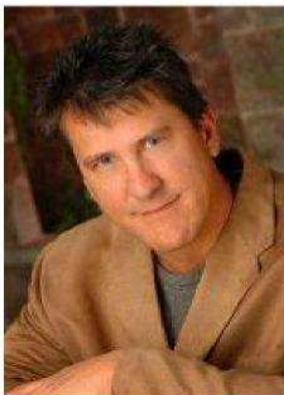


# Integrated Natural Ideas # 19

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**

You ok with your life? Then just keep making the same decisions you have been. If not, make changes, a couple at a time. In 20 years of following a natural path, my lifestyle changes did not come about overnight. I made those changes a few every month, for years. I chose to listen to experts and role models I aspired to. By listening to them my lifestyle changed and my health got better. My health got better and better every year by accepting change and my personal growth happened by making small changes every month. Change is a constant, growth is optional.

A few simple changes can add up to huge long term dividends. I recently found out that more and more Americans have a condition called "Silent Reflux". It is similar to Heartburn without the "burn". It comes from Acid foods (70% of the American diet). Some experience a lump in the throat all the time, persistent cough, post-nasal drip, hoarseness, and even difficulty swallowing. If not diagnosed it could lead to esophageal cancer. Studies show it can be easily preventable with a "green" diet or lifestyle. Here is where change is critical to protect your throat and let's make it easy.

Start with a green drink in place of one meal a day. **Natures Harvest #3090-6** is the answer. It is full of green super foods and healing herbs for the throat/digestion. It is even cheaper than groceries.

You don't need a parachute to skydive, but you do need one to do it twice! The same is true of ignoring your health. Having some parachutes around is a good way to keep you from diving into illness. **Zinc Lozenges #8788-9** are great to have on hand at the first sign sore throats, colds, and overall not feeling well today. University research shows that zinc lozenges support the respiratory and immune system. Keep convenient, fast-melt lozenges in your go-to cabinet.

**Seasonal Defense #806-6** contains the key herb *andrographis*, which has been used for centuries by many cultures. This herb rids the body of "heat" and dispels toxins. Seasonal Defense also contains thyme, bitter orange, eleuthero (ginseng), and oregano. Protect the respiratory and immune this winter/spring with seasonal defense. Let's face it, once you are down and out, you will wish you had.

Nature's Sunshine Products (NSP) continues to change thousands of lives. You will not find this brand in a chain store or gas station. The products are the best. I like the fact that with a free membership, you have access to over 600+ natural products. It is like having access to your own personal herbal warehouse. Did you know the company *pays you* to be their advertising? Just take a few moments to let those you care about know NSP exists. They can have it too. Word of mouth is the best advertising. If you like NSP, then tell everyone, we are all looking for something we can believe in, your supplements may end up being free! Call us for details.

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.*