

HCTW HOME CURES THAT WORK

Volume 1: Issue 9

HOME CURES THAT WORK - VOLUME 1: ISSUE 9

SEE PAGE 20
ASK-AN-MD
TREATING PROGRESSIVE MEMORY
LOSS IN ALZHEIMER'S
& RECOMMENDED GARLIC USAGE



Featured Article: Page 3 **UNCORKED**
MARTIN JACOBSE

New Science Reveals You
Can **Switch our Fat
Genes Off** And **Live
Longer** By Eating Less...

ARTICLES YOU DON'T WANT TO MISS:

Product Recommendation:
Anti-aging Beauty Line

**Fitness
Obsession**

**Barton Publishing's
Free Monthly Report**

Calorie Restriction:
Eating the CR Way ...

See Page 12

LIVING HEALTHY TO
Anti-Aging Breakthroughs SEE PAGE 10

EAT LESS. LIVE LONGER. BE HEALTHIER.



GRANDMA'S CORNER:
FUEL FOR FASTING
SEE PAGE 26



BARTON PUBLISHING
HomeCuresThatWork.com

ALSO REVEALED INSIDE:

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

HOME CURES THAT WORK.COM
BARTON PUBLISHING



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

ALSO REVEALED INSIDE:

SEE PAGE 26
FUEL FOR FASTING
GRANDMA'S CORNER

Barton Publishing's

Home Cures That Work

Volume 1: Issue 9

Special Edition: Calorie Restriction

Table of Contents

(Click Title to Link to Article)

Martin Jacobse Uncorked: The 7 Rungs of the Health & Wellness Ladder
Living Healthy to 120: Anti-Aging Breakthroughs
Healthy Recipes & Eating Ideas
Weight Control, Exercise & Fitness Tips
Resources for Calorie Restriction Way of Life
Ask-an-MD with Dr. Saunders, MD
Grandma's Cure Corner
Product Recommendation: Signals, Anti-Aging Skin Line
Barton Publishing's Free Report of the Month: Get Rid Of Kidney Stones
"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

New Science Reveals You Can Switch Your Fat Genes Off And Live Longer By Eating Less

Are you struggling with inflammation, fatigue and weight gain?

If so, it sounds to me like you're in need of a "metabolic tune-up."

Did you know inflammation actually affects every aspect of your health? The **root cause of inflammation** can be quickly traced back to a poor diet, toxicity, stress, and lack of exercise, low metabolism, dehydration or fat.

Americans not only eat more food than other people but also have the **worst health** of any first world society.

That's one of the reasons the US economy is in such poor shape: *because Americans are in poor shape, too.*

Additional factors that trigger inflammation are saturated or animal fats, hydrogenated, or trans-fats and a "high calorie diet," especially a diet full of **empty calories** (sugar).

The latest research identifies inflammation as "the main trigger" for **obesity**.



Why with all the easy access to fast and conveniently packaged foods it's no wonder Americans are fighting for their lives.

Evidence based science clearly indicates how "blood sugar imbalances" promote a **pre-diabetic state** called insulin resistance. These blood sugar imbalances are the foundation for all kinds of inflammatory responses and nothing causes this faster than "over eating in America."

In one study, inflammation magnified the risk of diabetes by 1700%.

Once you understand the link between the Standard American Diet (SAD), over-eating and a sedentary lifestyle to obesity, heart disease and diabetes, *you will see clearly why eating less can extend your lifespan.*

You see, too much sugar in turn creates too much insulin. Not only is too much insulin damaging to your body, but also this **excess sugar** must be stored away as fat — *and fat cells often cause inflammation. So, sugar is a two-edged sword; it makes fat and triggers inflammation.*



Did you know your fat cells (*adipocytes*) produce hormones?

- Leptin
- Resistin
- Adiponectin
- Estrogen
- Testosterone
- Cortisol

Excess body fat also produces **inflammatory molecules** called cytokines:

- IL-6
- TNF alpha

So, this is why your fat cells affect your appetite, hormone balance and inflammation. Now keep in mind, there is also such a thing as “*healthy fat cells.*” They are part of your **immune system** and endocrine system, too.

The dangerous fat is the “*unhealthy fat*” around your middle, called **Visceral Adipose Tissue (VAT)**, which creates the inflammatory messenger molecules that you could do without.

It's not a secret anymore! *Eliminating inflammation helps you lose fat and losing that excess fat helps you eliminate inflammation.*

So, how do you get rid of the bad fat and the inflammation issues?

Read on and I will tell you.

The good news is that your food controls the **genetic switches** within your body. This new science is all about eating less of the bad foods and more of the “*right*” foods.

The reason you don’t hear about all this on “*mainstream*” TV, magazines or radio is that this **medical discovery** will put the drug companies out of business, *once the good news is out*.

In a nutshell, here’s how it works:

- There are **receptor sites** on your fat and liver cells called PPARs. These receptors “*communicate with your DNA*” to adjust your metabolism up or down.
- *The foods you eat can activate or deactivate these switches.*
- Whenever you eat sugar, saturated fat or consume too many calories, the “*inflammatory messenger molecule*” named **Tumor Necrosis Factor alpha** (*TNF alpha*), binds or blocks the PPARs inside your fat cells.



It might sound complicated, but it is quite simple in reality. If you over eat, TNF-alpha is instantly released and this action “*slows your metabolism down,*” triggering fat storage, which can lead to **insulin resistance**.

This is NOT some theory. This is **scientific fact**: inflammatory messages stop your body from properly functioning. Over-eating actually turns your “*fat storage*” metabolism on and your “*muscle building*” metabolism off.

Fascinating fact is foods that reduce inflammation also trigger fat loss. Even increasing fiber intake reduces inflammation and helps weight loss.

Here are some foods that reduce inflammation and help burn fat:



- Ginger
- Turmeric
- Capsaicin
- Cacao

Also, foods rich with probiotics and enzymes naturally help, too.

Advancements in cutting edge science are introducing us to a new science called **epigenetics**, which proves you can revitalize your health using “*food as your medicine.*”

It is possible: You can transform your body starting from the cellular level, reprogram your metabolic rate to burn fat “*and*” restore youthful vitality again and again.

By simply eating less of the bad and replacing it with the good, you will lose weight, increase energy and optimize overall health from your head to your toe.



Read on to learn how . . .

Every cell has an engine and that engine depends on fuel. Some fuels are better than others, in that they burn “*cleaner*” than others. However, all cellular fuel leaves behind “*waste*” after it is burned.

This is called “*oxidation*” or **metabolic waste**. The more fuel your cells use, the more acidic waste they make.

The whole concept behind getting a “*metabolic tune-up,*” is all about whether your engine is running too lean or too rich and then making necessary adjustments.

Consider this as an example: If you eat “*too little*” you’re starving your cellular engine. Because of a lack of healthy calories and nutrients, your body will drop into survival gear and start storing fat. Simply put, your body “*thinks*” it is starving so it automatically stores fat for the future.

This is also called, “*The Hibernation Effect.*”

Because your body is **self-regulating**, it adapts very quickly to changing conditions. So starvation, or “*under-nutrition*” will lead to excess fat cells (*adipose tissue*). Just like a bear in the wintertime, your metabolism will slow down and energy levels will drop drastically.

Fasting is acceptable for cleansing purposes, but starving your cellular engine is a bad idea over the long haul.

On the other hand, **over-eating** is like running your “*un-tuned*” cellular engine under extreme conditions. This triggers extra metabolic waste to build-up at an accelerated rate. In other words: *it causes you to age faster.*

Most people who over-eat are also suffering from lack of nutrients as well, because of all the **empty calories**. So, like any motor your cellular engine needs to run on the proper fuel and at the proper rate for the best results.

You can imagine once your cells are “full of waste” they cannot take in any nutrients; there’s simply no more room left in them. This is why it’s so important to eat **nutrient rich** food in smaller amounts — *throughout the day*.

If you eat it all at one meal your body over loads and stores excess calories as fat. Further, if you eat inadequate amounts of food your body shifts into **hibernation mode** metabolically and also makes fat.



So, what’s the final answer to getting the right kind of fuel and how much should you eat?

Well, the difference between eating too little and eating too much can be defined in terms of **quality nutrients**.

“*First World*” countries like the US make it way too easy for people to eat empty calories devoid of nutrients. This high sugar, low nutrient junk foods are **as deadly as smoking cigarettes**, and anyone can get them on almost any street corner.

The solution is to exchange the empty calories for nutrient rich foods, replacing a bad habit with a good one.

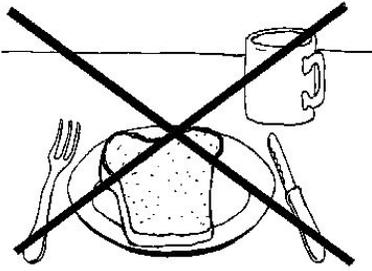
The cellular engines inside your cells are called **mitochondria**. Once the cell is filled with waste from burnt calories, it is less able to receive and process nutrients and eventually stops producing energy.

If you remember from earlier articles I’ve written, “*energy loss*” is the first step down on **The Ladder of Wellness** toward dis-ease.

If this loss of energy trend continues, your cells become toxic and soon under go stress, inflammation, degeneration, stiffness and finally mutate into **sugar-addicted, non-oxygen breathing cells**.

These “*mutant*” cells have simply adapted to survive the sugary, **oxygen-deprived** environment you have permitted within your own body.

Maintaining a healthy, balanced metabolism prolongs abundant and vibrant cells. A high nutrient, low-calorie diet is ideal for a healthy and youthful feeling body.



It's good to “fast” once in a while, perhaps for a day or two. When fasting is done properly it allows your body to **detoxify**. But, after that you must follow-up by satisfying your nutritional needs — *without starving yourself*.

Once detoxified, your cellular engines will **burn healthy calories** more effectively — provided you eat the right foods in modest amounts.

Fun fact: Did you know one cell could have as many as 200 to 2000 mitochondria (*cellular engines*)?

Simply put, your **metabolic rate** is dependent upon the speed your engines “convert fuel into usable energy.”

If they have to burn a lot of fuel to get a small amount of energy, your cell will lose more nutrients and create more waste. A more **effective fuel** provides more power with less waste.

Here's another amazing fun fact: You can control whether you have more mitochondria or less. Obviously the more, the better!

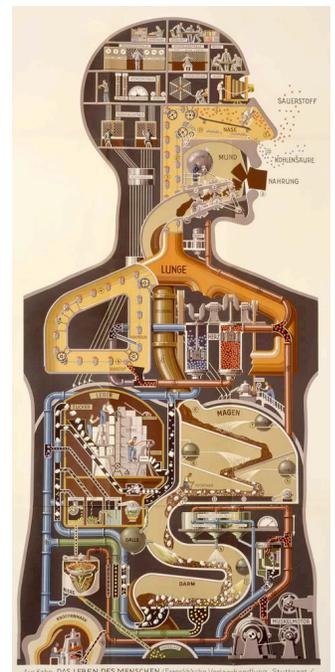
Bottom-line: Eat nutrient rich foods high in good fats and lower in sugar and “exercise a little every day.” Just eating right and going for a daily walk in the park will do wonders for you.

Add **mild exercise** to your lifestyle and you will increase oxygen intake and grow more mitochondria. Mild exercise also helps your “lymphatic system” eliminate cellular waste build-up.

That's why people who exercise **burn more calories** even when sitting still or sleeping, because they grew more cellular engines (*mitochondria*).

Here's another tip:

- Instead of eating 2-3 large calorie laden meals, switch to 3-5 smaller nutrient rich meals. Introduce yourself to **super**



foods like raw Brazil nuts, almonds or walnuts . . . snack on raw fruits or vegetables “*in-between*” main meals,

Fat is a superior fuel which burns in your cells like logs in a locomotive engine. But, sugar burns like paper *providing much less power*.



Eating smaller portions of **living foods** more often throughout the day is a key to long life. But, without “*daily exercise*,” acidic waste cannot be eliminated and can threaten cell health.

So, in closing, poor cell health equates to a poor metabolism, which equates to an overweight, low energy body and disease.

“Eat less and live longer by controlling your genetic switch board so it can more effectively regulate your body’s natural healing system.”

Living Healthy to 120: Anti-Aging Breakthroughs

By: David Kekich

Eat Less. Live Longer. Be Healthier.

A twenty-year study proves calorie restriction works in primates.

The ancients knew eating less was a path to health and longevity. Our grandparents' generation knew it. But, we forgot.

The average American consumes over 3000 calories a day now. It used to be around 2000. *Two thirds of us are overweight.* One third is obese. The average female's waistline ballooned by almost two inches in the last decade. And for the first time in history, we are starting to die earlier! But, not all of us.



Those who eat less are living longer. Those who practice caloric restriction (CR) rarely have arterial plaque, are almost immune from diabetes, hypertension, early heart disease and a host of other diseases and are resistant to cancer, as well. A study of people practicing CR (average age 52) showed their average blood pressure was 103/63. Most of their other biomarkers were about as good, and the thickness of their artery walls compared to that of teenagers. Finally, their cardio-respiratory endurance looked 17 years younger than normal.



CR means cutting calories by about 30% to about 1400 calories a day while ingesting nutritious food. But, as you'll see, there may be an easier way.

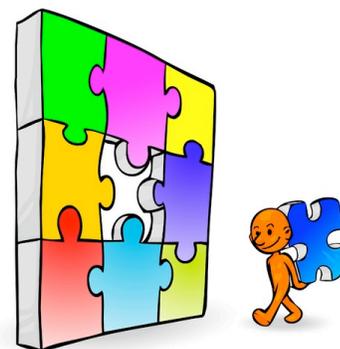
CR is the only proven method to extend the maximum life span in mammals. Humans live too long to be good longevity test subjects. However, first results are in from a primate CR study.

In a report published in the July 10, 2009 issue of *Science*, Professor Richard Weindruch and colleagues at the University of Wisconsin reveal that calorie restriction is indeed successful at improving survival and delaying disease in rhesus macaques, whose

average life span is 27 years. "We have been able to show that caloric restriction can slow the aging process in a primate species," Dr Weindruch announced.

The study divided 76 macaques aged 7 to 14 to receive diets that allowed them to consume as much food as they wanted, or diets which contained 30 percent fewer calories than the unrestricted diets. Thirty of the animals began the diets in 1989 and 46 in 1994.

As of this year, 80 percent of the animals given restricted diets are alive, compared to half of the unrestricted animals. Cancer and cardiovascular disease incidence is over 50 percent lower in the calorie restricted animals, and impaired glucose regulation has not been observed. *"So far, we've seen the complete prevention of diabetes," Dr Weindruch stated.*



Additionally, brain volume, motor control, working memory and problem solving abilities appear to be better maintained in the restricted monkeys.

"The atrophy or loss of brain mass known to occur with aging is significantly attenuated in several regions of the brain," Dr. Weindruch added. "That's a completely new observation."

The current primate study's results are the best indicator to date that calorie restriction might be one means of allowing humans to live longer in better health.



Do you need to starve yourself to get some of these benefits? No. Spartan lifestyles cut into the quality of your life. But, it's surprisingly easy to get down to about 1800 calories a day. If everyone did that, we wouldn't have the healthcare concerns we have today. Most people simply wouldn't get sick. **See chapter Five in *Life Extension Express* for helpful hints on lowering your caloric intake.**

If that's even too tough for you, there's still hope. Researchers are working on CR mimetics, or drugs and maybe nutritionals that trick your body into thinking it is being caloric restricted. **So one day, you may be able to have your cake and eat it too.**

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

Healthy Recipes & Eating Ideas

By: David Randall

Eating the CR Way



We have been talking a lot about Calorie Restriction (CR) in this issue and why it is an important method in creating a long and fruitful life. But, what exactly is involved in choosing to follow Calorie Restriction and how do you actually incorporate CR into your life?

Well, that is easier said than done. It is not a diet or a way to lose weight or more importantly, it is not a way to starve yourself. CR is a way of life. Starting and successfully implementing the CR way of life is something you need to discuss with your doctor and something that you must implement slowly over time.

When starting the CR way of life, first start by determining your disease risks such as diabetes, high blood pressure, body fat, etc. From this you will determine what nutrient, mineral and vitamin needs you will have when incorporating them into a CR lifestyle. You and your doctor should have a very close relationship and work together to make sure you implement optimal and realistic CR goals.

CR is about packing the most nutrient punch per calorie and is sometimes referred to as Calorie Restriction and Optimal Nutrition (CRON).

CR Approved Foods:

Animal Proteins

- Salmon (wild canned, fresh or frozen)
- Sardines (canned w/ no oil added, fresh or frozen)
- Oysters (canned w/ no oil added, fresh or frozen)
- Tuna (canned w no oil added, fresh or frozen)



Nuts and oils



- Almonds
- Avocados
- Flaxseed
- Grape seed oil
- Hazelnuts
- Olive oil, extra virgin
- Pecans
- Pistachios
- Walnuts

Beans

- Adzuki
- Anasazi
- Baby limas
- Black-eyed peas
- Black turtle
- Garbanzo (chickpeas)
- Lentils (red or green)
- Mung
- Pinto
- Soybeans



Vegetables (Low GI)

- Arugula
- Bok choy
- Broccoli
- Brussels sprouts
- Burdock
- Cabbage
- Cauliflower
- Celery
- Chard
- Collard greens
- Cucumber
- Eggplant
- Garlic



- Kale
- Leeks
- Maitake mushrooms
- Mustard greens
- Onions
- Parsley
- Peppers (red, green, orange, yellow, purple)
- Portabella mushrooms
- Radishes
- Romaine lettuce
- Shiitake mushrooms

Vegetables (Medium GI)



- Beets
- Butternut squash
- Carrots
- Green peas
- Pumpkin
- Sweet potatoes

Grains

- Barley
- Bread (Sprouted grain)
- Quinoa
- Wild Rice



Fruits

- Apricots
- Blackberries
- Blueberries
- Cantaloupe
- Cranberries
- Kiwi
- Lemon
- Lime
- Orange
- Peaches
- Raspberries
- Strawberries



- Tangerines

A CR Day:

Calorie Restriction is all about the food. Eating low calories is not too difficult and can be very rewarding if done correctly. However, selecting foods is based on a verity of personal factors, preferences and individual tastes. Some CR enthusiast prefer to eat a large calorie/nutrient packed meal in the morning, others prefer to do this with their afternoon meal. The options are up to you, your desires, and with your doctor's advice. Below is a sample of meals each containing about 500 calories or less per meal.

CR Breakfast: Blueberry Oatmeal

Ingredients

- ¼ cup (21 g) oatmeal, quick
- ¼ cup (20 g) oat bran
- 2 Tbsp (13 g) sunflower seeds, unsalted, dry roasted
- ½ cup (23 g) milk, dry nonfat
- ½ cup (75 g) blueberry, raw or frozen
- 1 cup nonfat milk



Instructions

1. Place first four ingredients in bowl.
2. Add 1 cup nonfat milk and mix.
3. Microwave on high, 4 to 5 minutes.
4. Add frozen blueberries and mix well.

Serves 1, Calories: 451

CR Lunch: Chicken Salad & Greens

Ingredients

- 4 Chicken breast halves, no skin or bone
- 1 cup Grapes, seedless
- 1 cup Celery, chopped
- 2 oz Walnut halves
- 1/4 tsp Nutmeg
- 2 Tbsp Lime juice
- 3 Tbsp Mayonnaise, fat free (Smart Beat)
- 1 Tbsp Mayonnaise, regular
- 1/4 cup Yogurt, fat free
- 3 cups (100g) Spinach, raw, torn
- 1 cup (56 g) Mustard greens, raw, torn
- 3 large (100 g) Strawberries, raw
- 2 Tbsp Raspberry Vinaigrette, Salad dressing



Instructions

1. Boil chicken, cut into cubes.
2. In bowl mix mayo, yogurt, lime juice and nutmeg.
3. Add chicken, nuts and grapes, mix well and chill.
4. Tear fresh spinach and mustard greens, arrange on dinner plate.
5. Drizzle 2 tablespoons Raspberry Vinaigrette over greens.
6. Top greens with 1 cup chicken salad.
7. Garnish with fresh strawberries.

Serves 4, Calories: 505

CR Dinner: Baked Asparagus and Leeks

Ingredients

- 1 bunch Asparagus cut into 1 inch pieces (about 3 cups)
- 2 Leeks, discard dark green leaves and slice bulb and tender greens (about 2 cups)
- 2 Tbsp vegetable or chicken broth, or water
- 1 Tbsp Extra Virgin Olive Oil
- 1/8 to 1/3 tsp ground black pepper (vary to taste)
- 1 Tbsp Balsamic or favorite vinegar



Instructions

1. Cut Asparagus to 1-inch pieces and cut Leeks in thin slices.
2. Toss with broth, oil and pepper until evenly coated.
3. Arrange in baking tray.
4. Set oven to 400 degrees F and bake mixture for 20 to 25 minutes.
5. After baking 15 minutes, mix vegetables again.
6. Done when asparagus is tender crisp.
7. Serve with a sprinkle of vinegar to taste.

Serves 2, Calories: 160

Snack Ideas:

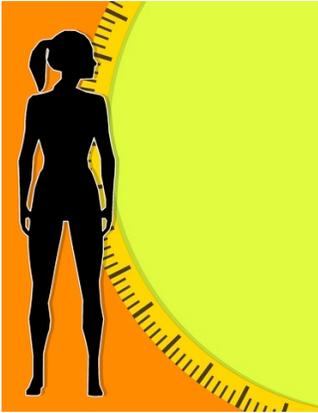
Raw nuts, canned oysters or sardines, fruit or vegetables.

Weight Control, Exercise & Fitness Tips

By: Nordine Zouareg

Fitness Obsession

We are infatuated with fitness:



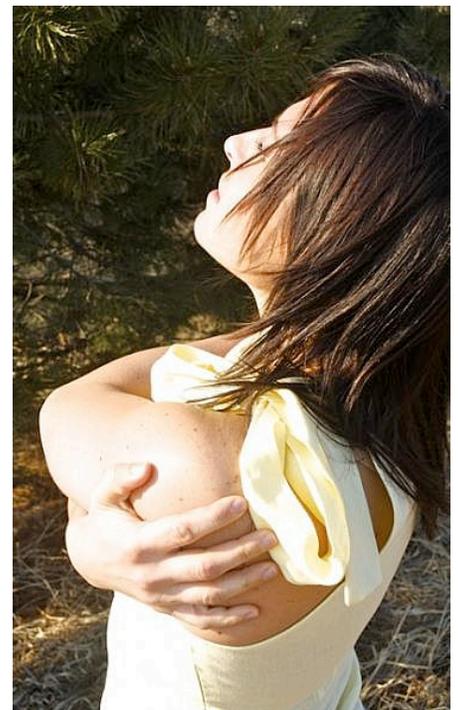
- We pay attention to our waistlines.
- We get liposuction.
- We get breast implants.
- We buy special cosmetic products.
- We try our best to look and feel our best.
- We tighten our skin, harden our bodies, increase our cardiovascular endurance and increase our lung capacities.
- We try to keep ourselves fit.

But, what about our spiritual fitness? **There is no supplement for spirituality.** There is no reduced calorie spirituality. There is no “Quick Fix” for seeking the goodness that is within ourselves. The path is taken when you are on it.

My personal experience with the fitness obsession started the minute I lost touch of my inner self. I wanted to please the world I thought people were expecting me to be at a top level all the time but in reality it was not so. People loved me then as they love now. They don't need to see me in a super shape. **I just have to be me, love me and love them.** *Be in balance.* That's all it takes.

Love is the door to your spiritual, mental and physical fitness. *See yourself as a gift.* This doesn't change, regardless of whether you get outside validation or not. Know and remember that you are God's gift to the world in the form you are.

You are an indispensable part of God's plan. If you don't fulfill your role joyously, even if it is unpopular, you will not have done God's work as fully and completely as you could. Assume the possibility that everybody's signed up in advance for the roles they play right now, with the cooperation of everyone being affected by those roles. *Self-judgment and guilt will no longer have any place to stick.* The dance that we do is one



that encourages us to remember and directly connect with the source of all life here in this world.

- *Imagine feeling better than you ever have.*
- *Imagine looking better than you ever have.*
- *Imagine the physical vitality spilling over into every aspect of your life.*

If all of your workouts, diets, and efforts have not gotten you to the fitness level you want to be at, there may be a missing connection; a connection with *self*.

You see dieting is not just what you eat.

- *What are you really feeding your body?*
- *What is your mind feeding it?*
- *What is your spirit feeding it?*



This will all eventually show up in your physical state of being. **The way you think and feel will affect the way you look.** Your fitness level is very much controlled by how you think and feel. Your body is a direct reflection of the inner soul. What are you really carrying around? It may be more than a few extra pounds. Blocking emotion and carrying negative thoughts can cause you to carry extra weight.

Weight can actually be armor built up to create a wall that actually keeps you from being who you really want to be. Break through that wall and you will begin to create the physical body you want to achieve. **If our physical being**

is our car that we ride in, it is the mind and the spirit that drives it. I have not only lived this philosophy but I teach its practice to everyone who is concerned about his or her total health and fitness.

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

Calorie Restriction Resources

To help our readers benefit the most from Home Cures That Work, we are providing additional resources on this month's topic: **Calorie Restriction.**



The CR Way: Using the Secrets of Calorie Restriction for a Longer, Healthier Life

When it comes to living longer, scientists are discovering that less is more. By following Calorie Restriction, a revolutionary diet that provides the body with fewer calories than is traditionally required, people are getting dramatic benefits. Now, with *The CR Way*, you too can slow the aging process; protect against cardiovascular disease, cancer, and diabetes; and increase your energy and mental capabilities. And, if needed, you'll lose weight and keep it off.

Paul McGlothlin and Meredith Averill, leaders of the Calorie Restriction Society, provide quick and easy menus and recipes so delicious that you will wonder why you ever wanted to eat more than you need. And for those who want some of the benefits without sacrificing all the calories, the authors will show you how to plan a diet that works for you. Groundbreaking and controversial, *The CR Way* is your key to a happier, healthier life.

[Click Here to Order *The CR Way*](#)

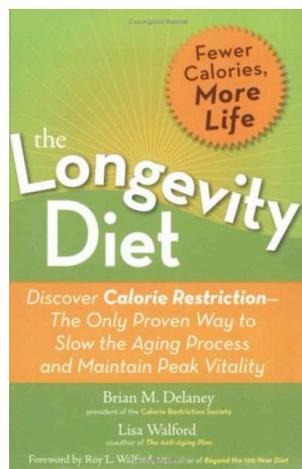


Caloric Restriction: A Key to Understanding and Modulating Aging

For many years, it has been known that when rats and mice are given a reduced amount of food, their life span is increased and they remain healthy and vigorous at advanced ages.

What is the reason for this change in the usual pattern of aging? The evidence is overwhelming that the life extension results from a slowing of aging processes. And the factor responsible is the decrease in caloric intake. The obvious question: How does this factor work? A good question - and the reason that research on the anti-aging action of caloric restriction is today one of the most studied research areas in biological gerontology. For it is felt that if the biological mechanisms of the anti-aging action of caloric restriction can be uncovered, we would gain an understanding of the basic nature of aging processes, which would, in turn, yield possible interventions in human aging. This book aims to provide the growing number of researchers in this field (faculty, postdoctoral trainees, and graduate students) with a detailed knowledge of what is known about caloric restriction within the frame of gerontology, as well as insights on future of this field.

[Click Here to Order *Caloric Restriction*](#)

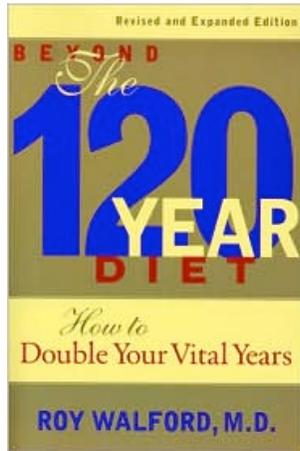


The Longevity Diet: Discover Calorie Restriction--the Only Proven Way to Slow the Aging Process and Maintain Peak Vitality

The Longevity Diet offers clear, straightforward principles for devising an effective eating regimen to live longer and reduce the risks of virtually all the diseases of aging. The concept is simple and flexible---eat fewer calories and choose foods carefully. And it is supported by science: studies on lab mice and other mammals have led to lifespans the human equivalent of which are over 140 years, and many suggest that the benefits extend to humans.

Longtime CR practitioners and experts Brian M. Delaney and Lisa Walford clearly explain the relevant health and nutrition guidelines and provide all of the tools you need to make the appropriate dietary changes. The results can be dramatic: those who follow CR have quickly lowered their cholesterol and blood pressure and reduced body fat. Find out why a growing number of people are choosing the Longevity Diet lifestyle and let this book empower you to achieve a lifetime of healthy eating and living--whether your priorities are to live longer, reduce disease risks, lose weight, or simply feel and look healthier.

[Click Here to Order *The Longevity Diet*](#)



Beyond the 120 Year Diet : How to Double Your Vital Year

According to Dr. Roy Walford, there's no need for plastic surgery or obsessive exercising to escape the effects of time. He argues that longevity can be significantly increased by a diet that contains all the required nutrients but about a third fewer calories. In this completely revised edition of *The 120 Year Diet*, Dr. Walford explains - and backs up his explanation with laboratory evidence - why he believes that the anti-aging diet can preserve one's vital, productive years and extend the human life span to well beyond its present maximum. A perfect companion to the author's *The Anti-Aging Plan*, this book also includes 20 days of varied high-nutrition menus that contain fewer than 1,500 calories a day.

[Click Here to Order *Beyond The 120 Year Diet*](#)

Find Out if Calorie Restriction is Right For You.

Take our Quiz!

[Click Here To Start Your CR Way of Life!](#)

or visit:

www.homecuresthatwork.com/quiz/cr

Ask-an-MD with Dr. Saunders, MD



Stiffness Diagnosis & Vitamin Overload

Dear Dr. Scott,

Is it not good for a person to take a lot of vitamins at once? Even if the company says that they are all compatible? I use Melaluca vitamins and I believe they are good ones, but taking so many in a day is over kill morning & night. I get tired of taking so many pills every day. So, sometimes I just skip them all together. Then I feel like I'm not taking care of myself. Thank You!

~ **Kathleen D. Crump**



Answer:

There is some evidence that taking too many vitamins is counter-productive. We are told that we can't get enough anti-oxidants, for example, in our diet. Well, this is true if you eat the average 2500 Calorie per day diet. Those who eat the same amount of food in a 1000 Calorie diet (by eating calorie-poor but nutrient-dense foods such as broccoli, asparagus, spinach and other vegetables, fruits and whole grains) get plenty of vitamins.

Fasting decreases the need for vitamins, and prevents aging in many more ways than just decreasing oxygen free radicals. It was found that worms will increase their own free-radical scavengers according to the need. ([Click here for the study.](#))



Thus, there may be a downside to taking vitamins -- dependence. Your body may shut down the internal antioxidants and rely solely on the high levels from your pills.

Minerals are even worse because they compete for absorption. Taking calcium inhibits magnesium. Taking zinc inhibits copper. Diabetes can result from taking mineral pills because the high amounts of calcium, magnesium and zinc prevent chromium from getting absorbed.

Vitamins and minerals are best taken in large doses on an as-needed basis. Targeted nutritional therapy for specific conditions, though, can be very beneficial.

Dr. S



Dear Dr. Scott,

I am 59 yrs. old and would like to get rid of the stiffness in my body. I am active and go to a fitness place, workout twice a week and eat and drink good stuff.

~ James Bowling

Answer:

This is an excellent question. It's a very common problem, which can have multiple causes so the treatment changes with each individual.

Stiffness is caused by:

- Neurological disorders
- A lack of available energy in the muscles
- Or too much inflammation in the body

Lack of energy can have multiple causes. If you're taking a cholesterol drug you may not have enough CoQ10. If you have stomach problems you may be lacking in vitamin B-12. There are many different nutrient deficiencies that can limit energy. Sometimes the lack of available energy is because there is too much energy in the body.

This paradox is seen in those who have excess body fat, especially in the abdominal area. The abdominal fat prevents the production of hormones such as ADIPONECTIN, which affect every cell in your body. Also, a lack of exercise (not your specific problem) will decrease your available energy.

Inflammation, such as rheumatoid arthritis (RA), is a common cause of stiffness, especially in the morning. If you wake up and have to work out the stiffness (grease your joints) before you can function, this may be your problem. Other inflammatory conditions also may cause stiffness. Sometimes there isn't a specific condition such as scleroderma, SLE (lupus), psoriasis, or RA that brings on the stiffness, but rather it is simply having an imbalance of pro-inflammatory mediators.

These are the natural hormones in your body that cause or suppress inflammation. They are primarily:

- Prostaglandins
- Histamines
- Leukotrienes

You've heard of omega-3 oil. The reason this is recommended is because we (Americans) eat too much omega-6 oil (vegetable oils and animal fats). The omega-6 is made into the prostaglandins that increase inflammation, while the omega-3 oils are made into the ones that suppress it. There are, then, two ways to decrease inflammation:

1) Increase your omega-3 oils

and/or

2) Decrease your omega-6.



I recommend both.

Stiffness in a 59-year-old raises the question of Parkinson's Disease. It's important that you find this early because there are some good natural treatments to stop or reverse it. Moreover, the drug treatments (Dopamine agonists such as L-dopa and Sinemet) cause the disease to progress more quickly, making it worse.

My advice is to get a proper diagnosis of why the stiffness exists, and then the way to treat it will be clear.

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.HomesCuresThatWork.com/Email/Ask-the-doctor.php

Grandma's Cure Corner

Fitness Fasting

Dear Grandma,

Do you know anything about fasting? Is it supposed to be good for detoxing (whatever that is) or just weight lost? Why would we not put food in our bodies if food is supposed to be what nourishes our health?

~ Douglas France



Dear Doug,



Good questions! I remember being at the pool years ago where a woman was talking to me about fasting. She said you wouldn't believe how good you'll feel after not eating for a week! I thought she was crazy! Honestly, she did look great for her age and could swim laps around me in the pool.

Since then, I've started to understand the power and importance of fasting. Even in facing breast cancer, one of the first things recommended was a 42 days juice fast (Biotta Organic Vegetable Juice) to combat cancer's fight for my body's resources, particularly glucose in the blood.

I lost lots of weight and really did start to feel fantastic!

Eating styles and habits allow vast amount of toxins into our body. Our cells groan under all this toxic buildup. But the good news is our bodies have an amazing capacity to heal and cleanse and even reverse aging. The best way to help your body do all this is through fasting.

Fasting will

- Detoxify the body
- Clarify the mind
- Create emotional stability
- De-stress and decompress
- Help leverage control
- Break addictions & cravings
- Drop excess body fat
- Raise energy levels



The best way to start fasting is to consider a 5-10 day juice fast. Fresh, organic raw fruit and vegetables contain the minerals, vitamins, proteins, enzymes and fats needed to fuel to cleanse, detoxify and heal your body.

Most important: Don't Give Up!



Initially starting a fast might results in headaches, fatigue, irritability and hunger. This is the result of too many McDonald Super Size Fries! The more the toxins, the longer you may feel you body is rebelling. *But after a few days, one of the noticeable improvements I noticed was clear thinking and a new joy for living.* There were various up and downs throughout my fast as my body was breaking down years of fried chicken, but with determination to survive, and awareness of my excessive emotions, I made it through.

Funny enough, I feel as if my body was performing the way it should be and acts as a defense against disease – as God intended.

Go for it, Doug!

~ **Grandma**

Product Recommendation

Signals, Anti-Aging Stem Cell Solution

After extensive research into the power of adult skin stem cells to reverse the appearance of aging, a new skincare line has been born.

Called “Signals” this new concept will change your perception of skincare as it encompasses everything from the genes in your body to the surface of your skin. Here’s how.

Through a patent-pending process, we caused the stem cells from a young adult to emit age-reversing signals, which we capture in a moisturizing cream base. The result is a skincare line that signals your skin to match the skin cells of a very young adult.

22 GENES AFFECTED

One compound renewed the function of 22 genes that were depleted by aging—something never before achieved according to the independent laboratory that tested Signals. The potential implications of these results go well beyond just the skincare industry. These gene expressions will dramatically help to reverse the look and feel of the aging cells of your skin and allow these cells to reflect the youthful cells of a 19 year old.



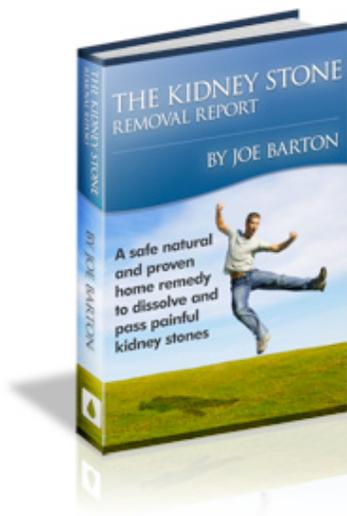
Find It Here:

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

Barton Publishing's Free Report of the Month

Get Rid Of Kidney Stones Free 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.



Two items from the store and you are done! That is how easy the Kidney Stone Remedy Report is! If you have suffered from kidney stones, then you'll be relieved to know it really is that simple. Our Kidney Stone Remedy Report is safe, natural and drug-free to help you pass your kidney stones pain-free and avoid an unnecessary surgery.

Scroll down to our "Hey Joe, This Worked for Me" section to read more testimonials about this quick solution that includes step-by-step instructions and health strategies for kidney stone prevention.

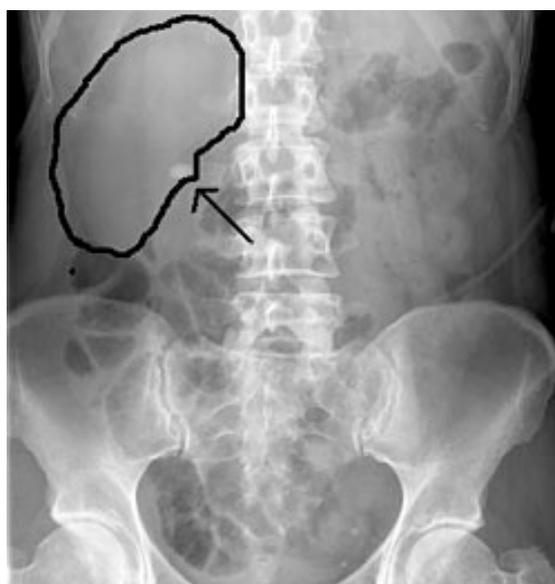
[Click Here To Download Your Free Get Rid Of Kidney Stones Remedy Report!](#)

"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 **Get Rid Of Kidney Stones Remedy Report** has made a difference in living healthy.

I am a 50yr old women in excellent health, or so I thought, till I developed a kidney stone. I went to the ER on 8/9/09 as I had been in and out of writhing pain for 2 days. CT scan showed a stone, after giving me some pain meds, that btw, made me throw up several times...they sent me home and finally I passed it and thought I was in the clear.



Three days later I was at work and the pain came on again and of course I had to leave.. I came home determined I wasn't going to take any pain meds...I was raised with little to no medical care, most all our treatments were natural or preventative.

So I got online to find natural remedies and found the kidney report! I didn't flinch at the 19.95 cost as I had just spent 150.00 on ER cost and meds, and here I was again in the same pain...

Ok, so I did the [drink], [vegetable], distilled water and within 30mins after eating the veg and starting drink water, I passed the stone and it was polarized!!!

I was amazed!! and with the valuable news in the report I have made some needed improvements to keep for getting anymore of those nasty painful nuggets. Thank you and God Bless Joe Barton and Barton Publishing.

~ Melanie, u_got_mel58

I ordered the kidney stone report for a friend who had two stones. The doctor said that they were twice the size of the urethra, so he'd experience a lot of pain when passing them. He was sent home to wait it out, filters in hand to catch the stones.

He used the remedy the day after returning from the hospital (midday). He passed two small stones around 2 a.m. and his pain was gone. He did it again the following day, and immediately began passing fine particles that would clog up the filters. There was no pain involved whatsoever. When these particles dried out, they looked like a fine white dust at the bottom of the filter.

This remedy definitely works to break up the stones. I'm glad that I have it on hand to use in case this ever happens to me.

~ Linda Telles

It worked! That's really the only thing I need to say. If your skeptical like I was and your rather desperate like I was try it. It works!

~ Kenny Koplin

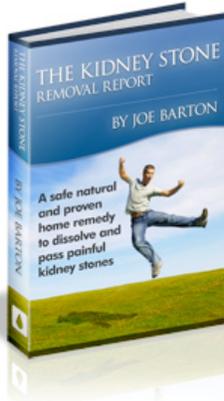
Followed simple procedure twice. Hey - presto 'stone' disappeared. Surgeon still went looking for it with a scope, but no laser or ultrasound needed. No pain passing stone, it just vanished with a few traces of sand in my waters. Drink lots of water!!!

~ Mike, budrover2000

I have suffered with back and leg pain for many years being told I had a bad disk. After one treatment with the [drink] and [vegetable] my back pain became better almost immediately realizing the cut had to have a time to heal in just a few days it was gone a week later I repeated the procedure. I have been back hurt free for the first time in a long time and thank you for sharing the information I put my evidence in a bottle and my wife and I both saw the results. IT DOES WORK! Thanks.

~ James Hendershot

I drank the 2 litre bottle of [beverage] and ate as much [vegetable] as I could, about a half a pound. 4 hours later the stone passed. I had been in agony up until then. What a relief. Thank you so much.
~ Janet, jajanke



Take advantage of someone else's pain and [Download Your FREE Get Rid Of Kidney Stones Remedy Report HERE.](#)

**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

<p>Martin Jacobse Uncorked: The 7 Rungs of the Health & Wellness Ladder</p>	<p>Jacobse Ladder returns to step you up to your next level of health and wellness. Keep moving forward in your healing!</p>
<p>Healthy Recipes & Eating Ideas</p>	<p>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!</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>Return next month and read the simple steps to improve memory loss as well as advice on how one garlic a day can improve your health.</p>
<p>Grandma's Cures: Old & Proven Remedies that Work</p>	<p>Grandma shares her advice about toothaches and the tooth-fairy next month! You're never too old for some wisdom!</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 Kidney Stones, free to you as a subscriber. Download The Report Here and then take our Monthly Quiz: www.HomeCuresThatWork.com/Quiz</p>
<p>"Hey Joe," This Worked for Me – Reader Input</p>	<p>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>