

Integrated Natural Ideas # 61 from Dr. Jay

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



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Like Jesus said “*the truth will set you free*”...he may have added, “*But first, it will make you miserable*”. That’s because if we lie, we will lie to ourselves, more than anyone else. That being said, don’t believe everything you read or what you always think to be true. You know yourself better than that. Be truthful to yourself. Try not to procrastinate. Practice prevention.

So how do we change how we lie to ourselves? Dig for credible non-biased information and decide for yourself, without blind and foolish trust. For example: We blindly trust organizations we “think” have our best interest in mind, such as big food corporations or big “pharma”.

Information can be modified or false to help influence your decisions (no wonder we don’t even trust ourselves)! Hint: make sure you have both sides of the story before making a decision.

For example: What is the R.D.A.? It stands for *Recommended Daily Allowance*. You find it on everything food related. But guess what? NO ONE knows what is “optimal”, let alone if recommended is even accurate. In my estimation, it should stand for *Really Dumb Amounts* or even Rats, Drugs, and Assumptions! That’s because when (RDA) went into effect in the 1960’s, it was only designed to deal with stage IV of any disease (i.e. scurvy, rickets, and beriberi. Stage V is death).

Are you ok with stage III or stage II?

Linus Pauling, the Nobel Prize discoverer of Vitamin C, “recommended” 10,000mg’s a day. Grab your cereal box and look at the RDA “C” on it (go ahead, I will wait).

Hence, “recommended” is a long way from “optimal”. So what is the truth and what is a lie? I have found by listening to myself after studying “C”, that when I add **Vitamin C Ascorbates #1606-3** to my morning smoothies I just “feel” better and exhibit less colds/flu. I shoot for 1,000 to 2,000mgs of alkaline Vitamin C every day (hey, I was more miserable with the lie, than the truth).

Here is another example: Silver is toxic according to regulatory agencies. Well, that statement is just too broad. Some colloidal silvers and home silver machines can be! So it is only partly true. But if you study *nano-silver* you will find out it is non-toxic. It leaves the body the way it came in and it threatens those industries that stand to lose the most. So they lump and attack anything called silver that isn’t made by them (meaning patented by them). Funny, but our Air Force/NASA uses Nano-Silver.

In addition to 100% non GMO and gluten free whole food nutrition (like **Natures Harvest #3090-6**), this trace mineral may save your life. What if you could drink yourself to a stronger immune system? With bioactive nano Silver Aqua sol (**Silver Shield #4274-1**) you can. Start with pure water and add safe, low concentrations of charged silver nanoparticles every day and you have the makings of one of the most powerful immune cocktails on the planet. Except that it tastes like pure water. The truth is not only about setting you free, but may help set you *disease* free.

If we tend to lie to ourselves more than anyone else, then we owe it to ourselves to find the truth. Yes, even if it makes us miserable for a short time. My accountant recently was a little shocked that I take so many supplements (yeah, it costs money). But after I explained how I beat Cancer, Arthritis, Congenital Absence of Immuno-globulin “A” and weight gain, he too is studying the truth. May he and all of God’s children be set free!

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.