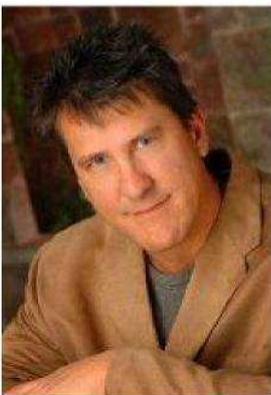


Integrated Natural Ideas # 33

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

Did you know you would have to play Ping-Pong for 12 hours to lose one pound? Remember that if you don't like playing Ping-Pong for 12 hours but will still want to eat that doughnut! Amazing what a pound of fat costs you to gain it (doughnuts etc.) but how expensive it will be to get rid of it.

Laughter lowers levels of stress hormones and strengthens the immune system. Have you laughed today?

Research has shown that when people exercise by walking, they walk 30% longer if they walk to music! Not too loud though, there may be a train coming.

Here are 5 foods you can pig out on and be ok with: Pomegranate, Cocoa (unsweet), Adzuki Beans, Squash, and Cashews. If dried, that is a true Granola...

65 million Americans every day have back pain. Roughly 75% of it is usually due to muscle fatigue. I love **Tei-Fu Massage Lotion #3538-5** two to three times a day on areas. I even mix in **Roman Chamomile essential oil #3901-6** to release stress in the muscles. Also a lack of minerals contributes to the spasm. I like **Combination Potassium #3673-1** as it is Herbal based and not synthetic or will become toxic.

According to Phytotherapeutics (Herbal Medicine) at the Center for Integrative Medicine – Cleveland Clinic, keeping your Vitamin D3 levels up to par, *cuts the risk of breast cancer in half!* If Vitamin D3 were a prescription it would be worth \$1,000,000,000.00. They recommend 2,000 (i.u.) in summer and 4,000 in winter. Use the best and safest **Vit. D3 #1155-1** from NSP.

Looking to go another 22%? Just add more fiber (30 grams a day or more). I use **Natures Three #1345-0** and add it to everything like cooking, cereal, cookies, etc. So re-cap: Vitamin D3 plus fiber can reduce your cancer risk by a whopping **72%** with just two products. That is power.

Inflammation is often difficult to get on top of. The Liver is your best friend at preventing this (see issue #32). **Liver Balance Chinese #1008-8, Milk Thistle Combination #4076-5 and Curcumin** (due out in April) all help this.

90% of all Americans do not get even 100% of the daily value from diet alone. You can fix that with **Super Supplemental** (available with or without iron). 85% of the vitamin supplements on the market are not what you think. Most are synthetic, man-made, chemical based, unlike Super Supplemental which is food based. Quit wasting money on cheaper synthetic brands; invest in yourself, because you are worth more than that.

Stomach Cancer has been on the rise since 1993. Some blame Helico Pylori bacteria in the gut. However, even after anti-biotics, the cancer can continue. So what else may be doing this? Nitrates. They are a *known carcinogen*, especially when cooked. Ask your grocers' and meat department to provide you with "nitrate free" meats. Summer is coming, let's not cook (out) ourselves to death...

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.