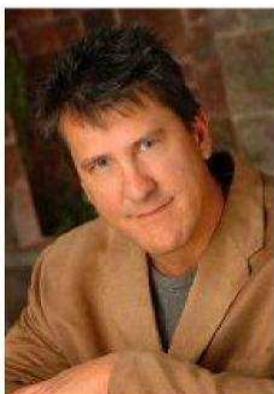


Integrated Natural Ideas #105

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

A new study of 6,000 children found that 7-10 kids suffered from low Vitamin D levels, raising risk of heart and bone disease. – Dr. Nancy Snyderman.

Not really new to me but it may be to you. Did you know there are also three kinds of Vitamin D? Human's need something called D3 and can make it from cholesterol when in the sun. Sunblock has some repercussions. Yet so many foods contain Vitamin D...but just the synthetic kind (D2). Make sure your young'uns are getting the natural source. **Calcium Plus D3 #3343-1**. It is a soft chew too. Adults add **Vitamin D3 #1151-1**. We all could use some daily sunshine vitamin.

Ginger Cookies are good and good for you (if made with NSP):

1 cup sunflower oil
1 cup blackstrap molasses
2 eggs
1 ¾ cup **Xylitol #5435-3**
3 ½ cups whole wheat flour (can use tapioca flour)
1 cup rolled rye or oats
1 ½ teaspoons baking soda
20 capsules **Ginger #300-6**

Cinnamon Oil #3898-6 9 (I like 4 drops of each)

Clove Bud Oil #3843-3

Preheat oven to 325 degrees. Mix the wet ingredients and add

Xylitol until liquefied. In a second bowl, combine dry ingredients.

Add wet to dry - mix until combined. Place by teaspoons onto cookie sheets and bake for 10 minutes - 350 or until somewhat firm when pressed gently. Place on cooling racks until cool. These cookies freeze well. Eat one after every meal (desert) for soothing tummy bliss.

You may have heard of telomeres. They are part of our DNA code similar to a shoelace end. The shoelace has a plastic coating on end to keep it from fraying. Once that "end" is used up as in the case of telomeres, you age quicker and die younger. So how do we keep our telomeres from wearing out? Change your lifestyle to healthier choices, reduce stress, and decrease exposure to a toxic environment. Well easier said than done right? So how about this...**Astragalus #40-1** is one of the best sources and key nutrients to help increase length of those telomeres. Studies show a positive effect on elongating these telomeres with daily supplementation. It also appears to help trigger immune cells from a "resting" state into heightened activity. Astragalus has also been used as a tonic to build stamina. Ancient Chinese texts record the use of astragalus for tonifying the spleen, blood and chi.

Who doesn't like to be toned and live longer in a healthier way?

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.