

# Integrated Natural Ideas # 66

## 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)  
90% completed  
**Doctor of Integrated Medicine**  
(IMD)

According to Bob Proctor “there are two things you must know, where you are and where you are going”. Write down the following on a card and stick it in our purse/wallet. Write down what you want! Give yourself a command and follow it. Once you believe this, you are ready to transform. Mark 9:23 also states “everything is possible for him who believes”.

Paradigms are just other peoples habits handed down. How true. The reason I start with this is because of how many people have such a hard time changing anything and really going after what they want. They get conditioned or just comfortable. Take health for example. Are you being proactive and preventative? Or are you just waiting for symptoms to arise and then live being scared? If you are reading this, consider yourself – empowered! For instance, every “body” needs good protein, probiotics, antioxidants, and omegas. If your card says “good or optimal health” then use either **Super Trio 222-7** with a protein like **Love and Peas #3082-9** or just plain **Natures Harvest #3090-6**. Either way, you now know where you are and where you are going!

Bored because of the long winter? Go to your pantry and throw out all these inflammatory foods: anything with corn syrup, caramel color, modified food starch, and vegetable oil (too high in omega 6).

Chronic fatigue syndrome can be anemia or even thyroid issues, if it isn’t resolved with a good night’s sleep! But there are two simple things to help you along naturally if this is you. The first is to get some adaptogens in you with **Adaptomax #872-9** which is high in Rhodiola and Ginseng.

Adaptogens help the body buffer the effects of stress and adapt to stressful situations. AdaptaMax’s adaptogenic strength comes from rhodiola, eleuthero, Korean ginseng, ashwaganda, rosemary, gynostemma and schizandra. Together these herbs help the body cope with a variety of stressful conditions, including stress on the immune system, fatigue and aging.

Second, find a class that teaches Yoga and join. Mark 9:23 should now say “everything is possible for him who helps himself”.

Next time you get a cough try the essential oil of **Thyme Linalol #3913-2**. Just 3-5 drops with a half lemon, cup of water, and a tsp. of honey. Use a tbsp. every few hours.

Sore throat? Take **Sage #610-1** and open 4 capsules into boiling water. Steep for 10 minutes. Add a splash of **Sea Salt #150-6** and gargle. May not taste the best but it works.

Get your freak on! The new biblical grain hitting all the stops is “FreeKeh”. Twice the fiber, protein, and minerals, as most grains you can think of. Try some; didn’t you say you were bored?

Hiccups? Gargle with ice water.

Dry Skin? You may have read this last year, **Super Omega 3’s #1515-7**. Take about 3 a day and give that skin a month. Nice!

Winter stress? Have some **Dark Chocolate with Xylitol #5453-7** and melt it with sunflower seeds. If this winter isn’t going away, then you deserve some healthy chocolate.

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.