

Integrated Natural Ideas # 52 from Dr. Jay

***What you can do to complement your health...naturally.
It is not alternative, it is original!***



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By now you are likely tired of hearing about obesity. Yet it is the single most preventable problem we have ever faced as a nation, and it starts with you. In 2012, the cost to JUST the healthcare system was \$147 Billion dollars. Latest estimates put the cost as high as \$3.35 TRILLION dollars around 2020. So, you won't stop hearing about it anytime soon.

The biggest impact is children may not outlive their parents. Any child, who remains obese thru childhood, well, then adds \$500,000 in consequence and has a shorter life span. Also, obese kids have an 80% chance of staying that way thru adulthood! What to do?

First cut out as much gluten as possible. This can interfere with vitamin C absorption and Iron. It is a common myth that wheat only causes immune-mediated intestinal damage within those with a rare genetically based aberration called celiac disease. Still relatively unknown research from 2007 clearly demonstrated that everyone's body likely experiences adverse intestinal effects from gluten (gliadin) exposure. Just call this simple carbohydrate "instant fat". Replace glue-ten with complex carbs and use replacement meals like **Love and Peas # 3082-9**.

1-4 Americans are very sensitive to Gluten. Here's a clue, if you eat and get tired, it is most likely gluten doing that.

Second, clean your Liver occasionally. NSP has many products to help with this, but one of my suggestions is **Tiao-He Cleanse #3050-5** one to two times per year. The Liver takes a beating due to the S.A.D. (standard American diet). This is great for keeping us slimmer and producing more energy.

Third, the S.A.D. also is very low in naturally occurring Iodine. This element is important for Thyroid function which increases metabolism, thus burning off fat. Just add **Dulse liquid #3156-6** (natural source of Iodine) to your meal replacements, such as Love and Peas or even Natures Harvest. Just a few of these ideas can change the healthcare cost outcome. Share the info.

Also it's that time of the year! Seasonal change is here. So the bugs get spread around and our immune systems get challenged. Be prepared and don't wait until you are sick, be proactive. Did you know just a drop of essential oil of **Lemon #3908-2** can stop a cold sore in its tracks? I also carry around **Tei Fu #1618-7** essential oil for the same thing.

Have on hand a box or two of **Solstic Immune #6530-6** for the whole family. Easy to carry around in a car, purse, or pocket, and it works best if used at the first sign of a sniffle!

We all need a daily sunshine vitamin for immunity, bones, and the Big "C" prevention. It is **Vitamin D3 #1155-1** from NSP of course. In many studies it is as effective as a (you know what) shot! But beware and don't be "*d-ceived*" because recently researchers tested 55 bottles of competitor brands and discovered the amount labeled was not in the pill. Some had more than what was listed (30%), some had less than that listed (46%). That means 75% of the time you grab ANY source other than NSP, such as this D example, and you won't know what you paid 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.