

Integrated Natural Ideas # 57 from Dr. Jay

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



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"You fail all the time, but you are not a failure until you blame someone else" – Bum Philips

How true. How many people do you know (including you) that do that? It also applies to your health. People tend to blame someone or something else, when things go wrong. This is especially true when it comes to our health. As I always say, *"You don't catch a cold, you earn one"*.

So take responsibility for all your choices! I went to a recent Badger game and had a great time. But lack of sleep and the cold temps got to me. I felt a virus coming on. I earned it. So I took out my **Solstic Immune #6530-6** and boy was I glad I did. It got me out of missed days of life due to illness. That product always works if used right away. No excuses, it was my fault. I failed to protect my immune system. But I did not fail in correcting it or fail by blaming something else.

Classes are coming up in January called **"In-Form"** here in Wisconsin. This 13 week class is changing lives. People are losing weight, increasing energy, and having fun, all at the same time. If you are interested in burning fat, being fit, for life, call us for locations, times, and costs. These classes are taught by Certified Lifestyle Coaches and Personal Trainers. Keep in mind, 92% of people who try to lose weight without a support group, fail...and then blame someone else.

What is all the confusion with the word **"bio-identical"**? Let me clear the confusion. A bio-identical version of a nutrient is a direct copy of the naturally occurring compound. For example, there is a BIG difference between bio-identical and synthetic. Synthetics are associated with a host of side effects. Bio-identicals (such as Wild Yam Cream - Progesterone) have NO adverse effects. Why use a synthetic version of anything? Well, money.

Money is the culprit. Natural substances (bio-identical) cannot be patented, synthetics can. These substances are foreign to our bodies. The body simply doesn't bind them very well or even eliminate them very well, hence side effects. *"More than 95% of all Rx, are synthetic agents" – David Brownstein M.D.*

Pro-G-Yam cream #4949-3 is a women's buddy. Studies show natural progesterone creams can increase bone density by 25%! You can bind them and eliminate them. If menstruating, use for two weeks on and two weeks off, according to a mastermind in hormones, Dr. John Lee M.D. If post-menopausal, use a dot every day. If you want to bust myths about women's hormones, read anything he has written.

Recent information again shows a direct relation between inflammation and 6 million suffers with fibro pain. Even Dr. Oz is saying these difficult diagnoses are *"Inflammation of Nerves/Neurons"*.

Powerful products exist for dealing with this:

CurcuminBP #238-2, Thai-Go #4195-2, and Super Omega -3 EPA #1515-7, just to name a few. Christmas is coming, so give the gift of health!

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.