

Integrated Natural Ideas # 71

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)
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Are you ready? “Yes, I am born ready!” Well then, I guess if you weren’t ready, you wouldn’t have been born! Just a play on words: but oh so concrete. How many times do we feel we are ready and then do nothing or procrastinate?

To transform, to change, requires action. It also takes six weeks to make anything a habit. Quit quitting and start completing. Daily health requires diligence and some expenditure. It often shocks me that people spend more on quality food and supplements for their pets, than they do on themselves.

Soap box done. Did you know the human nose can detect over 1 trillion odors? That makes “the sense of smell” the most powerful sense we have. Yet, how many times are you paying attention to it a day? Try conscious smelling today; it is amazing what you will smell. The nose knows and never lies to you. I get hit with many companies trying to get me to carry their aromatherapy products. I just smell them. You can smell chemicals and perfumes very easily in them. All natural my posterior! For example buy a cheap lavender essential oil. Then smell it. Now smell NSP’s **Lavender Fine AOC #3907-8**. The NSP smells like “Earth”. Cheap lavender smells....well, cheap. That is because most manufacturers cut the oil with alcohol, perfume, water, oil etc. This reduces their price, which reduces the medicinal value. You get what you pay for. I have no use for cheap cut oils.

Hey this just out, money has been cultured to show it has over 3,000 different bacteria on it. Makes you want to do everything electronically doesn’t it? Well, I like cash, do you? Then simply use **Silver Shield Gel #4950-1** when done handling it. Unlike anti-bacterial soaps which only keep the hands sanitized for about 20 minutes. Silver lasts preventatively for up to 4 hours.

Hate the bloat? Mostly, women notice this more than men. It is best to prevent the Bloat before it happens. The key is a good working digestive system. What is the easiest way to tackle this? Fiber. It takes about 25+ grams of fiber per day to keep the bloat away. Most people reading this only get 10-15 grams a day. So, add **Natures Three # 1345-0** to your foods or smoothies. Just two tsp. will get you 3 grams per serving. Also **Stixated #6540-5** per serving is 3 grams as well. If you get some gas along the way, as you up this critical supplement, add **Catnip and Fennel #3195-3** to your smoothies or take straight as well. The Catnip and Fennel will help with gas, bloating, cramps, and even colic. It may not taste the best straight, so hide it in a juice with your Stixated/Natures Three.

The new product from NSP called **Equolibrum #3542-8** is a game changer for men (and women too). Check out www.equolscience.com. It is a bit heavy, but this works. I have been taking this for 3 weeks and already noticed a difference in urine flow. Welcome back Young Man! Help get the word out. The longer a man has an issue with the prostate, the longer it will take to produce results. About 2 -3 months in some cases. But compared to prescriptions, this is a no brainer. No side effects and does this by pure safety, as it occurs naturally in human digestive tracts and certain foods. Unfortunately we don’t get enough of this in our bodies. You can only get the best source of this from NSP. Between **Anxiousless #1167-9**, **Equolibrum**, and the new **In.Form** weight management programs, millions can enjoy a better life, but are they ready? Are you born ready? Then GO!

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.