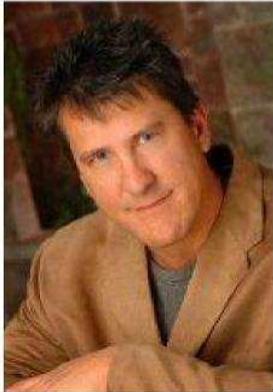


Integrated Natural Ideas #121

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.)**

Go ahead get the lead out!

Once a person has consumed lead for a period of time it causes some *very* serious health issues. The younger one is, the worse it is.

Tap water contaminated with lead (see all the news) even added to baby formula can cause malabsorption. The body absorbs lead like it does helpful minerals like calcium. It is a bully when it comes to minerals. It will block other minerals from being absorbed. So, calcium cannot uptake in to the bones and the heart can't get the magnesium it needs, etc.

Algin #675-1 is derived from seaweed (kelp) that helps absorb heavy metals (i.e. lead) in the body and can carry them out by way of the elimination system. While one is taking Algin, it begins to supply the body with healthy minerals to help rebalance the body's mineral supply. Capsules can be opened up and made either as a tea or mixed with food for young children. The recommendations of the bottle are for a person weighing 150# so you can go up or down the weight of the person taking the supplement by adding or subtracting accordingly. Water (purified) should be taken in the amounts of ½ the body weight in ounces daily to help facilitate the elimination process.

Again, if concerned about your current water supply, contact us about "Multi-Pure Water Treatment systems".

Speaking of cleanses, here is some other ways to stay ahead of toxins. Do a "hump day" cleanse! Fast on Wednesday (juices/water/soups/boiled egg/nuts only) and take **All Cell Detox #1072-4** just 2 caps 3 x day. Over time, you get a great assistance to weekly toxic loads.

If you have an occupational hazard type job (nuclear power plant, paint, solvents, chemicals, dyes, newsprint, x-rays, etc.) best to take **Detox Basics** daily **#3986-5**, no need to fast but it does help provide a peace of mind and easy to just swallow each day.

Aluminum is an interesting component of the brain. Most of the brain function is electrical. Metal is a conductor (small amounts). Why aluminum? Can you imagine how heavy your head would be if the metallic conductor was lead? Your neck would have to be the size of your waist just to hold your head up (joking LOL)! Water is critical to the brain as well because those brain functions are largely electrical. Energy plus electricity sounds like your brain might have the potential to overheat. Water is needed keep you from literally becoming a "hot head". The brain needs lots of pure water (see above) as a coolant and to flush out toxins from processing.

Mind-Max # 3134-4 has Ginkgo-Gotu Kola. Gotu Kola is high in NATURAL aluminum and the Ginkgo stimulates circulation to the brain so the Gotu Kola can get in. Like having a friend watching the door!

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.