

Integrated Natural Ideas #102

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

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

**Board Certified: Orthomolecular
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- World Organization of Natural
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Happy Birthday Dali Lama (80)! I love his quote: “*Man sacrifices his health to make money. Then he sacrifices money to recapture his health...*” You get the idea.

Why not consider making some honest money but gain health at the same time? Just suggest NSP to people you know and love. Turn them on to health products of unmatched quality and membership is free. By taking and recommending these products, you can help change the Dali Lamas wise observations about humanity.

I get a lot of questions about memory lately. No one wants to lose that. So here are some suggestions: Go dancing. It builds the brain by physical activity. It builds the brain by learning new moves. It builds the brain because we are all social, which is how the brain thrives. Also learn something new like a language, a poem, a song or instrument, etc. Studies found cab drivers had a higher than normal “spatial” memory because you had to know streets. Forgo the GPS when can.

Take Omega’s. The combo of DHA and EPA are healing molecules (orthomolecular). They help increase blood flow to the brain, reduce inflammation, and help repair neurons. Also they have been shown to decrease cognitive decline (*Memosyn Neurology Institute 2015*).

Get the best low contaminant Omega’s out there: **Super Omega – 3 EPA/DHA #1515-7** from NSP.

I also alternate every other month on my sunshine rewards with **Krill Oil w K2 #1516-3** (which is up to 40 x richer in EPA/DHA Omegas).

Keep in mind (pun intended) **Mind Max #3134-4** which contains magnesium l-threonate plus gotu kola aerial parts, bacopa leaf and ginkgo leaf—herbs well-known to benefit circulation and brain health—for a powerful brain boost. Between the ages of 20 and 90, the average person loses 5–10% of his/her brain weight, with an accompanying loss in memory, attention and other cognitive functions.

Research shows that a decreased number of nerve synapses (the connections between nerve cells) may be responsible for this cognitive decline. Magnesium plays an essential role in nerve synapses. However, magnesium shortages have become common with the increase in processed foods and the lack of magnesium-rich whole foods in the diet. Moreover, most forms of magnesium are not well-absorbed by nervous tissue.

Researchers at MIT have discovered that magnesium l-threonate, a highly absorbable form of magnesium, can easily cross the blood–brain barrier and that it increases the brain’s magnesium level.

These are no brainers....

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