

Integrated Natural Ideas #131

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

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It may be a national epidemic when people look for 'jobs' not for 'purpose'. Maybe we should measure the 'purposeless rate' versus the 'jobless rate'? When you have a purpose, versus getting a job, you're going to become passionate about that purpose and your success. A job is just a job. A purpose you are going to see being achieved and make it happen. A job doesn't always do that. That is why I write these newsletters/blogs. I have a purpose. Passion is the result.

I want to see all people have access to quality supplements, healthy lifestyle, and absence of suffering. Thank you so much dear readers. Thank you for your loyalty to us and NSP. It does change lives for the better. I love my purpose, do you? If not, and you have interest in helping others, please recommend NSP to everyone you know. The education is priceless. The purpose is divine.

Photosynthesis in plants harnesses solar light which ends up in our bodies, but only if we eat plant based diets. Animal meat is one step removed. That's why just adding a scoop of **Natures Harvest** to smoothies ensures we get the sun inside of us! **Love and Peas** is also a plant based exchange and **Smart Meal** is too. Just do one smoothie a day for life with these wonderful protein plant packed meal replacements. That way you are helping your purpose to be healthy in the first place – everyday.

Alpha Lipoic Acid (ALA) #1505-6 is an antioxidant that increases our storage of another vital antioxidant known as glutathione. It protects our mitochondria inside our cells. It also increases metabolism (energy) in our peripheral muscles. Did you know ALA is used as a drug in Europe to help with diabetes? Yet as a member of NSP you can get it there with no prescription. I have European friends that envy that. It can over time, reduce wear and tear of the lining of our arteries as well. Even used to help remove heavy metals (all of us have that) and improve Liver function. Good addition to anyone living on toxic planet Earth.

N-Acetyl Cysteine (NAC) #509-7 is another glutathione helper. It is a precursor to glutathione. It too is used as a drug to help with things like Tylenol overdose in the emergency room. Again, you have access to it from NSP.

So why all this talk about glutathione? It is involved with sleep, headaches, dizziness, weakness, brain fog, joint pain, dry skin, etc., just to mention a few. In fact, lack of it is associated with over 74 diseases and conditions. Glutathione is an anti-aging molecule. It exists in various forms. So making a supplement of just this, is difficult and not always therapeutic. The digestive system tends to destroy it when in supplement form. Better to take "precursors". The body knows what to do with those, such as ALA and NAC.

Glutathione maintains Vitamin C and E, nitric oxide (circulation), repair DNA, iron metabolism, also the immune system, nervous, G.I., and lungs. I hope my purpose and yours match. Have a healthier day!

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.