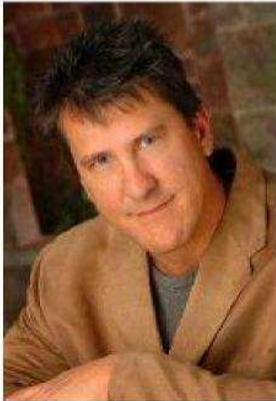


Integrated Natural Ideas #141

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 don't have time to be Attention Deficit!" – Linda Lalonde. Now that's funny! When I heard my friend from Chicago say this it really struck me. Maybe that is why most of us are ADD? We don't have the time for anything. Does that include being sick?

Ok, so here are some ways to use NSP to be healthy and keep your busy schedule from getting bogged down by illness and help stop you from reaching your \$5,000 medical deductibles. For instance:

In a 2015 study, **Lemon oil #3848-4** was shown to help athletes both sleep better and recover faster from their lifestyles (and you thought it was just a good smell).

Curcumin #238-2 is always in the news. We know it has benefits for joints and inflammation but guess what? It has been shown to have cognitive benefits. In a study from 2014 the authors concluded *"Beyond reducing inflammation it also helps with muscle wasting and recovery from injury. It can also boost psychological wellness. It has been shown to have benefits for depression as well."* – J. of Nutrition 2014.

Did you know that suppliers of Curcumin cannot guarantee natural curcumin? Because of its popularity (\$38 million in 2015), demand is straining companies to cheat and adulterate. Look, good curcumin is not cheap! Beware of those who sell for cheap. It is synthetic (up to 40% of the capsule). Bad news? There is no industry standard to test it appropriately, much of it goes undetected by regular tests such as HPLC (Nutritional Outlook 11/2016). The only way to know? Mass Spectrometry. It is a viable method. Did you know NSP was the first of any supplier in the U.S. to have this machine? You get what you pay for. If you are not using NSP, better ask any other supplier to prove to you they have one! That just inflames me....

Speaking of inflammation, Omega fish oils are "in a state of disorder" with controversy. Yet, I still take them every day. But this just in: Intake varies from country to country and article to article. Europeans (EFSA) suggest 250 mg per day, the Russians (RCUC) suggest 600mg. The Americans (USDA) are too busy scratching their heads. So, what is the right dosage? Well the Global Organization for EPA/DHA (GOED) says 500mg's to help lower coronary artery disease. They went on to comment that pregnant women should add 200 mg of DHA in addition to 500mg's of Omega EPA per day. Also, if one has a history of coronary artery problems, high blood pressure, triglycerides, or just want to reach optimal amounts = 1,000mg per day!

Good news **Super Omega 3 - EPA #1515-7** has 380mg of EPA and 190mg of DHA per capsule AND has Lemon oil added (see above). It's as easy as two capsules per day covers most what is discussed above. That grade school teacher was right when he or she told you that you would need math in your lifetime. I guess math does come in handy.

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.