

Integrated Natural Ideas # 73

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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Summer feels good. But with this, it sure feels like there is a lot of work to do and to clean things up around the house. We also need to clean –up our insides, from a long winter food chow down. So how about a 14 day detox? Many people who have done this lately have reported losing up to 10 pounds. That is a lot of cold winter weight. **Clean Start #3993-8** is a simple to follow 14 day program. Start slow as you go.

Another way to assist the body in clean-up is to add **Psyllium Hulls #545-9** and take before meals. Again, start slow (one a day, then two a day for week, then three a day for a month). This fiber capsule helps reduce absorption of sugars and helps you to not over eat those hotdogs and cheese curds this summer. Makes you feel full faster! Of course I love a protein shake with this idea every morning as well, like **Love and Peas #3082-9**. For a big boost add a bottle of **Chromium GTF #1801-6** to help shut down that insulin hormone reflex.

The Thyroid may be a bit sluggish as well which leads to fatigue, weight gain, brittle nails, depression, etc. Power up with some help from **Dulse Liquid #3156-6**, a touch of **Zinc #1657-9**, and eat your veggies! You want to have the energy to clean right?

Those winter high comfort foods and rounds of illness probably didn't help much either. So, Probiotics make a lot of sense here. I like the **Probiotic Eleven #1510-1**. For example, one of the eleven is Lactobacillus Rhamnosus which is a viral fighter and another is Bifidobacterium Infantis which helps with intestinal upset and heartburn. Go get a good belly this summer.

Are you afraid to wear shorts due to cellulite this summer? Try this, 3 tbsps. of **Dulse liquid** added to a ¼ cup of **NSP Sea Salt #150-6**. Mix this into a ¼ cup of **NSP Massage Oil #3928-7** then add 4 drops of **Lemon essential oil #3908-2**. Keep in a jar and use as a cellulite scrub for 7 days. Take before and after pictures to see the difference. Of course, drink lots of water as we all need to hydrate that winter skin. You can also use the essential oil of **Cellutone #3927-3** in place of Lemon. If that cellulite is still stubborn add **Cellu-smooth #926-0** internal.

Ok, now the outside environment (not your body). Summer means chemicals. Bug sprays pesticides, fertilizers, etc. Sometimes it is very hard to get away from them. Here are two ideas to be kind to your home, plants, and your family:

Sunshine Concentrate Cleaner #1551-6. This all-purpose, concentrated cleaner is tough on dirt, grease and grime, yet it won't harm the environment or your family because it contains no phosphates, borates or acids. Its biodegradable cleaning and sudsing agents break down easily, helping to prevent foaming in lakes and streams. It can be used in the kitchen, laundry, outdoors, indoors and for bathing. You should see how clean my deck is!

Enzyme Spray #1549-7. This environmentally friendly enzyme spray uses enzymes and proteins derived from vegetables and fruits to eliminate stains and odors. These enzymes break down the molecular structure of stains and odors without harming fabric. This spray is unscented, hypoallergenic and all-natural. Best thing I found naturally for soap scum. Oh, and back pain...yes, I said back pain.

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.