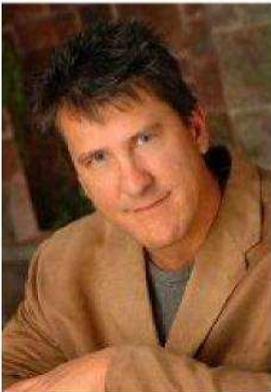


Integrated Natural Ideas # 40

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 the number one trigger of daytime fatigue is lack of water? It is best to sip water throughout the day rather than drinking it all at once. Many people report that drinking water becomes boring. Well, add something like **Liquid Chlorophyll ES #1483-5** or any of the Solstic lines such as **Revive #6507-7**. Liquid Chlorophyll helps balance your pH and helps the gut detoxify. Solstic revive replaces valuable electrolytes without nasty sugars and dyes.

Speaking of which, tap water is not the solution either, nor is bottled water. Invest in technology and protect your family. I like Multi-Pure units or the Nature's Sunshine Reverse Osmosis machines. If need help in this area, please call us for information or see our website www.naturalselections.net.

L-Theanine is an amino acid that helps your brain with stress. I love the fact it is in **Sweet FX #3068-3** which not only helps block simple sugar absorption, but improves the mood! It is also in Green Tea. **NSP Green Tea Extract #1096-6** provides a great amount - plus antioxidants. If you wish to just drink Green Tea instead, to get enough L-Theanine, you would have to drink 10 cups a day, the supplement is easier.

The new Ultra Therms are proving to be very valuable. I like the **Ultra-therm CF #3079-3** with Rhodiola for stress and weight loss. Rhodiola is an adaptogen that fills up pages with benefits.

Grape Seed extract is in many NSP products for good reason. It helps improve the Brain skin. Yup, you have skin around your brain. It is important in focus, memory, and concentration. Grape Seed also helps our collagen in tissues to remain strong, flexible, and intact. So, it helps all "skin" to look and feel good, as well as benefits to your structure. You will find ample amounts in **Thai-Go #4195-2**, **HP Grapine #1699-3** and **Grapine w Protectors #1750-1**.

Gotta love that Curcumin! The Journal "GUT" is again signifying that Curcumin could help delay liver damage that causes cirrhosis. They go on to say "*The findings suggest the potential of Curcumin to be evaluated as an effective alternative to ursodeoxycholic acid (Rx) or as an agent that could help delay the need for liver transplant*". No wonder India has revered the Turmeric plant for a thousand years. NSP has **Curcumin** in a highly absorbable form **#238-2**.

Sleeping pill Rx is being investigated as increasing cancer and death. The FDA has just suggested reducing dosage by half. If having difficulty sleeping, help the body help itself. Cleansing is a first line of help. The Liver gets overworked and can keep you up all night. I like **Tiao-He Cleanse #3050-5**. The next culprit can be the adrenal glands. Support them with **Adrenal Support #1507-0** in the morning only.

If you feel it's just restlessness, try herbals. There are many but lately **Nerve Eight #873-6** has been working nicely. Alcohol won't work as it stresses the liver even more. Sorry nite-cap lovers. Here is another great helper, change your pillow every three months. They flatten out, break down and the neck is compromised. Plus you may snore louder because of a poor pillow. Nothing wrong with pillow talk is there?

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.