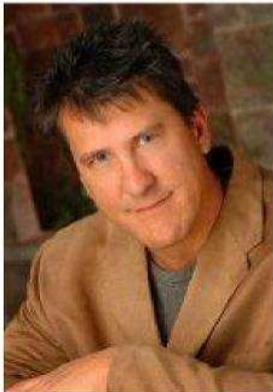


Integrated Natural Ideas # 26

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)
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A Physician and I had a conversation about weight loss. She said “we should question what we put into our bodies to get the results of what we are looking for”. Good advice sense we were talking about artificial sweeteners. I agreed and then asked if this advice pertained to prescriptions? You can imagine how that went. The point is we should question anything we ingest. Do the benefits outweigh the risk? There is a time and a place....

For example: 1-3 women in this country are Iodine deficient. It is a mineral that feeds the Thyroid gland and is used by almost every cell in the human body for function/hormones. Deficiency shows up as a swollen gland on your neck, swollen eyes, fatigue, hair-loss, weight gain, low libido etc. This is very common in the U.S. - we love our cheese and brats! So when an under-active Thyroid Gland is first found by a physician, what is the first thing suggested?

Most of us were not born Iodine deficient and we were not born prescription deficient. As always, do see your Doctor to rule out any big problems however.

Kelp # 410-3 and **Dulse liquid #3156-6** are excellent natural sources of naturally occurring Iodine and are great supplements to add to your land lover diet. Don't even get me started on table salt An ounce of prevention anyone?

Digestion issues are a big problem here in the U.S. too. Here is a big help. Pre-Biotics are all the rage lately. No, not Pro-Biotics (you heard of anti-biotics) either. A Pre-Biotic helps your good guy bacteria flourish (see past issues on Natures Harvest). Try these two things for better digestion and avoiding costly medical bills down the road. Pistachios and a supplement called Gastro-Health. Pistachios are an excellent source of Pre-Biotic and good fat (about 45 is a serving). Help keep the gut clean and inflammation free by using **Gastro-Health #917-9**. It contains DGLE (Deglycyrrhizinated licorice extract), Pau D'Arco Bark Concentrate, Cloves Flower Concentrate, Inula Racemosa Root Extract, and Capsicum Fruit. Take with meals. The DGL or DGLE is a stomach soother and is a form of Licorice Root that does not raise blood pressure. The rest of the ingredients help get rid of troublesome critters like H. Pylori, which can lead to ulcers.

Other than me talking about Natures Harvest all the time, many of you know I am a big advocate of Co enzyme Q10, or CoQ10. The reason is we lose this crucial antioxidant (mostly found in the heart muscle, brain, and the gums) as we age. A bigger reason is prescription meds. Throw in some stress and a poor diet? No wonder we are tired all the time. Well, this is one supplement you can't do without. Many studies point to at least 100mg a day of this critical supplement. More if you have disease. What they don't tell you is not all CoQ10 is created equal. It is not very shelf savvy because it tends to crystallize over time and your body cannot absorb it. You waste money even if you buy the cheap stuff. The good stuff, like NSP **CoQ10 # 4109-8** is made with flax seed oil (you may see crystals in NSP too but it is the flax, not the CoQ). Studies have shown Flax amplifies the potency and shelf life. Which means 50mg of NSP CoQ10 is equal to: 100mg of the rest of the market. Why, oh why, won't they test NSP CoQ instead? All the rest of the players would cry foul, that's why. You get what you pay for. Also, don't listen to “eat your way to proper CoQ10 levels”; you would have to eat 4# of sardines a day, or 8# of Beef, or 10# of peanuts...a day. I will just swallow 1 NSP CoQ10 50mg a day thank you. Have a great 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 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.*