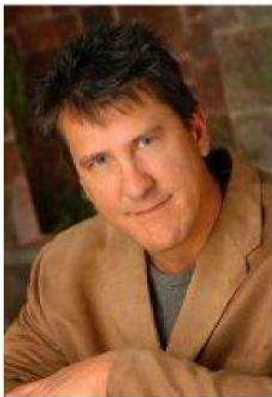


# Integrated Natural Ideas # 55 from Dr. Jay

***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**

**Recipes!** You asked, so here is a few more on how to do shakes for anything:

Immune Booster-

1 stick of **Solstic Immune # 6530-6**

1 serving of **Love and Peas # 3082-9** (can use Nature's Harvest for even more support)

1 cup of Pineapple Juice

Water/ice

Energy City –

1 stick of **Solstic Energy #6521-2** (can use Solstic Revive as well)

1 serving **Nature's Harvest #3090-6** (Nutri-Burn vanilla is helpful too)

1 cup of pineapple juice and ½ Banana

Water/ice

Life Booster –

Natures Harvest or Love and Peas

2 oz. **Thai-Go #4195-2**

Handful of rinsed Kale plus Strawberries.

I also add an avocado (optional)

Water/ice

Hormone Helper –

2 cups of butterhead lettuce

1 cup blueberries

1 banana

1 cored apple

1 cored pear

3 capsules opened into mix of **Maca #1117-2**

1 capsule of Indole 3- Carbinol #1506-4 (optional)

Water/ice

Toxin flush –

Spinach/pineapple

Nature's Harvest

1-2 oz. of **Liquid Cleanse #3193-1**

Water

There are many blender options and processors on the market. We use the Nutribullet. Christmas is coming so give the gift of health. These recipes change lives and the more recipes you can do, the healthier you will become. Bon Appetite'

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.