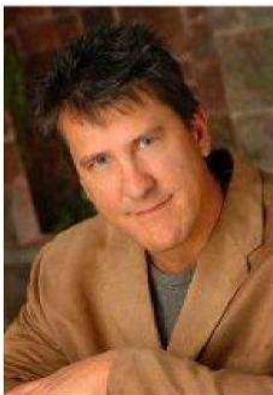


Integrated Natural Ideas # 27

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

HELP! That word can mean so many different things. When it comes to Natural Help think of it this way: **H** = Herbs, **E** = Exercise, **L** = Laugh, and **P** = Pray. All which can affect up to 90% of all health concerns. I am confident you can do the last three letters on your own. The goal of this newsletter (sometimes blog) is to help you with the **H** part.

Goji berries are higher in Vitamin C than any Orange in nature and help us with memory/focus. So is Gooseberry (a.k.a Amalaki). Both of them are found in many NSP products. My favorite is **Thai-Go #4195-2** which contains 13 different synergistic fruits and herbs, including Acai and Apples. Measured in something called O.R.A.C. (ability to absorb oxidation or rust), Thai-Go reaches about 76,000 ORAC. In contrast Blueberries are about 2,000 and Pomegranate is about 3,000 ORAC. Up the ante people, drink this anti-aging and anti-inflammatory wonder. It tastes purple and fruity. Works on a wine rack, works wonders in your body!

Black Currants help feed part of our brains called the Hippocampus. The Hippo of our brains usher nerve impulses to other parts of the brain for memory extraction. Who do you know would like to lose their memories? Currants don't taste the best so NSP has a supplement that provides anti-oxidant currants with the oil they donate. **Black Currant Oil #1810-9** contains gamma-linolenic acid (GLA) fatty acids, including linoleic acid and alpha-linolenic acid. Fatty acids are involved in many bodily functions, such as maintaining body temperature, insulating nerves, cushioning and protecting tissues and creating energy. These essential fatty acids are precursors of prostaglandins, which must be present for functions involved with blood vessels, metabolizing dietary cholesterol, activating T-lymphocytes, protecting against platelet aggregation and other functions. In English? Brain food....

Sage is for age!

Sage #610-1 capsules increase the oxygen to our cerebral cortex where our higher functions are.

Clary Sage #3902-4 essential oil -

- Is balancing and relaxing.
- Is especially helpful for women
- Is beneficial for dry skin.
- Has an inspiring, regenerating aroma.

Oils are versatile, effective, calming, soothing, revitalizing and balancing. Pure, genuine and complete, NSP oils are the best you can buy. Essential oils will strengthen any program and can be used in conjunction with herbal and other nutritional supplements.

It is all about having the "Wisdom of Experience and the Biology of Youth".

That is true HELP. Because in this newsletter we will continue to focus on the lowest risk with the greatest benefit...herbs, exercise, laughter, and prayer. Again, you do the last three and this forum will HELP you with the first part.

Also, come see Dr. Jay live the last Tuesday of every month at the Hilton Garden Inn on Lombardi Ave. in Green Bay next to Lambeau Field at 6:30pm.

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.