

Integrated Natural Ideas # 84

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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Information keeps coming out on what may contribute to the dreaded Alzheimer's disease. This just in from Mount Sinai Medical Center – Dr. Cynthia Green: “You are 4 times more likely to develop this problem from 3 things, the first is pesticides. The big culprit is DDT”. Wait! Wasn't this banned in the '70's in America? Yes, but it is still in the food chain, ground water, and third world countries still use it on crops which show up in our grocer's.

The worst foods which contain the most DDT? Potatoes, grapes, spinach, and strawberries. Simple solution: buy these Organic or local when can.

Second, lack of Omega 3's. Yes fish oil is back. Americans eat way too much Omega 6, 7, and 9's (i.e. vegetable oils). But not enough fish, avocados, nuts etc.

Third, is pulse pressure. That is the difference between your top BP number and bottom. For example, 120/80 is = “40” pulse pressure. If over 60, this is a risk.

Help your body help itself: supplement with what can help the body with this lack of Omega's and hidden danger pesticides (Pulse pressure should be discussed with your primary physician). I like **Super Trio #222-7** which contains a daily dose of Omega 3's. It also has a cruciferous vegetable vitamin/mineral (which 80% of doctors use a daily vitamin by the way) and an antioxidant called Super ORAC. This ORAC is for fighting free radicals and helping the integrity of your blood vessels (pulse pressure?). That is food health insurance in my opinion.

Did you know in packaging of foods that the only thing regulated on the package is the Nutrition facts? The rest of the label, anything goes. For example, the word “fresh” on Orange juice is misleading. Most Orange juice sits in a vat for up to a year.

The new artificial sweetener you will not see in writing is Sweetmyx. It is what is called a “modifier”, also known as S-617. Nobody knows what's in it. It is owned by PepsiCo.

Bottom line: not natural and is designed for making you crave more. They will not call it Sweetmyx on a label; instead, they call it “artificial sweetener or flavoring”.

It is a profit driven world out there and you need to consider supplements to fight off what you don't see coming.

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.