

# Integrated Natural Ideas # 79

## 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)

Is organic food really healthier? Yes. If you like your food NOT genetically modified, not full of pesticides, or not full of chemicals. The research is also finally catching up. Organic food has 17% more antioxidants, according to the *British Journal of Nutrition*. Do not always rely on locally grown in the store as well, it means according to the 2008 law “inside 400 miles”.

What has the most concentration of pesticides in fruit/veggies? Apples are number one, followed by strawberries and then grapes. Veggies? It is Celery, Spinach, and then Sweet bell peppers (*B.J.N.*).

Did you know skin cells have scent receptors? When exposed to essential oils like **Sandalwood #3915-4**, those receptors promote immune system changes that trigger healing. No kidding, just read about how **Lavender #3907-8** works so well for burns. Aromatherapy is not always about smell. (*Journal of Integrated Dermatology*)

Got a rash that just won't go away? You could be allergic to the heavy metal - Nickel. It is a very common allergic reaction for many. What is your I-pad and phone made from? So if you have an unexplained rash, cover your devices in a case. Also, **Oregon Grape Liq. # 3395-9** helps the body clear the skin.

Feeling like a Lunatic? Having terrible nightmares, headaches, or belly aches? Try **Wood Betony #740-6**. Historical documents show that in the Middle Ages they used to use Wood Betony for the in-sane, and it often times worked. It is also a good anti-parasitic. Gee, I wonder if having parasites could make you in-sane? SOL (smile out loud).

Did you know the RAS or Reticular Activation System in your brain is what filters out all unwanted information (not this newsletter of course)? Sometimes we think we are so smart. Well another part of that brain of yours is the PFC or pre-frontal cortex, which processes 2,000 things a second and helps you make decisions of a higher thought. But who is in charge here? The smarty pants PFC or the RAS? Well, the RAS processes 4,000,000 things a second! The RAS is in charge of all bodily functions, not quoting “Shakespeare”. So, if Diarrhea hits, the RAS will win out! Help keep the brain in shape by exercise, and help increase nutrients and circulation. I love **Mind Max #3134-4** and **Super Trio #222-7**. Super Trio has the vitamins and minerals, antioxidants, and fish oil the brain loves. Mind Max feeds the brain precious magnesium that often doesn't get there by diet alone.

Opto Ergo Sum.

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.