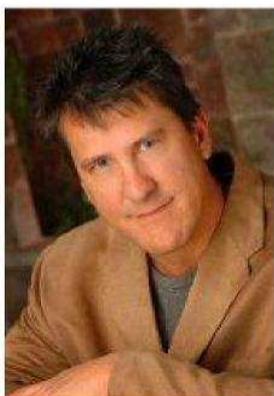


Integrated Natural Ideas #112

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.)**

“Everyone has a plan until you get punched in the face.” – Mike Tyson

That is a lot like health. We take it for granted or have a plan to exercise or whatever and then “wham” we get punched in the face by a health crisis, so much for a plan. But plans are necessary, we just need to act on them. Even if the plan doesn’t work out, we need to go to the next one. So often I have customers who have a good intent plan, then get lazy and fail to execute their plan. Consider yourself punched. Prevention is the best plan, even if you get punched.

Consider the brain. We often don’t think of it as an organ that needs help (nutrition) or prevention, until the plan (what plan?) fails. A growing body of evidence now supports planning to keep the brain in tip top shape. Even diet changes now show it can help slow memory loss. That includes lots of fruits and veggies, some whole grains (no refined ones), and a moderate intake of fish. It is good news that doing that even works late in life! It has been shown to have improvement in as little as two years. That can be very meaningful in day-to-day life. If you are like most people, changing over to eating like a goat is not always easy to do. So again, eat your Harvest once a day. **Natures Harvest # 3090-6** that is! Just one meal replacement a day will have 49 ingredients and 75% of RDA per serving.

Want to really protect the noggin? Add **Mind Max #3134-4**.

What about those precious good fats (the brain is 60% fat)? Researchers (Columbia University) found cognition increase with consumption of healthy fats. No surprise to me but hey, the science shows...I love adding **DHA #1513-5** to your daily life if fish, nuts, and olive oil, are difficult to get into yourself on a daily basis.

Changing gears and raising perky ears...despite popular belief in foods like oysters and yams to boost peoples sexual drives, they do not show any promise according to new findings published in the journal of *Sexual Medicine Reviews*. But naturals like **Ginkgo Biloba, Ginsengs, and Maca** do! Dosing and quality affect the outcome in all studies. So of course don’t look for these naturals just anywhere, if this is your interest. Men and women alike have found these to be helpful. Trust the best of course NSP!

Sugar cravings? Try this: chew on **Nature’s Sunshine Xylitol Mints** when you need something sweet. They are low calorie and healthy. NSP has many flavors to choose from. You can also add **Chromium GTF #1801-6** one a day for extreme cravings as well. Pay attention, the holidays are fast approaching.

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.