

# Integrated Natural Ideas # 59 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*)  
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Mother Theresa once said, “*Never travel faster than your guardian angel can fly*”. How true. How fast are you traveling? Saying that we should slow down is always easier said than done. But in today’s high paced, high technology world, it is difficult to do so. It can also cause a great deal of situational anxiety that did not exist in years past. If you haven’t tried the new **Anxiousless #1167-9** product please do so. I recently got stressed over my Christmas tree falling over, twice. That was expensive! After chewing my nails off, I took 2 capsules and noticed a huge difference in 20 minutes. Since then, the tree has been remodeled and looks better than ever. Anxiousless saved my Christmas by calming me down to deal with it and release the tragedy. Whew!

Hear about the new cholesterol shake-up? As you may know, many times I have suggested that elevated cholesterol is a myth. I have been saying that for 15 years. But big pharma has other ideas. Along with the American Heart Association College of Cardiology, the decision to treat cholesterol is no longer just a matter of lipid levels. The new advice, which experts say could double the number of people on a statin (following this?); will include age, race, weight, and blood pressure. Yet, no mention of natural uses like **Niacin #1797-0**, **Red Yeast Rice #558-3**, **CoQ10 #4109-8**, or even **Krill Oil #1516-3**, just to name a few. Read “*The Cholesterol Myth*” by Dr. Sinatra. After reading that book you may need to take some Anxiousless.

Vitamins (supplements) are a \$30 Billion industry. Yet, not all supplements are created equal. A recent study from U.S.P. (Pharmacopeia) Consumer Labs showed 1-4 companies failed completely. They went on to state 40% of all those tested are “*not recommended for ingestion*”. However, once again, **Nature’s Sunshine Products** tested with **zero** problems. Nice to know you can have access to the highest quality supplements in the industry. Keep your membership active in 2014!

Did you know that 1-4 women age 40-60 take a prescription known as an anti-depressant? 75% of those women who are on these, are so, but not for depression (off label use). What is worse is that if it is the wrong person (brain chemistry and physiology factors) the treatment can result in suicide. With 1-10 of *all* Americans on anti-depressants (which is not better than a placebo), what is really going on? Most likely the treatment doesn’t fit the person. Many things can lead to depression, like decreased thyroid function, PMS, etc. I have found with herbals it helps to tackle the Liver and digestion. 90% of all serotonin (feel good hormone) is made in the guts, not the brain where the Rx is aimed. Hm.

Cough and sore throat? Try one tbsp. Organic apple cider vinegar in two tbsp. of water. Add 1 tbsp. of honey and ¼ tsp. of **Capsicum powder #166-7**. Heat and sip.

Here is an excellent use for Curcumin you may not have thought of:

Whole grain flour and milk (2 tbsp.). Each mixed with two capsules of **CurcuminBP #238-2** into a paste. Makes a pudding. Apply to face 20-30 minutes and then wash off. You are going to love your new skin without dangerous chemicals and expensive facials!

Happy New Year everyone!

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.