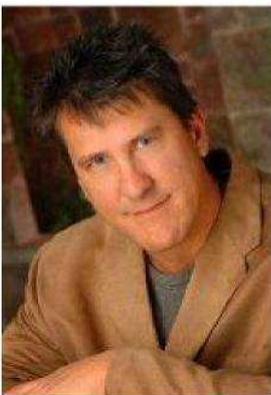


Integrated Natural Ideas # 34

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*)
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Board Certified
Holistic Health Practitioner
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As the great Wayne Gretzky once said “*You will miss 100% of the shots you don’t take*”. How true. Being lazy, inactive, or thinking someone else will do it, costs everyone. For example, many of you who read this newsletter feel very strongly about a healthier world for us and our children. Check out www.nationalhealthfreedom.org. Currently there are 14 states demanding labeling of GMO (Genetically Modified Organisms) on food products. There is a great resistance to that. Do you want to know? Check it out and support the cause.

Speaking of food, the *New York Times* recently reported how companies like Doritos/Frit-o-Lay etc. try to create combinations to get the consumer to *the Bliss Point*. A combination of flavor with the greatest amount of crave...that pique the taste buds enough to be alluring but don’t have a distinct over riding single flavor that tells the brain (get this) to stop eating! So, in other words, you don’t stop till the bag is gone. Clever, but contributes to obesity. This can help; drink **Liquid Chlorophyll #1683-7** often to cleanse the taste buds and reset your mindless eating.

Pink Grapefruit essential oil #3906-7 added to water helps extend anything, especially energy. Try drinking this before your morning coffee/tea. You most likely will drink fewer stimulants and still get that pick me up you are looking for.

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

Spring tonics are a must. A great Liver/Kidney and mild diuretic is **Dandelion #250-4**.

Everyone knows Lemon (like essential oil Lemon #3908-2) helps food to not become oxidized (turn brown or spoil). Another one that works great and adds nutrition in spades is **Vitamin C Ascorbates #1606-3**. Sprinkle this on fruits to keep from browning and then you can get more “C” into you as well. It is a powder form. Keep in your refrigerator or cupboard for future use.

Speaking of color, the Skin is a great indicator of what is going on inside of you. The Skin is considered a third kidney. If the Skin looks grey, could be a sign of weak kidney function. I like **Kidney Activator ATC #973-9**. Do for 90 days with plenty of pure water, and oh yeah, lemon.

I saw a gal at the grocery store the other day with classic yellow skin, almost orange. It is a sign of Liver/Gall Bladder issues. **Tiao He Cleanse #3050-5** can support proper function here. How about white or pale? Low Iron can be the culprit. My favorite is **I-X #1218-4**. Very red? Could be Blood Pressure or an Allergy. Blue/purple? Low blood oxygen. As always, seek your medical physicians advice first, as some of these signs are very serious.

Did you know loss of smell may be a clue for Parkinson’s disease? No, I don’t mean loss of smell from a common cold.

Regardless of the clue, **Alpha Lipoic Acid #1505-6** is regarded as helpful for this. Some people have found **Zinc #1657-9** to be a miracle as well.

Spring is coming; you don’t want to miss smelling the Roses!

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.