

Integrated Natural Ideas #115

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
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.)**

Don't underestimate the power of Magnesium. It is the number one seller in all of Canada NSP. Every organ in the body – especially muscles (think heart too) – needs it. Magnesium's most unique role is to help muscles *relax*.

When it comes to healthy bones it is as important as calcium and vitamin D3.

It is required for 300 different enzyme reactions daily. It even can help with mild constipation. Most people in the U.S. do not get enough of it. A huge benefit would be to supplement with 400mg to 1,000mg a day. Choose **Magnesium #1786-6** or **Magnesium Complex #1859-8** from NSP.

I have taught for years “*the road to good health is paved with good intestines*”.

Did you know 100% of the general population has tested positive for toxic residue in body samples? Did you know there are over 700 contaminants in each person's body that have not even been studied yet? Also, chlorinated pesticides such as DDT (still being used to day outside U.S.) can remain in the human body for up to 50 years? So take action, I now use **Detox Basics #3986-5** on a daily basis. Why not help the body help it self – daily? It is also a great tune-up versus an overhaul.

Exfoliate with a body scrub made from used coffee grounds, coconut oil, and **Xylitol sugar #5435-3**. Massage in anywhere on body in shower, then rinse off. You will love how the skin feels.

Seasonal depression is more common than we have even heard of. One in six has seasonal depression here in the north. One of the best ways to beat the blues (versus sun exposure) is with **Vitamin D3 #1155-1**.

CardioxLDL #1195-0 is quickly becoming a number one seller. For good reason, it works as label directed. Most herbal remedies do go off label from time to time. **CardioxLDL** actually tackles 5 areas in cholesterol management. Know any medication that can do that? But what else can you do? Eat one cup of beans every day. Those who do, have a 22% lower risk of heart disease. Eat only grass fed beef and fry in coconut oil or palm oil. Raw nuts, green salads, flax seed oils, and chia seed, can cut it another 11%.

Last but not least, it has been a wonderful year 2015. I can't wait for 2016, as those of you who read this know; preventing dis-ease is really what is worth any expense. And many of you have called in to say “thanks” for these newsletters and for the dedication to nature's remedies. It has been an honor and privilege to serve you and all of mankind in an integrated way.

God bless us everyone! See ya in 2016!

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.