

Integrated Natural Ideas # 64

From the mind of **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*)
Ph.D. Traditional Naturopathy
(*Summa cum Laude*)
Board Certified
Holistic Health Practitioner
(A.A.D.P)
Currently completing
Doctor of Integrated Medicine
(IMD)

Driving by a newly constructed building in Green Bay recently caught my eye. An anti-aging clinic, now that sounds good! Until you research the website.

It offers replacement hormone therapy, surgery, lasers, prescriptions, etc. “*Oh the times they aren’t a changing*”. Well, it’s the thought that counts right?

What is anti-aging? It is about slowing down or reversing “aging”. That still comes from the health of the cells, halting oxidation, lifestyle changes, stress reduction, and handling your environment to become less toxic. So it stands to reason that simple preventative measures go a longer and a less expensive way - without harm. That’s where natural health comes in. No Doctors are listed in this clinic with that education (insurance wouldn’t pay for it anyway).

Now, what you do every day and every choice you make in a day, affects your “aging”. If you consume excessive alcohol, smoke, and don’t come home at all, you will age very fast indeed (part of the reason you end up in an anti-aging clinic in the first place).

I have seen over 16,000 clients in my career. I find it laughable that most people, once they get the natural help they were looking for, don’t come back. Some of them it worked so well (their problems were alleviated) they feel no need to continue – they may even go back to old habits/ways of aging. Hence an assumption, there is more money in symptom management, than correcting dis-ease.

But what if you could change your ways and become younger? Would you? Of course, but we are conditioned in America to wait till until we have a problem, and then seek help. Why not work at your health every day before you succumb to symptoms and it gets *really* expensive? “An ounce of prevention is worth...”

I won’t bore you with the “*eat right, exercise, and stop smoking*” message. You already know that. If you continue that behavior, stop reading this and look in the mirror. What age are you?

What we can do easily is help the body, mind, and soul, help itself. You were born to live, so live. Start by adding in some good nutrition like **Natures Harvest #3090-6** or **Love and Peas #3082-9** every morning. This is an easy to digest protein, with vitamins, minerals, anti-oxidants (anti-agers), good fats, and low glycemic carbs. Make up for the poor diet we as Americans are subjected to. When the body has what it needs to work with, it can repair damage from aging and entropy. If you need to replace hormones with synthetics or bio-identical ones, it is because your body lost the ability to manufacture and regulate its own. You need nutritive tools to do that.

I also use **Thai-Go #4195-2** every day as there is no other herbal fruit juice made that can add as much anti-oxidant (anti-aging) power as this! I feel younger every time I drink some.

The Brain/mind is next. **Mind-Max #3134-4** offers ingredients researched at M.I.T. to maximize memory and focus for adults.

What about the mind/soul? Flower therapy is “herbs’ for the soul and help balance those negative emotions (stress reduction). I like **Distress Remedy #8778-3** for daily stress. Catch on people, you have access to over 600 natural remedies that can help keep you looking and feeling younger. You can’t keep making excuses and stay young at the same time.

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.