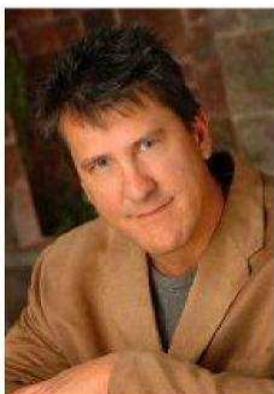


Integrated Natural Ideas #107

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.)**

“It takes a lot of effort to be effortless” the saying goes and it also takes effort to slow down aging. Effort that you need to put in every day. Things like getting enough sleep, proper diet, daily exercise, and most important - handling stress. It takes effort just to “think” about all of that!

Yet the majority of anyone reading this will live out their lives with one or two chronic ailments. What’s the best idea? Prevent as many of these ills as possible, so they arrive much later in life or not at all. That takes effort. Oh yeah and an investment physically, mentally, and emotionally. Just dementia alone will increase from 44 million Americans today to 135 million in 2050. There won’t be enough young people to take care of us!

Aging *can* be slowed and the effects softened, but only if you take action today. So what to do? Cardiff University in Wales reported you can live 15% longer and will have less disease if you balance your blood sugars. This interferes with a nasty process called “glycation”. This is where abnormal blood glucose combines with proteins/molecules and gums up the normal workings of healthy cells.

To help protect the mind use daily **Mind Max #3134-4**.

To help balance blood sugars naturally and help prevent “gumming”, use herbs like **Nopal #475-3** or **Berberine IR #1398-6**.

As we age our immune systems become less responsive. Even vaccines become less helpful in old age, so we need more natural support to change the game. A perfect companion from Sept. to May is **Vitamin D3 #1155-1**.

Long ago (aging pun intended) we already discovered less is more. Restricting calories (without causing malnutrition) is a fantastic helper. A simple way to do this is replace one to two meals a day with a soft protein replacement shake like **Love and Peas #3082-9**. NSP has even now created a *sugar free* version available soon. This helps cut calories without sacrificing nutrition. I like to use a scoop of Love and Peas and a scoop of **Natures Harvest #3090-6** as well. It’s simply the best meal you will eat all day and in some cases, cuts calories for the day up to 25%.

Nobody really wants to live forever but, we all want to live a quality life. That takes effort, time, expense, and more effort. It would be welcome by anybody to wake up in the morning, feel good, and know where your car keys are.

Do not ignore your health, or it will go away. Take action and invest. Your grandkids will 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.