

Integrated Natural Ideas # 87

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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The word is getting out. Silver works. Sales of silver in NSP are up over 190% from even last year. Even the FDA is admitting Silver works. See the new **Silver Shield Rescue Wound Dressing Gel #4951-2**? It is approved as a medical device by the FDA. Also evaluated for wound care in standard tests that show it can reduce microbes like MRSA, E. coli, VRE, Candida, and Pseudomonas. When is the last time you saw a natural product get that kind of recognition? (Time's up). Every home should have some. Great job NSP!

This just in: Melatonin is now being recommended for heartburn and GERD. Seems this supplement not only helps with sleep, anti-aging, and tumor reduction, but now bad tummies too! Those who found it helped them avoid chemical therapy used it for an average of 8 weeks. Just goes to show we haven't figured out everything about the human body yet. We are not even close. Try **Melatonin #2830-4**.

I am often asked what advice is there for longevity. So here is a short but easy list:

1. The brain loves purple foods (anti-oxidants). So look to the purple juice **Thai-Go #4195-2** which packs a purple punch of love every day! Easier than living on eggplant.
2. Balance on one leg for 10 seconds with eyes closed, 3 times a day. Yeah it keeps your "proprioception" intact (see Wikipedia).
3. Power nap 10 minutes if can in afternoon.
4. Eat 7 walnuts (or any nuts) every day. The fat is good for your fat head (the brain is 60% good fat).
5. Laugh up to 20 times a day.
6. Have regular sex if can (if can't, see an herbalist).
7. Visit friends.
8. And take the number one supplement everyone is talking about for the last 10 years. **Vitamin D3 #1155-1**. Especially from Sept. to May.

No B.O. (under arm deodorant):

½ tsp baking soda, 5 drops **Peppermint Oil #3910-9**, 5 drops **Lemon Oil #3908-2**, then add 2 Tbsp. coconut oil, and a tsp of vinegar. Mix slowly into a gel paste. Just apply and smell good all day long. Keep in frig.

Thought of the day: *You can't be a racist if you believe we are all from the same human race!*

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.