

Integrated Natural Ideas #133

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.)**

Did you know that the “gut” is being cast as the center of all health and disease today? Not that eye opening until you consider that in 1908 that SAME concept won a Nobel Prize. Yet a hundred years later, the best information most people have is when the gut is in trouble is to take a purple pill (which long term does more harm than good).

The road to good health is paved with good intestines...

The ancients knew about this. So why is it taking so long to acknowledge how to stay healthy? Politics and economics of course.

Unfortunately, nutrition is still regarded as an “alternative” by the National Institute of Health. Well, if you are like me, food is the best medicine. What food you choose is either ill or gain. Donuts or **Natures Harvest #3090-6** anyone?

That is why I recommend mostly herbs for my customers. They ARE food, the right food. They not only provide missing nutrients and move energy but provide information to every cell in your body. They also work with your micro-biome in your digestive system to help those helpful critters help you! Which herbs? Well, all of them have a place...

Keep in mind though if herbs are not grown correctly, harvested correctly, or irradiated, they are of no use. You get what you pay for. NSP assures what is in the bottle, is in the bottle.

For example, **Alfalfa #30-2** (liquid chlorophyll counts here too). Alfalfa has been cultivated for over 2,000 years as a nutritive food for people and livestock. The Spanish used it for a variety of health issues. Modern herbalists consider it very nutritive and use it to help build the blood. Alfalfa’s roots grow deep (some cases up to 1/8 mile), providing the plant with a rich source of nutrients not always found at the ground’s surface.

How about **Slippery Elm #670-7** Slippery elm is rich in nutrients, easy to digest and soothing to the digestive system. For centuries people have used it to support the digestive system and to maintain regular waste elimination. Slippery elm supplies mucilage to soothe the digestive and intestinal tracts. Mucilage is a long chain of sugars that form a slippery substance when combined with water. Mucilage can settle the digestive tract, absorb toxins from the bowel and help maintain regular elimination patterns.

Here’s another **Eleuthero #660-9** Adaptogenic herb supports energy and helps the body under environmental stress. It acts as a tonic at the cellular level. Eleuthero is a distant relative of Korean and American ginsengs. It is held in high esteem in China, where it has been valued for thousands of years, sometimes commanding a higher price than gold. Eleuthero is found in the Siberian province of Russia.

Swallow an herb you might win a Nobel Prize.

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.