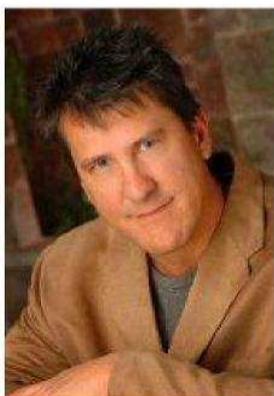


# Integrated Natural Ideas #119

## 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  
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- **Reflexology (A.R.C.B.)**

“A healthy person has a thousand dreams; an un-healthy person only has one”. I heard that saying from a friend of mine and it hit me hard. When we are sick, we only want and need one thing, to get back to health. To add insult to injury, I have also always said “*If you ignore your health, it will go away*”.

So whether you are feeling good, sub-par, or in crisis, is health your top priority? Think about it. Is it your top priority every day – every day?

Did you know the eyes are the only organ that doesn't have a lymph system? What is a lymph system? You actually have more lymph fluid in your body than blood. It feeds the organs, takes out waste, and importantly provides a highway to the organ for immunity (fight infection). That being said, if you touch your eyes (like a 100 times a day), it's easy to get sick, because this is an easy entry point to the body. How dirty are our hands? Even though you have tear ducts with antibiotics in them, you can easily transmit microbes in to yourself. So, I like to add **Silver Shield liquid #4278-5** to the eyes (a drop per eye). At least one time a day. I also advise using **Silver Shield Rescue Gel #4951-2** applied to your hands twice a day (good for 6 hours), this helps ensure the spread of germs to oneself through the eye. Teach your kids to wash their hands often and add silver gel to soap dispensers etc.

New Essential Oil blends are available! **Renew #3852 and Purity #3972.**

Also, many ask when using oils “what is a dose?” It is 1 drop. Regardless of body size weight and shape a dose is always one drop. Did you know one drop of **Lemon oil # 3848-4** is roughly about 20 lemons in strength? Go easy *but* use daily for best results! Apply to bottoms of feet and behind ears, which ancient traditions say is the “happiness zone on ears”.

Water, water, everywhere, but not a drop to drink! If you think Flint Michigan is the only place water is a problem, think again. As man looks for more and more fresh water sources it is very apparent “fresh” water is no longer fresh. Don't trust your well or municipal tap. Many times by the time we find contaminants in the drinking water is already too late as those contaminants have been getting into your family's bodies. Yeah, cheap Brita's and refrigerator filters help but *not* certified for all the contaminants we hear of. Also plastic water bottles bought by the case are not always “pure” and do a tremendous amount of planet damage. Why not invest in a Multi-Pure Carbon Block system? Affordable, stainless steel, low ongoing cost, state approved, life-time guarantee, and certified to remove 87 contaminants (yes lead). Check out [www.multipure.com](http://www.multipure.com) and if considering getting a system include this referral number for specials and assistance from us: #223474.

If you are a NSP member and haven't given a text to NSP: 22403, you should. It gives you weekly deals on shipping most don't receive. Best txt I ever used, it has paid me back.

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.