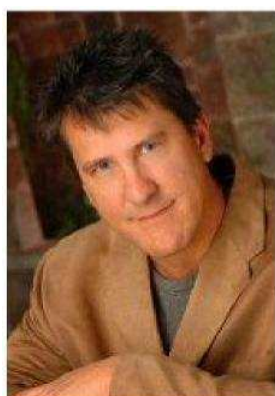


# Integrated Natural Ideas # 31

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**

This winter 1-5 will get the flu. It comes on fast like a ton of bricks versus colds, which are much slower and affect 1-7. According to the Center of Disease Control, 7.2% will die. Also, by their own admittance, flu shots are not 100% effective (62% have a "lower risk", whatever that means). They also admit, although vaccination is the first line, that boosting your own immunity and avoidance/washing hands are the key. If you get sick, avoid people and cover your mouth. Coughs spread 16,000 virus particles 35 cu. ft. per cough and sneezes expel 40,000 saliva droplets up to 3 ft. away. So what can you do?

Saline nasal sprays are helpful and also using **Silver Shield #4274-1** (without saline) and alternate use of both throughout the day to keep the rhino-virus and H3N2 at bay. Also, I use **Solstic Immune #6530-6** daily and rub **Silver Gel #4950-1** on my face and hands twice a day. I see a lot of people in my practice, I better do something.

Speaking of colds and flu, the 2 top complaints in winter are not colds/flu but are in fact, dry skin and constipation. I suggest **Super Omega 3 #1515-1** internally and **Massage Oil #3928-7** (with apricot oil) topically for dry skin. **Gentle Move #952-9** is an easy fix for constipation throughout the winter months.

The Super Omegas, also found in Super Trio, have been shown to help with brain health, decrease depression, anxiety, psychosis, eye dryness, and of course moisturize the skin. Take a minimum of 750mg per day. Those who use **DHA #1513-5** instead, get around 350mg or more per day.

If you haven't read my book or heard the CD on "*I wish I had more Energy*" you wouldn't know about the dangers of energy drinks. 9 Billion dollars a year is spent on them (when I wrote the book it was 5) and they contain up to 14 tps. of sugar and 300mg's of synthetic caffeine. Not to mention glucoronolactone, made by the U.S. Army as a stimulant for the field. New stats? 13,000 emergency room visits are linked to them, 11 deaths from *5 Hour Energy* alone and another 5 deaths attributed to *Monster* brands. If you want them for yourself or your kids, then switch to a more natural and safe form: **Solstic Energy #6521-2**.

Losing weight is now being talked about as 75% mental discipline. I if you keep failing, it could be your mindset and emotions. Try flower therapy such as **Be-Responsible #8783-8** or **Find Strength #8781-4**.

New diet science (I talked about this in past letters) shows tricking your metabolism increases weight loss. What is that? Variety. Quit eating the same things (many diets limit what you can eat) over and over. Mix it up. Eat every two hours (4 meals, 3 snacks) on what is called "low glycemic index". You can Google that. Of course, it is always about balancing our blood sugars. To help that along add **Sugar Reg with Cinnamon #927-1**. I also have been adding **Catnip & Fennel #3195-3** liquid to my morning protein smoothies. It speeds up metabolism by helping melt fat, increase good digestion, reduce bloating, and even water retention.

What is the best thing to cut a cake with? Dental floss.

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.