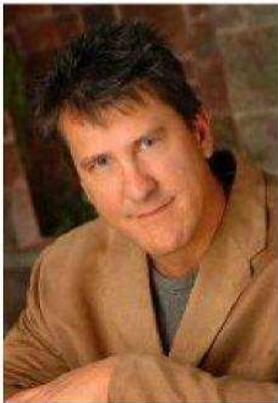


Integrated Natural Ideas #140

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**

-We are of the Earth and healed by Nature-

Herbs are back baby, in fact they never left. Increasingly people are coming around to using Nature made foods to heal their tired, toxic, and sick bodies. Science is also mounting and supports the role mother nature already knows. Yes, we will continue to make prescriptions and new molecule/detection compounds, but in the end, herbs are the energy your cells are built to run on. Why? I never met anyone who was ever drug deficient or healed by synthetic compounds. Medications may be necessary (at times) but using daily application of whole foods and plant supplements gives you the best chance to stay healthy.

But doesn't the Affordable Care Act fix the broken system of medicine in this country? No. In Bloomberg news 9/29/16, "*The U.S. health care system remains among the least efficient in the world*". We rank 50th out of 55 countries. So it's no surprise that 71% of U.S. adults (170 million) are taking daily supplements (CRN:Washington 2016).

Back to herbs. Curcumin, which comes from Turmeric, is one of the most potent plants on planet Earth. It doesn't need to be made into a prescription. New studies show it helps knee osteoarthritis, metabolic syndrome (the curse of bad food), and cardio vascular risk. Know any prescription that can prove all of that? (*Biomed Pharmacother, 2016;82:578-82*). Try **Curcumin BP #238-2** daily for life, now that's health care!

STD's on the up! Reported cases of STD's hit an all- time high in 2015. (C.D.C. and Prevention). The three most common? Chlamydia, Gonorrhea, and Syphilis. Could on-line dating be the issue or just better reporting? Don't know. Estimated total number of cases? 110 million. Costing the economy \$16 Billion. Please read my book "*Out Smarting HPV*". I talk a lot about this issue and what to do naturally with something as simple as **Silver Shield Rescue Gel #4951-2**. Even if you been with the same person for a long time, best to have this simple inexpensive product in your home.

Keep an eye on the website www.naturesinstitute.com. It will be filled with tons of content (most free) throughout 2017 and you can even study to become certified in 4 different areas eventually in your own home and pajamas. Third party factual scientific studies of natural health and products. Along with having a NSP account, you have exposure to about 600 products and this website will help you to understand them all. Nothing like having your own herbal pharmacy with education right at your beckon call. Your welcome America!

Yes, there is an herb for everything. The goal is not to replace allopathic medicine but to enhance your lifestyle and daily living. Let's face it in the world of massive deductibles and high premiums, it makes sense to spend some of that hard-earned money on your health before big medicine gets it all. Prevention is key...I'm working hard to make sure you are kept informed.

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.