

# Integrated Natural Ideas # 67

## 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)  
92% completed  
**Doctor of Integrated Medicine**  
(IMD)

Chad Kellogg (42), elite mountain climber who helped pioneer a new form of speed climbing died after being struck by a falling rock - while climbing.

Jamie Coots (42) snake handling preacher featured on *Snake Salvation*; died soon after being bitten by a rattlesnake at his Ky., church.

Did these gentlemen know the risks? Of course they did. But many of us take un-necessary risks every day. Know any bungee jumpers? How about people who ignore symptoms?

Risk can be good or bad. Yet some take risk (a bad kind) every day with their lives, even knowing behaviors may contribute to premature death. I.e. smoking. We can't be afraid of life, but why risk those snakes and rocks?

The difference is most of us "live" with deadly risks all the time. We get signals and warning signs (symptoms) from our bodies telling us something is wrong (a rock is going to fall on us if we keep doing this). These signs (symptoms) are not disease, they are survival red lights. Not a good idea to ignore the symptoms. If immediate help is what you need, get it. But in regards to long term daily survival, start reducing your risks. It is easier than you think.

For example, in protein construction of the human body, the body uses a trace mineral called Rhodium. It is a catalyst. Ever hear of a catalytic converter? Without it you might explode into a big bang! So the infinite creator designed humans to use very small traces of certain minerals. They help speed up reactions but will also help us use less energy (and nutrients) to help replace your-self. When we get low on catalysts, energy is increased in the body to try and finish a construction job. This can result in dis-ease (or low energy).

Rhodium is used 13,173,076 times in reactions with protein. What if you are low in it? Did you know there are about 87 total minerals we need? Can you name them all?

Help reduce this risk by supplementing with trace **Ionic Minerals #310-5**. Just a shot a week, every week, will help make sure you keep the catalysts in line.

If you are brave and love even more "vitality", try **Chinese Mineral Chi-Tonic #1818-3**. Not a great taste, so add to a smoothie like (yeah again, **Natures Harvest #3090-6**). You won't end up being a "Big Bang" but you may find the energy of one!

Speaking of **Ionic Minerals**, try adding a small amount to your drinking water, let sit for a few hours. If you see "gunk" at the bottom of the glass, it may be because the water you are drinking could contain heavy metals. The Ionic ones clump to heavy metals, neutralizing them out of the water suspension. Don't drink that gunk (LOL).

Water has structure to it that you can't always see. This is an easy test to see if your bottlers (or tap) water is fine to drink. If not, by adding a small amount of Ionic to it, you amped up the water. It made a better structure. Human bodies are mostly water right? We may have been told in school that we are roughly 70% water. But if you look at humans on a molecular level, we are more like 99% water.

Water helps give structure to bones and tissues. We are water in the form of a human being. Cool huh?

Hey pregnancy! Yes, you are told to take a good multi-vitamin or even DHA. But did you know **Probiotic Eleven #1510-1** should be taken before, during, and after pregnancy? Autism researchers are now proposing this may help stave off such a devastating problem (*Dr. Patricia Knox*).

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.