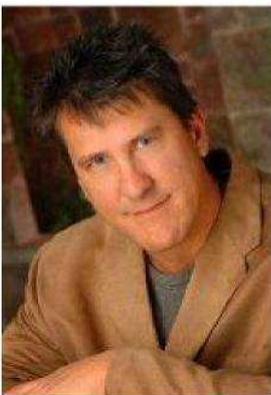


Integrated Natural Ideas # 43

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
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Board Certified
Holistic Health Practitioner
Currently enrolled in
Doctor of Integrated Medicine

After building a water feature in our backyard it got me thinking about flow, color, and what water really means to each of us. Yes, I have written many times about hydration and getting enough water into you. But what about what comes out?

Urination should take place anywhere from 4-8 times a day. Around 8 oz. of urine output at a time. First flow, if dripping is a problem, you may not be emptying the bladder completely. Pain or burning is a sign of possible infection as well. What about a fire hose effect? This might be a serious sign of blood sugar imbalance. Please consult your physician if this occurs as with any of the below if concerned...

Smell? Ah! Asparagus. This is a sulphur smell or slight ammonia smell which is normal. If sweet? This could be ketones or a sugar problem.

Color is important too. Dark tea color could be bile related. Yellow or Gold may just be B vitamins, not bad. But dark yellow is a sign of dehydration (it is summer, drink more water!). Cloudy? Usually white blood cells are in the urine, possible infection. Clear? PERFECT! A great way to keep this system in optimum shape is the **Urinary Pack #5387-3** from NSP, an easy to do 30 day pack.

Hormones can help or sabotage your weight loss efforts. For example, long term stress creates high levels of a hormone called Cortisol which suppresses the Thyroid gland making weight loss more difficult. I like **Natures Cortisol Formula #3209-4** to help return hormones back to balance. Of course the source of stress needs to be addressed too. Give this at least 90 days, it didn't happen overnight. Eat every 2-3 hours like the animals do. Graze on fruits, veggies, nuts, grains, and seeds. Get protein in the body first thing in the morning like **Smart Meal Chai #3086-2** or **Love and Peas #3082-9** meal replacements daily.

79 million people in the U.S. have prediabetes. Exercise and diet modifications are a must! Don't just read these newsletters, share them and help change some lives.

I recently met a construction worker who worked a bobcat all day. When he got out of the machine he could barely walk. He stated he suffered from back and joint pain. I asked how much water he drank a day. "I don't have time to drink water" he stated. Guess what I asked him to do for a week? The next week he stated "that made a difference". So I replied "Do you have time for water now?" It all comes back to an inspiration from a water feature right? See above.

I have always been a champion for Soy. Of course, organic and non-GMO is best. There is so much negative information about it that I just want to say this. SOY is not BAD. Some people say it gives them flatulence, so to them I say it is not for you. Many women have heard it can be harmful if you have estrogen sensitive breast cancer. Well, here is what you should know. Soy, in its whole form is full of phytonutrients, antioxidants, omegas, and fiber. That is generally ok. But man strips it to make something called Soy Protein Isolate. That is estrogen sensitive. In its whole ground form, not so. Read your labels, avoid isolate if you estrogen sensitive issues, for the rest of us, not so. Even tofu, edamame, miso, tempeh, and natto are fine. There are so many other things like plastics, pesticides, and herbicides that you should be more concerned about. But if in doubt, go without.

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.