# HCTW Home Cures That Work

Volume 1: Issue 3



Grandma's Corner: Garden Tip: Mulch!




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# Home Cures That Work

Volume 1: Issue 3

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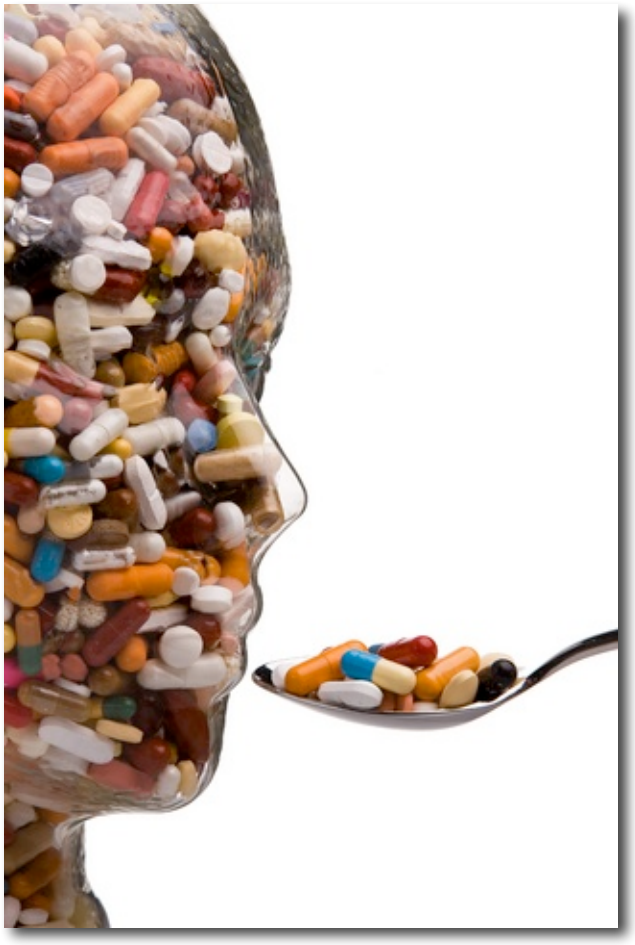
# Martin Jacobse Uncorked: The 7 Rungs of the Health & Wellness Ladder

## Reversing The Disease of Affluence

We are at a very interesting crossroads in history. Our up-to-date scientists, physicians and health practitioners have a legendary opportunity to revolutionize our health care system.

We now know how to prevent and cure disease by simply recognizing food and exercise is the best medicine. Contrary to what the FDA* would have you believe, food is NOT a drug, but it is *medicine*, which, according to Webster's dictionary is something that effects "*well being*."

**According to the Food and Drug Administration, as a mad attempt to protect their pharmaceutical funding, only a "drug" can prevent, treat or cure anything. Of course, any one in their right mind knows this is a blatant lie and a violent attempt to monopolize the marketplace.*



Frankly, the consensus that a "moderate" diet and lifestyle is all you need is more than misleading. *It is flat out incorrect.* The national Cholesterol Education Program, the American Heart Association and other westernized organizations would like you to believe "moderation" is the key. But, they also advocate using a regimen of *drugs* along with it to boot. This *false doctrine* is a living contradiction in and of itself. Either the right food and activity levels cure disease or not, *there is no in between.*

It is time the AMA got off its fence post and got with the program, *if you ask me.*

Conventional medicine's attitude is they don't believe that you are able to make the necessary changes to prevent or cure your disease. Hence, why should they even bother telling you what the truth is? I understand that the medical industry is the United States' largest employer and that it generates about 17% of our GDP. Yet, that is no excuse for *ill advice* and for wasting thousands of billions of dollars every year on unnecessary procedures, treatments and drugs.

*This ongoing malpractice is unnecessary and need not be.*

It is a scientific fact that diseases like diabetes, obesity and heart disease are diseases of affluence. In other words, they are primarily triggered by two things:

1) A sedentary lifestyle
2) The Standard American Diet (SAD)

Unfortunately, the medical industry does not see it as being in their best interest to lead you down the right pathway. The more bad food and drug products you consume, the more medical treatment and drugs you will purchase during your lifetime.

*So, please don't expect the government or the big corporations to help you. The Standard American Diet (SAD) is pure advertising to sell their economic model.*

If you really desire to be disease free, you must be ready to make a commitment to turn your life around. The same eating habits and procrastination that caused the degeneration of your health isn't going to help you get better. Instead of climbing down the ladder of wellness, you need to start climbing back up.

*There is an old saying: if you find yourself in the hole, stop digging!*

You need what I call a paradigm shift, a new perspective or a psychological revolution. *That is what the Self Health® movement is all about.*

You are part of the Self Health® generation; it is your rightful inheritance and the only way to

be healthy is by educating yourself about health and wellness. *No one else can do it for you.*

There are many renowned doctors and scientists in-the-know who are pushing for a sane health system; they know the present one is broken, corrupt and out-dated. But, if you are willing to waste your precious time waiting for some government policy to change it, you might as well wait for them to hand out free money, too. The fact is no one can bail you out, *except you.*


There are a handful of doctors that could hold your hand, but they are too few of them and they are overwhelmed with personal referrals. If they have time, they might write a book, but most of them hire someone like me to "ghost write" for them. There is only so much an individual can do in a day.

That is why it is up to you and me to start making ripples by taking responsibility for our own lives. Eventually, with enough ripples we will become a great self healing wave.

*Imagine:* if teachers and parents became living examples for children, there would be less drug use in schools and higher grade point averages. *Imagine:* witnessing the pandemic of degenerative diseases reversing its trend. Not only would kids stop getting diabetes, hypertension, obesity and all the rest of it, but parents and grandparents would live longer and healthier happier more fulfilling lives. *Imagine the wave!*

Like Thomas Edison said," *The doctor of the future will give no medicine, but will interest her or his patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease.*"

The studies are in and the facts are out: **food is medicine**. I know I have said it before and I will keep saying it until it sinks in. I know it is challenging to find good food all year round. Most of us don't have our own gardens or greenhouses and the farmers market is not always there. As you already know, even the best produce at the grocer was most likely picked green and ripened in the truck on the way to the store. It is a fact that today's fruits and vegetables contain only a fraction of the natural nutrients compared to the fruits and vegetables from a hundred years ago.

But, when the news gets around, all that will change. People will start supporting local farms, gardens and orchards once again. I*t is inevitable.*

Currently, that is the main reason supplementing your food with select herbs, minerals and nutrients are also important. But, that should only be a secondary concern for you right now. Introducing more whole food sources into your diet is the way to begin your journey back to health.

Today, there is a hand full of superior "*food support*" supplements available, but first you need to grasp a healthy *plant protein based* eating plan and "*mix it up*" with at least minimal activity levels.

I can point you to an *anti-diabetic diet*, an *anti-heart disease diet* and even an *anti-cancer diet,* which represent only a few of the studies I am working on right now. It is my personal goal to make accessible for you an exhaustive and comprehensive library of Self Health® programs and remedies through this newsletter.

To build a sound foundation I recommend also reading Joe Barton's Remedy Report library and tell your friends and family to do the same. As you already know, they are extremely affordable, easy to read and disease specific solutions that everyone can use.

***Nothing is more valuable than your health and the foods that keep you well.***

I imagine someday a single non-GMO apple will cost you as much as $5.00 and it probably would not surprise you that somewhere, someone is paying that much for an apple already. I just want you to imagine how much an apple tree is really worth.

Like your health, they are both *priceless*.

Naturally, I would recommend that apple over any vitamin or drug because it is a *whole food* and *whole foods* are very under-rated. A single apple, or any fruit or vegetable, is packed with bioavailable vitamins, co-factors, proteins, probiotics, enzymes and trace minerals, *synergistically* blended with healthy

carbohydrates and fibers that no *pill* will ever replace. *Whole foods are the secret to a whole new you.*

***"An apple a day really does keep the doctor away!"***


I hope you discover the value of knowing which foods help your body heal. If I have helped you realize this one simple thing, then this newsletter has served its purpose.

Fact: Two thirds of the world does *not* suffer from Coronary Heart Disease. Guess which third does suffer? The third that is told that a diet and lifestyle of "*moderation*," supplemented with drugs is the answer. Seriously, if drugs really worked, then why are so many people dying from disease?

Even a little of something bad is *not* good for you. That is exactly why the Standard American Diet (SAD) is simply bad for your health. If a certain food is feeding your illness, *you must eliminate it completely and as soon as possible*. That is why a diet and lifestyle of "*moderation*" is so harmful, because it does not eliminate the root cause of the problem.

For now, start replacing your high *animal based protein diet* with a *plant based protein diet* and I guarantee you will be glad you did.

Once you know the *whole truth,* you will have the motivation to do the *right things* so you can *transform your health* for the best of your life.

***The truth will set you free!***

# FDA Cover Ups, Drugs & Big Pharma Scams

**By: Martin Jacobse**

## Psycho-Pharma Conspiracy Right Between The Eyes

In 1936, Egas Moniz devised a surgical operation called the *prefrontal leukotomy*. The process consisted in incisions that severed the connections between the prefrontal regions from the rest of the brain. In 1949, his controversial psychosurgery ideas earned him a Nobel Prize.

Another man named Dr. Walter J. Freeman took this a step further and developed the *portable lobotomy* in the 1940s. By streamlining the procedure, he could teach anyone within a day or two how to perform it. The tools of preference were an "*ice pick and hammer*."

Freeman taught many state-hospital psychiatrists who, including himself, *had no certification in surgery*.

He believed this was the cure for mental anguish and anxiety.

Freeman did lobotomies on any person, *at any age*, which showed symptoms of depression, schizophrenia, obsessive-compulsive disorder and a number of *undiagnosed psychiatric illnesses*.

Between 1936 and 1959, Freeman and his colleagues tapped their way into more than 50,000 peoples' frontal lobes. This was done by piercing ice picks through the eye's *orbital cavity* and then "*scrambling*" the patient's brains with the tip of the pick. His portable technique paved the way for mass lobotomies; they called it a *trans-orbital lobotomy*.

In 1952, Freeman personally visited a West Virginia mental institution for African Americans and within 30 days lobotomized

238 people. It was reported that he did this to save the institution from financial ruin.

*Apparently once the frontal lobe of a person's brain is effectively destroyed, they are much easier to deal with and require much less attention.*

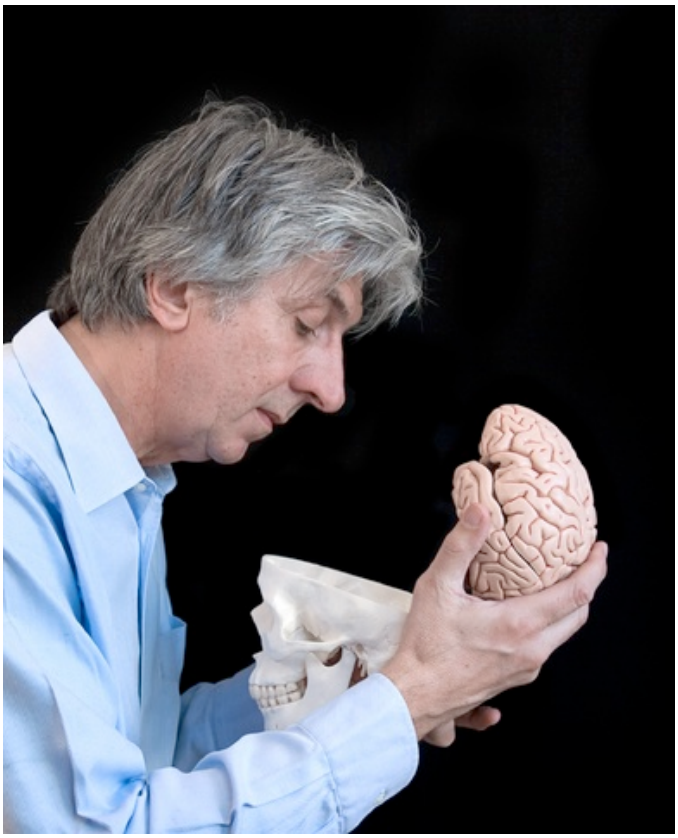
It took 30 years of seeing the devastating results of Freeman's practice before his medical peers finally discredited him. Thirty years seems like more than enough time to me. No more than 2 or 3 controlled studies had ever been conducted, and Freeman's own rambling notes were unclear and equally controversial.

But, this didn't stop him or his monstrous procedure. Many doctors, including Freeman, continued to inflict brain damage on thousands of helpless people. In the late 1950's, Freeman is said to have left his high profile existence on the East coast and moved his *practice* to California.

Records show at this point he even lobotomized several children; *one was only 4 years old*. Dr Freeman personally recorded doing 3,439 lobotomies during his medical practice.

The reason I brought this to your attention is to shed some light on how God-like (*or monster-like*) some doctors are allowed to behave. Fact is there is no such thing as a "*permanent medical condition.*" The scary part of this whole story is how much power and influence the medical industry has assumed over the years.

Even today some individual doctors believe mental symptoms should be cured by physically attacking the person's brain. *Many psychiatrists even reject the psychotherapy of verbal communication.* They would rather dive into the person's brain with chemicals, radiation and cutting tools than talk to them.



There is just as much controversy on whether mental illness is a *brain disorder*, or a *behavioral response* to certain social factors; as there is controversy about whether *Darwinism* or *Intelligent Design* is correct.

Truth be known, there is no physical diagnosis for many so-called mental disorders such as, schizophrenia, depression and ADHD. There is a "*category of symptoms*," but none of these have been proven as permanent medical conditions. Albeit, certain people want you to believe that drugs, surgery and other invasive treatments are the only solution for a bad brain.

*But there is ample evidenced based science supporting that nutritional and social factors play a major role in mental health.*


The battle for a biological brain-centered theory of mental illness is in essence a war for your mind. Many renowned doctors believe that it is a contradiction to treat an emotional symptom biologically. *It was this assumption that led to the abomination of psycho-surgery.*

Paraphrasing R.D. Laing, one of the pioneers of the anti-psychiatric movement, "*Psychiatry was founded on a false epistemology: illness diagnosed by conduct but treated biologically.*"

Both David Cooper and R.D. Laing understood the importance of treating mental distress, but they challenged the premise of psycho-surgery itself. They understood the significance of the *social, intellectual* and *political connections* between the patient's expressed feelings and their environment, then treated them as valid descriptions.

Orthodox medicine has been proven wrong much more than it has ever been proven right. Historically, this type of empirical thinking has done more harm than good for society. Clearly America is in the midst a *medical crisis.*

Today, new science is challenging the dogma of this *chemical determinism.* It seems nowadays there is a new drug for every symptom under the moon, whether it is emotional or physical. But, none of these ailments, distress or behaviors is a *drug deficiency*. In fact, the whole idea that the brain, nervous system or entire body is primarily a *chemical machine* is totally incorrect.

The new science of biology verifies your body is first electromagnetic and chemical activity is secondary. When you change the brain chemically you risk burning out its circuitry electrically. This is why all these new *chemical lobotomies* have such destructive side effects.

In 1958, chemists patented what is commonly known as Thorazine. Most all of the modern class of anti-depressants still works the same way as Thorazine. This class of psychotropic drugs burns out the brains normal *dopamine, choline* or *serotonin pathways*. Once these drugs chemically alter your brain, you are electrically shorted out - literally.

This is why, once a patient has been "*labeled*" as mentally ill, they lose the right to stop medication or to even refuse it. This is a gross demonstration of empirical dogma at its worst. When you "*segregate*" a person in this way, they lose everything they ever had, everything they are and could ever be.

*Imagine* the horror of getting a lobotomy. The *chemical lobotomy* is more subtle, but just as invasive, debilitating and sometimes just as permanent.

There are always sacrifices made in order for medicine and society to progress, but aren't we beyond that yet? I say we are beyond it and that we are at the close of an age, what I call the *Chemical Dark Age*.

Currently, in the U.S., you can refuse any imposed medical treatment - unless you have been diagnosed with a *mental condition*. This is the dangerous loophole that has become a noose for millions of people.

Millions of people are having their health and their freedom usurped by a *medical propaganda* whose primary goal is to push drugs. Drugs like Ritalin, Zoloft and other psycho-pharmaceutical drugs are destroying the fabric of our society.

*Biological psychiatry* is being challenged as not being a genuine branch of medicine. The human need to communicate, to be "self aware" and to psychologically evolve should be protected and nurtured.

The mass drugging of our children today is a blatant attempt to violate these human needs. I feel society's role is an extension of the family's role and we need to accept that different people respond to "*peer pressure*" in different ways. If it is clearly more difficult for some people to conform than others, then we simply need to create a *win-win situation* for everyone.

Society is full of *conflicting expectations*; under certain conditions these contradictory messages can cause some people to express distress. These same *symptoms* or characteristic *behavior patterns* have been often perceived as schizophrenic. Perhaps a higher level of sensitivity to the importance of "*the individual's needs*," will design a more intelligent institutional model.

Perhaps a fundamental psychological revolution is the only way to transform society into a kinder more compassionate, *saner model.*

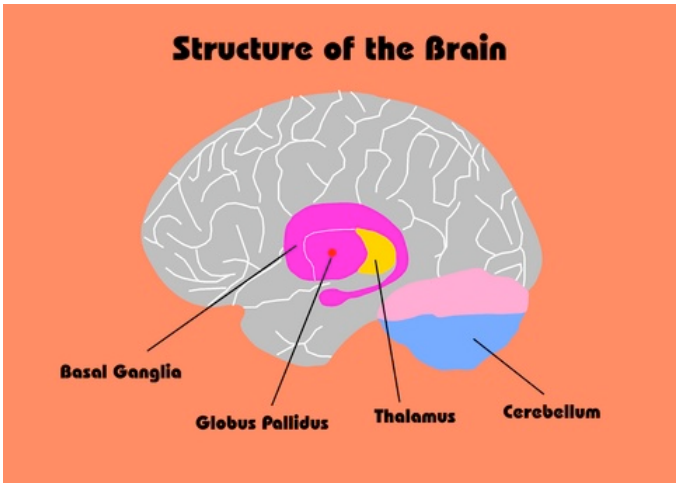
It seems the old school models of society have resisted change for so long that they have become the cause of disease, distress and contradiction throughout the fabric of society. A reformation is *not* a total change. You can reform the same old building by simply redecorating its rooms, adding new paint and moving the furniture around. But, meanwhile the foundation is crumbling and the frame is decrepit.

Dr. Freeman believed he was saving his patients from too much "*self awareness*." But isn't this the same "*self awareness*" that separates us from the rest of the animals? Isn't human "*self awareness*" a sacred personal experience? No one should ever take that away from another person, *that's insane!*

The worst thing you could do to someone who is suffering from *emotional distress* would be to further segregate him from society. This is where compassion, communication and wisdom step up to the plate.

The psycho-surgeons of yesterday are not really any different than psychiatrists who push psychotropic drugs today. Dr. Moniz would cut the brain to isolate an unhealthy *thalamus* to manipulate a desired behavior. Today, harsh psychotic drugs destroy the nerve fibers to sever the links to the *thalamus*. It is the same philosophy.

Your *thalamus* is a tiny organ that relays electrical nerve signals for hearing, seeing and touch response, as well as regulating the links for emotional response and expression.




The solution is to feed your thalamus, *not destroy it.*

Did you know that certain *vitamin, nutrient and mineral deficiencies* negatively affect brain health? The health of your synaptic nerve endings, the myelin sheath that surrounds your nerve fibers and the various functions of your brain and central nervous system all depend on basic *elements*, *vitamins* and *nutrients*.

It is well known that many pharmaceuticals have harmful effects on metabolism and functions of vitamin B6 such as, *antihypertensive preparations, antianginal agents, cancer chemo-therapeutic drugs, immunosuppressive medications, tranquilizers, antidepressants, antiviral substances, antihistamines, antimicrobials* and *antiasthmatics* included. (Juchau and Horita, 1972)

Your brain is essentially saturated by the *B vitamin family*, which all work together to optimize cognitive (brain) function. We also know that social, chemical and physical stress can contribute to a *vitamin B deficiency*.

*So, imagine* if all those people's lives that were destroyed by chemical and surgical lobotomies, simply received some good old fashion tender loving care *(TLC)* and a balanced nutritional diet. *Imagine* how much better off the world would be. *Imagine it long enough and you will see it.*

Is it that simple? Well, Einstein said all great truths *are* simple and he also said imagination is more important than knowledge. Because we know that without a *vision,* we would perish.

Now let's zoom in on the brain and see what makes it tick. For your reference, I have listed the key *brain vitamins and essential nutrients* that make up the different areas and functions of the human brain:

- **Thiamin** (*vitamin B1*): Thiamin concentration is less in the postcentral cortex than the thalamus and substantia nigra. "Deficiency causes Beriberi."
- **Riboflavin** (*vitamin B2*): Riboflavin content is higher in the basal ganglia and temporal cortex than frontal cortex. "Deficiency leads to nervous disorders."
- **Nicotinate** (*salt of niacin, B3*): Nicotinates are significantly more concentrated in basal ganglia and thalamus than pons. "Deficiency leads to dementia."
- **Pantothenate** (*phosphororylates, vitamin B5*): Pantothenate content is elevated in pons when compared to the various cortex segments and cerebellum. "Deficiency leads to insomnia."
- **Vitamin B6** (catalyzes amino acids): B6 is highly concentrated in the basal ganglia. "Deficiency leads to irritability."

- **Biotin** (*vitamin B7*): Biotin is concentrated in pons and basal ganglia. "Deficiency causes depression."
- **Folic acid** (*vitamin B9*): Nonmethylated folate content is not significantly varied in brain segments; the pons contains more methylated folate. "Deficiency can lead to insidious effects on the brain."
- **Vitamin B12** (*for healthy nerve and blood cells*): B12 content is less concentrated in the cortex segments. "Deficiency leads to dementia like symptoms, mania and psychosis."
- **Choline** (*vitamin Bp* is *for healthy cell membranes*): Total choline content is high in substantia nigra, pons, and thalamus; free (acetyl) choline is significantly elevated in basal ganglia. "Deficiency leads to nerve and muscle problems."
- **Biopterin** (*coenzyme in pineal gland*): Biopterin is significantly higher in substantia nigra and basal ganglia than the other brain segments. "Deficiency leads to neurological disorder."

I hope you appreciate this exhaustive breakdown, I feel it is necessary to point out the fact that there are two sides to every battle. In order to improve *mental health care* we simply need a saner medical model for reference. Nothing can be more important than good communication, whether it's between the 10 trillion cells in your body or the 6 trillion people living together on our planet. By simply blocking, impeding or ignoring the signals and symptoms, we cannot heal our issues.

One thing is certain: we are all individually responsible for our own thoughts, feelings and action, which also means we all share the same responsibility as a whole global society, as well.

And if you don't think we are under attack by a *psycho-pharma conspiracy* that is okay. But, just to keep you up to date, here is a **news flash** for you in case you didn't see it coming:

**FDA Nixes Pyridoxamine in Supplements (02/02/2009)**

WASHINGTON—Pyridoxamine, a form of vitamin B6, cannot be used in dietary supplements, according to FDA.

Keep in mind that your mental and physical well being depends on the right whole food sources and specific "food support" supplements. If you are not allowed to take control of your own health, then you forfeit that right to the medical industry and the powers that be.

Be aware, this is only the beginning of the end of the Chemical Dark Age. No matter how ridiculous it may sound, if Big Pharma gets its way, then all your vitamins will be registered as "*drugs*" and your whole food sources irradiated or genetically modified.

# Healthy Recipes & Eating Ideas

By: David Randall

## Flax: Perfect Miracle Food

If I was stranded on a desert island and could have only one food item with me, I would bring flax. Rich in fiber, omega-3 and omega-6 essential fatty acids, high nutrition value, and low in carbs, flax is the perfect miracle food.

One serving of flax not only promotes a healthy heart, but also supports normal cholesterol levels, immune system, breast health, intestinal health and cellular function. Flax also promotes stronger joints and bones, proper sugar metabolism, healthy skin and helps promote weight loss.

To get the full nutritional benefits from this miracle food, it must either be ground (meal or flour) or in oil form, not in seed form. Flax can easily be added to or substituted in many cooking and baking applications. Sprinkle over cereals, or over vegetables to add a subtle nutty flavor. Add to bread and muffin mixes, or add ground flax or oil to breakfast and protein shakes.

### Health Benefits of Flax

**Heart Health:**

Flax is an excellent source of Omega-3 fatty acids. Omega-3 fatty acids help reduce the formation of blood clots, which can reduce the risk of heart attack and stroke in patients with atherosclerosis or diabetic heart disease.

Individuals whose diets are rich in omega-3 fatty acids, such as those found in fish oil and flaxseed, have lower blood pressure than those who consume less of these acids.

Flaxseed meal and flour provides a very good source of fiber that can lower cholesterol levels by moving it through the digestive tract faster.

Flaxseeds are also a great source of magnesium, which can also lower high blood pressure and reduce the risk of heart attack and stroke.

**Anti-inflammatory**

Omega-3 fats, like those found in flax meal and oil, are used by the body to produce anti-inflammatory hormone-like molecules called Series 1 and 3 prostaglandins. These hormone-like molecules help reduce the inflammation associated with conditions such as asthma, osteoarthritis, rheumatoid arthritis, and osteoporosis.

**Diabetes**

The fiber found in Flaxseeds can help stabilize blood sugar levels and have been shown to decrease insulin resistance.

**Cancer**

Flaxseed, a rich source of omega-3 fatty acids and lignans, helps slow or even stop the progress of prostate tumor growth in men when given 30 grams of flaxseed daily for a month before prostate surgery.

**Women's Health**

Flaxseed is particularly beneficial for women. Lignans (a group of chemical compounds that are one of the major classes of phytoestrogens and act as antioxidants) that are found in flaxseeds are converted by beneficial gut flora into two hormone-like substances called enterolactone and enterodiol. These hormone-like substances have a number of protective properties against breast cancer.

Consuming about an ounce of ground flaxseed per day will affect the way estrogen is handled in postmenopausal women in such a way that offers protection against breast cancer, but will not interfere with estrogen's role in normal bone maintenance.

In addition to lessening a woman's risk of developing cancer, the lignans can promote normal ovulation and extend the second, progesterone-dominant half of the cycle.

Further yet, research also suggests that flaxseeds may serve a role in protecting post-menopausal woman against cardiovascular disease.

**Weight Loss and Intestinal Health**

Flaxseed is also high in fiber, which is the part of plant-based foods that our bodies cannot digest. These fibers pass through the digestive tract without providing nutrition or added calories, and yet our bodies benefit greatly

from their interaction within the digestive tract and body.

Fiber helps to keep our bowel movements regular, remove excess carcinogens and ward off certain diseases, such as colon cancer and heart disease.

Fiber also makes you feel full sooner and it will stay in the stomach longer than other substances we consume, slowing down digestion and keeping you feeling full, longer. Fiber also moves fat through the digestive system faster so that less of it is absorbed.

## Healthy Recipe: Apple Flax Pancakes

**Ingredients:**

- 1 1/4 cups Flour
- 1/3 cup Ground flax meal
- 3 tbsp Sugar
- 1 tbsp Baking powder
- 1/2 tsp Salt
- 1/4 tsp Cinnamon
- Dash of nutmeg
- 2 Eggs, separated, whites beaten stiffly
- 1 1/4 cups Low fat milk
- 2 tbsp Canola oil
- 1 cup Pared and shredded apple

**Preparation:**

1. In a large bowl, combine flour, flax, sugar, baking powder, salt, cinnamon, and nutmeg. (Note: flax meal can either be purchased at a natural health food store or you can easily grind flax seeds in a coffee grinder.)
2. In a medium bowl, lightly beat together egg yolks, milk and oil.
3. Add liquid ingredients to the dry, and stir until just combined.
4. Fold in shredded apple, to batter.
5. Fold in beaten egg whites.
6. Lightly spray griddle with cooking spray and preheat to medium heat.
7. Using a 1/3 cup measure, pour batter onto pan.
8. Cook pancakes until bubbles appear on surface, about 1 minute.
9. Turn over and brown other side.

Batter should make 10-12 pancakes.

**Nutritional Facts: (per serving)**
**Serving Size: 2 Pancakes**

Calories: 250, Total Fat: 10, Saturated Fat: 1, Sodium: 490 mg, Carbohydrates: 35, Fiber: 3, Protein: 8

# Living Healthy to 120: Is Your Mind 'Aging' Your Body?

**By: David Kekic**

## Optimism Saves Your Life

I know a life extensionist who is facing more challenges now than most people face in a lifetime. Yet he remains upbeat and optimistic. I know a person who is not interested in extreme life extension who is crushed by a disruptive, but temporary challenge, which has sunk him into a deep state of depression.

About 90% of the members of the life extension community who I know would fit more in the first profile. They seem to function well in the face of adversity, bounce back from setbacks and are overall, healthier than average.

I find that the majority of people with no interest in extreme life extension tend to react more negatively to challenges, and also tend to be less healthy.

Then I came across an article by Paul J. Rosch, M.D. It illustrated how optimistic people live longer. Here are some excerpts:

Numerous studies support the belief that people with an upbeat and positive perspective tend to be healthier and enjoy longer lives than those who are gloomy and cynical about the future. Always expecting the worst was linked to a 25 percent higher risk of dying before age 65 in a very long-term California study. In another report on senior citizens, researchers rated 1,000 Dutch men and women aged 65-85 with respect to their degree of optimism, health and longevity. Over the next 10 years, participants classified as being very optimistic had 55 percent fewer deaths from all causes and 23 percent less heart-related deaths than highly pessimistic controls.

**So Stay Happy and Save Your Life**

The article cites study-after-study proving optimism extends your life. For example, Harvard researchers found cardioprotective effects when they followed 1,306 men who had been rated for optimism and pessimism in 1986. During the next 10 years, men reporting high levels of optimism had almost half the risk of suffering any coronary complications compared to peers classified as being very pessimistic.

Optimists and happy people may also be less likely to suffer a stroke according to a University of Texas study of 2,478 senior citizens. Researchers confirmed that increasing depression ratings were associated with a significantly higher incidence of stroke.

Similar rewards were reported in a study of 600 people over age 50 in a small Ohio town in 1975. Researchers found that optimists who viewed aging as a positive experience lived about 7.5 years longer than participants with a much darker perspective. One might argue that people in poorer health would be more apt to have negative responses and also be more likely to die over the next 23 years.

However, even when health, socioeconomic status, overall morale, loneliness, race, sex, and other possible confounding factors were taken into account, a positive view of aging was still highly correlated with significantly increased longevity. Indeed, this advantage was far greater than that afforded by lowering blood pressure or reducing cholesterol, each of which was found to lengthen life about four years.

In a Mayo Clinic study, optimists:

- Had fewer limitations due to physical health.
- Had less pain.
- Felt more energetic most of the time.
- Felt more peaceful and happy most of the time.
- Had fewer problems with work or other daily activities as a result of their emotional state.

Over and over, I see evidence of how attitude contributes to health and longevity. If you look for the correlation, you'll find it too. But more importantly, look within.

**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

## 7 Fat-Loss and Fitness Myths Exposed

### Don't Believe the Lies

Repetition does not transform a lie into a truth. That bit of wisdom came from Franklin D. Roosevelt during a radio address in 1939, and though he wasn't talking about fitness, it certainly applies to the following fat loss myths.

### Myth #1:

***Eating Late at Night Makes You Fat***

*The Facts:* Your body doesn't have an internal timer that causes late night eats to be stored directly as fat. Weight gain happens when you eat too much and exercise too little - you could eat too much in the morning, the afternoon, or late at night and it would all result in weight gain.

***Your Solution*:** Consider how many calories you eat and burn each day, rather than when you eat.

### Myth #2:

***Snacking Promotes Weight Gain***

*The Facts*: Eating snacks throughout the day is actually a great way to keep your metabolism up and to avoid overeating at meals. However, if you snack on junk food then be prepared to pack on pounds.

***Your Solution:*** When it comes to snacking it's all about *what* you snack on.

## Myth #3:

***You Can Lose Fat Without Exercise***

*The Facts:* Exercise and healthy eating go hand-in-hand when it comes to permanent fat loss. Your body needs exercise just as it needs to be fed a diet filled with fresh produce, whole grains and lean protein.

***Your Solution:*** Accept exercise as a part of your daily lifestyle.

## Myth #4:

***Fat Free Means 'All-You-Can-Eat'***

*The Facts:* It's time to close your eyes and mentally erase everything that the 90's taught about fat-free dieting. Fat-free foods are not the equivalent of flavored air – they contain plenty of calories and often lots of sugar.

***Your Solution****:* Be mindful of calories when eating fat-free foods.

## Myth #5:

***Eat as Little as Possible for Maximum Fat Loss***

*The Facts:* Eating too little causes your metabolism to shut down and puts your body into starvation mode, and prone to store fat rather than burn it.

***Your Solution:*** When it comes to fat loss think burn rather than starve.

## Myth #6:

***Diet Pills Work for Fat Loss***

*The Facts:* The only thing that diet pills are capable of burning is the extra cash in your wallet. Billions of diet pills are sold every year – all to no avail.

***Your Solution:*** Healthy eating and exercise can never be replaced by a pill.

## Myth #7:

***You Should Never Eat Fast Food***

*The Facts:* It's all about what you order. Fried, processed and salty foods will cause weight gain - don't order them. Lean meat, salad, vegetables and beans, on the other hand, are available at many fast food chains - order these instead.

***Your Solution:*** When eating fast food skip the fried items, stick with lean meats and salads.

Trying to lose weight is often a frustrating experience. In a world filled with quick fixes, lasting weight loss is not something that happens overnight. Remember that it took time to gain the weight, so it will also take some time to lose it. Permanent weight loss happens as a result of a proper exercise and diet plan - my expertise.

**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

## Two Halves of the Diabetic Cure & MS Omega Recommendations

**Dear Dr. Scott,**

I have just been diagnosed with diabetes 2 and am on Metformin. I understand there are other ways to treat this condition, which help to reduce the amount of Metformin needed. Can you explain what they are? Thank you. ~ Mrs. Stephanie Ball

**Answer:**

You should know about a study done in England on type 2 Diabetes where they found that those who were taking medications had lower blood sugar, blood pressure, and cholesterol, *but had a 12% increased risk of amputations, blindness, and kidney failure.* The medications themselves apparently cause complications even though the numbers appear better.

**The most important part of curing diabetes is your lifestyle:**

- Eat fewer calories.
- Avoid all processed sugars and artificial sweeteners.
- Eat only whole foods: fruit, vegetables, whole grains, legumes.
- Eat less fat and protein.
- Don't eat at restaurants, if you can possibly avoid it.

**Exercise is the other half of the equation.** You should start easy and work up to about 30 minutes per day of muscle-building exercise. The key is to increase your tolerance over time. Take up tennis or some other active sport, and get good at it! (Golf isn't active enough).

These are the two halves of the cure. There are some other things that help to lower the blood sugar:

- Cinnamon - one gram per day was as good as three-in-one study at keeping blood sugar down.

- Gynmema Sylvestre - has been shown to lower blood sugar.
- Bitter melon makes you more sensitive to insulin.
- Chromium is very important for blood sugar maintenance and energy production.
- Vanaduim is necessary for proper use of


glucose.

You cannot only lower your use of medication, you should be able to get off of it completely.

~ Dr. Scott Saunders, MD

**Dear Dr. Scott,**

My 36-year old son was diagnosed with MS 2 years ago. He's recovered about 75% and takes glyconutrients and vitamins. Do you have any other suggestions to add to his regimen?
~ Cheryl Sutton

**Answer:**

Good recovery! The basis for any MS recovery is keeping the immune system in balance...

1) The diet needs to avoid pro-inflammatory mediators, fatty acids, amino acids, and so forth. The best way to do this is to have a diet low in protein and fat. There are three different kinds of fats that our bodies cannot make, yet we need them so we call them essential fatty acids:

- Omega-3
- Omega-6
- Omega-9

You've likely heard of omega-3 fatty acids because these are being advertised a lot. Omega-6 is made into prostaglandins that cause inflammation, whereas the Omega-3 is made to suppress inflammation.

This balance is essential because if you have too much of one fatty acid, you produce inflammatory conditions such as:

- Arthritis
- Rheumatism
- Bursitis
- Lupus
- Multiple Sclerosis

If you have too much of the other, you become unable to mount an immune response to fight off infection.

**The normal balance is 6:1 Omega-6 to Omega-3.**

6:1

However, in the United States the average diet contains 30:1 ratio. This is why you hear that you should eat more fish or take your Omega-3 pills: to bring the ratio back into balance. There is another way to bring the Omega-6 down:

- Eat a plant-based diet
- Avoid animal fats such as meat and dairy
- Avoid fried foods and vegetable oils
- Eat seeds and nuts

2) Vitamin D has been shown to prevent MS, as well as decrease the number of relapses. Take Vitamin D3 - 2000 IU per day.

3) There are several nutritional researchers who've made great inroads into healing the damage that has been done. I'll refer you to Dr. David Perlmutter, a neurologist in Florida who has books and supplements to reverse the process. Visit:
http://renegadeneurologist.com/about/

~ Dr. 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:

## Garden Tip: Mulch!

**Dear Grandma,**

I would like to start gardening this spring so that I can grow my own vegetables. Do you have any recommendations to help me plant a garden? Thanks.

~ Paula, Downers Grove, IL

**Dear Paula,**

I really like to garden. In fact, I have almost 4 acres of lawn and garden! I keep adding both perennial and annual flowers, shrubbery and vegetables to the garden each year, as well. To help me focus on growing my garden, the lawn itself is my husband's responsibility. Although, I have been known to nag a little when there are a few too many dandelions. ☺

It can get pretty expensive to manage a yard that big! But, I've discovered some hints over the years and I would like to share some of them with you.

My husband found a used golf cart with a gardening bed for me. Sometimes municipalities or golf ranges sell them used or trade them in, where you can find one for a good deal. I love my golf cart. I use it to haul all of my tools, flowers and buckets in it (and sometimes the cat, dog and grandkids, too!).

Besides the big toys that help to manage a garden, one of the most helpful tricks to having a garden is to mulch. Mulch is an organic material you apply to the soil to aid primarily in moisture regulation and weed control. I used wood mulch, which is just pieces of wood splintered into small pieces. You can also use lawn clippings and straw to mulch. These organic mulches eventually decompose and become part of the soil, which adds nutrients. Not only does mulching reduce the amount of maintenance in your garden, it benefits the plants for reduction of water evaporation, weed growth and soil erosion.

I have found a source for wood chips that are delivered by the dump truck load. When I want to haul mulch, I clear all of my tools out of my golf cart bed, except the pitchfork, and my husband will load the mulch onto my dump

bed. Spreading wood chips this way is much easier than having to buy and drag heavy bags of chips, try to open the bag, awkwardly lift the bag again and spread the chips. One easy thing to remember is that 1 square yard of mulch is about the equivalent of a full bathtub. If I am just top dressing all of my beds, one dump truck (or 25 cubic yards) is more than adequate. It will take more mulch if you are starting from scratch; your first season of application will not be cheap nor easy to apply, but you will be glad you have done it.

Then I mulch, mulch, mulch! And that is a good thing!

If you have the use of a rotor tiller of any kind, it would be best to till the ground before you mulch. We do not have a tiller so I skip that step, but my gardens are still beautiful.

When I mulch an area, I clear the debris off of it first (and till if possible, add fertilizer or organic matter). Then, my next trick is to spread old magazines or newspaper on the ground, which form a barrier to keep weeds or grass from taking over the new bed. I save the magazines all winter and a neighbor saves hers for me, too, for this precise moment in springtime. To put down the magazines, I layer 10-15 pages together in one spot and make sure the edges of the magazines overlap on the ground with the next layer of pages. A weed can get through any small space so, don't leave any opportunity for sunlight! Then I use a pitchfork to spread the mulch from the back of my garden golf cart. Spread the mulch so there is a 1-inch thickness of mulch covering the magazines.

I start to spread mulch on established gardens when the perennials start to peek through (or after the last frost and the ground is warm enough). If I want mulch on a bed where I later want to plant vegetables or annuals, I put down the mulch, dig a hole, plant the seeds (such as squash or zinnias), spread the mulch aside. Once the seeds have sprouted or have

developed firm stems, I push the mulch back around the plants.

If you want to start with something easy, marigolds are an easy plant that give quick color and last all summer. I also particularly love impatiens under shady tree areas. If you are preparing early, start some seeds insight 4-6 weeks before the last frost date (see farmer's almanac for approximate dates in your area).

A good hint for spreading the mulch, especially if the garden is large, is to hire one-time help for this event. I use some Amish children whose family we know. They have a work ethic that compares to few other children in our country. I make sure I am out there with them so the mulch is spread exactly where I want it and how thick I want it. Of course, grandchildren and children work well for this task, too. Just be sure you feed them!

Each year I top dress all of the mulch with a sprinkle of new mulch. It brightens up the yard with the new color and gives another layer to help replace the bottom layer, which has started to decompose into the soil.

I get a lot of compliments when people see how much area I have covered with mulch and how neat the gardens look, as a result. Mulch not only keeps weeds from invading your garden and the hours you spend pulling them out, but it is aesthetically pleasing to the eye and overall look of your garden.

**I hope you enjoy your gardening experience this year, Paula!**

**Love,**
**Grandma**

# Product Recommendation: CocoaCassava Bar

## Raise the Bar on Your Energy Bar!

Your mouth wants flavor but your body wants nutrition. Here is the perfect melody: The **CocoaCassava Bar**.


The **CocoaCassava Bar** meets the high standard of an Energy Bar:

- Great taste, otherwise you wouldn't eat it
- All-natural ingredients
- No preservatives or stabilizers
- Unrefined sugars to support blood glucose health and promote sustained energy
- Smarter fats, with no trans fats
- Fiber for the healthy support of your digestive system
- Consistent with the precepts in the Take Control of Your Health program
- Excellent value

The **CocoaCassav Bar** is a nutritious choice with a **perfect balance of smarter fats, protein and fiber that will truly nourish your body and support your health** -- Plus it tastes delicious!

The natural-source dark chocolate in the **CocoaCassava Bar** tastes good, is high in antioxidants and promotes many health benefits:

- Supports your immune system, with a high concentration of Omega-3s
- Helps reinforce your digestive tract with a smart fiber boost
- Promotes healthy hormone levels because of a high concentration of lignans

All this without sacrificing the amazing taste of the original **CocoaCassava Bar**. Barton Publishing recommends this nutritious and delicious food bar. Suitable for those with an active lifestyle, dieters, those concerned with blood sugar and travelers.

**Find It Here:**

**http://www.HomeCuresThatWork.com/CocoaCassava**

# Barton Publishing's Free Report of the Month

## *Diabetes Reversal Report*

Barton Publishing is proud to offer a FREE Remedy Report every month to our newsletter subscribers. As a valued member of 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**

### How to Reverse Diabetes Naturally

**"...In Less than 4 Weeks, Using the Best Practices in Diet, Lifestyle and Herbal Supplementation..."**

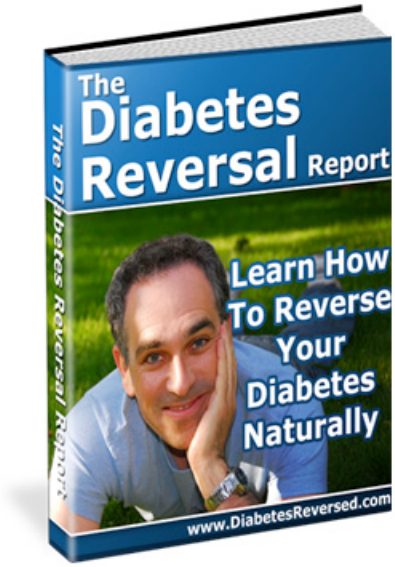
"Sometimes a U-turn is exactly what you need to make on a car trip. It's not about returning from where you started, but more to avoid going any farther in the wrong direction. You look at a map, notice road signs that clue you, it is time to change course. No matter what your exact location on the diabetes journey – officially diagnosed, told you are borderline, worried about family history or maybe that your kids or other loved ones are headed toward this unhealthy place- you can reverse and control the disease."

This Report outlines:

- "What You Can Do" action steps
- A food guide pyramid tool
- Diabetic-buster workout (in 12 minutes!)
- Recommended dietary & herbal supplements

*Learn how to Jump-Start your Reversal!*

Download your
*Complimentary Copy* of
**The Diabetes Reversal Report**



# "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 different in healthy living.

"Hi everybody with Big Red Toes. My name is Paul. Christmas Day I got into the Beer and Prawns. By midday Boxing Day, I had to park myself in front of the 'Tele' 'cause I could not move. I grabbed the broom to hang on to when I needed to go to the 'Little Room'. The next day I started 'Googling' Gout. I downloaded Joe's report and phoned my brother to go on a shopping expedition for me. Gave him the list which included Cherries, Celery, Grapes, etc...(My condition had not improved - I knew it was going to be a 'Bad One.') The next day my brother went shopping again. I sent him to the health food store for some celery capsules - Celery 2000. He also came back with a bottle of "Nature's Goodness Joint Formula - Cherry Juice Concentrate - Made in Australia. I had the recommended dose around 3pm and by 10pm I started to come 'GOOD'. Repeated the dose at bedtime and again in the morning and by lunchtime I didn't need the bloody broom any more. I could get around. Yipee... I bought another bottle of the stuff and stayed on it for a week - I also cleaned up my act and have had no animal fats, meat, processed foods, dairy, coffee, caffeine, seafood (especially prawns). Been drinking heaps of filtered water and feel great. I have stopped taking the Allopurinol cause I have been doing some reading over the past 2 weeks (strangely enough) and that stuff gets the thumbs down Big Time. Thanks Joe & staff. Regards,"

~Paul Ewing


**www.CureYourGout.com**

"Must say despite my thoughts on this really working, the guarantee convinced me I had nothing to lose but a lot of discomfort and pain. Well, to all of you thinking this is another one of these things that say great things and nothing ever happens....YOUR WRONG!. Try this report and you'll be a believer too. Within hours of putting these few simple easy to do things into action I was able to go to bed and sleep all the way through the night for the first time in many nights without getting up in a

hurry. By the next morning I was feeling so much better but continued with the information and guidelines in the report and for the first time in my entire life, I didn't end up in the emergency room. I ended up free from another nasty UTI...that was three weeks ago now and still doing great.


I have looked at and tried another reports from Barton Publishing with the same wonderful, inexpensive treatments and the same results...Wow, it really works!

Thank you Barton Publishing for giving me the truthful information to treat myself naturally without all the scary side effects listed with ALL drugs and antibiotics these days, this is the best money I've spent in a very, very long time. "

~ Sue J

**www.UTIReport.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

# Sneak Peak into Next Months Issue

| | |
|---|---|
| **Martin Jacobse Uncorked: The 7 Rungs of The Health Wellness Ladder** | Next month Martin Jacbose will continue to point out what the cure for disease is *not* and more about what you can do to take control of your life and enjoy feeling great again. |
| **FDA Covers Ups, Drugs & Big Pharma Scams** | Don't miss: *Big Pharma, Big Chem* and *Big Agri* scrutiny and discussion about the global takeover of your natural health rights. |
| **Healthy Recipes & Eating Ideas** | Is Rice Bran the new super-food? It contains nutrients, antioxidants, B Vitamins, CoQ10, Omegas 3 and 6, all wrapped up in a health-giving little package. Come back next month for a Gluten-Free Cranberry Rice Bran Muffin recipe and stock up on this super-food! |
| **Living Healthy to 120: Anti-Aging Breakthroughs** | If you are experiencing "Senior Moments," Dr. Kekich offers hope to cling to life rather than throw in the towel at this sign of aging. |
| **Weight Control, Fitness & Exercise Tips** | Are you wired to relapse? Nordine Zouareg exposes the hidden cycles of falling off the diet wagon, even for those with the likes of Oprah. |
| **Ask-An-MD: Q & A with a Natural Medical Doctor** | Preventing osteoporosis includes this one important, but often overlooked, vitamin. Plus, tips on loosing weight after 65, including recommended books by Dr. Saunders. |
| **Grandma's Cures: Old & Proven Remedies that Work** | Whatever it is that Grandma has cooked up for us next month, you won't want to miss it! |
| **Product Recommendations: Best Natural Products on the Market** | Support your heart and cardiovascular system with a 100% natural, herbal remedy: High-Rite™. Soar with new energy levels and soothe common nervous tension as you maintain your blood pressure within normal range. |
| **Barton Publishing's Free Remedy Report of the Month** | This month, check out our Monthly Quiz regarding your free Diabetes Reversed Remedy Report, free to you as a subscriber. Download the report here and then take our Monthly Quiz: www.HomeCuresThatWork.com/Quiz |
| **"Hey Joe", This Worked for Me – Reader Input** | Home bound and stuck in a snowstorm, yet STILL able to get rid of gallstones with our Remedy Report. Read the story, plus which foods worked to help lower blood pressure by 15 point in two weeks! |

## Home Cures That Work Monthly Quiz

How well do you know your diabetes facts? Take the Diabetes Quiz

Please CLICK HERE or visit the link below take the online quiz:
http://www.HomeCuresThatWork.com/Quiz

**Thanks,**
**Joe Barton**
**Founder & CEO**
**Barton Publishing**