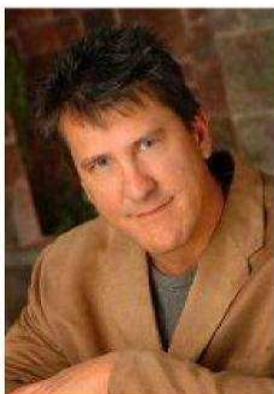


Integrated Natural Ideas # 32

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
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Board Certified
Holistic Health Practitioner
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The Liver is the largest organ in the body. It has over 500 functions that we know of. The Greeks called it the "liver" because it means "to live". Helping this vital organ deal with your environment, stress, detoxification, cholesterol, hormones, etc. can only result in long lasting health.

Dr. G, medical examiner and star of her own TV show, for instance states "90% of people with a B.M.I. (fat) over 30 will have a fatty liver". This means decreased liver function will result over time. It will contribute to weight gain and poor weight loss. It can result in poor blood sugar control (Diabetes) and overall blood clots, some even die of pulmonary embolism. She should know as she does autopsies for a living.

She has even said publically that occasional liver cleansing and support is a must for longevity. These types of problems are not always detectable by allopathic measures, as they concentrate on elevated Liver enzymes and by then, you are already going down a bad road.

For example, take snoring. Increased weight and stress on the Liver can contribute to this tougher issue to handle. The answer may not be a C-Pap machine only. Yes, lose some weight. Also try **Liver Cleanse #1010-3** or **Liver Balance TCM #1008-8** especially if your emotions are all over the place. Anger and Depression are also signs the Liver needs some love.

If you are bold like me, use **Tiao He Cleanse #3050-5**. It is named Tiao He because that means Harmony in Chinese. This type of cleanse works on not just the Liver but the whole person.

Back to Snoring, saline flushes are helpful every day and of course losing weight too. Some people have even used a couple drops of fish oil up the nose prior to sleep and noticed good results. A great remedy for mild to moderate snoring is **Snorease #1815-4**. It contains bitter orange to help shrink the Uvula (punching bag in back of throat) so it doesn't fall into the throat during sleep and that person doesn't wake up the neighborhood!

Sleep in general can be enhanced with sound therapy. There is even an app for that called white noise. I like Herbals when needed like **Herbal Sleep #940-8** (Hops, Valerian Root, and Passion Flower).

This is interesting; Dr. Schumann (an expert in frequency) says that the Earth itself has a frequency during the day time that resonates with the same frequency as our Red Blood Cells. At night time, the frequency slows down on that side of the Earth where there is darkness, and so does our RBC's. It is called "Bio-Rhythm". He even states Herbals have promise here such as **Valerian Root #721-1** which slows our night time frequencies. He goes on to mention **Melatonin #2830-4** to help slow down our day time frequencies. So if you are not sleeping well try adjusting the frequency!

GERD...Gastro-Esophageal Reflux Disease. Dr. Oz states enzymes are your best bet here. Try **Proactazyme #1525-0** if under 40 years of age, **Food Enzymes #1836-9** if over 40.

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.