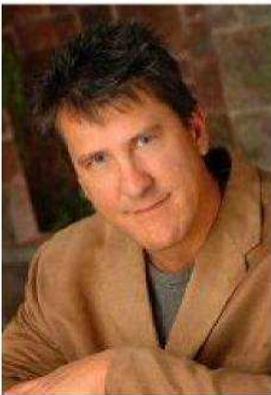


Integrated Natural Ideas # 76

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**)

“Worry is the product of a future that we cannot guarantee. Guilt is the product of a past we cannot change.” – *Shailene Woodley*. Live in the moment.

Speaking of living, we are living longer and medical expenses continue to rise. Social security and Medicare may run out before you get there. Researchers now show that people over the age of 55 represent the largest group of owners of new businesses! Retirement is not on the radar, most can't afford it.

Consider the story of Paula Dromi. She is a 75 year old social worker who had to keep working because her husband had a brain illness. It depleted both their IRA and savings, *even though they had insurance*. She cannot continue on social security of \$1,700 a month in California. She admits to having to work another 20 years to be stable. Um, she is 75...

Prevention lifestyle and supplements may have changed all that. But also, like most above 55, we are looking to supplement incomes and stay employed. I for one am glad I was introduced to NSP 20 years ago and have found it to be a nice residual income as well as taking the best preventative supplements. Are you talking to others about where to get high quality supplements or even and income from it? Think about it. Talk to others about it. The worst that can happen is someone you love, just says no.

60% increase in autism risk with prenatal exposure to pesticides. (*Large study at Univ. of California at Davis*). Think organic!

Recent headlines show what most of you reading this already know:

“Green drinks can detox your blood”. Scientists gave 300 people a broccoli-sprout beverage. It cleaned air pollution toxins from their system faster than normal. Surprise! Again I love **Natures Harvest #3090-6** every day. If you don't like it, at least use **Liquid Chlorophyll #1483-5**.

To my knowledge, a current clinical study analysis is the first of its kind evaluating the effect of Black Cohosh on uterine fibroids. I will add this to my eager approach to helping perimenopausal women in particular, decrease their fibroid growth. We now have two recent botanical studies of import for uterine fibroids, this one (**Black Cohosh #80-3**, and the green tea extract study (**Green Tea #1096-6**).

(Geller S, Shulman L, van Breemen R, et al. Safety and efficacy of black cohosh and red clover for the management of vasomotor symptoms: a randomized controlled trial. Menopause 2009;16(6):1156-1166.

Li W, Sun N, Chen X, et al. Cimicifuga racemosa for the treatment of menopausal symptoms in patients with early endometrial cancer after operation. Academic Journal of Second Military Medical University 2012;33(5):562-564.

Hirschberg A, Edlund M, Svane G, et al. An isopropanolic extract of black cohosh does not increase mammographic breast density or breast cell proliferation in postmenopausal women. Menopause 2007;14(1):89-96

Roshdy E, Rajaratnam V, Maitra S, et al. Treatment of symptomatic uterine fibroids with green tea extract: a pilot randomized controlled clinical study. Int J Womens Health. 2013;5:477-486.)

Since this issue seems to be driven at the long lived, please share the power of **Equolibrum #3542-8** with the men in your life (50+). Good prostate health is a key to longevity in males.

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.