

Integrated Natural Ideas # 80

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)

There is no magic pill. One should not take NSP products to solely lose weight; one should take NSP products so *your body can lose weight on its own*. If that statement grabs you, check out the **InForm** classes being held throughout Wisconsin! Mike from Utah lost 68# and came off death's door with InForm. He also took 25 years off his metabolic age and lost 15 % body fat. Now that's a testimony!

Come learn all you can for free on October 4th from 9-noon from Emmy award winning Dr. Luis Pacheco M.D. and Dr. Jay Ph.D. at the Tundra Lodge in Green Bay. We will be discussing longevity, InForm, and breaking news on Silver and a brand new essential oil combination. It will feature lots of giveaways and 10% off any order. Spread the word. Whoever brings the most new people will win a free Boomerang air sanitizer!

Did you know skin cells have receptor sites for scent? That's right. Your skin can smell similar to a nose can. When skin cells were exposed to Sandalwood essential oil, receptor sites on the skin showed immune changes that trigger healing. (*Journal of Investigative Dermatology 2014*)

Cold and flu season is upon us. Get some **Solstic Immune #6530-6** to have on hand and use at the first sign of a snuffle or not feeling quite right.

Solstic Immune provides an immune system boost in a convenient drink stick packet. It offers daily, drinkable immune support. Its key ingredients are elderberry fruit extract, Echinacea purpurea and vitamin D3, all of which have been shown to support the immune system. Solstic Immune also contains arabinogalactan and beta glucans, which stimulate natural killer cell and macrophage activity; Panax ginseng, another promoter of natural killer cell activity; vitamin C, long known for its role in maintaining a healthy immune system; zinc, responsible for neutrophil, natural killer cell and T- and B-lymphocyte function; and blueberry, blackberry, raspberry and cranberry fruits, chock full of antioxidants and anthocyanins.

Another one to have on hand is **Elderberry D3fense #897-2**. The cloudy winter months (when people receive little sun exposure) are the hardest months for the immune system. During these times, people are less likely to have needed levels of vitamin D, the sunshine vitamin.

Elderberry D3fense is a unique blend specifically formulated to support the immune system. It contains a healthy dose of vitamin D3, which mounting research indicates strengthens the immune system, along with key ingredients elderberry fruit extract and Echinacea purpurea. Elderberry D3fense also contains willow bark extract, which contains salicin; olive leaf extract, which features oleuropein, the substance in olive wood that helps protect the tree; and royal jelly, a nutrient-dense substance secreted by the honey bee and containing fats, carbohydrates, amino acids and vitamins.

Don't get caught with your immune system down. Also use Silver **Shield Gel #4950-1** on your hands and face throughout winter months to reduce exposure. Again, come hear the news on Oct. 4th about Silver Shield indepth.

You have access to the tools people. So don't call me when you're sick and I ask if you have these on hand or you forgot to use them? Keep in mind - you don't catch a cold, you earn one! Take action and enjoy the holidays without the illness.

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.