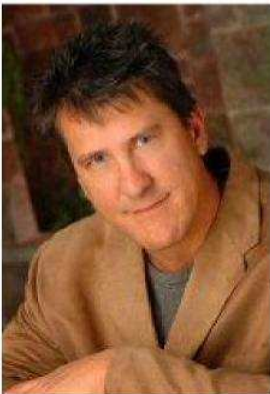


Integrated Natural Ideas # 35

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

Ask any audience or group of people “How many of you take a daily multi-vitamin?” Most will say yes. Ask “How many of you do a cleanse once or twice a year?”, very few hands will go up. People just are not educated in the value of cleansing.

The body has five channels of detoxification – the bowel, liver, kidney, lung, and skin. Each of these systems works together to remove chemicals and toxins from the body. Even if your bowels are moving regularly, it does not mean your body is efficient in removing the multitude of toxins in the world today! So help out the body with occasional cleansing. Most people report with cleansing - more energy, better sleep, and feel overall healthier and lighter. Spring is a good time to do this. After all, you clean your closets, garages, and basements, in spring don't you?

If you experience bloating, brain fog, sluggishness, or just low vitality, they are all signs that you could benefit from a cleanse. This is similar to taking a multi-vitamin or exercise. My favorite and easiest to do is **Dieters Cleanse #32204**. It has an a.m. packet, a noon packet, and a p.m. packet. Good for 14 days if done in concert. But if you have never done a “cleanse” before, *go slow*. Start with one or two packets a day and graduate up slowly. Once the action is understandable and at a pace you are ok with, continue. I often advise to do more than one box, especially if you have never done cleansing before. It is truly a moving experience and can assist in better weight loss. Of course you should include foods that are fresh, organic, and whole.

After a good cleanse you should be more sensitive to foods that have been robbing you of vitality. If you bring poor food choices back into your diet and they cause gas or bloating, stop eating that! Those foods have been aggravating to you and now you know it. It is a good idea to add Pro-Biotic to the now cleaned bowel for long term health. I like **Probiotic Eleven #1510-1** which contains 11 different strains of good guys for the small intestine and large bowel. Probiotics have even been shown to help us with weight management. You may also be wondering about water and how much should you drink while cleansing? One half of your weight in ounces a day.

While studying in Mexico a few years ago, I asked “*what is the favorite herb for Blood Sugar imbalance?*” The answer was “Nopal” or prickly pear cactus. It is one of the top herbal supplements sold in Mexico and of course NSP has it; **Nopal # 475-3**.

What is the greatest benefit with the lowest risk to your health? Lifestyle change of course. If your health is not going in a good direction, change the lifestyle first. Anyone can do it. Your lifestyle is what you eat, drink, smoke, rest, etc. for example, nothing goes in your mouth by accident, does it?

Yes CoQ10 is in the news AGAIN! Now it is known, if you are over 50 years of age and /or taking medication of any kind, add **CoQ10 50mg #4109-8** to your daily regime. Please do not insult yourself by trying to save money on cheap CoQ10 either. Most on the market are not absorbable and made with inferior ingredients. Trust your health in companies that know supplements like NSP. Not all supplements are created equal.

Happy spring cleaning everyone! I hope you are enjoying short and to the point information.

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.