

Integrated Natural Ideas # 62

From the mind of **Dr. Jay**

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



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Do you chew gum? Which kind - the pesticide corn syrup kind or the nervous system degenerating sugar-free kind?

Do you like breath mints? Which kind - pesticide corn syrup or the nervous system agitating sugar-free variety?

How do you feel about these convenience agents that are toxins and cause nervous disorders? America, is becoming the land of the free, home of the... sick?

Four out of five dentists recommend that you chew synthetic, toxic, carcinogenic gum...

Most people think all these convenience products have our best interest and health in mind (hardly, it's just profit).

You have choices. Be so that those choices come from an informed mind that resists temptation.

So choose wisely, Xylitol gums, mints, and pesticide free chocolates, are available. But they won't be 95 cents. Chemicals are cheap and make those ancillary products even cheaper. So you go about mindless uneducated life until God forbid, you end up with an environmental diagnosis like Cancer which is very expensive and scary. So do everything you can to eliminate those agents that do cause harm, even if they are cheap and everywhere.

I like Xylitol Gums/Mints which contain no artificial anything and can even help put enamel back on your teeth! See all of NSP's choices in the order section (or web) called "**Nature's Sweet Life or Xylitol**". I even use the **Xylitol mouthwash # 5425-6** every day, as alcohol is not the way to sanitize the mouth. I also use the **Xylitol toothpaste #5420-2** which contains no warnings about calling the poison control center if swallowed!

Yes, good natural products cost more and you won't find a coupon in your newspaper, but try this though. Use Xylitol containing products for a half year and ask your dental hygienist at cleaning time if he or she notices? Mine do. I reject the free fluoride containing paste they offer to you as part of your cleaning. No thanks, fluoride is a known halogen and can find its way to the brain (how close are the gums to the brain?). Next...

Did you know that straight juicing is not what naturalists promote? Straight juices with no pulp have been shown to actually increase weight. Even though fruit juice is healthy, it does not expedite weight loss. So chop up the whole fruits (pulp) into the juice, you need the fiber. That's why NSP uses pulp in most of their products like **Thai-Go #4195-2** and **Noni Juice #4042-7**. They found that by ejecting the pulps you lose anti-oxidants, xanthonenes, and pycnogenols, which helps keep us young and provide more anti-aging potential. Many companies will reject the pulp in favor of juice and taste but lose the medicinal quality nature provided in the first place. If you think about it, did you ever see animals smash the fruits or veggies they eat and find a straw? No, they eat the whole thing. Even NSP's protein meal replacements or Natures Harvest contain ALL parts of the herbs and plants.

Years ago, NSP did independent studies against competitors. They found their anti-oxidant juices to be 50-100% higher in health components (comparing apples to apples). They concluded it was because of the phyto-chemicals concentrated in the rind (pulp). Drink juices America but don't mind the pulp.

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.