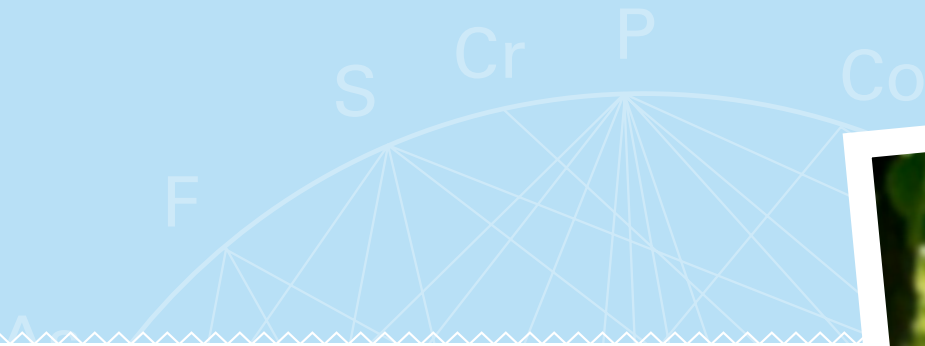
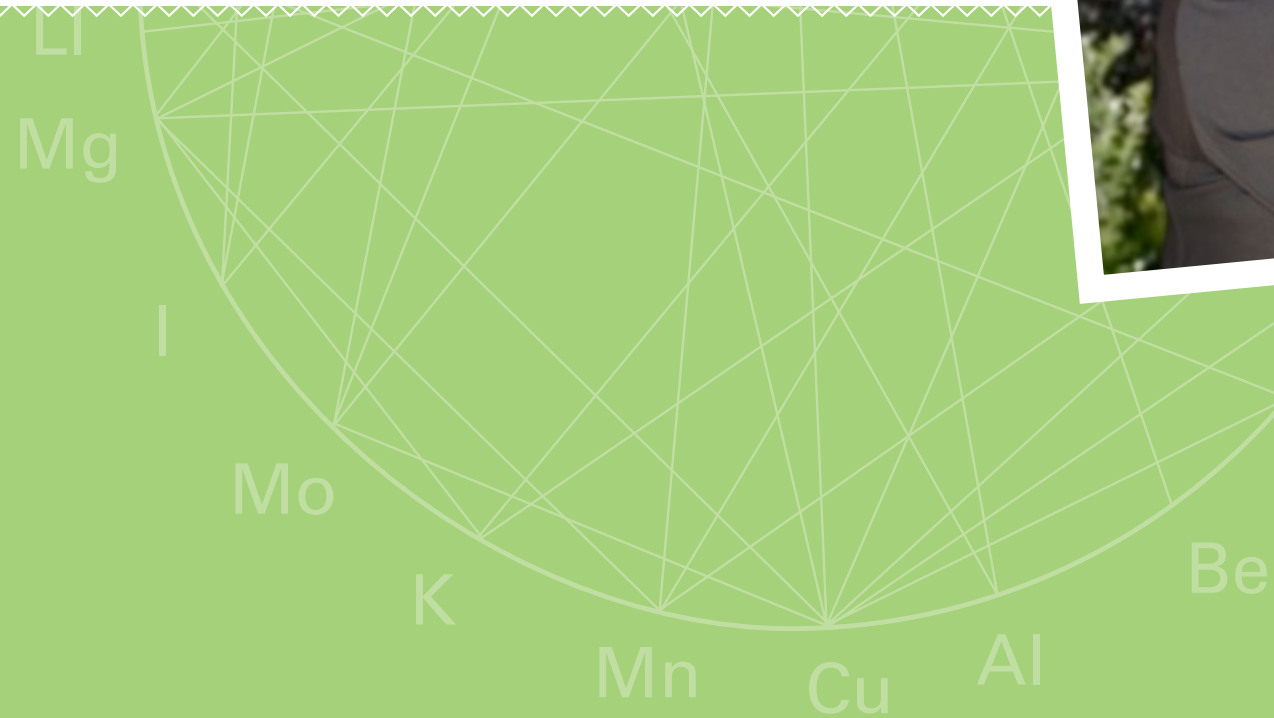


Are You In The Pursuit Of Good Health?



*“True health reflects balance from within.”
- Joy Feldman*



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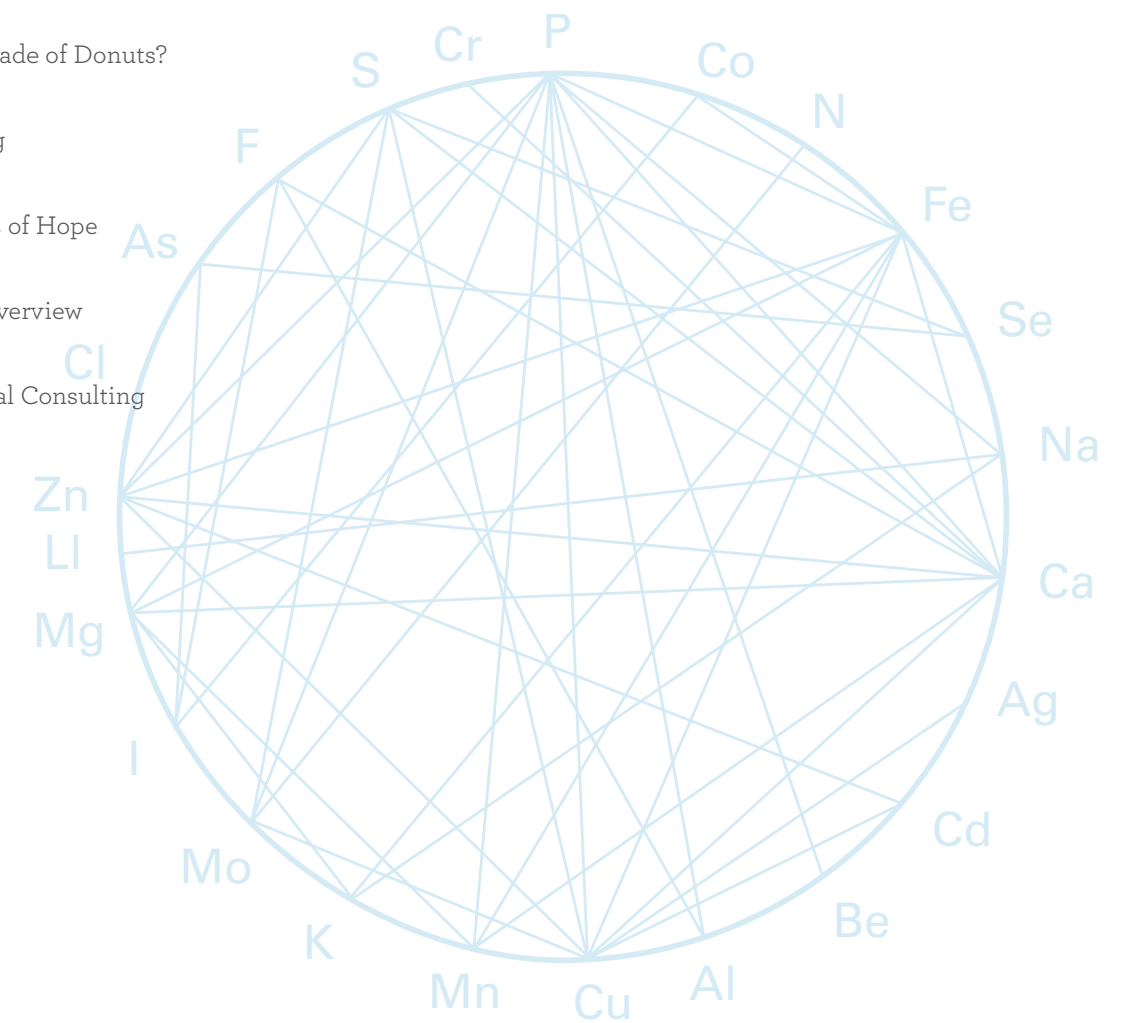
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Joy Feldman
JHF NUTRITIONAL CONSULTING

EMPOWERING AND INSPIRING CLIENTS TO SUCCEED IN GAINING OPTIMAL HEALTH

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“With health, everything is a source of pleasure; without it, nothing else, whatever it maybe, is not enjoyable. Health is by far the most important element in human happiness.”

Welcome

ARE YOU IN THE PURSUIT OF GOOD HEALTH?



JOY FELDMAN: *Expert Nutritional Consultant Health and Wellness Coach*

Thank you for your interest in nutritional balancing and hair tissue mineral analysis. It is one of the most advanced nutritional healing programs available today. Designed to balance the body chemistry, first and foremost, it also removes more than two dozen toxic metals, hundreds of toxic chemicals, and often a number of chronic infections from the body. Moreover, nutritional balancing enhances the functioning of the nervous system resulting in improved school and work performance, better recall, and faster thinking. The program also helps to prevent future health conditions. By correcting latent or hidden conditions that are often revealed on a hair mineral analysis, healing can begin to take place. The philosophy that underlies nutritional balancing maintains that illness develops in stages. Years of physical, biochemical and emotional upsets depletes the body of nutrients, causes the accumulation of toxic metals and in many other ways disturbs the body chemistry. These insults are added to imbalances, deficiencies and toxicity with which almost everyone today is born. Deep healing with nutritional balancing slowly reverses this degenerative process. This is a diet and lifestyle-based program, unlike many others.

Joy's passion is to provide outstanding services in the area of health and healing, which includes:

- Cutting edge information regarding diet, health and nutrition.
- Inspiration, motivation and education, that cuts through all the misconceptions about health and diet

A Multi-disciplined Approach:

- Natural Treatment to Balance the Body
- Nutritional Education
- Nutritional Coaching
- Nutritional Balancing and Hair Tissue Mineral Analysis
- Near-Infrared Sauna Therapy
- Lifestyle Modifications

PROGRAM BENEFITS:

- Renewed and Improved Health
- Improved Digestion
- Increased Vitality
- Attain a Better Quality of Life
- Improved Relaxation
- Better Sleep Quality
- Improved Sleep
- Healthy Weight Loss
- Correct Weakened Detoxification Patterns
- Heavy Metal Removal
- Learn Improved Lifestyle
- Restore Balance to Your Life
- Re-mineralize Your Body
- Reverse Aging Process
- Stronger Immune System
- Enriched Relationships
- Enhanced Athletic Performance
- Improved Concentration & Academic Achievement

“Faith is knowing one of two things will happen: There will be something solid to stand on or you will be taught to fly.”
-- Patrick Overton

“Everyone is entitled to optimal health. Having energy, possessing vitality, emotional balance, and innate sense of joy is within our reach.”

Joy grew up in New York and attended both the undergraduate and graduate division of the University of Pennsylvania. Her studies as an undergraduate focused on history, education and public policy. Graduate training at the University of Pennsylvania was in the area of public policy and education. Joy then went on to graduate Law School from the University of Miami where she worked in the area of Corporate Law, focusing on Mergers and Acquisitions, SEC filings and contract work.

Joy's interest in Health and Nutrition is truly a passion. Having personally journeyed back to health, she was inspired to change her career from a law to nutrition. Post-graduate training in Nutrition included both pursuing a Masters Degree in Holistic Nutrition as well as one-on-one mentoring by Dr. Lawrence Wilson, a physician, who studied directly under Dr. Paul Eck, a scientist and researcher, who has long been considered one of the foremost authorities on nutrition and on the science of mineral balancing.

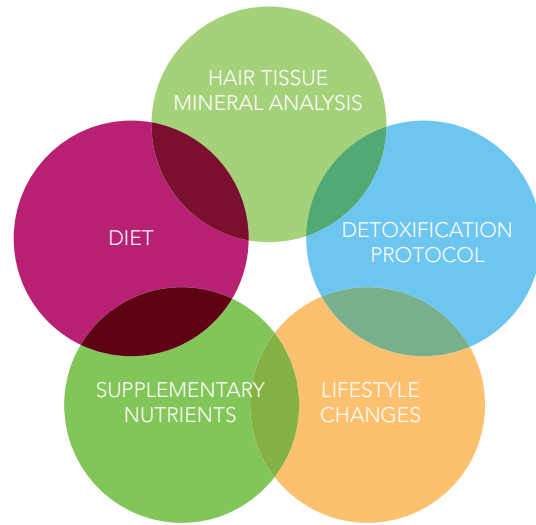
Under Dr. Wilson's tutelage, she earned a certificate in biochemical nutritional balancing science and also completed Advanced Training in Biochemical nutritional balancing science. Joy is also an instructor of nutritional balancing science for students interested in pursuing this course of study. To further assist her clients, Joy also studied Restorative Blissful Yoga, Yoga Therapy Training, Breath Work, and Meditation, as a means to provide additional healing techniques for clients on their path to transformation.

Joy Feldman has seen nutritional interventions assist in many ways that seem rather remarkable and simple. Today she provides individual counseling and consultation services to her worldwide network of clients. She coaches and motivates her clients to succeed by providing them with the most current information regarding diet, health and nutrition, cutting through all the misconceptions commonly held today. Her multi-disciplined healing paradigm, approaches health by providing a synthesis of various modalities based on well researched, informed professional recommendations, that yields successful results. She has documented success in helping motivate her clients to achieve their best health.

Joy presently resides in East Greenwich, Rhode Island. To learn more about her, please visit her website at www.joyfeldman.com and her blog at joyfeldman.com/blog/ You can also find her on facebook or follow her on twitter. Joy also writes a free monthly newsletter focusing on the area of nutritional balancing science, as well as other interesting areas of health and wellness.



FIVE KEYS TO WELLNESS THROUGH NUTRITIONAL BALANCING



WHAT IS NUTRITIONAL BALANCING?

Nutritional balancing is a program designed to bring the body into dynamic equilibrium. It honors the fact that we are all individuals with our own unique metabolic blueprint. It involves a different paradigm than traditional medicine. Standard medical treatment is based on the naming of a disease or a condition whereby a remedy or treatment is then prescribed. With Nutritional balancing, naming the condition is not as critical; rather, it's understanding the nature of the imbalance. Balancing the biochemistry is the starting point for healing and true health. Nutritional balancing, a total healing system, draws from many branches of science. Incorporating knowledge from the fields of biochemistry, physiology, nutrition, stress theory, pathology and psychology, this science is a synthesis that draws together many ideas. It presents a new and expanded approach to healing. It involves a precise means of assessing and monitoring the condition of the body chemistry. It also includes a new set of rules for interpreting hair mineral test results. Finally, it offers specific applications of diet, supplementary nutrients, detoxification protocols, mental and emotional suggestions and more to raise one's energy level and restore a more balanced chemistry.

“Nutritional balancing science is an advanced method of healing the body that draws upon Western medical sciences, and other ancient healing wisdom. Nutritional balancing helps restore the body’s vitality and energy-producing capacity by gently but powerfully balancing body chemistry, rather than through the use of many remedies.”

-- Dr. Wilson

FIVE KEYS TO WELLNESS

1. WHAT IS HAIR TISSUE MINERAL ANALYSIS?

A hair tissue mineral analysis (HTMA) is a screening test that measures the levels of twenty-one minerals and toxic metals present in a sample of hair. Minerals are the “spark plugs” of life and play many important health related roles within the human body. Providing a window into the cells, hair makes an excellent biopsy material and reveals a clear record of mineral metabolism. Hair, like all other body tissues, contains minerals that are deposited as the hair grows. The minerals and toxic metals are locked inside the hair during the growth stage as the body uses it for the storage and elimination of minerals. This test can help to identify nutritional and toxic elements that play a role in human health. The contents of this analysis are not intended to be diagnostic.

Benefits of hair analysis:

- Families can learn from a hair analysis why a child has learning difficulties, attention deficit disorder, infections or trouble falling asleep at night
- Learn why a partner may be withdrawn moody, anxious or depressed
- Government agencies and researchers use hair analysis to monitor environmental and occupational exposure to toxic metals
- Animal owners and veterinarians find hair analysis an excellent method to monitor, prevent & correct health conditions in many animal species.

TOXIC METALS

Toxic metals comprise a group of minerals that have no known function in the body and, in fact, are harmful. Today mankind is exposed to the highest levels of these metals in recorded history. This is due to their industrial use, the unrestricted burning of coal, natural gas and petroleum, and incineration of waste materials worldwide. Toxic metals are now everywhere and affect everyone. They have become a major cause of illness, aging and even genetic defects.

The presence of toxic metals and chemicals can potentially present a serious health hazard. A review of over 400 medical studies by the US Environmental Protection Agency revealed that hair tissue mineral analysis is a meaningful test to detect toxic metals. Toxic metals can cause hundreds of symptoms and contribute to many serious health conditions. Reducing the presence of toxic metals is a primary goal of your nutritional balancing program. The unique value of hair mineral tissue mineral analysis is to not only detect toxic metals, but to guide the balancing of body chemistry to assure their safe and swift removal. The recommended diet, supplement, lifestyle and detoxification program will slowly release layer after layer.

Did You Know That Hair Analysis Can Identify:

- Trace element deficiencies
- Immune system activity
- Trends for psychological and emotional conditions
- Heavy metal toxicity
- Cellular energy levels
- Glucose tolerance
- Stages of Stress
- Adrenal and thyroid activity
- Which foods and nutritional supplements are right for you

Individualize a Nutrition and Supplement Program Based on Your Own Biochemistry:

- Create a specialized diet for your individual needs
- Supplement program is optional



2. DETOXIFICATION PROTOCOL

The near infrared sauna is one of the least costly, safest and most powerful ways to eliminate toxic metals, toxic chemicals and chronic infections.

The benefits include:

- Skin rejuvenation
- Enhanced sweating
- Decongested internal organs
- Enhance circulation
- Elimination of bacteria, fungi, parasites and viruses
- Reduction of abnormal cells, such as tumors

The unique value of hair mineral tissue mineral analysis is to not only detect toxic metals, but to guide the balancing of body chemistry to assure their safe and swift removal. The recommended diet, supplement, lifestyle and detoxification program will slowly release layer after layer.

4. SUPPLEMENTARY NUTRIENTS

The Supplement program recommendations are based upon the results of your hair test. The reason I recommend these nutrients are based on the following reasons:

- *Most people today are born depleted of vital nutrients.*
- *The soil is depleted.*
- *High-yield crops are deficient in certain nutrients.*
- *Modern fertilizers do not supply enough trace elements.*
- *Pesticides and herbicides kill soil microorganisms and affect the nutritional value of the plant.*
- *Long distance transportation of many foods diminishes their nutrition (I love for my clients to shop locally at farmer's markets for this aforementioned reason).*
- *Food additives often deplete nutrients in the body.*
- *Stressful lifestyles exhaust the body of important nutrients.*
- *Food processing reduces nutrient content.*
- *Special life situations that may require extra nutrients include, pregnancy, lactation, breast feeding, old age, childhood, adolescence and youth.*

3. DIET

Hair tissue mineral analysis is an excellent way to guide dietary recommendations and to help assess how a person is metabolizing food. A diet may appear to be correct, but it is often difficult to obtain feedback on the effects of that diet. Hair analysis can help provide that feedback. Dr. George Watson, author of *Nutrition and Your Mind*, based the concept of metabolic typing on results he saw as he researched aspects of human metabolism. Dr. Eck, founder of Nutritional balancing, was the first person to identify and correlate hair mineral ratios with oxidation types. There are two types of oxidation rates: slow and fast.

Slow Oxidizer:

is an individual who metabolizes food at a rate slower than required for the production of energy. Generally, the diet includes, high-quality proteins and preferably organically grown cooked vegetables of many kinds are excellent for slow oxidizers. These foods help maintain blood sugar and support adrenal and thyroid activity.

Fast Oxidizer:

is a person who metabolizes food at a rate faster than required for the production of energy. Organically grown, high quality food is the basis for all diet suggestions. Fast oxidizers require more high-quality and preferably raw fats and oils than other people. Fast oxidizers also need plenty of fresh or freshly frozen vegetables, mainly the root vegetables, but some of the others are excellent as well. They also need some high quality and preferably animal protein daily and not many carbohydrates. Sugars and refined starches are particularly harmful for fast oxidizers.

5. LIFESTYLE CHANGES

A healthy lifestyle will significantly enhance the speed at which your body chemistry will return to a balanced state. The following concepts are essential to optimal health:

- Sleep
- Rest
- Meditation
- Exercise
- Simplifying

An extremely healthful lifestyle is the most basic healing modality in nutritional balancing science. Lifestyle by its nature, is entirely a whole systems aspect of health. For instance, sleep affects every aspect of human functioning, as do activity and eating habits. Moreover, a healthy lifestyle means moderation in all good things, and avoidance, if possible of all that is toxic. But most importantly, lifestyle is more than just a list of habits to cultivate and those to avoid. It is also about the balance of healthful items in your life. Example: Loving the self and others - It is important to balance your own need for rest, proper nutrition and every other aspect of a nutritional balancing program, as well as the needs of those around you. Self-love is essential for success with this program and for all healing, in fact.

FOOD GLORIOUS FOOD

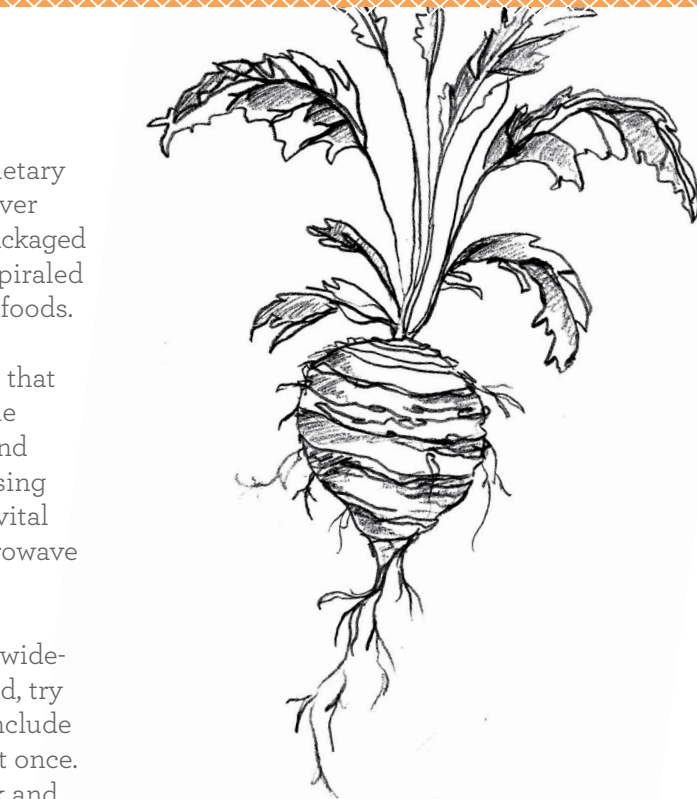
Sometime during the last few decades, Americans lost their dietary sense. The accumulated nutritional guidelines passed down over centuries were shunned. Our markets today are filled with pre-packaged boxes of manufactured foods. As a result, health issues have spiraled out of control. It is time to return to simple, clean basic whole foods.

For a healthy body as well as a clear mind, it is very important that you start with high quality ingredients and whole foods. Whole Foods refer to those foods in which nothing has been added and nothing has been removed. Cooking for good health means using ingredients that have not been processed or stripped of their vital nutrients. Omit processed foods, minimize the use of the microwave and read the labels as you shop.

Small events down the road, may have a more significant and widespread outcome than you originally thought. With that in mind, try to institute this concept as you begin to change your diet to include clean, whole foods. You do not have to overhaul your diet all at once. Try making changes slowly introducing a new food each week and removing an unhealthy food each week. Over time, these minor changes will reprogram the way you think of foods. All without the pressure of a quick change. Never undervalue the positives that you are crafting with those small baby steps. Always remember that you are moving in the right direction, your goal of a million miles.

THIS DIET CONSISTS OF:

- A variety of steamed, lightly cooked organic vegetables
- Natural and organic grass fed meats (which include poultry, lamb, eggs and organic dairy, some beans, salmon, sardines or other small fish two times a week)
- A variety of grains such as brown rice, millet and quinoa
- Some high quality raw (certified) organic full fat dairy
- Healthy quality fats such as butter, egg yolks, flax oil, hemp oil, olive oil, and small amounts of vegetable oils
- Minimal fruit (berries or an apple)



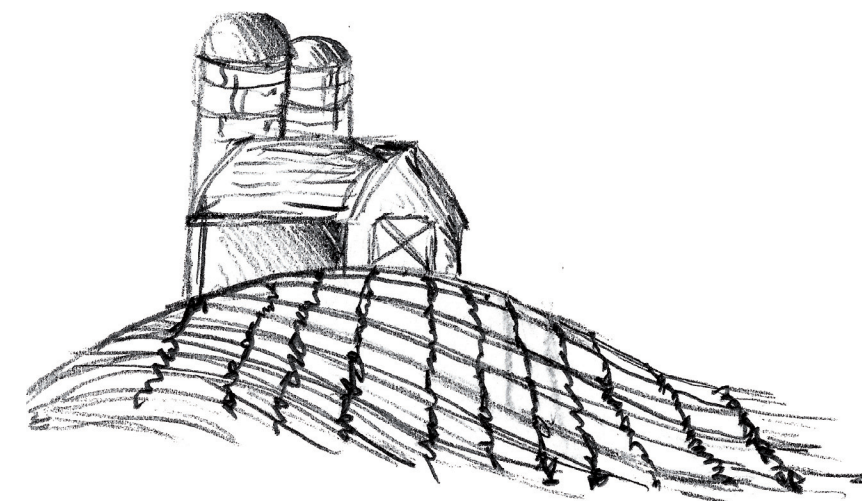
REMOVE FROM YOUR DIET:

- White Sugar
- Artificial Sweeteners
- Preservatives
- Additives
- Chemicals and Unhealthy fats
(Trans-fats, Hydrogenated and Partially Hydrogenated Oils)

BECOME A "LOCAVORE"

Know your farmer, know your food. Where to Shop? People who value local as their primary food criterion are sometimes referred to as locavores. The term "locavore" was coined by Jessica Prentice from the San Francisco Bay Area for World Environment Day 2005 to describe and promote the practice of eating a diet consisting of food harvested from within an area most commonly bound by a 100 mile radius. With such excitement and momentum building in the local food movement, the New Oxford American Dictionary chose locavore as its word of the year in 2007.

Did you know that most of the food you eat travels an average of 1,500 miles in order to reach your plate? The best organic food is what is grown closest to you. Worldwide, many people are rediscovering the benefits of buying local food. Eating locally will also lead you to consume less processed foods. In general, eating whole foods allows you to have more control over the substances that you put into your body. You will likely begin to consume fewer food additives and extra sugars, which can over time improve your health and well-being. Check out your local farmers markets.



Locavore: noun

1. Regional Patriotism— one who eats foods locally.

The top ten reasons to buy local:

- 1 Locally grown produce is fresher.
- 2 Local food tastes better.
- 3 Locally grown fruits and vegetables have longer to ripen.
- 4 Eating local means supporting local economy.
- 5 Air quality is improved.
- 6 Buying local means keeping in touch with the seasons.
- 7 You can connect with your community.
- 8 Eating Local is safer as foods are less susceptible to harmful contaminants.
- 9 There is more variety.
- 10 Supports local and responsible land development.

“Shipping is a terrible thing to do to vegetables. They probably get jet lagged just like people.”

A CLOSER LOOK AT ADULT AND CHILDREN'S HEALTH

Today, the staggering health statistics we face as a nation is unimaginable. One in three people die from cancer. One in five pregnancies end in miscarriage. We have an unprecedented rise in obesity, osteoporosis, allergies, asthma, mental illness, birth defects, ulcers and emphysema. Additionally, many people today face paralyzing exhaustion and crippling fatigue. Sadly, it seems as though we have forgotten that our natural state is one of balance and vitality. Greater options do not necessarily translate to greater value when it comes to diet and nutrition. Simple preparation of nutrient rich foods is what keeps a body healthy. Choosing the proper foods will help restore your energy, bring wellness and healing into your life. The correct foods for your body have the power to heal, just as the wrong foods can trigger illness and rapid aging.

The most important concept in Nutritional balancing is the idea of dynamic equilibrium. This concept implies the existence of a set of complimentary opposites that need to be weighed or balanced with each other to form the most harmonious situation for healing. Just think of a symphony. All parts have to play in unison, just as the parts in a body must play in harmony for the body to function optimally. As there is an orchestra leader, you are the leader of your body. If the violin is out of tune, there are problems. In your body, if one mineral is out of balance, it affects the whole body.

HEALTHY CHILDREN ARE RESILIENT!

It is unfortunate today that children are born nutritionally deficient. So often, their mothers are nutritionally deficient as well. Toxic metals and mineral imbalances are passed on through the placenta to the babies. Once in the world, children are subjected to foods that are denatured, filled with sugar, chemical additives that have no nutritional value. In addition, many are also given medical drugs at a tender age that add to their toxic load as well as 20 vaccines that are preserved with aluminum and mercury or worse substances. This is the start in life that most children receive today in America. As a result, many children often become addicted to sugar and to stimulants. It may be disguised as Starbucks, vegetarianism, smoothies or other fashionable habits. These stimulants further deplete the children's nutrient levels as they force the body to respond to the drug or stimulant.

As part of this program, I look to help you balance your health and restore your energy by:

- Balancing the Oxidation Rate
- Balancing the Minerals
- Balancing the Diet
- Balancing Lifestyle
- Eliminating Heavy Metals

“I am happy to help you achieve your goals. However, please be aware that my recommendations are not a substitute for professional medical care. Thank you for choosing to work with me. I hope you find health and happiness through this program.”

What many of us have forgotten is that food is our basic fuel. It is not magic. Our bodies need nutrient rich foods along with a balanced diet in order to work properly. The body, an energy-producing machine, needs stable fuel. Sugar, carbohydrates, sodas, fruit, breads, pasta, and candy are not stable fuels. The body must engage to break down stable fuel to produce energy. I see children who cannot stay awake in the morning or who cannot pay attention. I see children who cannot hold up in the process of getting ready for their day after eating a breakfast of cereal and fruit juice. There is a basic need for excellent nutrition, which includes a protein with each meal and snack.

Children are especially vulnerable to poor nutrition and are very responsive to good nutrition. They have tremendous internal demands on their bodies for growth and development. There is in fact a major construction project going on all of the time with children as you are building a system and laying down the structures for a lifetime. When you are tending a garden you can see your plants wilt when they do not receive what they need to be maintained. Many of the symptoms we see in children can be lessened with proper support. We don't put milk in our cars for fuel—we use what would be right for the connections to be complete. For a light bulb to be on, the light needs to be plugged into a source. Like these examples, the body needs to be engaged in the process of breaking down fuel to produce energy in a steady and even way.

It is often difficult for parents who live at a fast pace and do not always take care of themselves. They want a quick answer and they want their children to perform well. It is my experience that there really are no short cuts around good basic eating and plenty of rest.

Healthy children are resilient! They are also eager to learn and they are not always ill and getting over colds, allergic reactions and moods. They are not always tired and yawning or bored or fearful. I have seen nutritional changes help a sickly child become vibrant, cooperative and function. It takes time, persistence, good diet and patience. Without energy the child remains stuck and unable to move out of symptoms and dysfunction. I always say to clients that the body is never as strong as when it is involved in the process of breaking down fuel to produce energy—that is the job of the body. From birth on, children need guidance, protection and training in how to eat to live, rather than how to live to eat.



IS YOUR HAIR MADE OF DONUTS?



EXCITING NEWS!

AVAILABLE SUMMER 2011

The Blossom Family: They see things differently and they do things differently in a world that supersedes everything.

Is Your Hair Made of Donuts? is no ordinary adventure.

Adoringly absurd, and filled with laugh-out-loud appeal, this delightful picture book focuses on two siblings, Matthew and Madison Blossom, who do not consume junk food – no sugar, no processed foods and no chemical additives. Their mom does not allow them to eat donuts, candy, chocolate, fast food, soda, chewing gum, brightly colored drinks or juices, puddings, neon green, blue or hot pink foods that were created to last forever. Come join them as they unexpectedly head into an amusing, educational and delicious journey towards healthy choices where they learn that “they are what they eat.” Your appetite for this magical story, *Is your Hair Made of Donuts?* will simply be insatiable.

Some children remember factual tidbits, but all children remember stories. These two inspirational and charming children have been educated through their own senses about the benefits of eating healthy, whole foods such as locally grown vegetables, whole grains, free-range meats and poultry. Insisting that they are tired of feeling different from other children because they do not eat junk food, one day, their mother allows them to indulge in whatever invented foods they want from “The Wastelands” – those aisles of the market stockpiled with chemical confections.

After consuming these processed products, Madison embarks on a whimsical adventure that takes place in the form of a captivating and bewitching dream- the hair of both Madison and Matthew, with a touch of sparkle and sprinkles, transforms into large oversized, gooey custard filled donuts after both of them consume a multitude of these baked treats. Upon awakening from her bewitching dream, Madison’s mom seizes the moment to instruct her children on the importance of healthy eating. At the end of the story, both children understand they are “literally what they eat” and vow to follow their healthy regimen without comparing themselves to the other children.

Is Your Hair Made of Donuts? empowers young people to take control of their diet and health with each delicious bite of knowledge found in this magical journey. PSSST...Make sure to check your hair for “rainbow colored sprinkles or are they sparkles,” when you finish reading this scrumptious adventure.

“Is Your Hair Made of Donuts? is a wonderful children’s book discussing the Blossom family’s choice to eat wholesome, healthy, organic vegetables, grass-fed meats and free range eggs in hopes of making them happy, smart, athletic and healthy. It’s as if the author is reading my mind and is sitting right at our dinner table. On a family trip to the supermarket, the children’s characters (Matthew and Madison) ring so true to life and accurately portray the challenges both parents and children face by media and peer pressure. They beg to have fake foods that they are bombarded with when watching TV and want what their friends bring to lunch. After their Mom allows them to fill the cart with such temptations, they go home eat them and immediately feel sick. This children’s nutrition book is above the rest! Its characters, morals and lesson are clear and interesting. As a Mom of two boys and a baby to come, this children’s book will be a wonderful way to relate our values in a fun, interesting and funny way to the boy’s peers and classmates. Madison’s dream puts into perspective the dangers of such consumption. Hold true to your nutrition plan, or your hair may indeed be made of donuts.”

*– Crystal Fonseca, La Leche League, Leader
Lecturer, Communication Studies Department
University of Rhode Island*

Kids, Parents and Educators that read this book will learn:

- Benefits of eating healthy foods
- The philosophy of why “we are what we eat”
- How to make healthy food choices
- Leadership qualities
- How to be respectful of their parents’ values and belief
- How to be open minded to new experiences
- To have good judgment
- About self-worth and self-esteem
- How to make good choices
- Three healthful easy to prepare recipes

“The wise man should consider that health is the greatest of human blessings. Let food be your medicine.”
—Hippocrates

JOYFUL COOKING



“At last a ground-breaking and insightful informative book done in a user friendly and all inclusive format, delivering a pinpoint focus on the healing powers and life enrichment of often overshadowed simplified real whole foods nutrition. What this book offers is nothing short of a breath of vital fresh life force to those seeking methods to rid the body of dis-ease and start eating and living as if life really matters.”
—Ramsay Mead, RYT, CN

This Impressive New Volume Contains:

- Newly designed charts
- A removable shopping list
- Sidebars all in an attractive new easily accessible format
- Expanded Appendices
- Chapter on Weight Loss
- Expanded Recipe Sections
- Easy to follow Recipe Locator
- New Information on Nutritional Balancing
- Five day Menu for slow & fast oxidation in at-a-glance chart format
- Information on Supplements
- Information for Expecting Mothers and Dads too!
- Natural Baby Formulas
- Simple Recipes that require little prep time.

In Joy’s new kitchen resource, this unique cookbook for both young and old, not only provides over 100 recipes for health conscious cooks, but also contains groundbreaking new information in eight easy to read chapters on the nutritional balancing program: a total healing system designed to restore and balance the body and the mind. From a comprehensive healing system, to reorganizing your kitchen, followed by delicious recipes from a variety of cuisines, this thought provoking volume has been created to be both your health and kitchen resource. Joyful Cooking, the only cookbook designed for the nutritional balancing program, but wonderful for anyone interested in improving their health, offers the reader a chance to design a total health program that’s right for your metabolic type.

This essential guide for living with a sensible nutrient rich diet, individualized for your body type, allows you to eat foods that seems like a major indulgence-- you will be surprised by what she offers. With possibilities ranging from lamb stew to pumpkin pie, and roasted vegetables to delicious mineral rich soups, you’ll barely notice you’ve started a regimen that can optimize your health, your weight, and your total well-being. And Joy even includes strategies that will help any parent incorporate better health for the whole family. Kids of all ages can benefit from the healthy eating guidance offered in her chapter on Healthy Children and recipes dedicated to children ensuring that they are getting a nutritious diet. These ingredients used to balance, restore, and heal, are for all individuals, both young and old, in pursuit of good health.

HORS D’OEUVRES OF HOPE



Every thought with a serving of hope, anything is possible

Hors d’oeuvres of Hope are Inspirational Recipe Cards. A small company founded on the basis of self-love, inspiration, wisdom and of course—hope, I created these glorious recipe cards to motivate and inspire you to achieve optimal health. I believe that excellent health is predicated on various factors—it is more than just choosing the correct foods—it is about self-love, shifting basic thought processes, and caring for your mind, body, and soul. I hope that these beautiful inspirational recipe cards, based in nature, will provide you with loving and gentle thoughts to help you achieve optimal health.

“With a serving of hope, anything is possible.”



No seriousness allowed.



Failure is impossible.



I choose to love myself.

HEALING: AN OVERVIEW

INTRODUCTION

Nineteen years ago, I had my first encounter with hair analysis. When I first began the process, I had no idea where it would take me. I was ill with an undiagnosed rheumatoid condition that left me virtually crippled from the neck down. I had a two year old that I could not care for, and realized then that I did not want to spend my life ill. Within six weeks of following this individualized nutritional balancing program, all my blood work normalized, and my vitality and health gradually became restored. I had tried many types of nutritional programs prior to this, but only hair analysis made a difference in my health. It has changed my life, and I hope I will be able to help change your life as well.

I am so glad that you have decided to embark on a new path of health and have chosen to work with me to meet your goals. There are a few points I would like to remind you about regarding hair analysis. First, hair analysis is much more than a test for minerals. From a small sample of your hair, you can learn about your metabolic rate, stage of stress, immune system, adrenal and thyroid glandular activity. The test offers accurate information about carbohydrate tolerance, energy level, and tendencies for over thirty illnesses, often years before they manifest. You can tell if you are eating enough protein, or eating too many carbohydrates.

What is important to realize is that this program takes time, effort and dedication. For some people, it may take months or even years to reach their desired goals due to their present health status. This is because the program attempts to rebuild and strengthen your body with appropriate, beneficial foods and supplements, as well as other additional lifestyle changes. I would like my clients to know that retests are an important part of the program and help monitor changes that are occurring in the body. Some chemistries change and flip flop very quickly when the hair is not retested as suggested; the supplements may no longer be as effective and you may begin not to feel well. Please remember that many times, entirely different patterns show up on the retests. As one imbalance is corrected, even further underlying imbalances are revealed just like peeling off the layers of an onion; this is why we retest every three to four months. Once you begin to feel better and stabilize, I recommend that retesting be done every six months to once a year.

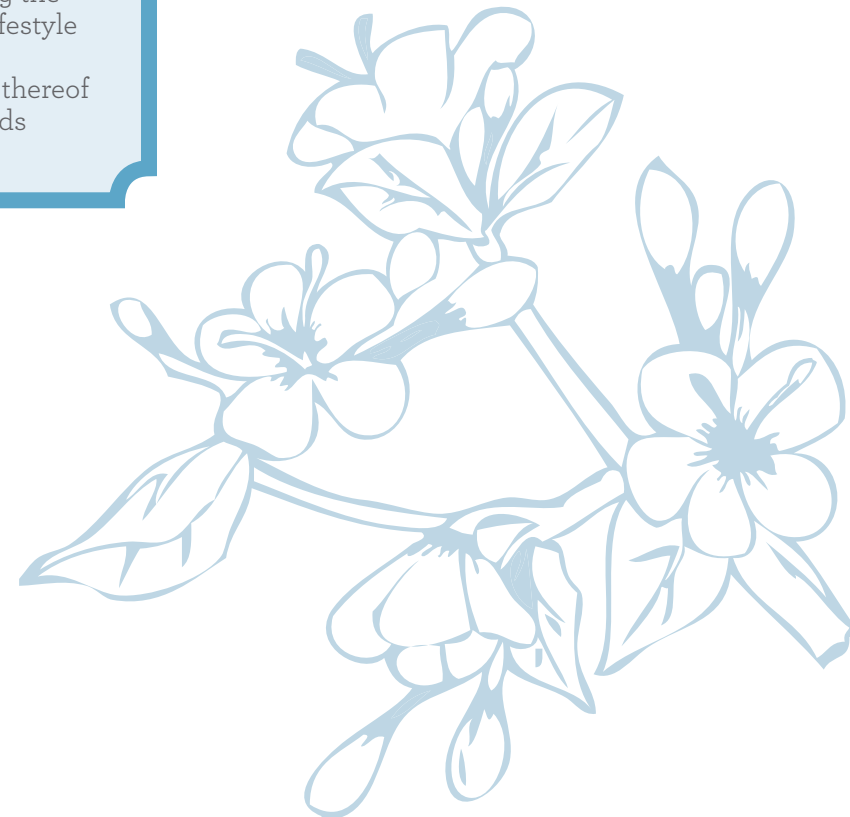
Furthermore, it is essential that we keep the lines of communication open. If you do not feel well on a particular program, please contact me. If you feel well on the program, and then after a few weeks you begin to feel worse, please do not hesitate to contact me. If you feel

Commitment

The rebuilding and balancing of the body takes time and is hard to estimate, as a complete transformation can take up to several years. Factors that influence the time needed for change may include any of the following:

- The current state of body chemistry
- The nature of the health condition
- Length of time a condition has been present
- Stress level of an individual
- Mental attitude, persistence, patience, and desire to get well
- Faithfulness in following the diet, supplement, and lifestyle recommendations
- Moral support and lack thereof among family and friends

“I’m happy to help you achieve your goals. However, please be aware that my recommendations are not a substitute for professional medical care. Thank you for choosing to work with me. I hope you find health and happiness through this program.”



absolutely great, call me and let me know that too. I feel it is important to be candid with my clients and let them know that this process is not a band-aid, but rather a rebuilding of the body that takes time, patience and communication. I am invested in helping you to feel better and to meet your goals. Therefore, please do not hesitate contact me with any questions, concerns or issues.

HEALING REACTIONS

I believe it is important to touch on Healing Reactions as success with nutritional balancing involves an understanding of this concept. Nutritional balancing involves a different paradigm and perspective than standard medical diagnosis and treatment. Traditional medicine is based on a diagnosis of naming a disease or condition where a remedy or treatment is then prescribed. In nutritional balancing, naming the condition is not so critical; rather, an assessment of the body’s chemistry is the primary concern.

The hair mineral test and other methods can help with this assessment, as they provide a biochemical picture of the body and how it is functioning. Ill health is considered the result of imbalances that impair the natural healing capability of the body. The focus is on strengthening the body’s defenses by enhancing energy and helping to restore balance in the body. As energy levels improve with nutritional balancing, certain reactions occur. This phenomenon is known as a healing reaction, a healing crisis, or simply, retracing. This concept is well known in other healing arts such as homeopathy and psychoanalysis. Retracing is important so that a corrective action by the body is not mistaken for a disease process. For instance, digestion may become sluggish, bowel action may increase or decrease, old scars, wounds, or other conditions may ache and swell up as the healing process takes place. Certain metals, when they are being eliminated from the body can cause, insomnia, fatigue, anxiety, or depression. You could have a bad taste in their mouth, or even temporary body odor. On an emotional level, old fears, odd dreams, depression, and anxiety could resurface. Nevertheless, all of these symptoms are a sign that your body is healing and realigning itself!

As I mentioned earlier, if you have any symptoms, please call me so that I can help you decipher whether what you are experiencing is a healing reaction or a more complex issue. If any symptom becomes annoying or worrisome, please call as well. Most healing reactions are rapid and benign, and I can provide some methods to help you if you are experiencing a healing crisis, so please again, communicate with me so that I can help you achieve optimum health.

“I thank you for your interest in hair tissue mineral analysis (HTMA) and, more specifically, nutritional balancing science. By helping to remove toxic minerals and replace them with vital nutrient minerals in an intense, but safe way through balancing the electrolytes, the program also develops the body at deep levels of functioning. It is therefore quite preventive and predictive, with the goal of not only removing conditions one is aware of, but correcting deeper tendencies for illness and dysfunction as well.”

INSTRUCTIONS

1. Fill in the information sheets about yourself.

2. Cut the hair sample:

Please follow the instructions for below closely—this is important for an accurate test result. I need a tablespoon of hair. The hair on the back of the head often grows fastest and easiest to sample.

Hair preparation: Make sure your hair has been washed preferably with mild soap or with shampoo within 48 hours. Using a conditioner or rinse is okay, but it would be best to just use soap or a very mild shampoo for best results. Do not place other products on the hair just before cutting the hair sample such as hair cream, hair spray or others.

Tints, dyes, color rinses and highlighting: These can be on your hair when you cut a sample for analysis. I am aware that some laboratories do not allow these products or hair treatments when taking a sample for a hair analysis. However, I find that they usually do not affect the test enough to force you to wait for weeks to send in your sample. In fact most tints, dyes and rinses do not contain many minerals so they will not affect the test at all. The more natural the hair, however, the more accurate the results.

Bleaches and Permanents: After a bleach or permanent, especially a beauty parlor permanent, wash your hair four or five times before sending in a sample as these affect the hair structure and may have more effect on the test results.

Hair Cutting Procedure: Cut several small snips of hair as close as possible to the scalp. You may cut the samples from along the sides, top or back of the head. Place the samples on a clean table with the cut end facing you. Now cut off any long ends of hair that are over 1-inch long. The long ends of hair are older and are not as good for sampling. The new hair, near the scalp, is much better. You will have enough hair when the 1 inch cut samples fill a tablespoon. Then, place all the hair in a paper envelope. Write your name, age and date of sampling on the envelope. Do not use pubic, hair, as it is less accurate, unless you have no other option.

FEES

Hair test and consultation fee: \$250.00
(I usually spend about an hour to an hour and half for the first consultation.)

Follow-up consultation fee: four weeks after you being the program is \$50.00.
(This consult is about 45-60 minutes.)

Retest: Every 3 to 4 months, I recommend that you retest your hair so that we can redesign your program as necessary. The retest is \$150.00. Again, on the retest, I usually spend about 45-60 minutes with you to go over your results.

Approximate cost of vitamins: You should expect the monthly cost for vitamins to be between \$100.00 and \$150.00. You can call the Lab directly to order the vitamins.
The phone number for Analytical Research Labs (ARL) is 602-995-1580.

Extra: If you would like the extra laboratory diet profile, please enclose an extra \$50.00. (This is not necessary, as I will discuss your diet. However, it provides a lot of extra information in a 25-page booklet.)

- The fee for the program includes brief follow-up phone calls or e-mails, if needed.
(There is no charge if the phone calls are shorter than fifteen minutes).
- Also included is a copy of my book *Joyful Cooking in the Pursuit of Good Health*.

CONTACT

For individual sessions, consultations and to request more information, you can contact me directly at:

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TESTIMONIALS

HOW LUCKY I AM today because of my improved health and nutritional gains. Joy Feldman helped me survive a difficult time in my life. Not only was I one hundred pounds heavier but my health was so poor that my family wondered if I would survive. I started a food plan with Joy that included a nutritional diet and supplements. At that point, I would have done anything to help myself feel better. To be perfectly honest, I didn't really believe that eating 5 meals a day (small) would allow my body to shed this weight. I kept a journal with the foods I ate and the supplements I needed daily. Within the year I lost the weight although I am still working on losing more. I stopped eating sugar and wheat and watched my body change. It is a difficult road to follow but with all the help and guidance I had from Joy, I was able to live healthier each day. I do moderate exercise and swim three to four times a week." —S. K., Florida

"I FOUND JOY FELDMAN BY ACCIDENT around the end of August 2008 when I was desperate to find a way to get myself fixed and in good health. I went online and was looking for a Yoga class near work so I could take classes, (not that I would have been able to do the yoga in the shape I was in anyway). I was 336 lbs at age 54 and I had just got my blood test results from my doctor that said I was on the verge of diabetes, I was on cholesterol medication, I had edema in my legs, I had a fatty liver, and I could barely walk without being out of breath. I was desperate to find something. I was a lifetime Weight Watcher but it just wasn't working for me any more. I prayed that God would lead me to something or someone who would get me the help I needed before I ate myself to death.

It has been about 11 weeks since I started Joy's program and I have lost 32 lbs, which is about 3 lbs a week. I look like I lost more than that because the bloat that I was carrying around from eating wheat and white flour was down quite a bit. My blood work has improved as well. My glucose went from 124 to 104. My cholesterol went from 150-108. I am now off my cholesterol medication. My LDL's (bad cholesterol) dropped from 79.6 to 54.8. I had a fatty liver and now that is gone. My liver functions are now all normal. I feel like a new person and I don't want to go back to the way I was ever again. It isn't worth it. I look at what other people are eating and I hear and see what commercials and ads say about some food items and I know they are lying. I want to tell everyone that a lot of the foods they are eating are killing them and they don't know it. But like me, sometimes you have to hit bottom before you hear anyone. I feel like I want to have everyone feel like I do. Joy has been there with me through all this. She calls me to see how I am doing if I haven't called her first and keeps encouraging me and reminding me where I came from. She is my Angel in disguise."

—D.P., Rhode Island

"Joy's program has changed the way I look at life and the way I live it! I always thought I lead a healthy life style, but when my sister-in-law recommended hair analysis to help me with a circulatory issue that I was having, I never thought that my whole digestive system would improve 100%. I began with the diet change and I was very skeptical about taking vitamins. However, slowly and at my own pace, I added the supplements and now I feel the best that I ever have. I have become aware of who I truly am!"

—J.N., Florida

"I AM A CLIENT OF JOY FELDMAN'S. I started my 11 year-old son on the program about 7 months ago because he was diagnosed with ADHD. He has always had difficulty sleeping at night. He would lay awake at night restless and pensive. He would have difficulty staying focused in school. After my consultation with Joy, my son was enrolled in the program. He has been on the program for about 7 months and he is a different person, Since I have changed his diet, cut back his sugar intake, crabs and wheat and increased his protein and vegetables, he is calmer more focused and is sleeping much better. My other family members witnessed such a positive change in him that they are all currently on the program. My husband, daughter, mother, father and myself are all benefiting from it." —K.N., Rhode Island

"WORKING WITH JOY OVER the past couple of months has been an answer to my prayers. About 6 months ago, I started experiencing very strange symptoms of fatigue, muscle soreness, joint stiffness, headaches, etc. I went through two doctors, a trip to the emergency room and four rounds of blood work only to be told 'you are exhausted with your life, drink more water and rest more.' I am a 34 year old mother of three children and my anxiety levels were through the roof because my health was deteriorating and I had no answers. Before these new symptoms came on, I tried to get pregnant for 5 months to no avail (previously I was able to get pregnant the first month both times I tried, one time being with identical twins). Over the last couple of years I have suffered from post-nasal drip, sinus infections, chronic yeast infections, anxiety/stress, and intense sugar cravings.

I am two months into my program with Joy and the majority of my symptoms have disappeared and I have lost 10 lbs! I feel more energy for keeping up with my kids and I am making better choices with feeding my family. Joy is AMAZING, she is extremely responsive and available to help with any questions you have on the program. She works with you to map out the best program, keeping all of your needs in mind relative to both your health and budget. Besides Joy being so wonderful, the program really does work, I can't wait to see how much I improve within 6 months."

—C.D., New Jersey

"When I met Joy she was so calm, patient, reassuring and ready to help me find some answers. Joy was able to assess many deficiencies and imbalances in my body after running a hair analysis and by listening to my daily routine and food choices. I had previously thought I was a healthy eater, but I did not realize I was not balancing my food choices, my sugar intake was way too high and I was taking the wrong supplements."

—C.F., Rhode Island



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