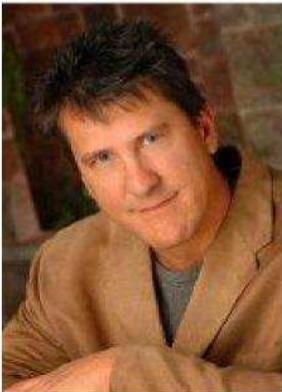


Integrated Natural Ideas # 21

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

The Holidays are here again! "Party on Garth!" But boy, oh boy, does the Holidays pack us full of sugar and Gluten. Did you know there are now about 200 million Americans that have Gluten sensitivity or "food" allergy? Gluten is everywhere and in everything man-made. People may be so toxic from it, which creates immediate or long term inflammation, that they see conditions like I.B.S., Celiac, Sprue, Colitis, etc. Symptoms can include mood changes, headaches, trouble concentrating, gas, bloating, diarrhea/constipation, fatigue, weight gain, exhaustion, and achy joints. These gluten allergies are often mis-diagnosed and also come from GMO (genetically modified) corn, wheat, dairy, and peanuts. What can we do? Well, go online and look up gluten free recipes. You can also kill a lot of birds with one stone by just using **Natures Harvest #3090-6** which is "gluten free" and helps your bowels return to a safe zone. If you have not read the last 20 newsletters, I suggest Harvest almost every issue. Just had one customer lose 14# in two months by replacing two meals a day with Natures Harvest. Got your attention?

Pick one if it applies: I love coffee (more than one) - I have afternoon crashes of energy - I love expensive calorie packed Frap, Capp, and Crap-a chinos. Congrats, you are very typical and energy starved.

Try these ideas: Coffee lovers/afternoon energy crashers - keep to less than 3 cups a day of coffee/tea and add **Solstic Energy # 6521-2** to water around 10:00am and use **Solstic Revive #6507-7** around 1:00pm. You will drink less coffee and questionable energy drinks loaded with sugar/caffeine. It is nutrition as well as an energy boost. Use our own bottle (NSP has a shaker bottle if need be #2877-5) BPA free. That way you can control amounts of your energy source versus opening a can and thinking you have to finish it.

For the Frapp and Capp crowd, try **Smart Meal Chai #3086-2** mixed with a **Solstic Energy** stick. You get the taste of sugar and a natural source of caffeine without paying a lot of money for zero nutrition. This way you can assure you are getting no artificial anything or High Fructose Corn Syrups etc. Round out your day with high proteins bars or nuts. Yum! Don't just look for a quick energy drink but ingest full throttled nutrition as well. Go Solstic if you haven't already.

New Year's resolutions? Go Certified Organic. Apples as an example are waxed for storage and seal in Arsenic. Many apple juices contain un-acceptable amounts of Arsenic (concentrates). What would be the best reason for Certified Organics? Keep out Pesticides...nuff said.

HPV (Human Papilloma Virus) affects 80% of the population in a lifetime by age 50. It is a secret and stealthy virus which can lead to cervical cancers. 20 million Americans are already infected and we add 6 million to this a year even with condom usage. The virus can lie dormant for 1-20 years before erupting into a problem. It is often hard to detect with even a pap smear. Men, you harbor it too. Skin to skin is the easiest transmission. Protect yourself with **Silver Gel #4950-1**. Apply to hands and skin, even as a lubricant (this is a family letter so I will leave out the details) as it has been proven to destroy virus. I often rec. **High Potency Grapevine #1699-3** internal or **Olive Leaf Extract #204-7** as well. Stay healthy, as it is more important than wealthy this Holiday season. God Bless!

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.*