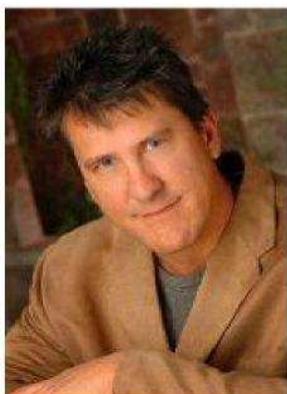


# Integrated Natural Ideas # 23

You've heard of Dr. Oz?

## Meet Dr. Jay

***What you can do to complement your health...naturally.  
It is not alternative, it's 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**

As the New Year is here so are everyone's resolutions. Many want to exercise more and lose weight. Hey, right move Americans! Because 26 million of us already have diabetes and 79 million more are pre-diabetic. That is one in three of us, including your children. Estimates say by 2050 it will be one in two (*Archives of Internal Medicine 12/2012*). Did you know that just losing 7% of your body weight gives you a 40% reduction in risk? May you never know the disease you prevent!

Americans also love verbs. They often say things like "my diabetes". Hey, you don't own it...try saying to all your cells, soul, and self, "my health" instead. Careful - your body is listening to what you keep saying. Change your thoughts, change your body.

How many of you think you eat well? Most would say they do. Ok until you consider that today's agriculture and genetically modified foods are about 30% less nutritious than just 20 years ago. So I often run into scientists who say supplements are not necessary if you eat well. Funny, they also thought at one time the Earth was flat or the center of our Universe. So I for one am not waiting with my health for some studies to tell me what I already know: **Natures Harvest #3090-6** and/or **Super Trio #222-7** (multivitamin/fish oil/anti-oxidant). Doing one of these or both, can keep away 90% of what ails us by upgrading your grocery foods with supplements.

An herb in the news lately is *Rhodiola Root* which is talked about as an adaptogen (stress) and huge benefits for the brain. It works on the immune system, helps us with stress, better blood sugar balance, circulation, and brain food. The best source I like is **Adaptamax #872-9**. It is the number two ingredient in this powerful formula. It works the best if taken in the morning and at noon. This is one NSP supplement that a little goes along way!

I love Herbs. They have no real side effects, just *real effects!*

Good 'ol **Dandelion #250-4** is a great way to detoxify your Liver after the Holidays. Keeping your Liver healthy is the "fountain of youth".

Organic coffee or shade grown has been shown to decrease Colorectal Cancer, Parkinson's, help equal out the blood sugar, and help the cardiovascular system. 2 cups a day only please.

Onions (red is best) have over 200 health benefits. Dark Chocolate (around 50% cacao or higher) has been shown to decrease disease 30% than those who don't eat it daily. See the Holidays weren't all bad. Just make sure ingredients in these foods are good for you. NSP has got this covered with 55% cacao and xylitol - **Dark Chocolate Bars #5453-7**. Eat yourself healthy.

Last but not least (more to come in future newsletters), *Garcinia Cambogia* helps you burn fat 2-3 times faster than just diet and exercise! Blocks the fat in your body from being made and acts as an appetite suppressant. Try **Garcinia Combination #906-9** at the turn of the New You, I mean Year. Ok, I mean New YOU!

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.*