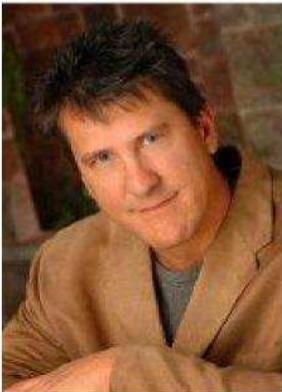


Integrated Natural Ideas # 18

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

Gluten is a Chameleon. It disguises itself in foods and inside of you. 1-10 Americans suffer from Celiac (1%) and Gluten intolerance or sensitivity (9%). In fact 50 different conditions now exist attributed to gluten intolerance. Even big problems like Anemia, IBS, Allergies, Eczema, and so on. Why? Gluten comes from mostly processed and refined food to help make "doughy" things possible for baking and holding foods together. Gluten comes from milled and processed grains. Wheat is a big player in this medical mystery. There are now 25,000 known varieties of wheat hybrids alone! Gluten is in a lot of things and many times you don't even know it.

Not everyone needs to avoid gluten, but if you suspect or have symptoms like bloating, constipation, diarrhea, headaches, IBS, acid reflux, joint problems, brain fog, hormone issues, fatigue, and skin related issues, pay attention. Just 4 or more of the above and you may need to cut out this processed food culprit.

Gluten is a protein that can be irritating to the intestinal lining of the gut. Consider this: if you ate a certain food, 3 times a day for a year, would you get sick of it? Of course, so does your body with constant gluten bombardment. The intestines flame up, proteins in the blood spill into it from gluten, and then can cause your immune system to over re-act. It becomes an "acquired" problem.

By now (if you haven't read the last 17 issues) you know I am a big fan of NSP'S **Natures Harvest #3090-6**. It is 100% gluten free! An easy to use, taste good, super food containing 49 powerful ingredients. Also non GMO (genetically modified). It is Vegan friendly. It can help you lose weight, reduce intestinal issues, as it is loaded with pre-biotics and contains 75% of the R.D.A. in one serving. It is even cheaper than groceries.

Because of the non-gluten proteins, the good fibers, and pre-biotics, it is a soothing and refreshing formula to get your intestines in great shape year round.

AS I always say "*the road to good health is paved with good intestines*".

Speaking of groceries, I just found out the worst day to grocery shop is Monday. All the freshest foods have been sold out. The newest groceries are arriving that day and haven't been stocked completely yet. If you like the best selections and freshest selections, shop on Wednesday. But what about contamination?

Nobody wants to bring home bacteria and critters to serve to their family. Yet water is a carrier and harbor of bacterial spread. So wash your fruits, veggies, meats, and dairy when get home. Better yet, try this. Nature's Fresh and Silver. We use **Nature's Fresh Enzyme Spray#1549-7** and **Silver Shield #4274-1** together as a food wash. Just mix both together like 4 oz. of enzyme spray to 4 oz. of water. Then add 1 oz. of silver shield to any spray bottle. You can even just dump in silver to the Enzyme spray which comes in a spray bottle already. Spray down all food before refrigeration. Wipe off your eggs! Let the food air dry after spraying for 10 minutes and store. We have found our foods stay fresher longer up to 2 weeks when the nasty critters have been neutralized. This also keeping the bugs from growing in the frig. Try it, you will love it!

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.*