

# Integrated Natural Ideas # 98

## 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  
Holistic Health Practitioner  
(A.A.D.P), A.R.C.B., C.F.T.**

*“Eyes that – look – are common, eyes that – see – are rare” – Tom Barrett*  
Use binoculars to see the future and a magnifying glass to see the present.

We must look around and not blindly follow what some “authority” just says. Take essential oils for example. Many who join companies and use oils have had a positive experience with them. Then they just believed whatever that company had to say. Like “therapeutic grade” or “clinical grade” or “food grade”. Know that and see that, *there is NO 3<sup>RD</sup> party anywhere in the world certifying this or creating these adjectives.* No such thing period.

So companies, even NSP, can use a description to make you think somehow theirs is better. Yes, NSP uses the word “authentic”. Why? Cause they can prove it! They trace it from grower to distiller, with no middle men brokers to cheat, then make sure when they mail it to you, it is the same as when grown. No other oil company in the world is doing that. Why? It costs money, time, testing machines, and employees to do that. For example, NSP uses 6 different testing machines (which they already had in place) to make “phyto-signatures”. It is a fingerprint of sorts, which shows all the actives. They take a picture at the distiller and another when it comes to you. The oil better match or the company knows someone “cut” it or “adulterated” the pure oil along the way. Again, no one else is doing this. Hence they can say, and prove, “authentic”. Ask NSP to show you proof and they will. Ask any other company to prove their claim. Good luck.

Try the **Recover blend** for aches and pains, especially muscles. No other company has this formula #3856-2. I bought 6 bottles and sold all six in a week. How? Just sharing it. It works!

**Changes blend #3858-7** for women. Hot flashes, PMS, menopause.

**Breathe Deep #3879-8** adjuncts to allergies, asthma, etc.

**Core blend #3873-9** a tree based oil blend for strength in the mid-section and digestion.

**Inspire blend #3871-3** Citrus, uplifting, invigorating, and fresh.

**Refuge blend #3876-4** for calming, a getaway so to speak, a commune with nature.

**Essential Shield #3887-8** for a suit of armor in the cold and flu season.

No other company is authentic, tested this much, or guaranteed pure. Period. I have them all, I use them all, and I recommend them all.

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.