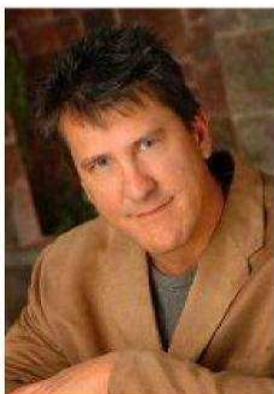


# Integrated Natural Ideas # 42

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**

*"Prescription drugs give us permission to continue a poor lifestyle" – Dr. John Fuhrman M.D.*

That is saying a lot don't you think? Cover it up and continue doing what you were doing. That also applies to supplements! What I mean is, the greatest supplements on Earth (NSP) plus a bad diet: *is* a bad diet. So pony up people! Become a "Nutritarian"! Learn to eat a lot more green foods, including daily supplements like **Liquid Chlorophyll ES #1483-5**. After all, if you are green inside, you are clean inside (Chlorophyll is great for bad breath too).

Look for fresh foods and please frequent farmers markets or a garden thru summer, nutritarians unite!

Every year 15 million pounds of food coloring (dyes) ends up in processed foods. They have no nutrient value, are a known carcinogen, and suspected of causing allergies, asthma, and ADHD. You eat dyes, you die. There are no dyes in fresh produce, hello.

*"The whiter your bread, the sooner you're dead!" - Dr. John Fuhrman M.D.* (guess who I have been reading lately?). So based on the first 3 paragraphs, we can use some help besides Chlorophyll. I will also go back to my stump speech on **Natures Harvest #3090-6**. It is chocked full of nutrients, 49 to be exact. Do you have time to buy or prepare 49 different ingredients? Look, this is a little bit of effort but gets big results. Harvest is cheaper than groceries. Also helps offset a poor lifestyle somewhat, helps the body detox of colorings, and no white nothing. Just green and oh yeah, it tastes good too.

Spice up your life with the spice rack. I buy Organic spices. They cost more but are not irradiated. The cheap ones you buy at most grocers or at a pharmacy? They are blasted with radiation for shelf life. You get what you pay for. Try organic Fennel on Fish, Rosemary on Beef, and Tarragon on Eggs. Yum. I also use NSP single herbs right in my spice rack. Just twist open a capsule of them at a time. They have a shelf life good for five years, tested, and are always non-irradiated.

Travel constipation? Good 'ol **Cascara Sagrada #170-8** works just fine. You may like just straight **Magnesium #1786-6** too.

Does your skin feel old and tired? Try this refresher.

½ cup NSP **Sea Salt #150-6**, 3 drops **Lavender oil #3907-8**, and ½ cup **Massage oil #3928-7**. I have even had men do this and they love how it feels. Also: Use the NSP massage oil for dull hair. Just work some into the scalp itself then wrap your head in warm towel for 30 minutes. Comb out. Wash if don't like the feel.

Speaking of essential oils (I only use NSP); **Clove oil #3903-1** is great for pain/toothache. **Myrrh #3939-3** for the gums and inflammation. Can be used directly or on a toothbrush. I usually mix in with **Sunshine Brite toothpaste #2851-6** for better taste and then dry spit (do not rinse).

Aching muscles? Try Dr. Jay's new "Nice Ice". Add 2-3 drops of **Tei Fu essential oil #1618-7** to a dixie cup of water. Freeze. When pain or trauma results, take out this instant first aid miracle and apply as melts. Just peel back paper to expose the new ice as you go! Totally awesome dude!

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.