

ENEWS ~ At A Glance

September 2010



Hello September!

A new month - a new school year - & a new child! We are adding another rugrat to the Nelson clan! Bernardo is 6 years old & a little foster boy in Max's class that we met last year. After a lot of discussion, prayer, & more discussion & prayers, Scott, the kids, & I decided that we needed to make this little boy a "Nelson"! Scott has always told me that there are 2 kinds of people in this world - "Nelsons & those that want to be a Nelson!" (Eyeroll acknowledged) 😊

Currently, Bernie is spending weekends with us, while we are waiting for the paperwork to be completed. We are blessed & are anxious for Bernie to come to his new home so we can all get settled & find our "new normal" as a family of 6!

~ amber

Oriental Diagnosis

What is your body telling you?

The Western perception of life tends to be pretty black & white. Life is either good or bad, healthy or sick, &/or strong or weak. But the Oriental perception of life sees it as **both** - good or bad, healthy or sick, &/or strong or weak. Oriental Diagnosis encourages a positive outlook on life because in order to see the inner you, you must practice seeing "the good" in others & in yourself.

Oriental Diagnosis operates on the belief that the body & soul are one. Your inner nature is revealed in the physical characteristics of your body. The imbalance in a person is recognized by the markings on the face & body. Every human characteristic - emotional, intellectual, or spiritual corresponds with a physical organ. The mind, body, & spirit are one, or another way to put it is, the whole can be seen in any one of the many parts.

Life is viewed as a "paradox" in Oriental Medicine. The American Heritage dictionary defines a paradox as: "a seemingly contradictory statement that may nonetheless be true." Oriental Medicine sees everything as having opposites within. Sickness is a sign of health. If you are sick, you are alive, & as long as you are alive, you have the potential to recover.



Oriental Diagnosis is rooted in the concept of "ying" (black) & "yang" (white). Ying & Yang (& *the Five Ancients, a whole other topic*) is the intellectual foundation of Chinese Medicine. Ying & Yang represent how things work.

Ying is the dark, passive, downward, contracting, cold, & weak characteristics. Yang is the bright, active, upward, expanding, hot & strong characteristics. The two energies are in constant motion.

When disruption occurs & the two energy fields are thrown off balance, as far as the human body is concerned, health problems will be the result. Too much Ying can cause you to feel cold, listless, & weak. On the other hand, too much Yang can make you feel restless, hot, & hyperactive.

Ying & Yang are two opposite powers that make physical reality possible. Every living thing possesses Ying & Yang within itself. Ying & Yang are continually influencing the body systems. Furthermore, Ying & Yang can be applied to specific areas of the body.



Remember that Oriental Diagnosis is as much of an art as it can be a scientific tool. You have to retrain your brain to think in “abstract” rather than in specifics. Once you begin practicing, you will find yourself seeing others & even yourself in a whole new light.

Just like Ying & Yang, Western & Oriental Medicine can coexist, & even benefit one from another. Both types of medicine have earned their place in this world & people who embrace both school of thoughts have much to gain.

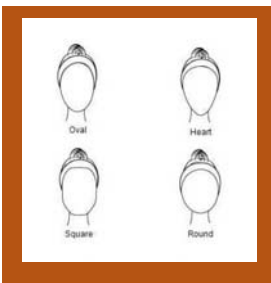
What Your Head Shape Says About You...

If your head-shape resembles an upside down tear drop or as some describe, a heart-shaped face, you have a “Ying face.” Physically, you have a high, broad forehead, large round eyes & eyebrows that arch highest above the nose & then slope downward to the side of the face. Eyes & eyebrows are set far apart, the nose & nostrils are narrow, & the cheekbones are not very high or developed. The mouth tends to be slightly wide with pale lips. The Ying face overall, is generally pale in color.



Ying head-shape (facial characteristics) indicates many things:

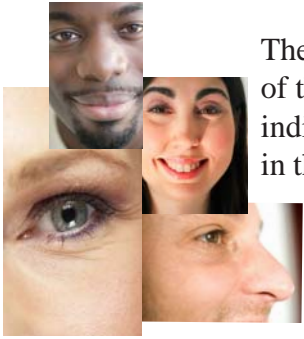
- * *Small Appetite, Weak Digestion*
- * *Fragile Constitutions*
- * *Gentle, Sensitive, Refined Disposition*
- * *Melancholy, Occasionally Withdrawn, Timid*
- * *Introverts*
- * *Highly Intellectual - Smart, Articulate, Approach Life Through The Mind*
- * *Intuitive, Spiritually Orientated, Artistic*
- * *Enjoy Staying Up Late At Night But Are Light Sleepers*
- * *Tend To Be Coffee & Wine Drinkers*
- * *Can Become Arrogant - Perceived As A Snob*



The “Yang Face” or head-shape is round to square, with a wide jaw, & is more balanced in appearance between the jaw & the forehead. The mouth & nose are wide, & the nostrils tend to flare. Eyes are medium to small in size & the lips are full, healthy & red in color. Eyebrows are full & can grow close together above the bridge of the nose. Visible veins will sometimes appear on the surface of the skin around the eyes & nose. Yang faces tend to be red in color.

Yang head-shape (facial characteristics) indicate the following:

- * *Strong Appetite - Excellent Digestion*
- * *Adventurous In Eating - Like To Experiment With Food*
- * *Large Appetite For Alcoholic Spirits*
- * *Strong Muscular Body With A Strong Voice*
- * *May Come Across As Insensitive*
- * *Blunt - Gets Right To Point*
- * *Tendency To Bully Or Manipulate*
- * *Susceptible To Heart Disease, High Blood Pressure & Diseases Of The Colon*
- * *Demonstrative In Love With Strong Emotions*
- * *Falls Asleep Easily & Sleeps Deeply - Usually Before Midnight & Wake Before Sunrise*
- * *Tendencies To Become A Workaholic*
- * *Loves The Outdoors, Enjoys Physical Labor, Prefers Cooler Temperature*
- * *Needs Quiet Hobbies - Gardening, Prayer, Meditation*



The Face is the most revealing part, the most sensitive part, & the most responsive part of the human body. There are 10 muscle systems in the face & cranium, totaling 40 individual muscles in all. The parts of the face provide “entrance” into a larger system in the body.

- Ears - Auditory**
- Eyes - Nervous System & Brain**
- Nose - Respiratory System**
- Mouth - Gastrointestinal System**

The face has a Ying & Yang part. If you were to split your face into two separate parts horizontally, everything above the line is your “Ying” part: cheekbones, eyes, forehead, & scalp. Everything below the line is your “Yang” part: lungs, heart, liver, & nervous system.

Furthermore, once you practice Oriental Diagnosis, you will find that the forehead can help you determine the person’s intellectual nature. You can tell a person’s emotional disposition by looking at the mid-region, the area between the eyes & mouth. A person’s strength of will can be seen in the area of the chin & jaw. When looking at a person’s face, ask yourself, which of these three areas dominate or are they equal in size?

A balanced face, where all three areas are in proportion (big or small) indicates that the individual possesses a balanced nature. Rational thinking & decisions are made because not any one area of the body dominates - mind, heart, or will, & harmony exists between all three! A person with balanced features tend to be visionaries with tremendous power. The combination he or she possesses - intellectual development, understanding emotional needs, & a strong will - is a potent combination. This person is often described as a “practical idealists,” meaning he has the vision & the social judgement plus endurance to develop his ideas! Examples of “balanced faces” in history include but are not limited to: Winston Churchill, Mikhail Gorbachev, Mario Cuomo, & Henry Kissinger.

The balanced face is not perfect however. If not kept “in check” arrogance can be his Achilles’ heel. He not only recognizes his potential but may interpret it as “he is better than anyone else. Balanced faces are rare & not many walk among us because usually one of the three areas of the face will dominate.

As stated before, a high forehead indicates a Ying face & a Ying face is associated with strong intellect. Emotions are strong, but not as strong as the mind, & will power is the lowest of the three. People with high foreheads tend to have “conceptual minds” & tend to be great abstract thinkers & planners.

Persons with this shape of head must guard against becoming aloof, cynical, &/or overly critical. Throughout life, the Ying face may be involved in several struggles for power, when in the end, he does not endure the demands of leadership. Emotions seem to get the better of him!



If a person has big center & the middle region dominates the face, this indicates that this person is very emotional. These people are also very sentimental & usually make good nurses, therapists, &/or healers. It is in their very nature to sympathize with the pain of others. They have a highly developed maternal nature.

Persons with a dominate middle section also tend to be artistic, especially appreciating the physical arts such as sculpting & dancing. The biggest weakness is unless they are able to learn self-control, their lives are like emotional rollercoasters - happy one moment but melancholy the next. This person experiences more “ups & downs” than the next since feelings are constantly changing!



Bill's Back Page

“My Page ~ My Domain”

**It's that time of year again...
time to support a healthy immune system!**

NCCHS-12

Influzeninum 1M ~ 1 Ounce Homeopathic
Homeopathic Support For A Healthy Immune System

A homeopathic made from the influenza virus that is designed to stimulate the body's own defense mechanisms.



NC161-2

Echina Comp ~ 2 Ounce Botanical
Healthy Immune System Support

A combination of botanicals that support a healthy immune system. Echinacea & Astragalus promotes a healthy immune system. Goldenseal supports healthy mucus membranes. Cat's Claw is a climbing vine that supports healthy cells. Wild Indigo & Poke Root supports a healthy respiratory system. Astragalus supports a healthy immune system. Self Heal supports a healthy gastrointestinal tract. Prickly Ash supports a healthy circulatory system.

NC203-2

Colostrum / New Zealand ~ 120 Capsules
Support Of A Healthy Immune System

New Zealand Colostrum is the highest quality colostrum & is certified free of disease. Colostrum is high in vitamins, minerals, enzymes, amino acids, & supports a healthy immune system.

NC674

Pregnenolone ~ 90 Capsules
Support Of A Healthy Progesterone Levels



Pregnenolone is a natural hormone produced by the adrenal gland. In order for the hormones DHEA & Progesterone to be made by the body, Pregnenolone must be present. Pregnenolone supports the immune system, mental clarity, & promotes energy levels.