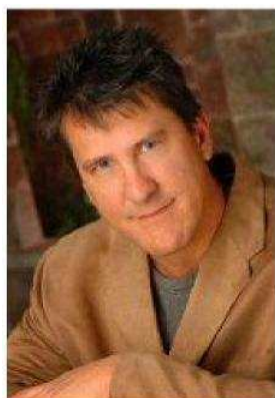


# Integrated Natural Ideas #123

## 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.)**

Tired of hearing about lead in our water? It won't end anytime soon. Yet older homes and schools still have old solders used in pipes which leach this heavy metal. Protect yourself with a **Multi-Pure Carbon Block** system. Because lead is not the only contaminant found. As of 2008, over 96,000 different contaminants have been found in the nations drinking water supply by the EPA. Call us if looking for answers!

Why cook at home and why work so hard at fresh foods? If you eat out just 2 x week at restaurants and use canned, packaged, or processed foods (3 x week), that equals a 30% chance of increasing stomach cancer. Also too much sodium (canned-boxed-processed) increases a bug called H. Pylori. This is a nasty little critter in the stomach/small intestine area that loves acid/junk foods, it also a known cause of Ulcers. A good program to oust the critter is to use **Gastro Health Conc. #917-9** for 3 months along with some **Probiotic Eleven #1510-1**.

Of course you still have to end the above practice of cheap processed foods and expensive restaurants. Healthy groceries and these supplements are cheaper than paying for going out 2 x week (not to mention ulcers and stomach cancer potential).

Do you know how to use a toilet? I mean those who are sitting down? The proper way is to squat, not sit. When we squat (which is what humans did for centuries before the invention of the throne) we use puborectalis muscles which relax and open sphincters. It results in a more natural elimination process than sitting. Easy solution is to have a small stool under feet or a few books. Then the body can tell the difference between you sitting or "squatting". Of course if this is still an issue, try some **Gentle Move #952-9** to assist.

Coco Chanel said "*Nature gives you the face you have at twenty; life shapes the face you have at thirty; but at fifty, you get the face you deserve.*"

Focus for the face: If you are in your twenty's, young skin has plenty of natural oils, causing breakouts. Moisturizing is not really necessary but cleansing the body is! Healthy insides equal healthy outsides. Do occasional cleanse like **Dieters Cleanse #3220-4**, which is 14 day cleanse usually done in spring and fall.

If you are in your thirties, skin protection is critical. Essential oils with a carrier work great here. **Renew Essential oil #3852** (just a few drops in a palm with) **Carrier oil #3841-9** every evening before bed. Do not use Renew (citrus) before sun exposure, if you do expose to sun, use SPF skin protection.

If you are in the forties, gravity sucks. Focus on firming. The above Renew is for this, as well as tightens and tones. Hormones begin to drop so use **Master Gland Vitamin #3040-3** to help internally balance this. Skin becomes drier so use good fish oil like **Super Omega #1515-7** as well. **Silver Shield Gel 4950-1** is a good makeup remover and helps with crow's feet.

If fifty or above, nourishment is the key. **Natures Harvest** anyone?

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.