

Integrated Natural Ideas # 94

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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So I'm sure by now you have heard of how the big box stores have been selling the public natural supplements, that are not what the label claims (NY AG). They have been caught selling wheat flour, Ginger - instead of the label that says Echinacea, or ground up house plants. Customers of NSP for 43 years have known this insult and enjoyed the NSP truth. So if you are a loyal NSP consumer, you have been vindicated! Congratulations, you are buying the best and it is tested with over 600 varying tests. As many of you have heard me say, "Over 85% of the supplements on the market are not made by the company selling them".

The new Hughes Research and Innovation wing is now open at NSP. They have 6 PhD's and 3 M.D.'s working there to bring you quality and new products no one else has got or can prove. NSP is the top of the line.

I have had some people try this for pain relief: **Curcumin BP #238-2** with **Ginger #300-6**. The two work hand in hand to help modulate painful discomfort of joints. Of course don't forget to help provide joint support like **Everflex w/Hyaluronic Acid #948-4**.

People with Rosacea (as seen on the Dr. Oz show) have been finding answers with Probiotics. The gut seems to have a connection with the skin. **Probiotic Eleven #1510-1**.

Research on Vitamin D3 is very interesting. 80% of Americans don't get enough D3 a day, even though foods, especially not with sunshine. Adequate levels of D3 help reduce aging, help the cardio vascular system, memory, thyroid, and even depression. www.purenorth.ca is a Canadian website that is shedding light on amounts. Take some time to review it. They feel the RDA is a joke. The amounts they consider will make your eyes pop. I like 2 a day of **Vitamin D3 #1155-1**.

If you are into the Paleo diet, consider **Super Trio #222-7** it will help make your results of it even more powerful.

Oregano Oil #3934-6 helps the immune system, lower stomach sickness, and bad breath. Just a drop or two under the tongue. Nothing wrong with smelling like a pizza!

Sinus a problem? Try humming through the nose (twinkle - twinkle little star). The vibration helps to dislodge mucus and shrink the blood vessels. Also **Tei fu oils #1618-7** under the nose open things up as well.

Surprise, studies show taking supplements with food (in general) increase the supplement absorption 50%. You are what you absorb!

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.