

Integrated Natural Ideas # 53 from 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

One of my great mentors always says “*If you want to live today, take CoQ10*”. I couldn’t agree more. As our foods become even more over processed, less CoQ10 enzyme is available in our diet. This powerful anti-oxidant and energy maker is part of the reason why so many Americans have no energy. Found in every cell of the body, especially the heart, brain, and gums, it is highly recommended to supplement with this on a daily basis. A pharmacist friend (who wrote the book on nutrient depletion from medication) says this “*Every medication I know depletes the body of CoQ10*”. Keep in mind not all CoQ10’s are created equal. Trust the best **#4109-8**.

A recent study using black cohosh demonstrates a new addition to a natural medicine strategy for addressing PCOS (Poly Cystic Ovarian Syndrome). 100 women with PCOS were recruited and seen in a clinic in Egypt. Women were randomly assigned to receive either 40 mg/day of black cohosh for 10 days or 100 mg/day of clomiphene for five days (clomiphene citrate is a conventional pharmaceutical prescription used as a first line approach). After receiving black cohosh, this group had significantly greater progesterone levels and endometrial thickening. Remarkably, the black cohosh group had more pregnancies (seven vs. four).

While the underlying cause of polycystic ovarian syndrome is dominantly insulin resistance, only infrequent ovulation is often what brings women to the medical office. This use of black cohosh and its apparent effect on inducing ovulation is a very useful study in the complex and challenging managing of women with PCOS. **NSP Black Cohosh #80-3**.

What’s in your air? As we close down our home for winter we shut in all kinds of gases, toxins, mold, and pathogens to inhale through those shuttered months. Did you know most people spend about 90% of their lives indoors? Not so fresh air is it?

“*Short term air pollution may damage DNA in just 3 days’ time*”. – Andrea Baccarelli MD, PhD Univ. of Milan.

Indoor air pollution has a dramatic impact on our health and well-being. Even according to the EPA, indoor air pollution is among the top 5 environmental health risks. Breathing pure and clean air allows us to think clearly, sleep more soundly, and stay healthier. Humans receive 56% of their energy from the air we breathe! The best air purification technology comes from NASA and uses something called Photocatalytic Oxidation Technology or PCO. It uses 5 metallic catalysts (like nano-silver) and UVC to neutralize nasty critters in your home air. A sanitizer versus ozone purifiers which do not demonstrate the same effectiveness as this NASA based technology. Good news, you can get one that will do over 2,000 sq. feet of home air with a small cost compared to HEPA filters etc. that cost thousands of dollars. It is called the Boomerang (for its shape) from **NSP #7030-5**. Christmas is coming; why not give someone the gift of health?

There is even an air quality test kit #5287-0 that I purchase and give out the kits (along with a boomerang) to those who wish to test the product for free. After they see the results in just 3 days, they get one. Seeing is believing!

FREE! Right now until the end of October if you place a \$200+ order with NSP, mention or type in “**PREMIUM**”, and you get a free bottle of liquid silver AND a free bottle of Silver Shield Gel (\$58 value). Did I mention Christmas is coming?

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.