

HCTW HOME CURES THAT WORK

Volume 1: Issue 4

Featured Article

Healthy Recipes

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FITNESS & EXERCISE TIPS:
ARE YOU WIRED TO RELAPSE?**



ARTICLES YOU DON'T WANT TO MISS:

FDA Cover Ups, Drugs
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War On Nutrition
- Part I

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MARTIN JACOBSE UNCORKED:
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**Living Healthy to 120:
The Perfect Cure**



BARTON PUBLISHING
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- FREE NATURAL REMEDY REPORT (\$39.95 VALUE)

GRANDMA'S CORNER:
NATURAL SUNBURN
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Barton Publishing’s

Home Cures That Work

Volume 1: Issue 4

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

What The Cure For All Disease Is *Not*.

The Westernized medical system needs to undergo a biopsy to have its head examined. Other than just getting more money and power, *what in the world are they thinking?*

While they're busy pushing new drugs, diagnosing new diseases and treating new symptoms, then why does the cure for the old diseases remain forever on their horizon?

If they really want to solve the healthcare crisis, then why do they only “manage disease” and encourage being co-dependent on their drugs?

Instead of simply healing people and setting them free, the business of designing new drugs is enslaving people and diminishing quality of life.

This need not be!

That's why I want to encourage you to take control of your life, naturally.

We already live in uncertain times as we watch the financial sector being devoured by debt, education systems are collapsing and healthcare expenses keep skyrocketing. Regardless, in the midst of the chaos there is still one monopoly that has not slowed its pace, or missed a beat.

In the face of the rising incidence of disease, soaring unemployment and financial woe, the big chemical companies and their subsidiaries are burgeoning with growth, their coffers are overflowing and their pockets are bursting at the seams.

Why does that ring of war profiteering? How can these mega corporations continue to draw massive profits while the rest of us need bailing out?



I personally wouldn't mind so much if these drug companies were solving more problems than they cause, but it's simply not the case.

If you feel afraid, frustrated or depressed because society isn't fair... If you're stressed and can't concentrate on school or at work, or if your blood pressure, cholesterol and blood sugar levels are skyrocketing . . . All you need is another drug, right?

Wrong . . . *Taking drugs does not make your problems go away.*

It's no coincidence that when things get tough, the drug corporations make more profits. The fact is stress, fear and anxiety are “*destructive emotions*” which wreck havoc on your relationships, your health and your peace of mind. The more burdens and troubles there are in our families, society and the world, the more drugs people buy . . . It's sad, but it's true.

Over the last 50 plus years America has become a culture of co-dependent drug users. The market exists because we demand it exists. It is a matter of “*supply and demand.*” But, now it's time to realize this is a mistake and chose a better way.

Have we just become a nation of consumers? Have you lost your self-sufficiency and that spirit of determinism that makes America great? Today, many people are suffering from a poor self image and desperately need a renewed sense of optimism. What affects you and I also affect our communities and even society as a whole.

Having a healthy, determined attitude is paramount to your healing process.

“Be enthusiastic. Remember the placebo effect . . . 30% of medicine is showbiz.” ~ Ronald Spark

As you may already know, the “*placebo effect*” proves a positive, expectant attitude is more successful at curing disease than drugs are. Truth is “your mind” is much more effective than mainstream medicine wants you to know. You really don't need drugs. Instead, you need to use your mind's strength to help your body's amazing healing process.

“For those who believe, no proof is necessary. For those who don't believe, no proof is possible.” ~ Stuart Chase

Did you know there is another phenomenon called the “*nocebo effect*?”

This “*nocebo effect*” proved that when people were told they had a terminal disease, their health would deteriorate faster than others who were told they would live.

Survival rates of terminal patients who survive or die are affected by what they believe . . . That is good news for you!



“Live your beliefs and you can turn the world around.” ~ Henry David Thoreau

Further, a study done a decade ago found healthy women who were told they were prone to heart disease were almost 400% as likely to die as those who didn't believe they were prone.

“You can have anything you want if you will give up the belief that you can't have it.” ~ Dr. Robert Anthony

This is why big drug companies sell thousands of billions of dollars of their products to people every year, thanks to ingenious marketing strategies.

These corporations count on you failing to believe your healing is possible.

Being “scared to death” or “worried sick” carries more power than many doctors would like to admit.

Drug companies use this “*power of suggestion*” everyday. All you have to do is watch television to learn of your latest symptoms, your newest syndrome or disorder.

“The thing always happens that you really believe in; and the belief in a thing makes it happen.” ~ Frank Lloyd Wright

If you sleep too much or can't sleep enough, if you're too happy or feel anxious, if you're overweight or even act shy, “*they*” have a product just for *you*.

The subtle message within these drug infomercials is that *you* can't help that your sick and the only way out of your misery and pain is to ingest designer chemicals. It's simply *not* true!



Apparently most people don't realize these commercials also paint unrealistic representations of the conditions and the expectations of what drugs do.

A drug commercial is basically a *mini-soap* opera of an actor's life in a state of chaos beyond what the suggested symptom would cause. (In other words, a subliminal exaggeration of why you should desire more drugs in your life.)

Drug companies insult your intelligence and disempower your life.

The fact is watching these advertisements can trigger anxiety and fear, tempting you to question whether something you don't understand may be wrong with you.

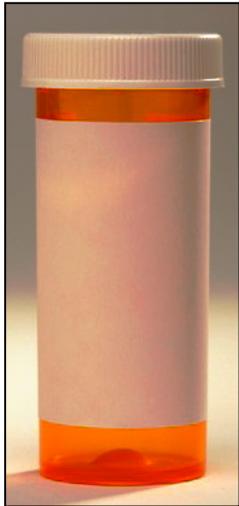
This advertising trick is purely misleading people to reach for a chemical crutch and to be co-dependent on a drug based medical system.

Drug advertising is simply mass advertising. It's not real science and doesn't even deserve to be called medicine. Pharmaceuticals are synthetically manufactured chemicals intended to control your mind, behavior and metabolisms.

Whatever happened to that old saying, “*Don’t mess with Mother Nature?*”

Ever notice how these so-called “*informative*” commercials, broadcasting during prime time television never even mention how “*lifestyle changes*” can help these conditions? That’s by no accident.

Promoting chemical agents “*to make all your wishes come true,*” is a very irresponsible act, with blatant contempt for your lasting health, sanity and wellbeing.



Let me remind you, “*properly prescribed*” drugs kill more than 100,000 people in the US each year. That’s from a study put out by the American Medical Association (AMA). So, I wouldn’t be surprised if there is more than that.

According to a study done in 1995 by the University of Arizona, the toxic side-effects of these drugs cost the US health system more than \$75,000,000,000 a year. *Yes, that’s a lot of billions!*

Bottom line: if you swallow another “*defective drug,*” it’s your problem more than it is Big Pharma’s problem. They’ve carefully pre-calculated the risks, pre-hired the lawyers and are prepared to pay compensation fees when necessary. But, settlements won’t bring you back or undo the harm caused.

Ironically, in some states - like Michigan, pharmaceutical lobbyists have made it so you can’t sue the drug manufacturers if a drug injures you.

Have you been told or led to believe your condition is incurable?

Have you been sold into taking your medicine under medical pressure?

Do you feel you are a “victim” of your health issue?

Then it could be you’ve been influenced by deceptive medical lingo and misleading drug commercials.

These psychological tricks deprive you of your personal power by labeling you as a helpless victim, *which you are not.*



This medical psychobabble is performed ever so cunningly with sleight of tongue. Politicians and other authority figures and doctors to intimidate you commonly use this same white coat “mind-speak.”

It all starts in the comfort of your home while watching prime time television. Then, suddenly you hear that persuasive voice again, suggesting you’re suffering from a symptom and how you should, “*Ask your doctor if brand-X drug is for you!*”

Sound strangely familiar?

Have you ever noticed after visiting your doctor, your “*symptom*” magically transforms into some fancy, technical sounding disease?

Welcome to the “*Westernized Disease-Management System*” . . . not Healthcare Management. If it were true, healthcare doctors wouldn’t be pushing drugs for commission, perks and spiffs, and they wouldn’t be focusing on treating your symptoms.

The phrase “*treating symptoms*” is where the switch-in-logic takes place.

- **Imagine** if you treated the symptoms of a flat tire, you would just keep putting air in it, never addressing the real cause of the flat.
- **Imagine** if you treated the symptom of your leaky ceiling, re-plastering and painting over the watermark damage after every rainy day.
- **Imagine** treating the symptom of a broken muffler pipe by just turning your car radio up louder.



These examples seem pretty absurd, don't they?

Treating the symptoms of anything is absurd when you stop and think about it. I admit there are times when you must fill your flat tire with air so you can get to the tire shop. I understand sometimes the pain is intolerable and you need immediate relief . . . I understand completely because I’ve been there, too. But, those are temporary measures . . . *They are not cures.*

You know as well as I do, to discover the true cause of any problem, the symptoms must be regarded as “*helpful clues.*” Covering up, hiding and ignoring the symptoms will never cure the condition, whatever it may be.

Also please keep in mind that just because someone suggests you have a symptom, doesn’t mean it is a disease . . . But, it is an important signal from your body as a healthy response.

Maybe you’re tired and can’t sleep because you eat too many carbohydrates too late before bed. *You don't need a sleeping pill.*

Perhaps your feeling depressed because your brain needs more water-soluble B vitamins. *You don't need Prozac.*

Perchance your blood pressure is high and you simply need to sit up straight and breathe deeply, maybe go for a walk in the sun or eat more mineral rich greens. *You don't need beta-blockers.*

Symptoms are a natural way for your body to get your attention, but it certainly doesn't mean you have a drug deficiency.

As long as people are kept feeling separated from their own inner nature and the nurturing connections that support their health and wellness, they will be vulnerable to drug pushers, medical jargon and suggestive problems.

Big Pharma, Big Bio-Chem and Big Agri are in the business of promoting problems - not solving them. *There's simply more money in problems!*

Ask yourself, "What do you suppose works better in the long term, Mama Nature's time-tested way, or the manmade synthetic ways?"

The power of choice is yours, *Intelligent Design* or chemical treatments?

I hope I've clearly pointed out what the cure for disease is not. I also want to encourage you to empower your own feelings, beliefs and actions. There is *no* need for you to be afraid of questioning any experts, advertisers or propaganda. In fact, I would hope you become an expert of your own life and master of your destiny by looking further into natural solutions.

As Hypocrites, the father of medicine, once said, "**Everyone has a doctor within him or her; we just have to help it in its work.**"

Educate your mind before you ever medicate your body. Understand that nearly all disease is triggered from under-nutrition. Disease is not a drug deficiency . . . Too often it's simply a common sense deficiency.

It all starts in what you believe . . . That's the first rung on the wellness ladder, because choosing what you believe determines your results.

If your doctor believes you can change your life, that will have a more profound and lasting effect than telling you won't be able to. As long as the doctors believe people are unable to make lifestyle changes in their lives, then they'll continue to push drugs and "*moderation*" instead of the truth.

In closing, I want to share a quote from Joan of Arc, "**One life is all we have and we live it as we believe in living it.** But to sacrifice what you are and to live without belief, that is a fate more terrible than dying."



FDA Cover Ups, Drugs & Big Pharma Scams

By: Martin Jacobse

There Is A War On Nutrition . . . Who’s Side Are You On? Part I

This is an epic story of the battle for life, liberty, and the pursuit of happiness, as well as the attainment of vibrant health.

Before you begin reading this admittedly lengthy 2-part letter, I want to clarify; *this article contains knowledge which will change your life.*

My inspiration comes from a sudden epiphany, a metanoia, what I call a “*personal revolution.*” I am convinced you don’t need another universal theory, program or doctrine. But, rather, *you need a transformative experience.*



Having the opportunity to “prevent” sickness or experience personal healing, in whatever form it presents itself, is the same as pursuing and attaining your happiness. For what is happiness without health? Both health and happiness are your responsibility, not out of obligation or duty, but out of natural wisdom, right knowledge and passionate love of life.

"We can tap our own healing forces by learning to use the power the mind has over the body. Healing is part of self-realization, a process of becoming whole and healthy." ~ Dr. Gerald Epstein: Author and practitioner of integrative healthcare

If you ask the right questions, in the right way and expect the right answer you can affect real, *lasting and transformative change.*

The fact that you’re reading this tells me you truly care about your health and the health of others. You thirst for the right knowledge and natural wisdom to help “prevent” sickness and degenerative diseases. Truth is you already possess a well spring of this healing knowledge deep within yourself waiting to be free. P.D. Ouspensky called it, the knowledge of intuition, or “*Tertium Organum*” and others such as the great Thomas Paine have called it good old common sense.

"There's only one corner of the universe you can be certain of improving, and that's your own self." ~ Aldous Huxley

As long as you are confused or preoccupied with inner conflict and contradiction, this “*inner intelligence*” can remain blocked. My goal is not to define the truth, but rather to simply remove the blocks in the way of it. Einstein was a master at this. Rather than tell us what truth is, he would point us to what it is *not*. This manner of speaking, allowed the reader to discover the truth for him or herself.

As Einstein said, “***You cannot simultaneously prevent and prepare for war.***”

The fact is you cannot simultaneously prevent *and* prepare for sickness either; they are two diametrically opposed directions. To be free of conflict, confusion and contradiction is to be free of the past and all its misconceptions. Before healing comes clarity of purpose and with that a natural sense of responsibility.

I hope what you discover inside this edition will inspire you to take action, accept responsibility for your own healing experience and embrace your highest purpose.

This article contains revolutionary information I’ve never had the courage to publish before. I hope it will open doors for you as it has for me – a single glimpse of clarity can save you years of studying, researching and struggle.

Right now, I’m sure you’re skeptical and I hope you are . . . That is a sign of intelligence and foresight. But, let me make you a small promise . . .

If you’ll grab a cup of java or your favorite herbal tea, turn your phone off, close the door, and make yourself comfortable – *you will discover priceless insights into your life, liberty and the attainment of lasting health today.*

If you are ready, read on . . .



Listen. To say we live in historically unsettled times would be the understatement of the year. *It’s time for a profound solution.*

In the next 30 days you are going to witness a desperate attempt to change the structure of the health care system as you know it. This will be one of the most important decisions in America in over two hundred and thirty three years.

Whether America will stand up and play a decisive role in this or not, will determine the future of all life, liberty and happiness of the world’s greatest free nation.

Not only is America’s independence on the line, your freedom to choose what you eat and what health products you take will also to be challenged. I dare say this “*change*” will be the fulcrum, *or turning point*, upon which the future of the free world depends. Change for the sake of change alone is blind and can do more harm than good. As Alfred North Whitehead said, “***The art of progress is to preserve order amid change and to preserve change amid order.***”

Ask yourself three questions:

1. Should your health care be an imposed right or a free liberty?
2. Do you want a socialized disease-care system or a free market health care system?
3. Would you be willing to trade your liberty for a government policy which will enforce a healthcare agenda on you and your loved ones?

This may surprise you to know:

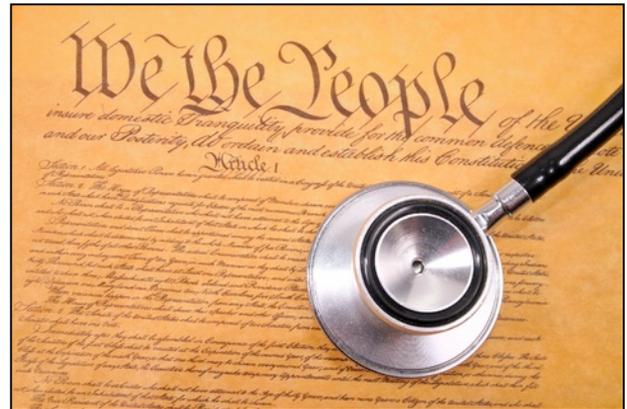
Socialized medicine is fundamentally unconstitutional . . . Health care is not a right.

Did you know the US Constitution does *not* grant rights to anyone? Fact: it was enacted to permit the government to protect “*The Declaration of Independence.*”

Let’s be clear on this . . .

The Declaration of Independence “*declares the rights*” of the American people, *not* the US Constitution. The US Constitution does *not* give people rights; it defines the perimeters of the government bureaucracy.

I’m sure you would agree that changing of the “*value*” of our Constitution is a very serious matter. That’s exactly what is at stake here.



Socializing medicine was a mistake in 1966 when Medicaid and Medicare were implemented . . . So, why make it even worse with more of a bad thing?

FACT: *This is why the medical system is so expensive and failing us now.*

We need less of a bad thing, *not more.*

Einstein said it best, “***We can't solve problems by using the same kind of thinking we used when we created them.***”

Currently many of our universities and educational institutions are funded by moneys generated by the sale of pharmaceuticals. Further, Big Pharma has a control grip on both the FDA and the US Congress. Their goal is to declare “*War on Nutrition,*” promote nutritional illiteracy and dominate the world marketplace.

Socialized medicine and Codex Alimentarius are the messengers of death and doom for Complementary Alternative, Holistic and Naturopathic medicine. To blindly allow the government to enforce which treatments, preventative measures and cures you can have, will make it illegal for you to choose anything else . . . *This need not be!*

The US Constitution has been trampled on enough in recent years. Enough is enough, I say. It is of the utmost importance we see the travesty of this charade and make a stand for freedom’s sake.

Codex Alimentarius, (the New World FDA) is strictly designed to empower the pharmaceutical cartel. They want to control which foods you eat, which health products you can have *and which drugs you must take*. A federally run “*unconstitutional*” universal disease-care system is the forerunner to having *Codex Alimentarius* imposed upon the American people.

Limiting how you can “*prevent*” sickness or how you choose to “*cure*” a disease is tyranny. As long as you are not a hindrance, or causing harm to others, you have a constitutionally protected right to *pursue your happiness* by whatever means.

If staying healthy through purely natural means brings you happiness, then you are constitutionally protected from anything that might try and take that away. The same goes for people like independent farmers, wholesalers and retailers . . . Everyone benefits from natural foods and remedies, except Big Pharma.

Sanctioning socialized medicine is like opening Pandora’s Box. As you already know, the government is notorious for hiding “*earmarks*” in unread bills. A federally controlled medical policy would be no acceptance.

A federal disease-management system would force “helpful nutrients” be treated as poisons and undergo the same ultra expensive toxic risk assessment as drugs.

Leading scientists agree, “*Vitamin and Mineral Guidelines*” should evaluate nutrients based on nutritional science; toxicological science is for testing toxins (*drugs*).

These hidden agendas are a blatant attempt to “*re-classify*” all natural foods and nutrients as if they were toxic drugs and controlled substances.

For starters, Codex Alimentarius has 5 key mandates you should be aware of:

1. Nutrients should be treated as toxins.

2. Foods and nutrients are not useful in treating disease.

3. Supplements have little value because people can get the limited amounts they need from food.

4. Known reference values are more important than unique individual nutrient needs.

5. Western science is preferred to individual choice as the best control on access to dietary supplements.



How in the world can Western science be “*preferred to individual choice*” as the best control on access to dietary supplements??? Simple, if you want vitamin B6, vitamin C or Zinc, you’ll need a doctor’s prescription and then you’ll need universal coverage to be able to afford the co-pay. *There will be no individual choice!*

If you want acupuncture, Ayurvedic medicine or homeopathy - *forget that too!*

If that doesn't make your hair stand up, you're not paying attention.

This is clearly a hindrance to your independence. In fact, all five of the Codex A. mandates lack sound mind and are devoid of real science. The only motive for such an absurd regulatory body would be to promote selling more drugs through a *federally controlled disease-management policy*.

Stop universal disease-care management and you prevent Codex Alimentarius.

The Declaration of Independence allows you the freedom to seek natural and inexpensive means to being healthy, *protected by the US Constitution*. They would have to re-write a new Constitution in order to enforce a universal, or socialized medical system, which is totally unacceptable and unnecessary.

By simply consuming sufficient nutrients from whole food sources and making easy to follow lifestyle modifications you can overcome any degenerative disease, fight off viruses and other infections, *naturally*. The key is to nurture your cell membrane health using naturally affordable and readily available means.

Truth is we don't want a new constitution. The old one serves just fine!

Iran has a new Constitution in the works, China is grooming theirs and the Cubans even have a “*right to health care*.” But, those are *not* free nations yet. If they really wanted their people to be free they could simply adopt “*The US Constitution*.”



But, what good is that unless you first adopt “*The Declaration of Independence?*”

Frankly, anything less is an abomination.

Do you see my point, yet? Why is America changing to suit other country's policies when America has the real article in the first place? That's why this whole universal health care and Codex A. policy should concern you. Why is the US adopting foreign ideologies and corporate interests that contradict guaranteed liberties?

Neither truth nor freedom should ever be compromised. The purpose of The US Constitution was strictly to control, limit and regulate the power granted “*by the people*” to the federal government. These two principle values (*freedom and fulfillment*) are indispensable and inseparable.

The fact is every day we get closer to having a World Constitution imposed upon the original US Constitution. *But, shouldn't it be the other way around?*

- ***Imagine*** if the rest of the world accepted The Declaration of Independence.
- ***Imagine*** a day when The US Constitution was proclaimed by all people and the whole world was free.
- ***Imagine*** a truly free world, free from contradiction, conflict and greed.



I believe the unadulterated US Constitution is the best cure for abolishing slavery, hunger and yes, *even disease*.

The present danger is the US Constitution is under risk of being changed by scrutinizing minds that don't have America's "*best interests*" at heart, and all in the name of a federal "*Health Care Rights*."

Big Pharma money has declared an all out war against nutrition and your fundamental rights and liberties are on the front line. Too often bills are being passed and our representatives aren't even reading them. Arm yourself by making yourself familiar with the terminology, know your rights and demand them before it's too late.

Beware of Trojan Horses.

Healthy Recipes & Eating Ideas

By: David Randall

Stabilized Rice Bran: The Perfect Food

Stabilized rice bran is being hailed as the world’s most perfect whole food. Rice bran contains an astonishing number of nutrients vital for optimal health. This nutritional powerhouse contains all the vitamins you would ever need, with the exception of D and C.

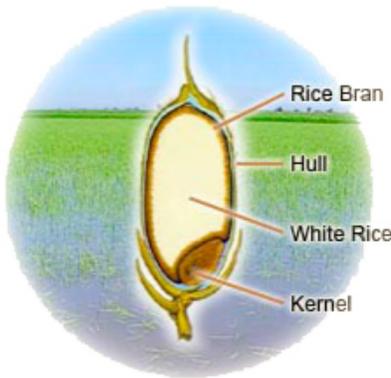
Rice bran contains phytosterols, polysaccharides, beta-sitosterol, fiber, Vitamin E complex and a large complement of B vitamins including B15, a vital antioxidant. Rice bran also boasts Co-Enzyme Q10, Omega 3 and Omega 6 Fatty Acids and even Oleic Acid.



This super food also includes over 120 distinct antioxidants, including numerous tocotrienols. The most potent of these tocotrienols is over 50 times more powerful than vitamin E in neutralizing harmful free radicals.

The sad news is that this perfect whole food has been thrown away or discarded as a useless by-product of white rice. In fact, rice bran is one of the biggest squandered food resources in the world.

Rice bran is the brown part of the brown rice kernel, the part that is discarded to make the white rice that most of us consume. Until recently this by-product has been exclusively used for animal feed, fuel, and soil additives.



The problem with rice bran is that it contains oils that are very prone to rancidity, usually occurring within a few hours. This means that the rice bran has to go through a stabilization process, which will deter the fat from spoiling. This process gives the rice bran a shelf life of years rather than hours.

You can find Stabilized Rice Bran in powder, pill and oil form and it may be purchased at many health food stores or online at: www.HomeCuresThatWork.com/ricebran

Health Benefits of Rice Bran:

Antioxidant:

Stabilized rice bran contains over 120 antioxidants cofactors and catalysts that can protect your cells from being damaged by free radicals. These antioxidants include Vitamins C and E, but also even more potent antioxidants such as CoQ10, Alpha Lipoic Acid, Oligomeric Proanthocyanidins (OPCs), SOD, Tocopherols & Tocotrienols (TOCOLS), IP6, Glutathione, Carotenoids, Selenium, Phytosterols, Gamma Oryzanol, Lutein and Lycopene.

Stabilized rice bran also has the highest ORAC value (Oxygen Radical Absorbance Capacity, the method of measuring antioxidant capacities of different foods) when compared to other leading fruits, nuts and vegetables. Correlation between the high antioxidant capacity of fruits and vegetables, and the positive impact of diets high in fruits and vegetables, is believed to play an important role in the free-radical theory of aging.

Diabetes:

Stabilized rice bran has been shown to reduce blood glucose levels, glycosylated hemoglobin levels and improve insulin synthesis in Type I and Type II diabetics. Taking 2 daily doses of stabilized rice bran for 8 weeks was shown to reduce fasting glucose by 10-33%.

The nutrients (B Complex Vitamins, Carbohydrates, Chromium, Gamma Oryzanol, Protein, Polysaccharides, Hemicelluloses, Fat, Fiber, Tocopherols, Tocotrienols and Antioxidants) found in stabilized rice bran are known to play a significantly positive role in glucose metabolism and diabetes control.

Heart Health:

Several of the nutrients found in stabilized rice bran, such as Fiber, Carotenoids, Phytosterols, Omega 3 fatty acids and Inositol Hexaphosphate (IP6), are known to play an important role in lowering cholesterol and triglyceride levels. Stabilized rice bran has also been shown to lower LDL and increases HDL levels and decreases fat and cholesterol absorption. A diet rich in rice bran can substantially lower ones risk of heart disease, high cholesterol and stroke.



Immunity:

Stabilized ice bran contains many immune boosting supporters such as plant sterols and sterolins as well as Gamma Oryzanol, phytonutrients, Omega fatty acids, CoQ10, and Alpha Lipoic Acids.

Anti-Cancer:

Rice bran contains many nutrients that help protect against cancer. The nutrients Inositol, IP6, Polyphenols, Fiber, Tocotrienols and Antioxidants are all known to be anti-carcinogenic. Rice bran also contains a good source of fiber, which helps protect against colon and breast cancer.

Carotenoids, the pigments that give fruits and vegetables its color and act as antioxidants with strong cancer-fighting properties, are also present in rice bran. Of these Alpha Carotene, Beta Carotene, Lutein, Lycopene, Zeaxanthin and Precryptoxanthin, offer powerful protection against many different types of cancer and Lycopene in particular has been associated with lower rates of prostate cancer.

Weight Loss and Intestinal Health:

Fiber is one of the your digestive system’s best allies. Numerous studies have found that diets high in fiber and low in saturated fat are associated with a reduced risk of cancer, diabetes, digestive disorders, and heart disease.



Stabilized rice bran naturally contains an excellent source of both soluble and insoluble fibers. These fibers can help maintain overall health and keep bowel movements more regular. It can offer help for people suffering from Irritable Bowel Syndrome (IBS) and Irritable Bowel Disease (IBD) and has been shown to naturally improve gut micro flora helping with the body’s natural pH.

Stabilized rice bran gives you a wide spectrum of nutrition that can help calm hunger. These nutrients found in stabilized rice bran can also help with weight management by giving a sense of fullness, regulate blood sugars, detoxify the colon and metabolize fats.

Detoxification:

Stabilized rice bran can help detoxify the both in two ways. First of all, the high fiber content found in rice bran can help remove toxins by speedy eliminations. It also acts as a scrubbing agent for the intestinal walls. This scrubbing of the intestinal walls gets rid of the putrefied waste that can block nutrient absorption and poison the body. Secondly, the potent antioxidants found in stabilized rice bran help combat the damaging free radicals that toxins produce and improve liver function further helping cleanse the body.

Increase Energy:

Rice Bran has energy boosting phytonutrients like CoQ10, Alpha Lipoic Acid, and B vitamins including Pangamic Acid.

Kidney Stone Prevention:

Stabilized Rice Bran is a healthy source of Calcium along with Magnesium and Potassium. It also contains Vitamin K and IP6, which help move calcium into the bones instead of building up in the urinary tract.

Other Health Benefits of Rice Bran:

The nutrients found in stabilized rice bran can also help reduce headaches, improve eyesight, help reduce inflammation and reduce osteoporosis.

Healthy Recipe: *Gluten Free - Cranberry Rice Bran Muffins*

Ingredients:

- 1/2 cup stabilized rice bran
- 1/4 cup sorghum flour (or rice flour or millet flour)
- 1/4 cup tapioca starch flour
- 1/2 teaspoon xanthan gum
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 pinch salt
- 1 egg
- 1/3 cup + 2 Tablespoons unsweetened, natural apple sauce
- 3 Tablespoons brown sugar
- 2 Tablespoons cranberry relish, sauce or dried, unsweetened cranberries
- 1/4 - 1/3 cup cold water

Preparation:

1. Preheat your oven to 375 degrees. Spray the inside of 6 paper muffin cup liners with oil or use paper liners.
2. Mix together the dry ingredients (rice bran, sorghum, tapioca flour, xanthan gum, baking powder, baking soda, salt and brown sugar) with a whisk or fork.
3. In a separate bowl, mix together wet ingredients (apple sauce, egg, water and cranberries if using relish or sauce).
4. Combine wet and dry ingredients. Add dried cranberries (if using instead of sauce or relish).
5. Fill muffin liners 2/3 full with batter.
6. Bake at 375 for 15 minutes or until golden brown and the middle is firm to the touch or nothing sticks to a toothpick when inserted into center.

Makes 6 muffins.



Living Healthy to 120: Anti-Aging Breakthroughs

By: David Kekich

The Perfect Cure

A very close friend of mine's father seems to have lost his will to live. Here is an aging former soldier of fortune who once had a zest for life experienced by few. Now, he lost interest in eating, in seeing a doctor and seemingly everything else, including his will to live.

This bothers me for a couple of reasons. First, someone close to me may lose her dad. And on a larger scale, didn't I say most people go to the ends of the earth to hang on to life towards the end? Well, apparently not all. Why is this?



Several months ago, I had a relevant conversation with another close friend about how some people cling to life at the end no matter how much suffering and pain they endure, while others simply throw in the towel.

We concluded it may have something to do with declining hormone levels. So, I gave my anti-aging physician a call a few days ago to discuss this possibility. His response was that yes, declining hormone levels lead to depression, which usually translates to loss of appetite, and of course, a diminished will to live. He routinely reverses this phenomena with closely monitored hormone replacement therapy (HRT).

Could declining hormone levels be evolution's way to nudge us into going quietly into the night? Could savvy docs reverse deteriorating attitudes and improve and extend millions of lives with simple HRT?

I think the answer is a resounding YES!

Saturday, I enjoyed a wonderful lunch get together with one of the most esteemed psychologists and authors in history. In fact, he has been one of my personal heroes for about 40 years. He's now experiencing moments of forgetfulness, which he calls his "senior moments."

The difference between him and my friend's father is he is attacking his challenge head on, while maintaining his witty sense of humor. He's getting sophisticated diagnostics, will undergo cutting edge treatment and is determined to reverse it.

And reverse it he will, according to a medical consultant who specializes in neurodegenerative conditions.

The moral to this story is, don't wait until you see serious decline to see an anti-aging specialist. In fact, see one before you experience any decline – period.

After all, once you see signs of a condition or disease, it may be too late. Heart disease and cancer are two good examples. They eat away at you for years before you show symptoms. And one symptom from heart disease is often sudden death.

Your perfect cure is prevention.



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

Are You Wired to Relapse?

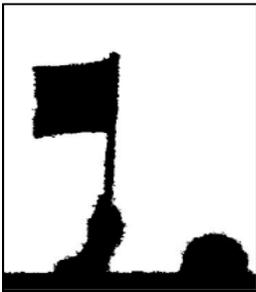
Most people revert to their pre-New Year's-Resolution habits by now. Have you given up on your fitness goals yet? "If you are looking for an excuse to fall off the wagon, the universe will provide one."

That was the lesson that Oprah shared in her recent confession about her ongoing struggle with weight. Oprah knows how it feels to fall off the fitness wagon; in the January issue of The Oprah Magazine she described her recent 40 pound weight gain. Her testimony was filled with valuable insights for anyone else prone to relapse. There was a hidden cycle that I found in her story - one that exposes the process of falling off the wagon.

1) You Fall

Your fall off the wagon could take place in a single moment, or it could be the result of a drawn out process. Oprah described her fall as one that happened slowly as a result of health problems. These health problems became her reason for not exercising. Illness, vacation, holidays, changes at work or any other change in your schedule are all things that'll get you off the wagon. Once you're off the real damage begins.

2) You Surrender



There comes a point after you fall off the wagon that you simply throw your hands up in the air and give in. For Oprah this was a dramatic moment. "I started eating whatever I wanted - and that's never good. My drug of choice is food. I use food for the same reasons an addict uses drugs: to comfort, to soothe, to ease stress." This is the most destructive part of the cycle. You remove all expectations from yourself and as a result you plummet into an unhealthy realm. The progress that you've made toward your goals is lost and even more weight is gained.

3) You Hit Bottom

Inevitably, there comes the moment when you hit bottom. Your body shows the new weight gain and you feel awful about it. For Oprah it was a sobering moment. "I felt completely defeated. I thought, *I give up. I give up. Fat wins.*" She went so far as to say, "I felt like a fat cow. I wanted to disappear."

While hitting bottom is never a fun experience, it is a necessary one. The pain must become great enough for you to turn it around and take the control back.

4) You Take Control

Now comes the good part. When you hit bottom you were out of control, now you're ready to once again grab the reins. Oprah says that "These days I've put myself back on my own priority list." She plans to get an hour of exercise five or six days a week, as well as eating healthfully and reordering her life to include time to replenish her energy. Her new goal is to be strong and healthy and fit.



Have you fallen off your priority list, like Oprah fell off hers?

The time has come to put yourself back on that priority list. The time has come to decide that you *are* worth it.

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



Preventing Osteoporosis & Weight Loss After 65

Dear Dr. Scott,

What can be done to prevent osteoporosis or stop progressing the disease?
~Aida Fahel

Answer:

A most excellent question!

The prescription medications that are currently used are very dangerous. I suspect they will be taken off the market or given a black-box warning soon because they have so many ill effects. They become a permanent part of the bone and poison the cells in the bone that allow for remodeling. I don't recommend them. In fact, if I have a patient come in who is taking any of them, I immediately stop that first -- there are better options.

A study in nursing homes showed that vitamin D not only prevented fractures, but also helped the residents to function better. As you can imagine, there isn't much sunshine in a nursing home, and food contains very little vitamin D. If you have osteoporosis, a recent study showed that, for women, the current recommendation of 400 IU per day is wholly inadequate. You should be taking Vitamin D3 2000 IU daily. Add to that both calcium and magnesium (500mg of added calcium with 250mg of magnesium). There is also some good evidence that strontium helps to form stronger bone.

Diet plays a big role in calcium absorption and storage. Avoid all processed sugars as they prevent the absorption of these minerals. Especially, avoid all carbonated drinks.

The way the body neutralizes the acid (from the carbonation) is by pulling phosphorous out of the bones, which also causes you to lose calcium. This is also a good reason to decrease meats and fat -- the breakdown and storage of these produces acids.



Don't forget exercise. Our bones strengthen according to the pressure that is put on them. If you don't work out with heavy weights (according to your ability, of course) or, in other words, if you aren't building muscle and increasing your muscle strength, then it is unlikely you will build bone, either. So, be sure to exercise enough to increase your strength.

~ Dr. Scott Saunders, MD

Dear Dr. Scott,

Is it possible to drop weight after 65, with no gall bladder and deficient thyroid?
~ heartpeace@bresnan.net

Answer:

Yes! Remember that all the extra fat on our bodies represents stored energy, no matter what our age. What happens as we age is that our metabolism, or the energy we use daily just to live, pump blood, breath, and so forth, decreases. There have been many studies on how to prevent this from happening, but so far all of them have come up short. One doctor in Los Angeles was giving large amounts of thyroid hormone to all of his elderly patients to help them lose weight. But, it didn't work, and the side-effect was osteoporosis for most.

If you don't have a gallbladder you have to take extra precautions. The bile helps to digest fat, and you may not be able to handle fat very well because of this. You should try first a high-fiber diet: fruits, vegetables, whole grains, and beans.

Avoid fats. There are several good books with such a diet: Dr. John McDougall (*The McDougall Plan*), Dr. Dean Ornish (*Eat More, Weigh Less*), and Pritikin (*The Pritikin Weight Loss Breakthrough*), among others. This will keep everything moving smoothly in your digestion.

Exercise just to the point where you breathe hard enough that you can't carry on a conversation. Then stop and rest for a minute. Then start exercising again. It's been shown that changing to different exercises is best. You should be getting better at whatever you do. If you walk, you should be able to walk farther and faster over time. If you lift weights, you should be increasing.

If you will try just these two things, your metabolism will increase and you will feel more energy and lose weight easily. In fact, I will guarantee that with the diet alone you will feel significantly better in just one week.



Add a couple of things to help you along:

Artichoke is very good for the digestion in someone who has no gallbladder.

Iodine should be taken if you have any thyroid abnormalities. It was thought that too much iodine suppressed the thyroid, but it turns out that isn't true. Many doctors, though, are still using old information. You should be getting about 12 mg daily. Ask your doctor to prescribe Lugol's solution and use eight drops in water every day.

~ 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!

www.HomeCuresThatWork.com/Email/Ask-the-Doctor.php

Grandma’s Cure Corner:

Natural Sunburn Treatments

Dear Grandma,



My family is heading to Florida for vacation soon for spring break, which is a welcome change from our hard winter this year. However much I am looking forward to the sun and time outside, I don’t want to get sunburned. I am a little leery of using sunscreen with a bunch of chemicals. I am also not going to subject myself to tanning bed treatments to “brown” before going. Do you have any suggestions for preventing sunburn or treating one?
~ Cindy Morgan, Ames, Iowa

Dear Cindy,

I hope you have a great time with you family in such a warmer climate like Florida! The sun is the best way for your body to produce vitamin D, which is good for your immune system, bones, and muscle. Makes you feel good, too! However, the sun’s rays can do immense damage to your skin. Please take the natural necessary measurements to protect your skin from the harmful rays of the sun. Use brimmed hats, light clothing, sunglasses and stay in the shade. If you do happen to stray outside with proper skin protection, there are some natural treatments for sunburn.

First, cool off your sunburn with a cool bath, shower or even cold water in a spray bottle. You can even use cold back tea as an effective sunburn soother. The tannin in tea can relieve the discomfort of sunburned skin. Applying aloe vera to the skin is also a calming agent. Or, open the refrigerator and combine one part cold milk to four parts water and use as a compress for the sunburned skin. The fat and acids in the milk have a soothing effect on the skin. To make a compress, soak gauze in the milk-water mixture and carefully dab on the skin. Do this for around 20 minutes.

Don’t be tempted to massage any kind of oil, creams or ointments into the skin for relief. The oil will clog your pores and actually act as a shield that keeps the heat on your skin (OUCH!). I’ve done this before and usually wake-up the next day in more pain than I started. I do not recommend “after sun lotion” for your sunburn!



As always, drink LOTS of liquids, especially the clear kind. The sun and heat can sap the water out of your system, so stay hydrated by drinking water to replenish the balance.

If you happen to blister from over exposure to the sun, boil 8 cups of water for 5 minutes and add 1 teaspoon of salt. Use this solution, once cooled, to apply to the blisters as a compress.

Other known helpful relief treatments include applying to the burnt skin:

- Apple Cider Vinegar
- Yogurt
- Cucumbers
- St. John’s wort

Common nowadays is the belief that sun block is unsafe and can actually propagate skin cancer. Without doing extensive research, I cannot answer this question fully. However, I can say some time in the sun is healthy for you and whatever you choose to put on your skin (as protection or for health) is being absorbed into your body. The general rule to follow is if you can’t put it in your mouth, don’t put it on your skin.

Lastly, if you have severe sunburn, please see a doctor. If you experience chills, nausea, and fever or feel extremely fatigued, have visible & large blisters, or discolored and darkened skin with sever itching, seek professional medical help immediately.

Have a wonderful time in Florida with your family, Cindy!

**Love,
Grandma**

Product Recommendation

High-Rite, by Native Remedies

High-Rite™ is a natural remedy from Native Remedies to maintain normal blood pressure ranges and support circulatory system health.



High-Rite™ Benefits:

- Maintain blood pressure within the normal range
- Support systemic balance in the cardiovascular system responsible for regulating blood flow and healthy blood pressure
- Support healthy circulation responsible for adequate flow of blood to the heart & extremities
- Support healthy pumping action of the heart and the maintenance of a regular heartbeat
- Promote coronary artery health and integrity
- Support healthy energy levels and soothe common nervous tension

There is even a 100% money-back guarantee!

High-Rite™ as an herbal remedy has the ability to support your cardiovascular system and maintain normal levels of blood pressure, without the fear of side effects, so your body stays in perfect balance, as God intended! This natural medicine supports your overall health and functioning by creating a holistic balance, rather than just treating the symptoms. *High-Rite* aids in relieving ailments and preventing future diseases when used regularly and consistently.

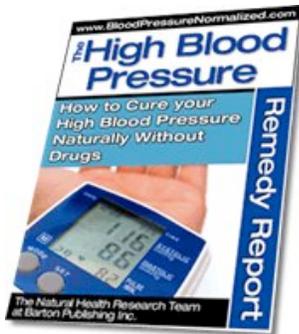
Find It Here:

<http://www.HomeCuresThatWork.com/HighRite>

Barton Publishing's Free Report of the Month

Newsletter Headline 2

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.



Traditional treatment and natural treatment of high blood pressure go head-to-head in this report. Today's modern medical advice is teamed up against tried and true, time proven natural courses of treatment to bring your blood pressure down to acceptable and normal levels. Medications from commercial living is not your only option any more.

Not only will you realized the power is in your control, the help you need to get there is laid out in "[10 Tips for Healthy Blood Pressure](#)," found in this report. Plus, there are "[10 More Tips to Getting Started](#)" on lowering your blood pressure naturally, today!

It really couldn't be simpler with this comprehensive treatment guide and user-friendly manual.

**[Download Your FREE
Blood Pressure Normalized
Remedy Report Now!](#)**

www.bloodpressurenormalized.com/BloodPressure2391-08.pdf

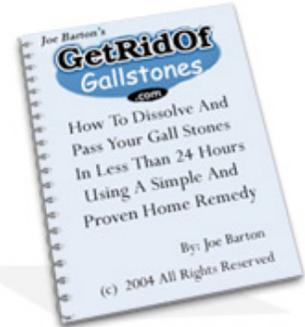
“Hey Joe”, This Worked For Me!

- Reader Input -

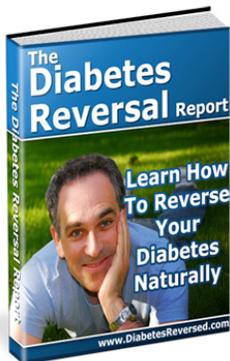
Here are some testimonies from readers like you who have found that natural cures do the job and Barton Publishing’s Natural Remedy Reports have made a difference in living healthy.

“I have purchased the Gall Stone Removal Report after having been diagnosed with Gall Stones. I had no pain, and the frequent nausea vomiting and diarrhea for many months were undiagnosed. Once the MRI was taken, we had a diagnosis in the midst of a winter snowstorm. Once at home we were blocked by 12 inches of snow. I then purchased your report; it was easy to download and understand. I followed the directions easily. However, it took 2 days and while I was not seeing any results, then on the third day - there they were, easily recognizable from the pictures I have seen - one large stone the size of a marble and many shell-like stones, mostly white in color and a few chaff like brown ones. There must have been 300-400 of them! There was no pain in passing them. I have not had nausea since. Definitely a good experience, without pain or any discomfort at all. And amazingly easy to do in the case of being shut in by a snowstorm. I can do it again if necessary.”

~ Stephanie, St. Clair Shores, MI



www.GetRidofGallstones.com



Dear Joe:

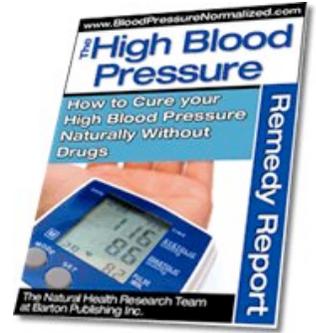
“I’m Dennis Vibert & live in Athabasca County, Alberta - approximately 1-hour North of Edmonton. In reading through Point 1, of the report “How to Reverse Diabetes” PDF/book, I’ve been able to connect the GI with calorie-correct sized portions with day bs reading of 125 mg/dl. In searching the Internet, your report is a winner, as well totally easy to order, download, & understand. This makes sense of what to do. I most highly recommend this to everyone. Last spring my Specialist proved I cured Coronary artery disease. Diabetes is next on my hit list & with your report this is going to be a walk in the park. KEEP UP THE GOOD WORK.”

Best Regards, ~ Dennis Vibert

www.DiabetesReversed.com

“I was truly amazed how quickly my blood pressure came down. Within 2 weeks, it came down from 150/90 to 140/88. Over the following 2 weeks, it came down further to 140/86 and then 135/80. I follow the DASH diet and include as many high potassium foods as possible into more of my daily diet. I am snacking and eating almonds, apricots, all-bran, banana, and avocado during the day. It is fish 4 out of 7 nights a week, with potato at every meal. I have lost a total 5 kilograms (about 2 pounds) and feel way healthier too.”

~ Jan Forrester



www.BloodPressureNormalized.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 Month's Issue

Martin Jacobse Uncorked: The 7 Rungs of the Health & Wellness Ladder	Next month Martin Jacobse will dive deeper into how your mental state, attitude and brain health play a key role in naturally healing your body.
FDA Covers Ups, Drugs & Big Pharma Scams	Proud to be an American yet? Our freedom, particularly our right-to-health freedom, may be compromised by the "change" in our current government. Stay tuned for Part II of "War on Nutrition" and gain your own personal revelation to demand health rights and protect them.
Healthy Recipes & Eating Ideas	The Real Stuff: Maple Syrup! Not just for your pancakes, this sweetener is a versatile and healthier alternative to sugar (and the blue, pink or yellow packets!) Stay tuned for a Whole Wheat Maple Syrup Bread recipe. Yum-O!
Living Healthy to 120: Anti-Aging Breakthroughs	How do you know which anti-aging products work and which do not? Out of the thousands available on the internet, in the store or on television, your life may depend on knowing the answer to this question. Kekich also offers his free book, " <i>Life Extension Express</i> ," so you can get a boost on your longevity.
Weight Control, Fitness & Exercise Tips	The Blame Game, according to Nordine Z. You have the body that you accept and the good news is you can change. In next month, we'll cover 3 steps to make up your mind about accepting yourself.
Ask-An-MD: Q & A with a Natural Medical Doctor	Affordability is more an issue now than it has been in recent history. Dr. Saunders addresses how to lower your cholesterol on a budget, safely and effectively. Also, an almost 50 reader writes in about swelling in the feet and ankles. Come back next month to read about what might be the causes, and more importantly, the cure!
Grandma's Cures: Old & Proven Remedies that Work	Butter! Who doesn't love it? Grandma talks about butter from all angles: sweet vs. salty, soft vs. hard, tips and tricks for using and storing butter. This is a winner for all!
Product Recommendations: Best Natural Products on the Market	Promote digestive calm with Digest Assist , available next month to maintain healthy levels of stomach acid during digestion. Feel comfortable after a meal, not pain.
Barton Publishing's Free Remedy Report of the Month	This month, check out our Monthly Quiz regarding your free High Blood Pressure 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	Have a sore and red big toe? Gout has got you. Get Barton Publishing's Free Remedy Report for "Cure Your Gout" next month.

Home Cures That Work Monthly Quiz

Test your High Blood Pressure knowledge, Take the High Blood Pressure Quiz!

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**