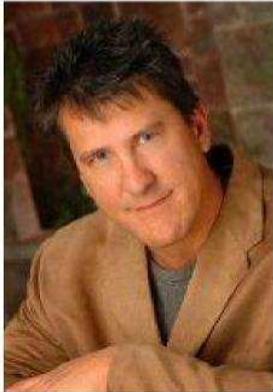


Integrated Natural Ideas #111

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.)**

Albert Einstein said: *“There are only two things that might be infinite: the universe and human stupidity.”* He later confessed he wasn’t so sure about the universe. It makes me smile.

For example: My neighbors burning leaves. Compost people! As my friend Mary Born from Michigan stated so clearly: *“Wet leaves harbor a mold that doesn’t get killed off when burned. The spores can go airborne and be breathed in contributing to asthma and allergic responses. Add to this environment the high amount of sugar consumed during Halloween and you have a perfect storm for Candida overgrowth. Cleansing from systemic yeast can be tricky but NSP has a wonderful answer to that and it is on sale this week—**Candida Clear.**”*

Speaking of spores, **Bacillus Coagulans** a spore works in a healthy way.

In the stomach, the spores are activated by the low pH, mechanical churning, and moisture. They absorb water and start to swell, which increases the bacteria’s metabolic rate. As the bacteria pass through the duodenum and into the small intestine, outgrowths begin to protrude from the spore-coats and the cells begin germinating and transforming into viable cells. Proliferation begins in earnest in the small intestine, where the bacteria multiply rapidly, gain motility by growing flagella, and begin colonizing and going to work producing lactic acid—which discourages the growth of harmful pathogens—and helping digest food. Germination usually begins about four hours after ingestion.

So why take it?

In a published clinical trial, hyperlipidemic adults who supplemented with Bacillus Coagulans for three months experienced reductions in total cholesterol and low-density lipoprotein (LDL), along with increases in beneficial high-density lipoprotein (HDL). This promising finding suggests that Bacillus coagulans may also help promote healthy lipid profiles. Recently, Bacillus coagulans has been recommended by Mehmet Oz, MD, and Michael Roizen, MD, in their book *YOU: The Owner’s Manual, Updated and Expanded Edition*. Drs. Oz and Roizen outlined the importance of beneficial bacteria in the gut for maintaining digestive and immune health. Their probiotic of choice: a daily dose of 2 billion cells Bacillus coagulans (the amount found in a typical capsule of NSP).

Dr. Russell L. Blaylock, M.D. also commented recently on an incredible life-saving supplement **Berberine**. He called it a natural heart savior and a brain protector.

It is so cool that NSP is on cutting edge and has these products available even before the experts say it is incredible. Guess human stupidity Mr. Einstein, is not infinite.

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.