

Integrated Natural Ideas # 50

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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Wow, 50 issues! The response has been great! Thank you for reading this and forwarding it. Nice to know we all can help make the world a better place by sharing natural remedies.

Did you know you can make a difference every day in the world order, politics, money, big-agri, big - pharma, and capitalism? Sure, it's called "voting with your dollar". What you spend each day determines what your individual, local, state, country, and the planet Earth's outcome will be. What you chose to buy, changes what is offered. i.e. Don't like Genetically Modified Food (GMO)? Buy organic. It is that simple. If enough people stopped buying Oreo cookies, they would stop making them. Simple law of economics: supply vs. demand.

Read labels and become educated on your purchase. Know about a company you buy from (like Nature's Sunshine Products), and your dollar will vote for what is to be supplied. That's how you make change.

For instance, the Dept. of Energy says "if every household in America bought ONE compact fluorescent energy saving light bulb, we would save enough energy to light 7 million homes and reduce greenhouse gas emissions to equal 1 million cars per year". Like supplements, you get what you pay for, in more ways than one. Just this one bulb, although expensive at first, saves you \$41.25 in electricity over its life.

Ways to vote quickly with huge impact:

BUY LOCALLY. 1# of Asparagus imported from Chile uses 73# of fuel to get here. Asparagus grows here in Wisconsin ditches for sure!

BUY ORGANIC: For each 1% increase in organic food purchased, we reduce the pesticide/herbicides by 10 million pounds per year in the U.S.

BUY WHAT YOU CAN PRONOUNCE, OTHERWISE LOOK IT UP! You may have a cosmetic in your home that has Imidazolidinyl Urea (I-urea) in it, a known toxic chemical. If you have it, you "voted" for it. I like to vote for **Nature's Sunshine oils, Sunshine Concentrate, Natures Fresh, and Irish Moss lotions** instead.

BUY RECYCLED: If everyone in America just replaced one box of facial tissue with 100% recycled (it says so on box) per year, you would save 163,000 trees. How about a roll of toilet paper? 423,900 trees. One paper towel per year? 544,000 trees. Paper napkins? 1 million trees. Look for the recycled emblems on the packaging, vote for it, and change the planet.

QUALITY VS. QUANTITY: I helped a young man with depression recently with Saint John's Wort. He had bought a cheaper version and tried for 3 months. No success. I asked him to pony up to NSP. He felt "why, this (herb) doesn't work anyway". His source he voted for was crap. I even stated if he didn't feel the NSP version would help, even at double the cost, he will get a refund. Two days later he understood quality vs. quantity. It changed his life for just a few more dollars (votes). You do get what you "vote" for...

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.