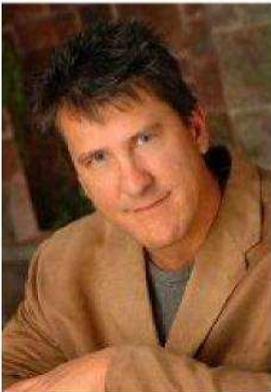


# Integrated Natural Ideas # 44

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**

What an allergy season we are going through! Considered by many to be the worst EVER! Why? Climate changes have impacted pollen, mold, ragweed, and tree pollen counts. They expect it to only get worse as our carbon footprints continue to impact Mother Earth. As I have taught for years, this is why supplements play a daily role in helping your body help itself. We can't do it by diet anymore.

It is all about immunity. So, if you want to help yourself, kids, and grand-kids, read on. Support the immune system and put in some nutrition that matters. Starting with children, please see all the chewables NSP has in the Sunshine Heroes line. My favorite is the **Whole Food Antioxidant #3344-9** year round and the **Elderberry Immune #3347-8** from fall thru spring. Food wise have kids help pick out fruits and veggies at the grocery store. Use cookie cutters to make cucumber stars or apple stars (you get the idea). Shred carrots and zucchini to "hide" them in casseroles and spaghetti sauce. **BIG NOTE:** NSP supplements have no added processed sugars or dyes like so many commercial products. Read your labels! Allergies can be lessened by this lifestyle.

God gave you teeth for a reason, protect them. It starts when young. According to the American Academy of Pediatrics, over 40% of kids will have tooth decay before age 5. It is also highly preventable! Fluoride containing toothpastes are not desirable. NSP has two kinds of family toothpaste that you don't have to call the poison control center if swallowed. **XyliBrite #5420-2** and **Sunshine Brite #2851-6**.

Speaking of teeth, let's move on to Amalgam fillings. There are over 100 million Americans with Amalgam fillings in their mouths, which has been used for over 150 years. The A.D.A. says they are safe, yet it has been proven just brushing your teeth can release about .061 mcg's of toxic mercury vapor. This is close to the brain and goes directly into the lungs.

The good news is around 50% of dentists have stopped using them. So what to do if you have these neurotoxic amalgams in place already? You can get urine testing to see how much you are exposed to and general guidelines say if you have 8 or more fillings like this, there is cause for concern to maybe have them removed. See your Dentist.

If you are not having symptoms, then relax. Replace those amalgams as they need to be with something called composites or porcelain. Eat a lot of Garlic and Cilantro and take **Liquid Chlorophyll ES #1483-5** daily which helps eliminate mercury through the intestines. I also advise many clients to do a **Tiao He Cleanse #3050-5** twice a year which is a full body cleanse. This also helps reduce immune problems.

*"Cetylated Fatty Acids offer reduction in joint pain & marked improvement in joint function"* – Journal of Rheumatology, April 2003. Where do you find this? It is in the **Ever flex Pain Cream # 3535-6** from NSP. Apply this to painful joints 3-4 times a day for 60 days and see the results for yourself. It contains Glucosamine, MSM, Menthol, and Conjugated Linoleic Acid (CLA or CFA) which is clinically proven. A little goes along way and works if you stay with it. Many of my customers swear by it **IF YOU STAY WITH IT**. As with most things, your problems did not happen overnight so it will take some time to heal it. I hope you are enjoying the summer, stay happy and healthy. Peace out.

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.