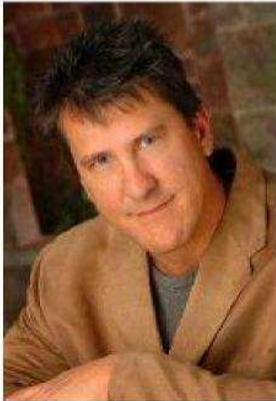


Integrated Natural Ideas #139

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**

As the wild year of 16 winds down, it's time to reflect on what is to come. Help make 2017 a year for you! Living a lifestyle of Nature's Sunshine nutrition, eating well, getting rid of toxic exposure, and enjoying the great outdoors with your loved ones. Keep 2017 in perspective, optimum health is your goal.

First, get thru the cold and winter months. What should you have on hand? **Solstic Immune #6530-6** for sure. Take one packet every 4 hours at the first sign of trouble or even sniffles. If used right away it could help stop an uncomfortable and miserable week. It works!

Next, **Vitamin D3 #1155-1** alone or as **Elderberry D3fense #897-2**. Both rock solid for you and your children to help prevent those nasty colds and flus. Some studies have suggested that daily D3 is up to 40x as effective as a flu shot! Cheap supplement and a no brainer.

Third, **Probiotic 11 #1510-1** daily. After all, proper intestinal microflora is responsible for up to 75% of one's immune system.

Last, use essential oils daily. Yes daily. Like **Essential Shield #3887-8**. Rub on throat, hands, top of chest (thymus area) etc. for extra defense, especially in crowds of people. Lots of hugs and kisses over the holidays, Protect your space!

Speaking of oils, we recently learned at the essential oil certification class these helpful tidbits:

Pine Needle oil #3851-1 is great in a bath twice a week for urinary tract issues and kidney help. Just add 10 drops to a bath and soak.

Painting anything in your house in the new year? Add a 20 drops of **Lemon oil #3848-4** right to a can of paint! Pretty much self-explanatory.

Black moles on skin? Why not use this (sometimes for months but the results can be astounding, I even had moles fall off after a few months with this)? **Frankincense #3869-6** and **Tea Tree oil #3877-0** mixed with **Silver gel #4951-2**. Just use a glob of silver gel, add a drop or two of frank/tea tree. Apply 1-2 times a day until satisfied.

Rosemary oil #9854-4 added to a good botanical hair shampoo. Can help stimulate hair growth. Let sit on hair a bit while showering before rinsing.

Back pain or even joints can sometimes respond very well to **Natures Fresh #1549-7** spray applied over area, then rub in **Clove oil #3843-3** and/or **Tei Fu oil #3875-6**. Ahhh! That feels better.

Hope you enjoy these newsletters throughout the year.

Keep an eye on this evolving educational website dedicated to the greatest and latest herbal information on planet earth. It is www.naturesinstitute.com. There is a nominal fee associated to this but the content thru 2017 will be amazing, so check back and subscribe from time to time. Thank you for a wonderful 2016!

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