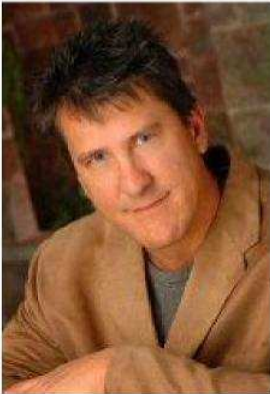


# Integrated Natural Ideas #116

## 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.)**

Happy New You! 2016 can be your year! Just do it!

New studies indicate resolutions don't work. They are just good intentions. Best if you take action. Of course weight loss is a number one resolution and getting things in order is number two. Do both at once. Join an **In.Form class** today. It is a 13 week program that will teach you how to be lean and healthy...for life! See [www.naturalselections.net](http://www.naturalselections.net) and click on In.Form for more info.

But what can really make a difference in life? Less stress that's what. 43% of Americans report stress causes them to lie awake at night in the past month! Well, try **Anxiousless #1167-9** like 2 caps before beddie bye. **Nutri-Calm #4803-3** also is a great addition.

75% of Americans say money is a major source of stress. I agree. Especially medical bills and prescription costs you can't always budget for. Pony up and invest in yourself daily with NSP. Yeah it costs money, but prevention is cheaper than paying for emergency procedures because you ignored your health. Also invite others to join the ranks of NSP and you may make enough in sponsoring commissions to get your supplements for free!

3-5 deep breaths may be all you need to reduce stress. I would add: inhaling an essential oil blend like **Refuge Calming Blend #3876-4** along with that. Wow you feel like you just stepped into a rainforest.

Did you know 275,000,000 working days are lost in the U.S. per year because of absenteeism resulting from stress? This leads to more money woes, illness, etc...so see again those above recommendations.

Anxiety and mental health issues are 5X more common today among high school and college students than even at the end of the Great Depression! Kids and adolescents need nutricalm and anxiousless too.

Here is also a clue you are stressed out...2-3 curse words are a result of stress.

So if a news year resolution is just that, only a resolution, take action. Invest in daily supplementation and do something about the stressful world of today. Eat right, exercise, listen to music, pray, get good sleep, and "take" some daily supplements. It's not that difficult.

Make 2016 something to enjoy and love. 2015 was a great year for me but I work at the health part everyday...I know firsthand from experience it works. Stay tuned and be the best you can be!

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.