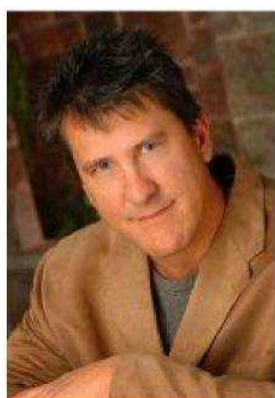


Integrated Natural Ideas # 48

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!***



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Tired of hearing about weight loss? Yeah me too, because it seems like most people lose weight only to find it again. The typical American try's to lose weight 4-5 times a year (if they consider themselves over-weight to begin with). Of those, 70% cannot maintain the loss and 90% will regain what they lost and sometimes more. Here are some ideas to keep it off.

Smoothies! It will take 6 weeks to make anything a habit (a habit of health that is) so don't give up so quickly. Smoothies are a lifestyle. On a visit to Canada last spring I learned a great deal from those cold Canadians about how to lose weight with smoothies. They are easy to make, flavorful, and highly nutritious. They can be used to lose weight, regain health, increase energy, or fight an illness. Your taste buds are the only thing that has to go into "training" (6 weeks for your taste buds to forget salt, sugar, and bad fat).

Try these: **Super Nutrition Smoothie** -1 serving **Natures Harvest #3090-6**, 1 cup blueberries, handful of spinach, 1.5 cups of Hemp milk (Almond or Soy) vanilla. Blend with ice. 80-90% of everything you need for the day!

Energy Booster – 1 oz. of **Thai-Go #4195-2**, 20 drops of **Vitamin B12 #1588-7**, 1 packet of **Solstic Energy #6521-2**, 1 cup white grape juice, 1 cup ice, ½ cup blueberries, 2 tbsp. vanilla organic yogurt. Get ready for a good day! Hope you plan on getting things done.

Home-made **Lemonade Weight trim** – 6 scoops of **Collatrim Plus Powder #3062-0**, juice of one lemon, fill rest of container with water. Keep in frig. and drink any time of day for days! Collatrim helps body convert fat to muscle and helps joint health.

Can you really help the body lose weight without exercise? Studies show you can lose 5-10% just with a supplement called **CLA #3010-1**. You need around 3 grams a day and can see results in as little as a month. CLA is easily absorbed by stubborn fat cells and basically helps "melt" them.

Coconut oil is a big rage for good reason. Mix with your butter, just a little at first to get used to taste. Also use for cooking. The best is 10-20 grams a day or 2 tbsps. It is a medium chain triglyceride which helps with bad fat release.

Did you know vitamin C neutralizes a stress hormone called Cortisol? This is where belly fat comes from (stress). I use **Vitamin C Ascorbates Powder #1606-3** and mix in once a day into my smoothies for this stress helper. It can be added to any of the recipes above.

As an herbalist I would be ashamed if I didn't mention just a good 'ol herb. Capsicum (Cayenne Pepper). Used 20 minutes before any workout it will increase thermo-genesis by 25%, which means fat burn. Mixed in smoothies, used in cooking, or taken with food as a capsule, it has so many benefits I can't do it justice here. But I use **Capsicum 3 oz. shaker from NSP #166-7**. That way I get un-irradiated spice and the right moisture content to be medicinal. If people use cheaper manufacturers to save a buck then they truly don't know about quality and processing. Maybe that is part of the reason why some people keep finding what they lost.

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.