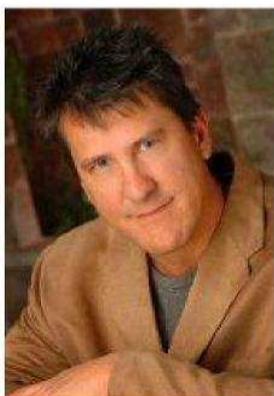


Integrated Natural Ideas #124

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.)**

Poo-pouri? Yeah you read that right. Here is a neat and fresh idea for the bathroom. Just get some **Purity** essential oil blend #3972 and put it in a small pump sprayer. Keep on top of the throne. Spray a spritz into water before use. The oils help keep odors trapped under the water (after evacuation) and also offer a spring like smell! Not to mention a better anti-bacterial than chemicals. It works!

2000 years ago in Italy an eighteen year old girl died. She was one of the first known celiac disease sufferers. Celiac is an autoimmune disease triggered by ingestion of gluten (everywhere in the American diet). Even though she ate well (analyzing isotopes in her skeleton), she died tiny with eroded bones from malnutrition. Even in the presence of ample food, the gluten intolerance killed her (Italy still loves lots of carbs).

Today, nearly a third of all adults in America now want to avoid gluten in their diet.

2016, roughly 70 million Americans suffer from some sort of digestive ailment. Of those, 1.8 million have been diagnosed with Celiac. But 90% of the people with this disease are not diagnosed. Another 18 million Americans may be gluten intolerant with something called Non-Celiac Gluten Sensitivity (NCGS). It can even continue to plague one even if all gluten is eliminated. It's all coming down to something called "leaky gut". I know this first hand as it happened to me when I was younger and is one of the reasons I do what I do today.

How do we deal with this? No quick fix but some great ideas (even if you don't suspect this, good advice for anyone to do) is use enzymes on a daily basis like **Food Enzymes #1836-9** or **Proactazyme #1525-0**. This helps break large gluten molecules into smaller ones, even if eaten by accident, to help reduce an immune overreaction.

Also, help out the micro-biome with daily **Probiotic Eleven #1510-1**. Of course, get gluten out of your life if you find this helpful.

Long term, help the leaky gut repair! **L-Glutamine #1776-0** is an amino acid that helps with repair. **Love and Peas #3087-3** is a great protein (non-gluten) that used daily, can offer massive benefits to the intestinal lining and the microbiome. Cheaper than groceries per serving too! After all, it is hard here in America to completely eliminate ALL gluten. It is even in mayonnaise.

"Let food be our medicine (with help from enzymes, probiotics, Love and Peas, L-Glutamine, fiber, fermented foods, gluten free foods, educated family, nutritionists, dentists, etc.)". *Whew.*

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.