**March 27th, 2022 Issue #197** **The Iris The Bodhi Glyphix Studio**

**Greetings!**

**Are you feeling a bit heavy~ Body, Mind & Soul? The long hard winter and lack of sunshine can cause lethargy and depression. Our Root Chakra misses being connected to the earth~ as for most of us have been house bound. Or perhaps you are a bit anxious from the solar flares ups, mercury being retrograde and the energy of the spring equinox. With the transition of Spring and reconnecting to the revitalization of our energy through the flow of Shatki (from the composting of winter in the new cycle), that dormant energy that sits at the base of our spines (kundalini) rises. Practicing Yoga awakens this sleepiness in our body, mind & souls. Our Yoga Class schedule is at the bottom of the newsletter. Check it out and please try a class, or two or three.**

**We hope you enjoy our newsletters! Should you wish not to receive these electronic newsletters- you always have an opt out option by clicking the link at the bottom of this newsletter…**

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**We Carry a Line of CBD Oil & Products**After many years of researching and spending over thousands of dollars trying and testing different brands, we are proud to announce that we carry a top quality of CBD Oils and products at our Studio. CBD derived from the whole hemp plant. **Read more on why I am so excited about this product. In just 2 weeks, all of my inflammation is gone, the neuropathy (from my parasite in 2008) in my feet is gone, anxiety is gone and I am sleeping better! I didn’t realize I had inflammation or sleep issues, until I began Hempworx CBD Oil 4 years ago. I have been dealing with stress, for a VERY long time, but I honestly say I feel at peace with it all. Something I could never say before!**

Why CBD is Essential for Health

Did you know we have an endocannabinoid system (ECS)? It’s life changing news and we can now understand why CBD Oil is so essential, effective and a necessary choice for improved health…
In school, we are taught that there are 11 major organ systems in the human body. They include the circulatory, respiratory, urinary, reproductive, integumentary, skeletal, muscular, nervous, endocrine, lymphatic, and digestive systems. All these systems make up the human body.

The cannabinoid system is named for the plant that led to its discovery. *It is one of the most important physiologic systems involved in establishing and maintaining human health.*

Humans, reptiles, birds, and fish all synthesize endocannabinoids naturally. The prefix “endo,” literally means “made in the body.” The most primitive animal found to express cannabinoid receptors evolved over 600 million years ago.

All mammals produce endocannabinoids that bind to endocannabinoid receptors.

The ECS and its receptors are of great importance during prenatal development, but they are also relevant after childbirth. Not everybody is aware that there are already natural cannabinoids in breast milk and the essential role they play in the development of a human.

ECS and their receptors are found throughout the body: in the brain, organs, connective tissues, glands, and immune cells. There are more cannabinoid receptors in the brain than there are for all of the neurotransmitters put together.

Researchers understand that the body maintains homeostasis, (a state of balance) meaning that it controls and regulates pain, appetite, sleep, inflammation, and cell metabolism (including the lifecycle of cells).
A lack of cannabinoids can cause disruption to multiple systems in the body.

This disruption, or lack of homeostasis, then leads to more significant and life-threatening problems.

Based on scientific studies migraine, fibromyalgia, IBS and *numerous* other related conditions display common clinical, biochemical and pathophysiological patterns that show an underlying clinical ECS deficiency that may be suitably treated with CBD oil.

Some experts go even further- Dr. Robert Melamede, former Chairman of the Biology Department at the University of Colorado, believes cannabinoids may even slow the aging process.

Dr. Ethan Russo, neurologist and medical scientist…

“CBD is an excellent anti-inflammatory without the liabilities that we get from non-steroidal anti-inflammatory drugs with their tendencies to produce serious side effects like ulcers, heart attacks, and strokes, these just aren’t a liability with cannabidiol, as it’s a homeostatic regulator. To explain that: homeostasis is a state of balance. Many diseases interfere with a balance in a given system and if we can bring that balance back to where it should be there’ll be improvement in the overall condition.”

Research demonstrates that endocannabinoids are produced upon activation of immune cells and may help regulate the immune response by acting as anti-inflammatory agents. This acts as a protection to limit the inflammatory response so it isn’t excessive and helps stop the immune system from attacking body systems, known as various auto-immune diseases.

Dr. Russo believes that cannabinoids may go beyond helping patients with MS or cancer, because they play such a significant role in preventing and regulating all age-related illnesses.

**Let's get educated...**

Many have questions and others might be afraid to ask about this amazing oil that I promote. Let me break down / answer the top questions for all of you.

🌱 1 - Is HempWorx CBD marijuana?
NO! Although Cannabidoil comes from the same plant and HempWorx is full spectrum (meaning we use the whole plant), it is NOT marijuana. You will not get HIGH, you will get HEALTHY.

🌱 2 - Does HempWorx contain THC?
HempWorx CBD Oil contains less than 0.03% THC and is considered food grade.

🌱 3 - Is it legal?
YES! Some states have laws governing stores stocking, shelving and selling CBD oil. The use of CBD oil for personal consumption is 100% LEGAL and our business is based out of Nevada where it's fully legal. Just like Amazon, perfectly legal to order online and consume CBD oil - again, it's considered a food.

🌱 4 - How big is the bottle?
Each bottle is 1 ounce and contains around 1,000 drops. Each bottle will last 1-3 months depending on how you are using it.

🌱 5 - What strength do I buy?
Most people (children included) do fine with the 750 mg. For those with chronic pain or multiple health issues, I would suggest the 1500 mg.

🌱 6 - Are there samples?
The company does not offer samples, they do offer a full money back guarantee (which you won't need) 😉

🌱 7 - How do I use it?
Best delivery method is under the tongue. That way it gets into your bloodstream more quickly. You want to start slowly with 5 drops twice a day for the first week. After that you can increase to 7-10 drops twice a day. For most people the 7 drops is perfect but some need to take 10 twice a day, it's up to you and the relief you get at each of those servings.
USE A MIRROR TO COUNT THE DROPS AS YOU PLACE UNDER YOUR TONGUE OR USE A SPOON TO COUNT AND TAKE ORALLY

🌱 8 - Can I apply topically?
Yes - many people do both oral and topical applications for conditions like Psoriasis, Eczema, Cystic Acne, etc.

🌱 9 - How long does it take to receive?
With our new warehouse / office open in Las Vegas, orders are arriving in 3-4 days!

🌱 10 - I found CBD oil cheaper somewhere else, what's the difference?
HempWorx has the purest form of CBD oil with only 1 ingredient - CBD Oil! Check the label of anything else and you will tons of added ingredients which actually weaken the CBD which means you have to use more.

🌱 11 - Where can I order?
Message me! Or go to [www.hempbodhi.com](http://www.hempbodhi.com)

12- Will it show up positive on a blood test?
CBD is considered to be undetectable in saliva or urine tests, though there remains a rare instance that the small trace amounts of THC may be detected. All of our products comply with all regulations regarding minimal THC content, and our full-spectrum hemp oil contains less than 0.3% of THC by volume, as required by law. However, we recommend you check with your doctor.
**🌱13. Will it make me high?** Absolutely not~ there's not enough THC in it for that to happen. I can make you very relaxed however!!
I am here to help you with dosing, any ??’s etc. Please message me with your questions.

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Some Tips for Staying Healthy**

Most importantly~ Be proactive!! Keep your immune strong!

D3 5000 iu's daily
Zinc is a good supplements for all immunes (no more than 50 mg daily)
Cardio 911 (Nitric Oxide has been shown to be effective against covid viruses)
A good multi strain probiotic on an empty stomach NSP’s Probiotic 11
Avoid stress and do stress reduction activities (Yoga, Wu Chi & Qi Gong) etc)
Thump your thymus for 15 seconds every morning (strengthens your immune)
Use a neti pot
Wash hands often
Use Silver Biotics silver gel instead of hand sanitizers (sanitizers only work on bacteria's)
Use Silver Biotics (Colloidal Silver is not a stable silver, it will break down and is heavy and inaccurate at finding it's target) as a preventative and when sick. Nature’s Sunshine has the same patented silver biotics, same manufacturer, however using their own label~ It’s called Silver Defense and silver Defense Gel.
Echinacea, Elderberry and mushroom formulas can cause autoimmune flare ups for over 50% of the population. So be careful using them, and avoid them if you know that you have an auto immune condition. They are not for everyone.

We carry all of the above at our studio!! Message us to purchase any of these products. Should you get sick. Please increase SIver Biotics to the dose on the bottle or more! We carry Olive Leaf, Nature’s Sunshine’s VSC (antiviral) and ALJ (lung support), many other remedies in capsule or tonics made by Mother Nature. We do not sell anything with chemical, heavy metals or products manufactured in China carrying mercury, lead or cadmium that are found on the internet and in your health food stores. We pride ourselves in selling the best products at a reasonable price

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Guest yoga on Saturdays scheduled for April.

 **Yoga Nidra Meditation
SOLD OUT!!!!!**

# Please join me for a very special yoga meditation class called Yoga Nidra. This is not your typical 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, astro 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.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).  It’s also great for insomniacs and those who suffer with PTSD, as well as a powerful tool for manifesting. You will have the best sleep Wednesday night!!

The class is being held Monday, April 4th at 7:30 PM~ we hold our Yoga Nidra Meditation the first Monday of the month. The fee is $13, pre-registration is a must. To pre-pay & register safely <http://www.bodyglyphix.com/upcomingclassesevents.html~> paying on line is $15 to cover our processing costs.

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**SPRING YOGA SCHEDULE**

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

**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 (click [*here*](http://www.bodyglyphix.com/directions.html) for directions)

**"Wishing you Heaven in your heart, starlight in your soul and miracles in your life in these changing times" The vibrational rate of our planet is quickening- the vibrations have a dominant masculine force.**

 **Yoga and meditation are very helpful with this transition….**

The Bodhi Glyphix Studio

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