HCTW Home Cures That Work

Volume 1: Issue 2

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Volume 1: Issue 2

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Martin Jacobse Uncorked: The 7 Rungs of the Health & Wellness Ladder

Your Food Is Your Best Medicine

Everyday more evidence is suggesting that all disease is influenced by diet, lifestyle and environmental factors, but these *same factors* may also be triggering a genetic predisposition as well.

That's right the genes you inherited from your parents do not determine whether you have this disease or that . . . your genes are simply "switches" designed to express health and wellness.

What you think, what you do and what you eat during your lifetime has more to say about that than anyone else.

Health is the result of what you habitually do . . in other words, food and lifestyle habits can be your best medicine or your worst poison.

A healthy lifestyle is not one of moderation. A healthy life is to be enjoyed and expressed through diversity and abundance. You don't need a mediocre lifestyle you need to discover the wisdom hidden in living foods and celebrate the feast of life with joy and enthusiasm.

We must embrace the scientific world if we are to separate the misinformation from the truth. If you and I don't do it, who will?

If your health is failing . . . you need to know you're not alone, this is not an isolated event were talking about. Yes your personal situation and your body are unique, yet millions of others are confused and disappointed, just like you are.

America's health is failing!

Western medicine is a young institution is another business model based on profit, it is doing well, but the people are not. Clearly we can see the drug companies are making thousands of billions of dollars each year, *and yet degenerative diseases have become pandemic.*

More than 50% of Americans take *at least* one prescribed medication every week. 65% of us adults are overweight and around 30% are obese. Diabetes is popping up like wild fires at earlier ages than ever. Heart disease is on the rise and we're currently losing the war on cancer declared back in the 70's.

Apparently if you're a baby boomer your best way of avoiding cancer is to die prematurely of a heart attack . . . *that's just plain crazy!*

But the baby boomers don't even have a corner on this market compared to Generation X. This generation of Americans is suffering even more than the baby boomers. The medical industrial complex is making a lot of money managing unbelievable numbers of people suffering from degenerative and autoimmune diseases.

Vast numbers of young people are suffering from multiple sclerosis, type 1 diabetes, and chronic fatigue syndrome, to mention a few.

What are we going to coin the next generation, the D-generation?

The good news is we can control our health and we can turn this whole disease ship around. I believe it begins with a shift in awareness and that is the strangest secret.

"Our attitude toward life
determines life's attitude toward us."
— Earl Nightingale

Here's the good news.

The "disease process" has definite steps that you can either go up, or down. I call it the health and wellness ladder and it has 7 steps. When you continue to climb down the 7 steps you enter a state of degenerative disease. *When you ascend the 7 steps you help your body reverse the disease process.*

Some call it "The Health and Wellness Ladder" or as my son likes to call it, "The Jacobse Ladder." You can call it your treasure map to life . . . the important thing is that you use it as a means to get out off the state of darkness and fear you're presently in.

All you need is a firm belief in natural principles, a proven road map and a willingness to change your life for goodness sake . . . there is NO magical wand and there is NO pharmaceutical cure. But your body does have its own self-repairing and regenerating processes that you can work with.

You have two directions you can go, up the ladder of health and wellness or down the ladder . . . the right to choose is all yours. I'm really only telling you about something your body's inner intelligence already knows.

You can climb the ladder using the 7 natural principles of healing, or *rungs of life*, or you can continue to depend on being treated by the Westernized medical process.

The Westernized diet and medicine is part of a culture that will take a long time to turn around or transform. But why wait for the whole industrialized world to change?

You can have your own personal revolution now.

If you ask anyone who has had a "healing experience" they will tell you the secret was staying focused on "the goal." We all live on this same *ladder of life* and one thing is for sure . . . *positive change requires insight, determination and commitment to climb, advance and overcome.*

"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all."
— Dale Carnegie

Without your sincere drive to have your life back you would never climb out, but people like you are climbing up and out everyday . . . *without chemicals, radiation or surgery.*

Don't waste your life waiting for someone to tell you it's too late to do it the right way. You're looking for a natural way and I'm telling you today, *your search is over* . . . the way has been laid down before you.

All you have to do is follow it.

There are so many facts I can share with you, but nothing matters without a commitment from you. It's your life, it's your search and that's why this is your own call to action, *your affirmation of health.*

Expect it to get better, because it can and it will as long as you stop climbing down the ladder of health and wellness and start looking up.

There is miraculous power in claiming personal responsibility for your own health, how you feel, what you think and who you are.

It has been said before many times and it rings true today in regards to your health and wellness, *"The truth will set you free!"*

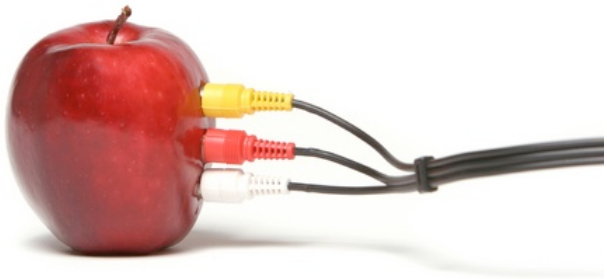
> *"There are two ways to live:*
> *you can live as if nothing is a miracle;*
> *you can live as if everything is a miracle."*
> — Albert Einstein

This single principle can set you free:

Your Food Is Your Best Medicine.

- Simple proven dietary changes can get people off medications
- Diabetes type 1 can be prevented through infant diet
- Kidney and gallstones can be prevented by diet
- Age related illnesses could be averted through diet
- Prostate cancer can easily be avoided through diet
- Cardiovascular disease can be reverse by diet alone
- Type 2 diabetes can be reverse with diet and exercise

Our hidden connection with food is the most effective weapon against degenerative diseases. Our society is riddled with incomplete and incorrect information being propagated through the media. There is a new science that is pounding at our door that will insist we change the way we understand the meaning of health and wellness.



This new science of biology isn't an invention in the ordinary sense, rather it is the renaissance of ancient wisdom, lost over the course of time. This is why real discovery doesn't demand a new world, but only a new perspective.

> *"Every truth passes through three stages before it is accepted.*
>
> 1. *In the first it is ridiculed,*
> 2. *In the second it is opposed,*
> 3. *In the third, it is regarded as self-evident."*
>
> — Arthur Schopenauer
> 19th Century Philosopher

Presently we have entered the 3rd stage, but there are always those appointed too defend the past.

It's time we said good riddance to the Chemical Dark ages.

FDA Cover Ups, Drugs & Big Pharma Scams

By: Martin Jacobse

Big Brother Pharma… For the Love of Money

George Orwell's classic novel 1984, described a totalitarian society in which the *Party's* supreme ruler was called *Big Brother*. Today, in 2009, we call it *Big Pharma*. Some of you may agree and some of you may not, but the fact is for the first time in history, that I know of, instead of science ruling policy . . . *policy is now ruling science.*

Today the supreme ruler over our current Party politics is Big Pharma.

That's how big corporations and government are taking our freedoms and privacy away from us all. What's more is they're slowly taking control of the education and even affecting the moral fabric of our youth.

Remember, "*It takes a whole village to raise a child.*"

It seems every time I turn around I hear or see another advertisement about the "latest" drug for the "latest" disease. It just so happens that most of these "new" diseases aren't even diseases at all. The latest example is that smoking cigarettes is now a *medical condition.*

I have to point out an interesting marketing strategy here. Do you know that according to the latest policy initiated by Big Pharma, enforced by the FDA and FTC, is that ONLY "drugs" can *prevent, treat* or *cure* a medical condition?

This implies that if anyone sells a *natural product* that claims to help a "medical condition," they can be arrested and fined. This is a new kind of policy that protects the interests of Big Pharma and threatens the foundation of all people's civil rights. Even if the "natural product" is clinically proven, only Big Pharma can claim to prevent, treat, or cure . . . not God, not nutrients and certainly not Mama Nature, *only drugs*.

That's the policy of the brave new world order.

This type of policy making would make our founding fathers declare war if they were here today. This is a blatant attempt to monopolize a

free marketplace in America and control the health and welfare of everyone.

Medical drugs are being designed everyday in a mad attempt to eliminate any natural means of *preventing, treating* and *curing* novel medical conditions. There's is no doubt at this stage of the marketing game, that Big Pharma is designing novel diseases faster than they can design new drugs to market.

The implication of such medical totalitarianism not only attacks our free economy, but it also chokes off any civil freedom you thought you had left.

> "*In health there is freedom. Health is the first of all liberties.*"
> — Henri Frédéric Amiel

If Big Pharma gets its way, every person in America, or the world, will become a customer, *whether we want to or not.*

The truth is every pharmaceutical in an attempt to imitate an attribute which already exists in nature. The science is out, the evidence is clear . . . proper diet and lifestyle changes can prevent, treat and cure at least 97% of the diseases that plague us. *Disease is NOT a drug deficiency!*

Big Pharma's biggest stumbling block is your freedom to choose.

Big Pharma has secretly declared a war on Mama Nature. This is call for the awakening of intelligence, what I refer to as the Self-Health Revolution.

> "*He who knows others is learned, he who knows himself is wise.*"
> — Lao Tse

If you fall for the corporate advertising campaigns, fancy jargon and white-coat-propaganda, you will become just another slave of blind consumerism and they win another battle.

It is of the utmost importance that you "*Educate your mind before you medicate your body.*" Never surrender your right to exercise your own wisdom when it comes to your health. As Hypocrites said thousands of years ago, "*Let food be your medicine.*"

Currently we live in a world where drug manufacturers are allowed to literally conjure up *medical conditions* without any clinical evidence supporting their existence. *ADHD, social anxiety and even schizophrenia are a few examples.*

> *"It is no measure of health to be well adjusted to a profoundly sick society."*
> — J. Krishnamurti

Whenever Big Pharma is launching a "new" drug, they calculate four things:

A) *Profit from the drug*
B) *Lawsuit payouts*
C) *A minus B*

And if C equals more than B the drug is NOT recalled, it stays on the market.

Let's play "Follow the money."

Big Pharma is Washington's largest and most aggressive lobbyist. According to the Center for Public Integrity, in 2008 Big Pharma spent $189 million campaigning the media, FDA and politicians. That's 300% more than they spent lobbying a decade ago.

About half of that money *($6.8/$14.4 million)* went to the committees assigned to regulate the pharmaceutical industry. *Here are three of them:*

- Senate Committee on Health, Education and Labor
- Committee on Energy and Commerce
- House Committee on Ways and Means

Fact: According to the FDA's own report, more than 100,000 people die from properly prescribed drugs each year, just in the U.S. In 2007 the FDA issued 68 "Black Box" warnings. That's 10 more than 2006 and 47 more than back in 2003.

According to a U.S. Government report released Jan. the 15th, American's spent $2.2 trillion on healthcare in 2007. That's comes to about $7,400 per person. This represented more than 16% of spending for the U.S, gross domestic product.

In 2007, retail prescription drug spending increased 4.9% to $227.5 billion. This was slightly lower than the 8.6% growth in 2006. It is speculated this dip is due to *public safety*

concerns and that more people are buying the more affordable *generic versions*.

Yet the U.S. is still way ahead of any other country on health spending because, frankly, *our overall health is horrible*. Word is cancer will pass heart disease as "*the most prevalent disease"* this year. Fact is we are NOT reducing incidence of heart disease, but there definitely is a rising incidence of cancer in America . . . *in spite of all the drugs we consume*.

Want to talk about bail outs? While we are throwing away several hundreds of billions dollars of good dollars out to bad dollars, bailing out greedy Wall Street gambling debts from *derivatives,* saving careless Banker's *assets* and floating bad business managers more *fiat cash* . . . we could have bailed out America's failing medical system for "*about two tenths of one percent*" of the nearly *one thousand billion dollars* being given out.

Seems to me the only reason we didn't is because America's health dilemma is the *sacred cash cow* for Big Pharma and its benefactors. Instead of bailing out dysfunctional corporations, why not simply reinvest sound science into the health, education and wellness of America?

Take that same money to promote nutritional awareness, organic farming and life style modification programs. By eliminating "*nutritional illiteracy*" we would bail America out of the trillions of dollars wasted on *unnecessary surgeries, hospitalizations* and *deaths* due to *pharmaceutical side effects*.

Rather than edifying a healthy society, current policy keeps on wasting *absurd* amounts of cash speeding up the drug approval process, all the while ignoring measures to correct the lack of safety and efficacy management.

Ask yourself what kind of political system would deter the entry of lower cost generic drugs into the market, while increasing direct-to-consumer drug advertising and encourage performing drug testing on children???

You tell me, how in the world did making the FDA dependent on the drug companies it regulates for its own budgetary resources, ever get approved!!?

Here's an example of two Acts Big Pharma successfully lobbied for:

1) The Prescription Drug User Fee Act
2) The Best Pharmaceuticals for Children Act

Both were extended by The FDA Amendment Act of 1992, which was originally passed to speed the approval of new HIV/AIDs drugs. Lobbying for insurance companies to fund more *psyche drugs* for children ensures Big Pharma a future customer base as well. It bothers me that they're preying on children with harmful psychological drugs for a condition (ADHD) that still has zero clinical data as a disease after 25 years of research.

The *User Fee Act* allows the FDA to accept money from the pharmaceutical industry to hire chemists and researchers to help speed up the drug approval process. Isn't the Government supposed to be funded solely by taxpayers money? *I guess financial double-dipping is kosher these days too.*

In 1993 it took an average of 27 months to approve a drug for market, *today it takes about 12-14 months.*

Do you think we're sacrificing safety here?

Does anyone remember Vioxx, the anti-inflammatory drug that caused at least 28,000 heart attacks? While Merck and Pfizer still deny their drugs Vioxx and Bextra didn't poison or kill anyone, they still settled over the death and injuries of tens of thousands of people.

Then there's GlaxoSmithKline's diabetes drug Avandia, banned after release because of a discovered *new* side effect known as *liver failure*. In fact Avandia was also accused of having a lack of evidence of having "any significant benefit" over other existing diabetes drugs.

The petition to immediately ban Avandia also states other serious side effects such as:

- Myocardial Ischemia or infarction (*the approximate increase in the risk of heart attacks is 40%*)
- Congestive Heart Failure (*the estimated increased risk here is approximately 200%*)

Hmmm . . . sounds like the testing is being done *on* the American public "after" the drug's speedy approval process, *doesn't it?* Otherwise why else would the same type of drug called Celebrex still be on the market after settling lawsuits for damages against its side effects?

The more you learn, the more absurdly obvious it all becomes. It is easy to imagine why Big Pharma would lobby to *speed up* the drug approval process, invest in aggressive advertising campaigns and bribe universities, doctors and senators. But the real question is why do "we" keep letting them get away with it *. . . it's like giving them a license to kill with pills.*

Keep in mind last year the FDA added "Black Labels" to 68 existing drug products. That means there are at least 68 drugs out there harming people in the name of treating symptoms of disease.

Plus most of these diseases like diabetes, heart disease and cancer can be prevented and cured with food and exercise. So why the hurry on new drug approvals, could it really be all about the money?

Vioxx is only one example of what happens when we accept newly approved, heavily advertised prescription medications into the marketplace, *people die*.

It is no longer a secret that doctors subscribe to biased drug trials. In fact 25% of the trials submitted to the FDA remain unpublished for as long as five years. Anything published in medical journals or peer reviews are generally slanted to appeal to medical professionals.

There are many discrepancies between what drug trials have been submitted and what becomes published. If it makes Big Pharma look better why not leave out information, or even make an additional comment, change a statistic or slight overall trial outcomes and conclusion?

That's what a research team at the University of California, San Francisco discovered (Lisa Bero, et al.). After reviewing the publication status of a 164 product trials for 33 new drug applications for 2001 and 2002.

To further my point, there are still Over-The-Counter drugs and prescriptive drugs on the market that are doing more harm than good. Did you know more than a thousand people a year in the U.S. wind up at the hospital with *Tylenol poisoning?* Tylenol deteriorates the liver and is known to cause glutathione depletion.

Glutathione is essential for energy production inside your cells mitochondria.

Did you read the study done by scientists at Brigham and Women's Hospital in Boston concerning *Ibuprofen?* No you probably didn't, because it was published in the journal Arthritis Care and Research. This was a comprehensive study that identified 76,000 new users of COX-2 inhibitors, like Vioxx, Celebrex and others.

In conclusion they found that Vioxx users had 9.4%, more serious heart events per 100 people per year, and Ibuprofen users experienced 11.4% more of such events, compared to non-users. *So why is Ibuprofen still on the market?*

Ta-chinga! You got it . . . love of money!

All I can say is don't just take my word for it, be your own authority and look into these things yourself . . . *you'll be glad you did.*

Bottom line, if we don't pay attention today we won't be able to afford to pay the cost tomorrow.

In closing . . . if in your *demagogic stare* into your *digitized television* this coming year you begin to hear a kind *Orwellian voice* telling you, "*War is peace, freedom is slavery and ignorance is strength*," and you read in the news that your local health food store owner was arrested by the FDA/FTC for selling natural cures . . . *then you will know why the price of your sleeping pills cost so much.*

Healthy Recipes & Eating Ideas

By: David Randall

Fennel Flavor

I believe that as we get older, we tend to get stuck in our ways, especially when it comes to what we eat. We loose what is truly good about food, the diversity and creativity that food can bring to our tables and our bodies.

Let me guess. Your family has dinner nights such as, Tuesday - Taco Night, or Spaghetti on Wednesday. You have 3 cookbooks in your kitchen with only a few recipes ear marked. When you go shopping you end up buying the same items: onions, potatoes, carrots, celery, a few pieces of fruit and maybe some winter squash.

Am I correct so far?

If I am correct, then let me introduce you to another versatile produce item: Fennel. Fennel is one of the most versatile plants available; every bit of the plant can be used including roots, stalk, leaves and seeds.

Even if you have never used fennel in you own cooking, chances are that you have eaten its leaves in a salad, or eaten a roast seasoned with its spice. Fennel is used in everything from breads, sauces, cakes to liqueurs. Fennels versatility allows for endless possibilities.

Health Benefits of Fennel

Digestive Aid:

Fennel is most popular as an anti-flatulent and digestive aid, due to the carminative properties of Aspartic acid found in fennel. Its extract can be used in infants and adults, to cure flatulence and to expel gases from the stomach. Fennel seeds, particularly in powdered form, can be used as a laxative. The roughage helps clear out

the bowels whereas the stimulating effect helps maintain the proper spasms of the smooth muscles. The Anetol and Cineole found in Fennel help cure diarrhea. Some amino acids such as Histidine aid digestion and proper functioning of the digestive system.

Anemia:

Iron and Histidine, an amino acid found in fennel, are helpful in treating anemia. Where iron is chief constituent of haemoglobin, Histidine stimulates production of haemoglobin and also helps forming other components of blood.

Acid Reflux and Indigestion:

Chewing fennel seeds after meals helps to facilitate digestion and to keep bad breath away. Some of the components of the essential oils in fennel are stimulants and encourage secretion of digestive and gastric juices, reduce inflammation of stomach and intestines and facilitates proper absorption of nutrients from the food. It also has anti-acidic or basic properties and is used in antacid preparations.

Colic:

Polymeric and heavy molecules are useful in the treatment of Renal Colic. Such polymers, also called Phytoestrogens, are found in Anethole, a component of the essential oils in fennel.

Respiratory Disorders:

Fennel, when used in tea, is useful in respiratory disorders such congestion, bronchitis, cough, etc. due to presence of Cineole and Anetol which are expectorant in nature.

Menstrual Disorders:

Fennel is also an Emenagogue, i.e. it eases and regulates menstruation by regulating hormonal action properly in the body.

Eye Care:

Using fennel in food helps protect eyes from inflammation, disorders related to aging and macular degeneration. This is due to presence of anti-oxidants (vitamin-C, amino acid like Arginine), detoxifiers and stimulants in it, more specifically in its essential oils, and minerals like cobalt and magnesium. The juice of fennel leaves and the plant can be externally applied on the eyes to reduce irritation and fatigue of eyes. Teas made from fennel seeds can also be used as eyewash.

Diuretic:

Components found in fennel can increases amount and frequency of urination, thereby helping removal of toxic substances from the body and helping in rheumatism, swelling and inflammation.

Breast Feeding:

Fennel also increases production and secretion of milk in lactating. It is recommended that nursing mothers chew the seeds.

Other Benefits:

Fennel can also help strengthen hair, sharpen memory, and relax the body. It also acts as a natural pain reliever, fever reducer, and anti-inflammatory. Using it as a mouth freshener after meals can also use it to treat halitosis. It is even believed to expel worms and parasites. It can even be used as an antidepressant.

Healthy Recipe: Grilled Salmon and Fennel Salad

Grilled Salmon

Ingredients:

- 4 - 2 ½ oz salmon steaks
- 2 Tablespoon olive oil
- 2 Tablespoons lemon juice
- 1 large fennel bulb sliced into medium sizes, save 1 Tablespoon chopped green tops to use for garnish
- ½ Teaspoon dillweed
- ½ Teaspoon parsley
- ½ Teaspoon pepper
- Salt to taste

Preparation:

1. Coat salmon with 1 Tablespoon olive oil and brush with lemon juice.
2. Season steaks with dillweed, parsley and pepper. Set salmon in refrigerator.
3. Preheat grill to medium heat.
4. Brush fennel slices with remaining olive oil.
5. Remove Salmon from refrigerator and grill, flesh sides down, for 4 minutes. Turn fillets over and grill until just cooked through, 4 to 6 minutes more. Cook fennel at same time for 8 to 16 minutes, turning a few times, until just tender. Do not overcook fennel, or it will lose its flavor.
6. Season salmon with salt.
7. Serve salmon over grilled fennel and garnish with chopped fennel tops.
8. Serve with a fresh fennel salad (see below).

Nutritional Facts: (per serving)
Serving Size: 1 steak

Calories: 100, Total Fat: 3 g, Sodium: 50mg, Dietary Fiber: 0 g, Carbohydrates: 1 g, Protein 14g.

Fennel Salad

Ingredients:

- 2 hearts of romaine, torn or rough cut
- 1 large bulb of fennel, trimmed of fronds and tops
- 1/4 red onion, peeled and thinly sliced
- Several sprigs flat-leaf parsley
- 2-3 Tablespoons balsamic vinegar
- 3-4 Tablespoons extra-virgin olive oil
- Coarse salt and black pepper
- Asiago or Parmigiano Reggiano, shaved

Preparation:

1. Place chopped or torn romaine in a large salad bowl.
2. Thinly slice fennel and add to salad bowl.
3. Add parsley sprigs and red onion.
4. Drizzle the salad with balsamic vinegar and extra-virgin olive oil
5. Toss salad lightly to coat
6. Season with salt and pepper, to taste, and top salads with Asiago or Parmigiano cheese to garnish.
7. Serve with Grilled Salmon

Living Healthy to 120:

Is Your Mind 'Aging' Your Body?

By: David Kekich

What is your first reaction to a crisis?

Let's say you get diagnosed with a serious illness. First your heart skips a beat and then thunders like a jackhammer. Maybe you break out in a cold sweat. Then when reality sets in, do you retreat? Do you roll up in a fetal position, pull the covers over your head and hope your problems disappear? Do you tend to sleep more, head for the liquor cabinet or pray harder than you had in years?

How about when you life's savings gets wiped out overnight due to mismanagement, theft, the economy or just by hard luck?

Or what do you do when the economy slows down, and your customers' orders slow to a trickle, or you get laid off?

What about when all the real estate equity you built over the years vanishes overnight?

Time to retreat, right? Batten down the hatches. Cut expenses. Downsize. Deprive yourself until things get better. That's what most people do, and that's one reason the press tells you our economy sucks.

What if there was a better way to handle crises? Well there is. In fact there are two. The first is offered up by Dr. Pete. The second by yours truly.

Dr. Pete is a fascinating guy and a successful student of life. He was very sickly as a child, way sicker than most people could tolerate. But his illnesses motivated him to set lofty goals. He decided to win an Olympic gold metal, to become an officer in the Marine Corps and to become a physician. He was well on his way to a shot at the gold when his aching back tripped him up. So he joined the Marines and later became a successful physician.

The Marines taught him one of life's great lessons. They taught him how to survive an ambush.

Capt. Pete survived six ambushes in fact. He realized he survived them the same way he survived his childhood injuries and the same way he's surviving today's economic climate. When you're ambushed, the Marines teach you to head for an escape route. But what is there is none? What do you do when the enemy closes

off all escape? Then you make yourself as small a target as possible, right? Wrong!

If you want to escape, to survive, you do the counter-intuitive. You do the unexpected. You expand... and attack. But don't just sort of expand. Expand with decisiveness, purpose, order and with a plan.

Play offense instead of defense. Overcome your fear and take the fight to the enemy. Dr. Pete and most of the company he commanded live today because of that one critical lesson.

Have you noticed that when people are filled with fear, they tend to withdraw? They stop communicating. If they do communicate, it's usually to complain about how bad things are. When you're down, be a beacon of optimism. Take charge of your situation. Every cell in your body will react and rally you to your recovery.

Can you force yourself to expand, when every fiber of your existence wants to do what everyone else is doing; succumbing and contracting to fear? Yes, you can!

I have another way to not only survive, but to prosper as well. It's your surest path to sound health and longevity. In a word, it's "prevention". Expand now, and avoid your ambushes. Head off disease and illness by taking precautionary measures now and forever.

It's a well-known fact that people will go to the ends of the earth searching for cures but will ignore preventative measures. Terminal diseases and what is happening now are concretes. The threat of disease and the future are abstracts. So we live for the moment while internal time bombs tick away. Sooner or later, one catches up with you. And more often than not, it's too late. If you catch it early enough and/or expand and attack, you have a chance to beat it back. But not all of Capt. Pete's soldiers got out alive.

Will tomorrow's technologies obsolete death from aging and other diseases? I'm certain of it. Will we all live to see the day? Unfortunately, no. And most of those who miss the extreme longevity boat will miss it because of inattention to prevention. Some will make it because they will expand when their crisis catches up with them. But with so much at stake, why roll the dice?

Play to win, not to not lose. Expand right now, before it's too late.

Now getting back to reacting to a health crisis. I'm afraid I have some terrible news for you. You have a terminal disease that no one has ever survived. You were born with it, and you too will die from it – unless you improve your odds by expanding and by preventing. It's called aging. Instead of complaining about it, or even joking about it, for the first time in history, you can actually do something about it. One contribution many of us can make is supporting the research that will conquer the effects of aging while you are still alive.

The other is simply taking a proactive approach to your health to keep yourself alive until emerging medical miracles will give you a new lease on life.

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!

By: Nordine Zouareg

Toning Muscles Along With Balanced Nutrition Leads to Better Body Image

We have all been on a diet before and many of us have been off and on diets for quite some time, in fact people start a diet knowing they will go off it. However, many chose to change their eating habits alone and with no toning exercise involved. What happen in that case? The answer is a whole lot of shaky skin, flabby muscles, and cellulite that really does not reflect all the hard work that was put into losing weight in the first place.

Everyone knows the commitment one has to make to losing weight. So, while you are making a lifestyle change with your diet you might as well include an effective strength training program as well.

Working Out

Working out is important when you start new and balanced eating habit because as you lose weight you will want to improve your appearance with tighter skin and stronger muscles. This will make you look and feel much better because not only you will be thinner, but also more toned. The benefit of starting an exercise program as you begin your new lifestyle of healthy eating is that can tone as you lose. This will keep you motivated since your weight loss will appear even more dramatic because you will have a toned body.

Another benefit of working out as you begin your new lifestyle is that you can lose weight faster. This is because as you build muscle, you will burn more energy and therefore speed-up your metabolism. This results in more weight loss over the long term. Many people are confused about muscle because it weighs more than fat and therefore making their weight go up or stay the same. THE actual number on the scale is not important. Fitting in new clothes and feeling better will give you a more accurate idea about your fat loss.

Body Image: Lose FAT Not Muscles

Your overall body image, or the way you feel about yourself, will improve dramatically as you firm up and tone up. Certainly, if you have lost 20 pounds you will feel pretty good about yourself. But, how do you feel about yourself when you see your body in the mirror? Maybe not as good as you had hoped. That's because your skin is loose, your muscles aren't toned, and you don't have the body you had dreamed of even if you achieved the weight you wanted. Working out and toning up is the only way to achieve that smooth skin and tight muscles you dream of.

Many people diet and then find out that they still have not achieved their goal image even upon losing the weight and then are discouraged when they have to start an exercise program. Avoid this situation all together and include a healthy diet and workout plan in your new lifestyle.

You will lose weight and tone up simultaneously giving you the body you had hoped for. And remember that losing weight does not necessarily means losing fat. Unavoidably, dieting without exercising can lead to muscle loss and decreased overall metabolism, making it worst for you to look and feel better.

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*. For more information, visit: www.EcorporateWellness.com

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

3 Energy Sources & Restless Leg Syndrome Treatment

Dear Dr. Scott,

I lead a very busy life, and I can't help doing so. Recently I've been feeling very tired and depressed. I try to eat healthily in order to fuel my busy life-style, but that isn't really working. I have tried vitamins but they don't really work. I live in a polluted area, so perhaps that's not making things any better. Are there any natural ways in which I can boost my energy, please? Thank you! ~ Stephanie C. Camilleri

Answer:

Don't get pulled-in by all the hype about taking a magic pill for energy. Coffee has been around for thousands of years, as well as cocaine and other substances. If they were really helpful then nobody would have energy problems.

Energy comes from three sources:
1) your ability to use your muscles,
2) the foods you eat, and
3) your emotional/mental state.

1) With energy, the more you use, the more you have. If you exercise regularly and actively, you increase the ability of your muscles to use energy.

Being very "busy" doesn't deplete energy supply; rather it is a distraction that prevents us from getting the necessary exercise for our muscles to function effectively.

2) With the intake of energy it's just the opposite -- the more you take in, the less you have. Again, it's about efficiency. Your body will adapt to the conditions you place on it. If there is too much energy (measured in Calories) you will store it and not use it. The storage of energy changes the hormone system, decreasing one called "Adiponectin," for example, that helps you to use energy more efficiently. Fasting is good for the energy level

by releasing hormones from the empty stomach that allow you to be more efficient.

3) Stress, depression, anxiety, anger, fear, and all the negative emotions change the way the cells in the brain talk to each other and decrease our ability to use energy. Being optimistic, having goals towards which you are striving with anticipation, finding joy in the little things you see, feel and do every day are essential to increasing energy. We can actually change the neurotransmitters in our own brain by a thought. Try it now. Smile.

Now, try to think a negative thought and feel depressed. They aren't compatible.

~ Dr. Scott Saunders, MD

Dear Dr. Scott,

Is there a natural "medication" for the treatment of Restless Legs Syndrome?? I have tried 8 to 10 all of which claimed to be a cure and none of them provided any relief. Thank you for your response. ~ Rex Weller

Answer:

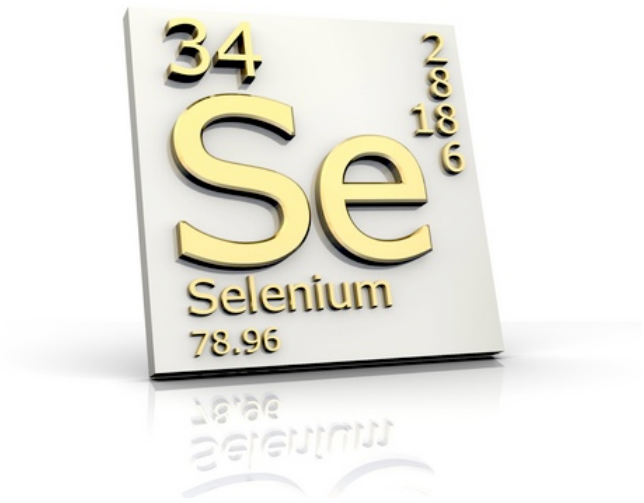
Unfortunately, you didn't tell me what you already tried. I hope I can help with something you haven't yet tried.

RLS is not a disease; it's a syndrome, which is a collection of symptoms. There may be many reasons for having these symptoms so there could be many treatments. Mostly it seems to be related to a problem with the dopamine in the brain. The prescription medications are all dopamine agonists (they act like dopamine) or are precursors that are made into dopamine. The problem with these is that they tend to cause worsening of the underlying problem even as they improve the symptoms.

Because of the tendency for the dopamine related treatments to worsen the problem, I prefer to use another method. There is an antioxidant in the brain called glutathione (Actually, it's all over the body, but also in the brain.) that protects the area where dopamine is made.

When this compound is depleted RLS and/or Parkinson's Disease can result. Glutathione taken orally doesn't significantly increase its availability, so the best way is to get it intravenously or to take precursors orally. IV glutathione can work wonders in a short period of time. The precursors are:

- N-acetyl cysteine
- **Selenium**



- Alpha lipoic acid (and I usually add Milk Thistle to aid in glutathione production in the liver)

Other possibilities include:

- NADH
- CoQ10
- Tyrosine (the amino acid that is made into dopamine which should be used concurrently with glutathione)
- Vitamin C (repletes the glutathione) in very large doses (1 tablespoon of the ascorbic acid powder three times per day, or until you get diarrhea, then back off a little.)

Exercise is a very important part of this. Though the problem doesn't originate in the muscles, building the muscles changes the neurotransmitters and enzymes enough to be helpful.

Don't forget that long-term stress increases the adrenal output, which changes the dopamine in the brain. It's therefore important to reduce stress.

~ 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:

Dry Winter Skin Relief

Dear Grandma,

My hands have become so dry this winter and I was wondering what you do for dry skin. I have tried some of the lotions from the local drugstore, but didn't really find much relief. Do you have any ideas or remedies? Thanks. ~ From Gracie in Minnesota

Dear Gracie,

Thank you for sending in your question, Gracie. I, too, live in Minnesota and know how dry our houses become in the winter with our furnaces running the heat. That alone is a big part of the problem: the air in your home is probably too dry. Some folks like to run a humidifier, which I think is fine as long as they keep it really clean, but most people neglect the maintenance that is required and end up sick from bacteria and mold created by a contaminated humidifier. And if you know me, I usually have a simmering pot of soup going on the back burner all day that keeps the air delightfully fragrant and humidified.

I would also suggest taking a fish oil supplement and drinking lots of water to replace all that you are losing.

Another thing that I do, and I know this will seem a little weird, is use coconut oil, butter or animal fat to moisturize my hands.

I love the smell of coconut oil, plus I really don't like applying anything on my skin that I couldn't potentially eat. Everything that you put on your skin gets absorbed into your body, so I would stay away from any drugstore product that contains synthetic chemicals. Avoid products that contain: sodium laurel or laureth sulfate, which break down the skin's moisture barrier, promote the absorption of other chemicals and are potentially carcinogenic. Other harmful chemicals to watch out for are paraben, propylene glycol and mineral oil. Follow this general rule: If you can't pronounce it, it is probably not good for you.

Back in the days when I was a kid, it was common for folks to take a bath only once a week, usually on Saturday night. Not that I am

suggesting this practice again, but you can't scrub off all the natural oils on your skin everyday and expect it not to be dry. Here again, when you do bathe or shower, don't use any synthetic soap or shower gels and avoid antibacterial soaps of all kinds. For everyday washing, I would suggest using mild natural goat milk soap that you could find in the store. I also make my own soap sometimes. It is rewarding work, fun to create and gives you plenty to share with friends. Here is a simple recipe I use:

Homemade Soap*

Items Needed:

- A small plastic dishpan, about 10" x 12"
- A glass or enamel 2-quart saucepan
- 1 can of lye (sodium hydroxide), 12 ounces
- 3 pounds of lard (BHT and BHA are ok here), at room temperature
- Plastic gloves
- Water

Instructions:

1) Pour 3 cups of very cold water (refrigerate water overnight first) into the 2-quart saucepan.

2) Slowly and carefully add the lye, a little bit at a time, stirring with a wooden or plastic utensil. (Use plastic gloves for this; test them for holes first.) Do not breathe the vapor or lean over the container or have children nearby. Above all use no metal. The mixture will get very hot. In olden days, a sassafras branch was used to stir, imparting a fragrance and insect deterrent for mosquitos, lice, fleas, ticks.

3) Let cool at least one hour in a safe place. Meanwhile, the unwrapped lard should be warming up to room temperature in the plastic dishpan.

4) Slowly and carefully, pour the lye solution into the dishpan with the lard. The lard will melt. Mix thoroughly, at least 15 minutes, until it looks like thick pudding.

5) Let it set until the next morning; then cut it into bars. It will get harder after a few days. Then package.

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

Love,
Grandma

*Recipe adapted from www.ModernWife.com

Product Recommendation: Chlorella

7 Good Reasons to Take Chlorella

Chlorella is a green food that works to detoxify your body from unwanted toxins. Rich in chlorophyll from algae, chlorella is a cleansing agent that eliminates toxins from your liver and bowel, as well as promote clean blood.

This natural whole green food-based supplement is full of promise to:

1. Aid you in processing more oxygen.
2. Help removed potentially toxic metals from your body.
3. Boost your immune system.
4. Help you digest your food more efficiently.
5. Eliminate bad breath and help freshen your breath at the same time.
6. Energize and reinvigorate your body.
7. Promotes growth and repair of your tissues.

It's time to Go Green! What better way than to trust an all-natural, highly reputable, quality controlled and safe product like Chlorella that will bring your world back into order through the proper elimination channels and clean your blood! Chlorella works to remove the toxins from your stool and detox your intestines from harmful build up of waste.

Barton Publishing recommends Mercola's Chlorella – safe from the pristine waters of Japan and manufactured with the highest quality of standards. This supplement has been proven to detoxify your body and energize your health. Order today!

Find It Here:

www.HomeCuresThatWork.com/Chlorella

Barton Publishing's Free Report of the Month

Arthritis Remedy Report

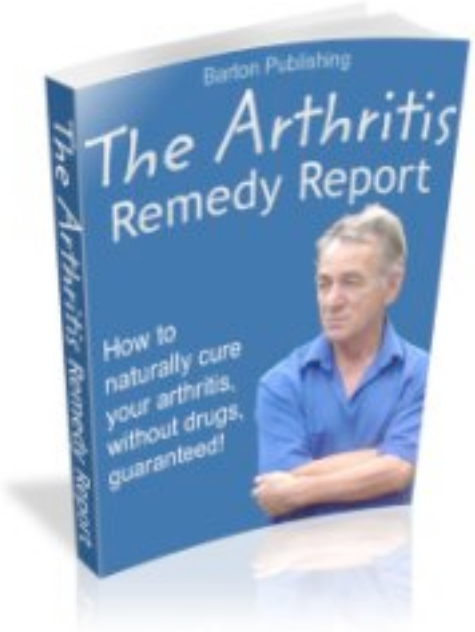
Barton Publishing is proud to offer a FREE Remedy Report every month to our newsletter subscribers. Having signed up for HomeCuresThatWork.com, you probably have already experienced success with one of our Remedy Reports. Please take advantage of our free offer every month to expand and ensure your health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

In this month's FREE report, you'll learn the Arthritis Basics:

- Why does arthritis occur?
- What is the difference between Osteoarthritis and Rheumatoid Arthritis?
- Why you should NEVER neglect nutrition!
- What your body needs to be healthy.
- An arthritis dugs overview and their harsh side effects.
- An explanation of various natural treatments for arthritis and the science behind them.
- How to prevent future occurrences of arthritis.

If you are prepared to change your life by taking these positive steps toward better health, you are assuring yourself of an improved chance to become arthritis free for life.

Get Arthritis-Free TODAY
and download your
Complimentary Copy of
The Arthritis Remedy Report Here:
www-Arthritis.com



"Hey Joe", This Worked For Me!

- Reader Input –

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

"In June of 2005 I was diagnosed with Esophageal Cancer. I have been through 3 bouts of Chemo and Radiation plus they took out the bottom 3rd of my Esophagus and top portion of my stomach to remove a tumor. Since then because of the way my stomach is rewired I throw up 5 to 7 times a day due to the acid. I have to sleep in a chair and am no longer able to lie down in my bed. At Christmas time I went to visit my daughter. She got up at 5:00 in the morning to the sound of my throwing up and said she wasn't going to let me suffer through this anymore, "There has got to be something out there that can help you, Dad." she said. And that is when she found your website. I have taken everything the Doctors have given me - nothing gave me any relief until I tried the Acid Reflux secret remedy. Even though it hasn't taken it all away- it has been great not throwing up like I was. To be honest I was beginning to wonder why it was I went through the surgery if I was going to live my life like this everyday. I want to thank you for helping me get some quality of life back."

~ Donald M.

www.RefluxRemedy.com

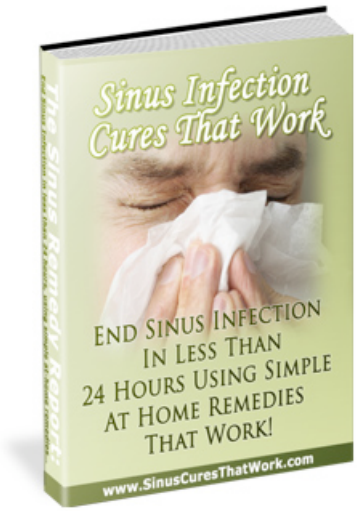
"Hurray! No more stones! Your Kidney Stone removal report worked great, but I did not use the 6-pack of Coke and asparagus you recommended as your number choice. I was nauseated due to the extreme pain of the stones and drinking a 6 pack of Coke over two hours was not possible. However, I tried the celery tea recipe that you mentioned in the report and that worked like a charm. It was much easier to do and very simple. The celery tea softened the stones and broke them up so that they passed easily through the urinary canal. I would recommend this procedure to anyone with kidney stones. I had my stones tested at the hospital lab and they were protein based. My health has always been excellent and I have never been an inpatient in a hospital.

This Joe Barton kidney report was the first thing I tried. No other products or medications were used other than pain killers. The doctor had sent me home to pass the kidney stones on my own. He was no help in that regard.

The kidney stone report was easy to order, download, and understand. I would recommend the Joe Barton kidney report to anyone with kidney stones. At least he gives you several options to try."
~ Dave Eby

www.GetRidOfKidneyStones.com

Barton Publishing does it again! I struggle with Sinus problems every year and end up relying on medications. I can't stand it. This report gives me just what I'm looking for - natural remedies - from a trusted source who delivers again and again.
~ Rory



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.

www.SinusCuresThatWork.com

Have a story that you would like to share?

Your story may be featured in next months issue!

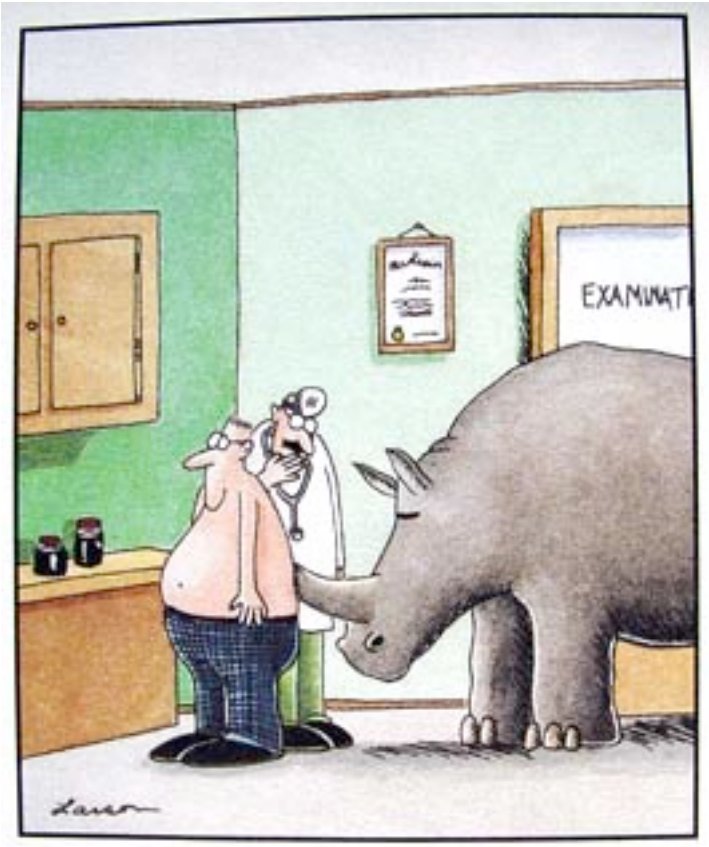
Please share it with us!

CLICK HERE

Or visit:

www.HomeCuresThatWork.com/Email/WhatWorks.php

Joke of the Month



"Wait a minute here, Mr. Crumbley. ... Maybe it isn't kidney stones after all."

Sneak Peak into Next Months Issue

Martin Jacobse Uncorked: Latest Cures & Remedies of the Month	Martin Jacbose continues his monthly headline, "Food Is your Best Medicine" and discusses The Disease of Affluence.
FDA Covers Ups, Drugs & Big Pharma Scams	Next month we will be covering the contradictions, hypocrisies and politics of psycho-pharmacy and the dangers of using drugs for emotional issues.
Healthy Recipes & Eating Ideas	Flax Seed is mother nature's choice for a healthy, affordable and beneficial addition to your diet. Recipe in next month's Home Cures That Work eNewsletter: Apple Flax Pancakes!
Living Healthy to 120: Anti-Aging Breakthroughs	Bounce back from setbacks and stay happy with Dr. Kekich's next article. It'll save your life!
Weight Control, Fitness & Exercise Tips	7 Fat-Loss and Fitness Myths Exposed – Turn Lies into Truth that can help generate a new you.
Ask-An-MD: Q & A with a Natural Medical Doctor	There are Two Halves in the Diabetes Cure. Read next month to find out what they are. Dr. Saunders also balances the Omega fatty acid intake for MS sufferers.
Grandma's Cures: Old & Proven Remedies that Work	All you wanted to know about ingrown toenails!
Product Recommendations: Best Natural Products on the Market	The Cocoa Casava Bar – an Energy Bar to help you loose weight, balanced with protein, fats and fiber to promote optimal health. Tastes good, too!
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 UTI continue next month. Don't miss these moving testimonials! Share your success here: www.HomeCuresThatWork.com/Email/WhatWorks.php

Home Cures That Work Monthly Quiz

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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