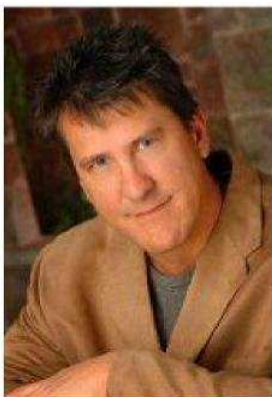


Integrated Natural Ideas # 29

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
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February is national Heart Month. Did you know 1-5 women and 1-6 men suffer from a stroke? You may already know that cardiovascular disease in general is the number one killer here in the U.S. Here is the amazing part, it is preventable. 80% of the time a stroke or heart attack is the first symptom. So get screened, eat right, exercise, and take measures to help with prevention. Something as simple as **Super Trio #222-7** (super vitamin/omega fish oil/anti-oxidant) and **Nattozimes Plus #520-7** (proper blood flow) can make a big difference in your health insurance (health insurance to me is prevention). Be extra diligent, especially if it runs in your family. Don't wait for the first symptoms; it may already be too late! Be Heart Healthy and Happy and invest in yourself this month and every month going forward.

New fruits are being discovered all the time, remember Acai and Mangosteen? If not, keep up! Well, Baobab, Golden Berry, Monk, Lingonberry and Gac fruit have and will continue to show up on TV talk shows and health announcements. The new one is *Pitaya*. Every one of these makes big claims and will make a lot of people big money. What you need to know is they are all good in their own right and healthy for many reasons. What we also know is this: By themselves, they have many benefits, but when mixed with other fruits (like good old apples) you get something called synergy. Synergy amplifies the health benefit 10 fold than stand alone. For example we can measure fruits by something called O.R.A.C. This measurement helps us understand a foods anti-oxidant value. Pomegranate has an ORAC of about 2-3,000 ORAC per serving and Blueberries about 2,000. When mixed they can be as high as 7-8,000 ORAC because of synergy. That is why I just stick with **Thai-Go #4195-2** from NSP. The ORAC from herbs and fruits in this purple power drink has been measured as high as 60,000 – 70,000 ORAC. You would have to eat a lot of expensive and exotic fruits every day to even come close to 1-2 oz. of this drink. I love knowing that I can use NSP and it is cheaper than groceries. Besides, ORAC has been shown to reduce inflammation, heart disease, cancer, and old age. SO go ahead and explore new fruits but don't believe any one fruit or herb is the *only* solution. Use synergy to fight off our toxic environment.

1 Billion Colds this year! Also 1-5 will get the flu. Did you know for a sore throat that **Black Currant Oil # 1810-9** can "coat the throat" with health omega oils for a healing effect? Just poke one of the soft-gel caps and trickle on down.

Another seasonal remedy is **N-Acetyl Cysteine # 509-7** 250 mg's a day, **Vitamin D3 #1155-1** 2,000i.u. a day and are about 800% more effective than flu shot (recent case study at Ruetger's University).

Sleep deprived? Try using **Eleuthro #660-9** (Siberian Ginseng). It is an adaptogen that helps restore energy, sleep, and is a powerful viral fighter.

Cold potato slices on bags under your eyes is an old folk remedy that makes a difference. Try it.

Gas? Nothing like some **Peppermint oil #3910-9** in your water. Works fast and cools heartburn.

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.