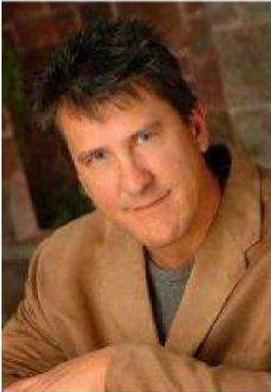


Integrated Natural Ideas # 56 from Dr. Jay

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



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Welcome to the fast track. Quick ideas and solutions this issue!

If you are big in the middle: You are most likely a “carbaholic” and stressed. Solution? Eat complex carbs vs. simple (you can tell when there is more fiber in something that it is more complex). Get better sleep. Lack of sleep or quality of sleep, produces a hormone called Cortisol, which creates belly fat. Try eating lots of quality protein and vegetables. Use products like **Anxiousless #1167-9** to reduce anxiety naturally. Do not skip breakfast! Breakfast should include 20-25g of protein. Use Protein meal replacements/shakes like **Love and Peas #3082-9** every morning. Also the supplement **Sweet FX #3068-3** helps with carbohydrate consumption, balancing blood sugars, and again stress.

If you are big in the bottom: Most likely the culprit is Estrogen. Again, eat more complex carbs (no white anything). Here the meal replacements work better as a “Soy” base. **Smart Meal #3085-8 Vanilla, Smart Meal #3084-4 Chocolate** and **Smart Meal #3086-2 Chai** are the best. Also the oil of **Oregano #3934-6** on bottom of feet every morning is a great hormone balancer.

The average American consumes 44 cubes of processed sugar every day. A cube is equal to 4 grams of sugar. You only need a fourth of that to survive. Commercial smoothies use up to 12 cubes per serving or 48 grams, how is that helping with weight loss? **Love and Peas** is 2 cubes per serving (9grams). **Love and Peas** sugars are naturally occurring and not processed. Any questions?

Ear infections run rampant this time of year. Good ‘ol H₂O₂ is a big help. I am talking about hydrogen peroxide 3% with no alcohol, a couple times a week in your ears, which helps keep the ears from getting infected. A little is all you need and can even be put on a Q-tip (careful when inserting). I also use Liquid **Silver Shield #4274-1** the same way. I used to get them every year, but doing this I haven’t had an ear infection in over 10 years!

Hang over helper? Yeah, the holidays are coming. Try this; one stick of **Solstic Revive #6507-7** and add a tbsp. of pickle juice. Coconut water can also help but I have seen the Revive/pickle juice work best.

Body odor doesn’t always just go away with showers. It comes from bacteria on your skin producing toxins which smell. Of course cleansing occasionally helps but try this; Epsom salts (Magnesium). Scrub some under arms, groin, etc. after a shower which can make a big difference. You can get that at any pharmacy cheaply. I also use **Nature’s Fresh Enzyme Spray #1549-7** with essential oil of Lemon or Lavender for an awesome underarm deodorant.

Ever hear of a Neil Med? I have written about this many times and like it much better than a Neti Pot. You can get that at any Pharmacy. I use the Saline included in between a Silver nasal flush. Get two; load one with Saline and the other with **Silver Shield**. Alternate, but never mix the two, as saline neutralizes silver. Blast away sinus problems everyday naturally!
Have a safe and Happy Holiday season!

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.