

Integrated Natural Ideas # 81

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)

Sleeping beauty remained beautiful because she kept sleeping. Researchers are finding out that we require even more sleep than what you have heard before, like 9 to 9.5 hours! (*Time Magazine Sept. 2014*). I have been telling clients for years, if you want to look good, sleep is the magic ingredient.

You will see this more and more in the news in the future and from your health care practitioners. Also, many new products will be showing up over the counter etc. Why? Because we are all overworked and stimulated beyond what is healthy. The brain needs to reboot at night (the capacity of the human brain is 1 million gigabytes) and clear out clutter like oxidation which destroys brain cells.

Here are some ideas from NSP on what to do to help find that beauty rest we all need:

Can't turn off the brain? It keeps busy and working? It keeps talking and singing?
Try **GABA Plus #1823-6** during the daytime and **Anxiousless #1167-9** an hour before bedtime.

Brain feels fried? Poor alertness?
Brain Protex with Huperzine #3116-1

Change of Season got you down?
Melatonin Extra #2830-4

Moody, gaining weight, and can't fall asleep?
5-HTP Power #2806-4

Of course, there is no such thing as "one size shoe fits all". But if you can narrow it down by symptom to the above, you will have much better success. At least these recommendations are naturals. But if you still can't get the problem under control please see your health care professional for further analysis.

Want to be healthier? Socialize in person. Psychologists argue that face-to-face interaction is a must to stave off loneliness. Hang out with friends and family. (*The Globe and Mail Sept. 10, 2014*). Put down and turn off your phone, it won't run away. One of the oldest populations in the world is in Sardinia, a small island in the Mediterranean. They eat salt and fat yet live a long life. Secret? Close interactions with people or social bonding face-to-face. They most likely have poor cell phone coverage LOL.

Come to the Oct 4th class in Green Bay with me and Dr. Pacheco. It is free from 9 a.m. to noon. See www.naturalselections.net for details. We will discuss the new silver technology and obesity. Did you know if current trends continue 100% of Americans will be overweight by 2048? Help change that by being there.

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