

HCTW HOME CURES THAT WORK

Volume 1: Issue 7

SEE PAGE 10

Healthy Recipes & Eating Ideas: Spinach

SEE PAGE 13

Healthy Living: Resisting the Aging Process Could Make You Age Faster...

SEE PAGE 15

WEIGHT CONTROL: THE MANY NAMES OF SUGAR

See page 3

MARTIN JACOBSE UNCORKED: You Were Born to Heal

ASK-AN-MD
SINUS DRAINAGE TREATMENT & GERD WITHOUT DRUGS

ARTICLES YOU DON'T WANT TO MISS:

Product Recommendation: Detox Drops

FDA Cover Ups, Drugs & Big Pharma Scams: WATER

Barton Publishing's Free Monthly Report

Sneak Peak into Next Month's Issue



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- THE #1 RECOMMENDED NATURAL HEALTH PRODUCT
- FREE NATURAL REMEDY REPORT (\$39.95 VALUE)

GRANDMA'S CORNER:
15 HEALING HERBS & SPICES

SEE PAGE 20



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Table of Contents

(Click Title to Link to Article)

[**Martin Jacobse Uncorked: The 7 Rungs of the Health & Wellness Ladder**](#)

[**FDA Cover Ups, Drugs & Big Pharma Scams**](#)

[**Healthy Recipes & Eating Ideas: Spinach**](#)

[**Living Healthy to 120: Anti-Aging Breakthroughs**](#)

[**Weight Control, Fitness & Exercise Tips**](#)

[**Ask-an-MD with Dr. Saunders, MD**](#)

[**Grandma's Cure Corner**](#)

[**Product Recommendation: Detox Drops**](#)

[**Barton Publishing's Free Report of the Month: Get Rid Of Gallstones**](#)

[**"Hey Joe," This Worked for Me!**](#)

[**Sneak Peak into Next Month's Issue**](#)

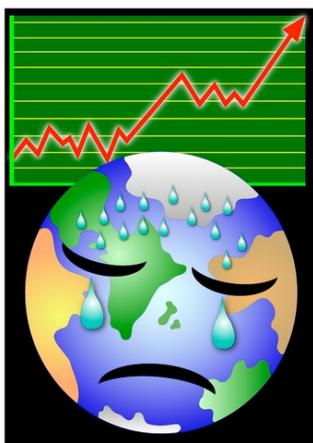
Martin Jacobse Uncorked: The 7 Rungs of the Health & Wellness Ladder

By: Martin Jacobse

You Were Born To Heal!

America's health is caught in a downward spiral. In America, more dollars are sacrificed in the name in of "health care," per person, than any other civilization in history.

So, why are so many people dying from unnecessary disorders and sickness?



- **Only since 1940 has diabetes become pandemic in America and now more than 60% of people being overweight. Is there a connection?**
- **Why has the war of cancer been a total failure over the last 40 years?**
- **How come the same percentiles of people get heart disease as they did three decades ago?**
- **Why are American children developing disease at younger and younger ages?**
- **Why are more children taking prescription drugs every day?**
- **Can you explain why 50% of Americans are told to take at least one prescription drug every week?**

There is solid scientific evidence that people with **chronic degenerative diseases** can turn their lives around and, in most cases, completely reverse their condition.

I sure you agree that the current health care model is in desperate need of an over-haul. Western medicine has been **managing sickness** rather than promoting the healing process, all in the pursuit of the almighty dollar.

As a result, people have been having unnecessary surgeries, experiencing dangerous side effects and dying in droves.

In a commitment to helping to make the world a better place, I will show you how to defeat degenerative disease through lifestyle modification and possibly save your life.

You are about to join in on an exciting healing experience through a dynamic model for **nurturing personal balance** and sustainability.

The world needs to radically transform itself from a “*culture of disease*” and moderation to a **dynamic and holistic approach** — *with a fresh vision of new health and revitalization.*

Leading doctors agree the evidence is clear, the science is out: diabetes, heart disease and more can be reversed.

If you're ready, read on . . .

Degenerative disease is a process, which has steps that you can either go up, or down. As you descend the ladder you enter a state of degenerative disease. *As you ascend, you help your body stop and eventually reverse the disease process.*

I call it the “*Health and Wellness Ladder*,” or as my son likes to call it, “*The Jacobse Ladder*.” The important thing is that you use it as a means to make a **shift in direction** from where you are now.

The ROOT CAUSE of your pain and misery must first be identified and stopped before you can restore your natural healing process.

There is NO magical pill that will **transform your health**. Your body has its own automatic, self-repairing and regenerating processes.

You simply need to learn how to use it.

Once you've eliminated the ROOT CAUSE and its complications, restoring and replenishing your body with **necessary nutrition** will kick start your regeneration process.

All your health challenges are the result of a combination of your life style, dietary and mental patterns. **The power to choose health** or sickness is all yours. I'm not telling you anything new; I'm simply reminding *you that you were born to heal.*

Let's trace back down the seven rung ladder of health to help you understand the ROOT CAUSE of what ails you:

- *The first step of is loss of life energy.*
- **The second step is toxicity.**
- *The third step is stress.*
- **The fourth step is inflammation.**
- *The fifth step is degeneration.*
- **The sixth step is stiffness.**
- *The seventh step is mutation.*





No matter what the problem you can expect your health to get better, because it can and it will as long as you stop sliding down the ladder of health and wellness and start stepping up.

You can climb the ladder using the natural principles of healing, or you can continue to depend on the disease care system of Western orthodox medicine. **People like you** are climbing up and out every day

— without chemicals, radiation or surgery.

There is a proven way to reverse the 7 steps of degenerative dis-ease.

That's why Barton Publishing offers so many opportunities to **take control** of your life again. Joe Barton's team of dedicated consumer health advocates bring you the best of the old and the new into easy to use and guaranteed remedy reports.

Not only do they come with a 100% money back guarantee, but they are also a **wonderful gift** that keeps giving. Proving nothing is a better investment than your own health.

Quoting Oprah Winfrey, *"I finally realized that being grateful to my body was key to giving more love to myself."*

Bottom line: once you discover the power of your own healing process you can nurture yourself back to the life you once enjoyed.

The true test of any remedy is revealed by how many testimonials and success stories it can make.

I hope you are our next success story.

Knowing you were born to heal awakens a renewed appreciation and love for your own body. Discovering the natural principles of intelligent design brings into play the spirit of cooperation, balance and science. Like Oprah says, *if you love your life, you can open the door to an empowering, transforming healing experience to revitalize both your heart and soul.*

The automatic self-healing nature of your body is a miraculous act of love. This undeniably testifies to the natural harmony and original wellness that connects our most inner workings with our magnificent environment. It is no mistake you were meant to heal.



Take your whole life in your hands, and start it all again. Just remember who you are. You are extraordinary.

I will be covering more of the **7 steps back to health** and wellness in the following months. Until then, just remember, *"You were born to heal."*

FDA Cover UPs, Drugs & Big Pharma Scams

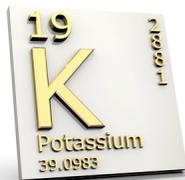
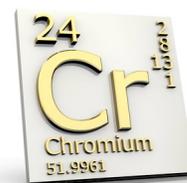
By: Martin Jacobse

Discover The Cause & You Will Find The Cure

As you know, every person is physically unique, as well as every person's environment, their lifestyle choices and their beliefs. Yet, in spite of these differences there are specific causes which all *degenerative dis-eases* have in common.

For instance, if you are suffering from diabetic symptoms, you most likely have chromium or zinc deficiency, for starters.

Eating foods that provide these "*target minerals*" should be your first line of defense. The beautiful thing about using **food as your best medicine** is you don't need to be a biochemist or have a PhD. *Once you're more familiar with how natural food remedies work, staying healthy becomes first-nature.*



Another example is if you have **high blood pressure** then you most likely have magnesium or potassium deficiency. So, eat foods rich in these "*target nutrients*" and be amazed as your blood pressure quickly normalizes.

All dis-eases have a root cause, and usually it's a missing nutrient, mineral or even an "*essential element*." But, one thing is for certain, dis-ease is NOT a drug deficiency.

In fact, the ROOT CAUSE of all degenerative and painful dis-eases happens to be a very common **element** that's all around you. It's so obvious you'll probably laugh in disbelief. The most common ROOT CAUSE of all is: *dehydration*.

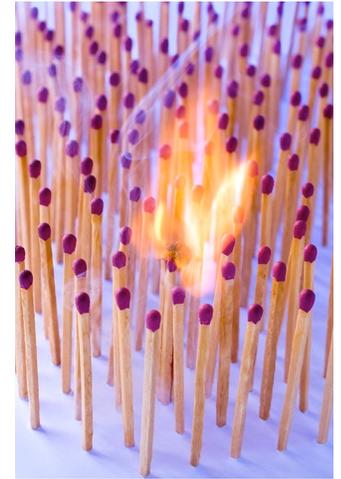
Ironically, the most abundant element on the planet is the **number one deficiency** in people who suffer from pain and dis-ease. Plus, consider if you are dehydrated you're likely deficient of **rare trace minerals** and other factors, as well.

The fact is you may not even need anything but pure, crystal clear, **living water**. As you may already know, water is essential to every living "*structure and function*" within your body. *Yet, most people over look this simple fact.*

Lack of vital water is one of the ROOT CAUSES of inflammation, and inflammation is directly related to all dis-ease.

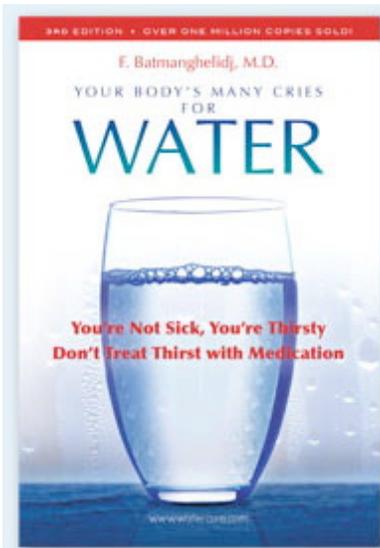
You're not only what you eat... you're also what you drink.

- 82% of your lean muscle cells are water
- 92% of your life giving lungs are water
- 76% of your unmatched brain is water
- 75% of your nutrient carrying blood is water
- 25% of your mineral rich bones are water



Dr. F. Batmaghelidj's pioneering research revealed that **Unintentional Chronic Dehydration (UCD)** can produce common pain and degenerative dis-ease, including cancer.

Dr. Batmaghelidj has cured more than 3,000 people of peptic ulcers dis-ease and is quite well published in peer review journals. (Journal of Clinic. Gastroenterology, June 1983; Science Times, NY Times, June 21, 1983)



He set out to scientifically prove the human body produces pain when thirsty . . . and he did it!

*He discovered **HISTAMINE** is targeted by drug companies because it's in charge of water intake and drought management of the body. (Remember, you heard it here first!)*

*He proved **histamine causes pain** when any area of the body becomes dehydrated. The implications of this idea alone are far reaching and revolutionary.*

Unfortunately, this great truth has been swept under the political rug by Big Pharma and "those appointed" to protect their investments in our present drug based culture.

This miraculous "target element" (*vital water*) explains why medical doctors, **until now**, were not able to permanently reverse any painful degenerative diseases. They were focusing on everything else but water.

Water is the missing factor that no chemical can ever replace.

Doctors have searched in futility for a "magic pill," while all along what they were looking for was common, **life giving water**. Sadly, that means untold billions of dollars have been carelessly wasted, when all along the answer was right before our eyes.

All this time, Westernized medicine has been **treating symptoms of DROUGHT** in the body using deadly chemicals that kill even faster than dehydration does.

So, before you reach for another pill, try taking several healthy glasses of fresh, cool water and you may not need to call the doctor in the morning, *or ever again.*

Just like any natural solution, it was always there waiting for people to use their intelligence to discover it and use it.

Did you know 1 out of 4 people are admitted into the hospital because of properly used prescription drugs?

Yet, why do Americans still spend more than **\$200 BILLION** on prescription drugs annually, even though adverse reactions to these drugs cause over **300,000 deaths?** (Death By Medicine, NY Nutrition Institute of America)

The wrong information has been keeping people sick and dying for most of the 20th century and beyond. It's no surprise our medical system is approaching bankruptcy.

The Journal of the American Medical Association published how, "*One in 15 hospital patients in the United States can expect to suffer from a prescription or over-the-counter medicine, and about 5 percent of these will die as a result!*" (The Washington Post, April 15, 1998)

Bottom line: as the drug and chemical companies thrive we get sicker and die faster. These same companies that don't want you to know about **the healing power of water** are dumping drugs into our drinking supplies. (*But, that's a whole other story.*)



This need not be!

Understanding natural principles like Unintentional Chronic Dehydration (UCD) will help you to overcome your pain and degenerative dis-eases.

By simply investing a little time and money you can learn all there is to know about how to live longer, *naturally.*

Remember this: you cannot wait until your body is empty before you fill it back up; every 60 seconds about 300 million of your body cells die of dehydration. Yet, about 50 trillion cells are born in your body every 24 hours and every one of them are bathed and nurtured with living, **mineral rich water.**

Water is life, so drink to your health!

Funny how what was once obvious somehow became obscure and now it has become obvious once again, isn't it? Now that you've discovered the ROOT CAUSE you can clearly see, "*The remedy is in your hands now.*"



You're responsibility is to help your body *help* you.

The good news is it just so happens that Mama Nature has already provided everything you need to get well. You really have a lot more going for you than against you.

Your body is an extraordinarily intelligent self healing miracle, which has **simple needs** to provide an amazing service. If you feel sick or out of whack, it is because something is either missing or something you don't need has been introduced.

The best I can hope to do is to remind you of this fact.

Common sense will lead you to understand for yourself how **processed foods, drugs and chemicals** are the reason for most all human suffering.

Health is the result of what you habitually do. Your health really is a choice!

The new science of biology (*epigenetics*) has proven you can control more than ninety percent of your "*genetic switchboard*" with diet, lifestyle and willpower.

What this means to you is *water, salt and food, the sun, earth and air* are all a part of your own **healing process**. That's why this newsletter is dedicated to "*waking up*" that natural connection and empowering you for the best of your life.

Healthy Recipes & Eating Ideas

By: David Randall

The Glories of Spinach

Spinach was Popeye's favorite food for instant super strength, but he may have been doing more for his health than he imagined! Popeye's strong need for spinach also enabled his body to protect him against osteoporosis, heart disease, colon cancer, arthritis, and other diseases.



This super leafy green food contains many of the daily-required vitamins and minerals, including over 100% DV of vitamins K and A, 83% manganese, 65% folate, and a significant source of magnesium, iron, vitamins C, B2, B1, B6, B3, fiber and many others.

Health Benefits of Spinach

Heart Health

Spinach is an excellent source of many vitamins and minerals. Two of which are vitamin C and vitamin A, the latter notably through its concentration of beta-carotene. These two nutrients are important antioxidants that work to reduce the amounts of free radicals in the body; vitamin C works as a water-soluble antioxidant and beta-carotene as a fat-soluble one. This powerful antioxidant team helps to prevent cholesterol from becoming oxidized or building up in the blood vessel walls, where it can cause blocked arteries, heart attack or stroke.

Spinach is also an excellent source of folate and magnesium. Folate is needed by the body to help convert a potentially dangerous chemical called homocysteine that can lead to heart attack or stroke if levels get too high, into other benign molecules. The magnesium in spinach can help lower high blood pressure and protect against heart disease.

Studies also suggest that spinach Rubisco contains four peptides that inhibit angiotensin I-converting enzyme, much like blood pressure lowering ACE inhibitor drugs.



Anti-Inflammatory

Since beta-carotene, vitamin C and vitamin K all have anti-inflammatory properties, they can be helpful for reducing symptoms of asthma, osteoarthritis, osteoporosis and rheumatoid arthritis in some patients.

Cancer Prevention

A carotenoid found in spinach and other green leafy vegetables could help fight prostate cancer, according to research published in the Journal of Nutrition. The carotenoid, called neoxanthin, not only induces prostate cancer cells to self-destruct, but is converted in the intestines into additional compounds, called neochromes, which put prostate cancer cells into a state of stasis, thus preventing their replication.

The vitamin C and beta-carotene in spinach helps protect the colon cells from the damaging effects of free radicals.

The flavonoids, especially kaempferol, found in spinach may also help reduce the risk of ovarian cancer. Spinach contains 12 other flavonoid compounds that function as antioxidants and anti cancer agents.

Bone Health

The vitamin K provided by spinach is important for maintaining and improving bone health. Vitamin K1 helps prevent excessive activation of osteoclasts, the cells that break down bone. Additionally, friendly bacteria in our intestines convert vitamin K1 into vitamin K2, which activates osteocalcin, the major non-collagen protein in bone. Osteocalcin anchors calcium molecules inside of the bone. Spinach is also an excellent source of other bone-building nutrients including calcium and magnesium.

Brain Health

In animal studies, researchers have found that spinach may help protect the brain from oxidative stress and may reduce the effects of age-related declines in brain function. Researchers found that spinach-rich diets significantly improved both learning capacity and motor skills. The vitamin E-rich spinach leaves can help slow memory loss and function.

Eyesight

Lutein, a carotenoid protective against eye diseases such as age-related macular degeneration and cataract, is found in green vegetables, especially spinach, as well as other green leafy vegetables.

Healthy Recipe: Bay Scallops with Spinach

Ingredients:

- 2 lbs of fresh spinach, stemmed and washed, not dried
- 1 lb of large bay scallops. Remove the small side muscle from the scallops, rinse with cold water and thoroughly pat dry.
- 3 large cloves of garlic, peeled
- ¼ cup of white wine
- 2 tbs. of fresh lemon juice
- 2 tps. of olive oil
- 2 tps. of salt
- 1 tps. of grated lemon zest
- Freshly ground pepper, to taste



Preparation:

1. Heat 1 tsp of olive oil in a large pot over medium heat.
2. Add the garlic and lemon zest and cook for 20 seconds, stirring continuously.
3. Add the spinach and toss occasionally until wilted.
4. Drain off the liquid and season with 1 teaspoon of salt and pepper. Set aside and keep warm.
5. Heat the remaining 1 tsp of oil in a large skillet over high heat.
6. Sear the scallops for 1 1/2 minutes on each side. The scallops should have a 1/4-inch golden crust on each side while still being translucent in the center.
7. Remove the scallops from the pan and add the lemon juice and wine.
8. Cook, scraping the bottom of the pan, for 15 seconds.
9. Remove from the heat, and then toss in the scallops and season with the remaining salt and pepper to taste.
10. On serving plates, place a mound of spinach in the middle and surround with scallops.

Living Healthy to 120: Anti-Aging Breakthroughs

By: David Kekich

Resisting the Aging Process Could Make You Age Faster... and How to Keep That from Happening



Resistance makes you suffer, and it ages you.

Let me explain.

Some things are simply out of your control, for example: past events. They happened, they are over, and you can't change them, no matter how much they may make you suffer. Things like the economy, wars, chronic physical problems and other people's actions are usually out of your control. So is aging. No matter what you do, the passage of time (entropy) eventually takes its toll.

So, what do most of us have a tendency to do? We fret over what we can't manage. We resist what we can't control. And that makes it worse. This fretting and resisting leads to being frazzled, stressed and accelerated aging. Resisting robs you of control of your life, happiness, clear thinking, sound sleep and optimal productivity. It can tear families apart and destroy your most cherished relationships.

So, how do you recognize when you are resisting?

It's usually when you are uncomfortable about something, when things aren't going your way. If resistance is the poison, what is the antidote?

Watching! Witnessing! Pure and simple, the act of observing yourself as if you were watching someone else's feelings when feeling discomfort often leads to a life changer.

While observing your resistance every time things aren't going your way, be curious as to what is happening and how it is affecting you. Stand back, let things play out and totally accept the situation. If it is out of your control, understand the damage you are doing to yourself by futilely resisting. If you discover that the circumstance is something you have control over, then improve your health and stress by finding solutions and fixing it.



Some health related examples are smoking, eating sugar-laden or high simple carbohydrate foods. Be conscious about every step. Watch how you suck poisonous gas into your lungs with every drag. With every bite, observe the toxins you put into your mouth traveling down to your stomach, into your intestines and eventually into every organ, tissue and cell of your body. If you can intellectualize and actually witness yourself doing that with laser beam focus, how long do you think you would keep up those deadly habits?

So, if you want to quit smoking or change your damaging diet habits, from now on, smoke or eat consciously.

Discomfort is usually a result of conscious or unconscious resistance to what is going on. The solution to resistance is to watch your thoughts, feelings and behaviors as if you were curiously watching them happen to someone else. Consciousness leads to understanding consequences. Unconsciousness does the opposite and results in destructive behavior.

I think and talk a lot about the negative effects of aging. So much so, that I find myself resisting the process. And by doing so, I have come to realize that I am actually accelerating my aging process by resisting the wrinkles, graying hair and my failing eyesight. Ironic, huh? Are there things I can do to slow aging? Sure. I do them every day, and I talk and write about them. Will I be able to actually have my aging process reversed someday and look and feel like a 25 year-old again? That's what Maximum Life Foundation is all about. With lots of hard work, clear thinking, money and luck, it should happen in my lifetime.



Meanwhile, I'm undermining my personal chances by resisting the *process* of aging. I'm resisting aging so much that I am also missing some of the pleasures of the passage of time. By resisting, I'm actually missing a good part of life. Resistance (not what is being resisted, but the resistance itself) is the source of any physical, mental or emotional discomfort you and I may have.

Don't try to stop resisting, just mentally step aside and watch yourself thinking, feeling or doing. The awareness generated by noticing or watching will cause the resistance, and the discomfort that always accompanies the resistance, to dissolve. Learning how to do this takes time. I know, because it's an ongoing challenge for me. But it is a major key to health, longevity, happiness and inner peace.

Until science fixes aging, accept the fact that you are going to slowly decline, just like everyone else. You can accelerate the decline or slow it down. The counterintuitive way to slow it down is to let it happen. Observe your reactions to it and completely accept it for what it is. Then keep up your healthy habits, support life extension research when you can, and you will improve your extreme longevity odds.

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

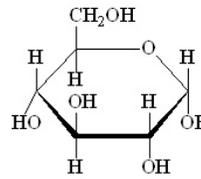
Weight Control, Exercise & Fitness Tips

By: Nordine Zouareg

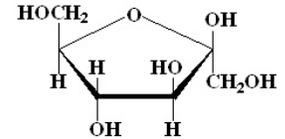
The Many Names of Sugar

While you're checking out nutrition labels for sugar content be on the lookout for the following names that all describe refined sugar:

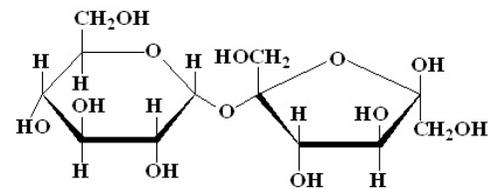
- Sucrose
- High fructose corn syrup
- Fructose
- Lactose
- Organic sugar
- Maltose
- Dextrose
- Glucose



glucose



fructose



sucrose

The Sweetest Scam of All Time

The correct answer to the following question will shock you.

Would you survive longer on a diet of just water OR on a diet of water and refined sugar?

The answer: You would survive longer on just water.

Sound impossible? Just ask the five sailors who were ship wrecked in 1793.

The ship was filled with sugar, thus giving the marooned five a diet of sugar and water. When they were finally picked up, nine days later, they were in a wasted condition due to starvation.

The story of the five sailors intrigued French physiologist Francois Magendie to conduct a series of experiments in which he fed dogs a diet of sugar. All of the dogs died.

Magendie proved that as a steady diet, refined sugar is worse than nothing.



How can sugar be worse than nothing? Plainly put, refined sugar is an anti-nutrient.

It starts out as sugar cane, and then goes through an extensive refining process that destroys all of the enzymes, fiber, vitamins and minerals. What you're left with are empty, naked calories.

The problem is that your body needs the enzymes, fiber, vitamins and minerals that were taken out in the refining process in order to metabolize sugar and use it as energy. So it takes those nutrients from your own body.

So while you are enjoying that chocolate bar, sugar is draining vital nutrients from your body. Like a sweet parasite.

And it doesn't end there...

- **Sugar creates false hunger** (as a result of the insulin rush and then ensuing plummet in your blood sugar levels), which makes you overeat. This means a constant struggle with your weight in which you never seem to achieve your ideal size.
- **Sugar promotes aging** (due to the advanced glycation end products, or AGEs, that occur when insulin levels are consistently elevated as a result of eating too much sugar).
- **Sugar has even been dubbed the negative fountain of youth.**
- **Sugar weakens your bones** - making you vulnerable for osteoporosis, and weakens your teeth - making you vulnerable for cavities (both due to the calcium being pulled from your bones and teeth in order for your body to process sugar).
- **Sugar in excess is stored as fat** (after your liver has no more room to store it, sugar is converted to fat and deposited on your belly, thighs, hips and the backs of your arms).
- **Sugar can impair brain functioning** (as a result of depleted B-vitamin production).



If you're still not convinced of the danger of sugar here are more ailments linked to its overconsumption:

- Varicose veins
- Constipation
- Hormonal imbalances
- ADD and ADHD
- Increased emotional instability
- Depressed immune system
- Increased risk of cancer
- Degenerative disease



The average modern person consumes 46 teaspoons of sugar every day. That comes out to roughly 175 pounds of sugar each year.

And it's no wonder, since sugar industry is big business. They sneak

sugar into any product that they can.

Go through the foods in your home and you'll see that sugar has been added to everything from ketchup and spaghetti sauce to crackers, oatmeal, peanut butter and even 'healthy' items like weight loss bars.

Where does this leave you?

You are in a unique position. Your personal judgment determines the foods that you eat and the foods that you avoid. It is my hope that you approach sugar with new eyes.

While all other foods offer you caloric energy PLUS some nutritional benefit, sugar doesn't. Sugar is simply caloric energy with a sweet habit forming taste, and a hoard of health risks.

Use your judgment wisely and limit your sugar consumption - you'll love the benefits of low sugar living.

And while you're at it contact me to start a training program that will turbo-charge your results.

(Oh and if you're ever in a ship wreck with only sugar and water at your disposal - just drink the water!)

*Resistance has no strength of its own.
Every ounce of juice it possesses comes from us.
We feed it with power by our fears of it.
Master that fear and we conquer Resistance.*

Recipe: Lentil Fruit Salad

This recipe is as refreshing as it is nutritious. Plump black lentils mixed with chunks of mango, strawberries, tomatoes and onions will tease your taste buds into submission. A splash of balsamic vinegar is the only flavoring that this colorful salads needs. Serve as a side dish or as a light meal.

Yield: 3 serving

Here's what you need...

- 1 cup black lentils, cooked
- 1 medium mango, cut into 1 inch cubes
- 1 medium tomato, chopped
- 6 medium strawberries, chopped
- 1 tablespoon red onion, finely chopped
- 1 tablespoon balsamic vinegar
- Salt and pepper to taste



Place the lentils in a medium bowl. Chop the fruit and onions, add to lentils. Add balsamic vinegar to the lentils and fruit, mix until well combined.

Nutritional Analysis: One serving equals:
148 calories, 1g fat, 27g carbohydrate, 10 g fiber, and 9g protein.

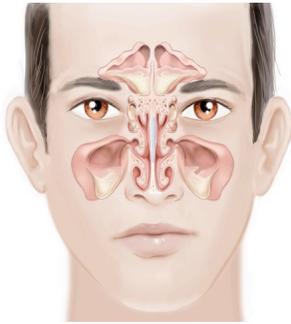
Nordine Zouareg is a former Mr. Universe, an International Fitness Coach, Speaker and Author of the book *Mind Over Body: The Key to Lasting Weight Loss Is All In Your Head*. For more information, visit: www.EcorporateWellness.com

Ask-an-MD with Dr. Saunders, MD



Sinus Drainage Treatment & GERD Without Drugs

Dear Dr. Scott,



Last week I went through 3 heart tests and a blockage was found, but only 15%, so I've been cleared for sinus surgery, which my ENT doctor says is life-threatening, due to massive amounts of infection and impacted mucus. I've had horrible congestion, etc., since first of year. I also have Lupus and asthma. I've been on several high-powered antibiotics, which didn't touch it, and the new CT scan is worse than the one done in April. I've just finished a round of prednisone, which has done wonders. The congestion and coughing are gone! Do I really need this surgery? I've also been taking ARTHRO ENZYME (ordered from internet), and I thought it would help, but

the only thing that helped was the steroids, which I know are not good to take. I see this doctor tomorrow and do not want the surgery if it can be avoided. Please give me your opinion. Thank you.

~ Donna Kindrick

Answer:

Your problems won't be likely to go away with the surgery. People with your constellation of problems tend to need surgery over and over. However, what is there may indeed be life threatening and need drainage just like any abscess in the body. The key to correcting most sinus problems begins with drainage, but to prevent recurrence you need to find a way to keep them draining properly.

You didn't mention a nasal steroid spray, they're better than prednisone as far as side-effects. Along with the nasal spray, you could try some natural treatments to correct the underlying dysfunctions:

You have an immune system problem and blood vessel disease, at least. These aren't isolated to one area (sinus, heart, lungs) but rather affect the whole body. If you only treat the symptoms of one organ the underlying problem remains -- and gets worse. However, if you fix the cause, the symptoms disappear.

To fix the problem is complex and will require you to either do a lot of research yourself, or find a doctor who treats causes and not just symptoms. I'll give you direction in starting your search. The foundation should start with a food program that avoids anything to which you are sensitive, and since you have arterial blockage, should also be low in fat (see *Reversing Heart Disease*, by Dr. Dean Ornish). You will need help with correcting an adrenal dysfunction (or "adrenal fatigue"). You'll need an exercise program. Consider IV chelation. The first place to look for a doctor who can help is the American College for the Advancement of Medicine at: <http://www.acamnet.org>

Dr. S

Dr. Saunders,

I have severe GERD with a recent Dx of H. Pylori. I've tried the apple cider vinegar with mother without success because I have what is called a watermelon stomach which makes my stomach sensitive to acidic foods and liquids and it bleeds sometimes giving me anemia. When I tried it I got severe gastritis. I have scleroderma which effects my digestive system. I currently take up to 35 different medications prescribed and over the counter to help me with my different ailments. Is there anything else besides apple cider vinegar I could take for my GERD that is natural? I would love to be able to stop taking Nexium, Zantac, Mylanta and Sucralfate for my GERD. Thank you for any help you can give me. P.S. I think this new partnership is awesome. Congratulations everyone.

~ Lauren Dygo

Answer:

It's very likely your' problems are due, at least in part, to the 35 different medications. For example, taking Zantac prevents the proper absorption of the Nexium. The Nexium prevents calcium and other minerals from being absorbed, as well as decreasing "intrinsic factor" which is necessary for the absorption of Vitamin B-12. You probably have several nutrient deficiencies. Moreover, taking more than seven medications makes your odds of dying from them greater than the diseases they treat.



Thus, you seem to be WAY beyond vinegar with the mother. I believe what you need is a doctor who knows how to get you off of all those drugs so you can get rid of the GERD and live a normal life.

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

15 Healing Herbs and Spices

Dear Grandma,

It seems like I am learning how important the foods we eat are to our bodies and keeping them healthy. But how do I make them taste good? Forgive me, I'm new at this. Thanks.

~ Genetta Richards

Dear Genetta,

You are right! Food is so important for our bodies and we can live and die by the foods we eat. Sharing recipes might be a good idea, but let me teach you the basics of the next step: spices and herbs! More than just flavor, spices and herbs have natural healing properties that are good for just about anything! Whether you cook Greek style, Italian foods, American cuisine or French gourmet, these herbs and spices are found around the world and added to dishes for centuries. for the common conditions they treat.



Here are 15 of the best herbs and spices to store in your spice rack and have supernatural power of healing.

1. BASIL - Relieves constipation, acts as a laxative, and soothes upset stomachs. Great for diabetics to eat after a meal because its high fiber properties can also prevent blood sugar from rising. Overall, basil oil is great for treating nausea, motion sickness, indigestion and respiratory problems. It might even be that basil can resist cancer development in the body!

2. CAYENNE – Will stimulate the body's burning of fat. Added to food, cayenne perks up appetite, improves digestion and relieves gas, nausea, and indigestion. The herb also thins phlegm and eases its passage from the lungs, thus helping to prevent and treat coughs, colds and bronchitis. Try a spoonful of cayenne at the first sign of a headache, with plenty of water to chase it down.



3. CINNAMON – One of my favorites! Beneficial to regulate menstruation (and menopause) and has a tranquilizing effect that helps reduce anxiety, stress, diarrhea and indigestion. Add to a bowl of oatmeal for a delicious treat!

4. CLOVE - Clove is a potent pain deadening antimicrobial, even approved by the FDA as an effective stopgap measure for tooth pain. Paired with sesame oil, clove can cure an earache. Applied to a muscle, can stop cramps. Put in milk with a salt, clove can remedy a killer headache. Even found to speed healing in cold sores.

5. DILL – Memories of dill fill my mind from my own grandmother’s pantry and her dill pickles. While I didn’t care for dill back then, it is one of my favorite herbs in the pantry today. Dill soothes the digestive tract (great for gas), quiets the nerves, treats heartburn, helps with appetite and even prevents headaches. Use to treat bad breath!

6. FENNEL – Fennel is highly beneficial in digestive disorders: easing bloating, gas pains, digestive spasms and body odor. Try treating colic in babies with fennel, especially when breastfeeding. Fennel also promotes regular menstruation. Read David Randall's Fennel Recipes in previous Home Cures That Work edition.

7. GARLIC – No enemy of garlic here! This garlic lover adds it to almost any food that she can. Garlic is extremely helpful to lower cholesterol, blood pressure and the risk of developing atherosclerosis, as well as helps prevents blood clots. Garlic prevents heart attacks! Garlic kills bacteria and viruses that cause earaches, cough, flu and colds. It kills toxins in the gut and is effective against digestion disorders and treating diarrhea. What's more, this common and familiar herb can treat acne, be used as an antiseptic and may help prevent the onset of cancers!



8. GINGER - When it comes to quelling the queasiness of motion sickness, ginger has no equal. In fact, it has been demonstrated that ginger beats Dramamine. Ginger stimulates saliva flow and digestive activity, settles the stomach, relieves vomiting, eases pain from gas and diarrhea, and is effective as an anti-nausea remedy. This aromatic herb also helps lower cholesterol. Herbalists have also found it to be useful as a pain reliever, helpful for cancer patients. I love ginger in stir-fries!



9. MINT – I can’t live without mint in my kitchen! My first choice for treating stomach ailments: nausea, vomiting, hiccups, indigestion, spasms and flatulence. It also treats headache pain wonderfully and, in general, lessens pain, which is why it may increase mental capacity. A wonderful pair for chocolate!

10. OREGANO – All Italians rejoice! Oregano contains anti-viral, anti-microbial and anti-fungal characteristics, reducing body odor, soothing coughs, lowering blood pressure, assisting digestion and even treating athlete’s foot!

11. PARSLEY – A diuretic herb - prevents problems like kidney stones and bladder infections. Also relieves bloating during menstruation and maintains healthy blood vessels. Parsley isn’t just for decoration, either. It's an effective breath freshener and a natural remedy for indigestion.

12. ROSEMARY - Rosemary is one of the richer herbal sources of antioxidants that help fight infection. Traditionally used to ease asthma reducing the airway. Herbalists think that rosemary may also help ease breast pain by acting as a natural drying agent to fluid filled cysts, ward of headaches and assists memory. Use in moderation, but versatile in soups, vegetables, meats and even dessert recipes. Imagine a lemon-rosemary apple cobbler!

13. SAGE – Good for the brain, nerves, eyes and glands! Sage has a reputation to restore energy and memory. Fighting off infections, it heals the throat and mouth. Sage is also effective for symptoms of menopause, night sweats and hot flashes.

14. **THYME** – Beneficial for emotional stress, increasing blood-flow for healing and comfort, especially as an antibacterial. Also, an anti-that relaxes respiratory muscles, beneficial for whopping cough, and it's scent lift moods.

15. **TURMERIC** – Is known for liver cleansing and detoxification, as well as its significantly beneficial effect in treating inflammation, helping to relieve rheumatoid arthritis and carpal tunnel syndrome. Great in curries and scrambled eggs!

By adding these to your foods everyday on a regular basis will serve to cure the ailments that plague common existence. Fight headaches, stomachaches, blood pressure, stress, colds, memory loss and so much more! Start cooking and stay away from the pharmacist!

Too many to count? If you are overwhelmed about which spice to stock or conscious of the budget, I go to a health food store and buy in bulk, which helps keep the cost down and then reuse spice bottles.

To your continued good & tasty health!

Grandma



Parsley, Rosemary, Sage & Thyme

Product Recommendation

Detox Drops

Detoxification for any time of the year: swimsuit weather, after Christmas, healthy eating impulse or urge to cleanse.

Native Remedies presents Detox Drops to eliminate toxins, naturally, and to restore your body's healthy metabolism. You will experience:

- increased energy levels and stamina,
- restored liver functions,
- purified skin complexion,
- mobilized healthy joints and
- a boost in your overall immune system.



Detox Drops will renew your health by eliminating environmental toxins that have built up in your body and blood stream through food and water. Clean and filter your blood stream, gently and safely to flush out toxins naturally with Native Remedies Detox Drops.

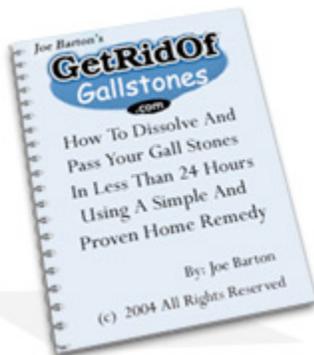
Find It Here:

<http://www.homecuresthatwork.com/detoxdrops>

Barton Publishing's Free Report of the Month

Get Rid Of Gallstones

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.



Avoid gallbladder surgery at all costs! This is the ticket out of the ER! Gallstones can attack without symptoms, a silent predator that can arise with complications. Educate yourself on the anatomy and function of the gallbladder, define gallstones and how they form and who is at risk. Learn to recognize the signs and symptoms so the "silent stones" don't go undetected in you or the those around you.

This report will provide you with a list of what to look for and how to avoid the devastating effects of gallstones. If a victim of gallstones, the natural remedies and treatments in this report, such as the dissolution therapy or the cleanse, are an extremely effective way to rid the body of gallstones. Be safe and choose the homeopathy option to naturally remedy gallstones.

Download Your Free Get Rid Of Gallstones Remedy Report Now:

http://www.getridofgallstones.com/Gallstone_Download.pdf

"Hey Joe," This Worked for Me

~ Reader Input ~

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

AMAZED BY THE RESULT! I HAVE BEEN TAKING MEDS FOR 9 MONTHS, AND MY DOCTOR SAID, EITHER I OPERATE, OR TAKE MEDS FOR THE REST OF MY LIFE. I WAS DESPERATE, SO I TRIED YOUR REMEDY " HONEY " 1 TEASPOON IF I FEEL DISCOMFORT AND THAT USUALLY WORKS FOR A COUPLE OF DAYS AND 1 TEASPOON BEFORE GOING TO BED EVERY NIGHT AND FOLLOW ALL YOUR TIPS. IT HAS BEEN ALMOST A MONTH, AND I EAT AND DRINK EVERYTHING I LIKE . THANK YOU SO MUCH FOR THIS INFORMATION, I AM SO HAPPY,.....AND YOU SAVED ME FROM AN OPERATION! SINCERELY,
~ Cecilia Fernandez, Mexico



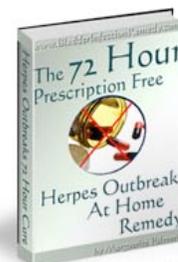
www.RefluxRemedy.com



Thanks to your report I was able to cure my 12-year old daughter's UTI within 2 days. I am very, very thankful.
~ Tatiana Braginsky, GA

www.UTIReport.com

I had an out of control fever blister on my face, and your stuff REALLY made a difference, especially the oil of oregano, and ointments, which I used to great effect. Very cool.
~ Mark Andrews, MI



www.HerpesReliefGuide.com



"I woke up at 3am. with a burning, swollen, painful right foot, I downloaded the gout remedy report which only took several minutes, went to the 2 hour relief section, it took 1 minute to mix up the ingredients, drank it, and 20 minutes later the intense burning pain was gone. The swelling went down in 2 days, and walking normally again. Very excellent report, it worked for me, I would highly recommend to anyone."

~ John Zacharias, OR

www.CureYourGout.com

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

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<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>Keep in step with health and wellness, return next month for the next level of Jacobse Ladder. Keep growing in your healing!</p>
<p>FDA Covers Ups, Drugs & Big Pharma Scams</p>	<p>Make the natural connection again next month to make the best life for yourself. Choose and engage the natural healing choices you have every day!</p>
<p>Healthy Recipes & Eating Ideas</p>	<p>The Might Red: Cherries - One of the Super Fruits. Mix a tango in your mouth with the fresh and spicy cherry salsa recipe next month!</p>
<p>Living Healthy to 120: Anti-Aging Breakthroughs</p>	<p>Penny Preventions against aging: Aspirin & Vitamin D, which also help fight cancer. Don't miss these other measures to raise your mortality risk and keep your mind sharp!</p>
<p>Weight Control, Fitness & Exercise Tips</p>	<p>Simple Ways to Move More: Changing lifestyle obstacles to make the mirror happy. You won't want to resist these opportunities to lose the "all or nothing" mentality.</p>
<p>Ask-An-MD: Q & A with a Natural Medical Doctor</p>	<p>More hypertension advice from Dr. Saunders, plus multi-vitamin overkill for some.</p>
<p>Grandma's Cures: Old & Proven Remedies that Work</p>	<p>Toothaches and tooth-fairy, according to Grandma!</p>
<p>Product Recommendations: Best Natural Products on the Market</p>	<p>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!</p>
<p>Barton Publishing's Free Remedy Report of the Month</p>	<p>This month, check out our Monthly Quiz regarding your free Get Rid Of Gallstones Remedy Report, offered to you as a subscriber. Download The Report Here and then take our Monthly Quiz: http://www.homecuresthatwork.com/quiz/gallstone</p>
<p>"Hey Joe," This Worked for Me – Reader Input</p>	<p>More testimonies coming your way from customers like you who have experienced amazing results with our natural remedies. If you would like to share your success story, Follow This Link.</p>