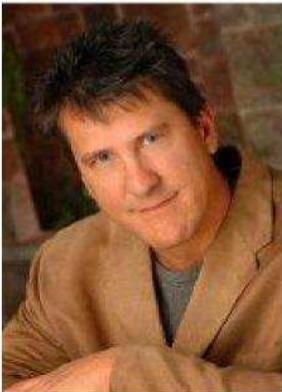


# Integrated Natural Ideas # 17

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**

Amazing how many Americans can be nutrient deficient with so much food around us. I just found out that 3-4 Americans are Magnesium deficient! If you have low energy, irritable, anxious, or lethargic, then these are sure fire clues you could be Magnesium mal nourished. This mineral has been processed right out of most foods and used up daily by your body, which needs to be replenished. If you are low in this mineral, the body works harder, including the heart which then = low energy. Spinach, Lentils, Quinoa, and Bananas, help but try adding daily doses. Best if take one tablet at each meal. **Magnesium #1786-6.**

Herbs are the spice of life! Sometimes it is just simple to add herbs to your diet as you would a multi-vitamin. For example, I have been using **Capsicum, Garlic, and Parsley #832-3** for close to 20 years. I use it internally as a daily supplement or you can open the capsules and sprinkle these high quality non-irradiated herbs to your dishes of deliciousness. Helps you feel fuller longer and been shown to help lower blood pressure.

Poor **Melatonin #2830-4** it has been picked on recently by *those who most likely never used it*. I recommend it for jet-lag or frequent flyers and shift workers. This supplement is not a sleeping pill. It is a sleep regulator. 1-3mg's is all you need at one time. So use it but don't abuse it. This is a supplement that is not to be used in high amounts ever. Nor for long term use unless directed by your health care practitioner.

I will not travel across different time zones without it. Studies have shown that shift workers carry a big cancer risk due to poor sleep regulation. If a natural form of sleep inducement is what you want try **Herbal Sleep #940-8** instead, very safe even in high amounts.

Every day I see more and more info coming out on anti-oxidants. No big surprise here. It is just that herbalists and nutrition people all agree, Americans don't eat enough of them to ward off inflammation, diabetes, and cancers. You find these nature helpers in fruits and veggies. Scientists discover new phytonutrient antioxidants almost daily. Recently, Lycopene is again back in the news. This powerhouse antioxidant can help decrease prostate cancer 60% and help reduce macular degeneration by 35%! Yeah, you can find it in ketchup and tomatoes in general but you know about processing and of course high fructose corn syrup additions. **Men's Formula w Lycopene #3112-7** is the choice for men. I like **Carotenoid Blend #4073-3** or **Super Antioxidant #1825-8** for women..

One way to keep your Omega's chugging along perfectly, other than taking fish oil supplements, is to rotate your cooking and recipe oils like extra virgin olive oil etc. Every time you shop, try using a different source like safflower, walnut, or grape seed. Buy them in small bottles, preferably dark bottles and keep away from heat and air. Stop using the same oil blend each week, your body loves variety! Especially your heart, brain, hormones, joints, etc. etc.....ok I will stop for now. Happy Holidays!

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.*