

# Integrated Natural Ideas #128

## 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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- **Reflexology (A.R.C.B.)**

From a Quantum perspective, life is about choices and opportunity. It means anything is possible. From a Newtonian standpoint, life is about physics and laws. Therefore those who are saying it can't be done (Newton), are usually interrupted by those who are doing it (Quantum)!

Just look at history and you see that anything is possible. Take renowned physicist Ernest Rutherford who stated on September 11, 1933 "*Anyone who expects a source of power (by splitting atoms) is talking moonshine*". The next day on the 12<sup>th</sup>, physicist Leo Szilard invented the neutron-induced nuclear chain reaction.

What's that got to do with health? Because for decades I have always said "*when all else fails, return to the guts*". More appropriately, the micro-biome we all have. Care for the biome, replenishing the biome (guts), has helped thousands of people feel better and improved their overall health. Now recent studies show this has been a big missing piece in medicine for a century.

I love the new probiotic **Eleven Elevated #1514-0**. I take one a day and will for life. But also work hard to feed (fiber and fermentation) those replenished good guys. It is a vegetable coated time release probiotic. It provides 11 different strains right to the intestines where they belong, versus losing some in stomach acid, like 95% of all other probiotics sold today. Yogurt (think TV ads), was only advising us on what they only partly understood. The yogurt companies were on the right track, but a long way off in substantiated claims.

Want to create a perfect Microbiome every month? Not only can we take this awesome probiotic, but we should add prebiotic fiber, and post biotic food. An excellent source for this is any of the protein shakes from NSP such as Sugar free **Love and Peas #3087-3**. Food wise sauerkraut, *organic* yogurt, kombucha tea, green tea, etc. are excellent foods as well.

Another idea is to add probiotic foods to your daily smoothies. A little cabbage mixed with a little pineapple helps get these microbiome foods into those of us who fight it (kids, husbands – LOL). The pineapple covers up things like carrots/cabbage etc.

You can also make shakes ahead of time and then freeze them into baggies or ice cube trays and add to anything when on the run.

Pregnant moms need lots of calcium, as well as care of the biome. So make sure when planning pregnancy (other than a **Prenatal #3242-2**), add in a daily supplement like **Herbal CA #823-5**. It is loaded with concentrated herbs that supply plant calcium. These herbs help feed the good critters and help welcome baby to the planet, healthier of course.

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.