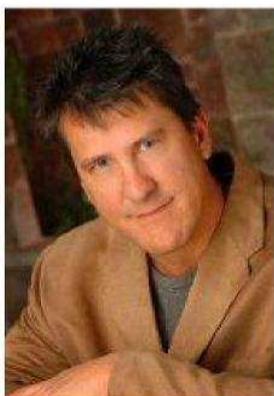


# Integrated Natural Ideas #101

## 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  
**Doctor of Humanitarian  
Services**  
**Ph.D. Holistic Health Sciences**  
**Ph.D. Traditional Naturopathy**

**Board Certified:**  
**Orthomolecular and  
Integrative Medicine (BOIM)**  
- World Organization of  
Natural Medicine (WONM)  
- Holistic Health Practitioner  
(A.A.D.P)  
- Reflexology (A.R.C.B.)

*“Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending.” – Carl Bard*

A 2010 Harvard study found almost 50% of our days are spent thinking about things other than what we are actually doing. That is not the path to mindfulness, nor is it peace. We cannot become resilient. How do we do that? Let’s use the power of suggestion, some flower therapy, and some essential oils.

The flower of choice here is **Be-Responsible #8783-8**. The oil suggested is **Core Blend #3873-9**.

Core blend is like a meditative stroll through a deep and fragrant forest, notes of wood and subtle spice help intent to turn inward; achieving centeredness and connection.

Features: Atlas cedar, Spruce, Ho Leaf, Blue Tansy, Frankincense, Chamomile.

Be-Responsible can assist with the body by promoting self-honesty, help encourage self-responsibility, and help with self-defeating behavior.

Sit down for a minute. Apply a few drops of core topically to your “core”. Take an eye dropper full of Be-Responsible under the tongue and reflect on this:

Outline your core set of beliefs. Note that *nothing* can shake this.

Now reflect or try to find a meaning in whatever stress or trauma that has happened.

Don’t run from things that scare you: face them.

Don’t dwell on the past or what might happen.

Recognize what makes you strong and own it.

Yeah I realize this will take some time but this exercise works. I know I have done it. It is the *“whatever doesn’t kill you, makes you stronger”*- mentality.

It is a small meditation miracle. But I couldn’t have done my career without this or earned so many degrees. It is not about what I did, but this is what I have taught others, and they found RESILIENCE!

Men! Looking for a way to help with those bathroom night journeys that interrupt your sleep? Try **Eqouilibrium #3542-8**. Use it for 90 days as directed. Then re-assess. If better, continue into rest of life. You may be able to cut the dose in half there on out. It even helped my PSA levels drop. No brainer long term right? That is because if every man lived to be 100, they would be diagnosed with some form of prostate cancer. Why risk it? This is cheap health insurance especially if nearing or over age 50. See product information for additional info. Get back to sleep!

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.