

HCTW HOME CURES THAT WORK

Volume 1: Issue 8

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CANCER PREVENTION
WHAT REALLY WORKS?

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You CAN Conquer Cancer With Out
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- THE #1 RECOMMENDED NATURAL HEALTH PRODUCT
- FREE NATURAL REMEDY REPORT (\$39.95 VALUE)

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Home Cures That Work, Special Cancer Edition

Read Behind The Scenes How The Fight Against Cancer Can Be Won

The Barton Publishing family is dedicating this article to our very special Grandma Pat. She was diagnosed with breast cancer in February 2009. At that time, she had a mastectomy and multiple lymph nodes removed. Now the cancer has metastasized into the 6th rib, with "sparklings" in the spine.

This is her 2nd go-round with cancer, and she is fighting it with all she's got! Thanks for your prayers and concerns, as we hope this article will offer hope and encouragement for all those who are fighting cancer with her.

Cancer is not the mysterious monster it is portrayed to be. The word cancer gives us no clue about its characteristics or its cause. But, just the same, cancer has become synonymous with a death sentence.

Truth is there is not a cure for cancer that can be patented, but there are many non-patentable cures known.

Your body has a natural intelligence, which automatically eliminates cancer cells every day. In fact, the average body makes and eradicates about 500 cancer cells per day. More people are being diagnosed with cancer these days because of medicine's ability to find it better than before and because of negative dietary, lifestyle and environmental factors on the rise.

But, cancer is as old as the hills, as is the ancient cancer healing mechanism latent within your body. New science reveals even if you are one of the 10% who are predisposed to hereditary risk, you can still prevent and cure cancer.

The key is to nurture the automatic anti-cancer mechanisms already within your body. Just because they can't patent it doesn't make it less affective.



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

By: Martin Jacobse

You Can Conquer Cancer With Out Drugs, Radiation or Knives



This year about **547,000 Americans will be killed** by cancer or its “*standard treatment.*” This means at least **1,500 people die each day** because doctors don’t know how to stop cancer.

According to the American Cancer Society’s Global Cancer Facts and Figures, there were an estimated **7.5 million people** who died from cancer or its treatment in 2007.

Wait a minute . . . *slow down* . . . I don’t want you to just speed read over that fact as if it were just another bit of interesting information.

Think about it.

547,000 people dying are like ten airliners crashing and exploding **EVERYDAY** for **364 days in a row.** *That’s only counting US deaths!*

Personally, I can’t think of anything more important than getting the word out about “*non-patentable*” **cancer cures.**

Death by cancer is more of a threat than even terrorism, and yet we don’t spend a fraction of the money we do on cancer as the US tax payer does on war.

So, before we can defeat our cancer enemy we need to have a better understanding of what cancer is. **Read on!**

DID YOU KNOW your body produces cancer cells and eliminates them automatically? **The problem is** today many people’s immune systems have been “*weakened*” by processed foods and other toxins in our environment.

Add to this the fact that doctors are better able to detect these cancer cells sooner with **new technology**.

Do you see why cancer rates are skyrocketing?

So, if you have been diagnosed with cancer, this maybe the most important article you will have read in your life up to this point.

The good news is more and more people are preventing and curing cancer without risking the deadly and dangerous side effects of standard cancer treatment or surgery.

Detecting cancer earlier gives you more time to turn it around – without drugging, burning or cutting anything.

Despite the fact that mainstream medicine isn't helping publicize any of these "non-patentable" cures for cancer, death by cancer is slowly **starting to go down**.

Keep in mind that still doesn't take away from the fact that more than a half a million Americans die annually from cancer or cancer treatments.

How Effective Is Chemotherapy?

There is a fight going on between funding deadly chemical therapy research and whether these drugs contribute to cancer survival rates, at all.

You know I find it very curious that I could only find one study on the effectiveness of chemotherapy. I found a "5-year survival success rate" study published by the journal *Clinical Oncology* in 2004, which reveals about "two percent" of patients survive chemotherapy in the US.

As it turns out, this study was made from many clinical trials reporting a 5-year survival rate from chemical treatment of cancer. The study involved cases of newly diagnosed cancer patients for 22 major types of (malignant) cancers.

The results simply blew me away: a 2.1% chemotherapy survival rate!?

No wonder it's so hard to find studies on the subject; that's not only embarrassing . . . *It's an atrocity!*

That means out of the 154,971 chemotherapy patients only 3,308 survived for 5 years . . . That's crazy low.

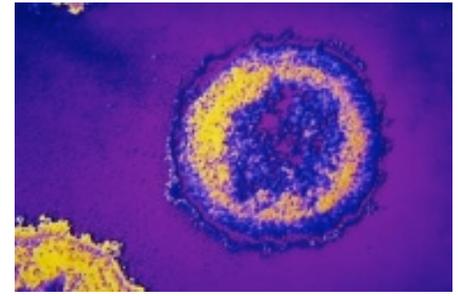
What is cancer and how does it form?

Cancer cells are mutant stages of "weakened cells" that should be eliminated by the immune system but aren't. Generally cancer cells only develop about **5 to 10 times** during a person's lifetime.

There are 7 steps or stages between a weakened immune system and when cancer occurs. These are the same steps upon "The Ladder of Health" we covered in a previous issue. They are:



- **The first step 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.**



Loss of energy refers to the loss of **vital cellular energy**, which is essentially a weakening of your immune system. There are many factors simply because every person is unique. However “*under-nutrition*” is the most common trigger.

Toxicity develops because the immune systems energy production is already low. Continued exposure to a toxic environment and under-nutrition will encourage **cellular toxicity** to buildup. If complicated by low cellular energy levels, the immune system will approach overload.

The third step down the ladder is the stress, that inevitably increases under these conditions. Cells become weaker from toxicity **overload**, which triggers inflammation.

Inflammation is common to all dis-ease states and is usually the **first visible symptom** most people notice. Taking drugs for inflammation does not reverse or cure the cause of the pain and usually magnifies the toxicity burden on the liver and kidney cells.

Degeneration is a critical stage that represents the **structural breakdown** of the cell’s own internal functions, *which is why addressing inflammation without drugs is so important.*

Stiffness is first happens at the cellular level by a loss of suppleness and flexibility of the cell membranes. **Cellular membrane health** is paramount to reversing cancer.

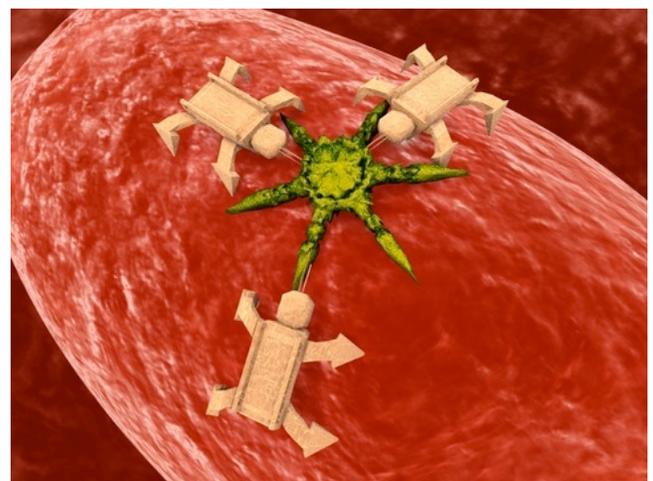
A healthy cell membrane uses lots of oxygen and communicates well with the body’s immune system.

If this worsening state of cell health continues long enough the cell begins to change from an **oxygen-breathing cell** to a cell that lives off *sugar, acidic waste and carbon dioxide*. This stage is the mutation stage.

If your body cannot **nurture** the weakened and damaged cell back to health, the immune system “*normally*” destroys and eliminates the mutation.

So, now you can clearly see if your **immune system** cannot eliminate the mutated cells they become what we call “*cancer.*” Cancer is a state of disorder in the body and by restoring harmony order can be re-established. *Your body simply needs your help.*

As I’ve stated before, your healing process is “*automatic.*” However, it still depends on you to provide a **nutritional foundation** to operate



effectively. Plants and animals seem to grow automatically as do children, yet they require nurturing care and love in order to thrive. *You and your cells are no different in this respect.*

This sounds simple so far, doesn't it? So, why hasn't the medical business patented a cancer cure yet?

The problem with the "business" of medicine is they are bent on "patenting" a chemical cure for an aspect or symptom of this dis-ease process. There are many "non-patentable" cures available. However, no one is advertising these because their "business" depends on these **cures and remedies** not being promoted.

Why is that?

Because Mama Nature can't be patented. That is why so many solutions are not researched: no patent, no corporate profits, therefore, no research dollars.

This is sad truth and explains our current medical dilemma.

What I've discovered is each cancer cure addresses the same **root cause** from a different direction. Problem is no drug company is going to put money into researching a "non-patentable" cancer cure. *But, that doesn't have to slow you down.*

To paraphrase Albert Einstein,

"We cannot solve the problems of society using the same thinking that created the problems."

The institutionalized war on cancer has been a limited, narrow and biased approach to the real problem. For no other reason than pride and profit, **Western Medicine** has turned its nose away from *naturopathic, homeopathic and holistic medical approaches.*

This backward attitude wastes hundreds of billions of dollars and retards decades of real medical progress — *all because of greed and lust for power.*

Natural cures and ancient remedies are competition to the medical industry in a sense. Not because they generate billions of dollars in sales, but because they solve the need for patented drugs all together.

That is why our current medical model needs radical change.

The root cause of cancer starts with **under-nutrition**. Yet, the root cause of cancer is not any *single* nutritional deficiency. By the time cell health reaches the 7th stage of dis-ease there are several deficiencies. *So, the key is to address this is from many different directions simultaneously.*





The goal remains the same: *strengthen your immune system ASAP.*

The big problem with chemotherapy is that it attacks what's left of a person's immune system while it attacks the cancerous cells. This leaves surrounding healthy cells burned, scarred and sometimes dead.

Another conflict with chemotherapy and radiation treatment is it only briefly shrinks tumor size. Yet, studies prove that newer more "resistant" and **aggressive** cancer mutations do appear under the stress of standard therapies.

So, not only does the tumor learn to "resist" the chemicals and radiation, it often begins growing faster and into **deadlier forms** of mutated cells. To make things worse, surgery can also allow cancer cells to spread into other places in the body.

They don't tell you that because then you wouldn't submit to the all the insanity.

Further complications of "standard cancer treatment" occur after what's left of the person's immune system is further compromised or destroyed. This results in life threatening infections and other expensive complications.

One "non-patented" cure for cancer is to **starve the cancer cells** by not feeding them what they need. In addition to doing this, simply "knowing" your body will heal itself has been clinically proven to help amplify positive results.

Here are some of the foods cancer cells feed upon:

- *Sugar from simple carbohydrates.*
- *Mucus produced by milk products.*
- *Acid from too much meat intake.*
- *Carbon Dioxide from body wastes.*



More people are broadening their horizons by using common sense cures for cancer, which are safe, simple and inexpensive.

Common sense will tell you, the cure for the problem already exists in nature. Mankind simply has to **acknowledge it** and apply it in real life.

The science is out, the evidence is in. The same diet and lifestyle changes which prevent cancer also cure it.

Does that make sense to you?

It's so simple and honest that for some people it flies right over their head. This **simple truth** is the key to conquering your cancer and all your cancer fears. *But, there is one catch.*

There is always a catch. The catch is that eating and living the right way are two thirds of the solution. The missing key is, believe it or not, your belief.

Most pharmaceuticals depend on this fact. 30% of the pharmaceutical business is **salesmanship**. Why would I say that? Well, because of the placebo effect, that's why.

It is a well-known fact that *your belief* is a **dominant factor** in your recovery.

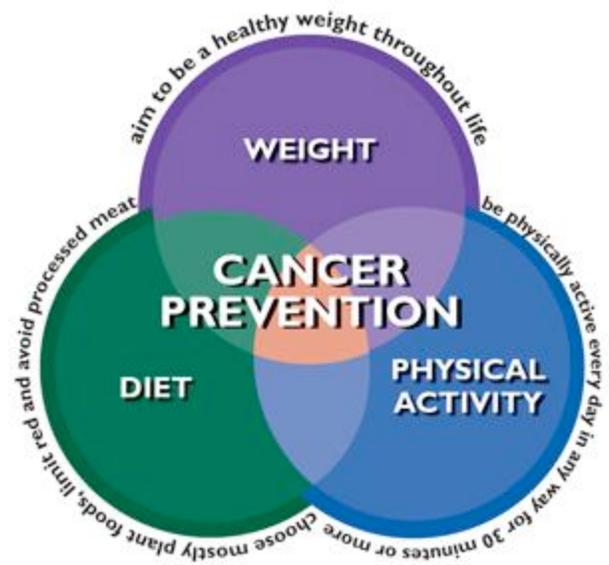
So, start believing in a cancer cure right now.

You may not ever get a Nobel Prize for it and you may never be able to patent and sell it in today's market, but you will **be free of cancer** and cancer worries.

That's what really counts after all isn't it?

I'm pulling no punches today. So, here's your foundation for your own cancer cure:

- Eat small portion meals 3 to 5 times a day.
- **Eat some low sugar raw fruits.**
- Eliminate cow's milk.
- **Eat more raw vegetables high in iodine, protein and fiber.**
- Avoid hydrogenated oils, canola or corn oils.
- **Eliminate refined flour, salt and sugars.**
- Breathe lots of smoke free fresh air.
- **Eat a naturally higher fiber diet.**
- Consume Celtic Sea salt.
- **Eat omega 3 oils like flax and hemp seed oils.**
- Expose yourself to 20 minutes of sunlight per day (or supplement with vitamin D).
- **Eliminate grain fed or highly processed meats.**
- Eat only small amounts of "grass fed" meats if at all.
- **Stay hydrated with natural water.**
- Take up "mild" exercise.
- **Eat raw nuts high in selenium, B vitamins and healthy fats.**
- Mix 2 teaspoons of aluminum free baking soda in a quart of water and drink up to 5 quarts between meals daily to alkalize.
- **Read positive affirmations throughout your day.**
- Keep emotionally healthy, proven to accelerate your overall healing process.



The same lifestyle habits which prevent cancer also cure it.

Even if you choose standard medical treatment to fight cancer, you will still want to **reinforce your internal health**. *Otherwise, it would be like playing professional football without any pads or helmet.*

Studies prove repeatedly that supporting your body's immune system with **whole food nutrition** greatly increases success rates. Another added benefit is a stronger immune system helps you deal with the chemical and radioactive side effects.

There is no such thing as too much of a good thing, especially when fighting a cancer outbreak. The more directions you address the root cause of cancer the faster you will see a positive change.

Even if your cancer vanishes in a few months, you should stay committed to this intensity level of diet and lifestyle for at least a year. Then you can **keep the principles** and lighten up on the super foods and support supplementation a little.



If you have cancer, you will want to treat this seriously. Think of an **Olympic athlete** and how everything they do or think is focused on their ultimate goal.

You will want to apply this same sense of commitment . . . and **you can do it**. People are conquering cancer every day by empowering their innate healing processes.

Only remember, "***You were born to heal.***"

FDA Cover UPs, Drugs & Big Pharma Scams

By: Martin Jacobse

Why Is The American Cancer Society Milking The Job?



Did you know the American Cancer Society (ACS) is the richest non-profit organization on the planet? While more than 500,000 people die in the US from cancer or cancer treatment each year, *they are sitting on a mountain of money.*

Did you know the American Cancer Society (ACS) has more than 3,400 offices throughout the US and Puerto Rico? It's a lot bigger organization than I thought.

Here's a little history . . .

The Society was originally founded a group of entrepreneurs and doctors back in 1913 as **The American Society for the Control of Cancer** (ASCC). It wasn't until 1945 when the current name was coined.

In 1994, the American Cancer Society (ACS) was ranked as the 10th favorite charity/non-profit in America.

"Access to Care" is the current theme of their latest advertising campaign. Even though they have no stand, nor recommend or prefer any specific course of prevention or cure, they just support access to care. Whatever that implies?

It seems vague to me.

Despite being given three of four stars by the Charity Navigator, an independent, non-profit that evaluates non-profits, they have been **caught in scandal**, repeatedly.

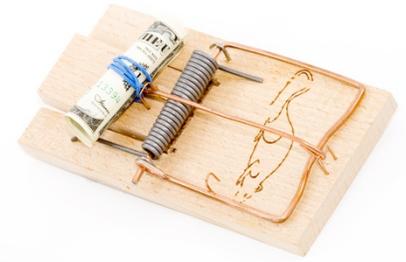
In 2000, the administrative officer embezzled **\$7,000,000**.

In 1995, the ACS was accused of having an extremely high overhead. An **economic analysis** revealed 95% of donations were going toward salaries and hidden costs.

This resulted in a **22 to 1 ratio** of overhead to real money invested in the cause.

In the 1980's, the ACS was found leading a \$4,000,000 **tax fraud** scheme, *among other questionable activities*.

Still, today, there is a problem with its ratio of overhead versus money spent on cancer research. There's also a bold conflict with the amount of money it gives to **political parties**, as well as its vast and lucrative reserves of cash and assets.



Some experts say a **national boycott** of the Society is long overdue.

James Bennett a professor of economics at George Mason University, an acclaimed authority on charitable organizations, has documented some serious **financial discrepancies** over the last 20 years with the ACS.

In 1988, the ACS spent **60% of its holdings** on generous salaries, pensions and benefits.

Initially, funds were collected from high profile charitable events like the **Spring Daffodil** and the **May relay races**.

Yet, recently a greater proportion of donations have been coming from large **pharmaceutical companies**, cancer drug companies and other curious corporations.

In 1992, the **ACS Foundation** was started to enable them to solicit donations larger than \$100,000. This is where you can see how special interest groups get involved in the sick business. The Foundation's board of trustees even includes corporate execs from pharmaceutical, biotechnology, investment, banking and media industries.

For example, one trustee of the Foundation is Gordon Binder, CEO of **Amgen**. Amgen is the world's foremost biotechnology company.

Amgen's profits largely depend on a single drug called Neupogen.

Neupogen is given to chemo patients to promote white blood cell production. As the cancer pandemic increases, so do Amgen's profits. This is one example. I don't have space for them all.

Some of these trustees' companies obviously prosper as the cancer count rises. *So, why would they publicize any cures?*

In 1992, the **Chronicle of Philanthropy** stated the ACS was "*more interested in accumulating wealth than in saving lives.*"



While holding more than \$750 MILLION in cash and real estate, the ACS claimed they needed more money before they could support its cancer programs.

The same year Thomas DiLorenzo, an economics professor at Loyola College, published an article in the Wall Street Journal revealing a **Texas affiliate** of the ACS owned more than \$11 MILLION in assets in land and real estate, *plus 56 vehicles!*

In conclusion, for every single dollar invested in direct services, about \$6.40 is spent on payouts and overhead. Nationally, about **15% of all the cash donated** is spent on direct services to people with cancer issues.

A typical ACS affiliate is charged with raising money for the main office, but **spends more than 52%** on other things like fringe benefits.



The big question is if the ACS is **complaining about lack of funds**, why are they hoarding so much cash and equity? What does accumulating huge financial reserve have to do with providing charitable services to sick and dying people???

Clearly, America would see more progress in the move for a cancer cure if the ACS would divest more of their time, cash and equity holdings to **provide better public services** for people suffering from cancer.

Unfortunately, any money that is invested in research goes into pharmaceutical coffers for the sole search for a “*patented*” drug. But, **none of this money** is invested in Complementary Alternative Medicine or any research that would compete with these drug companies.

Currently, the ACS budget is about \$400 MILLION and its cash reserves are near \$1 BILLION. Still they plead poverty and claim they have no means to seek a cure for the 500,000 people who will die from cancer or cancer treatment this year.

Apparently, the ACS is the ONLY charity that makes contributions to political parties.

Meanwhile, the ACS continues its “*Blame-The-Victim*” mentality, blaming faulty lifestyle habits rather than emphasizing the need to avoid exposure to **carcinogens in the environment**.

The ACS does nothing to make a stand against corporate giants, which contaminate the environment and workplaces with toxic by-products.

This attitude of indifference and ignorance reflects an underlying **sense of hostility** toward alternative medicine, prevention and manifesting any cures.

Sadly, a cancer free nation seems to be a great **conflict of interest** for large corporations, their affiliates and lobbyists. The ACS has a long history of refusing requests from congress, environmental agencies and unions to offer help in regulating occupational and environmental carcinogens.



Clearly, much of the money we would hope is being spend on **real advancements** to cure cancer is being bled off by special interests.

The longer you sit around waiting for Western Medicine to come up with a cancer cure, the less time you will have to **reverse your cancer**. *Time is of the essence.*

There is no doubt that cancer is not a death sentence and there are natural means to restore health and vitality, **without harming your body.**

Of all the money that goes to research for cancer treatment none of it is going toward the promotion of **natural cures.** It's all to further chemical, radiation and surgical methods.

Chemotherapy does the opposite of what Hippocrates, the Father of Modern Medicine, demanded. He said, "**TO FIRST DO NO HARM!**"

I realize there are always exceptions that will be made. However, the "*rule*" should encourage seriously considering a **broader scope of options** before risking the use of any chemical treatments.

- **Imagine helping** your own immune system to do what it was made to do.
- **Imagine recognizing** your body's own natural intelligence.
- **Imagine nurturing** your cell health by appreciating your value as a whole person, not just some Petri dish of sick cells.

Visualize yourself in complete control of your body inside and out. What you decide to do today will *either* help heal or harm. This is why attitude, belief *and* knowledge have historically played such a vital role in life, health and society.

Choosing what you eat, where you live and what you do with your life is all part of the Holistic point of view. There is no reason to delay acting on your own to realize your own pathway to health and wellness.



Certainly, don't hold your breath for the American Cancer Foundation . . .

Perhaps it's time you feel your life as part of an *integrative whole* and understand everything is part of the same system of life. You are no more separate from your world around you than you are from your world within you.

So, is it really so hard to believe **you are right** and the doctors are wrong? No, it's not. In fact just by reading this you have learned the more you know the easier it becomes.

They are taught to believe in a reductionism point of view, exactly the opposite of a Holistic point of view. That is why such a large piece of the economy is contradictory to common sense.

This is why America's health care, or rather **dis-ease care system**, is bankrupt...why millions of people die of degenerative disease every year...why more and more people like you and I are standing up for our **right to choose** what we do to our bodies.

Don't let anyone play you as a victim. No one has the authority over your body accept you.



I hope I have gotten across the joy of taking responsibility of your life from here on. Others may try and scare you and beg you to surrender to the whims, myths and experiments of Western medical beliefs, but I'm telling you now: *The old ways are passing and the new ways are rising.*

The American cancer Foundation has become a symbol of delay and deception, just another obstacle to misdirect needed funds away from people in need.

I hope you find that new horizon and follow your own North Star.

Healthy Recipes & Eating Ideas

By: David Randall

Preventing and Fighting Cancer with Color

Did you know that 30 to 40% of cancers are directly linked to dietary choices, according to a 1997 report underwritten by the American Institute for Cancer Research, titled *Food, Nutrition, and the Prevention of Cancer: A Global Perspective?*

So, for this month I would like to take a different approach to our healthy eating and recipes newsletter. I am going to discuss the top 10 foods for preventing and fighting cancer while also adding an explosion of color to your daily meals.

New research is strengthening the link between healthy eating and the prevention of certain types of cancer. Eating habits that are high calorie and high fat can actually increase the risk of cancer. But a diet full of colorful, fresh fruits, vegetables and whole grains yields numerous immediate and short term benefits, as well as preventative maintenance on disease control for your long term benefits. Read on to find out how eating a well-rounded, healthy diet will reduce your risk of many types of cancer and what foods help prevent cancer.



Top 10 Foods for Preventing and Fighting Cancer

1. High Fiber Foods

Dietary fiber (fibre) is not digested in the stomach or small intestine, as most other nutrients are, and helps push food through the digestive system. Some components of dietary fiber are broken down and digested in the large intestine. Foods high in fiber such as grains, cereals, apples, and whole wheat are thought help protect against cancer of the colon.

2. Yellow and Green Vegetables

Broccoli, cabbage, cauliflower, kale, turnip greens, and Brussels sprouts are best known for their high scores as cancer fighters. This is because they are rich in phytochemicals such as sulforaphane. Spinach is a dark, leafy green vegetable high in antioxidants and rich in carotenoids and folic acid, which are well and have been discussed in previous articles to combat some forms of cancers. Pumpkin and carrots, which are high in beta-carotene, have been shown to have protective effects against stomach cancers.

3. Tomatoes

Tomatoes are rich in antioxidants, especially vitamin C and lycopene. Antioxidants protect the body from cell and tissue damage, which is caused by harmful molecules called free radicals. Cooking tomatoes in foods such as spaghetti sauce can actually boost their ability to fight cancers, especially prostate cancer.

4. Oranges

Oranges are rich in vitamin C, bioflavonoids and a phytonutrient known as limonene. Oranges and other citrus fruits contain a significant amount of limonene in the peel and smaller quantities in the pulp. Limonene stimulates the antioxidant detoxification enzyme system in the body, thus helping to stop cancer before it can even begin. Limonene also reduces the activity of proteins that can trigger abnormal cell growth. Vitamin C and bioflavonoids also play a significant role. Oranges and their juice are thought to be able to improve the blood lipid (fats) profile, reduce oxidative stress, and improve blood levels of HDL cholesterol.



5. Peppers and Spices

Capsaicin, the active ingredient in hot chili peppers, is thought to be able to kill cancer cells by damaging the cell membranes and limiting the amount of oxygen that reaches them. Many dried herbs we cook with, and some you may have in your garden, also contain very high concentrations of phytochemical antioxidants that have health benefits.

6. Tea

Tea contains antioxidant polyphenols called catechins. Green tea contains the highest levels of catechins, followed by oolong and black teas. Studies have shown catechins halt tumor cells and protect healthy cells from damage.



7. Berries

Berries including raspberries, blackberries, strawberries, cranberries, and red and purple grapes have high amounts of ellagic acid, a plant nutrient with protective effects against esophageal and colon cancer in animals. Ellagic acid helps block the metabolic pathways that can lead to cancer. Many berries also contain anthocyanins a group of phytochemicals that give many berries their red color. In laboratory studies, anthocyanins inhibit growth of lung, colon and leukemia cancer cells without affecting growth of healthy cells. Berries are also rich in powerful antioxidant flavonoids and vitamins.

8. Beans

Rich in isoflavones, a type of phytochemical, and dietary fiber beans are thought to provide protection against prostate cancer. Soybeans have also been shown to have breast cancer-fighting properties as well as protective effects against cardiovascular disease.

9. Garlic

This pungent member of the onion family has been hailed for its therapeutic benefits, especially for cardiovascular conditions. However, garlic is also a powerful cancer fighter. Garlic contains allyl sulfur which had been shown to inhibit the growth of cancerous cells, and is supported by several epidemiologic and laboratory findings. Garlic's sulfur components have been reported to suppress experimentally induced tumor incidence in several organs, including the colon. Garlic has also been reported to lower blood cholesterol and to boost general immunity.

10. Olive Oil

Olive oil might be considered one of the best and healthiest types of fats available. Olive oil is also high in phytochemical antioxidants and vitamin E and is a major component of the so-called Mediterranean diet. Olive oil is thought to be helpful in prevention of breast and colon cancer.



Eating Ideas:

Picture the last meal you ate. Did you see a full spectrum of color on your plate, or did it look more like a burnt toast? If it's the latter, it's probably time to add more color to your meals. Adding fruits and vegetables of many hues to your meals and snack is an easy way to incorporate the listed top 10 foods into your diet. Cancer prevention is not about what to eat or what pill to swallow, and that's it, it's about providing your body with the correct materials so it can help defend itself against free radicals and disease.

Living Healthy to 120: Anti-Aging Breakthroughs

By: David Kekich

Is Health and Longevity Worth 9¢ a Day to You?

People will go to the ends of the earth to cure what ails them. They will draw on every resource, spend every dime and will get totally consumed by trying to reverse their condition or disease. Too often, it's too late. So they suffer and die from things that could have cost them pennies to prevent.

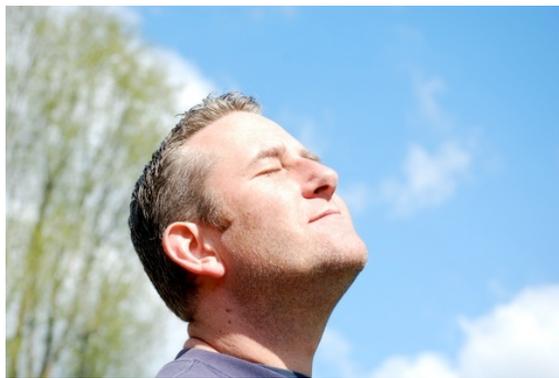
One top of preventative measure is taking a baby aspirin with your biggest meal. This simple 3¢ a day habit could slash your heart attack and stroke risk by up to 50%. If you're not doing this, why aren't you? Higher doses can cut your risk of breast, prostate and colon cancer by about 50% and esophageal cancer by 90%!



Then there's the current rage - **vitamin D3**. Do you realize you can take an optimal daily dose of about 4000 IU (or 100 mcg) for less than 7¢ a day... or just soak up 30 minutes of free sunshine a few days a week to lower your overall cancer risk by up to 60%?

According to one landmark study, some 600,000 cases of breast and colorectal cancers could be prevented each year if vitamin D levels among populations worldwide were increased by much less than this 4000 IU a day. And that's just counting the death toll for two types of cancer.

Earlier studies have shown that **optimizing your vitamin D levels could help you to prevent at least 16 different types of cancer**. And now we're seeing more evidence that the type of cancer may not be all that important, because vitamin D appears to play a key role in the development of ALL types of cancer!



In fact, the majority of cancer deaths in the U.S. are from the most vitamin-D-sensitive cancers.

In addition to reducing your cancer risk, vitamin D keeps your mind sharp as you age, lowers your risk of osteoporosis and joint pain, helps protect you from heart disease, diabetes, kidney disease... and can reduce your risk of dying prematurely from ANY cause.

The seemingly limitless benefits of vitamin D are easier to fathom when you understand that it is actually the building block of a powerful hormone that influences your *entire body*. Receptors that respond to vitamin D have been found in almost every type of human cell, from your bones to your brain.

Maybe that's why researchers are constantly finding more benefits. **Vitamin D can boost your immune system, speed up healing and help regulate your blood pressure.**

So, are you getting enough of this "sunshine vitamin"? If not, why not?

What else are you missing? **Do you take fish oil every day?** If not, you may be raising your overall mortality risk by an astounding 30%.

Would you insist on crossing streets on red lights? I'll bet you wouldn't even consider it, at least not normally. That's because you learned a long time ago that crossing on green lights lowers your risk of getting pancaked by a truck.

Now you know more life-saving habits.

These simple steps will either turn out to be the best investments you ever made towards cancer prevention if you adopt them... or will turn out being your biggest regrets if you don't.



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

Go F.I.T.N.E.S.S. Shopping

Did you know that the grocery store is the source for most of your unwanted pounds? Well, that and the fast food restaurants, but we'll leave that for another day. If you're like most people then your shopping trips aren't exactly organized. In fact, your grocery cart is likely to be more fat than fit. The good news is that with a few small modifications to your routine you'll be able to turn your grocery shopping trip into an easy opportunity to slim down and fill-up on cancer prevention. I've broken down the process of healthy grocery store navigation with an easy-to-remember acronym - **F.I.T.N.E.S.S.** Come, take a walk with me through your grocery store and we'll improve your shape and the shape of your family members, both inside and out.

F: First Veggies

Your mom always told you that you had to eat your veggies before dessert, so this will be an easy one to remember. When you start shopping, first go to the produce section. The bulk of your shopping should take place here. Fresh vegetables, lettuce for salads, and fruits are the best things to eat when you want to look and feel great.

- **Don't skimp on produce. Aim to fill most of your cart here.**



I: Is it Wheat?

When it comes to bread you only need to ask yourself one question. Is it wheat? White bread products have been processed and filled with simple carbohydrates; these will easily stick to your body as fat. Wheat breads, on the other hand, contain more fiber and are much healthier. Make it a policy to never purchase white bread. Wheat bread is the right choice even for the little members of your family.

- **Always choose hearty wheat bread products: the more whole grain, the better.**

T: Trim the Fat

In the meat section you are faced with a major decision. Do you go with your taste buds or do you go with your health conscious side? I urge you to stick with the latter. These days lean meats are more available than ever, and the benefits to going lean are numerous. When you choose lean meats you avoid extra saturated fat (your heart will thank you for this) and you also avoid the extra calories that come packed into each fat gram.

- **Want to be lean? Then eat lean meats.**

N: Never enter the Junk Food Aisle

I have a simple policy that has saved me from thousands of unnecessary calories. I don't walk down the junk food aisle. You and I both know that it is nearly impossible to walk past rows of chips, candies and cookies without putting something into the cart. The bright packages stamped with mouthwatering

images will give your will power a run for its money. My two cents? Avoid that row altogether and save yourself from the whole ordeal.

- **Nothing good ever came from walking down the junk food aisle; just say no.**

E: Edge around the store

Here's a really easy trick for healthy shopping. Edge around the store, as in shop the perimeter and avoid the inner aisles. Think about it-the healthiest products are kept around the perimeter of the store: produce, meat, and dairy. The inner aisles are where you run into trouble: processed food, baked goods, and sweets. Don't get me wrong, there are healthy products kept in the inner aisles too, but a majority of the items are waist-expanders.

- **Shop in a circle. Stick to the perimeter of the store; do less shopping in the aisles.**

S: Skinny Cow

The dairy section is filled with many healthy items; it is also filled with extremely high fat items. Your job is to pick out all those calcium-rich foods that you love in the low fat and non-fat versions. I realize that many people have a prejudice against low milk or yogurt, simply because they've always eaten the full fat version. Making the switch to low fat is such a simple way to cut unnecessary fat and calories from your diet, while still getting all the benefits of dairy.

- **Fat free dairy products are the way to go. You'll only lose unwanted pounds.**



S: Stick with Water

Warning: mini lecture to follow. I'll make it short and sweet. Drink more water-period. Sodas, sugary juices and calorie-laden alcoholic beverages are responsible for a large number of unnecessary calories in your diet. Don't fill your cart with these sneaky calories. Keep them out of your kitchen and out of your life.

- **Looking for a tasty beverage? Look no farther than crystal clear water.**

There you have it: Your **F.I.T.N.E.S.S.** shopping plan that will take your cart from fat to fit, and slim to full in preventing cancer. I suggest that you write down the **F.I.T.N.E.S.S.** steps on a note card and take it to the store with you. Are you ready to take your body from fat to fit? Make sure you are full of cancer prevention strategies!

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



Cancer Prevention – What really works?

Note: This is a special issue devoted to preventing cancer by Dr. Saunders. We have also included a very important supplemental article from Dr. Saunders on "Cancer and Emotions" in the next section.



Eat fewer calories

Every study on every species of animal shows an inverse correlation of calories to life span. The more the calories, the shorter the life span. I recommend to my patients the feast-and-famine idea. Periodic fasting makes the metabolism more efficient and turns on the genes that prolong life. It also shrinks the stomach and prevents diabetes and obesity – which are risk-factors for cancer. Some prefer fasting one day per week for 24 to 36 hours, neither eating nor drinking. Others will fast once per month for three days drinking only water. There is no evidence that any way is particularly better than another.

Eat lots of fruit and vegetables

Many studies have shown that getting lots of fruit and vegetables in the diet is correlated with a lower incidence of cancer. Every part of the plants we eat can be helpful to the body. The vitamins and minerals serve to make our metabolism run smoothly. The fiber keeps us regular, and feeds the good bacteria in the bowel. Even the colors are anti-oxidants and nutrients to prevent inflammation, aging, and cancer.

Avoid trans-fats

When fats are hydrogenated half are in the *cis* form and the other half are *trans*. In biological systems only the *cis* form is made and used. We don't have the enzymes to use or dispose of the *trans* forms of fats, which causes inflammation. Chronic inflammation may lead to cancer. Trans fats have been linked to both cancer and heart disease, the two most deadly illnesses in the United States. You need to be careful because the FDA has allowed oils with small amounts of *trans* fats to say they have no *trans* fats. Your best bet is to use only natural oils, butter, lard or coconut oil, and then only in small amounts.

Don't smoke

There is a lot of hype about smoking. However, it is a cause of oxidation and premature aging. It is also related to lung cancer, the deadliest cancer in the United States.

High fiber diet

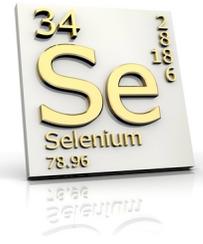
This recommendation goes along with both eating fewer calories and getting lots of fruit and vegetables. However, this is also an independent factor in preventing one of the most common cancers in the United States – colon cancer. Moreover, the fiber is a pre-biotic, meaning the good bacteria in our intestines use it for food. Since 60-80% of our immune system comes from the bowel, this helps to

keep our immunity intact. Also, fiber doesn't add calories to our diets so we can eat large amounts and not get obese – another risk factor for cancer.

Supplement: Selenium, Iodine, Vitamin D

Selenium

Most of the soils in the United States are deficient in selenium, and plants don't need it to grow; however humans do. It is part of an enzyme complex called glutathione that is a very important anti-oxidant. Studies in the United States indicate that 200 mcg per day could decrease all cancers except skin cancer by 30-70%. (Lung cancer showed a 70% decrease because that's where glutathione is most active.)



Vitamin D

Vitamin D deficiency has become epidemic since we were told to avoid the sun. There is good reason to believe that low vitamin D levels put one at greater risk for cancer, especially breast cancer. To get normal levels I have found people need to supplement between 5,000 and 10,000 IU per day. I prefer the 50,000 IU once per week regimen.

Iodine

Iodine has been a chronic deficiency in the United States. Almost a century ago it was added to salt to try to alleviate this problem, but since Americans are told not to use salt we are seeing lots of iodine deficiency. Several months ago I had a woman in my office that recently had her thyroid gland removed because of a goiter. She didn't want the drugs, the radiation, or the surgery so she suffered with it for ten years. Finally, she gave in and had the surgery. In those ten years, not one of the endocrinologists, surgeons, and thyroid specialists recommended that she take iodine. Besides thyroid problems, a deficiency of iodine is also a risk factor for cancer.



Avoid red meat

This one is controversial because so many people like meat; they don't want to avoid it. However, multiple studies, the best being "The China Study" has shown that there is a direct correlation between red meat and cancer. Some have postulated that it isn't the meat, but rather the way it's cooked so they eat raw meat. Nevertheless, it must be considered that meat is very high in calories, both protein and fat.

Cancer and Emotions, by Dr. Saunders, MD

Special Feature

Any physician with years of experience and sensitivity to emotional issues will note the connection between illness and the emotions. Cancer has long been connected to emotional issues. We even use terms in our language to denote such a connection, such as, "it just eats me up inside!" Many of my patients who have had cancer have commented to me that they think it comes from their emotions. I have a friend and colleague who has been battling cancer. Since he is also a friend, he has confided in me about his feelings as well as his diagnosis. It is interesting to note that his own deepest feelings associate the cancer with bad feelings he has about himself and his personal weaknesses. He has berated and hated himself for years because of the lack of power over his weaknesses. He wants to change, but he can't.



I have another patient who is sure his emotions caused throat cancer to help him quit smoking. He had smoked for many years, and tried to quit multiple times, only to go back to it over and over again. He hated himself and said he would do anything to quit smoking. One day, while visiting him in the hospital we were discussing this problem; he plugged his tracheostomy tube and was fighting back tears as he spoke in his very raspy voice, "I HATE this tube! I hate it so much I will never smoke again!" It's been over five years and he hasn't had a single cigarette. (During which time he has also remained cancer-free!)

Deadly emotions

Could an emotion kill a person? Yes. This has been documented in many cases. For example, most heart attacks have nothing to do with cholesterol or blood pressure, nor are there clots found in the blood vessels. Many come from the brain shutting off the blood supply to the heart because of an emotional trauma. Cancer likewise can be related to emotions. The immune system is controlled by hormones, which are controlled by our thoughts and feelings, as well as our diet and lifestyle. We can suppress our own immune system just by thinking negative thoughts, by worrying, by fear and hatred. This could lead to cancer.

Dr. Ryke Geerd Hamer was an oncologist in Germany who was "perfectly healthy" when he was diagnosed with testicular cancer. He thought it curious that this should follow on the heels of the death of his son so he started studying the concept. He found that not only cancer, but also many "incurable" and chronic diseases could be related to emotional trauma. Out of his research he started a therapy called "German New Medicine" which attempts to resolve the emotional or psychological conflicts that started the illness. With over 40,000 patients, this therapy claims a 92% cure rate. (see <http://www.germannewmedicine.ca/>) Many of these cures are people who had been through chemotherapy and radiation and were told they were "hopeless" by their oncologists.

Forgive for you health's sake

There are several important parts of emotional wellness. The first is forgiveness. We must keep the past in the past and not let what has happened to us interfere with our current life. Peace comes from letting go of the past, and this improves the function of our immune system. Ill feelings towards any person affect us in many ways, which can lead to cancer. Louise L. Hay has written books on this subject. In several of them, she describes her own emotional journey from "incurable" cancer to health by way of her emotional healing. What she discovered was that she had to forgive all the pain others had caused her to suffer. When she was able to forgive, she was also able to be healed.

(see http://www.lightconnection.us/Archive/deco6/deco6_article5.htm)



Avoid the ANTs

Thoughts are an integral part of our emotional system. Anyone can test this just by thinking about something very stressful to them -- within moments you can feel your heart racing, sweating, nervousness, and/or difficulty breathing. Nothing happened, really, but the emotional system doesn't know that so hormones are released just as if you had actually been in the situation. This causes suppression of the immune system—even if nothing actually happens. Because of this, thinking negative thoughts has multiple negative effects on the body chemistry, immune system, hormones, and neurotransmitters and can lead to chronic illnesses such as cancer.

Most human beings live with ANTs or Automatic Negative Thoughts. These are thoughts that pop into our heads that depreciate others or ourselves. They cause anxiety and fear, remember pain and anger, or tell us we are unworthy or not good enough. These thoughts happen. We may never completely get rid of them, but we can *control* them. Our brains are like a stage. There is only one act at a time allowed on the stage, and we can decide which act is being played. When ANTs invade and push in to the limelight, we have the option of pushing them back off. There are many ways to do this. Some have a song they will sing; others have APTs (Automatic Positive Thoughts) that they immediately remember. The key is to have something positive always ready.



There are many people who never gain control of the stage in their minds because they don't exercise it. Those who have constant stimulation such as television, iPods or other passive entertainment get lazy minds. Asking them to replace negative thoughts with positive ones is like asking an infant to bench-press 200 pounds. For our minds to become mature we need to exercise them just as we exercise our muscles for strength. Start replacing negative thoughts, and practice, practice, practice. The effort is clearly worth all the health benefits, not

just for preventing cancer, but also for avoiding depression, anxiety, arthritis, and other chronic illnesses.

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

Cancer Update



For a little update on me...I don't know if you heard that my cancer has returned. Fifteen years ago I had breast cancer and went through the traditional treatments of surgery and chemotherapy. I also went to the BioMedical (Hoxsey Clinic) in Mexico. I thought I was doing well. I would go yearly in for routine mammograms. But, this last February after doing my yearly check-up, they saw something on the mammogram reading. After much testing, they found I had cancer in the other breast and discovered it had also spread to a rib bone.

The PET scan also showed some other areas that were questionable. So, that was a very scary diagnosis—a death sentence: stage 4 cancer. I had another total mastectomy and had most of my lymph nodes taken out again, too. Then, after healing surgery, I went to see an oncologist who recommended:

- Radiation, an
- Estrogen blocking pill and an
- IV containing a bisphosphonate.

Since I have always had an interest in alternative and natural healing, I went searching the internet for information, too. After much prayer, and searching for help, I realized I was going to need wisdom from God to decide what to do. The word got out about my situation and many people started praying for me. Lots of people would ask, "What are you going to do?"

I finally decided I wouldn't choose conventional treatment over alternative treatment, but look for help from someone that could use and consider BOTH types of treatment. My son Joe (Barton) arranged a phone call to Dr. Scott Saunders. Dr. Scott works more with cancer prevention, but suggested we call a biochemist out in California who runs the Center for Natural Oncology. We ended up going to the Mango House the biochemist runs and followed the protocol for health he recommended, as if he were treating himself for cancer.



Vincent, the biochemist, suggested following the oncologist's advice about the IV and pills, but NOT doing the radiation. He said it would wreck my immune system, which needed tweaking, because it wasn't "getting" (or attacking) the cancer.

The list of things I have been doing is long.

One of the first things was going on a 42-day juice fast that consisted nothing but 1 bottle of Biotta Vegetable Juice a day. This was one of the most difficult things to do, because I was hungry all the time it seemed.

Vincent also took us to a Mexican clinic for blood work, tests and a consultation with a Dr. Munoz. We got a prescription for several pills that we picked up that same day at a pharmacy, located in the same building.

My alternative treatment thus far has consisted of:

- Taking lots of pills
- Drinking different teas
- Drinking tonics
- Giving myself shots and vaccines
- The Biotta Juice Fast



At this point, I don't really know what or if anything is working. The shots and vaccines are supposed to boost my immune system so it can handle, process and get rid of or eject the cancer from my body.

So far, I have been feeling pretty good. I lost 25 pounds on the juice fast and actually have more energy now than I did before! Plus, I have no new symptoms – thankfully! Plus, we've had 2 blood marker tests, and the latest one was better than the first one, which is a very good sign.



My oncologist, who recommended the radiation, had no problem with me doing whatever I wanted. She basically implied it was my life and I get to choose what to do with it.

So, I thank God everyday for each day. Today is a good day and I am hopeful for the future. I was told that if we didn't do anything, I could really be in bad shape within 6 months. Knowing now it's been nearly 6 months and I feel good is very encouraging!

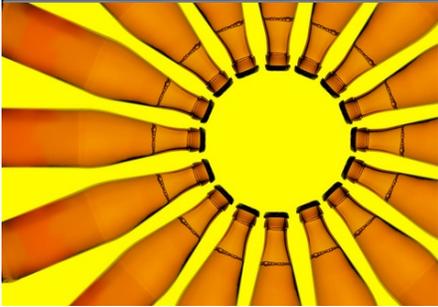
Vincent said too that if what I am on now quits working (the pills, teas, tonics, shots, etc), then he has a few more ideas for me. He has hopes for a sustainable remission for me, thanks to alternative and conventional medicine.

Here are some helpful websites I recommend for any cancer patient to read through before choosing any medical protocol of treatment:

1. Mango Retreat Program through the Center for the Study of Natural Oncology: <http://www.natural-oncology.org/> - (This is where we went in San Diego - you can call them at 858-523-9144 and speak with someone today.)
2. Bill Henderson, *Cancer Free*: <http://www.beating-cancer-gently.com/index.html>
3. BioMedical (Hoxsey Clinic) in Mexico: http://www.cancure.org/hoxsey_clinic.htm
4. Biotta Juices: <http://www.biottainc.com/>

Product Recommendation

Sunshine In A Bottle: Vitamin D Spray



Vitamin D continues to be explored as one of the most necessary nutrients our body needs in order to function properly and stay healthy. The sun is the best source of Vitamin D, but soaking up the sun - even in short bursts of time - doesn't always fit into our schedules. Sitting in the car won't do it, standing by a window won't do it, but this Vitamin D Spray will! Dr. Mercola's Vitamin D Spray will supply the vitamin that every cell and tissue in your body needs for well-being and to support all your systems. Block the

development of unhealthy cells and cancer risk associated with lack of sunshine. Consider all that Vitamin D impacts:

- **Heart health**
- Cell formation and cell longevity
- **Skin health**
- Pancreatic health
- **Aging process**
- Sleep patterns
- **Hearing**
- Reproductive health
- **Athletic performance**
- Eye health
- **Vascular system health**
- Respiratory health
- **Immune health... Most people feel in better health during the summer sunshine months -- ever wonder why?**
- Healthy mood and feelings of well-being
- **Weight management, including carbohydrate and fat metabolism**
- Hair and hair follicles
- **Strong and healthy bones, because vitamin D encourages calcium uptake**
- Muscles
- **Proper digestion and food absorption**



Tune your body with Vitamin D Spray and keep just one more step away from any alluring cancer cells. Treat yourself to Sunshine in a Bottle and arm yourself with a tool against cancer.

Find It Here:

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

Barton Publishing's Free Report of the Month

Prostate Secrets 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.



This commonly diagnosed cancer affects almost 17% of men. More than 6% of those diagnosed with Prostate Cancer lose the battle. Refuse to be one of the numbers and read our Prostate Secrets Report. Learn to detect the symptoms of prostate cancer and protect the #1 priority you have: staying alive! We offer two important tests to determine your risk of developing prostate problems, as well as 10 secrets to boost your overall health. Furthermore, learn **One of the Most Important Things Any Many Can Do To Improve The Health Of His Prostate**, and specific ways you can start implementing this life-changing habit today. Every man should read this report! Discover how to get and maintain a healthy prostate naturally, without drugs and surgery!

Download Barton Publishing's [Prostate Secrets Report](http://www.prostatesecretsreport.com/Prostate-SECRETSFinal.pdf) Here:

<http://www.prostatesecretsreport.com/Prostate-SECRETSFinal.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.

"As many people might have written already I was extremely in a lot of doubt if I should spend money on some product that wouldn't work or give it a try. I was suffering one night with my third severe gout attack in one year. I was desperate because I was going through a strict diet and nothing seems to help. So I tried this product and to my amazement it does work. Not to say that in my case it was cured in a couple of hours but I would say in 6 to 8 hours I had no more pain. And is so much better than taking Ibuprofen 800. Hope this helps you in a little way to get rid of your misery, it did on mine."

~ Ozzie Barletta, Las Vegas, NV



www.CureYourGout.com

"After purchasing the Diabetes Reversal Report I studied it and started the plan within days of receiving it. So far I have lost 26 pounds, dropping my blood pressure to numbers like 113/62 and dropping my blood sugar readings from 140-150 to 102-115. The highlight of this whole thing is that my doctor took me off Glimpiride (helps direct insulin from the Pancreas) and lowered my colesteral meds to half the dose I was taking. I havestarted taking the supplements suggested in the report but not enough time has passed to get a real read on the results. I have to say 'Thank You' and would (and have) recommended the report to others. Here's the clincher: my doctor has asked me for your website so he may order the report for himself!"

~ Phil Barone, Modesto, CA



www.DiabetesReversed.com

"My name is Russell Corbie from Trinidad and Tobago... I purchased the Diabetes remedy report....I was just searching the internet for information on diabetes as I was diagnosed two days prior....I believe i just saw the heading...HOW TO CURE DIABETES...or something to that effect...so I clicked on the link. Normally I hate to read but somehow the site was friendly and interesting and it kept me locked in...To order was quite simple I had no problems what so ever..I applaud the service... I did read the report and I have tried very much to stick to the diet recommended.... .What can I say...In Brief, my levels started at around 250 or so... that's when I was told that I was diabetic... at present and for the last 2 weeks my average reading has been consistently been between 90 and 105..... So I'm very much happy with the progress thus far.... Now what I need to do is to maintain the diet.....I thank you very much for the report... it has proven to be all that it said it would be.... I would recommend this report to anyone...even if you are not a diabetic.. so that the knowledge is out there..."

~ Russell Corbie, Trinidad & Tobago

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

(Continued from previous edition)

Martin Jacobse Uncorked: The 7 Rungs of the Health & Wellness Ladder	Keep in step with health and wellness, return next month for the next level of Jacobse Ladder. Keep growing in your healing!
FDA Covers Ups, Drugs & Big Pharma Scams	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!
Healthy Recipes & Eating Ideas	The Mighty Red: Cherries - One of the Super Fruits. Mix a tango in your mouth with the fresh and spicy cherry salsa recipe next month!
Living Healthy to 120: Anti-Aging Breakthroughs	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!
Weight Control, Fitness & Exercise Tips	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.
Ask-An-MD: Q & A with a Natural Medical Doctor	More hypertension advice from Dr. Saunders, plus multi-vitamin overkill for some.
Grandma's Cures: Old & Proven Remedies that Work	Toothaches and tooth-fairy, according to Grandma!
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 Prostate Secrets Report , free to you as a subscriber. Download The Report Here and then take our Monthly Quiz: www.HomeCuresThatWork.com/Quiz
"Hey Joe," This Worked for Me – Reader Input	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 .