

Integrated Natural Ideas # 99

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)**
Quantum Physics.
Orthomolecular and Integrated
Medicine
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.,
A.C.S.

It is said that the strong master others, but the powerful master themselves! Are you working on that? Being the best and most powerful you can be? It takes time, money, prayer, commitment, and focus to do so. Go ahead...be powerful!

Just recently a client came in and stated she had visited a box store for some supplements. The owner asked what she was currently using. She stated Nature's Sunshine products. The owner replied "That's the lowest grade vitamin supplement out there". I guess he did not see that the New York Attorney General set out to see for himself and found many box stores were selling dirt and the wrong herb in the bottle in the first place, including this store he was running. I guess when you know you are dealing questionable supplements, you have to attack the best. Problem here is he CAN'T prove that statement. So if that happens to you please reply with "Prove it". If they can't, walk away. They are just jealous.

Speaking of which, I often get asked "what do you take right now?" Well, it changes monthly but only NSP of course. But for those who wish to know here it is: I start my day with **Natures Harvest #3090-6 or Love and Peas #3082-9** for the complete proteins and nutrients. I add Hemp milk (loaded with heart healthy oils and protein), frozen berries, a shot of **Hydrated Bentonite #1725-9** (to help absorb daily toxins) and usually a dash of liquid **Ionic Minerals #310-5**. Now that's a great start to a great day.

Daytime I take 1-2 **CurcuminBP #238-2, Berberine IR #1398-6, CoQ10 100mg #4135-9, Eqouilibrium #3542-8** and 3 **Probiotic Eleven # 1510-1**. I also use oils like **Peppermint #3850-0** on my tongue for better breath and tummy. I apply **Inspire Blend** of oils **#3871-3** to keep my energy up. For some this seems like a lot, but I feel great! It's to keep myself that way. Also I am using this program with Sunshine Rewards; it helps me get free shipping and free products. That's affordable. Ask NSP how to get involved.

It has been in the news since 1998 that every single year since (1998) they are calling this allergy season the worst ever. Each year the pollen counts are getting higher. Each year is higher than the last. They do attribute it to warmer temps planet wide. If you are like me, you noticed it. Tree pollen is at an all-time high, and now grasses. Don't suffer. A good supplement to have on hand without sleepy side effects is **Histablock #776-1**. You can also fall back on **ALJ #774-3** also in liquid for kids **#3166-5**.

Our number one seller here is **Recover Blend** essential oil **#3856-2** for achy muscles and those nagging back spasms. You can use it alone or with **Tei Fu massage lotion #3538-5**. Again, why suffer or end up using things with questionable ingredients or toxins? Live well my friends.

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.