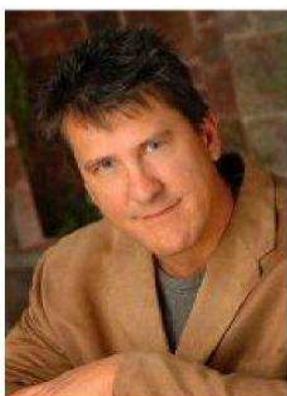


Integrated Natural Ideas # 24

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

Happy New You everyone! 2013 is here. My resolution this year is to help make Nature's Sunshine (NSP) a household word. You can help by letting others know about it too. When you look at the 3 most valuable brand names on planet Earth today they are Marlboro, Coca-Cola, and Budweiser. How's that for American branding of Health? Help spread NSP's brand so all can have access to their own premier quality natural health pharmacy. They are going to need it after drinking and smoking themselves to death...

On the topic of resolutions, weight loss was the top resolution of 2012. No surprise there. Here are some tips: Eat breakfast, pump up the protein, and EAT MORE (yes I said it) by grazing all day and less on big meals. Also berries are berry, berry healthy and get a fill of calcium all day long. These all help lose weight. Also eat lots of avocados, nuts/seeds. If you're like me, then just do **Natures Harvest #3090-6** two to three x day. It covers every single tip in the above.

Speaking of tips...Want to look younger (dumb question)? Take Vitamin C which gives skin elasticity. But wait! Not all vit. "C" is the same. There are 5 kinds of "C" in nature to make it work right. Stay away from straight ascorbic acid supplements; they just make you, well, acidic. **Vitamin C time release #3240-7** from NSP contains all natural five "C's" and stays alkaline in the body. Take 1,000 mg 2 x day for 6 months. Watch that skin peel ages away.

Want to fight fatigue and allergies? Try **Bee Pollen #70-9**. It is food for young bees and bees know more than we do when it comes to energy.

You heard of body shapes? Yup, you can be an apple, pear, or a box. Quick helpers here are: Apple body's - come from stress - your adrenal glands crank out Cortisol hormone which creates belly fat and a round face. Use **Natures Cortisol # 3209-4** to help reverse this. Pear people (big hips/thighs) too much estrogen hormone. Add **Pro-G-Yam 500 #4949-3** cream to help balance this fat trick out. If you are a box? Eat low glycemic foods, increase fiber big time (**Nature's Three #1345-0**), eat more non-GMO soy (**Smart Meals** from NSP help), and get some iodine to your thyroid. **Dulse liquid #3156-6** is a great addition.

Last of the weight tidbits - all weight loss experts agree: *If you eat carbohydrates late, you will gain weight!*

I am often quoted as saying "A Natto a day helps keep the cardiologist away". What the heck is that? **Nattozimes Plus #520-7** is an enzyme supplement that I take every day and will for life. Nattokinase is the background idea behind this supplement. Just like in the 3 bear's fairytale, it helps keep blood "just right".

It helps the blood to not form blood clots. Ask the Japanese, who have some of the lowest cardiovascular death rates on the planet! They eat it all the time as a fermented food, part of their diet. I often suggest it for airline employees who fly a lot.

Ever hear of **Astragalus #40-1**? Used daily slows down the aging process and can help stop our DNA from falling apart. Great for energy too!

It is truly going to be a great year with NSP! Help spread the brand!

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.*