**October 27, 2024 Issue #226** **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. Maybe you would like to try a class the comfort in the comfort of your home…. Here’s the link to try a class- it’s a $15 in paypal to try an online class.

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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 19th 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.

Rose is doing the application Mondays, Wednesdays & Fridays at 11:00 AM. Tuesday and Thursday evenings at 7:30 PM. Set up your appointment today.

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Are you worried about graphene, heavy metals, chemicals or fungus??

Removing Toxins 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 and other toxins 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. Well known functional doctors Carole Savage and Dr. Sherri TenPenn recommend the Zeolite Detox pack for removal of any toxin. 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 – $24- exclusively at our Studio or the Gel $24 (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 (tell them account #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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| --- |
| **Dr. Mercola’s Advice for EMF’s**Identify major sources of EMFs, such as your cellphone, cordless phones, Wi-Fi routers, Bluetooth headsets and other Bluetooth-equipped items, wireless mice, keyboards, smart thermostats, baby monitors, smart meters and the microwave in your kitchen. Ideally, address each source and determine how you can best limit their use.Barring a life-threatening emergency, don’t give your child a cellphone or a wireless device of any type. Children are far more vulnerable to cellphone radiation than adults due to having thinner skull bones. Research29 also demonstrates that infants up to 25 months do not effectively learn language from videos, and that they learn best when taught through personal interaction. |
| Connect your computer to the internet via a wired Ethernet connection and be sure to put it in airplane mode. Also, avoid wireless keyboards, trackballs, mice, game systems, printers and portable house phones. Opt for the wired versions. |
| If you must use Wi-Fi, shut it off when not in use, especially at night when you’re sleeping. Ideally, work toward hardwiring your house so you can eliminate Wi-Fi altogether. If you have a notebook without any Ethernet ports, a USB Ethernet adapter will allow you to connect to the internet with a wired connection. |
| Avoid using wireless chargers for your cellphone, as they too will increase EMFs throughout your home. Wireless charging is also far less energy-efficient than using a regular charger, as it draws continuous power (and emits EMFs) whether you’re using it or not. |
| Shut off the electricity to your bedroom at night. This typically works to reduce electrical fields from the wires inside your walls unless there is an adjoining room next to your bedroom. If that is the case, you will need to use a meter to determine if you also need to turn off power in the adjacent room. |
| Use a battery-powered alarm clock, ideally one without any light. |
| If you still use a microwave oven, consider replacing it with a steam convection oven, which will heat your food as quickly and far more safely. |
| Avoid using "smart" appliances and thermostats that depend on wireless signaling. This would include all new "smart" TVs. They are called smart because they emit a Wi-Fi signal and, unlike your computer, you cannot shut the Wi-Fi signal off. Consider using a large computer monitor as your TV instead, as they don’t emit Wi-Fi. |
| Refuse a smart meter on your home if you can. If a smart meter is unavoidable, you can install a shield over it.30 |
| Consider moving your baby’s bed into your room instead of using a wireless baby monitor. Alternatively, use a hard-wired monitor. |
| Replace CFL bulbs with incandescent bulbs. Not only do they emit unhealthy light, but more importantly, they will actually transfer current to your body just being close to the bulbs. |
| Avoid carrying your cellphone on your body unless in airplane mode and never sleep with it in your bedroom unless it is, again, in airplane mode. Even then, it can emit signals, which is why I put my phone in a Faraday bag. |
| When calling someone with your cellphone, use the speakerphone and hold the device at least 3 feet away from you. Seek to radically decrease your time on the cellphone. Instead, use VoIP software that you can use while connected to the internet via a wired connection. |
| Avoid using your cellphone and other electronic devices at least an hour (preferably several) before bed, as the blue light from the screen and EMFs both inhibit melatonin production. According to the Sleep Foundation, blue light from computer and cellphone usage increases the time it takes for you to fall asleep.31 |
| The effects of EMFs are reduced by calcium-channel blockers, so make sure you’re getting enough magnesium. Most people are deficient in magnesium, which will worsen the impact of EMFs. According to Pall’s study, "Magnesium deficiency is often found in autism patients and magnesium salt supplements have been found to be helpful in autism treatment."32 |
| Increasing Nrf2, which is a biological hormetic that upregulates superoxide dismutase, catalase and all the other beneficial intercellular antioxidants, is also helpful mainly because it lowers inflammation, improves your mitochondrial function and stimulates mitochondrial biogenesis, among other benefits.You can activate Nrf2 by consuming Nrf2-boosting food compounds such as sulforaphane from cruciferous vegetables, foods high in phenolic antioxidants, the long-chained omega-3 fats DHA and EPA, carotenoids (especially lycopene), sulfur compounds from allium vegetables, isothiocyanates from the cabbage group and terpenoid-rich foods. |
| Molecular hydrogen has been shown to target free radicals produced in response to radiation.33Also the Zeolite Detox pack mentioned above helps detox EMF’s. |

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**Yoga Nidra~ Meditation
There’s still room!!**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 4th 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>

 **FALL YOGA SCHEDULE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Times** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** |
| **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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