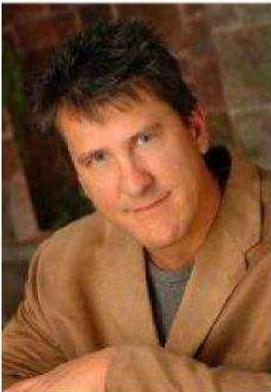


# Integrated Natural Ideas # 47

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**

Bugs can really bug you. They are everywhere and a part of our ecosystem, but they don't *have* to bug you. Presently, 3.4 billion pounds of synthetic pesticides are used in the U.S. annually or 25% of the world's total. The sad fact is 67% of all pesticides are carcinogenic to your family. In 2011 more than 3.8 million people suffered medically from side effects of pesticides. This issue will concentrate on "naturals" for bugs that bug you.

Insects were here before humans. They number about 10 million species. We have only identified about 1 million of them. If you remember last summer's drought, I swear I met most of that number in my yard and house. Many species are beneficial but about 1% will eat our food, ruin our clothing, destroy our homes and carry disease. Let's use nature to help tackle nature when dealing with the 1%. After all, have you seen what's happening to the honeybees? Be careful in pest control.

Around my house I use Diatomaceous Earth (food grade) for ants. Use when it is hot, but less humid. It gets on the ants and dehydrates them. Also, old coffee grounds around the base of the home, naturally repels them too. If they just won't go away, you have a food source for them. Try this: Just place a dish of Cream of Wheat (which I don't eat) where the ants can access it. The cereal will expand inside the ants stomachs and they will literally explode.

Before bringing in ANY outside plants this fall to winter over, spray the plants or wash them off with **Sunshine Concentrate #1551-6**. This is a powerful, bio-degradable soap solution that works for many things. It can even help prevent and alleviate plant diseases caused by outside insects, besides washing off eggs, saliva, etc. You can also use this concentrate to get rid of ant hills: ¼ cup of concentrate to 1 gallon of water. Spray hills and pour into their holes, repeat twice. Garden ants? Use 2 tablespoons concentrate, 1 Tbsp. **Capsicum #160-5** (one capsule opened) or **#166-7** (3 oz. shaker), 5 drops **Massage oil #3928-7**, to 1 gallon sprayer. Mix well and spray all plants around base.

Cockroaches and termites hate Sunshine Concentrate too! They also hate Chickens and Turkeys who eat them. I love my wild Turkeys here in the woods and feed them bird seed to help keep them around.

Many insects *hate* essential oils. What is the best? **Peppermint oil #3910-9** or any of the mint family. You can mix this into a sprayer with water (stronger the better) and spray entrances and base boards. Quit worrying about recipes, you are not going to eat it (did you see stronger is better?).

Spiders? They are best if kept outside right? Blast 'em with a Sunshine Concentrate solution and cover all cracks and areas where you keep finding them. They will leave. If you want to kill them, then add some "Lime" to the concentrate solution.

Killer essential oils? **Lavender #3907-8, Cinnamon #3898-6, Peppermint, Lemon #3908-2** and **Tea Tree #1777-1** does the trick. One drop of each in 1 quart of water. I usually use a couple extra drops of peppermint. Depends on how you want your house to smell. You could also add a drop of **Eucalyptus #3904-9** as well. From time to time you will see more recipes for things that bug you in future issues.

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.