

# HCTW HOME CURES THAT WORK.com

Stress & Anxiety Edition Volume 1: Issue 12

Is **STRESS** MAKING YOU? **SICK AND TIRED?**



10 DE-STRESSORS  
TO RESTORE SANITY IN CHAOS

THE ORIGINAL  
BOOK OF REMEDIES

WHAT YOU EAT CAN AFFECT  
HOW YOU DEAL WITH STRESS

THE  
REAL COST  
Of Conventional Medication Today

**NEW  
COLUMN!**

CELEBRITY HEALTH NEWS  
**Green Tea Gwyn**

GRANDMA'S CURE CORNER:  
**DEVELOPING  
PERSONAL CORE VALUES  
TO MANAGE STRESS**



# HCTW HOME CURES THAT WORK

## Editor's Letter

Outside influences create internal changes. Handling stress is learning to minimize the inner response to pressure. Amazingly enough, what equips you to battle stress is both a product of your mind and your body.

In this December issue of Home Cures That Work, our Stress & Anxiety edition is especially designed to educate you in physical, mental and spiritual responses to stress. Your body was designed to cope with the affects of stress or anxiety, but only for a short period of time. Discover what foods you can introduce to your palette that will build strength from the inside out to reduce the harmful affects of stress in our Wellness Ladder and Healthy Ideas sections.

Our new Spiritual Dimensions of Wellness section and Grandma's Cure Corner ring with spiritual undertones that should not be overlooked to effectively cope with and overcome the stress you face. Lastly, Dr. Saunders once again delivers some practical resources to help you function without stress. Our special feature, The Stress Survival Guide, is a powerful healing tool to create a life of abundance in effort toward progressing and bettering your world.

Whatever season of life you are in, be it busy, stressed, bored, tired or hungry for more, boost your health and your happiness with the natural cures and principles in this helpful and hopeful issue.

Volume 1: Issue 12

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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.

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# The 7 Rungs of the Health & Wellness Ladder

Is  
**STRESS**  
MAKING YOU?  
SICK AND TIRED?

In this month's issue we will reveal the often overlooked connection between modern stress and your endocrine glands. I will touch on the healing power of natural remedies and the importance of nutrition and lifestyle changes.

Imagine a pack of wolves attacks a shepherd's flock, or a fur trapper startles a mother Grizzly bear and her cubs, or a herd of migrating Bison stampeding through a village of migratory villagers. These are natural events, which activate the body's "Fight or Flight" response.

Our ancestors had it tough and they survived dangerous and life-threatening events thanks to adrenaline-like hormones that increased their strength and energy when necessary. This is also referred to as your endocrine system.



By Martin Jacobse

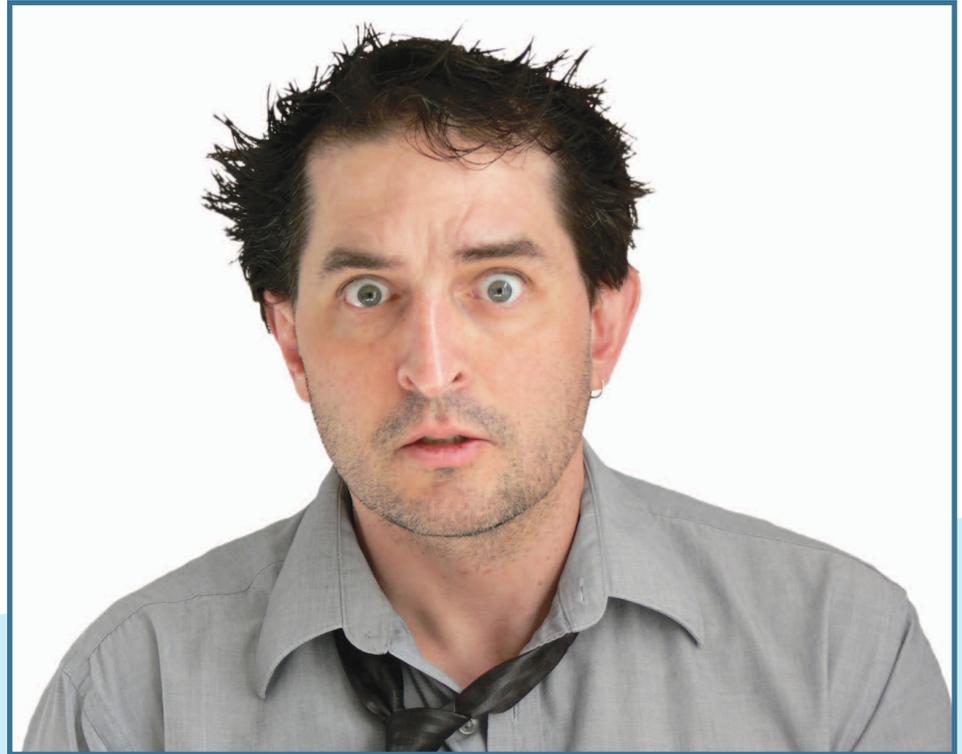
Our ancestors faced many dangers, whether it was the threat of weather, wild animals or territorial violence. Truth is many lives were cut short because of vulnerability and exposure to the elements.

Today, most of us live a fairly safe and comfortable existence. There's no impending threat from wild animals, territorial invasion or tempestuous weathering — at least not during the course of the average work week. So, why is modern man so stressed out all the time?

There a rising problem in America called “adrenal fatigue syndrome” and it is caused by chronic stress. There are different types of modern stressors, and when combined, they can destroy your health. Read on to learn more . . .

Stress didn't kill our ancestors; wild beasts, barbarians and exposure usually did. But today people are “constantly” stressed-out all day long, sometimes in the lap of luxury, day after day, and that's just NOT natural.

Stress triggers instant changes in your body to help you deal with immediate danger for a “brief period” of time. But, on



**Today, most of us live a fairly safe and comfortable existence... So, why is modern man so stressed out all the time?**

the other hand, you were not designed to be under constant emotional and physical strain. Fact is most doctors are completely unaware of the damaging effects these modern day stressors can have on you.

When your adrenal glands are excited, extra energy quickens muscular response to help you survive an emergency situation. We've all heard the story of the 120-pound mother who lifted the crashed 2,000 pound car off her baby, right? Her super-

strength came from a sufficient burst of adrenalin driven by the sheer will to save her child. But we were NOT designed remain in an extreme emergency situation all day long, week after week. Under these heated circumstances your automatic life systems become vulnerable and your endocrine system becomes weaker after a time.

The end result is called adrenal fatigue and millions are suffering from it and don't even know. The non-stop stress from

the pressures of work, drama from relationships and financial worries can drain your adrenal glands and shut down your immune system. Here are 7 “stress factors” that can trigger adrenal fatigue:

- Anger
- Depression
- Extreme exercise
- Fear and Guilt
- Pharmaceuticals
- Sleep deprivation
- Standard American Diet (SAD)

Here are 9 major health problems adrenal fatigue syndrome can cause:

- Diabetes
- Herpes
- Candida overgrowth
- Osteoporosis symptoms
- Loss of muscle mass
- Water retention
- Low blood pressure
- Estrogen dominance

Adrenal fatigue has become the 21st century stress syndrome. Think of your adrenals as ATMs and your bank balance as your nutrition. Stress can bankrupt you. So, think of good food as making deposits to stay in the black. If you don't

learn how to control your stress response and learn to replenish your mineral (potassium and magnesium) and critical nutritional levels, stress can cause you to age very rapidly. If you feel older than you are, you need to read this.

Most doctors only test for a severe “absolute deficiency” of adrenal hormones called Addison's disease. The problem is they have no other accurate blood tests, which detect dangerously low levels of adrenal hormones. This is the reason why adrenal fatigue is often undetected. Doctors only look for an absence of adrenal hormones.

So, what is the secret to recovering from the effects of modern day stress? The good news is you can rebound from adrenal fatigue naturally, on your own, by simply changing three things:

1. Eating habits
2. Lifestyle habits
3. Thinking habits

By removing the “root cause” your body will begin to automatically heal itself. The next step is to provide “RAW” living nutrition from whole food sources. Also, by disciplining

your mind to visualize positive results, you can transform your stress into a peaceful healing calm. A healthy attitude will help you adjust to a healthier lifestyle.

Here are some things to avoid:

- Avoid caffeine
- Avoid refined sugar
- Avoid refined salt
- Avoid refined flour
- Avoid trans fat (hydrogenated oils)
- Avoid Canola and corn oil
- Avoid starchy foods

To summarize a healthy diet:

- Consume about 30% sprouted whole grain foods.
- Eat 30% vegetables (half of which should be “RAW”).
- Eat about 10% Beans, “RAW” nuts and seeds.

### Grandma's Tips

#### RAW Nuts Deliver Quality Nutrition

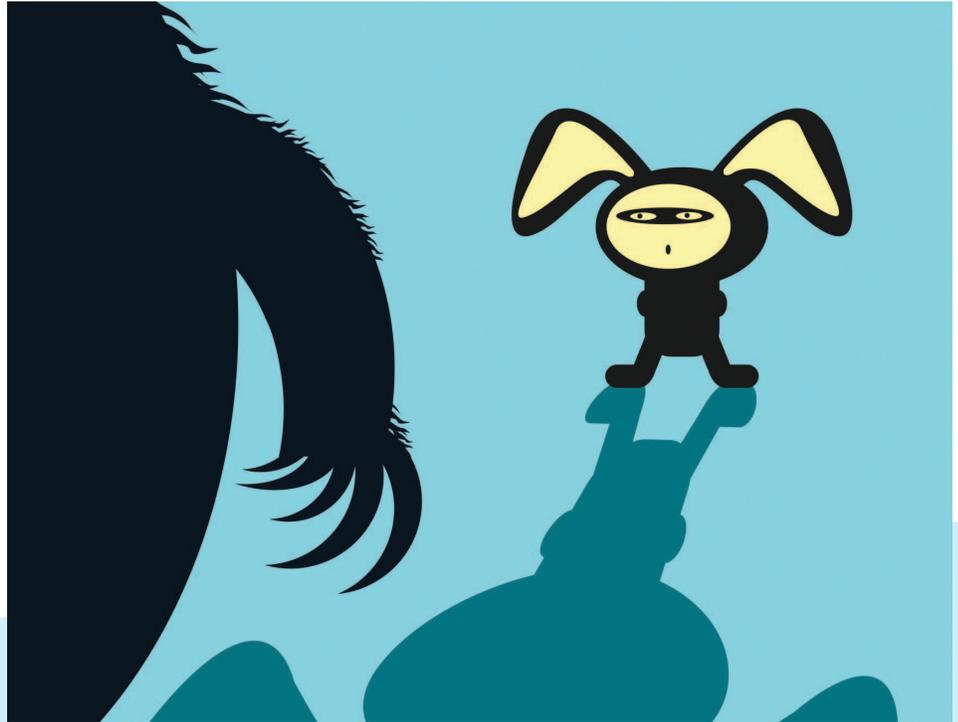
Try RAW seeds like sunflower or pumpkin seeds that are rich in minerals such as potassium, calcium and magnesium. They are healthy in unsaturated and Omega-6 fats, that help your brain function and soothe aching joints. Also good for you are nuts like almonds, pecans and cashews (my favorite), too! The Omega oil benefit is in the raw state- don't buy roasted nuts or seeds.



- Eat 20% grass-fed meats and poultry.
- Consume 10% fruits (should only be eaten between meals).

I realize everyone is different, so if you mix it up as best you can you'll feel a positive difference. Here are more positive tips for revitalizing your adrenals:

- Eat earlier in the morning.
- Eat frequent small meals.
- Eat quality proteins.
- Supplement with enzymes.
- Eat lots of bright colored vegetables.
- Eat raw nuts and seeds.
- Eat sprouted foods (Ezekiel breads and cereals).
- Supplement with IGF-1 (natural growth hormone).
- Supplement with "RAW" vitamin C (Garden of Life products).



- Get to bed before midnight.
  - Drink water with a pinch of Celtic sea salt.
  - Enjoy life, laugh and love.
- This is a serious topic, and I've covered the key points with you today. I will touch on the "stress factor" again in future editions of HCTW. Most of these foods and supplements can be found by asking your grocer at your nearest health food store. Or you can find them on line. Just Google it! Home Cures That Work (HCTW) gives you cutting edge information each month — helping you make healthy choices that save you time and money. **HCTW**



Inspired by the natural home remedies used by his Cherokee Grandmother and with medical curiosity, **Martin Jacobse** spent 30 years as a hearing and speech specialist. He then expanded his interests into naturopathic, alternative and energy medicine. Excited to share his findings and close the gap between the medical profession and natural

home remedies, Martin Jacobse found a passion as an independent medical researcher and ghost writer, dedicating his life to getting the word out as a consumer health advocate for Barton Publishing.

Martin spends his free time practicing the healing art of magnetic Qigong, publishing books and enjoys the quiet of a small horse ranch near the Tonto National Forest in Arizona.

# Special Feature: Stress Survival Guide

## 10 De-Stressors To Restore Sanity in Chaos

Take a time-out. Break from the usual stress of everyday living or from a busy season in your life, and use the time-out to refocus to re-energize. All you need is a few minutes for one of these 10 de-stressors to achieve a feel-good state of mind or body.

### 1. Head Massage

Lie down and pull on your ears and earlobes. Rub your jaw line down your throat and to your clavicle. Find areas on your head that might be throbbing and rub gently (or firmly, if tolerable) with your forefinger or thumb. Rub your scalp in a circular motion, moving outward

toward your ear. Lastly, scratch your head fast. Stop. Repeat. Feel as if you actually escaped life for a few minutes...

### 2. Foot Massage

Microwave two damp towels for a few seconds. Rub down your legs and feet with a salt scrub. Wrap the heated towels around your legs to wipe off the salt. Add a touch of citrus oil to your rinse water for extra pampering. The scent of citrus can be an instant cure-all to walk away from stress.

### 3. Self-Talk Therapy

Write down what values you possess that are most important to you. Now, summarize the values in one word, i.e. Love, Family, Joy, etc. Create this list and adhere to your bathroom mirror. Use

the brief moments you have to be reminded of what is important – so you can remove that which is distracting you from those goals.

### 4. Short-cut Moments

If in a busy season of life or a demanding schedule, stick to committing to the things you enjoy – but in a brief, super-quick version. If you can't make the 30-minute workout, take 15 minutes instead. Instead of a leisurely paced morning with newspaper and coffee in hand, get coffee to-go and grab your favorite section of the newspaper to read on your lunch break. Make a list and write down 3 ways you can streamline your daily routine. De-stress daily with these shortcuts!

### 5. De-Clutter

When life seems to spin out of control, take a few minutes to organize. Pick a cluttered counter, a mismatched sock drawer (or something screaming for organization, like an unkempt purse) and set in order. Organizing a small project can de-



stress and get you feeling in-control again. Try this in the evening to help psychologically de-clutter the day.

### 6. Honey Help

Grab your honey and start smooching! A little physical affection can ease tension and keep us from overreacting to stress. The hormone released when touch is shared reduces stress and triggers the release of endorphins, a natural stress and pain reliever. Go find a loved one and give them a hug!

### 7. Scan the heavens

At a certain point you might have to ask, “What is God saying in all of this?” Look for the offers of help you might have missed that could be your saving grace. Scan for the narrow road, which could be easily disguised, but might be the way out – or the way in – to the greater good that is ahead of you. There is always a message from God to help you if you just look for it!

### 8. Funny Business

Sharing a laugh helps you deal with stress and pain and reduces inflammation. Studies have

also linked humorous tendencies with pain tolerance, which helps to build immunity. Even watching television programs that make you laugh can improve good cholesterol levels and lower glucose levels. Share some fun and some good hearted laughter to ease the tensions of stress and anxiety. It feels good, too!

### 9. Tune-in

The ringing of tunes and melodies in your ear can be one of the quickest ways to tune-out stress. Tune-in to the music you enjoy and crank down the stress level. Furthermore, easy listening music can reduce your heart rate, lower your blood pressure and have an uncanny ability to put stress aside. Grab that favorite CD or iTunes playlist and tune-in to let your mind unwind!

### 10. Take a hike

Walk in the park, stroll the neighborhood or set out cross-country. Immersing yourself in nature is one of the best antidotes to burnout. Soak up Vitamin D from the sun, one of the best natural resources available to you to help build immunity



**A little physical affection can ease tension and keep us from overreacting to stress.**

to stress internally. Plus, the sun’s rays boosts levels of serotonin, your “happy hormone.” Regain flexibility in your mind and your body with a refreshing stroll, stretch or hike outdoors.

Keep your joy and your peace of mind! Don’t let stress suck you dry from enjoying a good laugh or a good cry – both are solutions for cutting stress. Treat yourself to incorporating some of these de-stressors and stay happy and sane throughout any stressful season in life!



# Grandma's Cure Corner

## Developing Personal Core Values To Manage Stress

### Simplify with 7 Basic Values

**D**ear Grandma,  
The winter blues have gotten to me – and it isn't even winter yet. The fall weather and rain conditions outside have somehow affected my mood. I feel stressed at work and tense whenever I come home, which doesn't do anything for my home life. I'm irritable, short with my husband and kids and overall just dragging myself through life. What do you suggest for feelings brought on by the weather?

**Elle Paul**

**Dear Elle,**

There is such a thing such as Seasonal Affective Disorder, where the lack of sunlight can lead to mild depression and sugar cravings. The answer to this is simple: get out in the sun! Take your lunch break or make time in the morning (which might mean talking to your boss to change your schedule)

to get outside and take a walk! Even if it is cloudy outside, leave the sun block at home and



**Break the power of pain by choosing to forgive.**

absorb some of the natural sun waves. This way your body can absorb vitamins, minerals and other phytonutrients for optimum health.

But let me get to the real heart of the issue, Elle, as only

a Grandma could. You are just stressed out! Sometimes it is something like the weather that pushes us over the edge, but that is no reason to compromise and treat the most valuable relationships you have — your family (and yourself!) — poorly.

Let's look at 7 basic values that will help build a path to happiness, regardless of the weather, and help you relieve stress.

#### **1. Kindness**

Be kind. Don't underestimate this simple value. Practiced on a regular basis, kindness builds positive relationships and is a powerful stress reducer. Being kind to your husband and kids — intentionally when needed — soothes tension and nourishes warmth.

#### **2. Forgiveness**

If being kind is the simplest of values, then forgiveness is the most powerful. Break the power of pain by choosing to

forgive. What has happened in the past can hold us in the past, and cripple us from moving forward, especially in being happy. Even with events or circumstances or injury that can't be changed, saying "I forgive" loosens the grip that binds us in emotional and sometimes physical trauma. Joy and peace are a by-product of forgiveness. Seal the deal and forgive.



### 3. Honesty

You are already being honest with how you feel, Elle. I hope this already eliminates some of your frustration because you are searching for answers.

### 4. Patience

This is invaluable for reducing stress! Release the desire to get somewhere or do something faster than you can. The toil of wasting brainpower on something that is out of control (like rush hour traffic) only leads to frustration. Practice patience and experience relief!

### 5. Commitment

You've got a family and ensuring harmony between everyone comes in the form of commitment. Keep your promises.

**"The winter blues have gotten to me—and it isn't even winter yet!"**

Learn to laugh. Communicate. Listen and ask questions. Stay positive. Honor your commitment. These are just a few things that a healthy marriage requires and that reduce stress, as well.

### 6. Simplicity

We operate in overdrive so much these days. There is wisdom in having less, doing less and talking less! Realize that happiness is far more within ourselves than what we reach out to for false comfort.

### 7. Faith

"Even if what you believe is untrue, it will control your life as

long as you believe it." ~ John Paul Jackson. Search out Truth. The true hope from God can overcome any obstacle, stress or anxiety in life.

### "Old Fashioned Values"

Elle, take it from a Grandma like me who has been around the block a few times, "old-fashioned" values can be powerful, yet simple stress reducers. Stay focused, get some exercise outside in the sun, eat organic and practice spiritual principles to help you feel at peace, enjoy relationships with your husband and children and get rid of fear!

You can do it, Elle!

**Love, Grandma**

**HCTW**

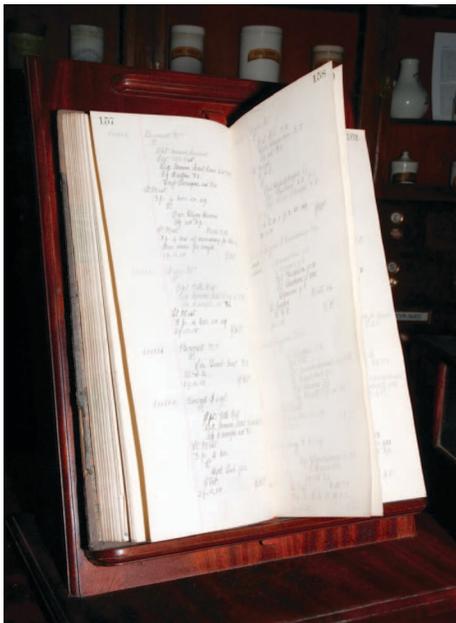
# The Spiritual Dimension of Wellness

By Steve Hickey

## The Original Book of Remedies

### Read the Operating Manual for Healed & Whole Bodies

**T**ime Magazine reported that in the 1960s a Senate subcommittee on time management heard expert testimony predicting that advances in



**The One who made us left us an “operating manual” that is really a book of remedies.**

technology would give people more free time. They said that in twenty years our great challenge would be what to do with all this extra time. Of course these technological advances did come, but they also brought a complexity that few foresaw.

Today we live in a tense, up-tight, high-strung, wound and bound world that is fast-paced and filled with hurry and worry. Studies even show babies in the womb can sense and have to deal with the stress of the world they have not even fully entered. The effects of stress and anxiety on the human body are measurable, beyond gray hair and ulcers. Every physical system of the body breaks down under stress.

Neurologists know and report it’s only a matter of time before mental turmoil manifests somewhere else in the

body as illness and disease. It’s a testimony that we are “fearfully and wonderfully made” that the systems of the human body are so interdependent.

1 Corinthians 12:17 says “In fact, God has arranged the parts of the body, every one of them, just as he wanted them to be.” That passage goes on to illustrate how each part of the body is related to the other and how one part directly affects the rest. Mental stress measurably affects the rest of your body. It has been estimated that 90% of doctors’ visits are for symptoms that are at least partially stress-related!

These monthly columns on the spiritual dimension of health and wellness are written with profound respect and awe for how God wired each of us. And the point isn’t to convert anyone, but to help people feel better by acknowledging that the One who made us left us an “operating manual” that is really a book of remedies. There are

instructions for how to feed our bodies, how to care for them, how to get them to perform to their created potential and how to be healed and whole.

Regarding stress and anxiety, the Bible doesn't say the fix is to go to church. Jesus said, "Come to ME, all you who are weary and heavy burdened, and I will give you rest. Take my yoke upon you and learn from me... and you will find rest for your souls." (Matthew 11:28-29)

Where do you go when the pressures of life start to overwhelm you? Jesus extends an invitation to meet with him personally. Pray.

1 Peter 5:7 says "Cast all your anxiety on Him because he cares for you."

Philippians 4:6-7 says, "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

My favorite passage on this topic is Matthew 6:25-34. Here, Jesus tells us not to worry, He's taking care of things because we are so valuable to him.



## Studies show babies in the womb can sense and have to deal with the stress of the world they have not even fully entered.

People who have been with Jesus emit a peace that is other-worldly.

There are two other practical considerations regarding the

spiritual dimensions of stress and anxiety. First, God wired us to need a Sabbath. One day a week for rest. There is a rhythm

**Continued on Pg. 25**



**Steve Hickey** is 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. He's written several books, including his latest, *Momentum: God's Ever Increasing Kingdom*. ([www.MomentumHandbook.com](http://www.MomentumHandbook.com))

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. For more information or to submit a prayer request, visit: [www.ChurchAtTheGate.com/prayer.php](http://www.ChurchAtTheGate.com/prayer.php)

# Healthy Recipes & Eating Ideas

By David Randall

## What You Eat Can Affect How You Deal With Stress

### Choose Stress-busting Foods Over Comfort Food

**W**e often turn to traditional “comfort” foods such as meatloaf, mashed potatoes, cookies and ice cream during times of stress. What you may not know is that these high-fat, high-sugar foods are the worst possible choices because they can drain your energy and make you less able to deal with stress. Not only that, but stress can drive up your blood pressure, wreaking havoc on your arter-

ies and increasing your risk of heart attack.

The best solution? Low-fat, high-fiber, carbohydrate-rich meals with plenty of fruits and vegetables. These foods will soothe you without sapping your energy, fill you up and boost your immune system.

Here’s a guide on foods to eat and foods to avoid during times of stress.



## Foods to Include

High-fiber, carbohydrate-rich foods: Scientists believe carbohydrates cause the brain to produce more serotonin, a hormone that relaxes you. And lots of fiber is helpful in reducing cravings during the day and evening. Some examples of high fiber, carbohydrate rich

### Grandma's Tips

#### Eat Barley, Lose Weight

Barley is fiber-packed and will make you feel full, so you eat less at a meal. I like to make Barley Porridge to start the day: ¼ c. barley flakes, ¼ c. water and pinch of salt, boiling in a saucepan. Reduce heat until the water is absorbed. Add bananas, walnuts and/or raisins, and then top with Minnesota Maple Syrup!



foods include baked sweet potatoes, barley, vegetables, pasta and brown rice.

Fruits and vegetables: Chronic stress can weaken your ability to fight disease. Increasing your intake of fruits and vegetables rich in Vitamins B-12 folic acid, and antioxidants (E, C and beta carotene) can help boost your immune system. Acorn squash and carrots, for example, are great sources of the antioxi-

dant beta-carotene. And citrus fruits provide plenty of vitamin C, another stress-busting antioxidant. Other stress-busting fruits and vegetables are papaya, blueberries, bananas, carrots, bell peppers and chickpeas.

Lean meat: Lean meat is an excellent source of stress-busting minerals, such as magnesium, tryptophan, zinc, iron and B vitamins. Low-fat high-protein sources such as shellfish, fish, turkey and lean red meats are an excellent source of these minerals.

## Foods to Avoid

**High-fat foods:** Foods such as fatty red meat or cheese dishes and most baked goods thicken your blood, which in turn makes you feel tired and lethargic. This is clearly not a good way to reduce stress!



**Caffeine:** Many of us deal with a stress-induced lack of sleep by turning to coffee, tea, and colas. Unfortunately, caffeine stays in your system longer than many realize. Cutting back on caffeine can help with both sleeping problems and jitters.

**Sugar:** As a carbohydrate, sugar tends to calm you. The problem with sugar is that it's a simple carbohydrate so it enters and leaves the bloodstream rapidly, causing you to, in effect, "crash." On the other hand, complex carbohydrates with starch such as pasta, beans, and lentils soothe without bringing you down.

**Alcohol:** Put down the beer and wine. Excessive alcohol consumption dehydrates your body, adds simple sugars to your diet and is simply not good for your overall health. **HCTW**

## Healthy Recipe

# Stress Reducing Turkey and Vegetable Soup

### Ingredients:

- 6 cups chicken broth or turkey broth
- 1 to 2 cups diced cooked turkey
- 1/2 cup pearl barley
- 1/2 cup chopped onion
- 2 celery, stalks, chopped
- 3 carrots, sliced
- 1 bay leaf
- 1 teaspoon dried leaf thyme
- 1/4 teaspoon dried marjoram
- 1/4 teaspoon ground black pepper
- 2 tablespoons chopped fresh parsley (about 2 teaspoons dried)



Serves 4-6

### Preparation:

1. In a crockpot or large pot combine all ingredients.
2. Crockpot: Cover and cook on low for 6 hours, or until the carrots are tender and the barley is soft.
3. Stove top: Simmer over low heat on the stovetop for 1 hour, or until the carrots are tender and the barley is soft.

## Celebrity Health News

# Green Tea Gwyn

## Her Secret to Energy and Weight Loss

**T**rend or not, celebrities like Gwyneth Paltrow enjoy Green Tea on a regular basis. Known to quench thirst and maintain a healthy lifestyle, green tea is a regular item to sip and smooth down. It has helped Gwyneth loose baby fat, supplies high levels of dietary antioxidants and doesn't drain her energy. New research also indicates that it may help prevent oral cancer, as well as being linked to treat osteoporosis.

With consuming green tea, you are adding water to your



**There is no better 3-in-1 refreshing drink like green tea!**

diet, resisting the urge to snack and getting your antioxidants. There is no better 3-in-1 refreshing drink like green tea! Furthermore, it reduces the number of toxins entering your system, helps with weight loss by using catechins to prevent glucose from entering fat cells, and burns off excess food, increasing energy expenditure.

On hot days in New York, Gwyneth will even drink her green tea while filming, and sips at least two cups a day. Many of her interviews or pictures are with green tea in hand.

Enjoy a hot cup or pour over ice and add mint for a cool refreshing treat. Not only is it good in your mouth, it is good for your mouth and your bones, too! This beverage of choice from Gwyneth Paltrow is sure to be a winner! Drink 4-5 cups a day to enjoy all the health benefits of green tea. Quench your thirst; energize your body



– and your metabolism with green tea.

Here are some general brewing instructions (but be sure to follow manufacturers guidelines):

1. Bring water to a boil.
2. Use 1 teabag per cup, or 2-4 grams of loose leaf green tea per cup.
3. Pour boiling water over tea and let steep for 3 minutes.
4. Remove tea bag or leaves.
5. Cool for 2-3 more minutes before drinking. **HCTW**

# Living Healthy to 120: Anti-Aging Breakthroughs

By David Kekich

## Could a Tiny Enemy Be Claiming Your Life?

### Overcome Short-Term Habitual Temptations

**W**ho's in charge? We work overtime to make extreme life extension a reality for you. But we fight an ongoing battle with a deadly enemy only you have control over.

That enemy is your personal lifestyle.

Since it's probably going to be touch and go whether or not we can reverse aging in your

lifetime, how long you keep yourself alive can be the difference between oblivion and open-ended youth. We're doing all we can to push you over the finish line. Are you doing the same for yourself?

Remember, you are the one with most of the power over your destiny. It's not your genes. It's not your environment. It's you!

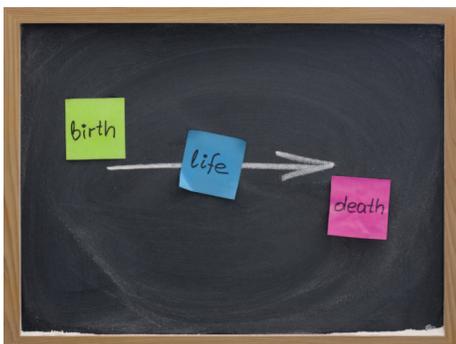
By now, you understand your lifestyle can be the difference of up to twenty extra (or twenty less) years. You should also know what you can do to add (or subtract) those years, especially if you have read Life Extension Express.

So, what are you doing about it? Are you focusing on the benefits you will receive? Or are you giving in to deadly short-term habitual temptations?

Stop right now, and do this exercise. Consider the things that are keeping you from being as healthy as you can be. What are those things you could change if you had a magic wand? You might want to stop and list them on a piece of paper.

Then go back in time to the first time you noticed those destructive habits creeping into your life. Step into your body at that time and feel the pain they have caused you. Now gradually bring yourself back to the

**Continued on Pg. 25**



**Seize control of your life, your health, your long-term future and your happiness.**



**David Kekich** is President/CEO of Maximum Life Foundation that focuses on aging research, a 501(c)(3) corporation dedicated to cur-

ing aging-related diseases.

For more information, visit:

[www.MaxLife.org](http://www.MaxLife.org)

# Weight Control, Exercise & Fitness Tips

By Nordine Zouareg

## Lower Your Cholesterol Levels

Exercise is, of course, very important. But there are other things you can do to bring your cholesterol to reasonable levels. Read food labels and buy foods low in saturated fat and low in cholesterol. To help you know what to look for when grocery shopping, the National Heart, Lung, and Blood Institute (NHLBI) offers a partial shopping list for you:

### Breads, Cereals, Rice, and Pasta Group

- Breads such as whole wheat, rye, pumpernickel, or white
- Soft tortillas, corn or whole wheat



**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.NordineZ.com](http://www.NordineZ.com)

- Hot and cold cereals except granola or muesli
- Rice (white, brown, wild, basmati, or jasmine)
- Grains (bulgur, cous cous, quinoa, barley, hominy, millet)

### Fruit and Vegetable Group

- Fruits: Any fresh, canned, dried, or frozen without added sugar
- Vegetables: Any fresh, frozen, or (low-salt) canned without cream or cheese sauce
- Fresh or frozen juices, without added sugar

### Milk, Yogurt and Cheese Group

- Fat-free or one-percent milk
- Cheese (with three grams of fat or less per serving)
- Low-fat or nonfat yogurt

### Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group

- Lean cuts of meat (eye of round beef, top round, sirloin, pork tenderloin)

- Lean or extra lean ground beef
- Chicken or turkey, white or light meat (remove skin)
- Fish (most white meat fish is very low in fat, saturated fat, and cholesterol)
- Tuna, light meat canned in water
- Peanut butter, reduced-fat
- Eggs, egg whites, egg substitutes

### Sweets and Snacks

- Low-fat cookies or angel food cake
- Low-fat frozen yogurt, sorbet, sherbet
- Popcorn without butter or oil, pretzels, baked tortilla chips

### Fats and Oils

- Margarine (soft, diet, tub, trans fat free, or liquid)
- Vegetable oil (canola, olive, corn, peanut, sunflower)
- Non-stick cooking spray
- Sparkling water, tea, lemonade **HCTW**

# Ask-An-MD with Dr. Scott Saunders, MD

## Normal Blood Pressure Changes & Hormone Replacement Therapy

### Activity Induced HBP is Healthy, Plus Bio-Identical Therapy Works Wonders

**D**ear Dr. Scott, Recently, my blood pressure has been moving up and now is 133/75 with pulse at 67 (average, 32 samples taken at home). The VA physician says he is going to recommend putting me on a Beta-blocker. (I don't think I want that, do I? ha) I have some post trauma stress syndrome problems and anxiety attacks. For example, I panicked on the treadmill at

the VA hospital last week and ran my blood pressure up to 236/205, pulse 125. They got the EKG data and it showed that I have zero blockage. Also, I haven't been going to church recently because the excitement of a joyous religious experience runs my blood pressure up. Also, anything like heavy traffic runs it up. Now you know my problem and I'm afraid that I might have a stroke. I'm trying to meditate and stay cool until I can get answers to this. My question is: What do you guys "prescribe" for me without pharmaceuticals?

hl1939@

#### Answer:

You're right! You should know about a recent study in Europe where they used only people over eighty who had high blood pressure. When the medication group was compared to placebo they found that a person was 31% more likely to die during the study if they were given medications to lower their blood pressure. They were MORE likely to die from a heart attack as well.

The average blood pressure you give is perfect! You don't have hypertension. You should know that everyone's blood pressure goes up when they're excited, nervous, stressed, in pain or whatever, and this doesn't increase your chances of having a stroke at all. Go to church for heaven's sake! Get excited! Exercise!

I find many people needlessly worry about blood pressure when they don't have the prob-



lem. It's NORMAL for blood pressure to go up and down. We need the extra pressure to circulate the blood better when we're active. So -- stay active, and stop worrying. And -- DON'T take any medications or supplements to lower your pressure. Low blood pressure is more dangerous than high.

**Dr. S**

**Dear Doctor Scott,**

Thank you so much for your reply. My only weakness, I am afraid is red wine, which I gather is not good, so will avoid. Otherwise, I eat very well and don't smoke (I am 61). I do take medication for high blood pressure so I am always concerned about any herbal interference. (I know the red wine is not good for that either). Age does play a factor regarding UTIs, I hear and sometimes doctors recommend low doses of Premarin for the weakness in the vaginal wall. What do you think of this?

**Sincerely, Noreen Wilson**

**Answer:**

Estrogen is often very helpful for vaginal atrophy and associated symptoms such as blad-

der incontinence and UTI in post-menopausal women. It is important that you work with a knowledgeable physician in this area, because many just give Premarin (which is not human estrogen) without testing. Make sure you have a correct diagnosis first, before getting treated.

I think it best that that you find a doctor who works with "bio-identical" hormone replacement therapy. These will nearly always find and treat the problem and not just the symptom.

Remember, it's your body, and you are the one who needs to take care of it. You are the only one who knows how you feel. (Try going without the wine for a couple of weeks and see if that makes a difference.)

**Dr. S**

### Video Cures from Dr. Scott Saunders, MD

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

**"Stress Relief- Meditation"**

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

**"Stress Relief- Writing"**

<http://www.youtube.com/watch?v=uCKLwuaUAD4>

### Audio Interview with Dr. Scott Saunders, MD

**G**reying hairs, forgetfulness, anxiety - and much, much more - are byproducts of stress. In fact, every cell in our body is affected by stress. Discover why some individuals are able to cope with stress more effectively than others and how you can be one of them. Dr. Saunders helps make lives a little easier on ourselves with 5 keys to overcoming stress in this audio broadcast. Plus, if you have ever dealt with anxiety or been on anti-anxiety medications, learn the 4 natural supplements that are promised to work on reducing anxiety. Lastly, the key to success is simple. The number one stress-buster is at your command. Listen to the interview and beat the stress!

**Listen online at:**

<http://homecuresthatwork.com/members/access/December2009/StressInterviewWithDrSaunders.wav>



**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. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine.

Got a health question? Ask Dr. Scott! Visit:

**[www.homecuresthatwork.com/email/ask-the-doctor.php](http://www.homecuresthatwork.com/email/ask-the-doctor.php)**

# Big Pharma Corporate Arm

By Martin Jacobse

## The Real Cost Of Conventional Medication Today

### Educate to Profit Yourself

**N**ever take a prescription drug unless a licensed health care professional recommends one. This month's article considers why America's health care is the highest in the world. Many people are under the impression that physicians are always completely objective when selecting a prescription. Nothing could be further from the truth.



Read on and learn how to avoid all the skyrocketing costs and hidden expenses of drug use by staying informed about Complementary Alternative Medicine (CAM).

The worldwide pharmaceutical industry had a net worth of more than \$690 billion in 2007, and it expected to reach at least \$1 trillion by 2013. Big Pharma has three divisions:

- Branded
- Generic
- Over-the-counter drugs: the big brand name drugs that pretty much control the marketplace

According to a study done by the Journal of The American Medical Association (JAMA), Big Pharma has an annual brand marketing budget of about \$20,000,000,000.00 and routinely hand out nearly 90% of this money “selling” new drugs to physicians. There are

too many conflicts of interests and too much uncontrolled spending; the entire medical system is caught in a downward spiraling trend.

You know why you're here, and you're far from alone. Millions of intelligent people like you are finally taking back control of their physical and financial health. Today, people have easier access to helpful medical information, independent reviews and safe, affordable alternatives to costly medications, thanks to Barton Publishing. This angers organized medicine because the healthier and better educated you are, the less profit organized medicine makes.

Both you and about 70% of Americans are searching for natural alternatives to expensive prescription drugs and their costly side effects. Evidence of this silent movement toward self reliance can be seen in the number of best-sellers by authors such as Kevin Trudeau, Susan Summers and T. Colin Campbell, Ph.D, as

well as Dr. Andrew Weil, Dr. Oz and John Robbins . . . and the list grows on.

The American Medical Association (AMA) is not happy with this “quiet movement” because for nearly 150 years they have sought to monopolize the corner on health care. People are now awakening to the truth. Problem is, organized medicine vigilantly opposes naturopathic and alternative medicine because “they” simply can’t compete with Mama Nature.

Let’s look at the medical “cost factor” a little closer. A study done in 1995 at the University of Arizona estimated the cost of drug side effects in the US health care system taxes us by more than \$76,000,000,000.00 (Yes, \$76 BILLION) a year. That’s no spilt milk. That’s some serious cash my friends — not to mention all the lives that are being ruined financially, physically and emotionally.

In 1994, JAMA reported more than 2,200,000 people suffer annually from adverse reactions to “properly” prescribed drugs. I did some more research and I found about 10,000 fatalities occur annually in the US from “deaths caused by illegal

drugs.” I’m sure you’d agree that’s an unbelievable amount of deaths. The real shocker is that illegal drugs cause less than 1/10th of the number of fatalities caused from “properly” prescribed drugs. In the same ’94 study, JAMA also reported about 106,000 people die every year, by medical standards, from “properly” administered drugs. Drug-related morbidity and mortality have been estimated to cost more than \$136,000,000,000 annually in the US. (Am J Med August 1, 2000; 109(2):122-30)

Another study published by the AMA determined that “drug related” problems kill more than 198,000 people and put another 8,800,000 in hospitals.

Newsweek published an article stating that “properly” prescribed drugs are the fourth leading cause of death in America. Now pile on the cost of unnecessary surgeries, which have been estimated to happen to at least 7,500,000 people annually in the US. The number of deaths, which take place “inside” hospitals, is estimated at more than 783,000 each year in the US. (Null G, Dean C, Feld-

man, M, Rasio, D, Smith D)

Could it be the number one killer in America is the health-care system? ~ John Hopkins Medical School

It’s no wonder they call it medical “practice.” What exactly are they really practicing? After reviewing medical peer-review journals and bureaucratic health statistics, it is clear that the real cost of Western healthcare is robbing the US blind. Good medicine should heal people, not enslave them.

Let’s take a closer look at the real cost of the active ingredients in FDA approved drugs so you can get a better idea. Here’s a list of a 3 classic examples:



- Celebrex 110mg (100 tablets) Consumer cost is about \$130.00 Cost of active ingredient is \$0.60 Markup: **+21,000%**
- Claritin 10mg (100 tablets) Consumer cost is about \$200.00 Cost of active ingredient is \$0.71 Mark up: **+ 30,000%**
- Lipitor 29mg (100 tablets) Consumer cost is about \$270.00 Cost of active ingredient is \$5.80 Mark up: **+4,000%**

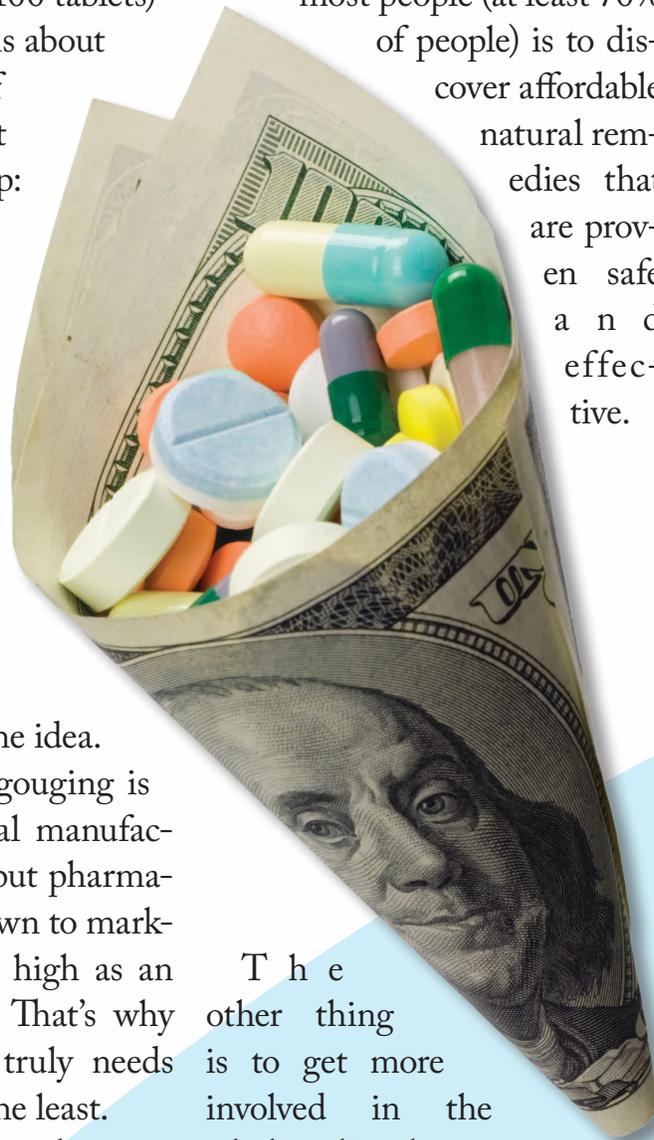
I think you get the idea. Most of the price gouging is due to the chemical manufacturers themselves, but pharmacists have been known to mark-up prescriptions as high as an additional 3000%. That's why the entire system truly needs revamping, to say the least.

According to market researchers, brand-name drugs have increased recently by as much as 100% and could increase another 200% compared to only 4 or 5 years ago. 26 brand

name drugs increased cost by 100% or greater in 2008. (USA Today, August 8, 2008)

So, what can you do? Obviously, the best alternative for most people (at least 70% of people) is to discover affordable

natural remedies that are proven safe and effective.



The other thing is to get more involved in the whole political process. The fact that there are “no scientific standards” for analyzing the cost effectiveness of new drugs should tell you we need a better check and balance sys-

tem for big corporations. Seriously, we need more statesman and less politicians.

Another thing you can do to save money on prescriptions is to shop for “older brands” which cost a lot less and have a better track record than new drugs.

Plus, here is a little known secret. You do NOT need to be a member at “Costco” to benefit from the lowest priced prescription drugs on the legal market. You’ll be shocked how much money you will save by getting your medications there.

Bottom line is, there’s a solution for every problem. If you want positive results, remove the root cause of the issue, whether your challenge is spiritual, financial or physical. By removing the obstacles to your wellbeing you not only save time and money you clear the pathway for others to follow as well.

The most powerful tool you have is your free will to choose. Led by your hunger to learn, you will find the solution. That’s why Home Cures That Work (HCTW) gives you cutting edge information each month . . . helping you make healthy choices that save you time and money.

**HCTW**

**"Book of Remedies"  
Continued from Pg. 25**

of six days of work, one day of rest that does wonders for the human body.

In his New York Times best-selling book "The Year of Living Biblically," author A.J. Jacobs, a self-described nominal Jew, spent a year of his life living by Biblical precepts — from not wearing clothes with two fibers to obeying the Sabbath.

For a workaholic living in New York City he thought an entire day each week without working on something would be impossible. It turned out to be one of his favorite things about Biblical living. This one-day-a-week isn't a legalism; it's a gift from God that does wonders for our physical, emotional, mental and spiritual well-being.

Second, after Jesus says "come to me" he mentions that his "yoke is easy." When I'm most stressed, it's often because I'm "yoked" to far more than I should be. An uneven "yoke" will break the neck of the small animal. Stress and tension hit the head, neck and shoulders first. Who and what we are "yoked" with is a critical consideration.

Draw a small circle on a piece of paper inside a large circle. The large circle represents all you are gifted and able to do. The small circle represents all that you are called to do. Saying "no" often does far more for me than an extra hour of sleep. God grants us energy and strength for that which he calls us to do. All these other things drain energy.

In Psalm 24:7, King David was able to say "One thing I ask of the Lord..." In other words, he crossed a number of other things off the list.

Finally, not all stress is bad. In fact, some stress is healthy — good stress is called Eustress. This positive stress keeps us vital and excited about life, without it people get depressed and life lacks meaning. Eustress is stress that is exciting — skiing down a slope, a fun challenge. It can be likened to the tension on a stringed instrument.

We are at our best when our lives produce a song back to the one who made us. We are made to find our purpose in God and cut out the rest. Listen to your "life song" — God. **HCTW**

**"Tiny Enemy"  
Continued from Pg. 25**

present and review the pain, regret and even sickness they have caused you at each phase of your life. Consider how they have affected your health, appearance, self-esteem relationships and career. Now fast forward to the future and observe how they will continue to eat away at your happiness, shorten your life and cause you to miss out on endless youth.

Feel the pain and loss these habits will cause if you don't change them. Consider the lost hope and the unfulfilled dreams.

Now come back and realize that you are the one with the ability to seize control of your life, your health, your long-term future and your happiness.

So, who's in charge? If not you, then consider the words of Ayn Rand.

"...If you choose to perish, do so with full knowledge of how cheaply how small an enemy has claimed your life." **HCTW**

# Product Recommendation

**P**ureCalm, by Native Remedies, is a natural anxiety remedy to calm stress, fear, worry, uneasiness, nervousness and apprehension. It works quickly to facilitate a calmed mood and soothed nerves.

Especially with the holidays approaching, it is easy to feel overwhelmed. First, take a deep breath! Deep breathing can release tension, clear the mind and improve both physical and mental wellness.

**Buy it Here:**

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

To help calm down and relax, try PureCalm to balance your moods and emotions. By supporting your nervous system with the herbal and all-natural ingredients in PureCalm, you will achieve a balanced and harmonious nervous system in the common, everyday stress and tension of life.

Soothe the nerves and maintain a positive outlook with PureCalm!



# Barton Publishing's Free Report of the Month

**B**arton 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.

Here is another example of you are what you eat. If you suffer from high cholesterol, the remedy could be as simple changing what you eat. In this Cholesterol Secrets Remedy Report, we provide you with 17 ground-breaking ways to reduce your cholesterol naturally. This is a pain-

free approach that won't drain the wallet or empty pill bottles. We also provide a tool for you in this report to track your cholesterol readings in relation to the foods you eat, as well as grocery list of recommended cholesterol lowering foods to take shopping with you.

Discover what good cholesterol actually does in your body and why you want to support the growth of this important and helpful steroid molecule. Avoid the bad cholesterol that puts your health at risk. Learn how now.

**Download Here:**

<http://www.cholesterolsecrets.com/CholeSecrets77.pdf>

# reader remedies

## Mangosteen, Goji and Psyllium for IBS Relief

**H**ere is a natural remedy from a customer like you, Helene, who found that a few other supplements supported her Irritable Bowel Syndrome and reduced cramping. If you would like to share a natural remedy with the Home Cures That Work audience, please email us at: Remedies@HomeCuresThatWork.com

“I just downloaded your e-book on IBS, but have not had time to read any of it yet. I hope to increase my knowledge about home treatments that work but aren’t expensive.

“I was a sufferer of diagnosed IBS for about 3 years until I discovered a remedy that still works for me. I found a doctor who practiced alternative medicine, and to control the diarrhea he advised that I add psyllium to my diet. I had to increase the intake of it gradually to 4 Tbsp. daily, mixed into food or drink. That large amount of fibre controlled the diarrhea but didn’t help the abdominal gas/pain. At least I was able to go out without mapping the bathroom facilities along the way!

“Sometime thereafter, just by chance, I began to drink a good-quality Mangosteen, 1 oz daily. Into the 4th month of the drink I was able to gradually reduce the psyllium to 1 Tbsp per day, which was much more manageable. To my delight, like an epiphany, I realized that the abdominal cramping was gone. I have since switched to the Goji 100 supplemental drink (for other health reasons) and it works as well as the Mangosteen for my IBS. I have been symptom-

free for 7 years now but I suspect that psyllium and Goji 100 or Mangosteen will always have to be a part of my life. Considering the alternative, it’s been well worth it.”

**Helene**



*Psyllium*

**Have a REMEDY that you would like to share?**  
Your natural remedy may be featured in next months' issue in our NEW "Reader Remedy" section.  
Please share it with us!

Email: Remedies@HomeCuresThatWork.com



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