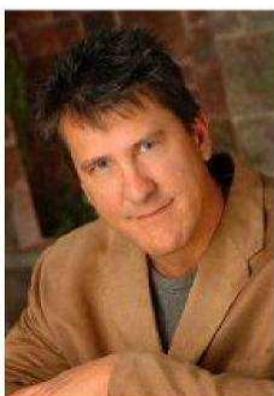


Integrated Natural Ideas # 46

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
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I got good news and bad news...the good news is helping your body lose weight can be done inexpensively without drugs and surgery. The bad news is most people will hesitate to spend money to get rid of it. Yet, they seem to have no recollection of what it costs (or will continue to cost in health care) to have gained it in the first place. It truly amazes me how some people react when they ask what products to use, and then balk that the products cost money. Some are justified because some program or club did not help. Well, be persistent, because it did cost money to gain that weight!

What does one pound of fat really cost? First, let's look at the common price for food. It takes 3,500 calories to equal one pound of body fat (pure fat is 4,056 calories). What did those 4,056 calories cost to consume (keep in mind the avg. American is 23# overweight)?

According to the CDC in July, it costs \$0.75 to \$1.50, for just 200 calories. This depends on junk food vs. organic and naturals. So, use the avg. of \$1.25. Then it costs around \$25 for a pound of pure fat. Here is another way to look at it, one pound of extra weight, or intake of 4,000 calories, is equivalent to 7.5 Big Macs at a cost of \$31. Who said fast food is cheaper?

Again, the average American is 23 pounds overweight, bringing the value to 23# x \$25 = \$575 or \$720 if fast food. A person 30# over = \$939.00. Losing 30# *could* equate to almost a \$1,000 in food savings!

This doesn't take into account the cost to the planet for those extra calories, tips at a restaurant, gas, energy to cook it, which all adds up in additional costs. Second, what is the cost of Diabetes in a lifetime? What is the cost of high blood pressure or even a stroke? What is the cost in terms of a Cardiac by-pass? You get the idea; there are no excuses to invest in yourself.

Now let's say you did a weight loss challenge for 3 months using NSP weight management products and a sensible diet. You have to buy food anyway, but cut out the expensive extra calories, which got you there in the first place. You already save money and health costs.

But most know diet alone doesn't work. So how much investment can the popular NSP supplements cost you? This is what I recommend (cost is rounded off).

You start with a two week cleanse called **Dieter's Cleanse #3220-4** = \$30. Then use 6 bags of protein meal replacement like **Love and Peas #3082-9** every morning for 90 days = \$150. By the way, this is cheaper than groceries and contains a greater source of protein than most people get.

3 **Ultratherms** daily for 90 days (metabolism helper) = \$135.

3 boxes of **Stixated #6540-5** in between meals 1 time a day (to help feel full) = \$100.

Total cost for 90 days = \$415.00 or \$4.00 a day. Most can lose about 20# this way.

If you gained #23 in 3 months it could cost up to \$720.00, excluding medical risks, or \$8.00 a day.

So, is it cheaper to pay to get weight off, or is it more expensive to put it on? Stop quitting and using excuses when you know better.

Now use the savings of around \$4.00 a day to buy new clothes!

You could also now afford to take a well-earned cruise to gain it all back! LOL.

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.