**October 27, 2022 Issue #205** **The Iris The Bodhi Glyphix Studio**

**Greetings!**

I believe that what seems paranormal to us right now, in time will become perfectly normal- if we are brave enough to take that path of spiritual evolution of the human soul. The veils between the living and non-living are soon going to be at their thinnest points on Samhain also known as All Saints Day or Halloween. Spirit Guides and Angelic beings will grace us with their wisdom and advice. The shifts in energy may cause us to change things or become depressed and feel victimized. We may look to the heart Chakra for courage and the abilities to go forward into areas we would never have thought we could before! O’ lift up your heart as you walk your daily path and allow courage to enlighten you. Please come join us for Yoga or Yoga Nidra Meditation and charge up your energies in our humble studio powered by the sun~ solar energy. Scroll down to the end for the Yoga Schedule.

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#### Reset/Reboot your system! Do a bone broth fast for 3 days up to 7 days.Ingredients

2 lbs beef , venison, fish or chicken bones (organic grass fed are best, but chicken necks or oxtails can be used also) 3 gal. Cold filtered water 1/2 cup Braggs Apple Cider Vinegar
1 tablespoon of celtic or himalayan sea salt
3 onions, coarsely chopped (optional) 3 carrots coarsely chopped (optional) 3 celery sticks coarsely chopped (optional) Several sprigs of fresh thyme, tied together. (optional) 1 tsp. dried green peppercorns, crushed (optional) 1 bunch parsley (optional) or any herbs, spices of your choice.

#### Instructions

Place the bones in a very large stockpot with vinegar and cover with water. Let stand for one hour. Add to the stock pot the vegetables. A large amount of scum (looks like bubbles/oil slick) will come to the top and this needs to be skimmed off with a spoon & discarded. After you have skimmed, reduce heat and add the thyme and peppercorns. Simmer for at least 12 hours and up to 72 hours (about 24 works well for me). The longer you cook it~ the more collagen & nutrients are released from the bones. For the last 10 minutes, add the parsley. A crockpot can also be used to simmer the stock if you are leaving the house for extended periods of time. Remove bones with tongs and discard. Strain the rest of the stock into a large bowl. Let cool in the refrigerator and remove the congealed fat that rises to the top, stock may turn to gelatin when cooled (if knuckles are used), this is normal.  Put the vegetables back into the stock. I make mine in a crock post, it is much easier.

I recommend this as a fast or in addition to your diet. This is VERY complimentary to the GAPS diet- always according to your blood type. The GAPS, KETO or AIP diet, the most healing diets today. Just google them~ I enjoyed the KETO diet for over a year and still follow it pretty regularly (should you need some coaching~ message or call me for an appointment). I have introduced many foods back into my diet and found the ones that I am sensitive to and have completely eliminated them, feeling the best that I have ever felt in my life. Being in control of your health is the greatest wealth on the planet.

The AIP diet is great for auto-immune issues. Always refer to your blood type for the best results.

**Bone broth fasting** is also great for weight loss, thyroid and/or adrenal issues, and so much more. Please refer to your blood type diet for the best results. The bones used should be organic, I have found a nice selection at Thorpes here in Wales. After making your bone broth, try 1-3 days of the broth (without the vegetables) instead of meals. Drink plenty of filtered water, herbal teas. Limit caffeine to one serving per day. Take your supplements, medications as usual.

When you feel you need to add vegetables (that you made the bone broth with) to your bone broth meals, you may. This fast can be done for a week for the best results. One day of the fast will help a little, but try to make it at least 3 days. You will feel amazing after the first day and the more you partake in periodic fasting.
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**Interested in Making Cannabutter?**

Possession of 3 oz or less of marijuana has been legal since March 2021. It has just been legalized in ALL states, as of October 12, 2022. It has many medicinal benefits, most people like it for antianxiety and depression. It is also a great anti-inflamatory and has been praised for its healing abilities for cancers, tumors, irritable bowel syndrome, colitis, and soooo much more! Click on the link to see how to create your cannabutter.

https://www.mamasganja.com/how-to/make-cannabutter/?fbclid=IwAR36hUgwbw-RfTzORmSxIcIxzFg5mj16oJKZ2UgAKn\_kC\_h5bh1IRXaQV6c

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 **MOXIBUSTION~ The Alternative to the Flu Shot

This year will be the 17th year we will be offering an "Alternative Flu Shot Remedy" which works with all strains of influenza.  It is a Chinese Homeopathic Application which was 99% effective last season with our customers and 85% effective against other viruses.  The fee is $20 it takes 5 minutes at our studio and we discount families and groups greatly!**

**Influenza**
Morphs or changes every 13 days it’s called **“drift”-** so the medicinal flu shot derived from lasts years influenza- is totally ineffective! The Thimerosal in our medicinal flu shot is 49% Mercury, formaldehyde and other toxins. If you have had 5 consecutive flu shots in any decade your chance of getting Alzheimer’s disease is TEN TIMES HIGHER. This is partially due to the mercury and aluminum that is in every flu shot.

**“Shedding**” happens when folks get the influenza vaccination. They are injected with a “live virus, and will shed the virus through breathing, through the pores of their skins etc and spread the virus! So if your partner gets the Shingles Vaccination~ they can give you shingles! Or the pneumonia or flu shot.

**Moxibustion**Moxibustion is a traditional Chinese medicine technique that involves the burning of mugwort, a small, spongy herb, to facilitate healing. Moxibustion has been used throughout Asia for thousands of years; in fact, the actual Chinese character for acupuncture, translated literally, means "acupuncture-moxibustion." The purpose of moxibustion, as with most forms of traditional Chinese medicine, is to strengthen the blood, stimulate the flow of *qi*, and maintain general health.

**How does moxibustion work? Does it hurt?**

There are two types of moxibustion: direct and indirect. In direct moxibustion, a small, cone-shaped amount of moxa is placed on top of an acupuncture point and burned. This type of moxibustion is further categorized into two types: scarring and non-scarring. With scarring moxibustion, the moxa is placed on a point, ignited, and allowed to remain onto the point until it burns out completely. This may lead to localized scarring, blisters and scarring after healing. With non-scarring moxibustion, the moxa is placed on the point and lit, but is extinguished or removed before it burns the skin. The patient will experience a pleasant heating sensation that penetrates deep into the skin, but should not experience any pain, blistering or scarring unless the moxa is left in place for too long.

Indirect moxibustion is currently the more popular form of care because there is a much lower risk of pain or burning. In indirect moxibustion, a practitioner lights one end of a moxa stick, roughly the shape and size of a cigar, and holds it close to the area being treated for several minutes until the area turns red. Another form of indirect moxibustion uses both acupuncture needles and moxa. A needle is inserted into an acupoint and retained. The tip of the needle is then wrapped in moxa and ignited, generating heat to the point and the surrounding area. After the desired effect is achieved, the moxa is extinguished and the needle(s) removed.

**What is moxibustion used for?**

In traditional Chinese medicine, moxibustion is used on people who have a cold or stagnant condition. The burning of moxa is believed to expel cold and warm the meridians, which leads to smoother flow of blood and *qi*. In Western medicine, moxibustion has successfully been used to turn breech babies into a normal head-down position prior to childbirth. A landmark study published in the *Journal of the American Medical Association* in 1998 found that up to 75% of women suffering from breech presentations before childbirth had fetuses that rotated to the normal position after receiving moxibustion at an acupuncture point on the Bladder meridian. Other studies have shown that moxibustion increases the movement of the fetus in pregnant women, and may reduce the symptoms of menstrual cramps when used in conjunction with traditional acupuncture. Moxibustion is also used for many other purposes in conjunction with acupressure and acupuncture.

At our Studio we use indirect moxibustion (without needles) to simply warm the skin and the meridians directly responding to the immune. The technique is quick and virtually painless. We also recommend taking Vitamin D3 supplements, Zinc, Citrus Bioflavinoids or Liposomal Vitamin C, Silver Biotics (we carry this priced way below suggested retail price), washing hands frequently and avoid touching your face.

Set up your appointment today.

652-7805

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Do you have yellow, orange, brown or white pigments near your pupil? This is an indication that you may need to improve your digestion and do colon cleansing.

We usually suggest body and colon cleansing in the Spring and Fall.

Colon Cleansing
Retained debris in the colon leads to the absorption of toxins, resulting in systemic intoxication (poisoning). Symptoms of this condition can include mental confusion, depression, irritability, fatigue, gastrointestinal irregularities, and even allergic reactions such as hives, sneezing, and coughing. Many nutritionists and researchers believe that this toxicity can eventually lead to more serious disorders. Colon cleansing can rid the colon of debris, and help prevent and treat a variety of health problems.

​These have helped hundreds of people to detox successfully.

1. Nature's Sunshine Food Enzymes or Proactazymes- to help improve digestion which helps detoxing
2. Nature's Sunshine CleanStart
3. Nature's Sunshine ParaCleanse
4. Nature's Sunshine Tiao He Cleanse
To order Nature’s Sunshine and get our wholesale prices go to <https://www.naturessunshine.com/?referrer=9191>
5. Zeolite (Toxin Removal System) for Heavy Metals, Pesticides, Insecticides, Toxins from Molds and Yeasts, Plastic Residues, Carcinogens from Smoke and Haze, Radioactive Materials in the Body, and Any Positively Charged Toxins. GO here to order…. Bodhi.TheGoodInside.com

Now's the time to start either an easy colon cleanse, a strong heavy metal cleanse. It's up to you when you have time and when you feel ready. Make an appointment to see me so we can talk about this or respond to this e-mail to discuss your options.

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**Cold & Flu Prevention**

1 **Tap your thymus daily**! (Center of Chest)15 seconds (wakes up your immune)

1. **Vitamin D3** Nature’s Sunshine 1-2xd (equal to 4000 IU’s daily) during cold months
2. **Probiotic 11** Nature’s Sunshine’s 1or 2 daily (good flora/bacteria to fight the bad)
4. **Zinc** (never take more than 100 mg~ it weakens the immune)
5. **NSP’S** **Citrus Bioflavinoids Vita C or Herbs for Life Liposomal Vitamin C** (sold at the studio)
6. **NSP’s Silver Shield or** **American Biotics** **Silver Sol**  When you feel flu-like symptoms coming on- pick up patented (proven to work against all viruses, fungi, bacterias, even MRSA & influenzas) listed way below retail – $20- exclusively at our Studio or the Gel $20 (use it as a natural hand sanitizer)

7**. Exercise/Yoga/QiGong/Walking**- key to staying healthy!
8**. Sleep**- get enough 6-8 hours recommended for adults.

9. **Wash your hands** frequently!
10. **Do not touch your face or mucous membranes!**

11. **Lions Breath** daily & when you have been around someone who’s sick.

12. **Multi-Vitamin-** Super Supplemental or the Ultimate Green Zone Whole Foods Multi from Nature’s Sunshine

13. **Clean air & Filtered Water**

14. Eat **local organic foods**

15. Use **a Neti Pot** daily

To order at my price 1-800-223-8225 (give them Body Glyphix Studio’s name or #9191 as your sponsor) or click on the link to purchase <https://www.naturessunshine.com/?referrer=9191>
Should you become sick- I am just a phone call or email away! I carry a great line of herbal helpers!!

**Heavy Metals
What are some ways a person could be exposed to heavy metals?**

Amalgams (silver fillings)
Vaccines
Food cooked in aluminum pots and foil
Tattoo ink
Silicone and saline implant in the body.
Mercury from sea food
Heavy Metals work
Steroid shots
Arsenic from rice
Lead from broths cooked with bones from conventionally raised animals.
Cadmium in e-cigarettes
Contrast from MRI's
Geo-engineering
Environmental pollution
Industrial exposure
Antibiotics
Cosmetics and toiletries
Old copper water pipes
Mercury exposure from broken thermometers and light bulbs

Our Holistic Practitioner Kali Rose Czyrny has over 40 years of experience helping thousands with wellness. She has many protocols for children, nurses and anyone that is forced to receive vaccinations or heavy metals from other means listed above. Please message us for a Body, Mind & Soul Consultation or how to get any of the detoxes at our wholesale prices.
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**Inclement Weather~ Studio Closings**
As we head into winter, living in Western NY often brings weather with hazardous travel conditions. When the weather is inclement, and you are wondering if we are closed, if our internet/phone is up and running, you will receive an email. If we do not have a phone/internet connection, check channel 7 and 2 for closing status. We would like you to be safe, when in doubt look for that email, or check Channel 7 or 2. Route 20A is kept clear, but look for our closing status, stay home and find the comfort in stillness, meditate or do some Yoga.

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 **Yoga Nidra~ Meditation**Please join Yogini Rose for this VERY special mediation~ YN opens up doorways, releases blockages, it heals every organ, bone, muscle etc, it goes DEEP in to ALL levels of consciousness, releasing scars from traumas & abuses we have suffered from in this lifetime and more.  Your YN takes you through the veils of life, afterlife, and previous lifetimes.  We experience time travel, astral projection and it's also trippy! YN has an emphasis on health and healing where habitual thinking and thought patterns are reduced or eliminated. It also helps with insomnia and stress reduction and brings an incredible calmness, quietness, clarity and is one of the deepest of all meditations.

This meditation has a special emphasis on health and healing where habitual thinking and thought patterns are reduced or eliminated and it also helps with insomnia and stress reduction. It also brings an incredible calmness, quietness, clarity and is one of the deepest of all meditations. Yoga Nidra means Yogic Sleep and is a state of conscious Deep Sleep. In this Meditation, you remain in the Waking state of consciousness, and gently focus the mind, while allowing thought patterns, emotions, sensations, and images to arise and go on. However, in this meditation, you leave the Waking state, go past the Dreaming state, and go to Deep Sleep, yet remain awake. While Yoga Nidra is a state that is very relaxing, it is also used by Yogis to purify the Samskaras (negative energy & thought patterns). YN is also powerful tool for manifesting. It’s also great for insomniacs and those who suffer with PTSD.

The class is being held on **Monday November 7th at 7:30 PM** at our studio (click [*here*](http://www.bodyglyphix.com/directions.html) for directions). The class lasts about 55 minutes. The fee is $13.  Prepay & registration is a must- call or email us for more information or <http://www.bodyglyphix.com/upcomingclassesevents.html>
**­IS SOLD OUT!!!**

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FALL YOGA SCHEDULE**

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| --- | --- | --- | --- | --- | --- | --- |
| **Times** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| **9:30 am** | **Mystical VinyasaFlow** |  | **Gentle HealingYoga** |  | **Mystical VinyasaFlow** |  |
| **6:10 pm** |  | **Mystical Vinyasa Flow** |  | **Mystical VinyasaFlow** |  |  |

**Mystical Vinyasa Flow**  A nice blend of Hatha & Integrative Yoga, Pilates, Somatics, fused with Reiki, blended with the wisdom of the cosmos & mysticism of Gaia ~ geared to participants needs

**Gentle Healing Yoga** Gentle, healing Yoga- Yoga Therapy, Somatics and Energy Medicine Yoga fused with Reiki, blended with blended with the wisdom of the cosmos & mysticism of Gaia ~ geared to participants needs

**Yoga Nidra** The deepest- most healing meditation on the planet- the 1st Monday of the month at 7:30 PM

**Life Goes Om** Free Yoga Classes to anyone with Cancer or a life threatening disease **Class Prices** $13 drop in fee or punch card fees- 8 classes $88 **or** 16 classes for $155
**Yoga for Sports** Yoga for Golfers, Runners or Snow- Sports $75 per hour
**Yoga Therapy, Chakra Toning or Private Yoga** by appointment$75 per hour

"Wishing you Heaven in your heart, starlight in your soul and miracles in your life in these changing times”

**Your Suggestions and input are encouraged- as always!**

When you support Rose's work on this planet you in-turn help support thousands of people worldwide to raise their consciousness and become empowered.

**PROUDLY SERVING OUR COMMUNITY**
**we're here to provide exceptional service**
In alignment with our values here at Bodhi Glyphix, we pride ourselves in offering an exceptional customer experience. Bodhi Glyphix was established in 1984 by Rose and to this day is a heart-based business run by a female spiritual entrepreneur.

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