

Integrated Natural Ideas # 86

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
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Board Certified
Holistic Health Practitioner
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95% completed
Doctor of Integrated Medicine
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What is a great fiber that:

- Helps carry excess dietary fat out of the body?
- Absorbs toxins in the bowel and helps remove them?
- Stimulates normal bowel function?
- Encourages a softer stool?
- Aids in slowing down sugar assimilation?

LOCLO #1348-4 that's what! LOCLO contains both soluble and insoluble fiber.

Soluble fiber stimulates the liver to give up stored cholesterol for eventual elimination. Insoluble fiber passes through the digestive system nearly intact, absorbing toxins during transit and encouraging normal bowel movement. Just look at these ingredients: *Psyllium hulls, apple fruit fiber, cassia cinnamon bark, acacia gum, flax seed, fructose, guar gum, oat bran, citric acid, malic acid, stevia leaf extract, broccoli flowers, turmeric root, rosemary leaf, red beet root, tomato fruit, carrot root, cabbage leaf, hesperidin, grapefruit bioflavonoid and orange bioflavonoid.*

Pay attention to the Acacia gum which is powerful natural diuretic. Along with some **Dandelion #250-4** this is a great one two punch for water retention too.

Iron is often missing from our diets and is a big nutrient deficiency with Americans.

How do you know other than lab tests? Well, are you always cold? Do you have a "whooshing" sound in your ears? How about brittle nails? Even your eyebrows can be thinning. Good reason to supplement with **I-X #1218-4** (herbs high in natural absorbable iron) and **Vitamin C T/R 1,000 mg #1635-5** (which increases iron absorption times 4).

Winter plays havoc on our hair, skin, and nails. Simple helper is applying coconut oil. Greasy at first, but try some on your scaly feet! Finish it with some **Irish moss skin lotion #6021-0**. Also lots of protein: **Love and Peas #3082-9**, and water. Good 'ol **Super Trio #222-7** all winter long with fish oil, antioxidants, and vitamins is a great background.

No sunshine? Then supplement with the Sunshine vitamin **D3 #1155-1**. Deficiency in Vitamin D3 can sap immune potency.

As always, a bad diet plus poor lifestyle choices, equals dis-ease. Eat right, sleep, exercise, drink plenty of water, and read these issues.

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.