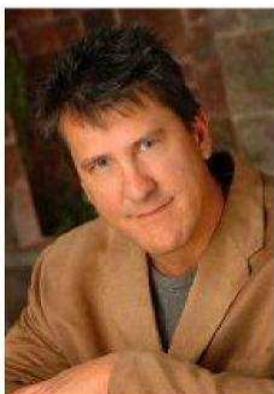


Integrated Natural Ideas #117

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.)**

“Fear can be a great motivator”. How true. Most of us do not always take action until there is fear. We also fear that which we do not know. So often I discuss prevention in this newsletter, even though the establishment doesn't want anyone other than licensed professionals talking about it (you might not need their services, if you prevent any problem in the first place).

So when we get ill, we get scared. When we get scared (fear) we are motivated to take action. BUT an ounce of prevention is truly worth a pound of....

Here are some ideas to try to prevent problems or keep the fear at bay:

Flexibility cocktail: Try this for 2 weeks and you will know if you should continue!

Open 2 capsules of **Nature's Sea Calcium #1577-5** into

2 oz. of **Nature's Noni Liquid #4066-7** &

2 oz. of **Ionic Minerals w/Acai #310-5**. Drink daily. Works into any smoothie as well.

Youthful Skin Mask:

Mix 6 drops of **Inspire Uplifting Essential oil blend #3871-3** with 1 oz. of **Carrier Oil #3841-9**. Spread over your face and neck and let absorb for 20 minutes. Rinse with warm water after if you feel a need.

Super Power Brain Drink:

2 oz. of **Thai-Go #4195-2**

1 tsp. **Focus Attention Powder #1843-0**

8 oz. filtered water. Blend on ice, enjoy, and remember things.

Diet we recommend here at Natural Selections:

Meat: grass fed only or organic.

Seafood: wild caught only. The fish must also have scales. Avoid bottom feeders (sorry Lobster lovers – I only eat it once a year and take detox supplements along with).

Poultry: free-range and organic only.

Lunch meat: no nitrates/nitrites, organic.

Eggs: Only trust the USDA organic symbol (circle) or go right to the farm to buy them and see for yourself. Ignore all the other advertising, it has been proven to be false.

Dairy: Organic and un-pasteurized (good luck with that) unless intolerant.

Oils/fats: Rotate them; quit buying the same type of oil over and over again. Organic best, also good fats like avocados, coconut, and ghee.

Veggies: fresh/frozen/organic but limit white potatoes/corn.

Grains: organic, gluten free (oats, rice, millet etc.).

Fruits: organic/fresh. Best fruits? Tropical and anything with a pit or stone.

Last avoid anything with corn syrup. Eat breakfast proteins – graze all day.

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.