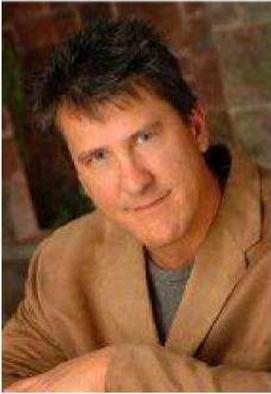


Integrated Natural Ideas #104

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 Medicine

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.)**

Here is an issue on quick facts and healthy solutions: Don't forget exercise!

In an issue of *Cell Metabolism 2014*, it showed Americans who ate a lot of animal protein were more likely to die of cancer/heart disease than those who consumed plant-based proteins. **Love and Peas # 3082-9** anyone?

Mayo Clinic Proceedings 2015 pinpointed added sugar to all foods as primary driver of Type 2 diabetes. No surprise here. It's an epidemic. We can't always avoid so much added sugars, so help your metabolism with balance of it. This sugar onslaught leads to insulin resistance. **Berberine IR #1398-6.**

A recent study found (*A.J. Clinical Nutrition*) over 9 years, diet soda drinkers gained 3x the abdominal fat than those who didn't. Unlike real sugars where "the brain actually gets the message you are full", artificial sugar tricks the brain into actually wanting you to eat more. It's a satiety thing. Worse, it can mess with your microbes. Colonies of healthy bacteria have been shown to disappear. **Xylitol** is my bet **#5435-3**. 40% less calories than table sugar with multiple health benefits, including feeding the good microbes and starving out the bad ones!

Flavored water is a \$17 billion industry in 2012 poised to reach \$37 billion by 2019. Most of these are expensive and questionable. Why not add a trusted source like NSP and make your own water into a cheaper, healthier and higher quality drink? **Solstic Revive #6507-7** comes to mind, but there are many solstics available. Check them all out at NSP's website. Most come to about a buck a serving and have multiple times more value without those questionable ingredients!

Over the next 3 years food manufacturers must remove Trans fats and partially hydrogenated oils from their products (whew). Trans fats today account for 37% of grocery-store food. So what are the worst offenders? Frozen pizzas and microwave popcorn. Buying 5 pizzas for \$10 is not a deal, it's a possible cardiac by-pass. Make your own pizza/popcorn from scratch and buy local/organic. Get good fats into your body to offset this intrusion. **Super Omega 3 #1515-7.**

What is the number one health complaint in the U.S.? Back pain. Ok we should exercise and lift with your legs, massage, and get chiro. work, etc. But, also a lack of magnesium to the muscles, may be a possible culprit. **Magnesium # 1786-6.**

Hottest trend in food today? Insect bars (made with cricket flour) and Kalettes (a non GMO blend of Kale and Brussel sprouts). I would just rather get my greens and protein from **Natures Harvest # 3090-6** minus the crickets.

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.