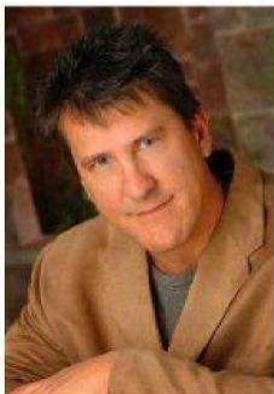


# Integrated Natural Ideas #108

## 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.)**

*“Is it better to be loved or to be trusted?” – Mr. Corrigan.*

Love is something that is implied and felt. Trust is something you have to earn. Trust doesn't always come easy, especially in business. That's why in a career, people have to trust your product recommendations, the company involved, and most of all *you*. The love comes later. I trust NSP. I even say that at the end of every newsletter on the bottom. They are the only company that can trace an herb/oil/flower therapy etc. back to its source. They use fingerprints of botanicals and what comes in house better match those fingerprints or it gets rejected. How cool is that?

It's your health and you get what you pay for.

I have always had some kind of diffuser for my oils here in the office. But I just got my new NSP lighted/timer **Ultrasonic Aroma Diffuser #3889-0**. It is ultrasonic, quiet, and produces vibrations at a frequency of 2.4 million times per second. This disperses the authentic NSP oils in your home or business spreading health benefits for all who enter! No heat involved, simple to operate, and likes distilled or pure water.

I suggest using any of the blends but **Refuge #3876-4** (calm), **Core #3873-9** (strength), **Essential Shield # 3887-8** (immune), and **Inspire #3871-3** (uplifting) are just a few of my favorites. I love how people come into our office and immediately say it smells so good and fresh in here. You even see their moods change positively right away. Again, how cool is that?

If you are not sure where to start (Christmas is coming) get the **Authentic Essential oils kit #3878-5** which has blends and singles in a 5ml size, perfect with a diffuser to change someone's life, home, or business - for the better.

For the serious “oiler” ask about the new **Nebulizing diffuser #3932-2** which is what true aroma therapist's use. In the future, you will see additional accessories introduced along the way. Go on, get oiled up!

When I first started with NSP, one of the top selling herbs ever, was good 'ol **Capsicum #160-5**. It is also available in a **liquid #1782-0** and even a table **shaker #166-7** (two 3 oz. shakers for tables, like a salt shaker). Even today or 20 years later, the health perks keep being discovered. Recently, AP (press) discussed a study of 487,375 adults using hot spicy capsicum for longevity results. Get this: **14%** reduction in *risk of death*. It also showed an **11%** reduction in *cancer-death risk*. Yes, even more good news? You only had to use this magical herb around 2 days a week with some portion of your meal to get a **10%** reduction in risk of death. All of this compared to those who used none.

Let's turn up the heat. Winter is coming.

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.