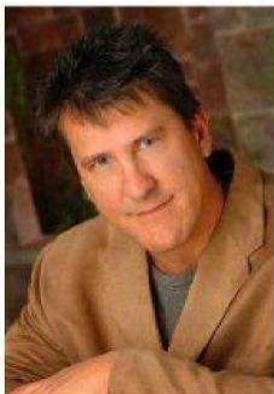


Integrated Natural Ideas #113

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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- **Reflexology (A.R.C.B.)**

Today's world is hectic and requires multi-tasking. So it's always helpful when you can get two birds with one stone...

For instance supplements, it is hard to remember to do multiple products to help get the most out of them. So why not just combine? After all, you combine multiple foods when you eat, so make taking supplements easier and more productive by combining them.

Take for example **Liquid Chlorophyll**. It is an alfalfa based drink with a spearmint flavor. It can be taken hot or cold. Most people forget to take it at all (best if used daily). Many times you may forget it is even in the refrigerator. Even some don't relish the taste all the time. So here is an idea: Add Liquid Chlorophyll to your breakfast smoothie (you won't forget breakfast will you?).

It can taste like a "grasshopper" - mixed drink - when added to something like **Smart Meal Vanilla, Love and Peas**, or **Nutri-Burn Vanilla**.

Here is another idea of two birds... (thank you Richard from N.J.)

CurcuminBP # 238-2 is one of the top anti-aging products. This is due to its massive and positive anti-inflammatory aspect. It helps stop a lot of what's now called ... Inflamm-aging ! We all have greater inflammation as we age.

CurcuminBP simply is an accelerator and an amplifier. This is because it has the black pepper accelerator known as Piperine. This can increase absorption of Curcumin by 2,000%!

Guess what happens when you take other supplements with it? It increases the effectiveness of what you add it to ... Examples:

Taking 3-4 Elderberry D3fense & 1 CurcuminBP

Taking 3-4 Everfex Tabs & 1 CurcuminBP

Taking 3-4 Nutri-Calm & 1 CurcuminBP

Taking 2-3 Women's or 2-3 Men's X-Action Reloaded & 1 Curcumin BP

Taking 2-3 Ultra Therm (or CF) or MetaboMax Plus & 1 CurcuminBP

Taking 2-3 Thyroid Activator & 1 CurcuminBP

You get the idea...two birds...

Last but not certainly least...a new study from Market Data Enterprises indicates happiness is helped by scheduling activities that bring about health (like not forgetting to take supplements). This helps bring about more positive emotions throughout the day. Who doesn't need that? Time is limited and can wear us down every day if we don't shift our perspective. So don't forget to plan on your health "daily" as part of all that multi-tasking. Go ahead, get two birds with one stone (mix it up), and you will be healthier for it.

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.