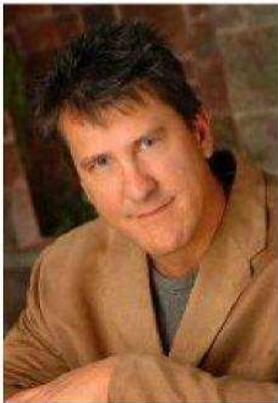


Integrated Health Ideas #138

The mind-blog of Dr. Jay

***What you can do to complement your health...naturally.
It is not alternative if it works, 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**

I started my entire natural health career with a remedy that helped heal my father. E-Tea. As I reflect over the year (and decades) of helping thousands of customers, I feel it is worth outlining such a powerful herbal combination as this E-Tea. Aka: Essiac Tea.

It dates back 5,000 years but came to the forefront around 1922 when a Canadian nurse (Renee Caisse) learned about it from an Ojibwa medicine man, this recipe. She used it on many terminal illness patients and had about an 80% success rate with just four herbs that even grow in ditches here in Wisconsin. She noticed it cleaned the blood, purged toxins, helped with cellular repair, and increased the body's ability to heal itself from whatever... She was incarcerated 4 times for healing people with it.

She called it "essiac", her name spelled backwards. She sought no financial gain. The herbs that work so well synergistically are Burdock, Rhubarb, Sheep Sorrel and Slippery Elm. Any other combination does not seem to work as well so beware of imposters. NSP has this right combination in right dosage **E-Tea #1360-4**. Bulk forms available may be contaminated with other herbs to make it cheaper, don't fall for that. Quality matters when it comes to this one! It can be used in combination with **Una De Gato (cats claw) #175-0** for enhanced results. Even making E-Tea into a tea (steep 10 minutes) is even more powerful.

Many people make this tea (including me) a staple part of their annual ritual for cleansing the body for a month or so.

Why? Because it's a magical formula for humans. Many health benefits have been reported including liver disorders, hyper/hypo glycemic disorders, urinary, and even anemia. Other benefits include gallbladder function, mild constipation, good level of iron, vitamins, and even protein. Historical observations include assistance for high blood pressure complications, as a mild diuretic, and a great antioxidant. I have also seen it assist acne.

Looking for optimal health? Consider E-Tea.

As the year closes, gifts may be elusive. Give the gift of health. Easy ideas?

Get anyone an **Ultrasonic Diffuser #3889-0** (why? Because they are too cheap to buy it for themselves, but will thank you all year long). For use anywhere in the home. A good oil if don't know what to use is **Lavender #3847-6** or better yet, **Breathe Deep # 3879-8**.

Also, check the website www.naturessunshine.com for Christmas ideas for a happy healthy holiday. You can even get an **Authentic Essential Oil Kit with a free mini diffuser** which is great for travel **#19457-5**. How about an **Aromatherapy dryer ball pack?** Comes with 4 dryer balls and the oil **PURITY #19814-8**.

Also, a **Silver Shield Rescue Kit #4958-6** for go anywhere first aid. Hurry! Supplies are limited.

Dad doesn't need another tie....

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.