **especially on the abdomen**, and enhancing muscle growth.

One way in which CLA reduces body fat is to enhance insulin sensitivity so that fatty acids and glucose can pass through muscle cell membranes and away from fat tissue. This results in an improved muscle-to-fat ratio.

It is interesting that while it is chemically related to linolenic acid, ***conjugated linoleic acid (CLA)*** appears to have opposite effects in certain important areas. For instance, linolenic acid stimulates fat formation (lipogenesis) in adipose tissue, while **CLA inhibits fat formation**; linolenic acid tends to promote tumor growth, while **CLA is an excellent inhibitor of tumor growth**; linolenic acid makes cholesterol more susceptible to oxidation, while **CLA makes cholesterol more stable**.

One of the greatest problems with the Western diet during the last 50 years has been excessive consumption of

linolenic acid, due to the introduction of margarine, seed oils, such as corn oil and safflower oil, and the modern artificial livestock feeding methods that have raised the linoleic-acid content of meat. At the same time, the consumption of beneficial fatty acids such as omega-3 fats (fish, flax, and perilla) and CLA has gone down.

CLA also lowers Cholesterol and Triglycerides and helps keep arteries clean.

It is recommended that an adult take three 1000mg capsules of CLA every day for weight/fat loss. Do not take CLA with any high fiber supplements such as psyllium or Chitosan as the fiber will absorb the CLA before it can get into your bloodstream.

Take CLA at least two hours apart from any fiber supplement.

I only recommend New Sun CLA, 1000 mg. because of the quality. It is what I take take take!!

OTHER WEIGHT LOSS SUPPLEMENTS

Chromium and Magnesium

Take one 200 mcg. capsule of Chromium picolinate with each meal and at least 500 mg of elemental Magnesium daily.

Magnesium deficiency is another cause of weight gain in Americans. Chromium can

lower cholesterol levels as well as serum glucose levels. Magnesium can protect against heart attacks and stroke.

Soy Protein

Take 20 to 40 grams of Soy Protein daily.

A deficiency of thyroid hormone can slow down metabolic actions in the body and cause weight gain.

Consumption of soy protein can boost the body's natural secretion of thyroid hormone, thereby increasing the body's metabolic rate.

OTHER WEIGHT LOSS SUPPLEMENTS (continued)

sustained release two times a day and women should take one 50 mg. sustained release one time a day.

Almost everyone gains weight as he or she grows older. One cause of age-related weight gain is the progressive decline in the body's levels of the hormone DHEA. Many older people who take DHEA report muscle gain and fat loss.

Other benefits to people over 40 in restoring DHEA to youthful levels include improved immune function, protection against memory loss, relief of depressive symptoms, protection against osteoporosis, and reduction in the risk of certain cancers.

I recommend the New Sun DHEA 50mg sustained release. It is the only sustained release DHEA on the market!

I do not recommend DHEA if you are a Breast Cancer survivor with estrogen receptor positive tumor or Prostate Cancer survivor, elevated PSA levels or if you have liver problems.

Chitosan

Chitosan comes from the exoskeleton of shellfish. Scientists, using research done over the last 17 years, have discovered that Chitosan possesses valuable fat-blocking characteristics and could revolutionize weight control strategies for Americans.

Chitosan traps fat. When taken as a dietary supplement it has been described as

“dissolved in the stomach and then changed into a gelled form in the stomach, entrapping fat in the intestine.” Chitosan binds to as much as 4 to 6 times its own weight in fat. Once the fat is bound, the body can't use it. As a matter of fact, the fat is eliminated from the body, tightly bound with the Chitosan, and ends up in the sewer system.

I recommend the New Sun Fat Eliminator with Chitosan.

DO NOT TAKE CHITOSAN AT THE SAME TIME DURING THE DAY AS YOU TAKE CLA, VIT. E, CO Q 10 OR OTHER FATTY ACID OIL SUPPLEMENTS as the Chitosan will absorb these supplements and will prevent them from entering your bloodstream.

DULSE OR KELP

Because many times a weight loss problem is caused by a slow thyroid, **I recommend the Good Herbs Dulse or Kelp.** Use 40 drops three times a day. The thyroid needs iodine to function properly and I have always had very good luck with these extracts.

BOWEL PROGRAM

Get on a very good bowel cleansing program. **I usually recommend the New Sun Absolute Cleanse or Good Herbs Super Clean along with Good Herbs COL-EEZ 1 or 2.**

Always take a good acidophilus and multi-mineral

anytime you are on a bowel program!

DIETARY CHANGES

This is a must!!!!!!

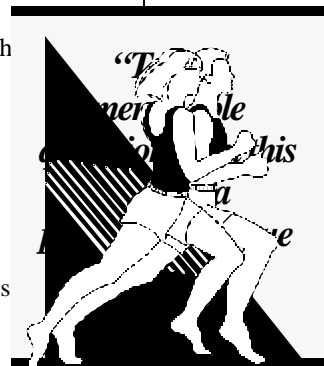
Use Fit For Life, Rotation Diet, (I do not recommend the Atkin's Diet) or some other diet that is low in fat and of course watch your calories.

Terrie Porras, a very good colleague and friend of mine has told me that she has been using the diet outlined in the book “Body For Life” by **Bill Phillips.**

This book can be purchased at any good book store. Terrie said her client's have lost a lot of weight and feel great. The program incorporates diet along with specific type of exercises.

I am on my way to Barnes & Nobel to purchase this book as soon as I finish this newsletter.

Micki Jones



MATERIA MEDICA INDEX

(CONTINUED FROM OCTOBER 2000 NEWSLETTER)

ASTRINGENTS

Herbs producing contraction of organic tissues, or the arrest of a discharge

Alum Root
Black Willow Bark
Blackberry Root
Cranesbill
Hydrangra
Marsh Rosemary Root
Shepherds Purse
White Oak Bark
Wild Sage

CARMINATIVES

Herbs that expell gas from Stomach and Bowels

Angelica Root
Angelica Seed
Anis Seeed
Calamus Root
Cardamom Seed
Caraway Seed
Catnip
Coriander Seed
Cumin Seed
German Chamomile
Lemon Balm
Melissa Herb
Parsley Root
Peppermint
Thyme
Sweet Flag

CATHARTICS

Herbs that produce evacuations from the bowels

Barberry Bark
Buckthorn
Butternut Bark
Cascara Bark
Culvers Root
Mandrake Root
Pansy Herb
Rhubarb Root
Senna Leaves

CHOLAGOGUES

Herbs that promote and

increases the flow of bile

Aloe Gum
Colocynth Apple
Culvers Root
Hedge Hyssop Herb
Jalap Root
Mandrake Root

COLORING AGENTS

Herbs used in coloring and dyeing

Alkanet Root (red)
American Saffron (red)
Black Malva Flowers (wine-red)
Bloodroot Root (red)
Cudbear (purple)
Henna Leaves (red-brown)
Indigo Leaves (blue)
Logwood Chips (blue)
Madder Root (red)
Red Saunders Wood (red)
Sage Leaves (brown)
Spanish Saffron (yellow)
Turmeric Root (yellow)
Walnut Hulls (brown)

DEMULCENTS

Mucilaginous substances that are soothing and relieve inflammation

Althaea Root
Cheeseplant Leaves
Coltsfoot Leaves
Comfrey Root
Fenugreek
Flax Seed
Licorice Root
Mallow Leaves
Marshmallow Root
Mullein Leaves
Plantain
Psyllium Seed

DEPURATIVES

Herbs that remove impurities and cleanses the blood

Alder Bark
Bittersweet Herb
Buckthorn Bark
Burdock Root
Dandelion Root
Dulse Leaves
Elder Flowers
European Black Alder Bark
Figwort Hert
Heartease Herb
Indian Senna Fruit
Kava Kava Root
Linden Flowers
Marsh Rosemary Root
Meadow Sweet Herb
Oregon Grape Root
Pansy Herb
Queen's Root
Red Clover Flowers
Sarsaparilla Root
Virginia Poke Root
Wild Violet Leaves
Yellow Dock Root

DIAPHORETICS

Herbs that produce perspiration

Black Birch Leaves
Boneset Herb
Chamomile Flowers
Elder Flowers
Horehound Herb
Lemon Balm Leaves
Linden Flowers
Melissa Herb
Pennyroyal Herb
Peppermint Leaves
Pleurisy Root
Squaw Mint Herb
Vervian Herb
Virginia Snake Root
Watermint Herb
Yarrow Herb

SEMINAR SCHEDULE

JANUARY 19-20-21, 2001

HOUSTON, TEXAS

Marriott N. at Greenspoint
255 N. Sam Houston Pkwy
Houston, Texas
281-875-4000

IIRA PRE- CERTIFICATION OR LEVEL 1 CERTIFICATION

(this is the first seminar
to become certified with
the International Iridology
Research Association)

COST:

\$320.00

CONTACT:

Micki Jones
Toll Free 1-877-351-4372
or
Jeanean Boyd
936-539-9600

Friday/Jan 19: 7pm - 10 pm
Saturday/Jan 20 and Sunday
Jan 21: 9 am - 5 pm

INSTRUCTOR:

Marion D. "Micki" Jones
Diplomate Instructor for
IIRA

APRIL 6-7-8, 2001
APRIL 10-11-12, 2001

WINTER HAVEN, FLORIDA

Western Admirals' Inn
5665 Cypress Gardens Blvd.
Winter Haven, Fl. 33884
863-324-5950

IIRA PRE-CERT (LEVEL 1) APRIL 6-7-8, 2000

**IIRA CERT (LEVEL 2)
APRIL 10-11-12, 2001**
(this is the second seminar to
become certified with the
International Iridology
Research Association)

You can attend one or both.

COST:

PRE-CERT: \$320.00
CERT: \$320.00
OR IF YOU ATTEND BOTH
\$595.00

CONTACT:

Micki Jones
Toll Free 1-877-351-4372
or
Sue Ellen Davis
9021 Cedarwood Dr.
Lake Wales, Fl. 33853
863-696-7990

April 6: 7pm-10pm
April 7&8: 9am-5pm

April 10: 7-10pm
April 11&12: 9am-5pm

INSTRUCTOR:

Marion D. "Micki" Jones

APRIL 27-28-29, 2001

SMITHTOWN, NEW
YORK

Sheraton Long Island Hotel
110 Vanderbilt Pkwy
Smithtown, NY
631-231-1100

IIRA PRE- CERTIFICATION OR LEVEL 1 CERTIFICATION

(this is the first seminar to
become certified with the
International Iridology
Research Association)

COST:

\$320.00

CONTACT:

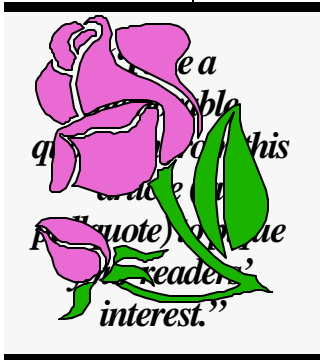
Micki Jones
Toll Free 1-877-351-4372
or
Karen E. Jones
Holistic Massage Therapy
1899 New York Ave.
Huntington Station, NY 11746
631-271-2721

INSTRUCTOR:

Marion D. "Micki" Jones
Diplomate Instructor
for IIRA

EMOTIONAL REMEDIES

I will be starting a study on the Bach Flower Remedies in this newsletter and will continue in the next several issues. I use **Good Herbs Flower Essences** when working with Emotional Remedies. The Good Herbs Flower Essences are all produced in accordance with Dr. Edward Bach's instructions.



INTRODUCTION

The beauty of this system of healing is in its simplicity, its effectiveness and its gentleness. The discoveries of Dr. Edward Bach are as relevant now as they were 60 years ago.

A careful observer of people's behavior, personalities and emotions, he perceived that these components had a profound effect on both the mental and physical well being of the individual.

Dr. Bach perceived that the true cause of disease was based on conflict of an emotional or spiritual nature

deep within the individual. Until harmony could be restored within this subtle level of being, true healing on the physical would never be realized. Based on this realization, he was led to the healing herbs that would bring about a balance of emotions, mind, body and spirit.

The remedies can be used in times of transition and change, for oversensitivity and loneliness. Boredom, uncertainty and over-concern for others are also issues addressed by the remedies as well as different manifestations of fear and depression.

The Bach Flower Remedies or Good Herbs Flower Essences are extremely subtle in the way they integrate with our system. They act as catalysts, establishing balance and harmony within.

Many times friends and family will notice the pleasant effects and changes that the remedies bring before the individual who is taking them does. This is because

the flowers act in an organic, non-invasive manner.

It is now an accepted fact within traditional medicine that stress is the cause of 50% to 75% of all illnesses.

There are 38 remedies in the system plus the component remedy, called Bach Rescue Remedy or **Good Herbs Flower Essence R.**

The Bach Flower Remedies are not placebos. They have been proven effective with comatose people, individuals who are unaware they are taking them, children, animals, even plants. The remedies do not interfere with any medication a person may be taking - including allopathic medicine, homeopathic preparations, herbs, vitamins, etc. The Bach Remedies or Good Herbs Flower Essences are designed for the lay person to use for themselves and their families.
(more next newsletter)

EMOTIONAL REMEDY FOR WEIGHT LOSS

Use **Cherry Plum** for the person who binges or any actions around food or eating that seem uncontrollable.

Agrimony is for the person who is using food to stifle emotions or is using food for comfort.

Use **Crab Apple** for negative body image or for the need to purge.

Pine is for feelings of guilt. Use **Pine** in cases of bulimia and anorexia, where there is a need for perfection and control over one's self.

Use **Rock Water** for those who place an overly severe diet and/pr exercise schedule upon themselves.

Use **Walnut** for protection from society's ideal of beauty and physical perfection.

| | | | |
|--|--|--|--|
| | | | |
| | | | |

| | | | |
|--|--|--|--|
| | | | |
| | | | |

IRIDOLOGIST'S PAGE

Transversals are single or twin iris fibers which distinctly run in a different direction to the other fibers around them. They are a very important sign and should catch the iridologist's attention immediately.

Research has concluded that transversals are a genetic marking. It is also believed that they can be acquired throughout life, especially in the formative years of infancy.

Antlered Transversals

Located mainly in the female uro-genital areas. Tendency to polyps, cysts, fibroids, adhesions, deformations and endometriosis. Shaped like a single deer's antler.

Criss Cross Transversals

Some irises will display many of these small crisscrossing transversals. They can indicate ulcerations, bone marrow changes depending on location, rheumatoid arthritis and family history of cancer.

Wedge Shapped Transversals

Extending from the ciliary edge to the collarette border where a change of direction by 60 degrees takes the transversal back toward the ciliary edge. Often vascularized, this sign can indicate chronic inflammation and impaired immune responses, possible malignancies or arthritic developments.

Tent Transversal

Two fibers run from different points on the ciliary edge to meet at one point on the external border of the collarette forming a tent peak shape. Often found in lower back and hip areas. It indicates a predisposition to degeneration of the hip, hip replacement & osteoporosis.

Sack Transversal

Transverse fibers shaped like a Sack curving from the collarette through the ciliary zone which indicates possible sagging or dropping of abdominal tissues and organs.

Root Transversals

A root structure which can be identified running throughout many areas within the ciliary zone.

Can indicate obstruction and congestion. Often detected in hepatic and splenic fields where they can indicate allergies, anemia, inflammations and vaccination reactions..

“TID BITS” OF INFORMATION

Boost your fiber intake: 10 easy-to-implement strategies

Eat a variety of foods every day to get the benefits of both soluble and insoluble fiber.

Try to eat five or more servings of fruits and vegetables each day.

Leave the peel on fruits and vegetables whenever possible.

Eat at least five servings of whole-grain foods each day.

Buy high-fiber breakfast cereals. Aim for at least four grams of fiber per serving.

Top your breakfast cereal with banana, berries, or raisins.

Add two tablespoons of natural wheat bran or oat bran to cereals, yogurt,

casseroles and soup.

Eat legumes more often—add white kidney beans to pasta sauce, black beans to tacos, chickpeas to salads and lentils to soup.

Add a handful of nuts, seeds and raisins to salads.

Reach for high-fiber snacks such as popcorn, dried apricots or dates.

CAJUPUT OIL

For Acne: When the blocked pores of pimples become infected, they can lead to scarring and pain. A study has shown that a mere five-percent solution of Cajuput works as well as peroxide—without the side effects.

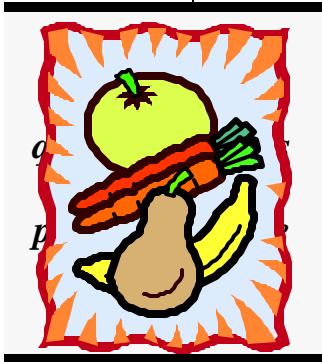
Infected nails or boils: apply a drop of the oil directly to the skin. This will reduce inflammation and infection. In the case of boils, the pus will often be eliminated and the skin

will clear up.

Sore gums and gingivitis: To apply the oil, put a drop on your fingertip and massage lightly into the gum several times a day. As an antiseptic mouthwash, add three to five drops to a small quantity of water.

Fungal infections: Cajuput oil has been clinically tested on fungal infections such as ringworm and athlete’s foot. Add 20 drops of the oil to an ounce of plain, white skin cream. You can apply this two to three times a day to the infected areas.

Fungal infections under the nail can be prolonged and painful. Cajuput oil applied directly to the site will, over a period of weeks, restore the nail to health.



PRODUCTS LISTED IN THIS NEWSLETTER

The products listed in this newsletter can be purchased from the following:

New Sun Products
1-800-544-0777

Good Herbs
1-800-466-0095

If you have been working with a Good Herbs or New Sun Distributor, please order directly from them.

Some of the information in this newsletter was obtained from:

Life Extension, Disease Prevention and Treatment and Itis & Pupillary Signs by John Andrews, MH, IR



Return
Address
Goes
Here

Mailing
Address
Goes
Here

In This Issue...

Duis te feugifacilisi. Duis autem dolor in hendrerit in vulputate velit esse dolor in hendrerit

Secondary Article Heading

“Take a memorable quotation from this article (a pullquote) to pique your readers’

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat. Ut wisi enim ad minim veniam, quis nostrud exerci tution ullamcorper suscipit lobortis nisl ut aliquip ex ea commodo consequat. Duis te feugifacilisi. Duis autem dolor in hendrerit in vulputate velit esse

molestie consequat, vel illum dolore eu feugiat nulla facilisis at vero eros et accumsan et iusto odio dignissim qui blandit praesent luptatum zzril delenit au gue dui dolore te feugiat nulla facilisi. Ut wisi enim ad minim veniam, quis nostrud exerci taion ullamcorper suscipit lobortis nisl ut aliquip ex en commodo consequat. Duis te feugifacilisi.per suscipit lobortis nisl ut aliquip ex en commodo consequat. Duis te feugifacilisi. Lorem ipsum dolor sit

amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat. Ut wisi enim ad minim veniam, quis nostrud exerci tution ullamcorper suscipit lobortis nisl ut aliquip ex ea commodo consequat. Duis te feugifacilisi. Duis autem dolor in hendrerit in vulputate velit esse molestie consequat, vel illum dolore eu feugiat nulla facilisis at vero eros et accumsan et iusto odio dignissim qui blandit