



Newsletter: January 2009

From the Desk of Julia Workman

Happy New Year! We hope you have a wonderful new year with lots of health, happiness and prosperity, filled with many wonderful experiences and adventures.

We have had a wonderful year in 2008. Many new practioners have joined I-Health and we have enjoyed each one as they have brought their enthusiasm, experiences and ideas to the whole of I Health. Thank you for joining our I-Health team of excellence. The latest new practioners are:

Jens, Jacqueline, and Rachel Mickelson, Nephi UT

Bonita Lunt, Kaysville UT

Tammy Nedeau,

Debra Titensor, Star Valley, WY

As you can see we have strengthened our numbers here in Utah and the Intermountain west. We hope to move across the Nation and become as well known in other states as we are here. With our desire and will intact, we are looking forward to 2009. There is a lot to do to spread this great work. We hope each of you will be willing to teach others about the tremendous opportunity of I-Health. This year alone, thousands of people here in the states have been helped with I Health. Nearly every day I receive calls telling me success stories. The following testimonials are an example of the great things that are happening with some of our new practioners. Thank you to Lynnette Moss, Bonita Lunt, and Brandy Barker for the following testimonials:

Testimonials:

This past year has been an amazing ride for me with I Health. I got my system last January and hit the ground running and never looked back. It seemed that as I set the intent to step up and be available to assist people through I Health they just started to call! The benefits I have found for doing I Health are many fold but let me share 3 things I really love about this adventure (not necessarily in the order of importance). 1) I LOVE to learn. I could be happy being a professional student; I Health has filled my thirst for learning and knowledge. 2) My I Health business has been very rewarding to me financially. 3) It has been very gratifying for me to be able to help people feel better physically and emotionally. Let me give you an example of what I have seen with my clients. I had a 60 year old gentleman come to see me. He had been to several doctors for a pain in his chest that went around to his back. He was in extreme pain that never let up. The doctors had run every test that they could think of and had found nothing. He was at his wits end and ready to do anything if it would help him feel better. I ran a series of scans and began sessions with him. After his third session he was eager to report to me that the pain he had previously complained about was completely gone! He continued to have a few more sessions where we were able to clear up some deep seeded core belief issues and he is still doing great today. For me having the tools to assist people in this type physical and emotional freedom is thrilling. I am so thankful for the path in my life, that lead me to I Health. As I eagerly look forward to the future I am full of excitement for the infinite possibilities that are ahead of me.

Lynette Moss

My first experience with i-health was in October, I had been playing soccer and had my medial muscle fully engaged to kick the ball when another player kneed me just above the knee in that muscle. My muscle immediately knotted in a knot about 4 inches in circumference I could barely walk. I went to my mom (Bonita Lunt) where she started to apply raymedies directly above the knotted muscle with the I-Light. I remember being so surprised that within literally seconds of shining the I-Light on the leg I felt a fluttery feeling happen to the muscle and within about 10 minutes of various raymedies I could extend the leg which I could not do prior. The knot took some time to work out, however, with a couple more treatments, some with the I-Light and some with the Beamer I could move with little to no pain. After bragging to friends and acquaintances about how well it worked I asked my mom to see if she could help me with my shoulders. I am a weight lifter and have had pain in my shoulders so I have managed to readjust lifts in order to get some of what I want. My mom used Muscutron through the I-Light for 5 minutes on my right shoulder and 7 minutes on my left shoulder then asked me how they felt. There was absolutely no pain in the left and just a tiny in the right. She did 2 more minutes on the right shoulder and the pain was completely gone. The next morning when I did my workout I decided to try a couple of lifts that I have not been able to do for a couple of years and did them with complete ease and no pain. My buddy had been going to a Chiropractor for the past 3 to 4 months twice a week (about \$2,000.00) to have his shoulders taped for the very same thing and it did not even last. He can't believe how I am doing and I keep telling him he needs to see my mom.

My last experience happened on Tuesday, November 25th when I was playing basketball. I am 185 pounds and 6'1" tall. I went to push all my weight off of my left foot to shot the ball and another player's foot was there. Needless to say I completely and majorly twisted my ankle both in and out. Because of the other two first aid experiences with my mom I immediately got to my truck and drove straight

to my parents home. I was in so much pain, I felt nauseas and faint. My mom immediately strapped a beamer on one side of my ankle and held the I-Light on the other side. She did this with various raymedies for 2 hours and 15 minutes. The whole time she did this my ankle really did not swell. I went to bed with it wrapped in ice. The next day she took me to get an exam because we wondered if I had torn a muscle half way up my leg because there was a significant indent in the muscle and she did not want me to possibly further injure it. We found that there was a slight tear and that there were small bone chips at the base of the Fibula (nothing could be done about those). The doctor told me that I would be off my leg for 2 to 3 weeks, that my leg would be black and blue completely on both sides of my ankle and half way up my leg and sent me home with pain medication (which we never filled, all I took for pain was only once 600 mg Ibupro.) and a supportive boot. We went home and my mom immediately set me up with the beamer and I-light again. For the next several days she would run her raymedies at least once a day if not twice on some days. On Monday, December 1st I wore my boot that the doctor gave me and went to work. I work construction where I carry heavy pipe and equipment, climb ladders and install sprinkler suppression systems in buildings. I was not my usual "quick" self but I was pretty good. I only wore the boot for the first 3 to 4 days and then with an ankle brace in my regular work boots. My ankle never turned one bit black and blue and I was back to full swing within a week. I had a co-worker who had the same injury (bone chips and all) and was in his boot for 4 months. He could not believe it when I was in my normal boot within a week. I tell everyone I know (and of course they see me) how amazing I think I-Health is. Casey Lunt

My name is Brandy and I would like to share my own personal journey. I have been on and working with the I-health system over the past year. My mom was diagnosed with colon cancer early January 2008, she had surgery and although unsure if she was free of cancer she opted not to have chemo. This was a terrifying time for the both of us, not by coincidence we were introduced to I-health. We both began this journey of healing. Lynette Moss was our facilitator, and within a few sessions of core belief work I felt like my soul was on fire and I was convinced I had to have this system myself. I felt awakened from a very long sleep and I wanted to help other begin to awaken. In addition to what I felt within myself, everywhere I went people would ask what my mom was doing different. Her perception of life was dramatically more positive. In July she received the news that her cancer had spread to her liver, and although in her heart she felt she did not have long she continued to receive I-Health therapy. She focused on clearing and releasing core beliefs. Her spirit was shifting very rapidly. On September 26th 2008 my mom left her physical body, and what my family and I were able to witness in the weeks prior to her death was very healing. I was able to see my mom clear of the emotional burdens she has carried with her during this lifetime. She spent hour after hour expressing love that she never felt she could. My mom was able to make the journey to the next realm with grace and peace. And it has been confirmed to me since her passing that she is continuing to progress very rapidly. As for myself, I can't imagine were I would be today without I-health. It has enabled me to journey thru this process and continue to heal with love and light. Many Blessings, Brandy Barker

5.0 Version Software:

The new software for version 5.0 has been completed. We are very excited about the new changes. Mauk will be sending a newsletter very soon to introduce you to version 5 and to give you some more details. I will be traveling to Europe in a couple of weeks to be trained on both this version and the new skin device. We have had lots of wonderful developments this past year and soon they will be available to all of you. If you are currently signed up for the service package, bought your system in the past year, or are on a lease contract, you qualify for the upgrade. I will help you download at your convenience. If you purchase the service package, you will qualify to receive the upgrade to version 5.0.

Spring I-Health Conference:

Mauk will be here at the Spring Conference to Train you on the version 5.0 and introduce the new skin device. The dates are April 23, 24, 25. It will be held again at the Red Moose Lodge in Eden, UT. We have a room rate of 89.00 per night. Call early for room selection. There are double queen beds, double king beds, and single king beds. If you wish to share a room, please coordinate your reservations accordingly. You can learn more about the Red Moose lodge by reading their website at www.TheRedMooseLodge.com or call **801-745-6667** to reserve. This facility is beautiful and relatively new. There is plenty of room to hold this event and the area is beautiful. Price for the conference is \$500.00 if paid by April 1st. After April 1st the price will go up \$50.00. Please call or email me to reserve your place at the conference. We will be going out for lunch and dinner. You will be ordering and paying for your own meals so please plan accordingly. The Hotel has a continental breakfast.

Tech Support/ Service Package:

Due to the need to have a tech support person live close by, and to assist with trainings, it has become necessary to make a Tech Support change. I would like to publically thank Claire Portmann for her years of dedication to our practioners, for the service she has rendered, and to wish

her well in all of her ventures. Claire has always been so pleasant to work with our practioners. Effective immediately, if you need tech support you can call me at **801-458-1217** or if you can't reach me, Bonita Lunt has agreed to a trial period as a Tec-Support back up. Her numbers are: **801-546-3014** or (cell) **801-941-4556**. Bonita is one of our newest practioners and is incredibly gifted in the field of computers and has learned the I-Health system very rapidly. I have known Bonita for over 18 years. Bonita is caring, brilliant, and dedicated to the things she believes in. The price for tech support is a minimum \$35.00 fee for up to the first half hour or \$50.00 an hour. Please have your credit/debit card ready when you call so Bonita or I will be paid directly. If you have signed up for the service package then tech support services are included in the package. Price for the service package is 900.00 per year or 250.00 per quarter. This includes the 5.0 version update, insurance on your system, and tech support. The first three months that you own your system are covered by Innovative Health Solutions (me) and then after the three months, you are responsible to pay for your own tech support. If you have questions, or would like to sign up for the service package, contact me at **801-458-1217**.

Specialty Trainings:

When some one purchases an I-Health system, the **Basic training** is included with the purchase of the main system and each component that is included in the purchase. In other words, if you buy Core Belief or the Raycer or the I-Light, you will receive a basic training on each of these components as well. Starting this year, we will be offering additional training in the form of specialty trainings. The Specialty trainings will each be three day trainings and will Cost 500.00 each to attend. The 2009 specialty trainings will be:

- **Brain Body Connection: March 10, 11, 12** (Study the electrical system of the body) Learn physical anatomy and advanced alignment techniques. Learn how to use I-Health for reflexology and Brain connection. Learn Brain Access points and how to stimulate function to the systems and organs of the body. This class contains information about bio- exegetics' and metaphysics.

- **Celestrons and Spiritual connection: June 16, 17, 18** Learn how to enhance your intuitive abilities, open yourself to your spiritual connection and renew the seven layers of your energy field with the Celestrons. A very spiritual training intended to keep you grounded and contributing to this life as you enter into the spiritual realm. Celestron attunements can enhance your business as well. You must have this training with an agreement to use them for case studies and testimonials in order to have the Celestrons on your system.
- **Points Plus: Sept. 16, 17, 18** (Traditional Chinese Medicine, Meridians and points) Subjects such as the Elements, the shen and K'O cycle, Yin and Yang, the Horary cycle, Alarm points, Back shu points, Command & Special points, Xi points, Cardinal points, Meridian Flushes, Advanced Scar treatment, R@ymedies such as Alarm point R@ymedies, TCM R@ymedies, Single Color R@ymedies, Bi Color R@ymedies, Qitrons, Etc. Of course this class will explain the new TCM graphs.
- **Advanced Core Belief: Dec. 8, 9, 10** Learn Generational release work for trends and trances that have kept your genetics producing the negative results of your ancestry. Learn the advanced addiction process with the corrective r@ymedies to support the Neuro-transmitters. You must have been trained in Core Belief before attending this workshop.

Each of these optional specialty trainings will be offered once per year. This will assist each of you to continue your I-Health education at the speed and in the direction of your interest.

We will continue with our Spring and Fall Conferences at the Red Moose Lodge this year to show you what is new, review, re-connect, and share new protocols and ideas. We hope to see you at as many trainings as you can attend. I will be posting the schedule for 2009 on the website: <http://www.ihealthamerica.com/calendar.html> . If you have people who are interested in purchasing a system, they can find quarterly basic training schedule at the above site.

Brochures:

I am including a couple of brochures as attachments to help you stimulate your I-Health business. Add your name and contact information and let them help you build your business.

Conclusion:

Thanks to each of you for the work that you do to make I-Health a success, both in your personal and professional life. I am grateful to each of you for your support to me and to our Parent Company in the Netherlands. Look for a newsletter from Mauk telling you about the new 5.0. Version. You will love this new version. (new graphs, new updates in the scans, wellness, access to case history library, etc., etc., etc.,....)

Take care and have a Wonderful New Year.

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