**September 27, 2023 Issue #213** **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 and soups. 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. Should you not wish to receive these emails and update, please scroll down and unsubscribe.

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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 our bodies 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 like to recommend taking 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 18th 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) 1 tsp as a preventative, it stops viruses from penetrating the cells!!! Use it full strength when fighting a bacterial or viral infection.

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. Watch our posts on the benes of cold showers and immersions    
  
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!!

**When Packing School Lunches**

As you shop for school lunches and after school snacks, keep this in mind! Many of these food dyes are banned in other countries because of how harmful they are. These DO affect our kiddo’s behavior, their immunity and ability to fight of illness, their ability to focus and learn and their overall wellbeing. But there are healthy and affordable alternatives! Avoiding harmful ingredients doesn’t have to be difficult or expensive like it used to

It’s as simple as reading your ingredient labels. Many mainstream processed foods contain these toxic chemicals! or instance, most jars of pickles contain Yellow #5 or #6 - but Mt Olive simply pickles does not.

It’s easy to avoid food dyes and caramel coloring if you take the time to read the label before it goes in your cart. Make this a priority in you and your children’s lives. Read the ingredients and anything you can’t pronounce, leave it on the shelf!

**The Dangerous Impact of Food Coloring**

Americans are now eating 5 times more food dye than in 1955.

Many parents have observed their child’s behavior improve drastically when taken off food dyes, especially

Red #40.

Because of this widespread anecdotal evidence, the editors at Special Education Degree decided to do an investigative report on the negative effects of food dye’s in human beings.

The hidden dangers of food coloring dyes:

**Blue #1 Brilliant Blue**

Known Dangers:

•Caused kidney tumors in mice

May induce an allergic reaction in individuals with pre-existing asthma

•Commonly found in: baked goods, beverages, candies, cereal

**Blue #2 Indigo Carmine**

Known Dangers:

•Causes significant occurrence of tumors, particularly brain gliomas, in male rats

•Commonly found in: beverages, candies, dog food

**Citrus Red #2**

Known Dangers:

•Toxic to rats and mice at modest levels

•Bladder and other tumors found in mice

•Labeled “possibly carcinogenic to humans”by the IARC

•Commonly found in: skin of Florida oranges

**Green #3 Fast Green**

Known Dangers:

•As a food dye it is prohibited in the EU and some other countries

•Caused significant increases in bladder tumors in male rats

•Commonly found in: beverages, candies, ice cream, cosmetics

Known Dangers:

•Accelerates the appearance of immune system tumors in mice

•Suspected trigger of hyperactivity in children

•Causes allergy-like reactions in some people

•Commonly **Red #40 Allura Red**

found in: beverages, candies, cereal, cosmetics

**Red #3 Erythrosine**

Known Dangers:

•Suspected trigger of hyperactivity in children

•Thyroid carcinogen in animals

•Issued a partial ban by the FDA in 1990

•Commonly found in: baked goods, candies, sausage, maraschino cherries

**Yellow #5 Tartrazine**

Known Dangers:

•Can cause allergy-like reactions

•May cause mild to severe hypersensitiviy reactions

•Commonly found in: baked goods, candies, cereal, beverages

Known Dangers:

• **Yellow #6 Sunset Yellow**

May cause hyperactivity in some children

•Causes adrenal tumors in animals

•Commonly found in: baked goods, sausage, cereal, cosmetics

[https://www.special-education-degree.net/food-dyes/](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.special-education-degree.net%2Ffood-dyes%2F%3Ffbclid%3DIwAR0p08UbIeEEVZuG5-8a5xFhsP5wAeLXrvipmhxj7ao_EjDncH12qQ90rdE&h=AT0UyY43beA6x2EKVppPeSU2nd7kOXafHxatsKKn8T1GOVNF8VAuM7ooGaFUFOCOrcAeUy-nx5KR0oash7cCJd6GKDZXkZ7Yf4Cn2SPBf9qmqTNvEgkyLh4hHLR3gJpHMg&__tn__=-UK-y-R&c%5b0%5d=AT1risIKnS5b4w8l6nITv_AuW1L7uD_FlcZoOnKwPIPEb1wJRIqv2dlDhWTXwcsrNKC2vHf6Ldud-Fnp3g91Zej-S7hEggY9ZfSNMiQ6gkXR_HZ02IJwSMZSXwi_8CfwzCRnV4EhsceAFXrN0KX8WNotXIn774Y22qJxonBA6yXeZSSzYk4)  
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A poster showing how to do cpr

Description automatically generated **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Iridology~ the science of gathering information from the Iris**

The iris of the eye is connected to every organ and tissue of the body by the way of the nervous system. Nature has provided us with a miniature "screen" showing the most remote areas of the body. Iridology is one of the most potent healthcare tools we have. Our Rose Czyrny is a certified Iridologist, reading the iris during Body, Mind & soul Consultations. To learn more about her consultations http://www.bodyglyphix.com/services.html

**Pelvic Floor Workshop  
and  
Yoga Class for a Healthy Pelvic Floor  
Wednesday October 25th 6:30 PM**

Ladies…. Do you suffer with conditions such as urinary and and/or fecal incontinence, painful intercourse, Irritable Bowel, Rectoceles, Prolapses, Colitis, Crohn’s Disease, incomplete emptying of the bowels and bladder, Intercostal Cystitis, Fertility issues, Vulvodynia,  low back pain or things just aren’t right down south??  
  
Many of us have not been told to look at the pelvic floor for therapy. But whether you need to teach your muscles and connective tissue to relax or tighten can be found in my workshop . But whether you need to teach your muscles and connective tissue to relax or tighten can be found in my upcoming workshop.

I have studied and been certified as a Pelvic Floor Practitioner, Yoga Therapist as well as instructor with 45 years experience helping folks with their health physically, mentally spiritually and emotionally.  This workshop will be held on Wednesday October 25th at 6:30PM. Wear lose fitted clothing, a pad & pen for notes, a water bottle and yoga mat (we have them if you do not).  
  
Register early, as this is a hot topic in our health and wellness now. The cost for the workshop is $35 cash or check, below its $38 to cover processing charges. There will be some free handouts for reference included. A handout for the Yoga poses/asanas is extra. To pre-pay and pre-register please go to <http://www.bodyglyphix.com/upcomingclassesevents.html>

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Yoga For Firefighters!  
  
Did you all know that we have donation based yoga for firefighters on Monday nights at 6:30PM? Suzanne teaches these wonderful classes. If you are interested**

**FALL YOGA SCHEDULE**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Times** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| **9:30 am** | **Mystical  Vinyasa Flow** |  | **Gentle  Healing Yoga** |  | **Mystical Vinyasa Flow** |  |
| **6:10 pm** | **Firefighter Yoga** | **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** $15 drop in fee or punch card fees- 8 classes $95 **or** 16 classes for $165  
**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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