

# Integrated Natural Ideas # 95

## 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)**  
**Doctorate & Ph.D. in**  
**Integrated Medicine (IMD)**

CoQ10 is in the news...again. Now researchers are saying take at night before bed. The thinking is most heart attacks occur in the morning. Makes sense...**CoQ10 #4109-8.**

Researchers are finding out what most herbalists already know that Valerian Root works. It helps release GABA, a hormone which calms us down. It is best for sleep without drowsiness. Try it in **Herbal Sleep #940-8**, which also contains hops and passion flower.

Cravings happen for a reason. Here is what your body may be trying to tell you.

**Sweet:** The body is looking for energy. Things like protein are driving this. A great idea is to give the body the complete protein, energy package. **Natures Harvest #3090-6.**

**Chocolate:** Magnesium! **Magnesium Complex #1859-8.**

**Pickles:** Chromium. **Chromium GTF #1801-6.**

**Carbs/chips/crackers etc.:** Fat. **Super Omegas # 1515-7** or **Krill Oil #1516-3.**

**Salt:** Potassium, minerals, water. **Combination Potassium #3673-1.**

The idea is to supplement with what the body is craving versus eating more calories.

Probiotics are now the new detoxifier. They help us by assisting in sweeping away garbage in the GI tract. They can help flush toxins. **Probiotic Eleven #1510-1.**

Nothing like a little help to get rid of toxicants daily! Try adding a tablespoon of **Hydrated Bentonite # 1725-9** to soups or smoothies. It works like a magnet to grab heavy metals and mycotoxins which we get inadvertently pick up each day.

Sore throat season is here. **Licorice Root Extract #1780-9** added to warm water (tsp.) and gargle, swoosh, slosh, no need to swallow. Works great.

Here is a one minute meditation: Ask yourself 1 x a day, "What is the sound of silence"? Focus on that for one minute. That's it.

Here is another weight loss trick, eat mindfully. Do this with every mouthful, every bite. Think about the taste the smell, the feel, let it melt in your mouth. Slow down. It is really hard to eat mindless when doing this. You will stop before full.

Bon appetite'

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