

Integrated Natural Ideas #100!

From the mind of **Dr. Jay**

***What you can do to complement your health...naturally.
It is not alternative, it is original!***



**Doctorate & Ph.D. in
Integrated Medicine (IMD)**
Quantum Physics,
Orthomolecular, and Integrated
Medicine
Ph.D. Holistic Health Sciences
(*Summa cum Laude*)
Ph.D. Traditional Naturopathy
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Happy 100 issues! This newsletter is an ongoing blog of ideas that thousands of people around the world have read and use. It is an honor and privilege to compose. I hope it continues to bring you inspiration in health and healing along with Nature's Sunshine Products well into the future. Please share and email to those who can benefit.

Abraham Maslow stated "*if the only tool you have is a hammer, then everything becomes a nail*". Hence, it is the same with health and healing. If you think or feel the only thing that can help you recover is the same old medicine (hammer), you may become sick and tired of being sick and tired! Not everything is a nail you hammerheads.

For example, just doing a smoothie every day is a new tool to your diet and healing. I use **Love and Peas #3082-9** or **Nature's Harvest #3090-6**. In the last year of my life it has become a daily practice and I love how I feel. It is so much healthier than my old hammer (cereal, toast, etc.).

Also smoothies daily, help cut back about 15-25% of your daily caloric intake. That is because most people are just grabbing "something" before heading out in the morning and usually not a healthy choice by comparison. Studies have even suggested cutting back on those 15-25% calories extends your life! Need any more convincing? Try new tools!

Did you know Currants (red, black, and white – service berry) come in the form of bushes and trees that you can grow locally and are loaded with super nutrition? What a great addition to your smoothies. I just throw them into a zip lock along with wild blueberry's, blackberries, and raspberry's. The berries/currants stay frozen well for months and act like ice cubes of goodness chopped up in my smoothies. They are rich in vitamin C, phytochemicals, and antioxidants. They are a super food you can add to your super NSP smoothies. Go buy a currant bush or tree (I have all three) and find a spot in your yard for this free backyard treat. It will take a year for fruit but worth the wait. The Birds will thank you too.

Flaxseed oil liquid #1583-6 sometimes is lost in the entire new "tools" category but let me enlighten a bit. The liquid (good flax will taste a tad bitter, if it doesn't it's useless – many grocery stores sell lignan free, don't waste your money) can be added to those smoothies or just add it to everything! I love it with organic cottage cheese. There are whole books written on the benefits of that.

It may be a touch bitter to you at first but "the guts" love that. Flax liquid is mild compared to most bitter foods. Start using small amounts to let the taste buds adjust overtime. You won't notice it in a smoothie, on popcorn, or tossed with veggies! Get those good omega fats into your body daily.

Summer is a great time to help your kidneys flush out toxins. The number one thing you can do is drink plenty water! Well as long as you are at that, add **Kidney Drainage #3168-4**. Just add 10-15 drops to a glass of...water daily and presto! Flush!

Many companies put their name on a product label and do not manufacture it themselves. We only trust Nature's Sunshine (800-453-1422). **The largest and safest in the world!** Information is for educational purposes only and not meant to diagnose or treat any disease. See a competent health professional should the need arise. This information may be shared provided it is not changed in any way.