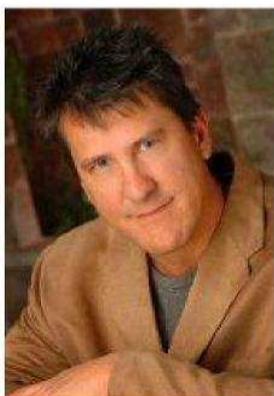


Integrated Natural Ideas #130

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.)**

Berberine IR # 1398-6 is a natural compound with specific properties noted to benefit the regulation of blood sugar.

“Many participants in our (In.Form) study suffered from issues associated with Insulin Resistance, which means basically that the body isn't very sensitive to the insulin it makes. When sugar gets delivered to our cells, to a certain degree they're happy. But when there's too much, the cells don't handle it very well.

Imagine a pizza delivery person showing up with a pizza you didn't order hour after hour for days. As first, it's great. Free pizza! But after a while, the novelty wears off so we stop answering the door. The same is true with sugar and our muscle and liver cells. They'll only take in so much. Fat cells, on the other hand, will keep accepting the sugar (or pizza) until they explode. White blood cells then have to clean up the mess which irritates them and leads to inflammation. When we're inflamed we become even more insulin resistant, and so the process drives forward.

Berberine IR has been shown to address this issue by helping muscle and liver cells become less resistant to taking in sugars and triglycerides. This means the body can then burn them for energy instead of storing them in fat cells.” – Dr. Joseph Lamb MD IMD

Summer Oil Recipes: **Happy Feet Soothing Massage Blend**

Ingredients

- 5 drops **Wild Rosemary #3854-4**
- 3 drops **Organic Lavender #3847-6**
- 4 drops **Peppermint #3850-0**
- 1 oz. **Carrier Oil #3841-9**

1. Apply blend over an entire foot, massaging upward from the toes towards the body.
2. Start gently and increase pressure throughout, massaging for a minimum of 5 minutes per foot.

Wake-Up Revitalizing Mist

Ingredients

- 8 drops **Peppermint #3850-0**
- 5 drops **Cinnamon Leaf #3898-6**
- 8 drops **Lemon #3848-4**
- 8 drops **Patchouli #3849-2**
- 4 oz. **glass spray bottle #3936-8**
- Distilled water

1. Mix essential oils in a clean, glass spray bottle. Fill with distilled water.
2. Spritz as needed, being careful to avoid the eyes. Shake well before each use.

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.