

Integrated Natural Ideas # 91

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
(A.A.D.P)
95% completed
Doctor of Integrated Medicine
(IMD)

“If we eat wrongly, no doctor can cure us. If we eat right, no doctor is needed” – Victor G. Rocine.

I have quoted him before and he makes sense. Yet, many clients complain of how difficult it is to eat right all the time. So once again, we can turn to a powerhouse of nutrition similar to buying and consuming all kinds of expensive greens, nuts, proteins etc. I am talking about **Natures Harvest # 3090-6** for the hundredth time. It is so easy to change your lifestyle and feel good for at least one meal a day. We can get 49 ingredients and 75% of the RDA all at once. It will help add years to your life and exponential benefits when it comes to the digestive system. Blend away people:

The flu season recipe:

2 scoops of **Natures Harvest**
1 stick of **Solstic Immune #6530-6**
1 banana
1 handful of any berries
Water

Protein powerhouse:

2 scoops of **Natures Harvest**
1 Avocado
1 handful berries
1/8 cup cashews
Water

Cleansing Toxic Boost:

2 scoops of **Natures Harvest**
2 tbsp. **Hydrated Bentonite #1725-9**
¼ cup pumpkin seeds
1 pear
1 banana
1 apple
1 cup pineapple
Water

All of these you can add rice, almond, and soy milk in place of water. Try Horchata (watch sugar content if concerned). Be creative, make your recipes. I add many things like a squirt of **Capsicum extract #1782-0** to get the circulation going too. Spice feels good and the “heat” is hidden by all the yummy mixtures. Go ahead; increase your quality of life! Invest in you!

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.