

Integrated Natural Ideas # 70

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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Spring has sprung, and that means it is time for spring cleaning...

Here are some ideas for that spring cleansing to keep your body's temple in tip top shape.

Want a fast cleanse which can help reduce fat cells?

Do this for a week: Use **Liquid Cleanse #3193-1** as directed one bottle till gone. It is best to concentrate on mostly liquid foods for 3 days to a week. Some tropical fruits and all veggies are good. To keep the hunger under control and get adequate protein plus major nutrients use either **Love and Peas #3082-9** or **Natures Harvest #3090-6** in morning and noon. Add coconut water to the protein shakes for added electrolytes. Also a bottle of **Milk Thistle #4071-9** (60 count – 2 a day) will help the Liver continue its cold winter blues dumping. The Milk Thistle is optional but comes highly recommended.

If you are cleansing too fast, back off on Liquid Cleanse.

Want a different cleanse to help with inflammation which can help tackle those nasty aches and pains? Do this for 7 days to 14. No tomatoes, eggs, dairy of any kind, go gluten free, and avoid all red meat.

Use 1 of everything: **Natures Harvest #3090-6**, **Curcumin BP #238-2**, **Ginger #300-6**, and **Super Omega 3 #1515-7**. Whew, that feels better....

Bloated? 1-2 weeks of no sugars (processed and refined). Lots of whole grains (be careful of labels, they lie to you). Use 1 of each **Natures Harvest # 3090-6** and **Probiotic Eleven #1510-1** (double the label serving here). You may experience an intestinal struggle for a bit, but it will go away. It is just your body going back to a healthier internal environment. The bad guys don't like being chased out and may let you know it! But the flatter tummy is so much more "yummy".

I love fermentation. So does the gut. The process is known as Lacto fermentation. Meaning fermented foods help keep our intestinal gut flora healthy. If you are going to do some cleansing and invest in spring cleaning, then follow up on how to maintain it thru the summer. Sauerkraut, Kimchi, and Kambucha Tea are great examples. So is Apple Cider Vinegar. Of course you want raw when can and organic. After all, you spent time and money getting rid of toxins, don't put them back in.

Try this fermentation slaw for a treat. 2 cups raw sauerkraut, 1 carrot, olive oil, **Xylitol # 5435-3** for the right sugar, and a dash of pepper (I use Jalapenos).

Did you know that Echinacea enhances caffeine? So, if you don't like a caffeine buzz, don't take products containing Echinacea. If you do like the buzz, add it to your program.

Also, if you do have a caffeine buzz and need help coming down, eat Broccoli!

DON'T MISS April 26th's regional post-convention "Sunshine Live" here in Green Bay at 9 am to noon. It is free with lots of information, free giveaways, discount orders, free bio-tracker analysis, smiles, samples, and love. Come early for a free entry gift! Spring has sprung....did you see all the "free" words?

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