

Integrated Natural Ideas #114

The mind-blog of **Dr. Jay**

***What you can do to complement your health...naturally.
It is not alternative, it is original!***



**Doctorate & Ph.D. in Integrated
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Quantum Physics

Doctor of Humanitarian Medicine

Ph.D. Holistic Health Sciences

Ph.D. Traditional Naturopathy

**Board Certified: Orthomolecular
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"It's beginning to look a lot like Christmas"...especially around our middle sections LOL. So what if we knew what foods could help us keep the middle, in the middle? This is interesting; a new study published in *PLOS Medicine* revealed that **extra** daily servings of specific foods actually help you reduce the middle. Did you read that right? Extra food servings help you lose? Yeah, just like I often advise many clients - I am not asking them to eliminate or can't have food. But instead replace what they are currently eating, with foods that allow you to eat all you want, and help your body lose or maintain weight. Here is what the study found over 4 years with 133,000 participants:

Tomatoes – lost 0.07 lb. (ok, I would say neutral?)

Peppers - 0.76 lb. (hm, not exactly earth shattering but beats donuts)

Apples – 1.24 lb. (ok, now we are getting somewhere)

Berries – 1.38 lbs. (Blue, black, rasp, not straw – eat these!)

Soy/Tofu – 2.48 lbs. (ok, *that* is significant)

So imagine if you did soy every day in addition to ample fiber, vitamins, EFA's etc.? Yeah, it's called **Smart Meal** comes in vanilla, chocolate, or chai. (Forget what the dairy industry has you to believe about organic non-gmo soy being bad). Still comes down to animal versus vegetable.

If you also want the apples and berries add **Natures Harvest #3090-6**. I like one scoop of Smart Meal and one scoop Harvest. Face it, it is hard to eat soy and berries (EXTRA helpings) daily. Smoothies make sense, pay for themselves, and are cheaper than groceries.

If you don't consider eating right for your telomeres you better start. Huh? I have written about telomeres before. They are the end cap of your DNA and protein at the end of your chromosomes. It keeps them from fraying. Whole foods keep the telomeres intact, junk food shortens them. If you shorten your telomeres, you shorten your life. What are the best foods for extension? According to the *American Journal of Clinical Nutrition*, fish oils, carrots, green tea, barley, many - many herbs like capsicum, ginger, garlic, curcumin etc.

The majority of these are in Natures Harvest (told you it is a super food to be used daily). These types of foods all mentioned here reduce inflammation; extend telomeres, are anti-oxidant, potent, and vital.

The best Christmas present you can give is health. I heard even Santa does a smoothie every day (thank you Ms. Claus for keeping Santa so healthy for hundreds of years, he has never missed one yet).

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