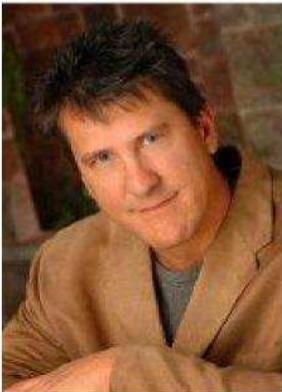


# Integrated Natural Ideas # 16

You've heard of Dr. Oz?..

## Meet Dr. Jay

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



**CREDENTIALS:**  
**Ph.D. Holistic Health Sciences**  
*(Summa cum Laude)*  
**Ph.D. Traditional Naturopathy**  
*(Summa cum Laude)*  
**Board Certified**  
**Holistic Health Practitioner**  
Currently enrolled in  
**Doctor of Integrated Medicine**

A recent study showed that taking DHA (an essential omega fatty acid) for 6 months was the equivalent to increasing your memory as if it was 3 years younger! The study used 600 mg's a day. DHA, which comes from foods like fish, also helps with lowering triglycerides, inflammation, blood pressure, and supports the nervous system. What else? It is like an extended warranty for your heart helping with arrhythmias and bad valves. **DHA #1513-5**. Since it is your brain/heart, make sure you use a quality source like NSP. Add this to your Sunshine Rewards before you forget!

Like the story of the 3 bears, don't you want it to *be just right*? Then use **Nattozimes Plus #520-7**. Natto is used for "just right" blood flow. Not too thick or too thin. Japanese studies show consistently the value of eating "Natto" everyday (which is a soy or aspergillum ferment) similar to a cheese. I take this every day and will for life.

Restart your body by restarting your internal organs. Power up that Thyroid gland with **Dulse Liquid # 3156-6** daily. Since it is a liquid, I add it to any smoothie. The right kind of iodine. Better energy, less weight gain, and smooth thick hair! Selenium, a trace mineral, also helps this all work. Just add 1 **Vitamin E with Selenium #1509-8**. Brazil nuts are helpful too.

Love your Liver, it will love you back. Start with a morning glass of Lemon juice and a dash of tabasco sauce. YUM! For better function use **Liver Balance #1860-1** for great support.

Fiber is in the news again - as it has been for decades. Also, more and more news coming out on *Pre-Biotics*! By now you know about Probiotics, but the Pre- is what feeds those Pro-. This comes in the form of fructo-oligo-saccharides (FOS). The better fiber and Pre-Biotic you have the stronger the digestive system.

There is no better product daily than **Natures Harvest #3090-6!** Loaded with prebiotics (FOS) and fibers. If you read these idea blogs regularly, you know by now I am a huge fan of Harvest. The news just keeps supporting that product more and more every day.

Keep **Lavender Essential Oil #3907-8** on hand for emergencies like burns. People who have used a good quality essential oil like NSP's Lavender know how well it works. This species of oil is what is called a "universal". If you do not know what essential oil to use, choose Lavender.

15 million Americans need alcohol abuse treatment but only 11% of those seek help (67% of that eleven percent were court ordered). Most do not want to admit a problem. Social shame and pity contribute to that sobering statistic. An anti-dipsotropic regime? **Kudzu/St. John's Wort #975-6, GABA Plus #1823-6, and Smart Meals (vanilla) #3085-8** is a good program. Keep it natural and make sure you or the ones you are suggesting help to, seek professional assistance as well.

Enjoy the fall!

Dr. Oz spoke at a Nature's Sunshine conference and understands there is a big problem with quality and efficacy in the supplement industry. Due to legality of his show he cannot talk about specific companies. Many co. put their name on a product label and do not manufacture it themselves. We only trust our health to Nature's Sunshine. *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.*