

# Integrated Natural Ideas #109

## 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  
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- **Holistic Health Practitioner  
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- **Reflexology (A.R.C.B.)**

I learned a long time ago that if you don't ask questions, you will end up following instead of leading. I also found out that many answers to my questions didn't make any sense and I soon lost interest in learning.

Take kids for example. They ask a lot of questions (the smart ones do anyway). Do you answer them or just say, "Because I said so?" Take the time to answer them and if you don't know the answer, find out with them (it's called the internet). A sure sign of intelligence is "what questions are they asking?"

A recent customer brought in a child who was *thought* to be attention deficit. Not doing well in school and was issued medication. The mother was looking for a natural solution. When I asked in depth questions the child interjected "the school and doctor think I can't study".

Hm. So I asked the child 'well, what questions do you have for me?' She paused and said "what is the healthiest vegetable?" I blinked for a while and said "that is the smartest question I have ever been asked by anyone in 20 years" (it is Watercress by the way). This child did not seem to be deficit of anything, just curious and fast paced. She then asked "is there a cure for the common cold"? I began to see the child wasn't attention deficit but more bored from lack of answers. I think nobody took the time to answer the questions appropriately when she had them. We spent an hour on food. She also felt she wasn't focused in school because she stated "they don't teach me what I want to know".

So what has this got to do with natural health? Easy...soon as we dissected watercress she wanted to go to the store and try it.

The problem here was more emotional than anything, so we did a few things. **Distress Remedy # 8778-3** which helped bring a sense of calm to her. **Focus Attention Powder #1843-0** added to a morning smoothie didn't hurt. **Omega 3 w/DHA #3342-4** soft chews for brain food. In just 3 months she did a 180. After the last visit she said "Dr. Jay I like how you take the time to explain things". It made me wonder why no one else thought of that. We also discussed vegetable protein shakes with the Focus Attention powder, eating the rainbow, avoiding wheat flour, and processed sugar. I even went so far as to ask her to research these concepts and get back to me with "answers". This she did at the next visit and proceeded to "knowledge me up". I found it delightful, as I sat there and showed facial expressions of amazement at her research. She is since off all medication and grades have improved. Attention deficit or *not* attention focused?

The brain is 60% fat. But it requires good fats like avocado, grass fed ghee/butter/beef, wild salmon etc. She learned that. But felt the supplements tasted better than fish. So maybe before rushing to a diagnosis and medication, maybe we should ask difficult questions of our own. Take the time to answer questions in-depth and/or make it fun. Talk about proper diet, exercise, and supplements, especially if the diet is lacking and also know our emotions may also get us "unfocused".

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