

Integrated Natural Ideas # 90

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)

Start now...the more you want a goal, like weight loss in 2015, the less likely you are to plan for it. Good intentions are not enough according to *Behavioral Science and Policy*. You must act now. Also, in 2008 a study showed those who invested in weight loss actually got results over those who didn't. No surprises here because we all know you get what you pay for. Try **In.Form**, it is a 13 week class meeting one time a week that gets results. We have 12 certified coaches in Wisconsin now and classes are filling up. Check www.naturalselections.net for more information.

According to an article in the peer-reviewed Journal of the American College of Nutrition (JACN), U.S. citizens overall dietary supplement use is as high as 64 –69%, with 48-53% of people reporting regular use of nutritional supplements. A recent survey showed that over the last five year period, that the number of people taking only a multivitamin declined while those taking a variety of nutritional supplements increased. Yee HAH!

How many Omegas' can you name? There are 3, 5, 6, 7, and 9. It's the odd numbers you want.

Be careful of the even numbers like 6's which are everywhere in the standard American diet. They do more harm than good and we get way too many. For example your brain is 60% good fat. 50% of that is something called DHA. Can you get the good fats from the groceries? Nope. Many people report using olive oil to get good Omega 9's. The only "true" olive oils out there don't come from Italy. They come from Turkey and America. The vast majority of olive oils are adulterated. Meaning it is not what the label says and is giving you too many Omega 6's because they are cut. So supplement with **DHA #1513-5** from NSP, they won't cheat you. Also **Super Omega 3's #1515-7**. Even **Super Trio** carries what the brain needs **#222-7**. Your brain is worth it.

Big agriculture thinks it knows best how to feed you. Ever hear of 2, 4-D Glyphosphate? It destroys your normal gut flora. It is a nasty pesticide and found in GMO foods and high yield crops. 70-80% of all food you buy now is GMO (genetically modified). Those pesticides also add up to 1.1 billion pounds of pesticide (2, 4-D) per year. So do a cleanse twice a year like **Clean Start #3993-8** to help flush out toxins and supplement with good bacteria like **Probiotic Eleven #1510-1** daily to stay ahead of the game. Also buy organic whenever you can!

By the way new research suggests taking probiotics can even help lower blood pressures by up to 10 points.

Like they say in the movie: "The Shaw shank Redemption "get busy living or get busy dying".

Make healthy choices and invest in living, not dying.

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.