

HOME CURES

Volume 1: Issue 1

THAT WORK

SEE PAGE 13.
**Is your MIND
AGING your
BODY?**

FEATURED ARTICLE: SEE PAGE 3.

How to Make Food Your MEDICINE

ASK-AN-MD
CURING CANCER?
LAZY COLON?

LIVING HEALTHY TO
120: ANTI-AGING
BREAKTHROUGHS

FDA SCAMS & COVER
UPS EXPOSED

GRANDMA CURES THE
COMMON COLD

**HEALTHY
RECIPES &
EATING IDEAS**

SEE PAGE 10

**1 FITNESS
RULE: OBEY!**

SEE PAGE 15.

**GRANDMA'S
CURE CORNER**



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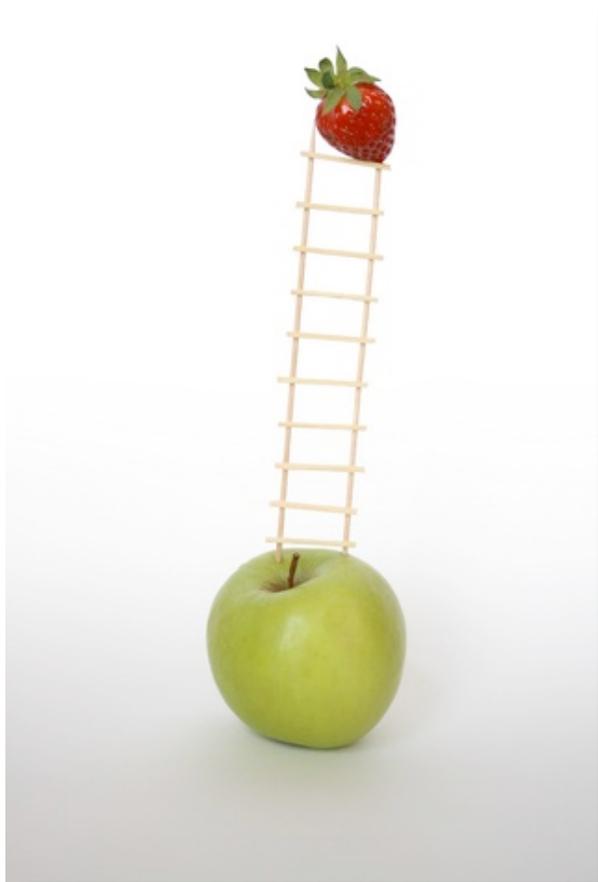
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Table of Contents

Martin Jacobse Uncorked: Latest Cures & Remedies of the Month.....	3
FDA Cover Ups, Drugs & Big Pharma Scams	6
Healthy Recipes & Eating Ideas.....	11
Living Healthy to 120: Is Your Mind ‘Aging’ Your Body?	14
Weight Control, Fitness & Exercise Tips - 1 Fitness Rule: Obey!	16
Ask-an-MD with Dr. Scott Saunders, MD.....	18
Grandma’s Cure Corner	20
Product Recommendation: Krill Oil	22
“Hey Joe”, This Worked For Me!	24
Joke of the Month	26
Sneak Peak into Next Months Issue.....	27
Home Cures That Work Monthly Quiz.....	28

Martin Jacobse Uncorked: Latest Cures & Remedies of the Month

How to Make Food Your Medicine



I believe it was Plato, the ancient Greek philosopher who stated, “. . . we have made ourselves living cesspools, and driven doctors to invent names of our diseases.”

The new science of biology has proven that our bodies are naturally designed to maintain optimum health. Your body has a built-in intelligence that supports that state.

Reading this newsletter can help transform your life if:

- You want to prevent disease, enjoy and abundance of health and energize your physical wellbeing. You’ve listened to the experts and are afraid you’ll never get better.
- If you are sick and tired of the consequences of your “disease experience,” and you desire to turn it around - then I can help you.

Ideally we could prevent all disease if we started practicing the natural laws of health and wellness at an early age.

To quote an ancient adage, “*An ounce of prevention is worth a pound of cure.*”

Because we don’t encourage practicing preventive principles most of the world is in dire need of a cure.

I do not have a magical cure all, yet both the new science of biology and ancient medical wisdom do agree, *any disease that can be prevented can be cured.*

This reminds me what Albert Einstein once wrote, “Intellectuals solve problems, geniuses prevent them.” This newsletter is about doing both.

The key to generating optimum health automatically is to nurture the healing powers already within us all. Raw living foods provide the essential nutrients necessary to help your body activate its own healing processes.

These hidden connections extend from our environment deep into our very genetic make-up. In fact we can control genetic expression with the foods we eat. Western medicine only treats symptoms believing the body to be a mindless machine. Too often do they confuse cause with effect? Reducing risk and actually curing a disease are two different things.

Health and wellness are much more than only being symptom free.

Disease is NOT a drug deficiency!



When for whatever reason we go against any natural principle, it goes against us.

Mankind’s most brilliant ideas and insights always come from observing Mama Nature; it’s always been that way and always will be.

"The doctor of the future will give no medication, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."

- Thomas Alva Edison

Today is the first age in recorded history where a society has permitted corporate interests to write national and global policies, rather than science.

This has given rise to the great division we see between ancient medical wisdom and the Chemical Dark Age we find ourselves in the midst of presently.

My purpose is to heal this division, bridging the gap between a culture of life and ancient wisdom. The purpose of this column is to help heal the unhealed healer by shattering the current myths and false propaganda about health and wellness.

Are you willing to discover information that you may not agree with?

The greatest breakthroughs come through either a gradual or sudden change of perspective, a metanoia, or epiphany of sorts.

We always grow whenever we’re willing to exit our comfort zones . . . *the same principle applies to the healing process.*

Sometimes it's our comfort zone, our carelessness and bad habits that got us into the mess we're in . . . so naturally we need to be determined to make changes.

“We can't solve problems by using the same kind of thinking we used when we created them.” - Al Einstein

If you are presently participating in the Western medical system, you are experiencing the symptoms of “disease management.” If it was good enough, if it really worked at all, you wouldn't be here now, would you?

There is no arguing the present *modus operandi* of Western medicine is “logical” . . . However when you see how faulty the underlying premise is, even the coldest rationalist cannot whole heartedly follow it.

If the foundation is weak, it doesn't matter how sound the mason work is . . . *it's built on a sand trap.*

“One of the first duties of the physician is to educate the masses not to take medicine.”

– Sir William Osler

It is vital you support the *natural intelligence* that connects your every atom to the world you perceive and beyond.

You, like me by now realize all we can endeavor to be, is the best man or the best woman we can possibly be.

In a real sense we are all torchbearers wondering through the long night of life searching for the sure path toward happiness and health.

However, every now and again someone stumbles across the pathway laid down before us, *long before written words could tell.* I am one humble soul simply waving my torch in the dark, standing upon this ancient, natural path.

My hope is to attract like minded people to help enlighten this pathway and perhaps one day build a great city upon a hill for all to see, here at the crossroads, in the midst of the dark and foreboding wilderness.



I ask you to not take my word for anything but rather to go into it yourself. Life is all about questioning, not assuming. To be well you need to own every word you believe and be bold enough to represent it in your own best way. For me that means helping you find the first cause of your pain, so we may return home again . . . *for the truth is true my friends.*

So I invite you to become an evidenced-based witness with me if you will and walk on the narrow path so others may also do the same. In this way we may all go home to the place we were, before we strayed from the natural pathway to health and wellness.

FDA Cover Ups, Drugs & Big Pharma Scams

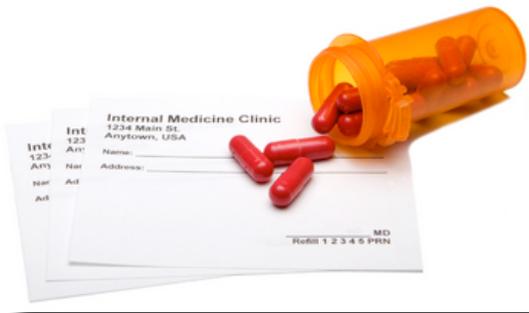
By: Martin Jacobse

Dear Friends,

According to the medical journals, one of the biggest health issues in the US is called, *polypharmacy* and *iatrogenic illnesses*. Both words have one thing in common and that is . . . “drugs.”

Did you know more than 50% of insured Americans take at least one prescriptive drug a week? 97% of insured nursing home patients follow suit, with around 17% taking 5 or more drugs.

In 2007, 51% of American children and adults were taking one or more prescription drugs for a “chronic” condition, up from 50% the previous four years and 47% in 2001.



Polypharmacy happens when a medical professional recommends a secondary level of drugs to counteract the side effects of the primary medication.

This is a dangerous practice that creates its own “catch-22” situation.

The cluster effect of *compounding medications* creates new side effects, therefore exposing the patient to further health risks in a mad effort to mask symptoms.

For example many drugs trigger Parkinson-like side effects such as *memory loss*, *confusion* and *delirium*. One medical study listed 22 different categories of prescriptive drugs and 14 different OTC drugs that trigger Alzheimer’s-like symptoms.

Do you remember if you took your pills???

You don’t need a degree in accounting to figure out how today’s giant pharmaceutical companies make so much money.

Before the advent of *polypharmacy*, “old age” was considered the golden years. Now it has become the age where the medical industry simply takes all your gold.

Studies have proven that it’s *unnatural* for people to lose their health, their wealth and their minds, as we grow older. Sadly old age has become an excuse for Big Pharma to sell massive amounts of drugs.

Iatrogenic illnesses are the fourth leading cause of death on the US. More than 110,000 people die from “properly” prescribed drugs each year . . . and the numbers are getting larger. *Iatrogenic illness simply means an illness or disease caused from being doctored.*

It should be no surprise that doctors make mistakes, they’re people too. *Just consider these numbers.*

Our government has *conservatively estimated* that more than 700,000 people visit emergency rooms in the US each year as a result of *adverse drug reactions.*

Most people are treated and released, but about 117,000 people every year require hospitalization because of negative side effects.

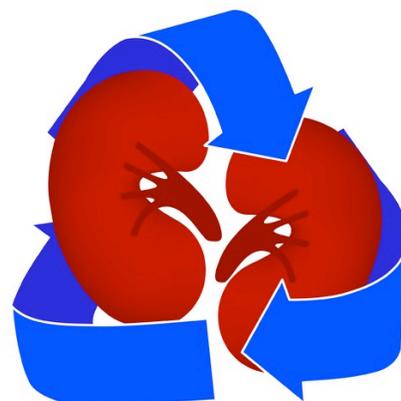
The John’s Hopkins Department of Health made an estimation that was 22 times larger than the US government’s own figures of this same study.

Naturally the government is expected to make conservative estimates, but were talking about real lives and millions of wasted tax dollars here.

It’s interesting to note that 16 of the 18 drugs that triggered the largest percentage of adverse reactions have been in use for more than 20 years.

According to the Journal of the American Medical Association most of these adverse events were a reaction to drugs that require monitoring to *avoid toxic build-up*, such as:

- *Insulin*
- *Amoxicillin*
- *Anticlotting drugs*
- *Antihistamines and cold remedies*
- *Painkillers containing opioids*



All drugs are small measures of *toxic chemicals* that have been known to stay stored in human fat cells for as long as 40 years, *after having stopped taking the medication.*

The entire premise of Western medicine is based on the *assumption* that your body is a mindless sum of mechanical parts to be manipulated by these synthetic chemical inventions.

Thankfully, today there are more doctors beginning to practice *Complementary Alternative Medicine (CAM)* than ever before.

According to the National Institutes of Health (NIH), more than 73% of Americans are choosing Complementary and Alternative Medicines to prevent or cure disease.

The National Center for Complementary and Alternative Medicine (NCCAM), a component of the National Institutes of Health (NIH), has defined the difference between Complementary and Alternative medicine below:

Complementary medicine is used together with conventional medicine. An example of a complementary therapy is using aromatherapy.

Alternative medicine is used in place of conventional medicine. An example of an alternative therapy is using a special diet to treat cancer instead of undergoing surgery, radiation, or chemotherapy.



The NCCAM groups Complementary Medicine into five main groups, they are:

- 1) **Whole Medical Systems:** *Naturopathy, Acupuncture and Ayurvedic.*
- 2) **Mind Body Balance:** *Patient support, Cognitive-Behavioral Therapy and Meditation.*
- 3) **Biologically Based Practices:** *Herbs, Foods and Supplements.*
- 4) **Manipulative and Body-Based Practices:** *Chiropractic medicine, Massage and Kinesiology.*
- 5) **Energy Medicine:** *Biofield therapy, Qi gong and Reiki.*

The new science of biology is confirming today what ancient cultures knew as far as 6,000 years ago . . . that food, environment and lifestyle are the most important factors in healing any ailment or disease.

Seriously folks, it's time to wake-up. There is a *sick elephant* in the room and nobody wants to admit it . . . if we could not survive without man-made chemicals “mankind” would have perished long before these *Chemical Dark Ages* that we seem to be in today.

Our hospitals have become like black cathedrals of the dying and the people who run them the feared priests of death.

Their entire doctrine is all about *managing disease*, but they call it health care.

Frankly, Western medicine has become a business of death . . .

Our present medical system should be held accountable for permitting an unspeakable amount of unnecessary mistakes to take place.

Sometimes drugs are necessary, but in a minority of situations. However, people should be *educated* before you are *medicated*, because most people simply do not understand the real risks involved.



In ancient China each village would strive to educate its own physician, one who could master the medical arts, *per se*.

The genius of this 6,000-year-old tradition is they would only “pay” the physician if the village was *healthy*.

If the village fell ill the physician would not be rewarded until the entire village was better.

Today Chinese medicine is one of the most reputable forms of *whole medicine* in the world.

Western empirical medicine works just the opposite. As “they” make more money “we” become less and less healthy. Generally, the US medical system is the only one in the world that works like this.

The result is Americans are the least healthy culture with the highest medical costs in the world.

The health care industry spent \$445,000,000 on *federal lobbying* in 2007 . . . that’s more than anyone else. Plus they were the top spenders in 2006 as well.

Fact: The pharmaceutical industry spent \$1,300,000,000 (\$1.3 Billion) lobbying the US federal government over the last 10 years.

More people are seeking alternatives to drugs by finding the underlying cause of their problems rather than just treating the symptoms.

Eventually, by using natural principles we will save billions of the otherwise wasted dollars that would have been spent on disease management, and one day look back and gasp at the scale of suffering caused by *the Chemical Dark Ages*.

Presently most people in the US can't even afford insurance rates any more and if you go to the emergency room you better bring your checkbook with you.

National statistics reflect not only worsening public health, but also more aggressive medical procedures coupled with relentless marketing efforts from greedy drug companies.

The bottom line is per capita Americans consume a lot more pharmaceuticals than any other country, *and were sick of it!*

This column is dedicated to exposing the truth about your real health and wellness opportunities. We are at the dawning a new era of health and wellness, one that offers us all a more progressive evidence-based solution without man-made drugs.

I hope you have gained a clearer, more comprehensive understanding of the importance of *whole food nutrition* and living a drug-free lifestyle. If so please feel free to pass this information along to a loved one or friend.

Healthy Recipes & Eating Ideas

By: David Randall

Squash Bad Health, with Acorn and Butternut Squash



Healthy eating is not about strict nutrition philosophies, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, and keeping your body healthy – through proper nutrition and eating proper food choices.

As a writer, diabetic and a food enthusiast I take great pride in incorporating both taste and nutrition into my diet. I simple will not waste my time eating foods that have little or no nutritional value. Each an every carb I eat has to have its purpose in improving and healing my overall health.

What does this have to do with you? Well, everything. Diabetes or not, eating should be about three things:

- 1) Nutrition
- 2) Energy
- 3) Taste

The old myth that healthy food has to taste horrible is false; you can get taste and health in each and every meal.

In this section of the Barton Publishing's “Home Cures That Work”, I will show you the power within foods and how to incorporate them into your daily diet.

Acorn and Butternut squash, in fact all types of winter squash, pack more health promoting nutrients per calorie than many other food varieties. They also have a variety of healthy cooking options, beyond butter and sugar.

Health Benefits of Winter Squash:



Phytonutrients

- Can prevent cell mutations (cancer-like).
- And help reduce symptoms of a condition called Benign Prostatic Hypertrophy (BPH). *BPH is a condition of the prostate gland where it becomes enlarged, which can cause difficulty with urinary and sexual functions.*

Vitamin A

- Reduce lung problems such as emphysema and lung inflammation.

Potassium

- Lowers blood pressure.
- Reduce the severity of conditions like asthma, osteoarthritis, and rheumatoid arthritis.
- Prevent the progression of conditions like atherosclerosis and diabetic heart disease.

Fiber

- Prevent cancer-causing chemicals from attacking colon cells.

Beta-carotene

- Beneficial for blood sugar regulation.
- antioxidant and anti-inflammatory properties.
- reduce the risk of colon cancer.
- reduce the severity of conditions such as asthma, osteoarthritis, and rheumatoid arthritis.

Folate

- Prevent certain birth defects if taken by women before and during pregnancy. Helps the body break down a dangerous metabolic byproduct.
- Protect against colon cancer.

Healthy Recipe: Squash Bisque

Ingredients:

- 2 medium squash, acorn or butternut
- 1 tablespoon olive oil
- 1/2 cup diced onion
- 14 ounce reduced-sodium chicken broth
- 1/4 cup water
- 2 tablespoon packed brown sugar
- 1/4 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon pepper (white, black pepper)
- 1/4 cup half-and-half, or light cream

Preparation

1. Preheat oven to 325°F. Wash squash, halve, and remove seeds. Place squash halves, cut sides down, in a 3-quart rectangular baking dish. Bake for 50 to 60 minutes or until tender. Let squash cool about 10 minutes or until cool enough to handle. Remove squash pulp from shells using a large spoon. Set pulp aside and discard shells.
2. In a large saucepan, heat olive oil over medium heat. Add onion; cook until tender, being careful not to burn. Add squash pulp, broth, and the water. Cook over medium/high heat until it reaches a boil, stirring frequently.

3. Stir in brown sugar, salt, 1/4 teaspoon cinnamon, and pepper. Remove from heat. Puree the squash mixture in a blender or food processor. Divide and blend separately if squash mixture does not fit. Return all squash mixture to saucepan. Stir in half-and-half; heat through. Garnish with cinnamon, nutmeg, sour cream, nuts or crackers.

Nutritional Facts: (per serving)

Serving size: 8oz

Calories: 89, Saturated Fat: 1g, Sodium: 206mg, Dietary Fiber: 2g, Total Fat: 3g, Carbohydrates: 16g, Cholesterol: 3mg, Protein: 2g

Other Great Serving Ideas:

- Steam cubes of winter squash and then dress with olive oil, cinnamon, and ginger.
- Add cubes of winter squash to your favorite vegetable soup recipe or roasted squash to pasta dishes.



Living Healthy to 120: Is Your Mind ‘Aging’ Your Body?

By: David Kekich

If you always think the glass is half full, you're on the right track.



Can your expectations determine how long you will live?

I believe lots of us actually die because of our expectations. We're conditioned to believe the average lifespan is around eighty years, so we wind down and die right on schedule. We usually get what we expect, not what we want. What if you expected to live to 100?

Wouldn't you naturally gravitate toward the habits that will make that happen? Wouldn't your thoughts and emotions be more positive? How about longer? Loads of research tells us we should stay healthy for up to 100 years. But why don't we? Could it start with your attitude? Don't cop out by blaming it on your genes or on luck. Really, 65–75% of it is the choices you make. Your genes account for less than 35%.

This is backed up by hard science. Studies have shown that people who just think they are aging faster actually do age faster!

Mayo Clinic research shows that people with positive outlooks typically live 19% longer than people who see the glass as half empty. Although it's questionable if this can be attributed to optimists being more likely to seek medical help when they're ill, or if their immune systems strengthen as a result of their sunny outlook. The end result is, though, they live longer. Optimists are also less likely to suffer depression and helplessness than their pessimistic counterparts.

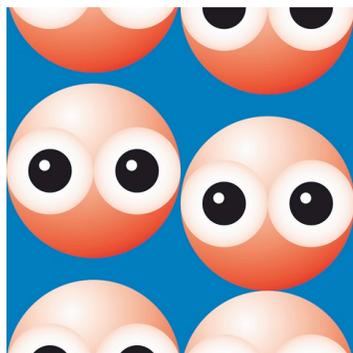
To support the hypothesis that their immune systems are actually strengthened, Dr. Bruce Lipton's experiments, and that of other leading-edge scientists, have examined in great detail the processes by which your cells receive information. The implications of this research radically change our understanding of life. It shows that genes and DNA do not control your biology.

Instead, DNA is controlled by signals from outside your cells, including the energetic messages emanating from your positive and negative thoughts.

He clearly describes the connection between your core thoughts, beliefs and attitudes and how your cells function as a result.

Happy thoughts put your cells' functions in balance. Hateful, angry and resentful thoughts do the exact opposite. They suppress your immune system, alter your hormones, upset your digestive system, and diminish your brain function and respiration.

Dr. Lipton's profoundly hopeful synthesis of the latest and best research in cell biology and quantum physics is being hailed as a major breakthrough showing your body can be changed as you retrain your thinking. His book, *The Biology of Belief* is a groundbreaking work in the field of New Biology.



In addition, an often-repeated study showed that when a person's living cells from different organs are put in separate dishes, cells from one organ would respond when cells from a different organ in a different dish were stimulated.

If the cells were from two different people, they would not get the reaction.

This means the trillions of cells in your body are always in direct communication with one another, even if they are not in direct contact by chemical or neurological pathways.

Stub a toe, and all your cells react. Poison your body with cigarette smoke or toxic food, and you stimulate every cell. Subject yourself to uncontrolled stress, and you stress tens of trillions of cells. Now can you see why stress management and attitude are so critical to your health and longevity?

Now that you know your thoughts affect every single cell in your body, what are you going to do about it? Since you now realize positive, loving and grateful thoughts keep you healthy and make you live longer, while negative thoughts destroy you from the inside out, you have a big anti-aging advantage. What happens to you usually doesn't matter one bit. How you react means everything.

David Kekich
President/CEO
Maximum Life Foundation

David Kekich is President/CEO of Maximum Life Foundation that focuses on aging research, a 501(c)(3) corporation dedicated to curing aging related diseases. **www.MaxLife.org**

Weight Control, Fitness & Exercise Tips - 1 Fitness Rule: Obey!

By: Nordine Zouareg

The beginning of the year is the time when everyone is motivated to make a change and set goals to look better than they looked the previous year. Because the beginning of the year is when many people try to make changes you might find yourself embarked on another diet that you are unable to stick to for more than a couple weeks.

Ask yourself if you are like a disproportionate amount of the population that starts a diet they have no intention of sticking with. Then, answer honestly. So many of us get trapped into thinking that it's all about diet when there is so much more involved in changing how we look on the outside. Diet is just a part of the equation.



Reprogramming Your Mind

If you find yourself on yet another diet you need to stop and think about what you are doing. A diet isn't the way to go. Instead, you need to change the way you are thinking about your body and your life and make a change to your overall lifestyle. You aren't going to lose all the weight simply by eating better if it isn't something that you are willing to embrace wholeheartedly.

A diet is the reason why so many people fail to lose weight or keep the weight off. The term diet indicates that what you are doing is temporary and you are just going to continue to do it until you meet your goal. Yet, if you stop dieting when you reach your goal you will only gain the weight back and you will be left wondering what went wrong.

If you want to change your body the change needs to start in your mind.

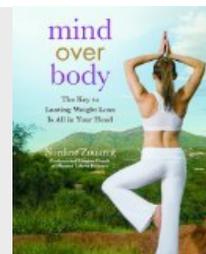
You literally need to reprogram and reboot your mind so that you start to think about losing weight and getting in shape from the inside out, instead of from the other way around. You don't have to live the rest of your life eating foods that you hate and you also don't have to spend three hours a day at the gym.

There is a healthy balance; you just have to know how to go about achieving it. If you stop thinking about diet and you start thinking about a change to your overall lifestyle you'll find that you can achieve the results much more easily and you will also be able to maintain them.



A Helpful Resource

If you are looking for a resource that will truly help you reprogram your mind and learn how you can obtain a healthy lifestyle without the use of a diet like you have come to know them you may want to check out the book *Mind Over Body: The Key To Lasting Weight Loss Is All In Your Head!* by Nordine Zouareg.



www.homecuresthatwork.com/mindoverbody

This book is all about lasting weight loss and how it really is all in your head. If you can get motivated about something in your mind you can have it in reality and this book will show you how this can realistically be done.

Nordine Zouareg is a former Mr. Universe, an International Fitness Coach, Speaker and Author of the book *Mind Over Body: The Key to Lasting Weight Loss Is All In Your Head.*

Ask-an-MD with Dr. Scott Saunders, MD



Curing Cancer? Lazy Colon?

Dear Dr. Scott,

I had breast cancer three years ago. I had a mastectomy but chose not to have radiation or chemotherapy, which the doctors strongly urged me to have. How can I prevent the cancer from reoccurring? No one in my family had had breast cancer before. ~ Barb Bono

Answer:

This is a very good question, and there isn't a lot of good research on this. The doctors often recommend a SERM which is a type of estrogen blocker, but these have many side effects and really don't work except for a small minority of cases.

The foundation of all cancer prevention, especially to prevent recurrence, is an organic, plant-based diet.

Avoid all animal products, including dairy. (*The China Study* showed rather dramatically that this is essential.)

The best three supplement options I could find are cheap and easy (and with no side-effects, except that they also prevent osteoporosis and other cancers):



Vitamin D has been shown to cut all cancers by about 50 %. In one study, mice that were pre-disposed to breast cancer were given vitamin D and it prevented

75% of the cancers. Use Vitamin D3 2000 IU daily.

Iodine is especially important in breast tissue. This nutrient cures fibrocystic breasts and prevents certain sub-types of breast cancer. You should use Lugol's solution eight drops per day.

Selenium has been shown in several studies to prevent many cancers. It decreases breast cancer by about 30%. You should use 200 mcg per day. ~ Dr. Scott Saunders, MD

Dear Dr. Scott,

I've been diagnosed with a 'lazy colon'. Is there anything I can do about it? ~ Beverly Whisenant

Answer:

There are many types of "lazy colon." Some are born with nerve problems that prevent the proper elimination, other nervous disorders come later in life. These are difficult to cure because the colon (usually the end by the rectum) just doesn't push the stool out. Mostly, they require laxatives and a bowel regimen, but occasionally require surgery.



The acquired types are mostly treatable with the following regimen:

1. NEVER have a hard stool.
2. Eat only high-fiber foods (fruit, vegetables, whole grains, legumes, nuts).
3. Never eat processed foods, white bread, white rice, candy or sweets.
4. Avoid high-protein foods.
5. Drink more than a quart of water daily.
6. Use a laxative (docusate, milk of magnesia, magnesium citrate, fiber, senna or cascara sagrada), if necessary.
7. Have a bowel movement every day.

With some attention, as above, the bowel will often (depending on the original cause) become normal again. ~ Dr. Scott Saunders, MD

Dr. Scott D. Saunders, MD, is a practicing physician, specializing in preventative healthcare, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine.

Got A Health Question? Ask Dr. Scott!

[CLICK HERE](#)

Or visit:

www.homecuresthatwork.com/email/Ask-the-doctor.php

Grandma's Cure Corner:

Simple Cold Cures & Homemade Chicken Soup!

Dear Grandma,

With the winter season here again, I was wondering if you had any remedies for preventing colds or stopping them before they turn into something worse?

~ Thanks, Debbie

Dear Debbie,



I do have a few old remedies and a few new ideas. First of all, and I can't stress it enough, is to keep your hands clean and

make a practice of not touching your nose, eyes, mouth or ears with your hands unless they are just washed. A good bar of soap and few moments scrubbing will prevent most colds from ever taking up residence.

If you need to scratch your nose, use the back of your hand or knuckle where there are far fewer germs, because most germs are on the palm side of your hands.

If you are out Christmas shopping, many stores now provide antibacterial wipes you can use to clean the germs lingering from previous users on the shopping cart handles. These same germ carriers also go through the check out lanes, so use your own pen to sign checks and receipts, and refrain from resting your hands on the counter.

Keep some hand sanitizer in your car or purse and use it before going home, or even when you get in the car. Make a habit of washing your hands when you first come home. You will be surprised at how many fewer colds you will catch just by doing these simple things.

One of the most helpful things you can do at the first sign of a cold coming on is to make sure you don't eat anything made out of sugar - not one lick! Now is NOT the time for so called "comfort food." The only thing sugar is making comfortable and at home in your body are the cold viruses. Sugar is one of the biggest suppressors of your immune system. You want your immune system attacking those little scoundrels - not making them welcome.

If you want something sweet, try chewing sugar free gum made with Xylitol, which is said to actually help prevent colds, sore throats and ear infections.

Another thing I do is to rinse my sinuses out with a neti pot, using a simple solution of:

- 1 cup water
- 1/2 teaspoon of salt and
- 1/2 teaspoon of baking soda

It seems I can sometimes prevent the cold from spreading any farther than my nose by utilizing the neti pot method. A neti pot is a handy little thing to buy if you don't have one; they can really help clear out your sinuses if you should get an infection.

Lastly, start a pot of homemade chicken soup. The chicken soup remedy has been around for years and it works as long as you make the soup from scratch. *Canned soup will not work.* Even the steam from simmering homemade chicken soup is good for you.



Here is my easy “Grandma’s Chicken Soup Recipe”:

1. I put a fresh, whole chicken in a large pot, cover it with water and cook it at a low boil for about 40 minutes.
2. When done, take the chicken out of the water and let it cool.
3. As the chicken cools, separate the chicken meat from the bones and skin. Set aside the meat to add later, and return the skin, bones and others pieces to the same cooking water.
4. Add 3 tablespoons of vinegar to the water and let it simmer for at least 2 hours.
5. When done, strain and keep the broth. (Remove skin and bones from water.)
6. Cut up the chicken meat and add to broth.
7. At this point, you can add salt, fresh carrots, onions, celery and at least 3 cloves or more of fresh garlic.
8. Simmer until the vegetables are done.
9. Enjoy!

I hope this helps, Debbie. Stay well and stay warm!

Product Recommendation: Krill Oil

7 Good Reasons to Take Krill Oil

Krill oil comes from the small, shrimp like crustaceans that inhabit the cold ocean areas of the world. Like fish oil, Krill oil contains both of the omega-3 fats, eicosapentanoic acid (EPA) and docosahexanoic acid (DHA) that are crucial to your health. These omega-3 fatty acids have a unique formula in Krill oil that allow for easier absorption and entrance into the cell nucleus.



Another reason Krill oil is becoming popular is because it contains an antioxidant called astaxanthin.

This antioxidant fights against damage from chronic diseases and, special to Krill oil, can also fight within the central nervous system as a protectant. Without the nasty fish taste like other fish oils, Krill oil is used for:

- High cholesterol treatment
- Blood sugar regulation
- Healthy skin
- Nervous system and brain development
- Arthritis inflammation
- PMS symptoms
- So much more!

Barton Publishing highly recommends Mercola’s Krill Oil for this month’s select product recommendation. You can find your health improving simply by increasing your omega-3 and anti-oxidant intake with this Krill oil!

Find It Here:

www.HomeCuresThatWork.com/krill

Barton Publishing's Free Report of the Month

Sinus Infection Cures That Work

Barton Publishing is proud to offer a FREE Remedy Report every month to our newsletter subscribers. Having signed up for HomeCuresThatWork.com, you probably have already experienced success with one of our Remedy Reports. Please take advantage of our free offer every month to expand and ensure your health in safe, proven and natural ways.

Listen to what our latest customers have to say.

“My sinus infections are so bad, and require such powerful drugs, I couldn't believe that such a simple remedy could be a solution. Since using the remedy, I've been able to keep my sinuses at bay. I'm definitely not as congested, and seem to be draining more than normal.” -Frank B.

“Within 12 hours the pain in my face cleared up. My nose started running and relieved the pressure.”

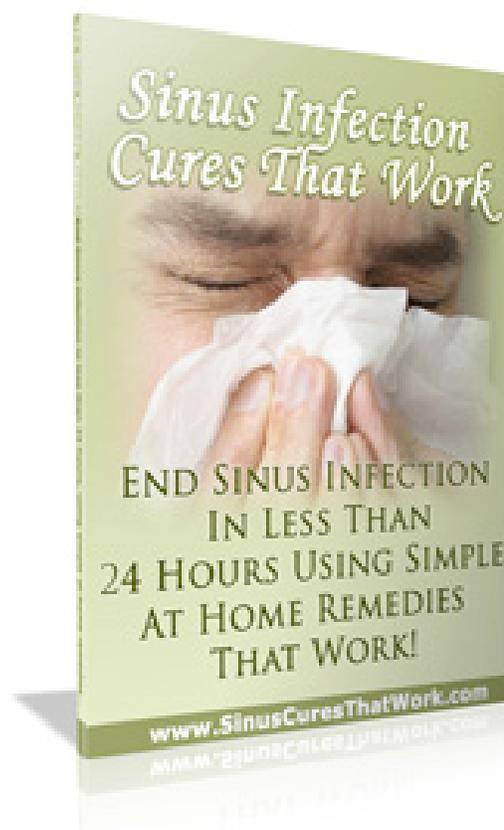
- Linda

Download Your *Complimentary Copy* of
Sinus Cures That Work Here.

SinusCuresThatWork.com/download44.html

**Or You May View This Report As An
Interactive E-Magazine (recommended)**

www.SinusCuresThatWork.com/emag



www.SinusCuresThatWork.com

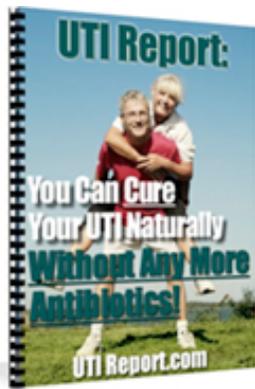
“Hey Joe”, This Worked For Me!

- Reader Input -

Here are some testimonies from readers like you who have found that natural cures do the job and Barton Publishing’s Natural Remedy Reports have made a difference in living healthy.

“I had never had a urinary track infection before until about a little over a month ago. I decided to check the internet to compare symptoms and, sure enough, I realized that a UTI is what I had. Going to a medical doctor is never my first choice. I knew I would only be given antibiotics which causes further problems, so I investigated information on the internet for natural remedies.

That's where I found Barton Publishing. I have to admit feeling a little foolish paying about \$20.00 for info that I had no idea whether it would work.

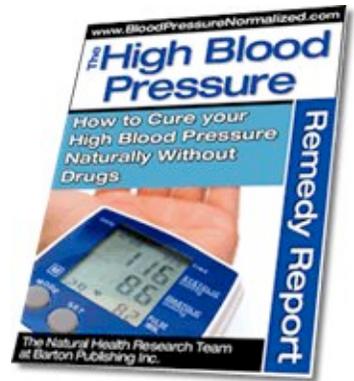


I downloaded the info and followed it to a "T". The first few hours I didn't notice much of a change, but I continued, and about the 4th hour I could tell a difference. Several weeks have gone by and there is no sign of the infection returning. It was refreshing to find out that Barton Publishing is honest and reliable. “

Thank you! ~ Beth Hale

www.UTIReport.com

“I was lowering my pressure but not in a timely manner, I felt the medication alone was not doing the job: Amlodopine, Carvedilol



The Blood Pressure Remydy Report was very easy to download and very easy to understand. It brought about true awareness of HBP and it affects not only myself but also love ones. My initial blood pressure was 201/110 on August 25th. My current readings average 140/75.

I started a regiment of walking 3 miles in the morning and evening. Eliminated meat from the diet, only vegetables and fruit.

I started to have oatmeal (lots), whole wheat bread, a soup which I call Continuous because I stated with a large pot and just cooked down a world of fresh vegetables and just continued to add veggies when the pot got low. I was careful to also consume the liquid from the soup also.

Water Water Water. These things along with the meds are working in my favor. No sodium, read labels....no sodium some sea salt. I would and will recommend this to anyone who has or has not been diagnosed with HPB. Life is short and it should be lived free of the debilitating affects of untreated HPB. Your life depends on it.”

Sincerely,

James I Harris

www.BloodPressureNormalized.com

The last time I did this I wasn't sure what was working, or even if I had gout. Now I can be more definite. I did have gout - my uric acid level was 0.47 (normal is 0.42).

The gout has gone now, and my uric acid level has dropped to 0.44.



I BELIEVE that in my case the single most effective remedy has been the apple cider vinegar. I tried the other things, and got rid of most of the pain, but my leg still felt strange, like it had a tourniquet knotted around it (I had gout only in my right knee).

After a few days of the apple cider vinegar (I drank a big glass twice a day, and didn't bother with honey or anything to sweeten it) the gout has gone completely.

I am maintaining some dietary changes - e.g. I am avoiding shellfish and eating plenty of berries (cherries are hard to get in New Zealand, except for a brief summer season). So I am very happy! ~ Michael Scott

www.CureYourGout.com

Have a story that you would like to share?

Your story may be featured in next months issue?

Please share it with us!

[CLICK HERE](#)

Or visit:

www.homecuresthatwork.com/email/whatworks.php

Joke of the Month

Diabetes Joke



No Diabetes is not fatal, it's not even contagious and it doesn't mean you will get half of my desserts

Sneak Peak into Next Months Issue

Martin Jacobse Uncorked: Latest Cures & Remedies of the Month

Your Food Is Your Best Medicine. The same factors that influence disease also trigger a genetic predisposition. What you eat and your healthy lifestyle habits can be your best medicine or worst poison.

FDA Covers Ups, Drugs & Big Pharma Scams

Are you, or someone you love, taking one of the Top 10 Dangerous Drugs announced by the FDA, that you should NOT be on? Next month, Martin Jacobse uncovers this list

Healthy Recipes & Eating Ideas

Experience another flavor dimension with the mysterious taste of **fennel**. Come back for fennel recipes to adorn your Grilled Salmon and top your salad.

Living Healthy to 120: Anti-Aging Breakthroughs

What is your first reaction to a crisis? You'll be surprised by Dr. Kekich's one critical lesson in handling a crisis.

Weight Control, Fitness & Exercise Tips

Toning Muscles Along With Balanced Nutrition Leads to Better Body Image – Start an exercise program to lose fat and not muscles.

Ask-An-MD: Q & A with a Natural Medical Doctor

Do you suffer from lack of energy? Return next month to read what Dr. Saunders has to say about the 3 Energy Sources. Plus, does Restless Leg Syndrome mean you have too much energy?!

Grandma's Cures: Old & Proven Remedies that Work

Good vs. bad bacteria in the hospital and at home: C. diff unearthed.

Product Recommendations: Best Natural Products on the Market

Colon Cleanse: The Right and the Wrong Way to Cleanse Your Body of Potential Toxins

Barton Publishing’s Free Remedy Report of the Month

Each month our complimentary report is based on the winning results from our Monthly Quiz . Have a report you want to get for FREE, take this short quiz:

www.HomeCuresThatWork.com/quiz

“Hey Joe”, This Worked for Me – Reader Input

The amazing stories of people who have been cured of Gout and Acid Reflux continue next month. Don’t miss these moving testimonials!

Home Cures That Work Monthly Quiz

Thanks for reading and subscribing to the Barton Publishing’s “Home Cures That Work” E-Magazine.

Interested in helping better your subscription?

Please [CLICK HERE](#) or visit the link below and fill out this short online quiz:

www.HomeCuresThatWork.com/quiz

Thanks,

**Joe Barton
Founder & CEO
Barton Publishing**