

# Integrated Natural Ideas #132

## 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.)**

*“Give the people the facts and the nation will be safe”. – Abraham Lincoln.*

Yes, and that applies to all other things like health as well. How can you make an educated decision about your health if you don't know the facts?

For example, according to *new* data tracking analysis for health trends Worldwide (recent issue of Scientific American), it states for every two women who die of breast cancer, three die of kidney disease. This has only recently been shown as fact. Yet it will take time for the call (alarm) to go out.

In the interest of time, it makes sense to drink a lot more filtered water every day. It also makes sense to help assist your kidneys in what they do for you. Herbs can be a big boost to cleansing and help improve kidney function. Supplements like **Kidney Drainage #3168-4**, which is a liquid, can easily be added to a water bottle or even your daily smoothies!

Every day the kidneys filter the equivalent of nearly 200 liters of fluid from the bloodstream. They excrete toxins, metabolic wastes and excess ions and reabsorb necessary metabolic byproducts. These two bean-shaped organs also regulate the volume and chemical composition of the blood. Good nutrition and fluid intake support kidney function and promote proper waste removal and healthy tissue.

This product provides the kidneys with the nutritional support they need to meet the constant stress placed on them. Asparagus increases the rate of cellular activity and urine production, and plantain leaf may help support fluid removal from the kidneys. Juniper berries support the urinary system as it works to maintain proper fluid balance. Goldenrod increases the production of urine without reducing levels of important electrolytes.

**Ingredients:**

Asparagus tops, plantain leaves, juniper berries and goldenrod aerial parts in a glycerin base.

How is that for some facts?

Many people often ask for more ideas how to use **Silver Shield liquid**.

Here is a few for liquid use **#4280-5**.

Gargle for 2-5 minutes and then swallow. Great for throat health especially as fall and winter arrives!

Use as an intranasal spray. Works great with a drop of **Eucalyptus oil #3844-7** in an oz. of silver. Keep the upper respiratory system healthy and clean which is an entry point for bugs. Pour into an eyedropper and drip until eye or ear canal is filled. 1-2 times a day. Self-explanatory.

Dilute it 50/50 with distilled water and use it in a **Nebulizer #3963-5**, **Ultra-sonic diffuser #3889-0** or CPAP machine.

It is a fact Silver Shield makes sense (cents)...

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.