

# Integrated Natural Ideas # 49

## 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**

When the seasons change, so do the conditions for immune related stress. The kids are back in germ factories, I mean school. The temps are cooler and we are just as busy as we have ever been. Then out of nowhere, we have to stop our lives and fight colds and flu's. What to do?

Be prepared of course! Invest a little time and money now and save on expensive medical bills, drugs, and loss of sick days at work. Have on hand what you need if and when the bugs strike you and your family.

What you should have on hand for fall/winter:

**Nature's Fresh Enzyme Spray #1549-7.** Pain relief applied topically and works even better with Deep Relief #3926-2 essential oil added to it. Try it for back pain as well. I also advise Lobelia Extract #1765-8 with this spray for tight muscles. This is also great for minor injuries like sprains, bruises, rashes, and mild burns. People have used it on teeth and gums. Around the house (which is what it was designed for) to wash windows, laundry, carpets, dishes, etc.

**Vitamin D3 #1155-1:** We need internal sunshine. Just one a day of this supplement in some circles, is on par with a flu shot, as far as defense.

**Solstic Immune #6530-6:** At the first sign of a cold or flu, sniffle, etc. Jump on this product. If you do this quickly, you can avoid weeks of possible nastiness.

**CC-A #840-5:** If you do earn a cold, this is the remedy to help you get back to normal quickly. For coughs, cold, and flu.

**Nature's Harvest #3090-6:** the season of fresh fruits and veggies is over. We need super food to get thru the cold winter months. 48 ingredients that you couldn't get fresh in winter if you tried!

**Silver Shield liquid #4274-1 and Gel #4950-1:** For direct help in fighting invaders and passing of germs in the household.

**Food Enzymes #1836-9:** All those big holiday meals and the bloat that comes with bad food combining. Why suffer? You know you are going to over eat...

**Elderberry Immune #3347-8:** for the kids. Nuff said.

The list could go on and be very extensive. But just a few of these things will help insure a happy and prosperous season transition. Enjoy the Holidays but you must prepare. Take time to help save time and money. Thank you for reading about personal opinion..

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.