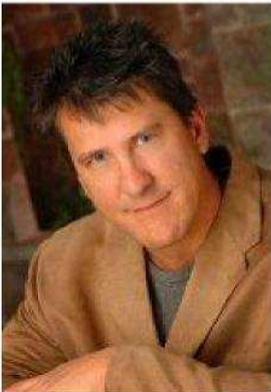


# Integrated Natural Ideas # 30

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**

Well I been saying it for 15 years...**cholesterol is a myth**. Now there is a book out called "*The Cholesterol Myth*" by Dr. Sinatra who is a cardiologist. Read it. For instance...True or False? A total healthy cholesterol is less than 200 (false, it is around 225). Here is another one: Your risk of death is two times higher with high cholesterol than a low one (yup, false). You need cholesterol to protect your cells. The book goes on and on dispelling the myth and drugs associated with it. It is about time the Doctors have the kahunas to stand up and face the studies. Consider the massive *Jupiter* study which basically said "*if you are a woman*" with low cholesterol and take statins, you double your risk of breast cancer. Still more women die from cardiovascular problems than breast cancer. Trade one for another? The school on cholesterol is not completely done yet, but read this, and help educate your medical professionals about it. It is a fact that new medical information takes 10 years to become mainstream. Don't wait 10 years, get educated now. You can also review my recorded webinar on this topic on my website.

So what are the risk factors? Inflammation, stress, and oxidation (actually there are about 250 cardiovascular risk factors).

The big three require your attention heart lovers. First stress, it can be good or bad. Good stress is a wedding. Bad stress is the economy or screaming kids. If you are having troubles getting it under control try **Nutri-Calm #1617-3** (also available in a 60 count #4803-3). It is a blend of herbs and B Vitamins to help your body deal with the bad stress of life. You will know the first time you use it that you need it.

Second and third is inflammation and oxidation (aging). I love **Thai-Go #4195-2** for this. It tackles both of those culprits. So does Curcumin which will be introduced as a new product from NSP in April.

Did you know (to change the subject) that what comes out of your body, reflects what is on the inside? Yes, I am talking about bowel movements. If it is yellow it could indicate a Gallbladder issue or if it's red, it might be hemorrhoids. Black, may be upper intestinal bleeding. Always a good idea to see your doctor about that but the point is to look! You can learn a lot. Keep your system in tip top shape with the **Digestive Pack #5380-0**.

I used to always check my young daughters movements and one time couldn't figure out why it was blue. Found out it was just blue moon ice cream. I don't like dyes in food, they are a known carcinogen. I had to have a talk with the grandparents. If you don't look, you don't get important clues.

Bis Phenol A or BPA is one of the most toxic plastics known to man. It can mimic estrogen and is carcinogenic. Look for plastic water bottles and home plastic that is BPA free.

Pine nuts (Pinoic acid) helps curb appetite, burns belly fat, and makes you feel fuller – faster. It is not just for Pesto anymore...

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.