

# Integrated Natural Ideas # 69

## 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)

You can count the seeds in an apple, but you cannot count the apples in a seed!

This is kind of true for a lot of things in nature. For example the new **Anxiousless** product #1167-9 keeps producing more apples from one seed. Research is showing it has multiple applications like poor sleep, discouragement, and even post-traumatic stress disorders. NSP's product is also 57% more potent than the straight herb used on the market. It is *only* available from NSP.

April 26<sup>th</sup> in Green Bay, WI. From 9-Noon is going to be fantastical! It is *free*. Tons of giveaways, great speakers, discussions on In-Form, free Bio-Tracker analysis (learn about where your body's true status is currently at), Anxiousless – the latest and greatest new results, and a new and exclusive cutting edge product called **"Equolibrum" #3542-8** for healthier prostates in men. There will be a vitality zone to try anti-aging products. A Discussion of body ecology. You can also save 10-20% off products. A Silver Shield promo unlike anywhere else. Lots of music and fun. You got to attend this! Be there.

Did you know 160,000 people die in this country from taking prescriptions as prescribed? (World Health Organization). The shock of that stat is wearing off the public, but consider this, 180,000 people die worldwide from processed sugary drinks! This leads to soda bans etc. Sugar is not all bad. It is only if it is processed and refined. What does that mean? The main culprit of sugar death is not even sweets, it is processed foods. It is *hidden*.

A frozen pizza has 26 g of "processed" sugar you do not need. Try making your own pizza from scratch.

I also advocate using Xylitol (unprocessed/unrefined) in place of table sugars in the home cooking/baking to help reduce calories by 40%! Try using **Xylitol #5435-3** in bulk from NSP. Be careful of grocery store bulk Xylitol, it doesn't have tests for contaminants like Nature's Sunshine tests for. NSP does over 600 tests on their product lines.

Many are asking for ongoing recipes, try this:

**VITALITY BLUE-BOMB SMOOTHIE:** (Dr. Jay's favorite because it lights you up like a church!)

8 oz. Vanilla Hemp (or soy, almond, coconut etc.) Milk

2 Tbsp. of **Chinese Mineral - Chi Tonic #1818-3**

1 scoop **Love and Peas #3082-9**

1 scoop of **Nature's Harvest #3090-6**

½ Banana

½ cup organic frozen blueberries (no ice needed).

Major yummy! Can use other berries like raspberries too...

According to Chief Science Officer Dr. Matt Tripp PhD at NSP, you have over 650,000 protein receptor sites in your body. SO keep in mind/body what protein sources are you consuming? What is in your smoothie? NSP is coming out with Love and Peas, Nature's Harvest, and Smart Meal individual samples in mid-April. This will be a great way to share the products with people you know and love. *We are what our proteins make of us....*

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.