

Integrated Natural Ideas # 77

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)
95% completed
Doctor of Integrated Medicine
(IMD)

How do you get someone off the proverbial couch to take action for their own health? Words mean nothing, promises are empty. So what is the best way? Get your own *results* and *share* your experience with others. Then they will take you seriously. They may even sit up to listen.

Speaking around the world many people often ask “what product line do I use?” I usually reply “the best I can get my hands on”. After they blink two times, I say “Nature’s Sunshine is my primary line”. Sometimes this is often met with “oh, aren’t they an MLM company, isn’t that a pyramid scheme?” No of course not. If it was I would be in jail. That is illegal.

“I use them because they allow you to buy at cost. No monthly shipments (unless you want that for additional savings) and it cost nothing to join” Yet, no action happens in their souls until I tell them that NSP products helped correct my immunoglobulin dysfunction, reverse a kidney tumor, and has me off all medication for over 18 years. Those are my results. One can buy whatever they wish, but I want quality and integrity *before* price. Results matter and herbs work. It is up to them to get off the couch and invest in longevity.

Herbs often get a black eye. But even the Cleveland Clinic now has a suite just for herbal medicine and Chinese medicine. It is the first of its kind in a Western Hospital. The times they are a chang’n....

Speaking of getting off the couch, are you talking to people about brain health? Studies show (Healthy aging/Boomer General Population Survey 2008) losing mental capacity is the biggest fear people have about aging. More so than any other condition.

Mind Max #3134-4 helps improve mild to moderate memory problems associated with aging. Help improve memory, learning, and word recall.

Anxiousless #1167-9 helps improve situational anxiety in as little as thirty minutes. I just gave a sample to an adolescent who has chronic anxiety and meds messed him up. By the time he got home (30 minutes) he called and demanded more. He stated he hadn’t felt that good in 18 years. The benefits of this natural brain helper continue to amaze. Stress disorders, depression, and sleep are just some of the things clients have reported that are so much better. The brain needs natural love too.

Super Trio #222-7 a convenient way to get a multi vitamin, fish oil, and a powerful antioxidant, all in one daily. Make sure your body and brain are at optimum.

Sweet FX #3068-3. My daughter just ran a compass on me and this came up. I felt better mood wise overnight. It also decreased my carbohydrate cravings that day. The brain uses up to 60% of everything you eat. Craving carbs may just add to the mood problems many people have.

Ginkgo and Hawthorn Combination #909-3. Helps increase memory and cognition while protecting the brain and heart. There is a Ginkgo tree in Hiroshima that survived the nuclear blast of 1945. Any herb that can take on a nuclear warhead and live? You should consider. Also, there is a reason the brain and heart are called “vital” organs.

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.