

Integrated Natural Ideas # 72

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)

Information is power. That is why the new weight management program from NSP is called In.Form! It is committed to you. For details see the link on www.naturalselections.net. You can also check out www.naturessunshine.com, which is a new website! The perfect marriage currently is to join In.Form near you and register for the “Transform” challenge. Just for helping yourself become younger and lighter, NSP is giving away up to \$75,000 in prizes. You could lose weight, become younger, and if successful, even make money! What are you waiting for? Maybe make some money losing weight, what did it cost you to put it on?

Up to 70% of all supermarket food is now genetically modified (GMO). Yuck! The food industry is lobbying to get this GMO labeled as “natural”. Also, the last 10 years we went from 1 million pounds of pesticide to over 100 million pounds. At this rate we will stop reproducing as humans...all the more reason to cleanse and take daily supplements to offset the crap coming at us. Do a **Clean Start** twice a year and take **Super Trio #222-7** everyday if you don’t know what else to do. Buy organic when possible and look for non-GMO labels. Stop buying corn (90% GMO, even the sweet stuff).

Other ideas? Avoid wheat flour, artificial sweeteners, refined sugars, and replace dairy with goat milks, almond, soy, hemp, etc. I love Kefir (organic) too! Have a morning smoothie with **Love and Peas #3082-9**; eat avocados, and unlimited (organic) veggies. You live longer.

By the way, if you are looking to save a buck on protein powders, don’t. Consumer Labs found lead in many protein powders like in Shakeology shakes. They also found arsenic too. Up to 25% of all tested failed the label and contaminant tests. NSP tests to parts per trillion so you know what you are getting the best. You get what you pay for.

Sign you are gluten sensitive...weight gain, inflammation, fluid retention, irregular bowel habits, joint pain, skin rashes, etc. if this is you, change your life already.

What is the most powerful essential oil on Earth? **Rose Bulgaria Oil #3892-8**. It takes 250#’s of rose petals to make this tiny little bottle, but an investment worth making. Just add one drop to any facial cream or massage oil and watch it tackle psoriasis and eczema. Use only a drop at a time and this little bottle will last a long time.

Acid reflux? Try 2 capsules of **Ginger #300-6**, open them up and dump in a smoothie with a half a banana and chop in 2 **Papaya Mints #485-6**. Use coconut milk for the base and Love and Peas for the nice protein. Tssss...hear the fire going out?

Fibroids? Half of all women will have them. Avoid anything white in food. Take **Vitamin D3 #1155-1** every day. Studies show can help slow down or prevent.

On average you will walk 500 more steps a day if you own a pedometer (just by having one).

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.