

# Integrated Natural Ideas #136

## 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

Time is a constant and a fourth dimension here. Time brings many things sometimes the end of lives. It is with a sad acknowledgement that Suzy Klingeisen (an NSP manager, practitioner, therapist, herbalist, spiritualist, and mother) passed recently. Thank you, Suzy, for helping so many of God's children to have a better life! **You will be missed.**

A while back the Swiss raised a lot of eyebrows by declaring (with good evidence published) that mammograms are not what they are cracked up to be. They don't recommend them anymore.

**Abolishing Mammography Screening Programs? A View from the Swiss Medical Board** (*N. Engl J Med* 2014; 370:1965)

**Breast-Cancer Tumor Size, Over diagnosis, and Mammography Screening Effectiveness** (*N Engl J Med* 2016; 375:1438).

Now we hear the same thing from other investigators. Take the time to study this issue on your own. Don't take just any word for it. Thermograms seem to be the best way to screen women in addition to decreasing exposure and increase detoxification of XENOESTROGENS in the environment.

I like the product **Breast Assured #1122-4** daily, plus using a detox easy program called **Detox Basics #3986-5**, daily.

And men, the statistics do not show a significant longer lifespan on men who undergo treatment for prostate cancer (surgery, radiation, chemotherapy, etc.).

**Pathology and Lab Medicine 2016 American Society for Clinical Pathology (ASCP) Annual Meeting: PSA Screening Persists Despite Recommendations to Stop.**

Many doctors are no longer recommending screening for prostate cancer. This is good news for patients who have stayed away from clinics fearing the dreaded "finger." However, a PSA test is still in order. If anything, that test can help. But change their lifestyle and add integrated practices, is a non-invasive way to see if that PSA number may be helped naturally. Detoxification, lifestyle, supplements, can all help to make a big difference.

So men again, **Detox Basics**. The **In.Form program** and a supplement I take every day like **Eqouilibrium #3542-8** makes sense.

Time can be a friend or an enemy. Make the best use of your time while here. Invest in yourself.

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