

# Integrated Natural Ideas #120

## 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.)**

Cold and Flu season are upon us. Protect your family now with this issue. Let's spotlight a few easy and inexpensive preventions.

First is Elderberry which is safe for everyone, including children. I love **Elderberry D3fense #897-2**. This herbal immune booster with vitamin D3 (in some studies considered better than a flu shot, if used daily) contains antioxidants and phytonutrients to help relieve symptoms of the flu even if you do earn it.

Elderberry (*Sambucus nigra L.*) has been used to prevent and tackle the flu since the 5<sup>th</sup> century B.C.

Hippocrates even called it his "medicine chest".

Clinical studies confirm elderberry can help prevent/relieve flu symptoms including the H1N1 virus (*Altern. Med Rev. 3/07*).

You can use this every day thru the cold and flu season or even at the first sign of illness. Clinical trials found that flu symptoms ended an average of 4 days sooner than those on a placebo (*Marissa Oppel-Sutter 11/09*).

It even possesses antimicrobial activity against *Streptococcus pyogenes* (sore throat – *Complement Altern. Med. 2/11*).

Second, you can also use **Solstic Immune #6530-6** (which contains elderberry) as a mix with water, which is *used best at first sign of any illness*.

Don't forget **Silver Shield Rescue Gel #4951-2** daily on hands, face, and near eyes (see issue #119). Keep those germs away from entry!

**Essential Shield #3887-8** essential oil is a must too. I diffuse this in the office a lot (germs catch a ride with clients), in my car, and home as front line defense. It can also be applied on neck area to shield your face (on planes, busses, work, and carpools). Many may ask you: "*what are you wearing? It smells so good!*" so go ahead, and share...

I am often asked about "*what is best for oxidative stress?*" (Of course, not in that context). They are asking directly about side effects from things like chemotherapy drugs, exercise stress, aging, toxins, etc. Well, I love **Thai-Go #4195-2** which has 11 different nutrients to help combat all of the above. If concerned with diagnosis, discuss with your medical doctor first. But when they find out it is mostly fruit juice, there is usually little resistance. Thai-Go contains mangosteen, pomegranate, and acai berry just to name a few.

Studies show it helps reduce blood pressure in certain patients and reduced oxidative stress in athletes. If this applies to you or someone you know that want that benefit, just drink an ounce a day (yeah it's that potent)...go ahead give your body an edge!

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.