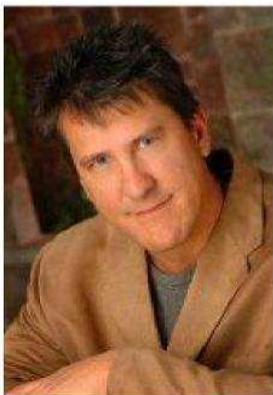


Integrated Natural Ideas # 37

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

I am back! Since beginning of April, I attended NSP National Convention then had some medical emergency work done on me. Whew, what a month so far. But here is one thing I realized over that time; Courage is not the absence of fear, it is acting in the face of fear. It is being afraid of something but getting thru it or doing it anyway. For me, it was teaching in front of 1,000's of natural health professionals and emergency surgery. I faced it, and lived. I am better for it. Humble, and reenergized.

It is like that for most of us when we lose our health, can't seem to get answers, and struggle with what to do because we become scared. That is where natural remedies may be helpful. Whether it comes from lifestyle change, career change, trying herbs, homeopathies, or attitude adjustments, face your fears and become stronger!

Did you know 90% of fish you buy could be swapped out for lesser quality? Most are the toxic variety substituted because of profit. Did you know over 70% of Extra Virgin Olive Oil is fake? Most lemon juice is 70-90% water and sugar, not real lemon. What if your supplements were the same? What if you bought a fish oil supplement and on the label it says "salmon" but the manufacturer used something less healthful. Does that happen? You bet. Trust the best, NSP. You get what you pay for. The big super stores and pharmacies are not watching this. NSP does, with over 600 tests.

CurcuminBP #238-2 (with Piperine or black pepper) is now available. The Black Pepper makes NSP's Curcumin 2,000% more absorbable. That is power. OTC (over the counter) pain medications, like acetaminophen, can cause liver damage (especially with alcohol). Curcumin, while producing a healthy inflammatory response, actually helps protect the Liver. You decide.

Ibuprofen has a 3x higher incidence of stroke due to potential side effects. Curcumin has been shown to help reduce a chance of a stroke 3 x. You decide.

Curcumin makes sense to take as a daily consumption supplement. Add a bottle to your Sunshine Rewards orders.

There are over 600 OTC medications available in the average aisle with known side effects. NSP has over 600 natural supplements with side benefits. While I do not advocate replacing medications with naturals, I do advocate educating yourself about self-help supplements with the highest quality such as NSP. If you heal your body with good food, water, supplements, and prayer, the need for medication becomes less. What is that worth to you?

It takes about 20 seconds for a red blood cell to circle the whole body. Those cells like oxygen. Try using Essential oil of **Lemon #3908-2** mixed with a carrier oil or skin cream. When applied to the skin, Lemon oil will be found with those red blood cells within 2-6 seconds. Lemon oil helps beautify the skin, increase oxygen to the red blood cells, and crosses the blood brain barrier so your brain gets help too.

Google this for fun...Brominated Vegetable Oil (BVO) it is in many sports drinks, sodas, and athletics drinks. Why? You know why. Glass of flame retardant anyone? See ya next week.

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.