**June 26th, 2022 Issue #201 The Iris The Bodhi Glyphix Studio**

**Greetings!**Thank you for opening up our newsletter. We try our best to provide you all with interesting info, you can always reach out to us with suggestions. Our weather is always changing in WNY. Did you know the barometric pressure changes can affect how you feel? So, does the pollen count or mold spore index. Stay connected to what’s effecting you with the Pollen Count and detail link on my website:
<http://www.bodyglyphix.com/localpollencount.html>
Simply enter your zip code and the details will reveal how high it is and the offenders!! Perhaps you may like to know why you are feeling tired, sneezy, itchy watery eyes, etc. I like to know what’s messing with me.

Don’t forget to use your neti pot! Some days I have to use it twice a day, first thing in the morning and just before bed. We carry Nature’s Sunshine Histablock here at the studio! It’s a natural way to block the histamine response that makes you react to the invading pollens. It’s a natural alternative to Benadryl.  We have Histablock in stock at the Studio or call the company direct 1-800-223-8225 and tell them you would like to place an order and set up an account.  Get your products at my cost and save $$ when tell them account # 9191 said to call. Seasonal Defense (previously called ALJ) also heals the respiratory track, for those tough cases.

Eliminate dairy, sugar, alcohol and wheat when environmental invaders are bothering you. They cause mucous and make our symptoms worse. Avoid foods high in histamines, see Iris Newsletter 187  <http://www.bodyglyphix.com/library.html>  Lastly, make sure your windows are closed between 1-5:00 AM when the trees and flowers most actively release their pollens.

**Why Mosquitoes Bite Some People and Don’t Touch Others.**

Mosquitoes are nasty, irritating insects whose presence can easily ruin an otherwise perfect time. The way they buzz and swarm all around, waiting to land on some warm body to bite, is enough to drive anyone insane.

The worst part about the pesky blood suckers are the diseases they carry, which they transmit straight into your body and bloodstream when they bite. Every year worldwide almost 700 million people end up contracting a mosquito borne illness resulting in over a million deaths. That number keeps growing and the scary fact is what makes them the #1 killer of humans.

Many diseases are spread mainly or exclusively by mosquitoes including malaria, dengue, encephalitis, West Nile virus and more. While it’s best to avoid the flying terrors all together, that’s basically impossible because if they want to bite you they will, or die trying. It has also been said Lymes disease can be spread by mosquitos.

One way to lessen the amount of bites is knowing what attracts skeeters in the first place. Basically, it depends on how you smell and since mosquitoes have excellent scent receptors in their antennae, they can smell any human within 100 feet easily. Unfortunately, it also comes down to genetics and 85% of the reason why mosquitoes prefer some people over others is due to their genetic makeup. Here are some of the main factors that make someone a mosquito bite magnet:

1) Exercise and Lactic Acid Production- The sweatier and smellier a person in the more attractive they are to a mosquito. Individuals who produce more lactic acid, which is emitted from our bodies via sweat glands, will draw in more of the pests to their general vicinity. Also, the more perspiration and the older it is, the greater the buildup of lactic acid, meaning you are a tasty meal. Research has proven that fresh sweat isn’t as attractive to a mosquito as day old sweat appears to be, so taking a shower after working hard or exercising can make a huge difference on how many bites you’ll end up getting.

2) Bacteria- Our skin is literally crawling with bacteria and it’s estimated that the average human has about one trillion or so bacteria on their body. The types of bacteria living on our skin can vary greatly from person to person and some varieties affect how much an individual gets bit by mosquitoes. For example, it has been found that if someone has Staphylococcus and Variovorax present on their skin, they’ll likely suffer more mosquito problems.

3) Blood Type- The type of blood you have coursing through your veins factors greatly into the risk of whether or not you’ll end up suffering from more bites than others. Studies have found that people with Type O blood are bitten most often, followed by Type B, then Type A. In fact, Type O’s are so appealing to mosquitoes that they’re twice as likely to suffer bites than Type A. In addition, if you happen to be among the estimated 85% of people who emit a certain chemical that gives away your blood type through your skin then mosquitoes will bite you long before they bite those who lack that chemical. It’s as if the pesky insects like to know exactly what type of blood they’ll be sucking, eek!

4) Carbon Dioxide- Even just breathing is enough to attract mosquitoes because they are drawn to the CO2 you exhale. Individuals who produce more CO2 get bit more frequently, thus pregnant women and heavy-set people who tend to breathe heavier need to take extra precautions to keep from getting bit. Another factor in relation to carbon monoxide is that beer drinkers have been found to get bit more frequently because they too breathe more heavily when under the influence of a few beers.

While people commonly use bug zappers, horrible smelling chemical repellents, and mosquito nets to try and combat the pests, they’re mostly ineffective or plain gross. Fortunately, there’s an easy and highly effective way to keep your surroundings mosquito-free. Below is a great way to make a trap to catch the suckers using old soda bottles. It takes just a few seconds and you can make a bunch of them for less than a couple of bucks.

Take a 2 liter soda bottle and carefully cut a third of the top part off it with a serrated knife. Place ¼ cup of brown sugar, 1 cup warm water, and ¼ teaspoon of yeast in the bottom two thirds portion of the cut soda bottle. Place the top of the soda bottle upside down into the bottom half of the bottle and make sure the cap is off and that it fits tight and snug all around the sides. Place the soda bottle trap outside near wherever you plan on sitting and let it do its magic. Mosquitoes will be attracted to the brown sugar and yeast mixture and won’t be able to resist the sweet, sticky aroma it puts off. When they fly down inside the bottle they become trapped and can’t escape, leaving you with a comfortable, relaxing, mosquito-free atmosphere to enjoy and kick back in. Or try sprinkling your lawn with food grade diatomaceous earth, in/and around where you sit outdoors.

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#### ****Grow Plants that are Natural Mosquito Repellents****<http://eartheasy.com/blog/2011/04/5-easy-to-grow-mosquito-repelling-plants/>

**BUG BITES ANYONE? How to Avoid & Treat**

To keep those pests at bay- try eating lots of garlic, also taking Vitamin B and C internally. People who are Vitamin B deficient tend to get bitten by mosquitoes, natty bugs and black flies. Spraying Lavender, Citrus, Nature’s Sunshine Tei Fu mixed with water and sprayed on skin and clothes also keeps them away. To make a child safe, non-toxic mosquito repellant, mix four ounces of purified water in a glass bottle with about 10 drops of lavender oil and any other combinations. I like to mix with Tei Fu, Cedar. Lemon or Lavender- basically one of those or all of those. Grandmothers always said don't eat bananas if you are going to be where mosquitoes will be. Eating sugar also attracks them to us.

If you should get bitten, Plantain or Raspberry Leaves- crush with teeth and apply to bite. Apply Yarrow Poultices on bleeding stings. Or put one drop of lavender or Tei Fu oil on the bite. Silver Gel works too!! This will ease any pain and itching and keep it from getting infected. Nature’s Sunshine or Herb Pharms Tea Tree Oil stops the pain instantly. Painful stings- make a paste out of Redmond Clay or herbal charcoal. You can also use baking soda- but it’s not as effective as the first two choices. We carry some of these herbal remedies at our Studio, should we be out of stock- we will gladly order them for you. It’s a good idea to keep them readily available in your Herbal Medicine Chest. Come check out our herbs/supplements at our Studio!!!

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### The Bond Between Autoimmune Diseases and Highly Sensitive Persons

Although the cause of autoimmune disease is unknown, there is a physiological and psychological correlation between Highly Sensitive people and the immune health concerns they may have. Since people who have this trait are easily overwhelmed by their surroundings, the accumulation of toxins, bacteria or virus, chemical irritants, emotional, environmental irritants and daily stress trigger [hypersensitivity of the immune system](http://www.thetappingsolution.com/autoimmune-disorders-conditions/), leaving this group more susceptible to develop a disease that the rest of the population does not have.

**THE AUTOIMMUNE DISEASES**
Autoimmune diseases affect up to 50 million people only in the United States. Seventy five percent of those affected are women, according to the American Autoimmune Related Diseases Association (AARDA). There are as many as [80 types of autoimmune diseases](http://www.thetappingsolution.com/autoimmune-disorders-conditions/), which manifest a variety of symptoms like fatigue, fever, and general malaise (feeling ill), insomnia, digestive issues, headaches, depression and chronic pain, which makes it very difficult to diagnose a disease. Many autoimmune disorders appear due to emotions that overwhelm the nervous-sensory system. Unresolved emotions have the power to trigger chemical responses in the body, which impact our immune systems.

**HIGHLY SENSITIVE PERSONS**
High sensitivity is a neutral genetic trait; it simply is a specific way to operate in the world, like having hazel eyes or blond hair. Dr. Elaine Aron, coined the name Highly Sensitive Person, to designate the part of the population that presents a nervous system more sensitive to their surroundings; they represent about 15 to 20% of the population. The general population is not aware they may be one of them, and therefore they do not know the special needs they have because of their sensitive nature. If they could be made aware that their brain takes in too much information through their fine-tuned perception system, reacts deeper to the signals sent by the sensory organs, and easily over stimulates, stresses out and becomes over activated, and they are therefore more exposed to develop an alarm response in the body, they could take the positive actions needed to prevent this.

**THE BOND BETWEEN THEM**
When an external or internal invader stresses the body for the first time, the immune system recognizes not only the stressor itself but also the time, event, physical emotional conditions and surroundings, and develops an energy conflict inside the body. During this beginning stage there are autoimmune responses, but there is no antibody production yet. If this condition is continually present without treatment for a period of time, antibodies can develop a chaotic response against the body. A Highly Sensitive Person, reaches overwhelm faster than others, and has a harder time coping with the stressful situations that trigger the body to attack itself. Headaches, stomach issues, chronic pain, allergies and autoimmune disorders appear due to the extreme perception of the nervous system.

**THE USE OF EFT**
As we know, EFT is based on the premise that our whole body is a lattice-work of energies. With the use of EFT, clients can feel an almost instant calming effect when feeling overwhelmed, or stressed out. They can train the highly sensitive brain to create boundaries and prevent or manage symptoms and even erase unhealthy thoughts and emotions, and protect them from attacking themselves. It also helps a sensitive person to deal with every little incident, stopping the alarm that triggers the flight-freeze response, which sends a false signal to the immune system to attack the body, allowing a free flow of energy throughout the body that can have positive effects in their physical, emotional and mental well-being.

**RESULTS AND CONCLUSIONS**
Based on my work with so many clients I noticed there is a strong bond between Highly Sensitive People and autoimmune disorders. A first attempt to find a correlation between High Sensitive People and autoimmune disorders was done through social networks (Facebook); a questionnaire was proposed to two specific groups of people. Participants were selected on whether they were Highly Sensitive (2 groups) or they suffered from any autoimmune disease (4 groups). All were invited to answer the self-test for Highly Sensitive People designed by Elaine Aron, and answer some questions related to autoimmune symptoms or autoimmune diseases. Eighty-three persons participated, mostly women. The results showed that 97% of all the people with an autoimmune disease are Highly Sensitive People and 51% of the highly sensitive, have presented some symptoms or illnesses related to an autoimmune disorder.

Although this survey does not meet the elements of a scientific investigation, it gives us a very important glimpse into the correlation between highly sensitive people and autoimmune disorders. This article attempts to provide some new insights into knowing and understanding such interrelation and becoming more efficient in our practice with EFT when we work with people suffering from an autoimmune disorder or highly sensitive people.

Go to <http://www.bodyglyphix.com/library.html> and open iris 174 for EFT tapping

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**Solstic Revive~ Natural Electrolyte Drink for the Summer**

The summer is the perfect time to introduce your family, friends and clients to try Nature’s Sunshine Solstic Revive. I've had amazing testimonies coming back from people with chronic stiffness, low energy and those looking for a healthy sports drink. Easy to use little packets to share especially for those working out at the gym, teaching yoga, massage therapists, chiropractors, baseball teams, the weekend warriors that end up over doing it and feeling it the next day.
Dehydration can be dangerous and the nice lemon berry flavor is a welcome change from plain water. This amazing electrolyte mix supports increased energy and endurance, joint and cartilage health, muscular support and much more! Simply pour it into your water bottle, shake and drink.
Benefits:
\* Replaces electrolytes lost through exercise or stress.
\* Supports joint and cartilage health.
\* Provides amino acids for muscular support.
\* Boosts energy and endurance.
\* Helps maintain joint health.
How It Works:
Solstic Revive replaces vital nutrients-including calcium, magnesium, sodium and potassium-lost during exercise, stress, exertion, dehydration and malnutrition. Revive is perfect for before, during and after any strenuous activity or as a refreshing beverage anytime throughout the day. Solstic Revive contains 500 mg glucosamine per serving to help support joint and cartilage health; electrolytes, essential for hydration, nerve and muscle function and proper pH levels; the amino acids l-carnitine, l-taurine and l-glycine to facilitate muscle repair, increase endurance, aid general rebuilding and offer muscle and structural support; and B vitamins, which help produce energy, metabolize fats and proteins, and benefit the nervous system.

Ingredients:
Vitamin C, vitamin E, thiamin (B1), riboflavin (B2), niacin, vitamin B6, vitamin B12, pantothenic acid, calcium, magnesium, sodium, potassium, glucosamine, chicory root fiber, d-ribose, natural citrus sweetener, sea salt, natural flavors, stevia leaf extract, grape skin extract, pomegranate fruit juice concentrate, l- carnitine, l-taurine and l-glycine.

Recommended Use:
Empty the contents of a third, half or a whole (depending on your taste) of a Solstic Revive packet into 14-16 oz. of cold water, shake and enjoy! Ideal for mixing in bottled water or any container that you can close and shake.

To order 1-800-223-8225, tell them Body Glyphix #9191 said to call!

 **The Medicine Way~ A Triune to Ancient Medicine**

 **The lavender labyrinth is open for grounding, clearing, manifesting**
A **labyrinth** is an ancient symbol that relates to wholeness. It combines the imagery of the circle and the spiral into a meandering but purposeful path. The **Labyrinth** represents a journey

to our own center and back again out into the world. As you walk in and out of it, you will find yourself refreshed, grounded and cleansed, body, mind & soul. Labyrinths have been found in temples, pyramids, and scattered around our planet. Many ancient cultures valued the healing properties of the spiral.

Come walk our labyrinth, before or after Yoga or a Consultation- or anytime that you are in the neighborhood. The Labyrinth is located just behind our Studio. It is enhanced

with organic Lavender and native Turtle Rocks which coincide with the 4 cardinal points. Feel the energies! Smell the relaxing lavender! Connect with nature! Later in the summer, watch a moon flower open as the sun sets.

Begin in the entrance located in the North (earth). Enter with a clear mind as you begin to walk counter-clockwise (releasing negative energy). Breathe in the lavender- allow it to relax your body, mind & soul. The path will change and you will move clockwise (strengthening your convictions). Feel the energies move through you as you spiral into the center. When you reach the center you will be facing east, invoking the fire element. Pick or choose an intention (manifesting) here. To raise your energies, reach down and touch the Key Stone. This rock was found in our creek bed, and over time the water has spun it and shaped it almost perfectly round! It has many thousands of years of energy (prana) in it for you to access! Stop by the Wishing Well to manifest intentions and don’t forget to visit the frogs in our Buddha Fountain.

**Lodestone Pool**

On March 27th, 2020~ a natural plunge pool was born on our property. It was created with love by Senpai Gary Marchuk with all natural elements. It will be used for cooling purposes on warm summer days, healing purposes such as healing and reflecting.

Lodestones are naturally occurring in New York having magnetic, magical, healing powers. Said to bring luck, love, prosperity and abundance. It will work with you to attract all that you most desire, including people, things, situations, opportunities, and the like.

It’s a naturally magnetic stone that has an extraordinary capacity to balance the hemispheres in your brain. It’s a stone that will help you bring whatever you want most into your life. Its magnetic attributes make it a very potent and spiritual grounding stone as well.

Lodestone’s vibrations will invite experiences and opportunities in your present situation that are necessary for you to go through. Lodestone has a very strong vibration, and you will find that the vibrations are very effective when it comes to balancing your aura. It’s a powerful stone that will bring the meridians and Chakras into alignment.

**The Medicine Wheel**

The Medicine Wheel~ the latest addition to the property situates triangulated with the Lavender Labyrinth and the Lodestone Pool. The “triangulation” of the three has many meanings.
Symbolic meaning of triangle in Sacred Geometry….triune,

birth - life - death,
body - mind - soul,
father - mother - child,
sky - earth - lower world,
Sun: life - heat - light.

The medicine wheel sometimes known as the Sacred Hoop, has been used by generations of various Native American Tribes for health and healing. It embodies the Four Directions, as well as Father Sky, Mother Earth, and Spirit Tree~ all which symbolize dimensions of health and the cycles of life.

Thank You Senpai Gary for your love adding yet another piece to the Medicine Way at our Studio. T’was a very cold week in April when he built it according to the Indigenous Ways.

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 **SUMMER YOGA SCHEDULE**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Times** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| **9:30 am** | **Mystical VinyasaFlow** |  | **Gentle HealingYoga** |  | **Mystical VinyasaFlow** |  |
| **10:00 am** |  |  |  |  |  | **Mystical VinyasaFlow**  |
| **6:10 pm** | **Mystical Vinyasa Flow** | **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”

**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. Body Glyphix was established in 1984 by Rose and to this day is a heart-based business run by a female spiritual entrepreneur.

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

The Bodhi Glyphix Studio

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