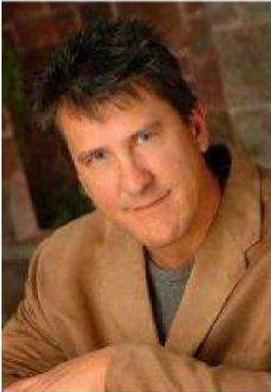


# Integrated Natural Ideas # 78

## 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)

*“Truth is generally the best vindication against slander” – Abraham Lincoln.*

So often natural remedies are attacked by science or studies designed to show slander. They are falsehoods. How messed up are we in our thinking? Mostly, it is because someone had a hidden agenda against your beliefs. They intentionally per swayed your belief. So, is eating right, exercise, massage, supplements, or chiropractic, alternative? No, they are primary and necessary steps to health. I feel drugs, cutting, and burning, are alternative. Remember, I worked in Surgery.

Case in point: Ovarian cysts require synthetic hormones or total hysterectomy. Have you tried all the above to correct any condition? Or just accept the diagnosis and one treatment? Here is some truth and vindication: called **N-Acetyl Cysteine #509-7**, along with diet correction exercises, etc. (see below).

Another is: Addictions like Gambling or nicotine. Again, N-Acetyl Cysteine (NAC). Well some evidence based, *non-biased* truth recently came out:

Ovarian endometriomas are cysts of the ovary caused by endometriosis. They are associated with infertility. NAC has been shown to reduce the size of endometriomas in mice. The results of the present study suggest that NAC is beneficial for women with ovarian endometriosis. According to the study authors, the results achieved with NAC are **better** than those seen with hormonal treatments. *Evid Based Complement Alternat Med 2013;2013:240702.*

Pathological gambling is an impulse control disorder characterized by persistent and recurrent maladaptive gambling behavior that disrupts relationships and daily activities. There is evidence that a subnormal concentration of glutamate in the nucleus accumbens region of the brain increases compulsive or addictive behaviors. Administration of NAC has been **shown** to increase glutamate concentrations in the nucleus accumbens. The results of the present study suggest that NAC can enhance the beneficial effects of behavioral therapy in nicotine-dependent pathological gamblers, and that the effect of NAC persists at least three months after treatment is discontinued. *J Clin Psychiatry 2014;75:39-45.*

Thanks Abe, also if you get a chance, check out a new essential oil blend from NSP called **Essential Shield #3970-4** which is a limited addition blend. It may be available long term in the next couple weeks. The formula is a pathogens worst nightmare! I recommend combining it with **Silver Shield Gel #4950-1**. It is great for respiratory and topical concerns. It is a 1-2 punch if I ever saw one. Ask NSP for it so they make it a mainstay. We need all the help we can get with all those superbugs coming at us!

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.