**July 27th, 2022 Issue #202** **The Iris The Bodhi Glyphix Studio**

Greetings!

How are you all doing with the heat? Don’t forget to hydrate and please get the right electrolytes into your body. Sweating is your body’s natural means of cooling off. Now when you do sweat, did you know that you lose? Minerals. Trace minerals. Electrolytes.? That’s why it’s important to put those guys back in. Natures sunshine cell soul stick revive. I have samples of it on the sign-in table at the studio for you to try. It contains trace minerals, vitamins, glucosamine for your joints and no sugar, has a nice strawberry flavor. If you would rather have grape flavor, order the Aivia, is sweetened with stevia. A third of a packet is all that is needed to add to your water bottle!!! To get the best prices and no knock offs, there are many sites that sell Natures Sunshine products that are expired, opened, or knock offs and they do not guarantee their products. Click on this link and your first order you will also receive 25 % off. <https://www.naturessunshine.com/?referrer=9191>


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**The Perseid’s Meteor Shower**

Who doesn’t love spotting shooting stars? Lying on your back on a patch of grass or maybe your rooftop allows you to view the stars in a spectacular way. The Perseid meteor shower gives you the perfect opportunity to witness this beautiful natural phenomenon.

#### The Perseid meteor shower will reach its maximum rate of activity between August 11, 12 and 13. On the peak mornings in 2022, the moon will be at or slightly past its last quarter phase, so moonlight will somewhat mar this year’s production. But the Perseids tend to be bright, and a good percentage of them should be able to overcome the moonlight. Who knows? You still might see up to 40 to 50 meteors per hour at the shower’s peak. Annual meteor showers arise when the Earth passes through streams of debris left behind by comets and asteroids. These meteor showers are witnessed for over 2000 year.

#### What makes us see the shooting stars? The small particles, consisting out of rocks and dust, ranging in size from grains to marbles, which the comet sheds come into our atmosphere. These particles enter with such speed (up to 100,000 miles per hour) that they heat up and turn into small bursts of light before they vaporize. It is very rare a particle actually reaches the surface of the Earth. Only when it manages to hit the ground it is called a meteorite. It will then amaze you what kind of damage such a small particle can actually do.

#### NASA’s Jet Propulsion Laboratory predicts to see up to 100 meteors per hour during the peak of the Perseid meteor shower.

#### How can we witness this phenomenon the best way possible? Go to a place with the least amount of light pollution as possible. In other words, the darker the better. If you live in the city you will have to travel outside until the artificial light does not interfere anymore with the star gazing. The moment you see the stars, you will see meteor shower as well. There is no need for a telescope since the shower is visible with the naked eye. The best time to view the meteors is just after midnight. This is when you get the clearest sight.What does seeing a meteor mean spiritually?  The symbolic meaning or significance of seeing a meteor, not to be confused with a shooting star or falling star, is that the universe is portending a drastic change in your life.  This does not mean something horribly bad or disastrous will happen to you soon.  It does mean your life will undergo tremendous, if not upside down, changes.  If may feel bad or especially hard and may last a while, but if you keep the perspective that once you get through it, the changes and desires you may have hoped for a while will take place.  When one door closes, yours is about to slam shut – hard, others will open.

#### Sometimes drastic changes are in order, and you ordered it, so you can continue your growth – both spiritually and mentally.  You may have been stuck in your current situation for a long time and tried to change the situation many times.  You may have been nudged several times previously by the universe.  Well, the time has come.  The easy way or soft landing time is over.  It’s going to change and change now.  No stopping it, the universe is in motion in this regards and it will change your universe completely.

#### Rose will be closing each class with a Savasana (supine meditation) to help us gain spiritual wisdom of viewing the powerful cosmic event.

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**Lemon water … instead of plain water**
**What to do:**Each morning, squeeze the juice from ½ a lemon into a container of water and drink it throughout the day.
The flavor of the lemon is a more interesting taste than plain water and leads to the consumption of more water.
Don’t drink coffee for that week because it is a diuretic and stimulates appetite.
…………………………….
**What it does:**The natural **vitamin C** in the ½ a lemon will support your immune system.
The **extra water** will help you detox all sorts of toxins, cleanse the blood and lower the risk of the development of kidney stones.
The lemon’s acid and pectin will help you **feel full** so you will not eat as much.
The lemon juice will trigger the liver to make **more bile** improving digestion and reduce bloating.
The lemon juice will also improve the **skin** [improve wrinkles, less acne].

**After your one-week you may feel:**\* … less fatigue [you will experience an energy boost]
\* … reduced stress
\* … Improved mood

## **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Jewelweed ~Poison Ivy Antidote**

*Not only is this a tasty cold soup for summertime, it is a superior remedy for poison ivy rash.
Sipping 2-4 cups of jewelweed broth, hot or cold, will quell both skin and joint inflammation.*



Harvest jewelweed (*Impatiens pallida* or *canadensis*) by pulling every 4th or 5th plant up by the roots. We are using the entire plant. The redder the root, the more effective this remedy.
At home, rinse your jewelweed and place it, roots and all, in a pan, pressing it down very well.

Add just enough cold water to barely cover the jewelweed and bring to a boil.
Simmer, covered, until the water is orange.
Cool, then refrigerate or pour into ice cube trays and freeze.

Jewelweed is the companion plant to poison ivy and can always be found within 25 feet of it. Should you brush against poison ivy- look for the antidote Jewelweed. Rub the leaves of the plant into the area subjected to the poison ivy. God put a remedy near every problem ….

*We have a couple remedies for poison ivy at the Studio….
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***Hiatal Hernia Acid Reflux/Heartburn Etc**One of the most common problems I see with my clients are Hiatal Hernias. (See pic) This is when part of the stomach muscle moves into the upper cavity between the diaphragm muscles. This can be a little bit or a lot — depending on the person. Sometimes only a little bit of the esophagus is pinched above the diaphragm, and sometimes part of the stomach is above the diaphragm. This is like a “kink” in your digestive tract. This can cause various digestive issues such as stomach upset, gas, chest pain, heartburn, shortness of breath, high blood pressure, or sometimes people have no symptoms at all — instead, they are stuck with an illness that isn’t going away –because food isn’t being digested and proper nutrients are not getting absorbed.

Pretty much every person I have ever worked with that has a major illness has had a Hiatal Hernia. The only way our stomach can communicate with us is to cause us pain or create an illness to get our attention. If we don’t have a problem, why would we change? Something needs to nudge us to eliminate our bad habits.

 **What causes Hiatal Hernias?**

 **Stress**— in Chinese medicine, every organ has an emotion associated with it. The stomach~ how we digest things. There is a lot of stress in the world right now; it isn’t surprising people have these.

2. Another cause of Hiatal Hernias is**underwire bras** — there is an acupuncture point under the left breast. When a wire lies over the top of that point, it often stimulates the stomach to be agitated and move where it shouldn’t be. Also, tight bras and clothes can cause Hiatal Hernias. Bras without underwires typically do not cause these issues, and many women have found them more supportive than underwire bras. When wearing too tight of clothing, the body doesn’t have room for the organs to function correctly; they are often moved to unnatural positions to accommodate.

**3. Pregnant women** often get Hiatal Hernias as the baby often kicks and pushes the stomach. There is just so much room in there, and the baby moves things around to get comfortable.

4. Another cause is **eating too fast and/or not chewing your food** — many people must think that they have teeth in their stomach because they inhale their food without chewing properly. Your stomach can’t digest large pieces of food — often, this undigested food is just passed onto the small and large intestine and is sitting there rotting in the intestines instead of being digested properly.

This can often attract harmful bacteria, viruses, and parasites.

5. Another cause of Hiatal Hernias is **poor food choices**. Many people should not eat dairy, wheat, or other foods that cause the stomach to be in distress. During a Body, Mind & Soul Consultation, Rose will help you figure them out. If need be there are home tests that help you figure out allergies and food sensitivities.

Also, many people buy into the billions of dollars of advertising and purchase fast food made by a cook that slaps food around, often with a bad attitude. The energy from that food is then transferred to the person that eats it. Cooking food that is fresh and prepared with a positive attitude is more appetizing and more nutritious, less stressful, and easier to digest.

 **How to fix a hiatal hernia** —Rose will show you a technique you may do laying on your back in bed, it takes but a few minutes. Also a good Chiropractors can fix Hiatal Hernias in a few different ways.

See below the different Chiropractic adjustments that address Hiatal Hernias:

Cranial Adjustment

Spinal Adjustment

Actual Stomach Adjustment (Rose will teach you how to do this during a body, Mind & Soul Consultation)

Hip adjustment

Three other internal valves should also be checked — the Ileocecal Valve (a one-way valve between the small and large intestine) and the Valve of Houston (a one-way valve between the large intestine and the rectum). If your stomach is not in its natural place, it can cause the valves not to close properly as well — preventing you from absorbing nutrients in the small intestine and instead absorbing toxins from the large intestine. Some osteopaths and massage therapists are also trained to work with Hiatal Hernias.

If you don’t get it fixed correctly, and the stomach muscle becomes conditioned to remain there, it will keep reoccurring. Once you have it fixed correctly, please know that it can take some time as you will need to do the technique daily.

1) Drink an 8oz glass of water each morning on an empty stomach and jump off of a step, or jump so you feel your stomach slosh — if you don’t feel a slosh, like when you were a kid, then your stomach is more than likely still stuck — jump till you feel the slosh. This isn’t a good idea if you have knee issues.

2) Each night before you go to bed, layback on a large plastic ball — this helps to stretch your torso and move the stomach back into place.

Find other stress-reducing techniques that work for you to lower your level of stress and worry in your body — yoga, exercise, meditation, breathing, etc. Make healthier food choices for yourself and chew your food, putting your fork down in between bites.
3) Do not drink liquids with your meals. Your stomach does not know whether to secret digestive enzymes to break down food, the water also dilutes the enzymes.

4) As we age, our bodies make less enzymes and hydrochloric acid to break down our foods. Talk to Rose about an enzyme (there are many different kinds) that works best for you.

Digestion is the most important function in the body — if you don’t digest your food — you can’t get proper nutrition to repair and build new cells. The analogy I often use is — your body is like a car. If there is a kink in the gas hose — the car will probably just put-put along — just surviving instead of thriving. In our bodies, Hiatal Hernias can prevent us from optimal health. Thriving is much more fun than putting along. You get to make a choice!
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**Yoga Nidra Meditation is SOLD OUT!!
Monday August 1st at 7:30 PM**

If you’d like to be put on a cancellation list, reach out to us. Check our website the first week of the month, there are openings early on after it’s posted, but this popular class fills up quickly.

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**SUMMER 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”

**PROUDLY SERVING OUR COMMUNITY**
**we're here to provide exceptional service**
In alignment with our values here at Body 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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