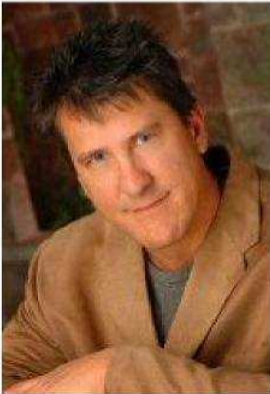


Integrated Natural Ideas # 89

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
(Summa cum Laude)
Board Certified
Holistic Health Practitioner
(A.A.D.P)
95% completed
Doctor of Integrated Medicine
(IMD)

*“Great news Jay and Tracy. I have always had some issues with my teeth. Sensitive gums, not real good. When I get my cleanings they measure the gum pockets and they were always between 3-6 deep. I have been using **XyliBrite toothpaste #5420-2** for 6 months. My sensitivity is gone and yesterday my gums all measured between 1-2 with a couple of 3’s. The dentist was amazed, and wondered after all these years why the change? I told her my toothpaste. She said she has always heard the Xylitol would help teeth and gums, but never saw it. Thanks again!!! -Brian L. Rothschild, WI.*

Any questions?

Speaking of testimonies! The **In.Form** program is changing lives for far less money than it costs to become overweight! If interested in a new you, please click on **InForm** tab on my website www.naturalselections.net for more info and contact.

You will not only learn how to be healthy, but what visceral fat means or metabolic age! Other tidbits like: a green Tea Frappuccino from Starbucks is 440 calories (not everything advertised as healthy, is). Maybe you choose the pecan crusted chicken salad from TGIF thinking it is healthy lunch...nope. 1,080 calories! Ouch! Join InForm today! Change yourself for the better...for life!

Oh those Christmas cookies babe! Well, hope you had fun with treats but it is a New Year and time for some renewal. Here is a 1-2-3 to get the gut back to health. Why? Because of the 1.7 million new cases of cancer in the U.S. in 2015, there will be 300,000 just in the digestive system. So let’s cleanse out the poisons and rebuild. Start with a **Clean Start Wild Berry #3993-8** for 2 weeks. Then slam a bottle of **Probiotic Eleven #1510-1** to replenish the good guys. Third, keep the system in top shape daily with **Natures Harvest #3090-6** one time a day going forward. This protein drink contains pre-biotics which help feed those pro-biotics.

89% of nutritionists agree to take probiotics daily and breakfast is the best time of day to take them. (Kevita probiotics survey 2014)

What affects 20% of the adult population but nobody talks about? ABL (Accidental Bowel Leakage) that’s what. With all the gluten, additives, milk products, olestra, artificial sweeteners, etc. out there, it isn’t surprising. I hear about it in my office a lot. Here are some solutions (avoiding the above bad foods is a great start): Practice Kegel exercises daily to strengthen the pelvic floor and add daily fiber. I love **Natures Three #1345-0** added to everything. Put it in cooking, stews, soups, and even smoothies. Keep in mind to add a little more water or oil when cooking and drink those smoothies fast as fiber swells. That will slow down leakage! There is also **LOCLO #1348-4** or **Stixated** daily **#6540-5** too!

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.