**September 27, 2021 Issue #191** **The Iris The Bodhi Glyphix Studio**

**Greetings!**

The nights grow longer and our days grow shorter. You may find yourself feeling heavier than usual- that's typical this time of year. Our bodies yearn for root vegetables such as potatoes, beets, carrots, onions, garlic, etc. We are drawn towards the earth and root vegetables. Instead of fresh; our bodies crave steamed, cooked or baked. We also crave heavy foods such as dairy and starches- be wary! The dairy and starches should be consumed in small amounts or avoided totally. They can make you sedentary and congested or mucousy! Lighten your physical self~ have you ever practiced Yoga or better yet~ in a Sun-Powered facility?  Try us out for size~ feel the energy of the sun year-round inside our solar powered Studio! Our schedule is slightly different, please scroll down to view.

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**Change of Seasons and Nature’s Sunshine has the Remedies**

The first signs of the change of seasons has unfolded. A few fallen leaves, the acorns dropping and the wonderful cool mornings. I love the Fall season. As the seasons shift, the earth, the plants and all the creatures adjust and change with the seasons. Our bodies also move into the rhythm of the seasons to bring us into balance for the next natural cycle in the year.

One of the main indicators of the change of seasons is the sudden drop in temperature at night and the resulting tickle or drainage in your throat. As this drainage becomes more pronounced, it becomes a welcome breeding ground for bacteria and viruses. The drainage can also leak into the ear canal causing plugged ears as well, or into the lungs causing congestion. To help my body adjust to the change in the seasons from Summer to Fall, I add Burdock and Seasonal Defense to my daily nutritional support.

Burdock Root is a wonderful plant that comes to help in times of seasonal changes. This herb supports the hypothalamus gland (the gland responsible for triggering that drainage from your sinus). Burdock helps to minimize the reaction to the temperature changes and stops the over-secretion of mucus that causes all the problems. I found it helpful to take a couple burdock just before bed to help stop the sinus drainage that results from the overnight drop in temperature. I typically take 1-2 Burdock a couple times a day at this time of year.

Seasonal Defense is a unique product designed to support our immune system during seasonal changes. The key herb in this formula is Andrographis paniculata. This herb activates the immune response in the body. Andrographis paniculata has been used for hundreds of years in China India and Scandinavian countries to help the body cope with upper respiratory tract infection, fever, and sore throats. It is often considered a preventative herb for the common cold. The formula Seasonal Defense also contains the herbs Oregano and thyme. Oregano and thyme help to break up mucus, relax tension in the lungs, and have natural anti-microbial action. The herb Bitter Orange has been added to the formula, like the two previous herbs, bitter orange is commonly used as an expectorant to help the body eliminate excess phlegm and congestion. This herb also has antihistamine properties. Often when we start to get cold symptoms we wonder if the symptoms are from an allergy or a virus, this formula is addressing both these areas. The last herb in this formula is Eleuthero, also known as Siberian ginseng. This herb has powerful antioxidant properties, as well as stress and immune supporting properties.

The best preparation for a healthy fall season is to take good care of your health with healthy lifestyle choices. Here are some tips to remember:

• Cut back on sugar intake, sugar depresses the immune system by as much as 50%
• Drink 2 quarts of water daily. You may not be as thirsty during the colder months but don’t put aside your water intake. If you do not drink enough water your elimination channels become congested (kidneys, liver, colon, lungs, and skin); mucus buildup may result making you much more susceptible to bacteria and viruses.
• Exercise every day. Exercise keeps the lymphatic system healthy and moving. The lymphatic system aids the immune system in destroying pathogens and filtering waste and toxins from the cells and the tissue spaces between them.
• Keep warm. Make sure your neck and chest are protected from wind, drafts and cold. Use a scarf around your neck when going outside and wear turtle neck shirts or sweaters. The neck is an area where wind can invade the body and cause sickness. The Oriental medical perspective is that wind invasions make people more vulnerable to developing colds and flu. Always keep your feet warm and dry.
• Get adequate sleep and relaxation. Your body is vulnerable to stress without enough rest, which weakens the immune system.
• Eat more warm spicy foods, lightly steamed vegetables, and hot soups. I always add lots of fresh garlic (6 cloves for a quart) to my homemade soups. This herb has both anti-bacterial and anti-viral properties; garlic has an affinity for the lungs and helps to breakup and thin mucus. At the first signs of a cold, start drinking the garlic/vegetable broth throughout the day. This will often be enough to stop the cold in its tracks.
I Hope this information helps you and your families have a healthier happier fall season. Compiled and written by a friend & colleague~Fellow herbalist Valerie Mc Guire

To get Nature’s Sunshine products at my wholesale cost~ call them at 1-800-223-8225 and tell them #9191 said to call for my discount. Or go to <https://www.naturessunshine.com/?referrer=9191> to order on line

 [su](https://www.facebook.com/photo.php?fbid=1208476186188874&set=gm.3401390839899254&type=3&eid=ARBxlvsd6dSQ3DOmFAXZdBYe80hLjLh623KhdgqfX38ZXs2E6IiLAezty4wdZAwH7cd0kw6uCKUhmZDV&ifg=1)

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 **MOXIBUSTION~ The Alternative to the Flu Shot
Exclusively at our Studio**

**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.  The fee is $20 it takes 5 minutes at our studio and we discount families and groups greatly!**

**Influenzas**
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.

**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.

**Drift!** This effect happens when someone receives a influenza vaccination. They are injected with a live virus, which can give the injected person influenza. They are also spreading the influenza virus for up to 14 days, so anyone they come in contact with can get influenza!

**Shedding!** This is when one receives the influenza vaccination, they spread the virus for up to 14 days. They become carriers of influenza and spread the flu wherever they go. Avoid anyone who gets the flu shot, or pneumonia, shingles shots etc. Practice working on your immune, some great thoughts are below the info on moxibustion.

**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, Silver Sol (we carry this priced way below suggested retail price), washing hands frequently and avoid touching your face.

Set up your appointment today.

652-7805 or email Rose

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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 2-3 daily (5-6000 IU’s daily) during cold months (7-10,000 for those with auto immune issues)
2. **Probiotic 11** Nature’s Sunshine’s 1 or 2….1st thing in the morning (good flora/bacteria to fight the bad).
4. **American Biotics or Nature’s Sunshine** **Silver Defense** 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) Some folk stake a sm dose for maintenance.

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

7. **Wash your hands** frequently!
8.  **Do not touch your face or mucous membranes!**

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

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

11. Consume only **Clean food, air & filtered water**

12. Eat **local organic foods**

13. Use **a Neti Pot** daily
14. Nature's Sunshine Silver Shield or American Biotics Silver
1 tsp as a preventative, it stops viruses from penetrating the cells!!! Use it full strength when fighting a bacterial or viral infection.
For the Nature’s Sunshine Products~ to order at my wholesale price 1-800-223-8225 (give them Body Glyphix Studio’s name or my account # 9191 as your sponsor) or go to <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!!

“YOUR HAIR IS NOT A CAUSALITY!”

Our hair is the physical extension of our thoughts, it gives us direction throughout our lives; each of our hair represents ourselves, they are strong connection points both of our body and of our spirit according to indigenous peoples.

Men and women of wisdom have long hair; on the other hand, in places where tyranny has been presented in any of its forms, short hair has been obligatory and this, together with other factors, has culminated in the spiritual and physical defeat of the peoples.

Hair has its own language and character, and the way it is styled is extremely important to whoever wears it:

The line in the middle represents the alignment of thought.

The braid, the unity of thought with the heart.

Loose hair means security.

Hair up, conviction.

Currently people comb their hair without knowing the meaning of their actions and the style in which it is used, hair is important because leaving vanity or practicality aside, the way you wear your hair will directly affect our mood.

Going into the thinking of indigenous peoples we will find that the way of wearing hair combed was of utmost importance because this way their participation in various events was described and announced: marriage or war, joy or mourning.

Through the hair and headdresses he wore, you could know the maturity of people, their status in society or the times of peace and war.

Hairstyles were like the seasons; They changed on public, private, and ceremonial occasions.

The hair represented the individual's thoughts and spiritual state; showing the bonds and spiritual unity of his family and defining the cultural harmony and spiritual alignment of his community.

The hair represented the states of nature, flowed in a straight line like waterfalls, or rippled like river water.

Indigenous children were taught to wash and rinse their hair.

In the teachings of many indigenous tribes, cutting hair represented a process of mourning or proximity to death.

Hair was a mystical element in all of them.

They did not allow anyone to touch their hair without their permission.

On the importance of long hair:

For a long time, peoples of different cultures have not cut their hair, because it is a part of who they are.

When the hair is allowed to reach its maximum length, then phosphorus, calcium, and vitamin D are produced, and enter the lymphatic fluid and finally the cerebrospinal fluid through two ducts in the upper part of the brain.

This ionic change makes memory more efficient and leads to increased physical energy, increased endurance, and stoicism.

If you decide to cut your hair, not only will this extra energy and nutrients be lost, but your body will need to provide a large amount of vital energy and nutrients to regrow lost hair.

Also, the hairs are the antennas that collect and channel the energy of the sun or (prana) to the frontal lobes, the part of the brain that is used for meditation and visualization.

These antennas act as conduits to achieve a greater amount of subtle energy, cosmic energy.

It takes approximately three years from the last time the hair was cut to form new antennae at the tips of the hair.

Wet hair:

When you pick up wet hair, it will tend to shrink and pinch a little, and even break as it dries.

A better idea is to take the time to sit in the sun once in a while and allow your clean, damp hair to dry naturally and absorb extra vitamin D.

Yogis recommend washing your hair every 72 hours (or more frequently if your scalp sweats a lot). (I wash my hir twice a week) It may also be beneficial to wash your hair after being upset or angry, to help process emotions.

Haircut:

Often when people were conquered or enslaved, their hair was cut as a sign of slavery, helplessness, and humiliation.

The bones of the forehead are porous and their function is to transmit light to the pineal gland, which affects brain activity, as well as the thyroid and sex hormones.

Just as tribes and entire societies were conquered, the haircut became so prevalent that the importance of hair was lost after a few generations, and hairstyles and fashion became the focus.

Closing cycles:

Our hair, like every cell in our body, has a memory, which is why it is common that when we close a chapter of our life, our being asks us for a haircut, unconsciously due to the need for renewal, as when trees loosen their bark, until to regain its vitality.

Wooden comb

Yogis also recommend using a wooden comb or brush to comb your hair, as it offers a great deal of circulation and stimulation to the scalp, and the wood does not generate static electricity, causing a loss of energy. from the hair to the brain.

You will notice that if you comb from front to back, back to front, and then several times to the right and to the left, it will refresh you, no matter how long your hair is.

All the weariness of the day will be gone.

For women, using this technique to comb hair twice a day is said to help maintain youth, a healthy menstrual cycle, and good eyesight.

If you have balding problems, the lack of energy in your hair can be counteracted with more meditation.

If you are finding some strands of silver (gray hair) in your hair, be aware that silver or white color increases the flow of energy and vitamins to compensate for aging.

For brain health, as you age, try to keep your hair as healthy and natural as possible.

It is said that when you allow the hair to grow to its full length and wind it around the crown of the head, the energy of the Sun, the prana, the vital energy, goes down the spine.

To counter that downward trend, the Kundalini life energy rises to create balance.

Your hair is not there by mistake. It has a purpose."

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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

 (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”

**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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