

HCTW HOME CURES THAT WORK

Vitamins & Supplements Edition

Volume 1: Issue 11

Healthy Heart Vitamins

PG. 4



**VACCINE INDUCED DISEASES
MUST BE STOPPED!**

PG. 32



**7 REASONS
YOU AREN'T REDUCING WEIGHT**

PG. 23

**CHARGE UP YOUR CELLS WITH
ENERGETIC HEALING FOODS**

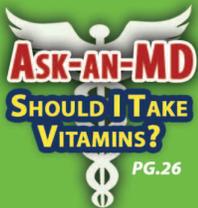
PG. 14

**YOUTHFULNESS IN A
PLAIN BROWN WRAPPER**

PG. 21

**HOW TO READ
A VITAMIN LABEL**

PG. 8



**ASK-AN-MD
SHOULD I TAKE
VITAMINS?**

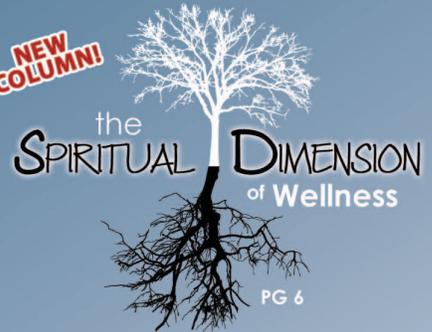
PG. 26



**SUPER
VITAMIN SHAKE!**

PG. 10

**NEW
COLUMN!**



the
SPIRITUAL DIMENSION
of Wellness

PG 6



ALSO REVEALED INSIDE:

PRODUCT RECOMMENDATION: EATING FOR ENERGY
FREE REPORT OF THE MONTH: DEPRESSION REMEDY

**GRANDMA'S CORNER:
DO KIDS NEED THEIR
FLINTSTONES??**

SEE PAGE 29

Joe Barton Founder & CEO Barton Publishing

This is what our Home Cures That Work subscribers asked for. In a recent survey of our readers, the #1 topic of interest was Vitamins and Supplements. This issue covers more than just what multi-vitamin to take (or not to take), but leads us in understanding why our bodies actually need vitamins to structure, organize and grow. Vitamins play a crucial role in delivering energy to our cells and Martin Jacobse does an excellent job describing the energetic release that nourishes our body into living. Dr. Saunders also describes that our cells are actively looking for nourishment, which motivates me to feed my body the right foods!

Secondly, you told us in our survey that Heart Health is the primary reason for taking vitamins. Therefore, we added an exclusive column dedicated to addressing the proper nutrients and vitamins for a healthy heart so you can be active about the healing your body gets.

Grandma reminds us to take care of the little ones in our lives and gives us a good dose of supplement advice. If vitamin bottles send your head spinning, check out our guide on how to read a vitamin label.

Lastly, we've included another important aspect of health in our new "Dimensions of Spiritual Wellness" column by Pastor Steve Hickey. We can try natural remedies to better our health and treat disease with food, but sometimes the cure that will better your well-being is a matter of the soul! This is True Heart Health. Take Heart and Live!

Volume 1: Issue 11

How to Reach Us

Customer Service

For subscriptions, renewals, address changes, payments, account information, additional copies and inquiries:

E-mail: Support@BartonPublishing.com

Phone: 800-424-0701

Web: www.BartonPublishing.com/Contact.php

Advertise

If you would like to advertise with us, please contact: Cheryl@BartonPublishing.com for media rates.

We Want to Hear From You!

Share a story, a concern or any recommendations with the Home Cures That Work family. Our team of natural health care experts wants you to be satisfied with your HCTW monthly newsletter, so we value your feedback. For Letters to the Editor, future topics and other HCTW comments, send your submissions to: Cheryl@BartonPublishing.com

Disclaimer

Home Cures That Work is copyrighted with all rights reserved. The author(s) does not assume any liability for the misuse of information contained herein. The information contained within this publication is offered to provide you with beneficial concepts regarding your health and well-being. Please consult your primary care physician before beginning any program of nutrition, exercise, or remedy.

While every attempt has been made to provide information that is both accurate and proven effective, the author(s) and, by extension, the publication, makes no guarantees that the remedies presented herein will help everyone in every situation. The symptoms and conditions for each person are unique to individual histories, physical conditioning, body type, and the specifics of the actual health and diet of the individual. Success will vary.

Copyright © 2009 Barton Publishing, Inc.

• Exclusive: Healthy Heart Vitamins	4
<i>Prevent heart disease with these nutrients and supplements</i>	
• The Spiritual Dimension of Health & Wellness	6
<i>Discouragement and Depression</i>	
<i>Encouragement to lift your head and your heart heavenward</i>	
• How to Read a Vitamin Label	8
<i>Decode the message ON the bottle!</i>	
• Healthy Recipes & Eating Ideas	10
<i>Super Vitamin Shake</i>	
<i>Homemade vitamin power in a glass</i>	
• The 7 Rungs of the Health & Wellness Ladder	14
<i>Charge Up Your Cells with Energetic Healing Foods</i>	
<i>Discover dynamic energy within</i>	
• Living Healthy to 120	21
<i>Youthfulness in a Plain Brown Wrapper</i>	
<i>Change your image of aging and enjoy life with vigor</i>	
• Weight Control, Exercise & Fitness Tips	23
<i>7 Reasons You Aren't Reducing Weight</i>	
<i>Avoid these 7 roadblocks and end the weight loss frustration</i>	
• Ask-an-MD	26
<i>Should I Take Vitamins?</i>	
<i>Enlightenment for all your vitamin questions</i>	
• Grandma's Cure Corner	29
<i>Do Kids Need Their Flintstones™?</i>	
<i>Flintstones or Food? Feed your kid the best</i>	
• Big Pharma Corporate Arm	32
<i>Vaccine Induced Diseases Must Be Stopped!</i>	
<i>Is Vaccine Induced Disease Syndrome a threat for you this year?</i>	
• Product Recommendation	36
<i>"Eating for Energy"</i>	
<i>Finally, eating chocolate for energy...</i>	
• Free Report of the Month	37
<i>"Depression Remedy Report"</i>	
<i>Reclaim your happiness with the Depression Remedy Report</i>	
• "Hey Joe, This Worked for Me!"	38
<i>Seven time Cross-Country Motorcycle Racing National Champion shares his story</i>	

Exclusive: Healthy Heart Vitamins

HCTW Survey Says...

We conducted a survey with our Home Cures That Work subscribers that revealed the greatest interest in taking vitamins pertaining to heart health. As a result, in an effort to further educate our readers regarding vitamins and supplements, here is a special section on how to take care of your heart with supplementation.

The American Heart Association estimates that 1 in 3 have one or more type of cardiovascular disease, of which almost 48% of these are over 60 years of age. Thankfully, you can avoid being one of these statistics by changing diet and lifestyle and prevent any premature heart disease. For starters, simply:

- Exercise 30 minutes, 3-5 times per week
- Eat healthy and maintain a normal weight
- Consume plenty of fruit and vegetables
- Stop smoking
- Consume alcohol moderately

If this list doesn't sound as simple as it should be, the good news is that some nutrients have specific benefits to help prevent heart disease. Be-



cause these nutrients might be lacking in proper quantities through food consumption, considering supplementation is worth review.

OMEGA-3

Fish, cod liver or krill oils for your Omega-3 supplements are probably the most established, proven and tested nutrients in improving heart health and reducing your risk of cardiovascular disease.

The nutrients in these oils, Omega-3, EPA and DHA, are responsible for the benefits to heart health. From diet or supplements, the quantities need to be about 450mg per day.

ANTIOXIDANT VITAMINS C & E

An antioxidant reduces damage due to oxygen such as caused by free radicals. Free radicals are highly reactive chemicals that attack molecules by capturing electrons and thus modifying chemical structures. All in all, antioxidants prevent cell damage. In doing so, antioxidants may prevent arteries from clogging and causing heart attacks.

Vitamins C, E antioxidant supplements that can be a positive influence fighting forms of heart disease. Studies vary, but 500mg of Vitamin C and 200 mg of Vitamin E increase heart health.

FOLIC ACID, AND VITAMINS B6 & B12

Homocysteine (an amino acid) in high levels in the body has been shown to be a risk factor for heart problems. Taking Vitamin B12, Folic acid (and some studies show vitamin B6) can reduce the levels of the amino acid homocysteine. To



“

Fiber in the diet reduces the levels of cholesterol and fats in the blood. Not only is soluble fiber good for the digestive health, it is also beneficial for cardiovascular health as well.

”

ensure a healthy heart, consider supplementing 50mcg of Vitamin B12 and 1000mcg of folic acid daily.

FIBER

Fiber in the diet reduces the levels of cholesterol and fats in the blood. Not only is soluble fiber good for the digestive health, it is also beneficial for cardiovascular health as well. While not an official vitamin, increasing fiber intake through fruits, vegetables, whole-grain, high-fiber foods, beans and legumes are good sources of both soluble and insoluble dietary fiber. Studies show those with 250-30 grams of fiber a day were at less risk for cardiovascular disease. Gradually increase your fiber consumption by over a period of 3 months at 5 grams/day for best results.

Your health – and heart health – can be determined by the nutrients you happen NOT to get. Get the right nutrients with these recommended vitamins for heart health and be smart in your heart.

The Spiritual Dimension of Health & Wellness

By Steve Hickey

Discouragement and Depression

Beyond just having a bad day, many of us experience seasons of discouragement and depression. There are known forms and causes recognized when depression reaches a clinical intensity. However, whatever the degree of melancholy, there are spiritual factors to consider. We are not just physical beings, we are spiritual beings. This article touches on known spiritual factors contributing to mental health and wellness.

Discouragement and depression are directly related to hope, or the lack thereof.

Hope is a belief in a positive outcome related to events and circumstances in one's life. Those who hope in nothing outside themselves have little to grab onto to pull them out of discouragement. Even putting our hope in other people is an inconsistent source of strength because people are just people. Those who put their faith in God find they aren't tossed about when life turns sour. Jesus spoke of trusting in him to be like building a house on a rock, and those who do find themselves standing after the storm passes.

Isolation is an enemy. All the time, people are wondering what their purpose in life is or what the will of God is for their lives. One thing is for certain, God made us social beings and therefore it is not God's will that we wander through life alone. Even introverts are wired for meaningful human interaction. Studies show that babies who are touched and loved have fewer health prob-



lems than babies who lie alone in orphanage cradles. The need for others isn't something we out-grow. It may seem like this point fits better in an article on the social dimensions of wellness, but this is ultimately a spiritual dimension because we are created to relate to God and others.

The solutions are to find a community (a small group at a church for example) of people who share your values and beliefs and be open with them. Find a place where you don't have to fake it. It is important to surround yourself with positive people and seek out those who emit joy. But, transparency is more important than a superficial, "happy-clappy" environment. The Bible says, "Rejoice with those who rejoice and mourn with those who mourn." In other words, whatever you are feeling at the moment is valid and we need others to be with us in those moments.

A frequent phrase in the Bible to the dis-

couraged is “take heart.” There are encouraging things to embrace even when the chips are down. First, it is encouraging to know that even those we celebrate today as spiritual giants knew well “the dark night of the soul.” Though never fun, these are refining times intended by God to make us stronger and take us into deeper places of usefulness to him. Not one ounce of pain is wasted in God’s economy. We can take heart that what we see only as bad, God will use for good. It’s when we reach the point of weakness that his strength is able to manifest in our lives. Really, we have to get out of the way, and hitting these low points are indications we are in good position for his help.

The Book of Psalms contains the whole gamut of human emotion and many who find themselves in the up and down swings connect with Psalm writers like David.

In Psalm 42:5 he laments, “Why are you in despair, O my soul? And why have you become disturbed within me?” He speaks of being in mourning and how “deep calls to deep at the sound of thy waterfalls; all thy breakers and thy waves have rolled over me.”

But, each of these honest moments lead to a

reality beyond what we are feeling – that God is there and is inclined to those who are discouraged. One man in our church regularly struggles with depression and he’s tried everything and his testimony is nothing worked until he started reading and praying the Psalms each day, out loud. One day later and this thing started to lift off of him.

In the fall of 2002, my father was tragically killed in an accident on a road near my home. This sent me into a season where I couldn’t even drive at night because I’d keep imagining people in the road. I didn’t feel like smiling for the better part of a year. Every email my father sent me the last few years of his life was signed off which these two words: “Chin Up!” One day I wrote those two words on a note card with this verse written underneath: “God is the lifter of my head.” (Psalm 3:3) Everyday it was like the voice of two fathers encouraging me. The world started to take on color again for me.

For sure we all have different views of God, but this is who I have discovered him to be – the lifter of my head. A good place to start is to pray – God, reveal yourself to me as the Lifter of my Head.



It’s my pleasure to introduce to you our newest contributor to Home Cures That Work. **Steve Hickey** is my pastor, as well as my good friend. He is an avid blogger and his communication style is uplifting and inspiring, as I’m sure you’ll agree. He’s written several books, including his latest called “Momentum: God’s Ever Increasing Kingdom,” (<http://momentumhandbook.com/>) which I highly recommend. He is a husband, a father of three children, the founding pastor of a life-giving church with over 700 members, a church planter, a trainer of leaders with John Maxwell’s organization, a police chaplain, and is very active in politics as a national voice for the unborn.
~Joe Barton

Steve and his wife would like to pray for your specific needs, and have a prayer team at the church waiting to hear from you. You can submit your prayer requests here: <http://www.churchatthegate.com/prayer.php>

How to Read a Vitamin Label

Labels on natural vitamin supplement bottles present a challenge to manufacturers: a great deal of information about a complex product must be squeezed into a tiny space. Through necessity, they resort to abbreviations and verbal shorthand to communicate, and it can be a bit daunting to the uninitiated. Here's a guide to sorting it all out:

1. “% Daily Value” - The “Daily Value,” or DV, was created by the U.S. Food and Drug Administration for labels on foods and supplements and implemented in 1994. It is based on two sets of references: Daily Reference Values, or DRVs, and Reference Daily Intakes, or RDIs. DRVs are for nutrients for which no set of standards existed previously, such as fat and cholesterol. RDIs replaced the term “U.S. Recommended Daily Allowances” (RDA), which were introduced in 1973 for labeling of vitamins, minerals and protein.

If the “% Daily Value” listed is “75%” that means one serving supplies 75 percent of the entire DV for that nutrient. If the value listed is more than 100 percent, it suggests some advantage to exceeding the DV. In this case, it reflects the view that the DV established by the FDA is below the optimal dosage. This illustrates the difference between “what you can get by on” and “what is the amount that may provide the most benefit.”

2. “Serving Size” - This indicates how many of the units - tablets, soft-gels, capsules, etc. -

need to be consumed in a day to reach the percent of daily value listed on the label.

3. Units of measure reflect the standard reference units for each kind of nutrient. “I.U.,” stands for “International Unit” and is the standard for measuring fat-soluble vitamins, which include vitamins A, D, E and K. The abbreviation “mg” stands for milligrams, or one-thousandths of a gram, and “mcg” stands for micrograms, or one millionths of a gram.

4. Double asterisks in place of DV listings mean that DVs have not been established for these nutrients. Studies suggest they have scientifically validated health benefits and are safe to consume at the amounts contained in the supplement.

5. “Other ingredients” - This is a list of compounds that do not directly contribute to the nutrient DVs in the supplement, but instead aid in functions such as tablet integrity, proper digestion or preservation of shelf life.

6. “EXP” indicates the expiration date; that is, the date by which the supplements in the bottle will have degraded to the point that the percent of DV listed on the label is no longer accurate. Consuming supplements that are past their expiration date is usually not harmful, but since the full nutritional value is not received by the consumer, it is recommended that supplements that have passed their expiration date be replaced with fresher ones.

7. “LOT” is a number that identifies the spe-

cific manufacturing lot that included this particular item. It is useful in the unlikely event that questions arise about the integrity of ingredients or manufacturing processes used to create that lot.

8. **“Directions”** provides information to help the consumer safely obtain maximum value from the product.

9. **“Note”** serves to warn consumers of potential adverse effects the supplement could present to individuals such as pregnant or lactating

women, people taking certain prescription medications, or people with allergies. This section also contains information regarding how to store the supplements.

10. **Manufacturer’s information** tells which company made the supplement and where the company has its headquarters.

11. **“For more information”** provides contact information should purchasers or potential purchasers have questions about the product.

Adapted from <http://www.drweil.com>

Supplement Facts

Serving Size: 2 L-Vcaps Servings Per Container: 30

Amount Per Serving	% Daily Value
Calories	6
Calories from Fat	5
Total Fat	1g 1%
Total Carbohydrates	1g <1%
Vitamin A	15000IU 300%
(Caromin as heta carotine)	
alpha carotine	1mg **
Vitamin C	200mg 333%
(as calcium ascorbate)	
Vitamin E	100IU 333%
(as d-alpha tocopherol and mixed tocopherols)	

Other ingredients: Vegetable cellulose, Vegetable stearate, Lecithin, Medium chain triglycerides, Palm fruit oil. LOT 409037
EXP 09/09

Directions: Take 2 liquid filled vegetarian capsules daily with meals.

Note: If you are pregnant or lactating, consult a health care professional before using this product. **Keep out of reach of children.** Store in a cool, dry place. Do not use this product if the safety seal on the bottle is broken or missing.

Manufactured By:
IdeaSphere, Inc.
600 East Quality Drive
American Fork, UT 84003
For more information, please visit us at:
www.drweil.com

Healthy Recipes & Eating Ideas

By David Randall

Super Vitamin Shake



There are 13 vitamins your body needs to develop and function properly. These essential substances are vitamins A, C, D, E, K and the B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, vitamin B-6, vitamin B-12 and folate).

Vitamins are essential for life and contribute to good health by regulating metabolism and assisting the biochemical processes that release energy from digested foods. Vitamins also assist in the formation of hormones, blood cells, nervous-system chemicals, and genetic material. The various vitamins are not chemically related, and most differ in their physiological actions. They generally

act as catalysts, combining with proteins to create metabolically active enzymes that in turn produce hundreds of important chemical reactions throughout the body. Without vitamins, many of these reactions would slow down or cease and lead to fatigue, illness and eventually disease.

The easiest way to get these vitamins is to eat a well balanced diet with a variety of foods. However, due to recent dietary habits of the average American, most are not getting enough of these essential vitamins through foods. In this case, you may need to take a daily multivitamin to achieve optimal health. Vitamins are not magic pills nor are they a substitution for good nutrition.

Food Sources of Vitamins

Vitamin A	Mango, broccoli, cucumber, butternut squash, carrots, tomato juice, sweet potatoes, pumpkin, beef liver, carrot, apple
Vitamin C	Spinach, broccoli, celery, cucumber, red bell peppers, snow peas, tomato juice, kiwi, mango, orange, lemon, lime, grapefruit juice, strawberries
Vitamin D	Self-synthesis via sunlight, fortified milk, egg yolk, liver, fatty fish
Vitamin E	Polyunsaturated plant oils (soybean, corn and canola oils), wheat germ, sunflower seeds, tofu, avocado, apple, sweet potatoes, shrimp, cod
Vitamin K	Brussels sprouts, celery, leafy green vegetables, spinach, broccoli, cabbage, liver
Vitamin B6	Bananas, watermelon, tomato juice, broccoli, spinach, acorn squash, potatoes, white rice, chicken breast

Vitamin B12	Beef, poultry, fish, shellfish, milk, eggs
Thiamine (Vitamin B1)	Spinach, green peas, tomato juice, watermelon, sunflower seeds, lean ham, lean pork chops, soy milk
Riboflavin (Vitamin B2)	Spinach, broccoli, mushrooms, eggs, milk, liver, oysters, clams
Niacin (Vitamin B4)	Spinach, potatoes, tomato juice, lean ground beef, chicken breast, tuna (canned in water), liver, shrimp
Pantothenic Acid	Mushrooms, cauliflower, broccoli, calf's liver, turnip greens, sunflower seeds, tomato, strawberries, yogurt, eggs, winter squash, collard greens, swiss chard, corn
Biotin	Swiss chard, tomatoes, romaine lettuce, carrots, cucumbers, also widespread in many foods
Folate	Tomato juice, green beans, broccoli, spinach, parsley, asparagus, okra, black-eyed peas, lentils, navy, pinto, garbanzo beans

Super Vitamin Shake

Ingredients:

- 2 cups spinach
- 2 cups cucumber
- 1/2 head of celery
- 2 carrots
- 1/2 inch or teaspoon ginger root
- 1 bunch parsley
- 2 apples
- Juice of 1 lime
- Juice of 1/2 lemon

Directions:

1. Combine all ingredients (except spinach) in a blender and mix until smooth.
2. Add the spinach and continue to blend until all ingredients are well mixed.
3. Poor into 8 Oz glass.
4. Refrigerate remaining shake.
5. Makes about three to four servings.

Percent Daily Value Essential Vitamins:



Vitamin A: 587%
Vitamin C: 542%
Vitamin D: ~
Vitamin E: 23%
Vitamin K: 1,842%
Vitamin B6: 58%
Vitamin B12: ~
Thiamine: 48%
Riboflavin: 41%
Niacin: 24%
Pantothenic Acid: 37%
Biotin: 5%
Folate: 83%

The 7 Rungs of the Health & Wellness Ladder

By Martin Jacobse

Charge Up Your Cells With Energetic Healing Foods

When something cuts your skin, how do your cells know how to regenerate the wound? After you eat food, how does your digestive tract know which foods to absorb and which ones to eliminate?

Unlike a mere machine, your body responds to an “encoded language” which expresses all your complex involuntary functions in order to thrive. Scientists have been attempting to break the bio-code that your cells have used to communicate for thousands of years.

Today, I hope to shine some light on the mysterious language of life and unveil some of the mystery underlying the “hidden” connections, which sustain, nurture and heal us all.

An ancient Greek healer and philosopher named Hippocrates once proclaimed, “Let food be your medicine!” Those famous words represented the pinnacle of medical wisdom for thousands of years. Unfortunately, during the last 100 years the “business” of medicine replaced the wisdom of food with the folly of chemistry.

Many doctors and scientists now agree that the pandemic rise of degenerative disease is directly related to a departure from this ancient wisdom.

As humanity’s perceptions of reality change, so do our habits, lifestyles and culture — both

“

An ancient Greek healer and philosopher named Hippocrates once proclaimed, “Let food be your medicine!” ... Many doctors and scientists now agree that the pandemic rise of degenerative disease is directly related to a departure from this ancient wisdom.

”

individually and collectively, sometimes for the better and sometimes for the worst. This “shift in thinking” presents an eminent challenge for us all, because in order for us to improve world health we must first re-evaluate the way we see ourselves.

The same goes for our failed state of modern medicine; its narrow view must broaden.

Nothing leads to poor health and dis-ease quicker than poor behavioral patterns, which entirely depend on how we view the world and our relationship with it.

Not too long ago scientists mistakenly thought atoms were solid, time and space were absolute

and that the world was flat. But we all know better now. As we exchange our illusions for truth, the obstacles that once bound us suddenly vanish, revealing a fresh, brighter, more promising day dawning.

New science has revealed we are something entirely different than what we've been told to believe. This fresh revelation is radically transforming how we perceive our world and the way we heal our bodies as well.

This new world-view is a “systemic model,” one best described as a holographic universe made of pure organized energy.

Now we can better see the direct connection between the environment and the body. This is the new science of electrical nutrition. In other words, try to envision your entire body and all its internal processes as an intricate electrical system.

This discovery helps explain the unexplained. All of your cells can be seen as tiny batteries and capacitors and your nutrients and minerals as essential charged fields, which make life possible.

It's as if we've suddenly evolved from Homo Sapiens to “Homo Electromagneticus” in the blink of an eye.

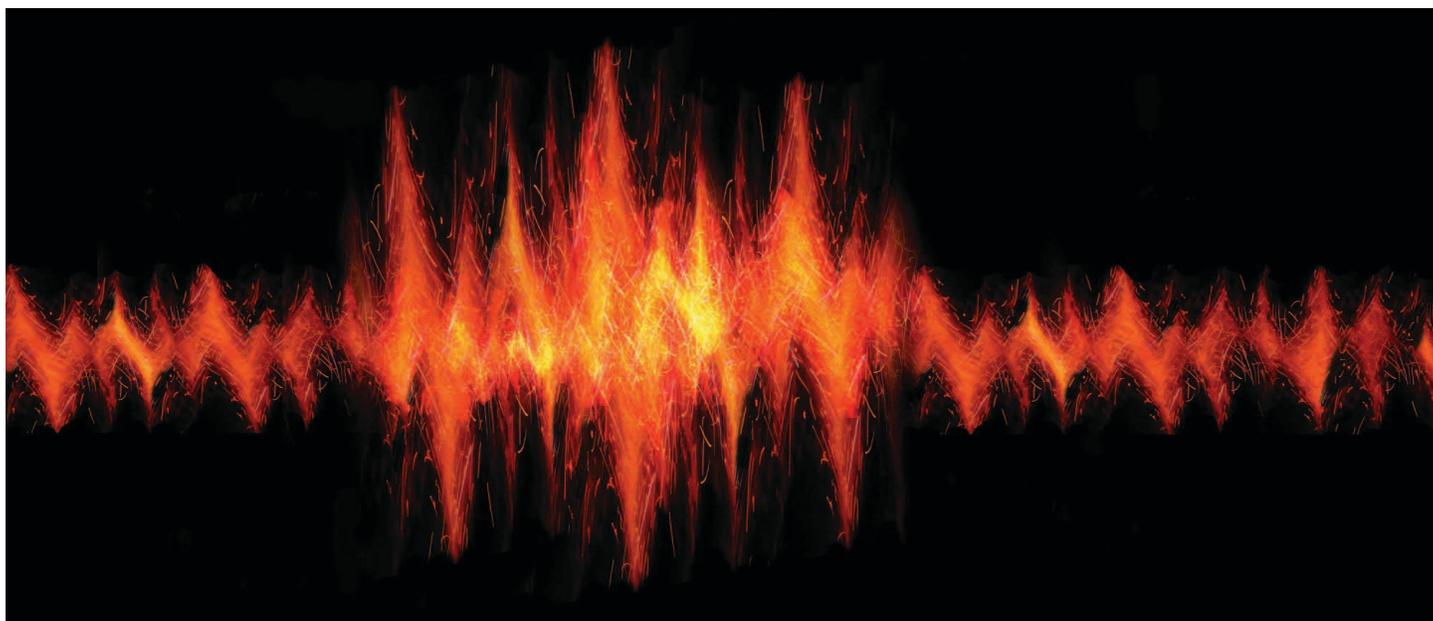
Your Central Nervous System (CNS) and connective tissue network are “hard wired” directly to the micro pacemaker cells within your heart, synaptic brain function and even to your amazing bone regeneration matrix. All of which constantly vibrate with subtle biogenic energy fields.

Quoting the author of *The Genie in Your Genes*, Dawson Church, PhD, “Energy is the currency in which all transactions in nature are given or received.”

The science journal *Nature* recently published a study by the University of Basel proving DNA uses electricity very effectively. Other researchers have observed “data bursts” of energy in the form of light emitting from our very genes.

Did you know your genes are essentially an electrical switch-board which depends on subtle connections “within your food” through energetic pathways?

Leading scientists have confirmed all vital bio-



logical functions depend on these electromagnetic (piezo) fields.

These electromagnetic energy fields have communication roles that “translate information” from our environment to our bodies and even between other bodies.

These simple energy fields are responsible for structural formation and organizing and controlling growth within your body. (Presman, 1970)

Because your cells communicate entire “streams of data” from within them and between them, you can nurture a “healing response” to help treat, prevent or cure any dis-ease . . . naturally.

We now know through this emerging science that cell membrane health is the foundation of “effective” cellular signaling. It is through these lightning speed impulses, which allow all life sys-

tems to work together.

Here are 7 main types of cells that create and conduct electromagnetic energy:

1. Bone
2. Actin
3. Dentin
4. Tendon
5. Tracheal
6. Intestinal linings
7. Nucleic acids

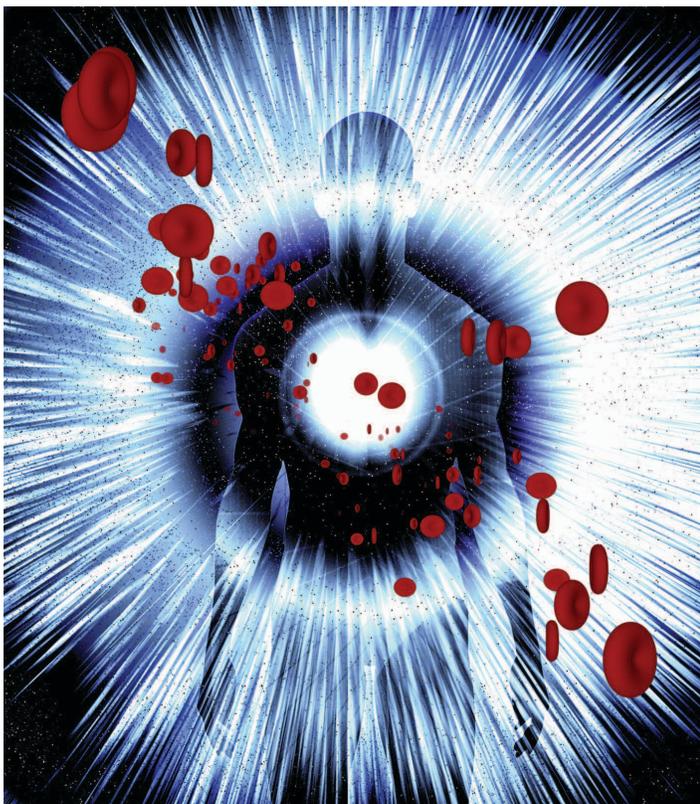
Albert Szent-Györgyi believed every cell has electrical mechanisms, which control all chemical energy necessary for all life processes. Again, confirming electromagnetic, or piezo energy, is the most fundamental electricity generated by your body.

Chemical reactions are secondary at best and never could come close to explaining the secrets of health and life. That’s why “drugs” do not provide the solutions to the health issues that confront us today.

Chemicals and drugs distort the electromagnetic signaling process of your body. These chemicals and drugs block vital healing signals and can permanently burnout sensitive living systems.

Whenever the coordination of cellular information breaks down, normal self-regulating processes simply fail. So, basically by addressing the “root cause” of any energetic interference we can restore homeostasis and activate the healing processes.

I want to be very clear on this critical point; whatever it is that ails you, it is NOT a drug deficiency. I realize Big Pharma’s fear mongering advertisements and persuasive selling techniques



are sometimes very tempting to believe. However, you should know they are designed to trick people into a “victim mind-set.” It’s a sick ploy

“

Chemicals and drugs distort the electromagnetic signaling process of your body. These chemicals and drugs block vital healing signals and can permanently burnout sensitive living systems.

”

to trap people into depending on more drugs and chemicals to fix their pains.

Simply put — you need trace minerals (electrolytes) to conduct electricity for your heart, brain and other tissues. Two-time Nobel Prize winner, Linus Pauling declared that, “All disease originates from simple mineral deficiencies.”

Don’t fall victim to the tyranny of a disease-management system by depending on chemicals, which only block symptoms of nutritional deficiencies.

Truth is Mama Nature has an intelligent solution for anyone with a discriminating mind, which is anyone who is hungry for real knowledge and willing to listen.

There is no doubt. We exist within an organized universe whose primary directive is to support all living systems. That means you!

An amazing thing happens to your health when you cooperate with these pre-existing natural principles — you become totally self-sustaining.

You see, everything around you follows specific patterns of creative energy, just as everything inside you does. The trick is to remove any obstacles which may interfere with this natural harmony.

This is really nothing new. It’s an ancient science that acknowledges the “small is in the all” and the “all is within the small.” We literally exist within a living network of larger and smaller systems which all work in harmony with the language of life, within our holographic universe.

For some people this new world-view may be difficult to accept. That is only because our conditioning is so strong. But, as with any new discovery once understood it is actually less complicated than the old “incorrect” chemical based model.

Life systems are complex, yet once you grasp this new “energetic model” you will begin to see the light.

Sadly, nothing is taken for granted more than

“

Inarguable evidence-based science dictates that “The Key to Optimum Health” is to simply return to Mama Nature’s ways.

”

“life” itself. As you know, once you lose “life” there is no going back to correct your mistakes. However, “life” can be sustained by nurturing “health.”

When you nurture your “health” you sustain your “life.”

Most people do not appreciate what they have until they lose it. Thank the heavens above you can usually get a second chance with your health.

You see, your body is subject to the same natural laws that the world is. Both the real world and your body are made of pure, living energy.

Problem is, drug advertisers are still selling people on the lie that you are nothing but a ball of nerves randomly fueled by chemical reactions. This “false premise” causes a lot of unnecessary pain and suffering.

The truth will set you free.

This molecular matrix we call the physical body is actually a superconducting network of interwoven energy fields of light. These networks are affected by “the energies,” or nutrients, within your foods as well as by your emotions and thoughts.

Everything from aging, growing and healing is controlled by these fluctuating cellular energy

fields. Your body is a symphony orchestra of 600 trillion cells, 23,299 genes and countless other intelligent systems which all depend on what’s hidden within your diet.

You see, your body is in a state of constant communication and each cell depends upon an array of “signal processing” antennae made from special sugar molecules called glyconutrients. All of this operates between the frequencies of light and sound, or simple energy fields.

You should know whenever you change your diet you affect minerals and nutrients that your cells are made of and this changes cellular energy levels.

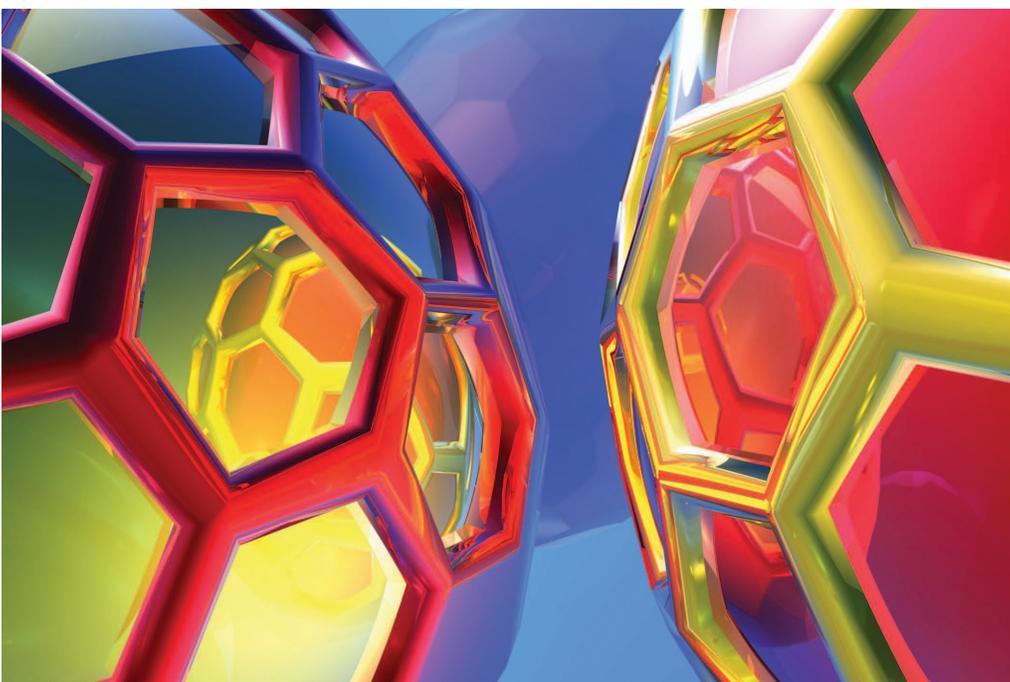
It is no coincidence that loss of cellular energy is the first sign of dis-ease. Loss of energy is a sign of under-nutrition, dehydration and demineralization; all of which contribute to the energy pulse that provides all your body needs for optimum health. Everything strives to work in perfect synchronicity if you

let it.

Vitamins and minerals are what your life systems need to nurture all healing processes.

Your energetic body knows automatically what to do with nutrients, minerals and their cofactors because of their unique electrical (signatures) frequencies.

Vitamins and minerals have unique energetic frequencies, which affect the



structure-function of your entire body, including your GENES! This also explains how the right foods can help heal.

This is why eating natural, “RAW,” living foods is superior to consuming processed, dead and denatured foods. “RAW” foods still retain the functional energies to sustain metabolic balance and immune function.

“A vitamin is a substance that makes you ill if you don’t eat it.” Albert Szent-Gyorgyi

As you read this you may hear a wee voice inside you saying, “Ah-Ha!” You can see you are either part of the problem or part of the solution. The power of choice is all yours.

So, watch what you eat and drink, especially if your health has been compromised by pollutants, stress or injury. What you eat and drink, as well as your lifestyle habits, have a greater effect on your health than what most doctors were taught in medical school. Part of this is because very few medical schools even teach much about nutrition, if at all.

Basically, you will get electrolytes, vitamins and enzymes from any food that grows in the ground.

Electrolytes are minerals in your blood and other body fluids that carry an electric charge. Balanced electrolytes affect the amount of water in your body, blood pH, muscle action and help process nutrients and their cofactors.

Here are a few examples:

1. Calcium: Energy is produced through conversion of fatty acids and amino acids using enzymes, which are dependent on calcium. Foods with calcium are kale, spinach and many nuts.

2. Magnesium: Accompanies calcium to con-

tract muscles electrically and then alternates with magnesium to relax the muscle. Foods with magnesium are artichokes, almonds and buckwheat.

“

Fact: It has been estimated that about 80-90% of all degenerative diseases can be prevented or cured with diet and lifestyle modifications.

”

3. Potassium: The main charged molecule within all muscle cells that regulates the lowest sodium concentration. Foods with potassium are apricots, avocado and lima beans.

4. Sodium: The main charged molecule outside cells. The best source of sodium recommended by doctors is Celtic or Himalayan sea salt, whereas table salt triggers water retention and even hypertension. Foods with natural sodium are beets, kelp and goat milk.

5. Chloride: Complements sodium and has an opposite charge. It helps balance and consistency of cellular salt levels. Foods with chloride are cauliflower, rye and celery.

Without a balance of these electrically charged molecules you can suffer seizures, irregular heart beat and muscle weakness to name a few.

Fact: It has been estimated that about 80-90% of all degenerative diseases can be prevented or cured with diet and lifestyle modifications.

The bottom line is the overwhelming abundance of evidence-based science supports the benefits of using “nutrient rich food,” life style

modifications and natural therapies as medicine.

Living, “RAW” foods deliver the energy you need to help nurture the natural healing mechanisms necessary for long life. “RAW” food provides bioavailable sources of enzymes, nutrients, minerals, enzymes, proteins, fats and glyconutrients which empower your biological life sustaining mechanisms.

Inarguable evidence-based science dictates that “The Key to Optimum Health” is to simply return to Mama Nature’s ways.

Cutting edge discoveries in the science of nutrition are finally in alignment with a more “holistic world view.” Today, we see real doctors taking a more “energetic look” at functional living foods and the roles they play in relation to our health.

Your life is more than tissue, blood, proteins, fats and all of that. There is an underlying “life-force” hidden deep within us all. The ancient

Chinese called this “chi” and even mapped out “meridians” of electromagnetic activity that could be either subdued or encouraged by food, herbs and exercise.

The secret code of longevity is finally being deciphered through the interrelatedness of the dynamic web of life.

If you eat the wrong foods you can block your bio-energetic circuitry. The worst thing you can do is depend on chemicals, drugs and processed (or denatured) foods to sustain your health. If you were not interested in optimal or even ultimate health, you wouldn’t even be reading this article, so I’m sure we are on the same page here.

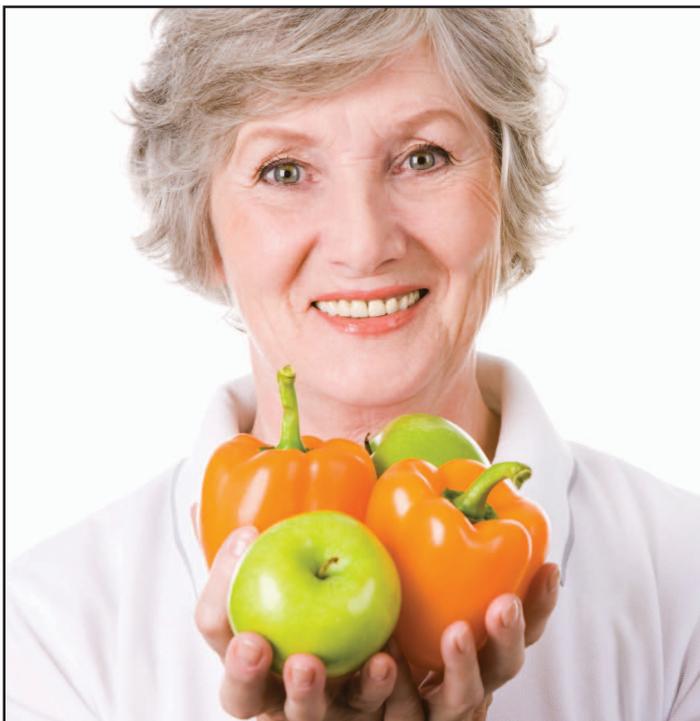
Healing can be quickened!

As you already know eating unhealthy animals, fried foods, refined sugar and table salt disturb cellular communication and throw you out of balance bioelectrically. They actually cause nutritional deficiencies.

On the other hand eating the right foods supports proper genetic expression by providing the full spectrum of electrical nutrients. Epigenetic scientists have proven good foods “turn on” good gene switches and that bad foods “turn off” those beneficial genes. This is a huge medical breakthrough that is changing everything we thought we knew about the healing process.

Leading researchers now agree that proper nutrition and lifestyle can positively control more than 90% of our genetic expression.

All life, including the “RAW” foods you eat are saturated with life giving energy . . . So, listen to the “wee voice” inside you, as Hippocrates once did, and start using the innate power of Mama Nature to empower your health and longevity.



Living Healthy to 120

Anti-Aging Breakthroughs

By David Kekich

Youthfulness in a Plain Brown Wrapper

I noticed her when she came into the room - one of the last to arrive for my talk on how to grow younger. This small woman with gray hair was smartly dressed in a navy blue suit with the collar of a crisp white blouse peeking over the edges of her suit lapels. Her black heels were stylish but perhaps a little too high since they made her teeter as she walked. A serious expression on her beautiful face was in stark contrast to the animated faces of the others who were greeting friends and bringing the noise level near the crescendo of a comedy club.

What drew my attention to her was the way she looked furtively from side to side and then slunk down into a seat in the back, as though someone was hunting her and this seemed a good place to hide.

It was later, after my talk was over and the line for book signings and questions had thinned to a precious few, that I noticed her

again. All the other seats were empty but she was still hunkered down, just waiting. For the police? A jealous ex-lover? Gotcha, you're It?

Actually... none of these. After everyone else left, she came up to me and the intrigue was over. She just wanted to ask me a question but didn't



want anyone she knew to see her at a workshop about growing younger.

In a timid voice she told me her friends discussed my workshop and criticized it as vain attempts to hold back what's natural and inevitable.

She told me they concluded, "It's against nature. We should just grow old gracefully. Wanting to grow younger is just vanity."

I told her I deeply respect those who feel we should grow old gracefully, but I don't agree that we should accept the inevitability of decline.

Accepting that decline is going to happen no matter what brings with it all the programming we've accumulated over the years that associates age with progressive deterioration of mind and body.

And no, it's not vanity to want to enjoy life with vigor; to live passionately; to feel good and share joy, love, accomplishment and adventure. That just doesn't have to change because we live longer.

I noticed she was perking up. She straightened her shoulders and I swear she grew two inches. "That's how I feel," she told me and excitement began to creep into her voice.

I was back on my soapbox: this method is not about glorifying youthful appearance so you can get flattering remarks and admiring glances. But, don't be surprised if you do.

If we, individually and collectively, change our image of aging, just think of the incredible con-

tribution people our age can make to humankind.

We can be the pivotal generation group that bridges the old human way to the new. We can envision all of humanity living lives that are empowered and grow better and better as the years progress. I don't know what that looks like exactly - but the baby boomers, especially, are ripe for pioneering a new frontier of transformation and renewal.

I was giving my speech all over again and it felt so good! She gets it, I thought, as she broke into a big smile and we both hugged like we meant it.

I could tell there would be no more hiding for her. No more putting youthfulness ideas and techniques in a plain brown wrapper so people won't know she's partaking of something forbidden.

Dear Readers, let's all come out in the open about our desire to be vital and healthy and fresh and alive! And if that's called youthfulness, let's embrace it with gusto.



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

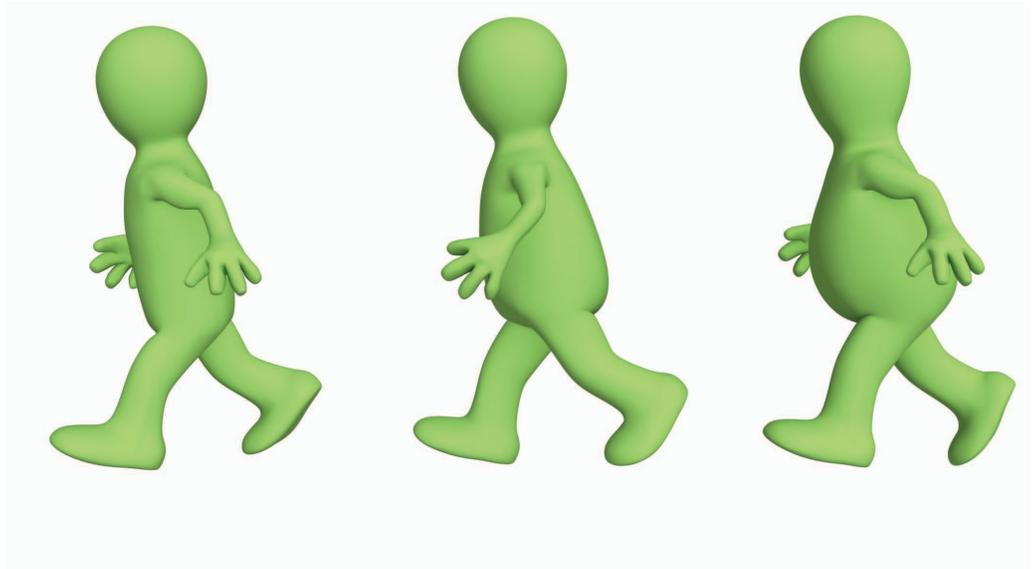
By Nordine Zouareg

7 Reasons You Aren't Reducing Weight

In a high tech world, there's a whole slew of ways to determine whether you're reducing body fat with your diet and exercise regimen. The favorite traditional methods of measuring body fat include underwater weighing and skin calipers. The newest rage is a specialized bathroom scale that sends infrared beams through your body to determine how much of your body weight is actually fat and how much is lean body mass, muscle and bones.

Still, the most tried and true device, and possibly the most accurate way to determine if your dieting efforts are working – is the old fashion bathroom scale! If you're reducing weight on the scale, you're also reducing fat. Sure, if you're dropping more than 3 pounds per week or your energy levels are waning, you're likely to be shedding some valuable muscle also along the way.

However, if you're reducing 1-2 pounds every 1-3 weeks, and your energy and strength levels are stable, you're likely shedding almost exclusively fat. That said, let's explore the top reasons why people fail to see the body trimming results they hope to achieve.



The 7 roadblocks that keep many frustrated are outlined below. Fix or avoid most of these troublesome 7, and your fat reducing will be smooth.

1. Too Many Carbohydrates.

I'm no fan of strict low carb diets, but any additional carbs above and beyond those needed to saturate your muscles with glycogen have a good probability of being stored as body fat. While bodybuilding training requires a high carb intake, many novices and intermediate trainees simply do not train hard enough to justify a massive carb intake. Depending on your size and level of training intensity, split your carb intake into 5 servings per day and aim for 30-60 grams of carbs per meal to shed fat. Start at a higher intake such as 60 grams of carbs per meal. If you reduce

weight, continue with 60 grams per meal. If you fail to lose, drop to 50 grams per meal.

2. Too Much Protein.

Surprise! This factoid is tied to carbohydrate restriction. When dieting to lean down, carbohydrates ought to be slowly reduced. However, many dieters take an overly aggressive approach in hopes of making miracle-type progress and cut back too far in the carb department.

When you restrict carbs, your protein intake should increase. But – and this is a big one – over compensating by eating too much protein can also prevent fat loss by contributing to a calorie surplus. As a rule, shoot for .74 to 1 gram of protein per pound of body weight each day while try-



“

Once in a while you should let loose and give yourself a break from the rigors of dieting and scale watching.

”

ing to add weight and muscle. When ripping up, start chopping away at your carbs and increase the protein to 1.25 to 1.50 grams per pound of body weight. Anything more- will just be stored as fat.

3. Skip The Late Night Carbs.

Don't believe the conflicting research. The fact remains; carbs eaten at night are less likely to be burned off as fuel and are more likely to be stored as body fat. That means: forego the pasta, potato or rice at meal 5 (your final meal of the day) for lean proteins like fowl or fish, along with a side dish of veggies. Or, enjoy a simple protein shake that provides you with high quality protein.

4. Wrong Breakfast.

Want to get lean and eat a lot? Eat more at breakfast. Of your 5 daily meals, the one that is least likely to end up on your hips, thighs and lower back is the first one. In the morning, muscle glycogen stores are lower than during any other part of the day. When glycogen stores are low, your body's capacity to take carbohydrates and store them as body fat is hampered. So pack in the carbs at breakfast –along with 20-40 grams of high quality protein to jump-start your day. And don't worry about getting fat.

5. Too Much Cardio.

What happens to the guy or gal who performs 1-2 hours of cardio a day? They send their body into a tailspin, a state where the “starvation hormones” secreted by the body skyrocket (It’s your body’s survival mechanism, a response to too much exercise!) causing fat cells to try to hoard their energy! Moderate cardio is the way to go. Four to five 20-40 minutes sessions per week is all that it takes. Any more than that and you run the risk of reducing precious muscle tissue, which negatively affects your metabolic rate and your ability to train.

6. Never “Cheating” on Your Diet.

Once in a while you should let loose and give yourself a break from the rigors of dieting and scale watching. In fact, it’s helpful in reducing weight. That’s because continual dieting eventually leads to roadblocks where the body responds by slowing its metabolic rate. Strict dieting also takes its toll on you mentally, and can leave you feeling deprived. That’s a bad combination! Taking in a couple of high calorie meals once every 7-10 days not only provides a mental break from dieting, but helps you side-step roadblocks by preventing the body from entering a starvation state where the metabolic rate slows.

7. Paying Attention to the scale only.

Ok - this may sound contradictory, but the scale is not the “end-all” measurement of progress. You also monitor a couple of other things, primarily energy and strength. If you’re reducing weight and you have plenty of energy and

“

...the scale is not the “end-all” measurement of progress. You also monitor a couple of other things, primarily energy and strength. If you’re reducing weight and you have plenty of energy and strength, you’re reducing body fat – guaranteed.

”

strength, you’re reducing body fat – guaranteed. On the flip side, if you’re reducing weight yet feeling really tired or are seeing constant drops in the weights you use during your workouts, then you’re likely also burning off muscle tissue. If no energy and a loss in strength is the case, then you’re likely violating several of the above tips and will need to rectify them to get back on track.

And there you have it. Avoid these obstacles to reducing weight and enjoy your new lean body.



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. Scott Saunders, MD



Should I Take Vitamins?

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 one 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 would increase their own free-radical scavengers according to the need.

(<http://www.cellmetabolism.org/content/article/abstract?uid=PIIS1550413107002562>)

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.

“

Fasting decreases the need for vitamins, and prevents aging in many more ways than just decreasing oxygen free radicals.

”

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

Audio Interview with Dr. Scott Saunders, MD

The best resource available to you about vitamins and supplements is this interview with Dr. Saunders. Find out if you should take supplements every day, which 3 vitamins should be a regular part of your diet, what common brand name tested best and the recommended vitamins for heart, joint and bone health. Dr. Saunders also answers questions about vitamin absorption, reactions with medications, the most effective form of vitamins and active cellular nutrition! You won't be disappointed with the new knowledge you gain from listening to this interview and will never look at vitamins the same again! Be good to your body and listen for the answers you've been waiting for!

Listen online at:

http://homecuresthatwork.com/members/access/Nov/Saunders_Interview.wav

Recommended Sources from Dr. Scott Saunders:

Dr. Steven Sinatra, Cardiologist:
<http://www.drsinatra.com/>

Supplements Compared:
<http://www.supplementscompared.com/>

Vitamins and Nutrition Center:
<http://www.vitamins-nutrition.org/>

Video Cures from Dr. Scott Saunders, MD

Check out Dr. Saunder's latest video reports online!

"Choosing a Doctor"

<http://www.youtube.com/watch?v=Fe5z2ERsEq4>

"Minerals"

<http://www.youtube.com/watch?v=5bxlz8QO-ts>

Dear Dr. Scott,

Is there a serious risk of dizziness or increased anxiety associated with using Namenda to treat progressive memory loss?

“

[MSG is] really hard to avoid if you don't make your own food. Even those restaurants and packaged foods that say "NO MSG" often have a disguised form because nobody will like the taste without the MSG.

”

~ James Hardy

Answer:

The short answer is: “yes,” but it's not common. Namenda doesn't “treat” progressive memory loss. It gives a temporary improvement (about 12 weeks) after which the cognitive decline progresses at the same rate as if it wasn't being used. Again, this is one of those medications that treat symptoms while allowing the disease to progress. The side-effect profile is good (few have problems with it, even those noted above), and it doesn't seem to make the disease worse so it's reasonable to try it while you treat the disease to prevent progression.

Treating Alzheimer's disease begins with a very strict diet. Make all your own food from scratch. Buy fresh, organic, fruits and vegetables

and use only whole grains.

It's important to never have MSG or other excitotoxins because they either cause the disease or make it worse. That means nothing out of a box, bag, or can. Avoid soy sauce. The problem is, MSG has about 12 different names. Anything that is a “hydrolyzed” or “modified” wheat, soy, animal, food, or other protein is MSG in disguise. It's really hard to avoid if you don't make your own food. Even those restaurants and packaged foods that say “NO MSG” often have a disguised form because nobody will like the taste without the MSG.

The brain uses specific nutrients for its structure and function. The research is in the infant stages, but there is some evidence that Alzheimer's disease can, at least, be slowed. There is a supplement made by Dr. David Perlmutter, MD, who is a neurologist who does research on using nutrients to restore brain function. “Brain Sustain” is available at various sites on the web.

~ 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!

Visit:

www.homecuresthatwork.com/email/Ask-the-doctor.php



Grandma's Cure Corner

Do Kids Need Their Flintstones™?

Here is a question I received earlier that I thought I would pull out of the archives and respond for this special issue.

Dear Grandma,
How do you feel about vitamins for children? I am not sure the sugared and gummy versions are putting what is best in the bodies of my children. Should I even give them a multi-vitamin? I thought since you were a Grandma and have your own children and grand-children, as well as seen the change of the times, if you thought it was a good idea.

~ Alexandria James

You're right, Alexandria.

The average children's vitamins are no healthier than candy. Even if all the right vitamins or minerals are listed on the label, they are often in quantities that probably wouldn't make a big difference in your child's health. Sometimes, it is better just to provide better food and meals for your child than to serve them synthetic, under-par vitamins that creates a belief that vitamins should be sweet, like candy!

I am trying to eat healthier these days, espe-



cially with a cancer scare, and am educating myself more about the role of vitamins. They were part of my cancer recovery and getting my body's inside fit to ward off cancer cells. I am certainly passing along the information I am learning to my son and daughter, so they can raise my grandchildren with the vitamin knowledge they need to stay healthy on the inside!

Here is what I found about children’s vitamins. I would recommend vitamins and minerals for children these days, as long as they contain at least 50% of the RDA of all 12 essential vitamins (per day). These 12 would include:

12 Essential Vitamins	Purpose/Actions	Food Sources
Vitamin A	Bones, Skin, Teeth, Vision, Resistance to Infection	Eggs, Fish, Spinach, Carrots, Tomatoes
Vitamin B1 (Thiamine)	Nervous System Health	Peas, Beans, Eggs, Nuts, Whole Grains
Vitamin B2 (Riboflavin)	Metabolizing proteins, fats and carbs	Green Vegetables, Dried Beans, Dairy, Eggs
Vitamin B4 (Niacin)	Healthy Digestion & Nervous System	Meats, Fish, Whole Grains, Nuts, Dried Peas
Vitamin B5	Processing Protein	Meats, Fish, Tomatoes, Peanuts
Vitamin B6	Breaks down fats, proteins & carbs	Egg yolks, Broccoli, Potatoes, Whole Grains
Vitamin B9	Red Blood Cell Growth & Metabolism	Asparagus, Spinach, Broccoli, Turnips, Potatoes, Nuts
Vitamin B12	Red Blood Cell Production	Hard cheese, Milk, Lean Meats, Fish
Vitamin C	Helps Cells Bond Together, Improves Iron Absorption, Promotes Infection Resistance	Citrus fruits, Strawberries, Raw Vegetables, Brussels Sprouts
Vitamin D	Healthy Teeth and Tone	Egg Yolks, Vitamin D Fortified Milk, Direct Sunlight
Vitamin E	Protects Red Blood Cells	Wheat Germ, Rice, Leafy Green Vegetables, Nuts, Legumes
Vitamin K	Permits Blood Clotting	Cauliflower, Spinach, Cabbage

Here are the important minerals you also want to find in children’s vitamins:

Minerals	% RDA in Supplement	Actions	Food Sources
Iron	50% RDA	Helps blood carry oxygen to tissue and muscles, supports immune system, prevents anemia	Meat, Fish, Poultry, Beans
Iodine	50% RDA	Part of the thyroid hormones	Iodized Salt, Seafood, Kelp
Zinc	50% RDA	Supports immune system, aids wound healing and tissue repair, maintains sense of taste and smell, assists digestion	Red Meats, Oysters, Eggs, Beans, Nuts, Whole Grains, Certain Seafood
Calcium	15% RDA	Forms bones and teeth, helps with blood clotting, muscle & nerve function	Milk, Cheese, Yogurt, Broccoli
Magnesium	15% RDA	Helps maintain normal muscle and nerve function, helps produce energy, keeps bones strong	Meats, Green Leafy Vegetables, Yogurt, Milk, Bran

“

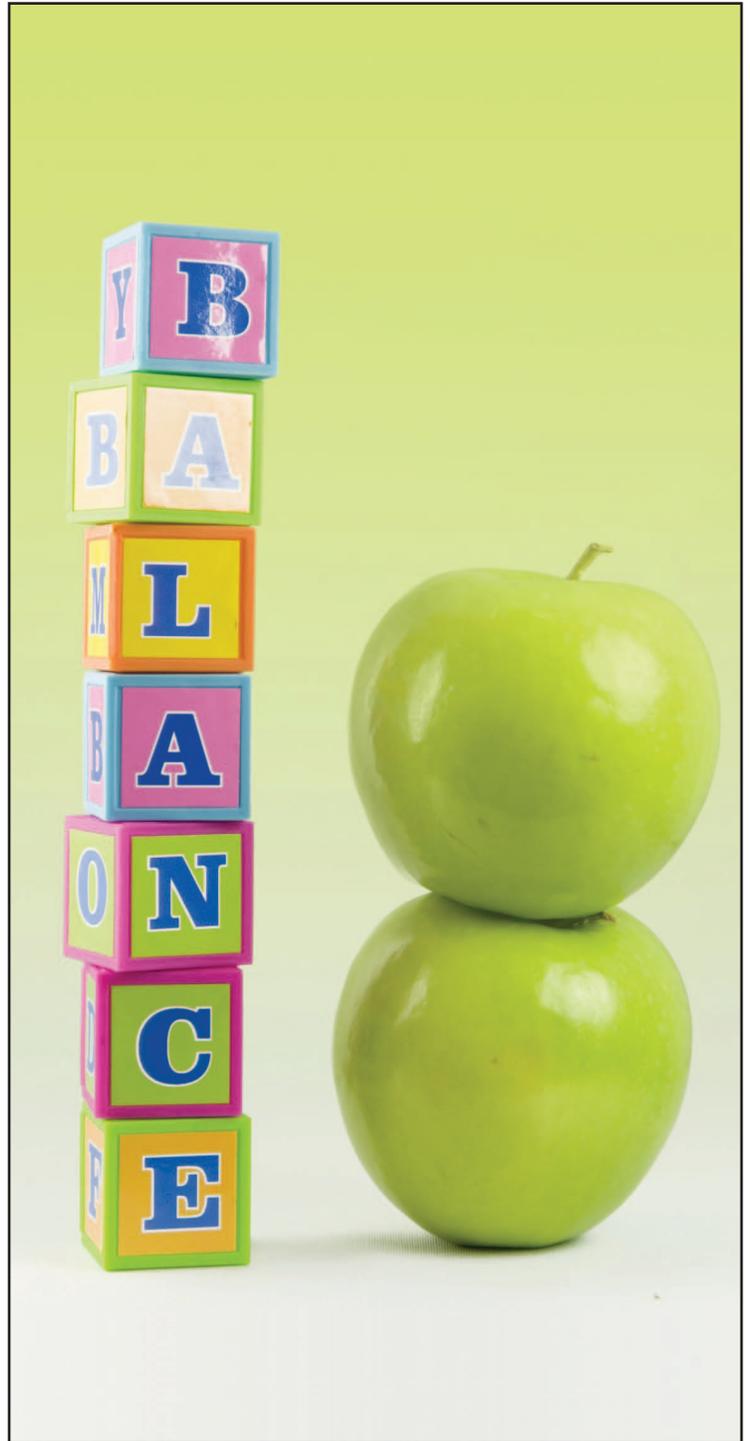
The average children's vitamins are no healthier than candy. Even if all the right vitamins or minerals are listed on the label, they are often in quantities that probably wouldn't make a big difference in your child's health.

”

Alexandria, don't forget that the body can get these nutritional necessities from whole, non-processed foods such as fruits and vegetables. But the modern and convenient cooking we default to (and I am guilty of), lacks these essential nutrients. Look for vitamins and supplements in these quantities of RDA for your children, so that they can be easily absorbed and used by the body.

I love my grandchildren and I love helping them build strong bodies to make sure they get to live all that life is supposed to be! Be good to your children, Alexandria, and feed them well!

~ Love, Grandma



Big Pharma Corporate Arm

By Martin Jacobse

Vaccine Induced Diseases Must Be Stopped!

There is a real clinical term you probably never heard of. It's called "Vaccine Induced Disease Syndrome" (VIDs), and it is the most important fact you need to know about this year.

Many people are under the misconception that vaccinations help people by preventing outbreaks of disease. However, evidence points to the contrary. In fact, vaccines not only have a horrible track record, they have been literally causing many disease outbreaks to worsen and often cause the dis-eases.

There are two choices when addressing an infection:

1. Interfere with the body's natural healing systems.
2. Allow the immune system to adapt to and defeat the infection naturally.

If vaccinations really worked then there would be an "open forum" and the medical community would welcome scientific scrutiny, right?

Truth is, vaccine theory really doesn't work and the medical powers that be refuse to discuss it at all.

Vaccine Induced Disease Syndrome (VIDS) is often a combination of several diseases resulting from solely from vaccinations. Genetic predisposition, race and lifestyle are a few of the variables

that determine which diseases will appear after vaccination.

Take the common fever, for example. Stopping a fever before it takes its course is NOT a good thing. Follow me here . . . the body raises its temperature because malevolent viruses, parasites and germs cannot thrive in that heated condition.

Figuratively speaking "having a fever" is Mama Nature's way of cleaning house.

When you "interfere" with a fever, the viruses and other foreign invaders continue to thrive inside your body and they can travel around triggering multiple disease states.

In fact, Louis Pasteur admitted near the end of his life that his "Germ Theory" was incorrect and that prevention depended more on "nurturing a healthy terrain" rather than sterilizing the environment. Babies do build natural immunity from the common germs around them. (See my reference to Professor Antoine Béchamp's cutting edge discovery below.*)

Today we use antibacterial soaps, antibiotics and sanitizing sprays that never allow natural immunity to develop. There are good organisms in "dirt and soil" called "homeostatic soil organisms" that synergistically work with pre-biotic and pro-biotic organisms to improve immunity,

digestion and the ability to absorb nutrients from foods.

Your body has a built-in natural intelligence to deal with infections. Chemical interference actually depresses the immune system and starts a chain reaction that weakens your body, causing co-dependence on more drugs and chemicals.

That's how Big Pharma makes their profits.

Just like antibacterial soaps and pesticides help make ultra-resistant species of superbug, antibiotics and vaccinations also create super resistant bacteria, fungi and viruses. Mad science simply cannot replace Mama Nature.

So, if you can't beat Mama Nature, why not join her?

Western empirical medicine is creating the same old problems over and over again. For example, now we have a vaccine resistant super-strain of tuberculosis (XDR-TB) that increases by the more drugs or vaccines used to fight it.

Why do you think the flu season gets worse every year? Because it adapts to last year's vaccinations and becomes a stronger more evasive strain each flu season. Truth is vaccines are a medical scam designed to make tons of money.

This is why children shouldn't be vaccinated for non-life threatening infections prior to their being able to develop their own immune system. Obviously, the empirical medical establishment and their accountants stubbornly disagree.

Here's some evidence against vaccinations:

- According to the Lancet medical journal a tuberculosis vaccine experiment in the 1970's caused more TB infections in people vaccinated than in those not vaccinated. (Dec. 1, 1980)
- In 1975, the Japanese stopped vaccinating kids at 2 months old and started injecting at 2 years old . . . Sudden Infant Death Syndrome (SIDS), infantile seizures, meningitis and other infectious diseases in infants virtually disappeared. Japan went from 17th in infant mortality to 1st

(lowest in the world). The catch is now a whole generation of neurologically damaged two year old toddlers keeps popping up.

- The developer of the polio vaccine confessed that the polio vaccine actually triggered more polio infections in the 1960's. (Dr. Jonas Salk; published



in Science "abstracts" May 4, 1977)

- Between 1970 and 1990, over 200,000 cases of whooping cough occurred in fully vaccinated children in the United Kingdom. (Community Disease Surveillance Centre, UK)
- In 1978, Sweden found out of 5,140 cases of whooping cough, 84% had been vaccinated three times. In 1979, they(dropped the vaccine program. (BMJ 283:696-697, 1981)
- When I did my research in Pub Med for "vaccine induced disease" I retrieved 5,478 records. One hospital based study conducted in the W. Cape Province, South Africa, documented a mortality rate as high as 75% in children rou-

tinely vaccinated for Bacille Calmette-Guérin (BCG). (<http://www.ncbi.nlm.nih.gov/pubmed/16421800>)

- Medical fact: as many vaccinated people get influenza as do unvaccinated people.

It is interesting to note that the current economic stimulus bill mandates more than \$953,000,000.00 for vaccination programs.

The first time America learned of dangerous vaccines was April, 1982 from the diphtheria vaccines, referred to as DPT Roulette. This problem was identified with help from the National Vaccine Info Center. After an in-depth study, the University of California found, “a significant association was shown between serious neurological illness and the pertussis vaccine . . .”

Pertussis was a component of the DPT shot which caused brain damage and death in children. (The Vine, Issue 7, January 1994, Namour, Qld)

Many doctors now agree that “all neurological diseases,” including autism, are triggered from vaccines. Proof found in the medical dictionary and Harrison Principles of Internal Medicine support that vaccines cause the naturally protective protein coating (myelin sheath) surrounding nerves to dissolve (demyelination). That’s NOT good!

NOTE: UCLA has discovered “demyelination” in autism patients.

Dr. Rebecca Carley, MD, a court qualified expert in Vaccine Induced Disease Syndromes (VIDS), is convinced autism is essentially SUB-ACUTE SCLEROSING PANENCEPHALITIS. That is, the “demyelination” of the nervous

system is primarily caused from the mercury (Thimerosal) content used in vaccines.

In fact, on June 13, 2006, Dr. Carley has posted a \$10,000 reward to any member of the American Academy of Pediatrics who could successfully refute her claims that, “Inoculations cause corruption of the immune system leading to all autoimmune disease and cancer in people and pets.”

No one has dared challenge her publically to this day.

There is further documentation that vaccines do cause ADHD, brain tumors, autism, decreased intelligence, memory problems and even cancer, as well as a host of autoimmune dysfunctions like diabetes and asthma.

The current ratio is 13 out of every 100 kids injected with “anything” containing mercury (Thimerosal) will have permanent asthmatic symptoms, usually starting within a month of the shot. 1 out of 8 kids vaccinated for influenza will get asthma, asthma-like symptoms and permanent cystic fibrosis.

This is what many doctors are calling “evidence of harm.”

Mercury is only one of many toxins mixed into this smorgasbord of chemical additives and weakened viruses. We know mercury is poisonous to nerve cells; this is how it totally disrupts the body’s natural immune system.

Some of the other poisons in the soup are adjuvants, oil emulsions, aluminum compounds, bacterial products, liposomes and squalene. All of these have a whole list of their own adverse effects that we can go into another time.

Currently, the 4th branch of government (the Administrative State) is writing policies to take

away children if parents and guardians refuse vaccinations.

Apparently, Big Pharma has enough money to get our government to write policies to over-ride scientific evidence. Shouldn't it be the other way around?

According to an in-depth understanding of how vaccines suppress the cellular signaling process of the immune system, vaccines do NOT prevent disease.

In fact, the disease is literally prevented from ever being resolved because of vaccination (vaccinemia).

This month's article represents a very small example of why vaccines are harmful and unscientifically sound. So, let me cut to the chase!

What is the solution?

According to history *professor Antoine Béchamp, whose work was plagiarized by Louis Pasteur, the solution is all about nurturing a healthy "alkaline" cellular "terrain." You see, viruses and bacteria will NOT grow in a highly oxygenated alkaline body. In this sense, healthy "alkalinity" represents a normal electrolytic environment, rich in minerals (cellular salts) and virtually impenetrable to infection and disease.

Bottom line is, vaccination theory is one of the most dangerous scams ever imposed upon the human race. Most kids get through illnesses and do not develop a chronic condition without vaccines. The proper scientific research must be

done before any more vaccines be mandated. We need to do the REAL science.

The National Vaccine Information Center (NVIC) is moving to stop routine childhood vaccine program until studies are done. Most kids get through illnesses and do not develop a chronic condition without vaccines.

Health is not just controlling disease.

Infection can play a role in proper childhood immune development.

Obviously, NOT getting an infection is the

best position to be in, but if you do catch a non-life threatening infection there is no real scientific evidence that "interfering" is better than "nurturing" natural immunization.

Here's a video link to a young girl who developed a serious neurological dis-

ability within 10 days of receiving the routine flu shot this year. <http://www.youtube.com/watch?v=mh5F5wP8RdU>

NO vaccine is free of side effects. Every vaccine carries a risk of injury or even death . . . the risk is greater for some people than others.

The root cause of dis-ease begins in a cellular "terrain" which is weakened from under-nutrition, toxins and adrenal stress. Therefore, the key to self-shielding yourself is to nurture a healthy "terrain" so viruses and bacteria cannot make themselves at home.

The key is to follow Hippocrates's advice and "First Do No Harm!"



Product Recommendation

Eating for Energy

Eating foods for the proper vitamins and minerals to nourish our body serves at least one purpose: deliver long-lasting energy. Energy fuels our bodies for active living and the ability to turn dreams into realities. Yuri Elkaim shares his food secrets of “Eating for Energy” in this downloadable ebook.

In this step-by-step action plan, you’ll discover the exact foods your body was meant to enjoy. Incorporate foods that have highly beneficial enzymes, nutrients and life energy into your daily eating plan in order to improve your quality of life and the energy to enjoy it. Learn to eat the foods that have ENERGY in them, rather than poor and under nutritious forms of food energy. You will have more stamina, vigor and strength once you understand that the power of this energy food secret.

- Discover what the startling food consumption trends between 1970 and 2004 have done to your health.
- Learn how you can prevent cancer, cardiovascular, diabetes, and obesity by making this one small change to the way you eat.
- Learn why fit people can be at greater risk of disease!
- Discover the top 12 superfoods you should eat all the time.
- Realize why you may not have been successful

in losing weight in the past. This one secret will change your life (not just your body)!

- Learn why counting calories does not work. You’ll find out what does.
- Be amazed to find out why not all fats are bad and why eating certain “healthy” fats can actually speed up fat loss, increase your energy

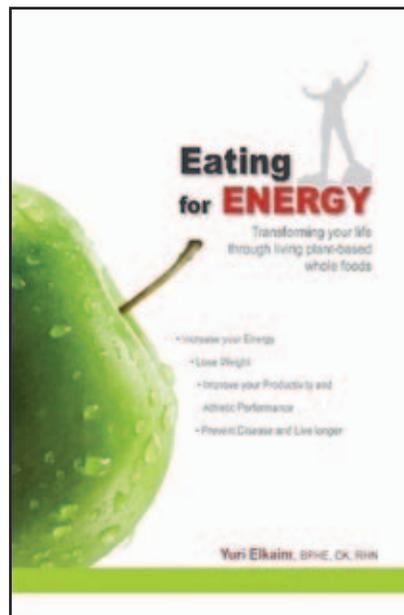
levels, decrease your risk of cardiovascular disease, memory loss and more... and precisely how much of them you need for optimal effects.

- Learn the miraculous food whose saturated fat burns fat in your body, fuels your energy for exercise, and prevents sickness and infections! One of the most amazing finds ever - and you can easily buy at your local grocery store!

Uncover the truth about high

protein diets...do they work for you or against you?

- Realize truth about organic foods...are they really necessary???
- Learn how to make RAW CHOCOLATE!! With few ingredients and less than 5 minutes to prepare - absolutely the best tasting ever... and it’s actually healthy for you.
- And much, much, more!!!



Buy it here:

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

Free Report of the Month

Depression Remedy Report

Barton Publishing is proud to offer a FREE Remedy Report every month to our newsletter subscribers. As a valued member of HomeCuresThatWork.com, you probably have already experienced success with one of our Remedy Reports. Please take advantage of our free offer every month to expand and ensure your health in safe, proven and natural ways.

What you need might be more than what you put in your mouth. Vitamins and supplements can do wonders for the body and actually help you FEEL better. But, if you are one of the 10% that suffer from depression in America, then the help you need to get yourself out of the pit is in this Depression Remedy Report. These 34 pages are absolutely crammed with the simple and honest truth about depression, what really causes it (and what really doesn't) and what you can do today to finally climb your way out of the well of sadness and learn to embrace the active life, sense of purpose and happiness you deserve.

Inside The Depression Remedy Report you will learn...

- The difference between depression and sadness... and how to tune up and refine your “depression radar” so you’ll know in an instant whether you’re just “having a bad day” or are in danger of falling into a dangerous and soul-killing bout of depression.
- 12 deadly depression danger signs... and what to do right away when you feel these symptoms coming on.

- The six most common types of depression... and how to identify what type you’re suffering from in surprisingly little time.
 - Simple facts about hormones... and why women are twice as likely as men to suffer from depression.
 - The devastating silence surrounding men’s depression... and how to help yourself (or the men in your life) to open up about their inner pain.
 - The truth about bi-polar disorder... and how to separate this “depression see-saw” from major depression.
 - Simple facts about Seasonal Affective Disorder (SAD)... and ridiculously simple steps you can take to obliterate the winter blues.
 - How to handle the devastating affects of post-partum depression... and what every soon to be mother needs to know about the “Baby Blues.”
 - How to get off the Drug train and say goodbye to Prozac, Zoloft, Paxil and other all-too-common depression-masking drugs for good.
- And much, much more, all explained in simple, non-scientific language and laid out to take away any confusion you might have and tell you exactly what you need to do to reclaim the happiness you’re entitled to and start enjoying your life. Download the report and find out what the 1 (one!) vitamin you need is to start naturally healing yourself from depression.

<http://www.thejoyequation.com/DepressionNR2.pdf>

“Hey Joe, This Worked for Me!”

Reader Input

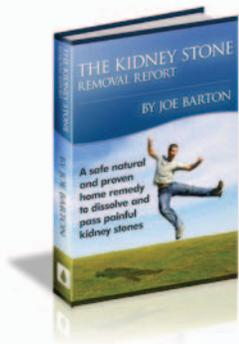
Here are some testimonies from readers like you who have found that natural cures do the job and Barton Publishing’s Natural Remedy Reports have made a difference in living healthy.

Dear Barton Publishing,
“My wife hated the idea of Coke so I tried the Cherries. Worked for a while now she is having to try the Lemon Juice. Your guides are really excellent. It’s great to have such clear concise advice. I need to get the whole library for future reference. Thanks a lot for such great work.”

~ Stephen Ashdown

Dear Barton Publishing,

“I had one long painful night, and the next day I pretty much knew it was another kidney stone. I went to the doctor and he told me that I would have to pass it “or else...” After exactly one month of constant water drinking, he told me that it was time to consider a procedure to get it out. I came home and went straight to my computer and found Barton Publishing. I followed the simple directions for the Kidney Stone Removal Report and that night the stone passed - not without some pain - but it passed and I’m glad it did. I had some doubters before I began



the remedy, but I think we are all believers now.”
~ MVP

Dear Barton Publishing,

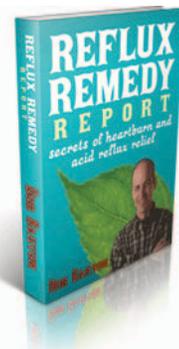
“In a word - “amazing!” In the past five years, I took a boat load of prilosec, only to watch my hair fall out and suffer with joint pain, until I had to look for something new that wouldn’t have the ill side effects. Thank God I found your site. It began working the first day! I even put it to the test with a few social drinks this past Saturday night. You should up the price of the report to \$1,000.00 and it would still be under priced. Thank you and keep up the good work.”

~ Sincerely, Spencer Balentine

Seven time Cross-Country Motorcycle Racing National Champion

Dear Barton Publishing,

“My first episode of “acid reflux” occurred quite out of nowhere...I was shopping when suddenly I experienced a severe heaviness in my



HCTW HOME CURES THAT WORK

chest, with the pain radiating down the back of both arms. I sat down and thought I was having a heart attack. After being fully evaluated in an ER with a follow-up with a Cardiologist, I was diagnosed with AR. The only thing that I had done differently the previous 6 weeks was to work in my garden daily. Starting in May, most

“

I had to look for something new that wouldn't have the ill side effects. Thank God I found your site. It began working the first day!

”

days I would be bending over planting and weeding. I have difficulty kneeling due to a bad knee. I have tried many of your remedies, the apple and vinegar and honey...but honestly, I think a concerted effort to sit and not bend over when gardening has really been the most beneficial. I luckily have not had any AR episodes for over a month. I did find your information helpful...I am a person who really tries to eat well, get plenty of exercise and rest. I had the Braggs vinegar in my pantry because I have used it in the past for mild digestive upset and it really works. Thanks for your efforts.”

~ Lisa

**Have a Story That You'd Like To Share?
Your Story May Be Featured in Next Month's Issue!**

**Please Share Your Story Here:
www.homecuresthatwork.com/email/whatworks.php**



Native Remedies®

THE NATURAL CHOICE

Buy 2 Get 1
FREE On All
Native Remedies®
Products!

In addition to our natural home remedies,
these 100% herbal supplements
provide the perfect combination of herbs
for a healthy body!



www.BartonPublishing.com/herbal