

Integrated Natural Ideas # 88

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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Einstein said, "We cannot solve our problems with the same thinking we used when we created them." This applies to our current way of thinking of health and health care.

We need an approach to medicine that is health-oriented, seeking the full potential of the individual, instead being limited by a fatalistic disease perspective of the individual.

So for example, if our diets get us into trouble, we must change how we think about food. The more you know, the more you can make changes and solve problems like obesity and loss of optimum health. Yes, I love to talk supplements along with this. By the way, supplements are not designed to give you a license to eat bad food, but are a way to fill in the holes from eating bad food! Not to mention toxins, hidden poisons, etc..

Here is a quick list:

Replace peanut butter with almond butter (almonds are high in L-Arginine). Read about L-Arginine and you will see why. You can also do some **Solstic Cardio # 6520-1** (high Arginine) if you don't like this idea. I do one half a stick a day (box lasts two months this way) in my smoothies.

Did you know Probiotics are now being touted as a part of a program to help with pain along with Omegas? For example over time, taking things daily like **Super Trio #20-5** (vitamin/mineral/antioxidant/omega), **Probiotic Eleven #1510-1** and using **ice topically** with **Tei Fu Massage Lotion #3538-5** works for mild to moderate pains. Must use these daily and long term.

Here is how to kill your metabolism (energy): Just eat lots of simple carbs and gluten! No wonder why you feel so sluggish. Stop that. Eat things like Ezekiel breads (sprouted grains); use coconut flour versus wheat flour, replace all canola oil (rape seed weed oil) with grass fed organic butter, yup, butter is back! It contains lots of CLA (conjugated linoleic acid) which helps burn fat and ease joints. If not in agreement with butter, supplement with **CLA #3010-1**.

Need to fight stress and fatigue but don't have time to sit on your head and pee west (yoga joke)? Use adaptogens in the morning. I love **Adaptamax #872-9**. It has the Rhodiola, roots, and ginsengs, which the mind and body needs for life in 2014-15.

Drink Green Tea. In Australia a study found ovarian cancer decreased 82% with teas like green and oolong. Not a fan? Then make smoothies with **Natures Harvest #3090-6** which contains Matcha (ceremonial grade green tea).

By the way, count how many times I refer to "Natures Harvest" in my past 88 newsletters and you can have a \$25 discount on your next consultation here at our office! Then I know you're paying attention. Merry happy holidays and create an awesome new you in 2015!

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