

# Integrated Natural Ideas # 83

## 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*)  
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(*Summa cum Laude*)  
**Board Certified**  
**Holistic Health Practitioner**  
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95% completed  
**Doctor of Integrated Medicine**  
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Millennials often inspire me. It is the world's next generation and future. But do their behaviors match their beliefs?

According to the USDA 15% of millennials (age 20-40) eat frozen or box pizza every single day. Calories after that are: baked goods, chicken, sugar beverages (energy drinks), alcohol, and then again, pizza. They are carrying the torch of the SAD diet (standard American diet).

Just the opposite of a mostly plant based diet that every expert says they should eat. With obesity rates soaring and health costs up to \$1 trillion worldwide (W.H.O.) for obesity, somebody needs to get their attention!

Here are some simple things that make an impact for life for our next generation and of course the rest of us too:

1. Cook at home. Studies show you will eat more "real" food and consume 200 fewer calories less than buying "fast and quick".
2. Use common sense. Ask yourself would Grandmother cook this? Do these ingredients exist in nature? Stop eating unidentifiable food.
3. Replace junk from big chain crap with healthy alternatives. Want the best meal of the day fast? Use **Natures Harvest #3090-6** for a meal replacement. Contains 49 ingredients that you can't even get in one store. Plus it has 75% of everything you need in one meal. Cooking time: 1 minute. You can also use **Love and Peas #3082-9** which is closer to the 20 grams of protein all adult ages need every day.
4. Make your own Pizza. I use gluten free, organic crust. Homemade or canned low sodium organic tomato sauce, veggie cheese, turkey (no nitrate) pepperoni. Then I sprinkle on a NSP **Garlic capsule #290-0**. Just untwist one capsule per pizza. One bottle makes 100 pizzas. I also know that it is safe and non-irradiated. Garlic helps the circulation and helps fight colds and flus. I like it hot too, so **Capsicum #160-5**. Again it helps make 100 pizzas, but gives me quality capsicum and circulatory benefits. You get the most out of life when you get the most out of food.
5. Replace energy drinks which are questionable with natural ones. These corporate energy drinks have things like glucoronolactone (A Vietnam War army concoction – no one knows what will happen long term with that), dyes (known to cause cancer), and way too much sugar and synthetic caffeine. Try **Solstic Energy #6521-2** or **Revive #6507-7**. These latter offerings are full of actual nutrition as well as provide B vitamins, green tea, electrolytes etc. for less money than the canned poisons. Come on millennials, change your behavior before it is too late, *your* kids will follow what you do!

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