

Integrated Natural Ideas # 65

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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Hippocrates stated “*Healing is a matter of time, (and) sometimes a matter of opportunity*”. How true. Most people are so impatient when it comes to healing. We all want a magic bullet so we can get back to our stress filled functions. We also tend to feel sorry for ourselves without realizing dis-ease can be an opportunity to (here it comes, hang on) CHANGE! Oh that hurt. Yeah, it’s like the saying “*do what you have always done and you’ll get what you always got*”.

There are two kinds of creativity that you must use to “heal”. One is situational, the other is fundamental. Situational creativity is facing what you must change in front of you, the situation. Fundamental is being creative outside your comfort zone. It requires being open to anything. An example is lifestyle. Trying to change your diet, slow down, purify your water, yoga, etc. It is easy to try, harder to make a part of your permanent lifestyle. That’s where NSP comes in. Products that can help you make permanent change, easier. The company offers many options and choices to be “creative” in your health and healing.

For example, protein first thing in the morning helps the body with increase in energy, decreases appetite, and helps breakdown fat. Yet when explained, a customer says “*but I like my bagel and fruit*” or “*so you want me to eat a 16 oz. rib eye every morning?*” We are conditioned about what protein “is”. So instead of asking them to measure, read about, and weigh proteins like broccoli, it is much easier to ask them to just replace breakfast with a protein shake like **Love and Peas #3082-9**. This is creative, easy to do, and cheaper than grocery’s.

Let’s continue the creativity...when you order basics like a vitamin supplement, try adding something outside what you know, be creative. Add in an herbal combination, essential oil, and/or a flower remedy to the program and see how change isn’t so bad, how it becomes an opportunity. Listen to the father of the Hippocratic oath and now give it time. You are so worth it.

Did you know that vitamins/minerals are helpful but can be stripped of natural vital energetics? Look at over the counter daily’s. Most are made from synthetic compounds; contain things like dyes, fillers, plastics, chemicals etc. Are they “vital”? Ever notice NSP adds cruciferous vegetables to their supplements? That is because the plants give vital energy to the supplement. Meaning it will help your external energy as well as internal. It mimics nature in how nutrients are delivered. I love **Herbal CA ATC #826-3** as it is more ‘energetic’ than just a straight calcium OTC. Herbal CA is much easier to assimilate. It is so much easier for the body to make solid bone. It’s because of the herbs!

Which in your opinion has more punch for calcium? Is it white pasteurized and homogenized dead milk or green life creating Alfalfa? Ok, I over emphasized energy, but you now get the idea of creativity...

New science on Curcumin (there are 71 studies at the N.I.H. being done right now) reveals in addition to being an anti-inflammatory and a cancer preventer, that it also fights off the blues! It has been shown to help keep neurotransmitters (feel good chemicals) in the brain longer. It seems every month there is something new found out about this constituent from turmeric. I take one a day and will for life. If I am feeling sore/pain, I bump it up. Try it in your program. **Curcumin BP #238-2** is an NSP best seller for a reason. In this over conditioned world we inhabit, be creative. Take opportunity to heal. Changing your lifestyle is easier than you think.

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.