

Integrated Natural Ideas # 96

From the mind of **Dr. Jay**

***What you can do to complement your health...naturally.
It is not alternative, it is original!***



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

**Ph.D. Holistic Health Sciences
(Summa cum Laude)**

**Ph.D. Traditional Naturopathy
(Summa cum Laude)**

**Board Certified
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"All of life's important answers come in the form of a question". - Alex Trebec

I read once that a man can lose up to 2 years of life just by shaving. It may not be an answer as much as a question. But common sense says...yes. Just by "shaving" off skin, micro nicks, cuts, burns, etc. the body has to fight those skin small infections. The skin after all is your first line of defense. So, according to the 2005 Surgeons Scrub Test Protocol, Silver Sol has a 99.999% antibacterial barrier for 4 hours (alcohol, shaving creams, and/or plain 'ol soap, only last about 20 minutes as a topical). I use **Silver Shield Rescue Gel #4951-2** on my face after every shave. It is also FDA approved. Men pay attention.

Speaking of the FDA, here is a good read: "Altered Genes, Twisted Truth" by Steven M. Druker. It exposes the promoters of genetically modified foods red handed. How they falsified data, paid off regulators, and lied to congress. Big heavy naturopaths (even me LOL) are trumpeting the research and scientific explanation of how we are lied to at the grocery store every day. Jane Goodall (who needs no introduction) has even written the forward. I hope it becomes a best seller. As Jane herself states *"if you care about life on Earth and the future of your children, and children's children, read it"*.

Did you know? **Curcumin BP # 238-2** (I take one a day and will for life) has twice as many antioxidants as a carrot? It fights infection, combats inflammation, and is heart healthy.

18 million Americans have gluten issues. Things like gas, bloating, irritable bowel, thinning hair, diarrhea, abdominal pain, headaches, and fatigue to name some. Try a spring cleanse to start with, like a box of **Clean Start # 3993-8**, and eliminate dairy, processed sugar, wheat flours, and even tomatoes for 10 days during and after cleanse. How do you feel now?

Looking for quick energy? Use protein (plant based) for breakfast along with Magnesium. I use **Love and Peas #3082-9** or **Natures Harvest #3090-6** and **NSP Magnesium #1786-6**. This helps increase the circulation and help balance the blood sugars for the whole day. For lunch add **I-X #1218-4** to increase blood oxygen carrying ability and maintain a soft iron ratio. An excellent snack in the afternoon is **Dark Chocolate with Xylitol bars #5453-7**. Full of antioxidants and many times a half a bar is all you need. Then for bed, take **Melatonin #2830-4** for a couple weeks to balance your sleep rhythms and help adjust seasonal light changes. Sounds like a lot but it is so worth the investment to feel an increased energy and focus.

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.