

Integrated Natural Ideas #118

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.)**

“Matcha Matcha Man, I got to be a Matcha Man”. Ok so the song doesn’t really go that way but its fun.

For 2016 “Matcha (green tea) is the new BIG thing. People are actually obsessing over it.” (Emily Elsen owner of 4-20 blackbirds’ pie shop). It is now a major movement.

It is an antioxidant ingredient used only in the past as a drink, but now becoming a desert and daily food. Never heard of it? You did now and you may already be consuming it if you are a NSP member. It is a primary ceremonial grade green tea ingredient in **Nature’s Harvest #3090-6** which I promote all the time. NSP is already ahead of most trends.

What else is hot? Chia seeds of course, again, it is already in Harvest.

What other hot herbs in the 2016 news? Curry/Turmeric/Curcumin. Again NSP has it, **Curcumin BP #238-2**. I recommend it be added (one capsule) to cooking. I take it every day and will for life, it is a known cancer fighter.

Why are these ancient herbs the latest hot trends in 2016? Americans seek natural foods and are looking at what our ancestors ate! Incorporating these ancient herbs into a daily diet is chic. Even Amaranth is making a comeback. Lemongrass oils also are now being added to cooking. That’s easy, add **Lemongrass #3870-2** (one drop or two) to any Asian cooking.

The other “new” news (which is old news to me), is all about proteins. Everyone is now expressing plant based proteins over any animal proteins (like even whey) such as yellow peas, quinoa, cranberry beans, and lentils. This is now known as “PULSE”. The United Nations General assembly declared 2016 the “International Year of Pulses”. Pulse is just another word for legumes (beans/lentils).

Again, NSP meal replacements like **Love and Peas #3082-9** are already there.

Let’s look at a growing problem among the older population. A condition known as Sarcopenia is very widespread, progressive, and potentially debilitating. An estimated 15% of people over the age of 65 and over 50% of people over age 80 experience some degree of it. This condition causes a decline in muscle mass (up to 2% loss per year) after age 50 anyway. This results in physical inactivity, decreased mobility, endurance, and frailty. (*Nutritional Outlook 2016*).

The population segment here is growing fast and by 2050 the world’s population of people over 60 is expected to triple.

So what are we waiting for baby boomers and younger souls? This is where vegan proteins come in. It is now estimated 40% of people over the age of 70 won’t get these important daily proteins. That’s easy to fix...re-read this newsletter. Replace one to two meals a day with vegan proteins like Love and Peas, Natures Harvest, or Smart Meals. Want to up the ante in old age? Add **Vitamin D3** one a day **NSP #1155-1**. Doing these daily’s is even cheaper than groceries. May you never know the disease you prevent?

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.