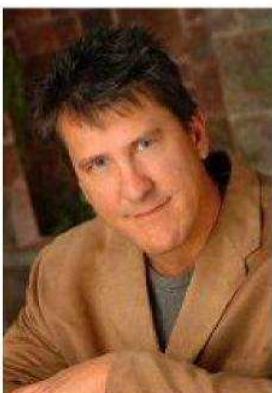


Integrated Natural Ideas # 28

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

If you frequent this newsletter it is most likely because of your beliefs, like sound food and great supplements. You prefer helping your body help itself, helping humans, and the environment. Fantastic and great job! So, for a *knowledge experience* like no other, check out the DVD "Doctored". You can find it on line at www.doctoredthemovie.com. Wait till you see the story of the Jensen family and how they had to fight chemo treatment for their son with "invisible" cancer (I won't spoil it for you).

While you are at it, check out a classic called "Tapped", it is at www.tappedthemovie.com. Learn things like 40% of all bottled water is just filtered tap water from your city and sold back to you for a 900% profit. You will come to the same conclusion so many are, buy a good water filter from NSP (Reverse Osmosis) or Carbon Block form Multi-Pure (email or call us if you need specifics) and do away with bottle pollution and poor water quality. Currently, the world recycles 50% of its plastic but the U.S. is a poor 20%.

Did you know Attention Deficit and Hyperactive Disorder (ADHD) is up 250% for adults in the last decade? No, it's not just your children. Moodiness, anxiety, and exhaustion are also part of this. Here are some ideas: Turn off the Technology (stimulus). Cell phones, TV's, computers, I-Pads, etc. have an off button. Eat more veggies. Take **Super Omega 3's #1515-7** and **Spirulina #681-1** to offset what is happening biologically. Practice meditation, it is as powerful as any Rx. Oh, and just breathe deeply.

When taking a Probiotic supplement like **Acidophilus #1666-7**, it can take two weeks to rebuild and repopulate the gut (3-4 a day). Then just add one or two capsules a day for maintenance.

Did you know iodine is a natural water purifier? If on the road and not sure if your tap water may be safe just add **Dulse Liquid #3156-6**. If not tap water, boil it to be sure. Dulse is loaded with iodine from the sea. Plus it does support your Thyroid function too!

Many people talk about how stress depletes the body of B vitamins. It also drops your Vitamin C levels as well causing immune challenges. I like **Vitamin C T/R (time release) 1,000mg #3240-7**. Try one in the morning and one at night for long lasting support.

Energy comes up in almost every issue, here is another helper. Try this: **L-Glutamine #1776-0** 500mg's a day which is an amino acid for energy production and 2 scoops of **Love and Peas #3082-9** (or smart meals) with a tablespoon or two of organic coffee is a real pick me up. The Glutamine is not just for energy, but a brain booster and the Love and Peas is an easy to digest protein to help keep blood sugar within normal limits. I have found this to get me thru the day when other "drinks" did not. I like **Smart Meal Chocolate #3084-4** with a dab of peanut butter (protein) and coffee. No way does the drive thru coffee stations have something that good and healthy. Let's face it; we all want to help control what goes inside of us. Gain control over your health and share what you learn. See ya next 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.