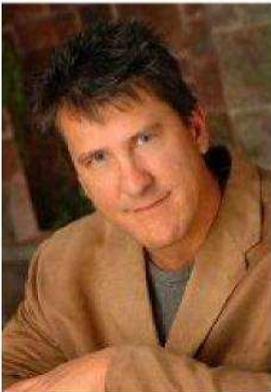


Integrated Natural Ideas # 38

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 for every 1 gram of fiber you add to your diet a day, you reduce your risk of stroke by 1%? So if we could get around 30-40 grams a day that would be a 30-40% reduced risk! I am extremely excited about a new product called **Stixated # 6540-5**. It adds 3 grams a fiber per serving and can be done more than once a day. It helps maintain a proper blood sugar level with added Chromium. It also uses Garcinia Cambogia to reduce appetite. So here is a daily product that reduces stroke risk. It also helps you balance blood sugar levels to a normal range, reduces your appetite - which promotes weight loss, and improves bowel movements (got to love NSP and their creativity).

What is your favorite hobby? Why not Health? Go ahead, make Health your hobby! One easy way is to use some free medicine like laughter. It is the best medicine.

What is natural health? It can be simplified to this; cleanse and build. So help your body rid itself of toxins by cleansing first. Then help it re-build new tissue. Many people spend all their days just on building only by taking multivitamins, but very few cleanse. *Do both all year long*. I love **Tiao He Cleanse #3050-5** about twice a year, usually for a month (2 boxes) at a time. Then of course follow up with something like **Super Trio #222-7** after your cleanse for 2-3 months. It's so easy, anyone can do it. Here is some info about keeping toxins out of your system. One notable is "Acrylamide". It is formed when sugars react with amino acids and high heat. Examples of this would be potato chips, French fries, crackers, cookies, and breads. This toxin causes cancer. It can be difficult to completely get rid of all Acrylamides so cleansing becomes important. To reduce exposure try these ideas: Soak potatoes for a half hour in cold water before using, it cuts the Acrylamide by 40%! *Never burn your toast, potatoes, cookies, etc. as well.*

The skin of the armpit can harbor up to 516,000 bacteria per square inch, while drier areas, are only about 13,000 bacteria per square inch. Under arm deodorants are not the answer. Most contain aluminum which can go directly into your body or brain. Try this for light days, NSP **Enzyme Spray #1549-7** mixed with your favorite essential oil like **Lemon #3908-2**. Mix together and spray directly under the armpit. This can greatly reduce the amount of stinky bacteria odor. It isn't about perspiration, just reducing odor. I use this lot and it works to keep fresh underarms. Then if you have a wedding etc. a little over the counter anti-per spirant isn't so bad once in a while.

Alpha Lipoic Acid #1505-6 decreases plaque in our brains and cardio-vascular system. Get around 600mg's a day.

If you are over 50 years of age or take any medications, the number one supplement to use is **CoQ10 #4109-8**.

If you like Vitamin C, swallow this instead, **Citrus Bioflavonoids #1646-4**. Citrus Bioflav. helps dilate lymph vessels for easier toxin removal and nutrient delivery. Plus it contains all 5 vitamin C sources. Yes, there are five kinds of "C" which is what the whole body needs. Most supplement companies only use straight Ascorbic Acid (only 1) which is cheap and actually does more harm than good, if taken in large amounts. Trust your sources like NSP and quit wasting time and money. Have a good habit of health everyone!

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.