

HCTW HOME CURES THAT WORK

Volume 1: Issue 5

Home Cures That Work - Volume 1: Issue 5

ARTICLES YOU DON'T WANT TO MISS:

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Digest Assist

Pharma: There Is A
War On Nutrition

Barton Publishing's
Free Monthly Report

Sneak Peak into Next
Month's Issue



ASK-AN-MD
AFFORDABLE CHOLESTEROL
TREATMENTS & VENOUS
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BUTTER & IT'S
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Martin Jacobse Uncorked: The 7 Rungs of the Health & Wellness Ladder

By: Martin Jacobse

The Healing Attitude, Part One

If you want nothing less or more than the bottom line concerning your health and wellness, then it is by no mistake you are here reading these articles today. You have made a decision to enjoy uncommon health and I want to help.

If you feel you have fallen short of the health you expected, you are at a crossroads today and about to change your life for the better.

From this day forward, you will recall this very moment in your life as you unleash your most powerful ability to manifest consistent healing action.

You are reading these words today because you are ready to take in the big picture and bring all the pieces together again. Like fragments of a lost treasure map that have at last been reunited right before your eyes, you will never have a reason to delay taking the right action from here on.



In the next 7 minutes I hope to remind you of something, that deep down, you probably already knew, but it may have just slipped your mind. Nothing can be more important than starting out on the natural path to wellness with the right attitude, full of promise and positive expectation.

The natural principle revealed here have the potential to vanquish your fear of dis-ease, once and for all.

Now to *cut-to-the-chase*. The fact is you have been learning this very same lesson over repeatedly in different forms throughout your lifetime, which is:

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

If that strikes a true note with you then, read on . . .

It is human nature to question everything. Unfortunately, many people lose this ability at an early age. In truth, the ability to ask questions is entirely unique to being human.

In essence, this testifies to the fact that everything in the world begins with a thought, a feeling, and the seed of an extraordinary idea.

Have you ever felt something was impossible only to later find that you have the power to make the seemingly impossible, *possible*?

It happened before and it can happen again.



By simply asking the right question you can change your perspective and consequently change your circumstance. But, you also must be willing to wholeheartedly receive the answer.

If you are ready, sincerely ask yourself these three questions:

1. Do you want to control your health or have sickness control you?
2. Do you want to be in charge or to be helpless?
3. Do you want to be free to help or slave to suffering?

Now you should already know the answer to these questions, but do not underestimate the power of your decision. Your ability to focus on your decision is a life changing ability, to make a positive difference in your life.

The wisdom to use this ability properly will unleash unlimited influence over your health and wellbeing.

The best way to help others is to first help you. For only after you have experienced your own healing power, will you be ready to help others do the same. This is my life purpose, my way of “*paying it forward.*” *All I ask is that you try to do the same.*

It is impossible to help yourself without benefiting everyone you come in contact with — even it is be a fleeting glance, a passing smile or a simple word of encouragement.

You are so much more powerful than you give yourself credit for.

Subconsciously, you affect everyone around you constantly, whether you are aware of it or not. By “*what manner*” you affect them depends on your choices each and every moment. *This is the power of your intention.*

The knowledge of your new found purpose will radiate energy from your very being, like the sun radiates warmth and light ever so effortlessly.

Your renewed “*healing attitude*” helps you use the “*hidden connections,*” which enhance your wellbeing and inspire others by your living example.

Making a commitment to experiencing your own self-healing is the most important decision you can make for helping make a positive impact on the world.

It all begins with your desire to believe “truth is true.”

If you choose to believe you are powerless, then you’re only limiting your ability to accelerate your self-healing experience.

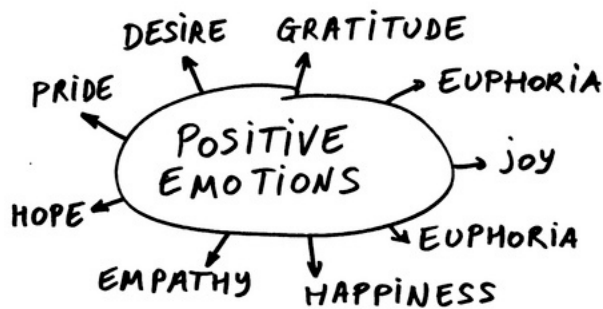
If you don’t expect the possibility that your health will improve, then you must expect to remain trapped in fear and misery, by default.

It all begins here and now.

The cost of depending solely on unnatural treatments, rather than natural principles, at the very least may delay your healing process.

So, you’ll be happy to know this . . .





It is a scientific certainty your feelings of wellbeing, joyfulness and laughter produce endorphins beneficial to your health.

After all, laughter IS the best medicine, especially when combined with the ancient science of "immunonutrition." (I'll discuss more about immunonutrition in more detail in our upcoming issues.)

On the other hand, "stress" is a destructive emotion, like fear, anxiety and anger. These mental states release steroidal type molecules, like cortisone and adrenaline. These "fear producing acids" are

damaging to your body, your metabolic balance and vital homeostasis. *It all begins with your thoughts.*

Truth is thought, mental state and attitude trigger physiological conditions — *not the other way around.*

Healthy thoughts yield a healthy you; unhealthy thoughts only cause further suffering.

Prolonged negative stress patterns cause toxins to build up, which eventually weaken your immune system by taxing key nutrients.

As you know, without proper amounts of quality air, water, food and sunlight your health will diminish rapidly. Try not breathing for the next 60 seconds. You will experience an immediate state of stress, which diminishes all your otherwise, automatic life support systems — *even to the point of total shutdown and death.*

This shutdown of your natural life systems happens when deprived of "quality" air, water, food or sunlight.

As you know, you have basic environmental requirements to sustain a healthy life. But, next to that, a stress free attitude is paramount.

One of the most common forms of stress (*anxiety*) is "*feeling helpless.*"

In order for you to help your own healing process along, you must be sensitive to your body's needs. Simply knowing you can trust your own natural ability to heal is absolutely crucial.

Wanting to trust your body's intelligent design is the beginning of the healing experience.

Whenever a person goes into "shock," an otherwise manageable situation may become dangerously complicated. Ancient Yogi Masters and other masters of the healing arts understood this fact all too well.

Ancient healing practitioners developed the ability to control their thoughts, feelings and mental states to help control the health of their bodies.

It is a well-documented scientific reality that a fearless and relaxed state of mind, trained to expect only positive results, will heal much faster than an untrained mind. Deep breathing techniques used in *Qigong*, *Tai chi* and *Yoga* exercises strengthen both mind and body by reducing all forms of emotional stress and edifying a confident attitude.



Like a child who panics when they see blood from a cut, they haven't yet learned how to help their body, by behaving appropriately. It is vital we learn appropriate behavior and this starts with positive mental self-control.

The same applies to any medical condition.

A poor attitude can cause a state of ill-health (*dis-ease*) and, consequently, hinder your healing. Just as a confident attitude promotes well-being, it can also help maximize recovery from any degenerative state of *dis-ease*.

Dis-ease, or stress, reduces oxygen, promotes dehydration and loss of crucial nutrients and their respective co-factors.

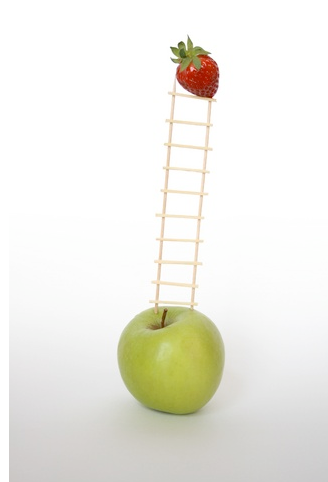
You have *hidden connections* that keep your mind and body functioning optimally. Trusting these connections arises from being familiar with them. Once you learn to trust your own healing processes, you will have a stronger desire to support, nurture and embrace them.

For example, knowing how deep breathing helps “*accelerate*” natural healing empowers you to help your body with a greater level of confidence.

Confidence is a positive state of mind, a healing attitude.

The better educated you become concerning natural healing principles, the more helpful you will be, *naturally*.

By simply knowing what is good for you and what is not reinforces a higher level of confidence — *a more powerful state of mind*.



There are 7 main rungs to ascending the latter of wellness and truly; the first step is the most important. In a sense, it is also the final step. Once you grasp this and go into it, making this principle your own, everything else will be as sure the sun at noon.

Making a commitment to eliminate the destructive elements in your life automatically clears the pathway for a healthy attitude and opens up the possibility of accelerated healing.

Immunonutrition is a scientifically substantiated fact based on these same natural healing principles.

Fact: It is natural for people, who possess a confident, healthy and productive attitude, to take better care of their body's basic and subtle needs.

The more you discover about yourself, the more you can help yourself and the stronger your self-confidence will become.

The belief in helplessness in no way is helping your body heal itself. The sad thing is drugs are sold by using *destructive emotions* to prey on you in a moment of weakness, trapping you into feeling even more helpless than before.

The misuses of chemical drug treatments dis-empower people and keep them enslaved by fear. The end result, more often than not, makes them more dependent on medicine and less knowledgeable about Mama Nature's healing principles.

The more you know about accelerating your body's natural healing processes, the less likely you are to become deficient and out of balance.

It's NOT your fault! You didn't know you have the power to help accelerate your own healing...*until now.*

No one believes mama Nature is powerless.

If you feel powerless, it is because you don't know your mind, body and environment are connected through natural laws.

You are not separate and alone. You are interconnected to amazing, powerful and simple natural laws, which nurture health and wellbeing.

Western medicine is based on the false assumption called reductionism rather than a holistic point of view.

Reductionism is *complex* because it teaches everything is separate from a whole living system it can never see, *believed not to exist.*

The holistic point of view seeks to remove the blocks to natural "*inter-connectiveness.*" Holistically, even the smallest part of your life support system is equally as important to the whole. Even further, Holistic Medicine understands your entire body is a vital part of an even greater whole.



Empower your healing attitude!

This is exactly why the food you eat, the thoughts you have and the lifestyle you choose, benefit the healthy genetic expression of each of your 10 trillion cells, *right down to your very atoms.*

Bottom line: you are NOT powerless. Great health is ultimately your choice.

FDA Cover UPs, Drugs & Big Pharma Scams

By: Martin Jacobse

There Is A War On Nutrition... Whose Side Are You On? Part Two

Today the world battles on between two primary forces, or values, indicative of our times: *corporate slavery vs. personal freedom.*

The World Health Organization's Constitution claims, "*The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being...*"

This eloquent statement may sound good, but there is a catch.

Human rights treaties strive to address the "*right to health*" as well as other rights that relate to conditions necessary for health. The irony is that by granting governmental power to provide healthcare, it "*forces*" others to provide it.

Appointing a federal agency to protect, guarantee and fulfill "*human rights*" is entirely different than appointing one that respects, nurtures and empowers the independent liberties of the people. *American's fought for the later.*

The purpose of any institution is to serve the individual. Once this "*quality*" is forgotten, the institution can only do harm to the people it was meant to serve.

This is why there are still such atrocities as *slavery.*

When health care programs are solely based on political agenda rather than real science they violate human rights in design *and* in application.

Only personal independence and individual autonomy can nurture a free society. Genuine health care, good food and nutrition, as well as education, work and decent housing all depend on a free society founded on sound social values. *That's why America represents the hope of the nations.*



The US Constitution is to ensure your basic human rights and liberties are not usurped by corporations, institutions or government. This is fundamental for a healthy, prosperous and free society.

The real challenge is to guarantee fundamental rights without sacrificing personal freedom. Unfortunately, when true science is abandoned, the politics of money soon takes over. *That's why Western medicine's disease-care model has failed.*

If your health care were to become a right, the only thing that could guarantee it would be the coercive bureaucracy of the state. Here the difference between clever tyranny and true liberty become more apparent.

The World Health Organization (WHO) and the Food and Agriculture Organization (FAO) are the parent bodies of the "*Codex Alimentarius.*" They both are powerful organizations that intend to *guarantee world health rights, regulate food and control population growth.* Unfortunately, that

doesn't mean there aren't harmful agendas that may threaten your life, liberty and happiness hidden within them.

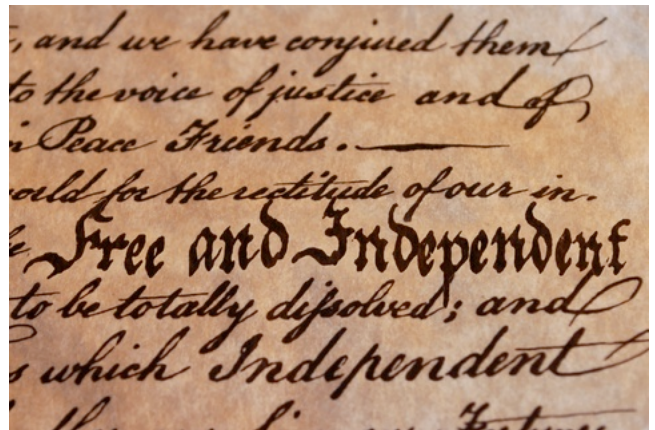
Rights are not the same as liberties. Any policy that forces one person to serve another is coercion, not liberty.

No matter how authoritative, structured or logical a plan may be if the premise, assumption or evidence on which it is founded is false, then it must be brought to question, discarded or opposed. Just the same, no matter how humane a program appears to be, no matter how clever the public relations campaign, if it offends "*personal freedom*," it is a false doctrine.

Governments will try to conceal the swapping of health liberties for rights, by taking money to pay for other people's healthcare through taxes. This deception depreciates *The Declaration of Independence* that our forefathers lived, fought and died for.

Without The Declaration of Independence you lose your individual autonomy.

Education, awareness of disease and prevention must be based on sound science. True evidenced-based science can only arise from a balance of fair competition, independent studies and scientific peer reviews.



***The liberty
- to choose
- to challenge
- to debate
must remain an open forum.***

There will always be compromise in some aspect of society. But, under no circumstances should Americans allow personal liberties to be infringed upon by any corporation, institution or government program, regardless of its net worth, credo or political intentions.

I realize this all sounds a little heavy at first but my message is one of soundness, solidarity and simplicity. Too often in the clamor of today's world events we lose sight of our priorities, so please bear with me. I believe you will agree this is well worth reading on. Instead of nationalizing healthcare, people need to demand socialized medicine be abolished.

Let us recognize the problem so it can be solved.

The so-called healthcare system is in actuality a "*disease-care business*." It has failed to integrate, adapt and accept superior naturopathic, complementary and holistic healthcare models. Socialized medicine is the current medical system "*on steroids*." Nationalized health care only gives more money and power to a corrupt drug monopoly that plans on taking away your liberty and to disenfranchise the same principles that Thomas Jefferson believed in so passionately.

Beware of those who would try to twist The US Constitution around to rob you of your independence. The US Constitution was ingeniously designed to protect you from tyrants that would attempt to destroy your liberties.



America's forefathers had true intelligence, integrity and foresight.

The U.S. Constitution undoubtedly sanctioned the principle that Thomas Jefferson had expressed in the Declaration of Independence, that man has been endowed with certain fundamental rights that *pre-exist government* and that these rights don't include health care, food or education but rather life, liberty, and the pursuit of happiness.

Embrace these liberties first and all the rest will inevitably be your inheritance.

Under the US Constitution the government can guarantee, protect and serve these fundamental rights, *but actually attaining your happiness and health is up to you.*

Happiness is the key to a healthy life, as liberty is the key to happiness. Each unlocks the other in a perfect circle of health, wellness and freedom.

We, the people need to stand up and make our voices known. Money cannot buy your independence or your health. There are greater principles involved here. America cannot fulfill her purpose if her people are not free to exercise "*the power to choose.*"

Many people have been cured of cancer, heart disease and diabetes using amazingly simple and harmless natural remedies. These natural cures are backed by real ground breaking science and the only reason they are not all published in peer review journals is because these discoveries threaten the pharmaceutical industry's monopoly.

Frankly, Big Pharma would be glad to see you lose your independent autonomy. Just remember that you are *not* free if you are being coerced to put drugs into your body. If government policies dictate whether you are allowed to use natural principles and control what your health liberties are you are nothing more than a slave.

We need our government to protect personal liberties so people can build vast networks of independent healers, naturopathic doctors and integrative health practitioners.

This will bust the Big Pharma monopoly and reduce the cost of health care by allowing people to receive affordable, proven remedies and cures.

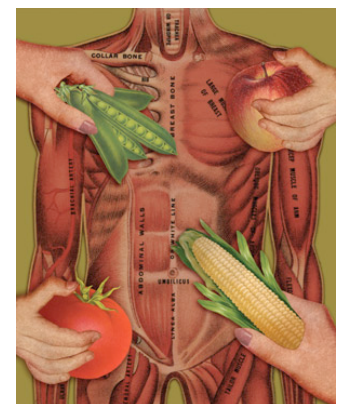
***"An ounce of prevention is worth a pound of cure."* ~ unknown**

We need independently owned and operated wellness centers which incorporate affordable natural medicine, nutritional therapies and lifestyle modification programs, *not federally funded drug dispensaries.*

Integrative, Complementary Alternative and Holistic medicine works with the "*Intelligent Design*" that connects your environment to your very genes. The new science of epigenetics, biogenics and nutrigenomics is replacing pharmaceuticals.

Bottom line: the so-called free world is at a crossroads, what I call the end of The Chemical Dark Ages and at the beginning of an Era of Light and Life. It is time where natural principles help heal the nations and life, liberty and the "*attainment*" of happiness becomes the new golden standard.

We live in a dangerous time were mega corporations use money to corrupt the only free system in the world. So, if we don't find that worth fighting for and stand up, how can we ever expect the rest of the world to respect, protect and fulfill those same fundamental human rights?



People everywhere are having their health and freedom usurped by medical propaganda whose primary goal is to push drugs.

Drugs like Ritalin, Zoloft and other *psycho-pharmaceutical* drugs are destroying the very fabric of our families, society and the world.

There is *no* magic pill, or coercion tactic that can guarantee your happiness or health. It is each person's own responsibility to decide what lifestyle they want to live. *It is not the government's job.*

You are witnessing a war on nutrition, natural medicine and free people. The pharmaceutical companies are waging the war on your liberties, and socialized medicine is their agenda. Under such a policy you will have no choice but to obey federally mandated vaccinations and much more.



Everything we've ever needed, need now or will ever need already exists in Mama Nature. With a renewed sense of liberty, real science and common sense, we can solve hunger, cure disease and enjoy peace on earth.

The only catch is that each one of us needs a *personal revolution*. Each one of us must take responsibility for our health, beliefs and our actions and make a commitment to live as healthy examples.

You are the whole rest of the world. So behave like you know it and walk on, with your hopes high.

Remember when you're free to choose, the rest of the world has the hope of being free with you. If we sacrifice that, everyone loses.

Healthy Recipes & Eating Ideas

By: David Randall

The Real Stuff: Maple Syrup

Be sweet to your body; substitute your sugar and chemical sweeteners with Maple Syrup. I am not talking about the store bought pancake syrup made from high fructose corn syrup, artificial colors and preservatives. I am talking about the good stuff tapped from Mother Nature.

Maple syrup is no longer just for pancakes; this sweetener is a versatile and healthy alternative to sugar and far better than those other chemical substitutes that come in delightfully colored packages. Maple syrup is an excellent source of manganese, a good source of zinc, and contains a variety of other essential minerals and vitamins.



Health Benefits of Organic Maple Syrup:

- **Antioxidant**

The trace mineral manganese is an essential cofactor in a number of enzymes important in energy production and antioxidant defenses. One ounce of maple syrup provides 22.0% of the daily value of manganese.

- **Heart Health**

Maple syrup is a good sweetener to use if you are trying to protect your hearts health. The zinc supplied by maple syrup can decrease the progression of atherosclerosis. Zinc is also needed for the proper function of endothelial cells and helps to prevent the endothelial damage caused by oxidized LDL cholesterol and other oxidized fats. Endothelial membranes low in zinc are much more prone to injury. Additionally, studies have found that in adults deficient in manganese, the other trace mineral amply supplied in maple syrup, the level of HDL, or "good" cholesterol, is decreased.

- **Immune System**

Many types of immune cells appear to depend upon zinc for optimal function. Researchers have studied the effects of zinc deficiency in children and immunities. In these studies, zinc deficiency has been shown to compromise numbers of white blood cell and immune response, while zinc supplementation has been shown to restore conditions to normal. In addition to the role played by zinc, manganese helps lessen inflammation, thus supporting healing. In addition, manganese may also act as an immuno-stimulant (substances that stimulate the immune system).

- **Men's Health**

Maple syrup provides special health benefits for men. Zinc is concentrated more highly in the prostate than in any other human tissue, and low levels of zinc in this gland relate to a higher risk for prostate cancer. Zinc is even used therapeutically by healthcare practitioners to help

reduce prostate size. Manganese may also participate in the production of sex hormones, thus helping to maintain reproductive health.

- **Minerals Found in Maple Syrup**

In addition to containing manganese and zinc, maple syrup contains a variety of minerals and vitamins essential for a healthy diet. These include: Sodium, Potassium, Calcium, Magnesium, Iron, Copper, Phosphorus, Sulfur, Silicon, Vitamin A, B1, B2, B5 (Pantothenic Acid), B6, and Vitamin C. Mineral and vitamin content will vary according to area of harvest and soil content.

- **Cleansing**

Maple syrup is also a key ingredient in a famous book by Stanley Burroughs called "*The Master Cleanser*." This is a simple and widely used cleansing method that uses organic maple syrup, fresh lemon or lime juice and cayenne pepper. Beyonce Knowles even used this cleanse to shed 20 pounds quickly.

- **Where to Buy**

We suggest Organic Maple Syrup by Maple Valley. Find a store in your area by going to this site and select your state, or order online. www.maplevalleysyrup.com/WhereToBuy.html

Healthy Recipe:

Whole Wheat Maple Bread

Ingredients:

- 1/3 cup milk
- 1 cup plain yogurt
- 1 egg, lightly beaten
- 1/2 cup maple syrup
- 1 lemon, juiced
- 2 cups whole wheat pastry flour
- 2 teaspoons baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg

Preparation:

1. Preheat oven to 375 degrees F.
2. Grease a 5x9 inch bread or loaf pan.
3. In a bowl, mix wet ingredients (milk, yogurt, egg, maple syrup, and lemon juice).
4. In a separate bowl, mix dry ingredients (flour, baking soda, cinnamon, and nutmeg).
5. Gradually stir the dry mixture into the wet mixture until moistened.
6. Pour into the prepared loaf pan.
7. Bake for 50 minutes, or until a knife inserted in the center comes out clean.
8. Cut into 12 slices



Nutritional Facts: (1 slice)

Calories: 110, Total Fat: 1.2g, Sodium: 234mg, Dietary Fiber: 2g, Carbohydrates: 23g, Protein 4g.

Living Healthy to 120: Anti-Aging Breakthroughs

By: David Kekich

Pay Yourself First

We're going to cover the third rendition of Kekich's Credo by Dr. Pete Hilgartner in this article.

Credo #6:

Produce for wealth creation and accumulation. Invest profits for wealth preservation and growth. Produce more than you consume and save a minimum of 20% of all earnings. Pay yourself first.

From Dr. Pete:

Not only is this great financial advice, but with a little creativity, it can be directly applied to your health.

Here goes...

"Produce for wealth creation and accumulation."

As humans, we are producers and creators. Every second of every day, we are producing new cells to replace old, used up cells. We are producing energy that allows us to produce ideas, products, goods, and services. We are producing amino acids that build muscles and other structures in the body. We are also accumulating a reserve of energy and nutrient stores to be used at a later date or in times of stress. (That is, as long as we are eating the right foods to produce the reserve.)

However, we also accumulate waste products. We accumulate these waste products from the normal process of metabolism, but also from our exposure to the junk, chemicals, pesticides, preservatives and additives in our food and environment. Good food, clean water and a fast or detox-cleanse every 3 months will help.

Think of the accumulation of nutrient stores as money in the bank and toxin and waste product stores as credit card debt. Which one makes you feel more secure? Which one is healthier for you? Which one do you do? A detox is like a huge payment toward your debt. The more you do, the more stable your situation becomes.

You may be saying, "I know, I know... I've heard this before". The question is, do you DO it. If you DO it, you KNOW it. If you don't do it, you only know ABOUT it.

To use the rest of the statement...

If you are investing profits for "health" preservation and growth, you have to be doing the things in life that will actually produce a "health profit."

If you have read my book, *The Secrets of How to Feel 20 Years Younger in 90 Days or Less*, you know there are six things you need to regularly do in order to maximize your genetic potential for health.



You need to have a strategy that addresses your Structure, Nutrition, Exercise, Rest, Attitude and Energetics. By taking action on this strategy, you are investing in health preservation and growth, just as if you invested a portion of your pay to accumulate wealth.

To apply the "produce more than you consume, and save a minimum of 20% of all earnings," look at energy intake and output. Eat less than you burn. Don't take in more calories than you use. That's not where you want to apply the 'save 20%' principle.

The save 20% piece can apply to the simple idea of setting aside specific time each day just for you.



Busy Moms can relate to this one. Who always gets the short end of the stick? Mom! She is typically so busy taking care of everyone else that she puts herself last.

That's the wrong answer. Be a little selfish. Maybe you take 30 minutes every morning before everyone is up, to walk or meditate or read. It could be that you take an hour out of your busy week for a massage.

Maybe you take a few extra minutes to cut and prepare some fresh foods rather than the "Crap-in-a-tray" you were thinking about eating.

The point is: Pay Yourself First! Save that 20% for YOU.

Give from your abundance, not from your poverty.

If you are always producing, creating and giving to others before your self, that's like spilling water out of a pitcher without refilling it. Eventually the pitcher runs dry. Then what happens?

That's right, all hell breaks loose and the whole house of cards falls down. Kinda like what's happening all around us for those who have more debt than savings. The same principles apply to health.

Don't let life foreclose on your body!

Thank you Dr. Pete, for your great insights and advice.

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, Exercise & Fitness Tips

By: Nordine Zouareg

The Blame Game, Transform Your Body in 3 Steps

Whose fault is it that you're out of shape?

If you go by what you hear in diet ads then you believe that it's anyone's fault but yours.

The big diet companies think that if they put the blame on you, then you wouldn't buy their bogus pills. So they put the blame on your cortisol levels, your modern diet (i.e. fast food), or your busy schedule instead of where it belongs - which is squarely on your shoulders.

Sure, you have obstacles that get in your way - your schedule, your job, your kids, the weather, your knee injury from college...but ultimately you have the body that you accept.

I'm going to repeat that so it will really sink in.

You have the body that you accept.

Embracing the blame for your current weight is not a bad thing - it's empowering. Think about it. If it really were not your fault, if it really was due to a long list of variables that you have zero control over, then you'd be stuck. You'd have no way to change.

The Secret Behind 'Before and After' Pictures



Allow me to pull back the curtain for you on something that the diet industry doesn't want you to know. You've seen countless before and after pictures documenting weight loss as a result of a diet product. Well, there is more involved than just the diet product, and it's the same across the board.

Look into the eyes of any person in their before picture and you'll see that they are disturbed. The body they have is no longer in sync with the body they can accept.

They changed the body that they accept.

Now look into their eyes in the after picture - see the sweet satisfaction? They now own the body that they decided they could accept. And what a great feeling that is.

Your Time To Transform

Whether you realize it or not, you already possess everything you need to transform your body, but it all starts with taking responsibility for the body that you have today. You have your current body because until this moment you've been OK with it.

Oh sure, you aren't thrilled with it, and you even talk about losing weight and getting fit, but you haven't changed what you'll accept. Here's how to transform your body in 3 steps:

Step One: Get Disturbed

You have heard it said that emotion creates motion. This is essential when it comes to losing weight. Just like those folks in the before pictures, to transform your body you must first decide that you can't live another day in the body you currently have.

It's time to get your emotions stirred up. Make a list of all the reasons that you must lose weight and get fit. Get disturbed!

Step Two: Get Focused

Without clarity it's very hard to get where you want to go. Now that you're disturbed with the body you have, it's time to decide what the body you can accept looks like.



I want you to think in concrete and specific terms. Just like the captions under those before and after pictures -

- "Suzy lost 25 lbs,"
- "Mike lost 8 inches from his waist,"
- "Jenny went from a size 18 to a size 6."

Get a clear picture in your mind of what you'll look like in your after picture and visualize what the caption will read.

Step Three: Get Moving

The time spent between your inspiration (now) and your action determines whether you will succeed or fail. Don't allow yourself to get stuck between inspiration and action - there is always something that you can do right now.

Don't you agree that you'll be happier living life in a fit, healthy and attractive body, rather than the body you have today? Of course you'll be happier.

I've helped scores of clients just like you finally lose their unwanted weight.

I am here to take you from your before picture to your after picture, however, you need to bring something to the table - you need to make up your mind about what you'll accept of yourself.

What will you accept?

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

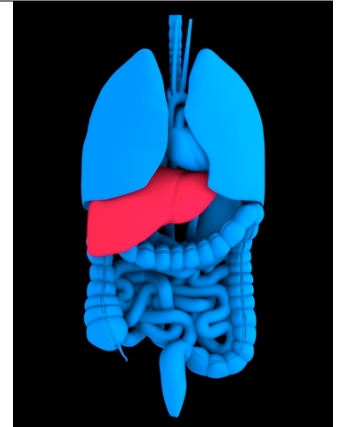
Ask-an-MD with Dr. Saunders, MD



Affordable Cholesterol Treatments & Venous Insufficiency Solutions

Dear Dr. Scott,

What is a safe and natural way to lower one's cholesterol that is also affordable? I have been finding companies who claim that their product will lower cholesterol, but then the price is unaffordable. My husband's grandfather died at 48 of a heart attack and his father died at 67 after having had by-pass surgery. My husband is on 2 medications now to lower his cholesterol (one of them is Zocar). He now has to have blood work to make sure his liver isn't damaged. I am very concerned about this last medication.
~ Ann Fruits



Answer:

The marketing department of Zocor and others has very effectively given us the idea that elevated cholesterol is a disease for which we should seek treatment. The research doesn't bear that out. In fact, even the landmark "Framingham Heart Study" only showed a 36% correlation of cholesterol and heart disease -- and that came only after they were hand-picked.

The reality is that only a tiny proportion of those currently taking medications for cholesterol actually need it. High cholesterol is a symptom, not a disease. If your cholesterol is elevated, especially with a family history such as that noted above, the concern would be vascular disease. In order to avoid the fate of your ancestors, most people in America could immediately look to their lifestyle.

- **Eat high fiber foods** (fruits, vegetables, whole grains, legumes, etc.).
- **Low fat diet** has been proven in multiple studies to lower cholesterol and reverse heart disease.
- **Regular exercise** also plays an important part in preventing vascular disease.
- **Garlic helps**, the best way is to eat one raw clove per day chopped or crushed into your food.



As far as taking pills, they are rarely necessary. The soluble fiber in fruits and vegetables saves you from having to take a pill. For those rare cases when lifestyle changes aren't sufficient, **Red Yeast Rice extract** works well.

~ Dr. Scott Saunders, MD

Dear Dr. Scott,

I am experiencing swelling in ankles and feet along with muscle cramps in my feet specifically my toes. I am 49 years old.
~ Lina Echeverria

Answer:

The first thing I would inquire as to the medications you're taking. Certain blood pressure medications can cause these symptoms (Calcium Channel Blockers, for example). If none, it's

important to know that when both legs are swelling there may be a problem with the heart. This is the first thing to check out with your doctor.

Another common problem is a problem in the veins. As the veins in the legs enlarge, the valves in them stop working, allowing more pressure, and often swelling.

Cramps happen for a multitude of reasons as well. They commonly occur with the venous insufficiency mentioned above.

The best way to deal with venous insufficiency is:

- **Wear tight stockings** (TED hose, or Jobst stockings -- available at many pharmacies).
- It's important to **keep the feet elevated** to prevent swelling. The rule I give is: If you're on your feet, walk; if your sitting or lying down, put your feet up.
- **Ginkgo Biloba and Horse Chestnut seed extract** have both been shown to improve the circulation and prevent craps while decreasing swelling.
- **Exercise** is an important factor in improving circulation. It's a good idea to continually improve your exercise tolerance.
- **Lose weight**, if you need to, as this may decrease the pressure on the veins.



~ Dr. Scott Saunders, MD

Horse Chestnut

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

Butter And Its Many Uses

Dear Grandma,

I am interested in all the pros and cons of unsalted vs. salted butter in cooking and baking. Plus, should you store butter at room temperature or keep refrigerated?

~ Patricia James, Wichita, KS

Hi Patricia,

Good questions. The general rule of thumb when choosing butter consumption is to use sweet cream butter for toast and everything else gets unsalted butter. This is so you can control the salt portions of what you are cooking or baking. However, your taste buds should be the judge. Make the same recipe with salted butter and unsalted butter and judge for yourself if there is a difference in taste. Salt is used to enhance the flavor of food, so measure according to your taste.



If you are in a rush or don't have one or the other butter, they can be used in equal quantities for equal substitutions. Just be careful that if you are replacing salted butter in a recipe when it calls for unsalted butter, to reduce the amount of salt in the overall recipe: decrease salt by 1/2 teaspoon for every cup of butter used.

Another thing to consider is that salted butter can legally have color added to it to make it more yellow, whereas unsalted butter cannot. Because of the preservation quality of salt, salted butter will have a longer shelf life and by nature, contains higher quantities of water. I personally prefer to use unsalted butter because it has a lighter and fresher flavor, plus it freezes well.

The best way to store butter:

- Keep it in the fridge
- Wrapped in its original packaging (foil or paper)
- Kept in the coldest part of the refrigerator (usually the bottom trays).

For easy access, keep the butter wrapped tightly (use additional plastic wrap) in the butter tray. Butter will absorb the odors around it, so do not store near garlic or onions. Butter should stay fresh for up to 2 weeks after purchase. Store unused butter in the freezer, for up to 6 months.

Here is a trick to softening butter for recipes that call for it to be room temperature (which maximizes the air beaten into your butter, adding to the leavening agent).

1. Place the butter between two pieces of wax paper.
2. Using a rolling pin, press down on the butter.
3. Roll the butter out like creating a piecrust.
4. When the butter is 1/8 to 1/4 thick, remove from wax paper and use!

DO NOT MICROWAVE butter. The waves of the heat will change the properties of the butter and therefore alter the recipe. If not in a rush, leave the butter on the counter for 45 minutes to soften. Cutting into 1-inch pieces will quicken the softening time.



So, more than just spreading on toast, butter has more uses around the home:

- Smear on the end of cheese block to keep from drying or molding
- Remove bubblegum from hair
- Deep condition hair
- Massage cream
- Shaving cream alternative
- Cuticle softener
- Treatment for squeaky hinges
- Keeps water from boiling too quickly
- On paw of a cat, will reduce fur balls
- Minor wound and burn treatment
- Shine leather goods

Patricia, here is a recipe for making your own butter, so easy and so delicious!

Home-made Butter Recipe

1. Find a jar with a lid.
2. Pour in heavy cream and close lid.
3. Shake.
4. Keep shaking.
5. Realize your biceps aren't what they used to be. J
6. Hand off shaking to husband or children.
7. When the cream has thickened and becomes buttery, drain off the remaining buttermilk (around 20 minutes).
8. Refrigerate to harden.
9. Add pinch of salt (optional).
10. Serve to friends and brag!



Congratulations! You just made butter!

Enjoy all the baking and cooking to come with your new butter recipe, Patricia!

~ Grandma

Product Recommendation

Digest Assist, by Native Remedies

Digest Assist promotes healthy digestion and comfort after meals. As the body breakdown food, starting in the mouth and through the small intestines, the nutrients are absorbed to create the energy our body uses for daily life. Digest Assist aids in this process for maximum absorption, and to keep you comfortable after meals.

This all-natural, healthy approach comes in liquid form, for safe and quick absorption into the blood stream and through the digestive track. Maintain normal stomach acid levels and healthy digestive systems naturally with Digest Assist.



Find It Here:

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

Barton Publishing's Free Report of the Month

UTI Remedy 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.



Our UTI Report is a step-by-step 12-hour guide to treating your urinary tract infection. This fast-acting action plan will relieve your pain and discomfort in the comfort of your own home. Each step includes a "Why This Works" section to describe the benefits of learning how to combat a UTI, as well as foods that can irritate the urinary tract and foods which actually help restore health.

Educate yourself with our preventative strategies laid out in this report and avoid the uncomfortable and dangerous affects of UTIs for the rest of your life! Change from the common casualty to the never needed outbreak. In 12 hours, you can be UTI-free!

[**Download Your FREE UTI Remedy Report Now!**](#)

"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 just wanted to let you know that my mother tried your recipe for flushing out her kidney stones and was successful! She had her first kidney stone last year in July 2008 and it was the most painful experience that she every went through!!. Unfortunately, she started feeling the same way, with the same immense amount of pain on Sunday Mar.22/09 ,until today.... Mar.25/09. I knew that if I could go on the internet I would find a solution for her pain. Then I came accross your fabulous website! She followed your step-by-step recipe of coca-cola and asparagus (Mar.25/09). Once she drank it she said that she was still in pain but then shortly afterwards she flushed out one small stone and then at about 7pm she flushed out two huge stones with no pain! Wow, and double wow!! I want to thank you for your amazing discovery and in helping out my mom who was at the point of no return!(smiling). I just wanted to let you know that my mom is so very thankful and so happy (beyond words) that she is no longer in pain! Also, she is wondering if you can send us a download copy of a diet that she can follow to prevent this from happening again. Thank you." ~ Elizabeth Sakic, BC



www.GetRidOfKidneyStones.com



"I bought the gout report for my Dad. When he usually gets the attacks, he would go to the doctor for a very painful shot. This time he was willing to try something new. I had to really be there for him to encourage him to stick with the recommendations. But once he did the swelling went down,he's able to put on shoes and he is now mobile. I have always been an advocate of alternative medicine and this certainly proves it." ~ Marjorie Bissainthe, NY

www.CureYourGout.com

"Hi Joe, you are correct. I was not ready a few weeks back to share my story because I wanted to make sure the remedy truly works. I've used the raw honey and sleeping on my left side remedy. The sleeping on my left side definitely made a big difference immediatly. I stopped taking the purple nexium pill the next morning after waking up and feeling 60% better than the day before. As for the raw honey, I am not sure how effective it was in relieving the pain in my stomach. I've been taking a spoonfull every night before bedtime. I do still have a little burning but I feel like I am back to 90% normal. I have much more energy than before. In fact I am training for a



sprint triathlon now whereas before I could barely muster enough strength to run 3 miles. The last 10 years of my life was absolutely miserable. Just standing in line or sitting still I could feel the almost unbearable burning pain in my stomach. I still feel the burning today while standing and sitting but on a pain scale it's about a 1.5 out of 10 being the most pain. Thank you so much for sharing your knowledge. You've given me my life back." ~ Paul Phan, TX

www.RefluxRemedy.com

Have a story that you would like to share?
Your story may be featured in next month's issue!
Please share it with us!

[CLICK HERE](#)

Or visit:

<http://www.HomeCuresThatWork.com/Email/WhatWorks.php>

Sneak Peak into Next Month's Issue

<p>Martin Jacobse Uncorked: The 7 Rungs of the Health & Wellness Ladder</p>	<p>Next month we will go more into how to re-align the power of your healing attitude by learning to understand your body's "sign-language" better.</p>
<p>FDA Covers Ups, Drugs & Big Pharma Scams</p>	<p>Return next month to uncover nutritional illiteracy and more about Codex Alimentarius, <i>essentially the Mein Kampf of Big Pharma.</i></p>
<p>Healthy Recipes & Eating Ideas</p>	<p>The Elegant Pomegranate is next up in line as a feature star in next month's Healthy Recipes and Eating ideas. Don't miss the mouth-watering recipe!</p>
<p>Living Healthy to 120: Anti-Aging Breakthroughs</p>	<p>"Laziness leads to sloppiness. Sloppiness leads to disaster, especially when money is involved. But disaster often leads to creativity and efficiency in order to right the ship. And creativity and efficiency lead to success and prosperity. Maybe this crisis is the dose of reality we need to get back to the basics necessary to build a solid future..." Dr. Kekich confronts change next month, both in and around us.</p>
<p>Weight Control, Fitness & Exercise Tips</p>	<p>If the usual lecture from your doctor hasn't motivated you to exercise, next month read the 5 side-effects of exercise, provided by a medical expert of 30 years whose patients have saved their own lives by exercising.</p>
<p>Ask-An-MD: Q & A with a Natural Medical Doctor</p>	<p>30 ways to reduce hypertension symptoms - not disease. Feminine hair loss? You'll be clued in next month for what might be the root cause.</p>
<p>Grandma's Cures: Old & Proven Remedies that Work</p>	<p>Can't sleep? Your loved one keeping you awake? Grandma will attempt to help you catch some Zzzzz with her home insomnia cure.</p>
<p>Product Recommendations: Best Natural Products on the Market</p>	<p>If this issue's free report of the month (UTI Report) is for you, come back next month to see our featured recommended product: UTI-Clear.</p>
<p>Barton Publishing's Free Remedy Report of the Month</p>	<p>This month, check out our Monthly Quiz regarding your free UTI Report, offered to you as a subscriber. Download The Report Here and then take our Monthly Quiz: www.HomeCuresThatWork.com/Quiz</p>
<p>"Hey Joe," This Worked for Me – Reader Input</p>	<p>Testimonies are pouring in from around the world! Read about how ONE person 1) lowered her blood pressure, 2) passed gallstones and 3) restored her body with a cleanse, all with one of our reports! Plus, read an account of a full refund we offered.</p>