

Integrated Natural Ideas #103

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

Why herbs? I can think of a million reasons, because there are millions of them. Did you know close to 75% of all pharmaceuticals come from herbs? Yet only 1% of all plants on the planet have been studied for medicinal purposes. Well, here is another important factor most people don't think of. They fight climate change.

I use and recommend herbs for nutrition, medicine, and even saving the planet. That is because unlike agricultural food crops which are annual, the vast majority of herbs are perennial. They can be harvested without propagation which gives these plants numerous advantages over crops. Yes, we need crops, but perennial herbs have nutrition that is made ongoing without expensive chemicals, pesticides, and herbicides (which kill herbs by the way).

These natural perennials do not require tilling, they have deep roots that prevent erosion, they need less fertilizer, and most importantly...less water. These types of "food and medicine" plants soak up some of the excess carbon which is manmade. Conventional crops contribute to excess atmospheric carbon because they have to be replanted.

Take perennial pigeon peas for example. They are a much needed source of cheap protein (unlike meat) and are perennial. They increase water retention and double yields of primary annual crops. But do you see them in between corn crops? The *U.K.'s Biotech and Biological Sciences Research Council* has calculated that replacing just 2% of annual crops with perennials would be enough to halt the current increase of carbon uptake each year. If you replaced all the world's crops with perennial crops (could you imagine that) you would turn the planet back to preindustrial levels. Can you smell that fresh air?

So, what has that got to do with taking NSP products or using and planting herbs in your yard? A lot. I use herbs as supplement to my annual crop food by using daily protein meal replacements like **Natures Harvest #3090-6**. It is loaded with many perennial herbs and plants. No, it is not 100% perennial, but you get the idea. What if everyone did that? See above.

I also take **Combination Potassium # 3673-1** every day: Kelp, alfalfa, dulse frond, horseradish root, white cabbage leaf, horsetail stem and strobilus (4 of these perennial). It fulfills a long list of jobs in the body, like helping to regulate water balance (via the active transport pump), maintaining pH balance, maintaining blood pressure levels already within the normal range and supporting neuromuscular function. Although there's plenty of potassium in many foods, commercial over-processing results in the loss of potassium and increases the sodium content. The ratio may be as high as 4:1 in favor of sodium. In addition, certain diseases and physical exertion can also deplete the body of potassium. Adequate potassium levels are essential for the body's active transport pump, which moves nutrients into cells. This herbal formula provides essential potassium from several rich, natural, AND perennial sources. The planet says "thank you".

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.