

Integrated Natural Ideas # 82

From the mind of **Dr. Jay**

***What you can do to complement your health...naturally.
It is not alternative, it is original!***



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I have said this before (repetition is the mother of retention): *The future is not a place you go, it is something you invent!*

So how about inventing a new you? Because by the time you finish this paragraph, 4 Americans will have had a heart attack and another 4 will have had a stroke/heart failure. Is that in anyone's future inventive plans?

Yet it is preventable if you take action. Most of us are so busy that we forget to pay attention to the 3 most important things for our health: air, food, and water.

First, use essential oils to help purify your air (any oil is a good start). Most rely on **Peppermint #3910-9** or **Lavender #3907-8**. You can also get a **Boomerang #7030-5** to help sanitize the air. Oils are a cheap way to help your-self. I like **Tei-Fu #1618-7** and carry it around always.

Water purification is a good investment. Cheaper than bottled water which is unregulated. You can use a system like Reverse Osmosis (NSP) or a Carbon Block filter such as a Multi-Pure. Call us for details.

But the biggest change you can make long term, and economical, is meal replacements. It is hard and requires a lot of work to eat natural. Believe me I been working at it for 20 years! Nutrient extraction and blending veggies is hard and you soon lose interest. So, my clients like this approach: Replace one meal per day with something like **Natures Harvest #3090-6**. You get 75% of everything you need for the day, already combined in a bag, for around \$2 a day. Ingredients like Matcha, which is a non-caffeine ceremonial grade green tea along with 48 other things you couldn't even find all at once yourself. It is non-GMO, vegan friendly, good protein, gluten free, and tastes good. I have tried many super foods over the years, they taste like you are licking a lawn mower. Not this one. YUM! This option is easy and provides real food to all your cells. It is a real no brainer.

Over the course of 7 years your body will replace every cell and regenerate. But it needs daily nutrition to do that. Corn flakes and donuts make you look like corn flakes and donuts. Help your body slow down the aging process and help that cardio system rev up. To get the most out of life, you need the most out of your food.

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.