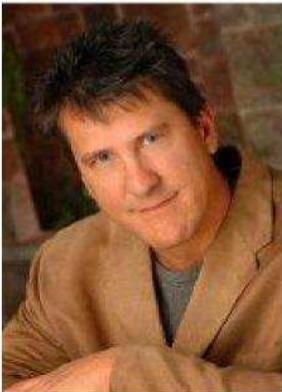


# Integrated Natural Ideas # 20

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**

When it comes to supplements I am often asked "If there was just one product..." Well you know the rest, tough question. If you look at the 4 biggest things that help increase longevity - Fiber tops that list. I keep **Natures Three #1345-0** in my culinary cabinet and add it to everything. The whole family (or whoever eats at my house) gets plenty. Just increase liquids when adding to soups, cooking, or baking so the additional fiber doesn't soak all the juices up. Help maintain a better weight, better blood sugar, and colon health.

"Dr. Jay what is your core or base line supplements"? Seeing that NSP has over 600+ products to choose from, an herbal pharmacy at your beckon call, it can be a challenge. If interested, check out the program called "Habit of Health" on line. That program answers it directly. But since you are busy and may not have time, use **Super Trio #222-7** and **Calcium/Magnesium w Vit. D3 #3243-4**. That is a base if I ever saw one.

I had a call the other day from someone who got mis-information...again. She was upset that "plant sterols" were in her supplements (was not NSP). First of all, they are natural plant cholesterols unlike human cholesterol. The plant kind is actually good for you. They are perfectly safe and nutritious. We should be more concerned about things like *Diacetyl* (artificial butter flavoring). This bad food is in cookies, cheese, popcorn, and even wines. Makes things taste like butter and may turn your brain into butter! Don't believe everything you hear or read. Question and look for credible sources.

What is 800% more effective than a flu shot? What helps protect you from seasonal affective disorder? What protects the breast, prostate, and colon? The answer is simple and cheap **Vitamin D3 #1155-1**. It is the sunshine vitamin, that's what.

Do we need a license to eat bad food? No, but artificial sweeteners are again in the news and are now shown to promote weight gain, Cancer, and even Alzheimer's. We abuse them because it contains no calories (or nutrition) and we can have all we want or eat more bad things. There are now over 6,000 products in the U.S. using these. It is a whopping \$1.5 Billion dollar industry of human destruction. New research shows it increases blood pressure, belly fat, and insulin resistance. You can even become addicted to these man made sweeteners. They produce a double whammy because it tastes like sugar, looks like sugar, and the body thinks it is. The brain sees it and says "I thought that was sugar so I told the Pancreas to release insulin" so now that the insulin is released, the body then demands more "sugar" to satisfy the false message.

Stevia is a better alternative and a natural. But you can't cook with it. I like Xylitol (natural sugar alcohol) that is 40% less calories than regular sugar. It even helps fight dental caries. Yes, oh yes, you can cook with it. Just start out with slow amounts until your body is used to it. It can cause a little gas if you are not used to it. **Xylitol Bulk #5435-3** is used a lot in our house over the holidays!

Have a safe, healthy, and wonderful week.

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.*