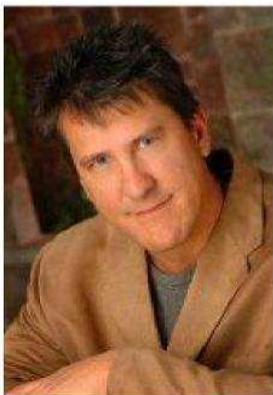


# Integrated Natural Ideas # 41

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**

The Sun is back! Summer is here. Vitamin D is produced by the body with about 20 minutes of Sun exposure 2- 3 times a week. Morning or late afternoon is best. But still, it is estimated 70% of us are Vitamin D3 deficient. Try this self -test: Take your thumb and press into the lowest part of your sternum. It is known as the Xyphoid process (a small triangle cartilage/bottom of where ribs meet). Press lightly. If "hurts" you may need more Vitamin D3. **Vitamin D3 #1155-1** is 2,000 i.u. in capsule form.

Here's another one: Stand with feet together. Close your eyes and raise your right leg and hold it in air for 3 seconds, if you are having trouble you may need **Vitamin B12**. This is available from NSP as a sublingual form/liquid **#1588-7**. Shoot for 1,000 mg/day. Also check your tongue, if it is bright red and inflamed, this is another sign of B12 deficiency.

Extra irritable? Check for mouth sores or cracks in the corners of your mouth, even canker sores, and white spots, show this may be a Vitamin B6 deficiency. **Vitamin B6 #1626-6** from NSP is a helper. As with all single use "B" Vitamins, add a complex so as not to upset all the other "B"'s in your body too. You can use Super Supplemental, Super Trio, or a balanced form called **Vitamin B Complex #1625-4**.

Did you know low Magnesium can be a part of the reason for hearing loss? So that issue may be a simple fix? Try **Magnesium #1786-6** as directed. You can up it till you get a loose bowel. Then back off by one tablet. That is how much you may need for a while. Read this aloud one more time so you hear it.

Last week at our *Wealth from Home* talk in Green Bay, we sampled the **Love and Peas #3082-9** protein shakes. The response was great! Mixed with water, ice, and a Banana, it tasted like wedding cake. Yum! It can help stop those wild insatiable cravings and provides 20 grams of protein per serving.

Yellow nails could be a clue to blood sugar problems and not just a fungus among us! Sugars can start sticking to proteins in the blood if sugar is not properly absorbed. It then concentrates in the nails as a yellow hue. Try **Sweet FX #3068-3** daily for 90 days. If this discoloration then disappears, then congrats on not going down a bad road.

Well we have all heard "*You are what you eat*". I often teach more in depth abstract such as "*No, you are what you absorb*". What about "*You are what your food ate*"? Here is the latest thought: "*What you eat, is how you sleep*".

If you are only getting 4 hours of sleep at a time or less, you may be lacking Lycopene and Carotene from foods in your diet. The supplement here is **Carotenoid Blend #4073-3**.

If you are only getting 5-6 hours, the use **Vitamin C T/R 1,00mg #1635-5** and **Vitamin E with Selenium #1509-8**.

If you are the super sleeper, over 9 hours, you need some **Dark Chocolate with Xylitol #5453-7** and increased protein like **Love and Peas**. Why not both? Now that is sound advice.

Sleep well, live well, my friends.

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.