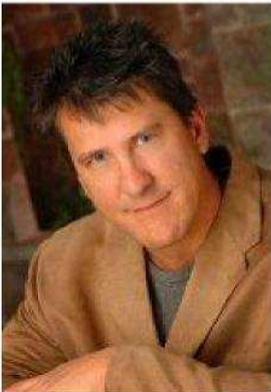


Integrated Natural Ideas # 25

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!***



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

So what's going to be easier for you, watching over 10 hours of weight loss information, reading many books, or asking someone at a health food chain store for weight loss advice? I vote none. The information can be overwhelming and defeating from the get goes. Most of the information is not practical. Glad you read these short newsletters! It is a place to find quick condensed ideas that work. Yes, weight loss is a lot of hard work. You must change your foods, exercise, etc. It takes way more money to loss a pound as it does to gain one.

Here is an example. I watched five episodes (from you know who) on weight loss. This expert offered over 9 different supplements (with no emphasis on quality), 7 different explanations of weight gain, 6 experts to agree with him, and over 30 foods you should eat. Anyone watching after just one show would become confused (although I am very thankful for his shining a light on naturals). So what to do? Let's start by making things easy.

I have personally read over 300 books on food. You can take them all and burn them. They all state the same premise: If Nature made it, then eat it. If man made it, leave it alone. If you feel like you are becoming a rabbit, and don't want to, then just add one meal of **Natures Harvest #3090-6** per day. Also eat *every* 3-4 hours by grazing on health foods. Stop buffets and big meals.

Exercise? Yes! But what? Best advice quickly is: just move! 30 minutes a day and get your heart going. It doesn't matter what, just so you do something. Find anything you enjoy or simple like take the stairs.

Supplements? They work if you take them. If you forget to, they don't work at all. Of the 9 that were mentioned (in 10 different shows) I found seven of them in one NSP product. **MetaboMax Plus #3072-2**. It is formulated with ingredients that help increase thermogenesis and metabolic fat burn as part of a program that includes healthy diet and exercise. The combined thermogenic effect of capscicum and green tea extract help to decrease body fat. Bitter orange fruit, yerba mate, and guarana are complemented with an herbal base of ginger and chickweed; an effective blend that increases energy and calorie expenditure. Nuff said.

Did you know that Amino Acids (some you get from food, others you make in the body) are responsible for every hormone (i.e. Testosterone) to be made? Most people know they are building blocks for muscle/bone etc. If you are missing just one amino, it can upset the entire hormone balance. Glycine, Ornithine, Arginine, and Lysine help burn fat off. Also they help increase energy. Human Growth Hormone (HGH) is another hormone affected by low levels and naturally decreases with age. Become younger and thinner by lifting weights, getting better/deeper sleep (Herbal Sleep #940-8) and adding a supplement like **Free Amino Acids #3664-6**. This supplement contains all of them and your body will know what to do and thank you for the modeling clay!

Papaya Mints #485-6 (chewable) contain an enzyme that helps stop energy crashes after eating and help the body get the bang from your buck from food consumed.

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 companies put their name on a product label and do not manufacture it themselves. We only trust Nature's Sunshine (800-453-1422). *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.*