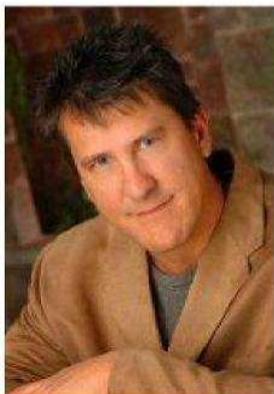


# Integrated Natural Ideas #129

## 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.)**

I often hear how people just add a probiotic will nilly without a deep understanding of what they are doing. Even using single species probiotics in yogurts, drinks, or supplements, without knowing long term that may not be in your best gut health interest.

Here is an analogy that may help you understand probiotic therapy. Your intestinal gut is similar to a fish aquarium, a living environment that can either help health or deter it. Now, if you buy fish and put them into an aquarium, you have to maintain it, change the water, and of course feed the fish, or it will all die. That is where terms like pre-biotic and even post-biotic come from. The term probiotic refers to just the fish (good bacteria).

So if you are just taking probiotics (fish), without maintaining the aquarium or feeding the fish correctly, you are wasting time and money. You may be even doing more harm than good.

That brings us to three concepts of Remove, Repair, and Replenish. With most people just starting out on probiotics, it makes sense to first Remove from the aquarium any parasites, bad bacteria (fish) or even fungus (yeast). So a “cleanse” is in order. You can do **Clean Start #3993-8** (which is for serious detox), or something like **Detox Basics # 3986-5** for 2-4 weeks. Even **Berberine IR #1398-6** helps eliminate endotoxins and reduce bad fish colonies. If you suspect a lot of yeast (Candida) do **Candida Clear #958-7**. Along the way, add new fresh water and lots of it.

2<sup>nd</sup> Repair and Replenish. Use the new **Eleven Elevated #1514-0** for a month (new fish and the right ones for your aquarium). Also add in a pre-biotic like **Love and Peas #3087-3** which contains food for the fish and nutrients to help repair the aquarium from a lifestyle of yuck (which makes muck).

Then *eat* for your microbiome (fish). They love fermented foods and fiber. These are considered postbiotics. A good source to add is **Everybody’s Fiber #1336-6**. It contains many ingredients designed to bolster and strengthen the new fish/aquarium (microbiome). For example, Short-chain Fructooligosaccharides, which are naturally occurring simple food, is neither digested nor absorbed by humans but are by the fish (microbes/probiotics). It can also deter bad fish from entering and taking up residence in this new fresh aquarium of yours.

All of this will help with your metabolism, weight management, skin, immune, respiratory, glandular, nervous system, etc.

A healthy microbiome (aquarium), that is fresh and alive with healthy populations, we now know is one of the best newly discovered secrets to optimum health any human can be doing.

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