

# Integrated Natural Ideas # 74

## 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)

Did you know? In order to get cows to drink more water, some farmer's use Propylene Glycol (anti-freeze) and force it into cows to make them thirsty. Gives a whole new meaning to the phrase "Got Milk?" doesn't it.

It is hidden additives and toxins like that which make it even more necessary to do a body cleanse from time to time, to help your body deal with all these hidden onslaughts. Use **Clean Start #3993-8** every three months to flush out what you don't know was in your foods. After all, good luck trying to avoid everything that is hidden!

GMO, not the way to go? Genetically Modified Organisms are all over the news as controversy lately. Here's some update on the state of Vermont, who passed a bill called "ACT 120" demanding labeling of GMO's of grocery food.

Major national polls show that more than 90 percent of Americans want mandatory labeling, according to the United Natural Products Alliance. Vermont's mandatory GMP labeling law, Act 120 is stirring the (you know what). By Vermont's count, eight out of every ten foods at the grocery store would have to have this label. Big corporate GMO is fighting back and making an example of Vermont. Ronnie Cummins, National Director for the Organic Consumers Association, defended the Vermont law stating, "*Every U.S. citizen should be concerned when a multi-billion dollar corporate lobbying group sues in federal court, to overturn a state's right to govern for the health and safety of its citizens.*" Nuff said. This is not going away anytime soon... Again, an occasional cleanse can help with this, along with a steady supplement of **Probiotic Eleven #1510-1**. Studies in California have showed GMO's show up in our probiotic gut flora. Your good guys in the gut incorporate it. So replace them with non GMO flora like the Probiotic Eleven before you become genetically modified yourself. LOL.

Having a hard time with getting enough fiber? Keep it simple and add two caps of **Psyllium Hulls #545-9** and one cap of **Cascara Sagrada #170-8** a day. Nice move! Literally.

This just in: Colitis is a chronic autoimmune disorder characterized by inflammation of the colon and rectum. One of the biochemical abnormalities associated with colitis is impaired oxidation of fatty acids. **L-Carnitine #1632-6** enhances fatty acid oxidation and therefore might be beneficial for people with colitis. (*Aliment Pharmacol Therapy 2011;34:1088-1097*)

A new mix of pain reliever topically is this: Use **Tei Fu Massage Lotion # 3538-5** and add a few drops of **Cinnamon Leaf oil #3898-6** and **Rosemary #3914-8**. You can also use **Tei Fu oil** instead **#1618-7** of lotion. Also **Enzyme spray #1549-7** helps the muscles relax too. Been having great results with this.

Looking for some great information? Log on to [www.nspwebinars.com](http://www.nspwebinars.com) and listen to just about anything. Some great lectures lately? "*Anxiousless*" and "*Vitality! The Holistic Approach*" recently recorded, are some of the most watched recorded webinars to date...done by yours truly.

Have a great summer, it doesn't last long.

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