

Integrated Natural Ideas # 63

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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How do you eat an elephant? One bite at a time. How do you (pun intended) become the size of an elephant? One bite at a time too.

As you well know, big things are accomplished by taking lots of small steps.

So, how do you lose 37 pounds? By losing 1.9 ounces a day for 10 months!

If you haven't seriously considered the **In-Form classes** being offered here in Wisconsin by now, you should. The results have been great and the participants love the week by week education and products. Call us for a class and date near you (920-434-9025).

An NIH (National Institutes of Health) report found that Americans spent \$4 billion + on mind related alternative medicine in 2007...what year is it? Researchers have also found that multitasking leads to lower overall productivity. We no longer can focus on one thing or accomplish one thing at a time anymore. Our minds are racing and anxiety abounds. If you haven't heard by now about NSP's number one selling supplement called **Anxiousless #1167-9** check it out on the website www.natr.com, just use your account number to see the benefits. My advice is one (capsule per day) is a lonely number, two gets the job done right.

There are 7 billion people on this big 'ol blue ball and every night 3 billion are hungry for food. But did you know the other 4 billion (including the U.S.) are hungry for words of encouragement? Try this today, think about someone and walk up to them and say "I like you because..."

Organic food is seemingly no longer just a trend, but a necessity. A recent report by My Fox New York states that all-natural grocers can hardly keep up with the demands for organic food. Bloggers have been capturing signs that read, "*Organic eggs are currently in short supply due to increased consumer demand and limited availability.* Yeah team! Change the world by voting with your dollar!

Copper is a naturally occurring free metal. The body uses this metal for a variety of actions and regulates proper amounts. Too much copper taxes the kidneys and liver and can be detrimental. The right amount is essential. A certain blue-green algae called **Spirulina #681-1** has been found to reduce copper toxicity and improve blood and growth in fish. This modulating action, as seen in this fish study, effectively eliminates excess copper obtained through overloaded water, soil and air. This study could translate to helping people with toxic amounts of copper in their body...and oh yeah, drink your **Natures Harvest #3090-6** every day too, it has about 5 kinds of super greens (spirulina, chlorella, etc.) like this as well.

More than 55 diseases have been linked to gluten, the protein found in wheat, rye, and barley. It's estimated that 99% of the people who have either gluten intolerance or celiac disease are never diagnosed.

It is also estimated that as much as 15% of the US population is gluten intolerant. Could you be one of them? Check out the non-gluten protein drinks from NSP like **Love and Peas #3082-9**. YUM!

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.