

# Integrated Natural Ideas # 60 from Dr. Jay

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



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How can one be happier? Easy, just spend more time with happy people! Moods are contagious. A happy mood is the best thing you can catch this winter season. Start out the New Year right. Just like weight loss or exercise, you will be more successful with a (happy) group than by yourself. The new **In-Form** classes are starting right now and you may still be able to get in with happy healthy people. Call us for a complete list of classes throughout NE Wisconsin.

The new Omega? Yes, you have heard of Omega 3's and maybe even sixes and nines. But have you heard of seven? I have taught for years on the value of Omega 7 when no one else mentioned it. Well, latest research shows that adding more Omega 7 into your diet can decrease fatty Liver (up 30% for Americans in the last decade) and reduce plaque build-up in arteries. You find it in high quantities like anchovies or macadamia nuts. My favorite source which I take every day is **Krill Oil w K2#1516-3**.

Nitrates and Nitrites are a nightmare! They are known carcinogens and found mostly in packaged meats (known as "cured"). These types of carcinogens are linked to Pancreatic Cancer. You can now find many "uncured" and healthy meats available. Make a change for the better, eat "uncured".

Butt rash or pimple butt? Try **Silver Shield Gel #4950-1**. **White Oak Bark #730-7** made into a tea makes a great sitz bath to help clear this up as well.

Skin flaking? Zinc is helpful as well as a steady supply of Fish Oil. **Zinc #1657-9**, **Super Omega-3 EPA #1515-7**, and the trifecta **Super Trio #222-7** is an all in one product.

Dark armpits? Yeah, it happens from shaving...use **Grapine w Protectors #1750-1** and smash a couple tablets into a powder form, mix with a tbsp. of flour and water. This paste applied after a shower for 10 minutes, then rinsed off, can help do the trick! Of course follow up with some essential oil of **Lavender #3907-8** for a real boost.

*Angstapation*, what is that? It is going on vacation (leaving home) and not being able to go, period. It is also known as "safe toilet syndrome" (I will venture to guess, 30 feet of intestines tied into your nervous system can do that to a person). The best idea is to start with something like **Gentle Move #952-9** two to three days BEFORE you leave home. Don't let the "angst" even kick in! Take it thru the time from home and a day or two once home. Ahh! That feels good. So now, how was that vacation?

3 out of 4 Americans are vitamin D deficient. Who in their right mind would even think about getting some sun around here lately (today's high is -15 degrees)? Sunshine is critical to Vitamin D formation. Vitamin D3 is good for the eyes, bones, immune system, decreases inflammation, and even can prevent fibroids. Minimum amount you need is 1,000 i.u.'s a day. Use the best available thru May with **Vitamin D3 #1157-3** from NSP.

What is the latest and greatest weight loss helper for 2014? Probiotics of course! Use daily **Probiotic Eleven #1510-1** (high in CFU's - Colony Forming Units) and add some fermented foods to that gut to help out. Such as Kefir, Sauerkraut, Kim Chi, Kamboucha tea, yogurt, etc.

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.