

HCTW HOME CURES THAT WORK

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

By: Martin Jacobse

The Healing Attitude, Part Two

What if the health you imagine, visualize and believe could become reality?

There is more evidence than ever that suggests how you think is just as important as diet and lifestyle for attaining optimal health.

Using advanced technology, now scientists can detect disease *before* it manifests itself by looking at detailed magnetic and electric images. As it turns out, a disruption of your body's energy field is the first indication of metabolic imbalance...*and attitude is a major factor in this field.*

The conclusions are clear: nothing has a more direct influence on preventing or treating suffering than *attitude, food and environment*. Most people know about food and environment, but now doctors and scientists agree "*your attitude*" is of primary importance.

Everything to do with your health begins with a "*healing signal*" generated from your brain (*Central Nervous System*). The real question is,



***“Will your attitude be part of problem or the answer?
Will your thoughts help or hinder the healing signal?”***

From my experience, people who do not understand the natural healing power of the mind and body often choose drugs. Those who trust their immune system choose natural means. Drugs are meant for TEMPORARY use; natural means are for SUSTAINED results.

Once you learn to listen to your body and control your thoughts better, you will no longer misunderstand symptoms and you will be quickened to take the right action.

Western medicine has resisted the truth of the mind and body connection, *until recently*. "*The new science*" of epigenetics explains the interconnectedness of your intelligence, physiology and environment.

It is insufficient to say your attitude and body are connected, when in fact they function as an inseparable whole.

Your health is a dynamic fluctuation of both energy and information. How you use them determines everything else.

Knowing your body is your ally and not your enemy is only the beginning.

Naturally, there is more to being healthy than healthy thinking. But, without this foundation you will be trapped in a vicious cycle of drugs, side effects and more complex symptom patterns.

People fear what they don't understand. Once you have a better understanding of how your immune system works in harmony with natural laws, the only thing you should fear is Western medicine.

Part of understanding how we heal is to understand the “*nurturing principles*” of Mama Nature.

In the last issue I introduced you to the importance of having a healing attitude. Because having a confident, expectant and peaceful state of mind is scientifically proven to help your healing process, *no matter what the problem.*



In this issue I want to go further and say, “Your body is your oldest and best friend.” This “*healing attitude*” will not only transform the way you see your symptoms but will also support and empower your immune system.

The single most powerful factor throughout your healing experience is what I call the “*healing signal.*”

Your entire body depends on this energetic signal transmitted from your brain to your cell membranes and even your genes.

Finally, Western science understands that healing is also an art that transforms the way we see the mind and body relationship.

Historically, the “*theories*” of chemical and nerve mechanisms have been insufficient to explain how the mind and body act and respond so extremely fast. The truth is your body depends on transmission of energy and intelligence at speeds many times faster than any chemical, neural process can accomplish.

Now, thanks to the new science of epigenetics, we have unlocked the secrets of the electromagnetic, super conducting body. Finally, there is compelling scientific evidence what your mind can conceive, your physiology can achieve.

You see, your physiology is primarily electrical and magnetic and “*specific cells*” perform as liquid crystal superconductors, semi-conductors and even generators of piezo electricity. *Chemistry is merely secondary to this fact.*

The whole Westernized “*concept of sickness*” confuses cause for effect. You may already know symptoms are not diseases. Rather, they are “*signs*” to help guide you to right action.

When seen in the right light, symptoms are like “*sign-language.*”

A paradigm shift, metanoia, or radical shift in perception is inevitable when experiencing the natural process called healing. A new, fresh insight will quicken you to read the signs.

Even your emotions are prioritizing specific molecules of information coming from your breath, your site, your touch, taste and hearing right now as you are reading this.

These “*thoughts and feelings*” constantly stimulate and nourish your body and mind.

A simple shift in perception will empower you to recognize and understand your own healing experience more intimately and more rapidly.

Your *physiology* is a dance of more than 100 trillion cells in “*constant*” communication, much like a



performing symphony. The theme of your immune system is to maintain harmony and sustain biorhythm. The more you can do to help, the better.

Ultimately, YOU are the master conductor.

Simply put, right thinking leads to right action, which accelerates natural, harmonious healing. *What could be simpler?*

Of course, you need to eat the right foods and all the rest of it. Without a sound foundation the Wellness Ladder cannot stand.

The solution is to “*activate and nurture*” these proven epigenetic principles.

Ultimately, it is up to you to “*help your body*” restore, maintain and sustain natural balance and harmony. Your health depends on your “*right action*” and that comes only from a healthy attitude.

Honor who you are!

A long story made short: a healthy attitude comes from being sensitive to your body’s interconnectedness to Mama Nature’s laws.

This is the “*paradigm shift*” I want to share with you:

Science has finally recognized your body is literally and extension your sub-conscious mind.

Just remember you heard it here first!

Your negative thoughts can be your enemy; they can make your body seem it’s against you. *But, that’s entirely up to you.* Symptoms will only seem permanent if you choose to see your body as the enemy. Instead, see it as your oldest and best friend. *Imbalance is only temporary.*

Here are five signs many people mistake as incurable conditions:

- 1. High Blood Pressure is a sign**
- 2. Inflammation is a sign**
- 3. High Blood Sugar is a sign**
- 4. Pain is a sign**
- 5. Fatigue is a sign**



These are all “*signs*” that you need to change your thinking in order to take right action. They are not permanent medical conditions. *They can be resolved.* If you think you can ignore these “*signs*,” they often get worse.

These symptoms are not diseases, as some drug advertisements would lead you to believe. In actuality, they are all “*healthy immune system responses.*” But, what you “*decide*” to do about them will make all the difference in your health.

Do you see the power of your healing attitude in all of this yet?

Ignored symptoms can lead to dis-ease, suffering and even death. Symptoms are your body’s way of alerting you to get back on course. *You simply need to follow the signs to return to the natural healing pathway.*

If you think your body is the enemy, your mind will ignore, resist or fight it. This breeds more fear, creates more bio-toxins and diminishes overall health and vitality.

When people are afraid, they will target that fear as the enemy "*attacking it*," thus creating a vicious cycle of more fear, confusion and aimless targeting. This is what I call "*The Dis-ease Attitude*."

Why attack your body with radiation, knives and chemicals, when all you need is the confidence to "*try nurturing*" your body with natural laws and positive, helpful thoughts. Truth is you cannot simultaneously heal *and* attack. In this sense, the only enemy is fear itself.

- **Imagine if you had no enemy!**
- **Imagine if you had no reason to fear!**
- **Imagine if you had the results you crave!**



Your health is a choice. You can choose to be your best friend or your worst enemy. When you chose to help your body with natural principles, *you accelerate your own healing process* and complement your intelligence.

The purpose of this newsletter is to show you how to feed, nurture and protect your "*healing signal*." Throughout the ages healing practitioners have called it by many names, *i.e., prana, chi, orgone energy, life force, love . . .* But, no matter what you call it, it's meant for you to discover and use.

The power of choice is yours.

No one in their right mind chooses against health, unless they do not realize they've done it. *The bottom line is a healthy attitude yields a healthy body.*

Once you have eliminated the blocks to living well, all that is left is healthfulness, which means "*wholeness*." Often a state of healthfulness comes from eliminating what you don't need, rather than adding anything.

Health can only be sustained through constant vigilance and this requires a positive vision.

Your only responsibility is to "*choose healing*" each and every moment.

Your body is greater than the sum of more than 100 trillion cells. All of which are constantly, naturally and automatically rejuvenating, replenishing and revitalizing their selves. This is the healing process. *This is your body and mind in action.*

At least decide you don't like the way you feel right now. Simply hope you've been wrong and then choose to see your health in a new light . . . *with a new attitude.*

Whenever you act out of love, joy and self-expression, you can't go wrong.

All your thoughts affect you one way or another . . . so choose wisely.

Imagine the health you want, the kind of life you want and know there is a safe and natural way to help you have it . . . now.

Remember you are working to address "*underlying cause*" so that the end result will last. You will learn how to identify your own symptom patterns so you can reprogram your thinking and initiate rapid healing.

I promise!

Your brain and Central Nervous System (CNS) is an intricate computer capable of processing at extraordinary speed.

In simple language, your "*healing attitude*" literally creates a "*reconnection*" between your brain and your immune system allowing the "*healing signal*" to carry out its purpose.

Keep in mind that your body does need time to complete the transformation. The type, complexity, level of acuteness, and length of time you have had your symptom(s) all affect the amount of time required to restore balance.

Most importantly, understanding how "*healing signals*" are connected to immune function and attitude will help you accept why so many symptoms can be naturally resolved.

If your symptom(s) have been given a "*label*." Whether it is acid reflux, asthma, Urinary Tract Infection, ADHD, diabetes, irritable bowel syndrome, high blood pressure, etc.

Keep in mind these are simply "*labels*" describing your immune systems "*healthy response*" to an interruption or imbalance; **in no way do they define a cause.**

The secret is not to treat the "*label*," per se, but to address the underlying issues creating your specific immune response, or symptom pattern.

Mama Nature's principles revitalize, rejuvenate and restore your body's balance to its "*original structure function*." Symptom-type signals will naturally fade away as lasting harmony and balance are restored.

Did you know it is possible have a different "*root cause*" than someone else with the same symptom signals? That is why the foundation of your wellness ladder is paramount. By first reconnecting your emotional, attitudinal and mental framework directly at a personal level, "*any symptom*" can be overcome.





Your brain is a powerful healing tool when properly used.

You can reverse the root cause of any immune system response by always recognizing the emotional and physiological connections first. This sets the groundwork for proper *immunonutrition*.

Remember your intellect and physiology is fully integrated even down to the vibrating molecules and atoms of your miraculous genes.

The time is at hand to empower your natural ability to be well so you can start fully enjoying life again.

If you think you can or think you can't . . . *either way you are right.*

FDA Cover Ups, Drugs & Big Pharma Scams

By: Martin Jacobse

The One Conspiracy That Is Not A Theory

The other day I spoke with an agent for the FDA concerning some “compliance” questions I had for a client of mine. One thing he made clear to me is the FDA dedicated to protecting the rights of the pharmaceutical companies to maintain their multi-billion dollar monopoly.

I have to admit I was surprised to hear it from the horse’s mouth.

He truly believed the pharmaceutical companies are here to protect us. I was shocked because I always believed the FDA was supposed to protect us from Big Pharma. There is another example of the Golden Rule, “*The one with the gold makes the rules.*”

As far as the FDA is concerned it is a “crime” to make any healing claims for any food, regardless of credible clinical studies. Their stance on the subject is no one is qualified to test products for efficacy except the pharmaceutical companies themselves, *or the FDA.*

What happen to independent labs, peer review journalists and Universities?

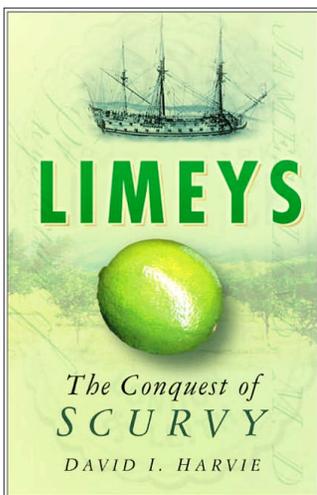


This clearly makes it nearly impossible for anyone to compete with drug companies, *or the FDA* . . . So much for a free marketplace.

In my last discussion with the FDA I offered an example using a “non-patentable” food source straight from Mama Nature . . . “*a lime.*”

It is quite well documented that limes “cure” scurvy.

For hundreds of years the British Navy was losing sailors to this dreadful ailment, until a small crew became stranded on a tropical island. When the sailors were rescued it became apparent that none of them had scurvy.



The men revealed that many of them had in fact suffered from scurvy, however while living on the island they consumed an abundance of *limes*. It was later scientifically confirmed that scurvy was simply a severe vitamin C deficiency and from then on British sailors carried plenty of limes overseas.

Thus, they were given the nickname “*Limeys.*”

So, I asked my FDA friend, for an example, if I decided to market the world’s finest “*Active Lime Extract*” specifically to help cure scurvy and other symptoms of vitamin C deficiency, could I quote the clinical studies?

He adamantly insisted, “*That would be a crime.*”

He went on to say, “*Fines are put in place to help the struggling pharmaceutical companies recover lost research monies.*” Apparently, because Big Pharma spends absurd amounts of money testing and

developing their products, I would also have to spend absurd amounts to market claims for my "Lime Extract."

Now, why anyone should be penalized because of a competitor's ineffectiveness with money? It seems to me, super foods that heal, like limes, don't need that much research.

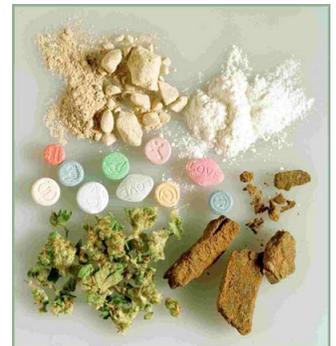
Limes already have proven health benefits and I don't know of anyone who ever died from eating too many limes or citrus foods.

I could see there was no sense in arguing the science of limes; I got the information I requested. The point was clear: even Mama Nature has to obtain a patent to claim any healing qualities, thus making "limes" officially a drug. Without the patent, I would be illegally selling limes "as" drugs. Either way, if I market the health benefits of citrus, I'll be out of a boatload of clams (*or several boatloads to say the least.*)

I know it doesn't make good sense. But, do you understand that somehow the drug companies (*Big Pharma*) got "dibs" on being the only company that can ever claim to heal anything? Even though drugs do NOT cure, they are the only ones that can "claim" that they do. *Silly, isn't it?*

How this level of conflict, confusion and hypocrisy ever got to this point is more than disturbing, but what's worse is many people still believe the FDA is protecting them.

Big Pharma's advertising campaigning has actually sold the masses into believing drugs are a cure all for everything. When, in fact, nothing could be further from the truth. The drugs and products the FDA is "endorsing" are causing diseases, nutritional deficiencies and even killing hundreds of thousands of people each year, *just in the U.S.*



The sad truth of the matter is both the FTC and the FDA are promoting "nutritional illiteracy" in an attempt to outlaw natural medicine everywhere, *right under your nose...*

If there ever was a "war on drugs," it's over now and the American people have lost. Now, as a consequence of the drugs having won the so-called war, "food support" supplement companies are being run out of town.

That's just wrong.

The FDA and FTC are in "total denial" concerning the natural healing powers of whole foods, electrolytic minerals and their beneficial co-factors. They are determined to fine, imprison and destroy "anyone" who dares speak the truth publicly. *So much for free speech and freedom of the press.*

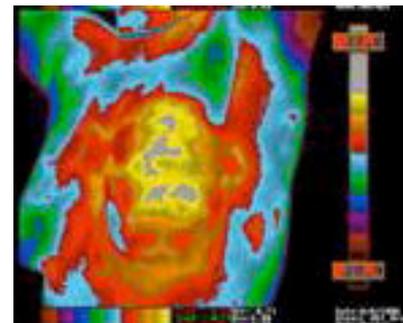
This is how illiteracy is propagated, through intimidation and fear.

The Cancer Industry is an example of a business, which makes its profit promoting "nutritional illiteracy." They promoted the whole scare about avoiding the sun, which resulted in whole populations developing a vitamin D deficiency.

Vitamin D is necessary for a strong immune system to ward off cancer cells and also important for absorbing necessary calcium.

But, wait! There's more!

The whole scam about getting in line for mammograms also has been revealed as one of the instigators of cancer, to put it bluntly. If you have been told to get a mammogram, find an alternative or integrative medical specialist that offers *thermograms*. Thermograms don't cause or stimulate cancer and are harmless in every respect, *unlike mammograms*.



These corrupt and hypocritical tax funded organizations are exploiting women and children as well as the elderly and weak by the droves, in the name of health care and for the sole sake of turning a buck.

Don't just take my word for it. Start looking into it yourself. *The truth will set you free!*

Read on . . .

Recently, in a Minnesota court, the parents of a 13-year-old boy were ordered to expose him to the risks of chemotherapy treatments. If they refuse, the parents will be imprisoned and the boy will go through the terror of being a ward of the state and forced to undergo an unsafe and unethical procedure.

Some people might agree that being forced to harm a child is outrageous, yet others may argue that chemotherapy is the best thing for the boy.

This is a prime example of the propaganda I call "*nutritional illiteracy*" and how effective and widespread the deception has become.

Let me back that last statement up with a witness.

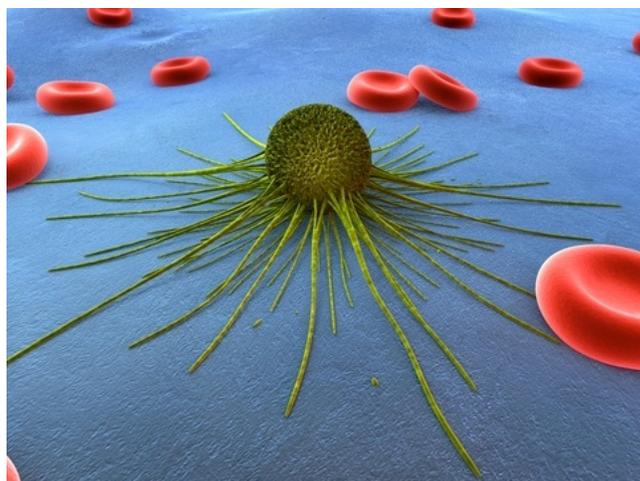
John Hopkins Hospital has recently sent out a newsletter admitting that chemotherapy is NOT the best alternative for "*any*" cancer patient. I have summarized the key points in this letter below.

Warning: This is revolutionary material and your friends, family and peers may think you're crazy should you choose to zealously share this good news.

Hey, personally, I'd rather be seen as crazy and healthy than comfortably numb and sick all the time.

After years of claiming chemotherapy is the best choice to cure cancer, they've finally changed their tune.

Cancer Update from John Hopkins:



1) Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.

2) Cancer cells occur between 6 to more than 10 times in a person's lifetime.

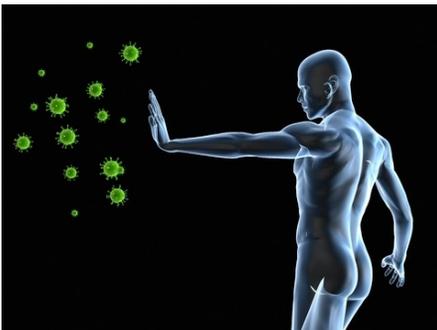
3) When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.

4) When a person has cancer it indicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors.

- 5) To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.
- 6) Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastro-intestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs, etc.
- 7) Radiation, while destroying cancer cells, also burns, scars and damages healthy cells, tissues and organs.
- 8) Initial treatment with chemotherapy and radiation will often reduce tumor size. However, prolonged use of chemotherapy and radiation do not result in more tumor destruction.
- 9) When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.
- 10) Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.
- 11) An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

Thank you John Hopkins Medical Hospital for making a stand for decency and edifying the spirit of "common sense" once again.

This gives me hope.



The bottom line is: Do you want to increase immune system health and eliminate cancer cells, or destroy immune system health and risk uncontrolled cancer cell growth, PLUS chemical, radiation and surgical damage? Gee whiz, that's not even a tough choice for me.

Note: Codex Alimentarius, the new global FDA, is threatening to control which foods you eat, which health products you can have and what drugs you "must" take. Like the young man in Minnesota whose parents have been ordered at gun point to use chemo on their baby, the spirit of Codex A. has is already being put into legal action through our court system.

Quote my words, "If we don't take action against this type of unscientific policy making, Codex A. will soon become 'common law' in the U.S."

People need to pay attention *before* they are asked to pay the ultimate price for being asleep. Science should be making policies, not government employees who simply are lusting after power and money.

Possibly more than 80% of the cause of degenerative dis-ease is a direct result of "under-nutrition." So, why all the drugs?

Beriberi is another example of a devastating disease that resulted from eliminating the bran from the rice in order to make it white for marketability. This oversight created under-nutrition because the hull or bran of the rice is rich with B vitamins, especially thiamin (B1).

Beriberi was so devastating, like scurvy, physicians thought it was a plague. But, once again drugs did NOT cure Beriberi. Replacing the vitamin B rich rice bran into the diet allowed the body to restore its own health.

Another example of another dis-ease caused from under-nutrition is called Pellagra. Pellagra was triggered by people eating too much corn, as Americans still do today.

Pellagra is simply a vitamin B-3 (*niacin*) deficiency. But, when the symptoms are ignored it will kill you.

Corn is NOT a vegetable; it's a grain that can be toxic to your body. Unfortunately, it isn't even worthy of feed for cattle. Its "*glycemic load*" is one of the worst. That's why corn is responsible for so much of the heart disease, diabetes, obesity and cancer we see today.

Americans simply consume too much corn. Plus, the main food for cancer, diabetes, heart disease and obesity is, you guessed it: sugar.

Corn is very high in sugar, hence high fructose corn syrup (HFC), which is in about every processed food in the world. But, the USDA and the FDA doesn't want you to know this because it would make you nutritionally literate.

Corn has to be processed with potash to make the B vitamins available, which is what made the Pilgrims almost perish when they first arrived in America. Even today many fast foods are made with "*feed-lot grade*" corn, making people sick from under-nutrition.

In fact, cows are grass eaters, not grain eaters. Being forced to eat grains makes cows very sick. That's one of the reasons they shoot them up with so many drugs and antibiotics. The fact is grass-fed animals are many times healthier for you to eat than corn fed animals.

But, the FDA and the USDA doesn't want you to know this either.

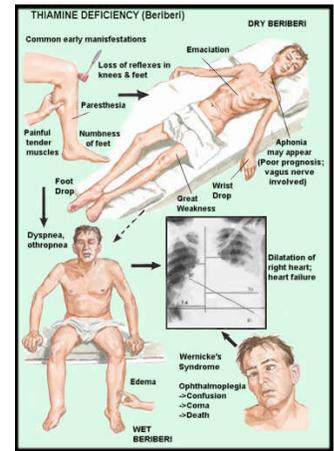
Look, this isn't hopeless. But, we do need to recognize what is plain wrong and what is right and make a stand for what is right. Otherwise, foreign policies like Codex Alimentarius will be controlling our scientists and demanding you to comply with their new world health rules.

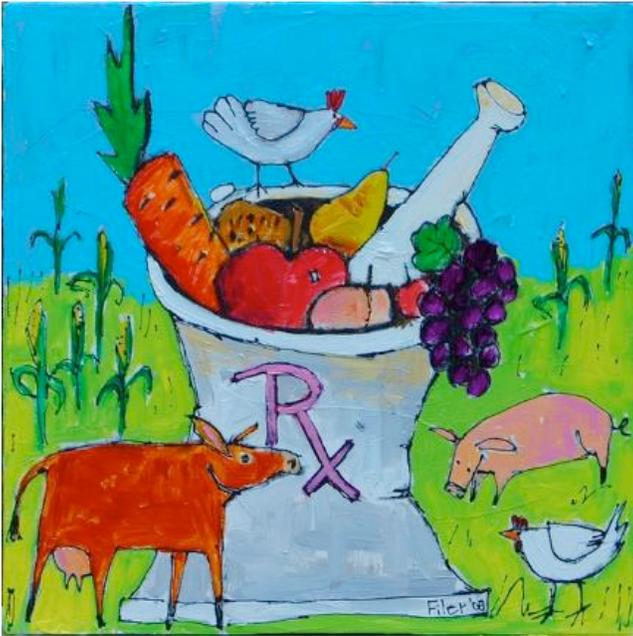
Nutritional illiteracy is a pre-emptive strike upon the American people. Always educate your mind before you medicate your body.

These are only a few of many examples of how Mama Nature cures. Just because the right foods can cure you, doesn't magically qualify them as drugs. This is clearly a tactic used to terrorize people into mistrusting their natural heritance, *or common sense*.

Common sense will tell you that food has a natural connection with the healthy structure function of your body. As Hippocrates wrote, "*Let food be your medicine.*" But, that in no way sanctions giant corporations to manipulate the marketplace by labeling all healing foods as drugs.

Do you think lime or rice bran should require a patent and a prescription?





The fact is the body heals itself with natural energy derived from good thoughts, natural foods and a healthy environment.

Today, we suffer from a plague of degenerative diseases caused from under-nutrition, but certainly not from any lack of drugs.

I'm sorry if this offends any doctors out there, but you should know better than anyone, drugs at best interfere with natural processes. There is no reason to feel threatened by natural healing principles. We simply need to use them to help "*prevent symptoms*" and when necessary use them to "*reverse dis-ease,*" as well.

And, if you can't compete with Mama Nature, why not work with her instead of trying to fool her? Besides, patented drugs only imitate Mama Nature; they can never replace her.

Finally, ask yourself this question, "If more than 80% of degenerative diseases are known to be caused by under-nutrition, then why do we need all these dangerous drugs in the first place?"

Congratulations! You now know of the one conspiracy that is not a theory and from this day on I hope you will help us fight "*nutritional illiteracy.*"

Healthy Recipes & Eating Ideas

By: David Randall

The Power of the Pomegranate

For centuries, pomegranates have been regarded as a source of power and health for many ancient cultures. In ancient Babylon, soldiers would chew pomegranate seeds before battle, believing it would make them stronger or even invincible. In ancient Egypt, this fruit was so revered that it was often buried with loved ones. Perhaps due to the pomegranates unique blossom crown, it has even gained distinction as a royal fruit. The deep red color of the pips may have given rise to the naming of the garnet gemstone.

In modern times, pomegranates are noted as one of the most powerful sources of antioxidants among fruits protecting against free radical damage to the skin and arteries. Extremely high in ellagic acid, pomegranates have anti-carcinogenic and anti-heart disease properties. Increasing numbers of studies are confirming what it appears many cultures have known for some time: pomegranates are indeed a powerful and magical fruit!

If you don't regularly eat pomegranates or drink their juice, then here are some reasons why you should:



Health Benefits of Pomegranate

Antioxidants and Vitamins

Pomegranates have many of the same antioxidants that are found in grapes and red wine, except for the fact that pomegranates have nearly three times as much. These antioxidants fight against free radicals - unstable molecules that can damage DNA and cell membranes and can lead to cancer. One pomegranate has about 40 percent of the recommended daily vitamin C requirement for adults, along with fiber, potassium, niacin, vitamins A and E and 100% of the daily recommended allowance of folic acid.

Heart Health

A study published in Proceedings of the National Academy of Sciences found that pomegranate juice combats hardening of the arteries and related diseases like heart attacks and strokes. Another study in the September 16 issue of the Journal of Cardiology found that after patients with coronary heart disease (CHD) drank pomegranate juice every day for three months they had a 35 percent improvement of blood flow to the heart over the control group. The researchers noted that this benefit was realized without negative effects on lipids, blood glucose, hemoglobin A1c, body weight or blood pressure.

Antioxidants in pomegranates have been also found to reduce the oxidation of LDL (bad) cholesterol in mice, according to a study in the American Journal of Clinical Nutrition and another study found that pomegranates help lower blood pressure among people with hypertension.

Erectile Function

A pilot study released in the International Journal of Impotence Research in 2007 examined 61 male subjects with mild to moderate erectile dysfunction. Compared to participants taking a placebo, those men drinking 8oz. of POM Wonderful 100% Pomegranate Juice daily for four weeks were 50% more likely to experience improved erections.

Osteoarthritis

Pomegranate extract may be useful in fighting osteoarthritis, according to a study at Case Western Reserve University, published in *The Journal of Nutrition*. In lab tests, the extract was shown to cut levels of an inflammatory chemical called interleukin-1b (IL-1b) and stopped enzymes that erode cartilage.

Researchers said their findings "indicate the pomegranate fruit extract or compounds derived from it may inhibit cartilage degradation in osteoarthritis and may also be a useful nutritive supplement for maintaining joint integrity and function."



Healthy Brain Function

Pomegranate juice may also help prevent and slow Alzheimer's disease. In one study, mice bred to develop Alzheimer's disease were given pomegranate juice. They accumulated significantly less amyloid plaque than the control mice and also outperformed the control group with mental tasks.

Dental Protection

Research suggests that drinking pomegranate juice may be a natural way to prevent dental plaque.

Reduced Risk of Cancer

One study found that pomegranate juice might help fight the return of prostate cancer among men who have had surgery or radiation for the disease. Among the 48 men tested who drank 8 ounces of pomegranate juice daily until their prostate cancer progressed, the juice significantly lengthened the time it took for the men's average PSA levels (a gauge of prostate cancer progression) to double and none of the men developed cancer that spread beyond the prostate during the study.

Israeli researchers found that pomegranate seed oil causes breast cancer cells to self-destruct, while leaving healthy cells unharmed.

Protection for Newborns

A study published in *Pediatric Research* found that drinking pomegranate juice during pregnancy helped protect newborns' brains during traumatic births.

Pomegranates and High Blood Pressure Drug Interactions

Combining pomegranates with high blood pressure medications could cause problems. Pomegranates may lower blood pressure, and combining them with a blood pressure medication could result in undesirably low blood pressure or hypotension. So when grapefruit juice is risky, pomegranate juice might be as well.

Healthy Recipe: Simple Pomegranate Desserts

First: How to Eat a Pomegranate

Eating a pomegranate takes some work because the edible seeds are encased in an inedible white membrane. The seeds are the only part you want to eat (not the white fleshy membrane). Other than simply diving into the fruit with hands and teeth, here's the best way to get to the pomegranate's powerful pips:

1. Slice the crown end of the pomegranate off.
2. Score the rind in several places around the fruit (from top to bottom).
3. Break (or cut) the sections apart.
4. Put the sections in a bowl of water.
5. Pry the seeds out with your fingers (be careful, the juice will stain clothes permanently).
6. Strain the seeds using a colander.
7. The seeds can be eaten right away, stored in the refrigerator or even frozen.

If this is not for you, there are many juices available that contain pomegranates, such as POM.

Dessert 1: Chilled Pomegranates

Ingredients:

- 3 cups mashed pomegranate pulp, light-colored membrane removed
- 1 tablespoon rose water
- 1 tablespoon lemon juice
- 2 tablespoons white sugar

Preparation:

- 1) In a medium-size mixing bowl, combine pomegranate pulp, rose water, lemon juice, and sugar and chill for several hours.
- 2) Serve chilled in dessert dishes.



Dessert 2: Pomegranate Parfait

Ingredients:

- 1-1/2 cups pomegranate seed pips
- 1/2 cup currants (dried or fresh when possible)
- 3/4 cup slivered almonds
- 1 medium ripe papaya, peeled, seeded, and cut into small chunks
- Juice of 2 oranges (about 1/2 cup orange juice)
- 4 ounces low-fat cream cheese, at room temperature
- 1/4 teaspoon ground cinnamon
- 6 dried plums
- 6 lime slices
- 12 mint leaves



Preparation:

1. Gently stir together pomegranate, currants, and almonds until combined. Divide between 6 goblet glasses.
2. Place papaya, orange juice, cream cheese and cinnamon into a food processor fitted with the metal blade. Process until pureed and smooth.
3. Divide papaya sauce evenly between the goblets, covering the pomegranate mixture.
4. Garnish each dessert with 1 dried plum, 1 lime slice, and 2 mint leaves.
5. Chill for 1 hour before serving.

Living Healthy to 120: Anti-Aging Breakthroughs

By: David Kekich

The Economic Crash May Be A Good Thing

What? A good thing? People are losing their homes. Millions have lost half their savings. Businesses are going out of... well... business. Unemployment is sky high, and real estate prices crashed.

Well, I say lots of good may come out of this (including health benefits which I will get to in a moment), in spite of the fact that our government's "solution" is more socialism and less freedom instead of recognizing that intervention and spending was a primary cause.

I think this crisis is the wake up call we needed to become more productive, to start using our rusty brains, to start exercising our lazy attitudes and to get more efficient.



Let's face it. As a society, we have become lazy and spoiled by excessive spending, unrealistically high returns on our investments, low interest rates, easy money and skyrocketing real estate prices. All these excesses came into being without any extra effort on our parts. Is there really a lazy man's way to riches? Can you actually get a free lunch? The answer is, No. Property is created through work, not voodoo. Yet we have come to expect the good life without paying the price.

I tell you this from personal experience. I consider myself to be an enterprising hard working guy. But, I got lulled into kicking back in, and even ignoring some areas of my life. One area was managing my finances. And I got slaughtered.

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. This correction was inevitable. It's the market's way of telling us we stepped way over the line.

Now your government is telling you they will fix everything with more of what caused the problem in the first place. In reality, only long-term stability and prosperity can be earned. It's got to be earned by people like you and me, who collectively will produce more than third parties can steal. And this wake up call may be just what we need to make it happen. (By the way, the emerging technology revolution will eventually pull us out in spite of your government's actions.)

Healthy habits follow similar patterns.

When we're healthy, especially when we're young, we tend to take our good fortune for granted. We usually get away with it for a while... until we start closing in on middle age. Then all sorts of things

can go wrong. Just like our financial lives, if we aren't sitting on a solid foundation, our health starts to erode. Repercussions from the sloppy habits we fell into when things we were good start to chip away at our health and longevity. Instead of preparing for our later years by initiating healthy preventative measures, we pave the way for disaster. Most of us even ignore warning signs when we get them, and even more don't actively look for warning signs by seeing anti-aging physicians who test for them.

So, what happens? The inevitable of course. Disaster strikes. It might be a sudden heart attack or stroke. Maybe you'll get diagnosed with cancer or diabetes. But, mark my word. Whatever it is will change your life and most likely your habits. Like our economy, we don't usually take brain-sweating action until we face a crisis. Sometimes, it's too late for economies, and we see complete meltdowns like they saw in Germany in 1923. And all too often it's too late to save your health. But, lots of us dodge the first bullet, completely change our health habits and transform ourselves to something close to what we should have been, had we not gotten lazy and spoiled by the benefits of youth.

Unless we are faced with a major physical and emotional event that brings about sudden change, we are slaves to the bad habits we picked up along the way. And habits, once established, are extremely hard to change. In fact, we are so resistant to change that we almost need to be *tricked* into excellence. We have absolutely zero control over any of the global economic events. If we try to make it all better by trying to control the outside forces that hammer away at our personal lives, we have a very tough life ahead of ourselves.



But, you can be in control of your personal economy, and you definitely can control your health and longevity.

Why wait for a scare before you start to cleanse your financial well-being and especially your physical well-being?

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 Top 5 Side Effects of Exercise

Your doctor feels like a broken record.

That's right - he's sick and tired of telling you how important exercise is to your health because YOU DON'T LISTEN.

He's sick of explaining how so many of your health problems will improve or even disappear as the result of a consistent exercise program.

He's tired of tallying your controllable risk factors which include physical inactivity and obesity.

So why does he continue to give you the same lecture?

Because he's seen exercise change lives.

He's even seen exercise save lives.

A Doctor's Perspective

Dr. David Shilling MD has been a family doctor for over 30 years. In that time he's given a fair number of patients the exercise lecture...with good cause.

He's seen firsthand the healing power of exercise.

Exactly what kind of healing? Dr. Shilling shared the top 5 benefits that he's seen patients experience as a result of exercise...



1. Feel Great

The first thing that patients tell Dr. Shilling after starting an exercise program is how much better they feel. "People don't realize how bad they feel. They get used to feeling bad. Then when they start exercising they feel so much better."

Your energy levels boost and you feel great.



2. Pain Be Gone

Next patients notice a reduction in aches and pains. Chronic muscle and joint pain that they've lived with for years begins to fade. For some, joint replacement surgery is postponed. For others, arthritis pain is reduced.

Your muscles and joints feel better than ever.



3. Goodbye Coronary Heart Disease

While patients can't feel this healing benefit of exercise, it is the one that saves lives. Exercise removes two of the major risk factors that lead to heart disease: 1) physical inactivity and 2) obesity. Exercise also increases your good cholesterol (HDL) and lowers your blood pressure.

Your risk of heart attack or stroke is reduced.



4. Goodbye Type 2 Diabetes

Patients with type 2 diabetes gain substantial benefits from exercise. Exercise improves the body's use of insulin, and the related weight loss improves insulin sensitivity. Of course patients with type 2 diabetes need to get guidelines from their doctor before starting an exercise program.

Your blood sugar levels are better controlled.



5. Goodbye Sleep Apnea

Patients with sleep apnea are often caught in a destructive cycle. Their weight promotes occurrences of apnea then inadequate sleep promotes weight gain. Dr. Shilling has seen exercise break this cycle.

Your sleep becomes restful and weight loss becomes easier.

With all of these benefits it's hard to see why anyone would avoid exercise. What's your excuse?

I know you're tired...exercise gives you energy.
I know you're in pain...exercise alleviates your muscle and joint pain.
I know you'd rather stay in bed...exercise makes your sleep more restful.
I know you're pressed for time...exercise improves your efficiency and extends your life.
I know you don't know where to start...that's where I come in.

Reap the benefits of exercise, and then the next time you see your doctor he won't give you a lecture.

He'll congratulate you.



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



Female Hair Loss & Reducing Blood Pressure Naturally

Dear Dr. Scott,

I am a 22 year old female who has been dealing with hair loss for a couple of years now. I have seen an endocrinologist who has established, through blood work, that my hair loss is due to androgenic alopecia. I have tried the drug propecia, but I stopped taking it because it is not FDA approved for women and I haven't had kids yet and I don't know what the long term affects are.

Rogaine and Scalp Med are also things I have tried and am still currently using. I would love to stop all of these products and use an alternative natural solution if you have one. So, my question to you is... Do you know of any natural remedy that will help stop my hair loss or possibly grow hair back?

~ Christine Harrigan



Answer:

The word "androgenic" refers to male hormones. Young women who have an excess of male hormones usually have a metabolic abnormality now called PCOS. Part of this syndrome is cysts on the ovaries, central obesity, and male hair growth (including male pattern baldness if they possess the gene for it). Not everyone has all of these because there are so many different types and levels of androgen excess.

The first thing to do is find out why you have excess androgens. There are many possibilities. If this has already been done, and there is no specific pituitary, adrenal, or ovarian abnormality, you should consider treatment for PCOS.



NO SUGAR

The natural way to handle it is to go on a strict no simple sugar or starch diet. This means no sugar or artificial sweeteners, no white flour products, no white rice or pasta. Especially avoid drinks with flavor, including juice of all kinds. Even natural sugars and starches such as potatoes, fruit and corn should be avoided.

You should exercise daily, enough to sweat.

As the amount of fat decreases, sometimes the hormones come back to normal. It's not so much that you make androgens, every woman makes androgens, rather it's the balance between the androgens and estrogens that determines your hair loss.

It's a good idea to start on a program such as this anyway because it may help improve fertility, if you should want to have children some day.

Dr. S

Dear Dr. Scott,

How can I reduce high blood pressure naturally?

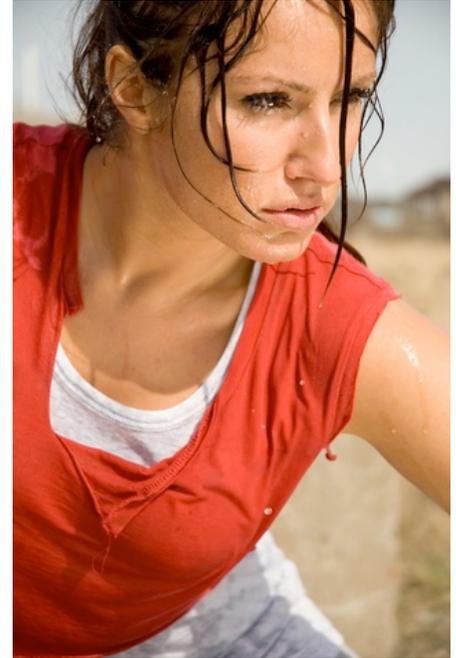
~ Luca Nauta

Answer:

Following are thirty ways to reduce hypertension, NATURALLY. All of them have at least weak evidence. However, I must also say that a placebo given with knowledge that it's a placebo was shown to work as well as most of these. The list is important because it tells us that hypertension isn't a disease, but rather a symptom of many different problems. It is agreed among most natural practitioners of health care that the balance between sodium, potassium, calcium, and magnesium account for most hypertension in the Western world.

Many of the rest are related to eating too much, and being sedentary.

- 1) Exercise enough to breathe hard or sweat -- Increase exercise tolerance
- 2) High-fiber diet
- 3) Increase fruits to five servings per day
- 4) Increase vegetables to five servings per day
- 5) Decrease fat intake
- 6) Drink V-8 Juice daily (I don't get anything from them, this is a real study)
- 7) Add potassium (food is the best, but pills also work)
- 8) Decrease sodium intake
- 9) Hawthorne
- 10) Drink more water
- 11) CoQ-10
- 12) Slow, deep breathing
- 13) Yoga/pilates
- 14) Stop eating sugar/sweets
- 15) Quit smoking
- 16) Limit alcohol to once a week
- 17) Magnesium supplement
- 18) Calcium supplement
- 19) Garlic (1 raw clove per day, crushed)
- 20) Decrease stress
- 21) Write in a journal/diary
- 22) Meditation
- 23) Prayer
- 24) Lose weight
- 25) Cod Liver Oil/fish oil
- 26) Folic acid
- 27) Lime blossom
- 28) Kudzu
- 29) Fast for 24 hours once per month (drink only water)
- 30) Mistletoe



Dr. S

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

10 Home Insomnia Cures



Dear Grandma,

I have recently developed a problem sleeping – or not sleeping, in this case. I am awake all night and want to sleep, but can't fall asleep. It seems like I am revved up instead. Can you help me get a full night's rest?

Sincerely,
Losing ZZZZ

Dear Losing ZZZZ,

I feel for you! Not being able to sleep, or insomnia, is a horrible condition to suffer from. Sleep not only restores our body at night, but can be a healing balm for every ill. I've had my own bought with insomnia and hopefully can pass on some helpful tips I've learned through the years.

#1 Rule: Avoid Caffeine! Even when tempted by sleeping eyelids, a cup of coffee in the morning while suffering from insomnia might keep you up when it is time to hit the sack.



#2 Rule: Consider the "warm glass of milk" remedy. The calcium in milk can increase magnesium in your body, which helps relax muscles and improve sleep quality. Stir in some honey, which is also known to help induce sleep.

#3 Rule: Prepare for sleep with a developed, *relaxing* bedtime routine. This does not include watching television, which engages the mind. Choose rather soft music, a warm bath, a cup of herbal tea (or warm milk!), reading or listening to books on tape.

#4 Rule: Exercise regularly, but not before bed. Exercise has many benefits, including coping with stress, but also improved sleep quality and the transition through different sleep cycles.



#5 Rule: Avoid white flour products, sugar products and high sodium foods. Instead, lettuce has a long-standing reputation for promoting sleep, especially eaten in the evening. Also, try these snacks a couple hours before bedtime:

- Glass of warm milk and half a turkey or peanut butter sandwich
- Whole-grain, low-sugar cereal or granola with low-fat milk or yogurt
- A banana and a cup of hot chamomile tea

#6 Rule: Eliminate Stress. Try some meditation techniques or writing down your concerns or worries before retiring at night. Keep a pen and notebook by your bed to jot these things down. These are items to deal with tomorrow. Clear your mind and realize tomorrow will take care of these things – not nighttime slumber.

#7 Rule: Don't use an alarm clock. It is best to keep a standard sleep schedule, if possible, with consistent night and waking hours. If you have to use an alarm clock, don't use one with an electric display. Watching the hours go by can cause unnecessary worry.

8 Rule: Create your sleep environment. Keep the temperature on the cooler side, let some air in from outside and keep noise to a minimum, either with the use of ear plugs (my personal preference) or a white noise machine, such as a fan. It is important is to reserve your bed for sleep only, so that your mind associates it with sleep and relaxation!

#9 Rule: Consider Supplements and Herbs. Melatonin is known for regulating sleep rhythms. Chamomile (tea) can relieve symptoms of insomnia. Lavender oil applied to the temples or feet can help calm the central nervous system to induce a good nights rest. Use sleeping pills only as a last resort. These can create dependence and mask the real symptoms of your insomnia.

#10 Rule: Don't try to fall asleep. Trying to fall sleep is almost guaranteed to keep you awake. Get tired and be put to sleep without thinking. If you don't fall asleep within 10-15 minutes, don't lay in bed awake. Get up and do something else until you are tired.



Well, maybe I've written enough to put you to sleep! The important thing is not to stress about it and work yourself into a sleepy state. I hope you catch some Zzzz soon!

~ **Grandma**

Product Recommendation

UTI-Clear, by Native Remedies



UTI-Clear is a complete bladder solution for anyone suffering from urinary tract infections. This natural remedy, by Native Remedies, fosters urinary system health by:

- Cleaning out harmful pathogens
- Creating a pH balance in the bladder
- Leveling bloating and water retention
- Maintaining healthy and efficient urine flow
- Eliminating toxins

Keep your bladder functioning normally and your urinary tract healthy with the herbal remedy, UTI-Clear. It is as safe and easy as adding a few drops to your drinking water. Relieve the burning, stop the rushed trips to the washroom and feel healthy again with UTI-Clear.

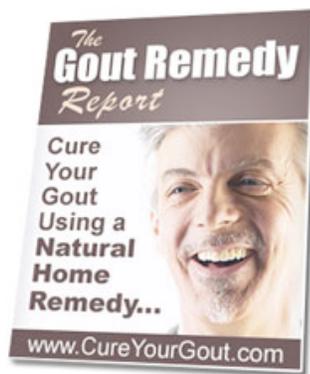
Find It Here:

http://www.HomeCuresThatWork.com/uti_clear

Barton Publishing's Free Report of the Month

Cure Your Gout 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.



We get a lot of testimonies about the success of this remedy report. Gout often attacks unaware and catches its victim off guard, paralyzing them in pain. The first signs of gout usually appear in the big toe with increasing difficulties in walking, as a result. In our all-natural, at-home Cure Your Gout Remedy Report you will be able to identify gout, treat it with a vengeance and tackle its complications. The action plan laid out in our Cure Your Gout Remedy Report can cure you gout in 2 hours, or less! Furthermore, avoid the pitfalls of returning gout with food and supplement recommendations. Are you at risk for gout? Read our report and stay in the clear!

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

Home Cures That Work Monthly Quiz
How well do you know your gout facts? Take the Gout Quiz!

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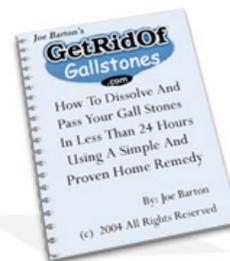
"Hey Joe," This Worked for Me

~ 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.

"To this day, I do not know if I had gallstones, but I was so desperate that I decided that since the doctors could find nothing wrong, & I was still in pain, that I would try this, & it worked miraculously. Within 2 days I felt so much better. I had contracted E.coli while in the Caribbean & 3 courses of antibiotics had left my body seriously depleted. I was so pleased with the results I decided to do the one month Colon Cleanse to make sure all the lurking bacteria were gone. I am now 2 weeks into it, & I feel marvelous, as does the friend who is doing it with me. I cannot thank you enough for restoring my health to me."

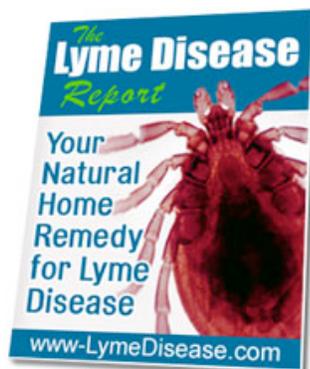
~ Josephine Mackenzie, Nice, France



www.GetRidOfGallstones.com

"Hi Joe, Your kidney stone remedy did not work for me. It was worth a try. Thank You for your immediate refund when requested and best wishes."

~ Harold Sullins



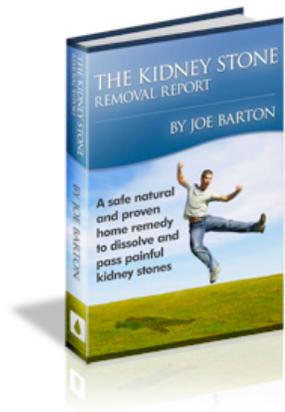
"I've had Lyme for 7 years. Ever so often it flares up and deals me a lot misery. I recently read your report and started the C and salt method. My system is very sensitive to medications. I have learned this the hard way over the years. I'm 67 years old and hate being unable to be as active as I like. I started taking the C and salt slowly (3 or 4 grams per day) and by the 2nd day, I could tell a difference. I didn't ache anymore and had more energy. After about 4 days, the healing crisis started and things began to come out of everyplace, just like you said they would. I backed off for a couple of days and started again. After 4 more days, another healing crisis and more critters exiting my body. I've started again after stopping for 2 days. I can tell in several ways

that I am getting much better and am getting rid of a lot of "stuff." I'm taking this very slowly at the present, but plan on increasing dosage after each healing crisis. This is a god-send! I'm so happy to have energy again. And my mind is much clearer. THANK YOU!!! Also, bumps and blemishes on my skin are disappearing."

~ Jo Edgar

www-lymedisease.com

"I'm writing for my husband that was laid out in excruciating pain with kidney stones. I was so worried about him that I ordered your products and had him drink the beverage and vegetable. The next day he started to urinate a grainy like sludge and got instant relief. The next day after that an actual stone came out. He was able to catch it to take to the doctor. WE are both so grateful for this relief. If we would recommend it? ABSOLUTELY! Thanks so much!"
~ Linda Ariza



www.GetRidOfKidneyStones.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:

<http://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 issue we will follow “ <i>the healing signal</i> ” further down the rabbit hole to better explain the healing process.
FDA Covers Ups, Drugs & Big Pharma Scams	Convinced yet? Exercise your mind power to chose natural healing over Big Pharma conspiracy drugs. More next month.
Healthy Recipes & Eating Ideas	We could all use some more greens. Whether you are a "Popeye The Sailor" fan or not, David Randall will convert you to the benefits of spinach. You'll become a fan next month of this recipe: Bay Scallops with Spinach.
Living Healthy to 120: Anti-Aging Breakthroughs	Are you resisting the aging process? You could be actually suffering and aging faster, as a result. Keep the resistance from happening by learning to recognize the signs. Return next month to make the cut into longevity.
Weight Control, Fitness & Exercise Tips	The Sweetest Scam of All Time. You'll want to scour your kitchen to find this one after reading next month's article.
Ask-An-MD: Q & A with a Natural Medical Doctor	Dr. Saunders once again has the answers. Read his drainage treatment recommendations to care for chronic sinusitis and recommendations to get OFF drugs for curing GERD.
Grandma’s Cures: Old & Proven Remedies that Work	One reader asks Grandma what are the best spices to cook with? The answers are sure to be mouth watering!
Product Recommendations: Best Natural Products on the Market	A recent clinical study indicates that 81% of urban men are deficient in vitamin B-12. Plus, 1/3 of females were found to have similar deficiencies. Don't allow yourself to be in this less-than-healthy majority! Order Vitamin B-12 to boost your energy!
Barton Publishing’s Free Remedy Report of the Month	This month, check out our Monthly Quiz regarding your free Cure Your Gout Remedy Report , free to you as a subscriber. Download The Report Here and then take our Monthly Quiz: www.HomeCuresThatWork.com/goutquiz
“Hey Joe,” This Worked for Me – Reader Input	One 12-year old gets help from her mother to cure a UTI with our report. Take care of fever blisters with our Herpes report and read of another amazing "save" from the operating table with our Acid Reflux Remedy Remedy.