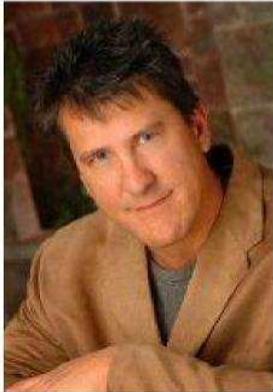


# Integrated Natural Ideas #135

## 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. Integrated  
Medicine (IMD)**

Quantum Physics

**Doctor Humanitarian Medicine**

**Ph.D. Holistic Health Sciences**

**Ph.D. Traditional Naturopathy**

**Board Certified: Orthomolecular  
and Integrative Medicine (BOIM)**

**- World Organization of Natural  
Medicine (WONM)**

**Award: Order of Excellence - I.M.  
2016**

**- Holistic Health Practitioner  
(A.A.D.P)**

**- Reflexology (A.R.C.B.)**

**Chair: Health Professional  
Advisory Committee**

A quantum principle: *the more we meditate, the more we are love. The more we love, the more mature becomes our wisdom. Be sure in your gut, awaken your heart.*

Yup, that works. I've known for 2 decades that "*the road to good health is paved with good intestines*". I have meditated on it and prayed on it. Today it's all over the news as digestion is the key to a happy healthy life. Whether or not its physical or a "feeling", the gut is where it is at. And as the Beatles sang about "love is all you need".

Love your gut! It will love you back. New study results: Probiotics (Cleveland 2016) indicate *Bacillus coagulans* probiotic may be an effective partner to protein at delivering certain sports-related benefits. Compared to casein protein alone, the combination of B.C. and protein was found to be more effective at significantly increasing recovery, reducing indices of muscle damage, and maintaining physical performance following damaging exercise. **NutriBiome Bacillus Coagulans #6109-3** can be used more often than once thought!

Speaking of a healthy gut what about NSP's new **Purify Drink Mix #21401-2?**

- Supports cellular integrity and function of intestinal lining
- Aids in gut metabolism and microbiome balance
- Balances gut pH to support balance of beneficial bacteria
- Activates detoxification signaling
- Supports elimination of heavy metals
- Supports the digestive system
- Provides sustained energy and prolonged nutrient absorption
- Supports glucose response
- Increases satiety, providing a second meal effect
- Balances gut bacteria through elimination
- Supports cardiovascular health

Now that's a gut health wonder!

This just in: Soy for women with PCOS (poly cystic ovarian syndrome) is a good thing! 70 women who had PCOS aged 18-40 were studied and after 12 weeks of non-GMO soy isoflavones supplementation, it reduced symptoms and alleviation of diagnosis. It also showed alopecia decreased (thinning hair), decreased lipid profiles (LDL/trigs), and decreased insulin levels which are known to contribute to PCOS.

Sorry dairy industry, but your attempt to blame soy for hormone imbalance isn't sticking.

Nothing like Smart meals. Try some like **Smart Meal Chi #3086-2**. It's also available in vanilla and chocolate! I love it when our gut tells us, we were right all along.

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.*