

# Integrated Natural Ideas #122

## 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  
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**- World Organization of Natural  
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**- Holistic Health Practitioner  
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**- Reflexology (A.R.C.B.)**

***“If you think you can, you are right. If you think you can’t, you are also right”.***

Either way you have made a choice. Make the right ones.

Just eating today requires 227 distinct decisions a day! Do we always make the right choices in life or do we sabotage ourselves?

There is a war between your pre frontal cortex (decision maker) and your limbic brain (survival) all the time. But the limbic will win if it is a life and body balance decision. The pre frontal likes what it sees or is used to (habits). The limbic says “you will eat bugs if you haven’t eaten in a week”. Believe me, you would.

But we live in the land of plenty, plenty of crap that is! We don’t know what it is like to be hungry, *truly hungry*. So try eating each day with that in mind (literally). When deciding on a meal or snack choice, ask your-self, “is this good for me and my microbes, or just a tasty sugar empty calorie fast food treat that popped into my mind?” It can be hard to choose the best foods when in a war.

So what to do?

Just 3 daily supplements can help ensure you are getting what the Limbic system is looking for. Do it every day either as a meal, or a snack.

I like using **Natures Harvest #3090-6** one scoop with **Love and Peas sugar free #3087-3** one scoop (you can use just one of the above too). I also add to this Hemp milk vanilla, and frozen berries/banana. So why do this? You just got 18 essential vitamins/minerals, antioxidants, pre biotic fibers, and essential fatty acids. Boom done...now your prefrontal cortex can wage war for a piece of pizza (homemade of course).

But wait, there is more! Add a scoop of **Natures Three # 1345-0** (or Loclo #1348-4, Everybody’s Fiber #1336-6 etc.) to the above mix to UP the fiber count. Did you know our ancestors used to get about 100g a day of fiber? Today you are lucky if you get 20g. Adding fiber to a Harvest drink has now got you 2 of the most crucial 3 daily supplements out of the way, just one more to go.

Last use Probiotic Eleven #1510-1 on a daily basis. Did you know half of your fecal matter is discarded bacteria? Makes sense to replace those lost also when you consider antibiotics everywhere, poisons, Rx, pesticides, heavy metals, etc. Probiotic supplements can help up to 80% of your immune system. This form of the supplements is much more cost effective and therapeutic than believing yogurt commercials alone. Science shows balancing your micro-biome is one of the healthiest things you can do now days. My money is on the Limbic system.

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.