**October 27, 2023 Issue #214** **The Iris The Bodhi Glyphix Studio**

**Greetings!**

I believe that what seems paranormal to us right now, in time will become perfectly normal- if we are brave enough to take that path of spiritual evolution of the human soul. The veils between the living and non-living are soon going to be at their thinnest points on Samhain also known as All Saints Day or Halloween. Spirit Guides and Angelic beings will grace us with their wisdom and advice. The shifts in energy may cause us to change things or become depressed and feel victimized. We may look to the heart Chakra for courage and the abilities to go forward into areas we would never have thought we could before! O’ lift up your heart as you walk your daily path and allow courage to enlighten you. Please come join us for Yoga or Yoga Nidra Meditation and charge up your energies in our humble studio powered by the sun~ solar energy. Scroll down to the end for the Yoga Schedule.

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#### Reset/Reboot your system! Do a bone broth fast for 3 days up to 7 days.Ingredients

2 lbs beef , venison, fish or chicken bones (organic grass fed are best, but chicken necks or oxtails can be used also) 3 gal. Cold filtered water 1/2 cup Braggs Apple Cider Vinegar
1 tablespoon of celtic or himalayan sea salt
3 onions, coarsely chopped (optional) 3 carrots coarsely chopped (optional) 3 celery sticks coarsely chopped (optional) Several sprigs of fresh thyme, tied together. (optional) 1 tsp. dried green peppercorns, crushed (optional) 1 bunch parsley (optional) or any herbs, spices of your choice.

#### Instructions

Place the bones in a very large stockpot with vinegar and cover with water. Let stand for one hour. Add to the stock pot the vegetables. A large amount of scum (looks like bubbles/oil slick) will come to the top and this needs to be skimmed off with a spoon & discarded. After you have skimmed, reduce heat and add the thyme and peppercorns. Simmer for at least 12 hours and up to 72 hours (about 24 works well for me). The longer you cook it~ the more collagen & nutrients are released from the bones. For the last 10 minutes, add the parsley. A crockpot can also be used to simmer the stock if you are leaving the house for extended periods of time. Remove bones with tongs and discard. Strain the rest of the stock into a large bowl. Let cool in the refrigerator and remove the congealed fat that rises to the top, stock may turn to gelatin when cooled (if knuckles are used), this is normal.  Put the vegetables back into the stock. I make mine in a crock post, it is much easier.

I recommend this as a fast or in addition to your diet. This is VERY complimentary to the GAPS diet- always according to your blood type. The GAPS, Blood Type Diet, KETO (minus the dairy!) or AIP diet, the most healing diets today. Just google them~ I enjoyed the paleo & blood type diet for over a year and still follow it pretty regularly (should you need some coaching~ message or call me for an appointment). I have introduced many foods back into my diet and found the ones that I am sensitive to and have completely eliminated them, feeling the best that I have ever felt in my life. Being in control of your health is the greatest wealth on the planet.

The AIP diet is great for auto-immune issues. Always refer to your blood type for the best results.

**Bone broth fasting** is also great for weight loss, thyroid and/or adrenal issues, and so much more. Please refer to your blood type diet for the best results. The bones used should be organic, I have found a nice selection at Thorpes here in Wales. After making your bone broth, try 1-3 days of the broth (without the vegetables) instead of meals. Drink plenty of filtered water, herbal teas. Limit caffeine to one serving per day. Take your supplements, medications as usual.

When you feel you need to add vegetables (that you made the bone broth with) to your bone broth meals, you may. This fast can be done for a week for the best results. One day of the fast will help a little, but try to make it at least 3 days. You will feel amazing after the first day and the more you partake in periodic fasting.

Ps…. I just made some! Picked up some chicken bones from a deep bone full chicken, and followed the above recipe. Thorpe’s has a bag of the bones for $7! They also have beef bones too if you’d prefer making bone broth with beef bones. Sorry Vegetarians and vegans.
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 **MOXIBUSTION~ The Alternative to the Flu Shot

This year will be the 18th year we will be offering an "Alternative Flu Shot Remedy" which works with all strains of influenza.  Based on my data collecting, it has been 99% effective against all influenzas. It’s also 85% percent against other viruses. Moxibustion is a Chinese Homeopathic that works with the immune meridian in acupuncture.  The fee is $20 it takes 5 minutes at our studio and we discount families and groups greatly!**

**Influenza**
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.

**“Shedding**” happens when folks get the influenza vaccination. They are injected with a “live virus, and will shed the virus through breathing, through the pores of their skins etc and spread the virus! So if your partner gets the Shingles Vaccination~ they can give you shingles! Or the pneumonia or 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 for several minutes until the area turns red. Another form of indirect moxibustion uses both acupuncture needles and moxa. A needle is inserted into an acupoint and retained. The tip of the needle is then wrapped in moxa and ignited, generating heat to the point and the surrounding area. After the desired effect is achieved, the moxa is extinguished and the needle(s) removed.

**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, Zinc, Citrus Bioflavinoids or Liposomal Vitamin C, Silver Sol (we carry this priced way below suggested retail price), washing hands frequently and avoid touching your face.

Set up your appointment today.

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Removing Graphene Oxide Safely & Effectively with Pure Body & Pure Body Extra Clinoptilolite Zeolite

With increasing concerns about the potential health effects of graphene oxide exposure, people are searching for safe and effective ways to eliminate it from their bodies.

One such method gaining attention is the use of PBX, a clinoptilolite zeolite supplement. In this post, we will explore how Pure Body & Pure Body Extra clinoptilolite zeolite may aid in safely and effectively removing graphene oxide from the body.

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Graphene oxide, a derivative of graphene, has raised concerns due to its possible health impacts when introduced into the body. Studies suggest it may accumulate in tissues, potentially leading to inflammation and other serious health issues. We know where this is … we know we are being censored from talking about it…. But there is help… there is light at the end of this path….

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What are Pure Body & Pure Body Extra?

- Pure Body & Pure Body Extra are dietary supplements containing clinoptilolite zeolite, a naturally occurring mineral. This particular zeolite is known for its high-quality and purity, making it suitable for detoxification purposes.

Pure Body is a liquid zeolite suspension specifically formulated to target detoxification in the digestive tract.

Pure Body Extra is a smaller sized liquid zeolite spray that crosses the blood brain barrier and detoxes the body on a cellular level.

How Does Pure Body Extra Work?

- Clinoptilolite zeolite has a unique structure with a high surface area and a negative charge. This structure allows it to attract and trap positively charged molecules, including heavy metals, toxins, and potentially graphene oxide. Once captured, these substances can be safely removed from the body through natural elimination processes (sweat, urine, feces).

Safety and Purity:

- Pure Body Extra is sourced from high-quality clinoptilolite zeolite and is carefully processed to ensure its purity and safety. It is free from contaminants and additives, making it a trusted choice for detoxification.

Pure Body Extra, with its high-quality clinoptilolite zeolite, shows promise in aiding the safe and effective removal of graphene oxide from the body. However, it's crucial to approach any detoxification method cautiously and under professional guidance. As research on graphene oxide exposure continues to evolve, so will our understanding of effective detoxification methods. Prioritize your health and well-being when considering detox options and always consult with a healthcare professional for personalized advice.

If you or a loved one are interested you may reach out to us for more info and how to save $50 off the price of the detox….

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**The Magical Chestnut**

This year we had a scant harvest of horse chestnuts from our trees behind the Studio. We gathered as much as we could to share with clients, friends, family and yoginis. Not only is the chestnut loved by herbalists for its medicinal purposes, when taken orally- such as vascular health, anti inflammatory and free radical scavenging properties, sprains & strains, chronic leg edema, hemorrhoids, varicose veins & venus insufficiency, anxiety and bi-polarism… but they also have energetic magical properties that cannot be denied. When given to unruly children to play with- it calms (just handling them) them down. When our vayus or meridians get blocked, chestnuts can clear them. When feeling anxious, can’t get grounded, they will help connect your root Chakra to the earth. Hold one in your non-writing hand for 3-5 minutes for this to work. So find someone with a tree, gather them up and keep them in a bowl or basket. Their energetic, magical properties last for a year!!

We have 2 trees behind the labyrinth for your pickings. You might even find them in the labyrinth!!
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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 1-2xd (equal to 4000 IU’s daily) during cold months
2. **Probiotic 11** Nature’s Sunshine’s 1or 2 daily (good flora/bacteria to fight the bad)
3. **Zinc** (never take more than 100 mg~ it weakens the immune)
4. **NSP’S** **Citrus Bioflavinoids Vita C or Herbs for Life Liposomal Vitamin C** (sold at the studio)
5. **NSP’s Silver Shield or** **American Biotics** **Silver Sol**  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)

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

9. **Wash your hands** frequently!
10. **Do not touch your face or mucous membranes!**

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

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

13. **Clean air & Filtered Water**

14. Eat **local organic foods**

15. Use **a Neti Pot** daily
16**. Cel Phones and Kindles** do not use in bed or carry them on y

To order at my price 1-800-223-8225 (give them Body Glyphix Studio’s name or #9191 as your sponsor) or click on the link to purchase <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!!

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| **Cholester-Reg® II** |

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| Harnessing the power of unique ingredients, this natural formula supports normal-range cholesterol levels in combination with a healthy diet and exercise. Promotes healthy circulatory function Supports normal-range cholesterol levels |

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| A brown bottle with a white label  Description automatically generated |

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| **HOW IT WORKS**Policosanol is the term for a blend of medium-chain alcohols extracted from plants. Human studies show that policosanol can effectively play a role in maintaining cholesterol levels already in the normal range. This compound appears to perform like red rice extract in the body. Cholester-Reg® is a natural formula that contains policosanol and phytosterols. It has been formulated to support normal-range cholesterol levels in combination with a healthy diet and exercise. Plant sterols compete with the absorption of cholesterol in the body. Interestingly, excess plant sterols are not absorbed by the body but are eliminated. Additionally, the nutrient resveratrol helps to maintain LDL and triglyceride levels already in the normal range. **WHY CHOLESTER-REG® II?**The best products begin with good-for-you ingredients. And this unique blend is loaded with the kind of quality that delivers peace of mind. Cholester-Reg® II features ethically sourced, non-GMO botanicals and nutrients. Period. But the story doesn’t stop there. Our artichoke leaves grow on small farms in Europe where experienced collectors hand-cut and carry them to the farmyard where they dry in the sun. This same kind of care continues throughout every step of production, enabling Nature’s Sunshine to provide you with the finest products on earth. **THE STORY BEHIND CHOLESTER-REG® II**Cholester-Reg® II was launched in 2001 as a natural formula to support normal-range cholesterol levels in combination with a healthy diet and exercise. This blend utilizes plant sterols to compete with the absorption of cholesterol in the body. Interestingly, excess plant sterols are not absorbed but eliminated. Anciently, the Greeks and Romans ate artichokes (or their cousins, cardoons) for targeted joint support. Resveratrol was first discovered and isolated from a flowering plant in 1939. This was after researchers noticed that animals and insects eating certain plants lived longer. It took nearly 60 years for resveratrol’s powerful health benefits to become known to the world. Policosanol came to light decades ago when researchers in Cuba began experimenting with its effects on the circulatory system. Since then, this sugar cane isolate has been studied and found to support the healthy management of lipids in mature adults. **RECOMMENDED USE**Take 1 capsule with a meal three times daily. CAUTION: Do not take this product if: pregnant, lactating or planning to become pregnant. Consult your health care professional before using if you are currently taking any cholesterol-lowering agents. Cholesterol levels should be checked regularly. For adults 20 years or older only. Keep out of the reach of children. **INGREDIENTS**Artichoke leaves, phytosterols, inositol nicotinate, resveratrol and policosanol. |

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**­­­­­­­­**Product works well with Cardiox LDL and/or CoQ10 for those who have trouble with high LDL and low HDL.  Also works well with Blood Pressurex for those with issues with blood pressure and other cardio issues.**\_
to order go to** <https://www.naturessunshine.com/?referrer=9191>

High cholesterol can also be caused by the thyroid, a toxic liver and many other reasons**.** A Body, Mind & Soul Consultation helps us get to the bottom of the elevated levels. Check in with us, we are not always taking new clients. Our number of clients has topped over 5000 currently. Should you wish to do a consultation, waiting at least a good 3 months is more than likely.
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**Yo-Qi
A Blending of Yoga & QiGong
Fall into Wellness
Saturday October 28th
10AM-11:30 AM**

YoQi is the prescription, being grounded, aligned and energetically balanced is your medicine!

Fall is here, winter is approaching and it’s a good time to build our immunes, strengthen our internal and external Qi through Yoga and QiGong. Through series of Yoga exercises, QiGong movements- combined with breathwork and tapping… we will open up blocked energy, get our Qi flowing and feel more energized, relaxed, and joyful.  We will close this class with meditation.  This free-flowing and rhythmic Yoga and Qigong is specifically designed to gently massage and squeeze the internal organs, wringing out toxins and negative emotions from the body so that you can live a peaceful life full of health, longevity, increased energy, and vitality. Both modalities also work the Vagus Nerve.

Senpai Gary Marchuk of Lake Placid NY and our Rose Czyrny will
co-teach this class. Any "body" can do this, it's easy and refreshing. Rose will warm us up with somatics (joint freeing and clears negative energy) and will close with anointing a chakra and a short meditation. Gary will weave Qigong into the class. Wear loose fitted clothes and bring a water bottle. Stay afterwards and join us for sharing and questions.

The price is $25. There is a small processing fee to pay on line. You may also send a check or drop it off at our studio.
Pre-registration and payment are necessary. You may click on the below link to get pre-paid & registered.
<http://www.bodyglyphix.com/upcomingclassesevents.html>

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 **Yoga Nidra~ Meditation**Please join Yogini Rose for this VERY special 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, astral 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.

This meditation has a special emphasis on health and healing where habitual thinking and thought patterns are reduced or eliminated and it also helps with insomnia and stress reduction. It also 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). YN is also powerful tool for manifesting. It’s also great for insomniacs and those who suffer with PTSD.

The class is being held on **Monday November 6th at 7PM** at our studio (click [*here*](http://www.bodyglyphix.com/directions.html) for directions). The class lasts about 55 minutes. The fee is $15.  Prepay & registration is a must- call or email us for more information or <http://www.bodyglyphix.com/upcomingclassesevents.html>

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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 7:00 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 $85 per hour
**Yoga Therapy, Chakra Toning or Private Yoga** by appointment$85 per hour

"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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