

Integrated Natural Ideas # 93

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)
97% completed
Doctor of Integrated Medicine
(IMD)

What are the hottest trends in 2015 going to be for food? Dark Chocolate and Sea weed. First dark chocolate is all the rage. Those of you who have followed NSP for years already know how valuable this is for the brain health and anti-aging factors. Dark is in. I have been eating for years **Xylitol Dark Chocolate Bars #5453-7** for the antioxidant value. It is 55% Cacao and sweetened with oral gum enhancing, teeth saving Xylitol sugar. A friend of mine, who has studied nutrition for 30 years, Dr. Alex Duarte, advised me to eat one a day ten years ago. He was so ahead of his time. Dark Chocolate is similar to eating a bowl of fruit when it comes to antioxidant potential and the fact that Xylitol has been shown to help with better oral care is a huge one-two punch here. It is high in flavonoids, less sugar than store bought (40% less), and it's great for the brain. By the way, there is a chocolate shortage now due to the science coming out. Don't worry NSP has plenty and priced better than stores, if you buy direct. The stores don't use Xylitol.

The second is seaweed or Kelp. This source of nature is healthy and sustainable. Kelp can grow up to two feet a day and grows 24/7 – 365! Know any corn or wheat that can do that? NSP only uses the best sourcing and clean water kelp beds to choose from. Please view their website under “quality” videos for an educated look.

Seaweed (kelp) is high in trace minerals, B12, vitamin A, and precious iodine for a healthy thyroid.

These following sources are all good: *Capsule form* - **Combination Potassium #3673-1** which I take every day to help prevent kidney stones, help myself to deal with so much hidden salt in our foods, and with all the other herbs in this formula - get a lot of trace minerals.

Thyroid Activator #1224-0 it is high in iodine herbs, the first one being Kelp.

Kelp #410-3 (self-explanatory, that is all that is in the capsule).

Liquid form: **Dulse # 3156-6** (red seaweed) great squeezed into any smoothies. Easy to take and even has iodine dosage on the label.

Amazing how NSP is always ahead of the latest trends before you even hear about them.

30 million people in the U.S. are tired, irritable, gaining weight, cold, moody, have hair loss, brain fog, poor skin and nails, and even constipated. If you feel you have 3 or more of these symptoms, think seaweed with iodine. You are most likely a part of those 30 million unhappy humans. Up to 15 million of the 30 million don't even get properly diagnosed as an ongoing thyroid issue by M.D.'s. It gets missed and all it may take is to help get some seaweed into you before a bigger health issue emerges.

Go ahead get trendy, have your chocolate kelp cake and eat it 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.