

January 2010

# HCTW Addictions HOME CURES THAT WORK.com

PRODUCT RECOMMENDATION - Lung Detox    FREE REPORT - ADHD/ADD Natural Remedy

ARE YOU DISMISSING  
**THE SOLUTION**  
TO YOUR ADDICTION?



## ALSO INSIDE:

The Addiction Program: 3 Ways and 3 Days to Recovery **20**

Laying the Axe at the Root of Addiction **9**

The Freedom of Self-Imposed Chains **14**

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GRANDMA'S CURE CORNER  
**TIGER WOODS DIAGNOSIS**

# HCTW HOME CURES THAT WORK

## Editor's Letter

The New Year rings in with many tones of change. For the beginning of our second year, HCTW brings you an issue relevant for all of us at one time or another: overcoming. This might come in a form of an addiction, or it might be an emotional hurdle, but breaking old cycles and reaching for something new is common to mankind.

Many of the HCTW contributors mention the fact that it is necessary to understand you cannot overcome alone. Start with searching out friends and family for help, then seek professional help and believe in a God who can order the chaos.

Prevailing is a partner to healthy living. Follow the detox plan in Healthy Recipes; you'll be surprised at how well you can cope just by "cleaning up" the inside.

Taking responsibility is often the first step in victory over any trial or temptation. In his audio interview, Dr. Saunders, provides some practical suggestions, which you can also find in our Special Feature. Check out the list of online resources for more steps to follow-through with change.

Here's to bringing a little bit of Grandma into the comfort of your own home, and a little hope for starting off the New Year as an Overcomer!

*Cheryl Ingram*



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# The 7 Rungs of the Health & Wellness Ladder

By Martin Jacobse

## Are You Dismissing the Solution to Your Addiction?

Discover the lost secret,  
almost forgotten by  
science, that instantly  
empowers your own  
healing system to help  
you overcome the  
worst social addictions  
known to mankind.

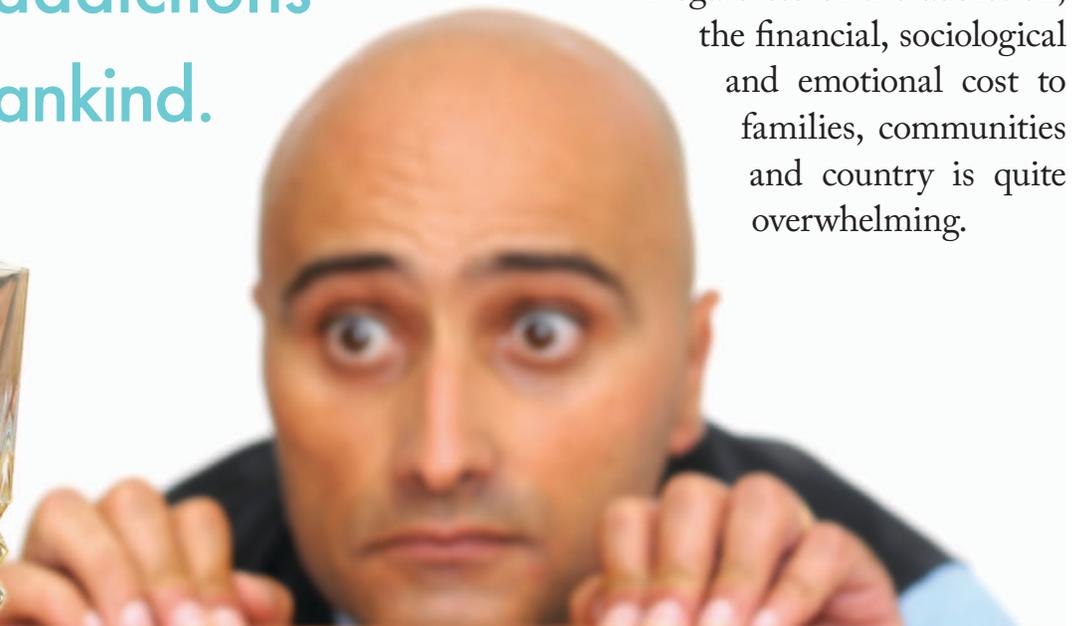
**W**hat would your life be like if your addiction was gone?

Learn how you can overcome any addiction without sacrificing your relationships, going to drug therapy or having to submit yourself to a psyche ward, risking your career and going further into debt.

Read on . . .

Shocking truth is we live in a culture where health and common sense have taken a back seat to many compulsive behaviors. Drugs, alcohol, tobacco, pornography and gambling have become too accessible for many people and it's taking a toll.

Regardless of the addiction, the financial, sociological and emotional cost to families, communities and country is quite overwhelming.



# 7 Unsettling Statistics About Common Addictions

- 1** According to the 2008 National Surveys on Drug Use and Health (NSDUH), more than one fifth (23.3%) of people 12 years and older binge drink at least once a month. This represents more than 58,000,000 binge drinkers each month.
- 2** Also, more than 70,000,000 (28.4%) Americans 12 years and older were currently using (past month) a tobacco product.
- 3** They also estimate there are currently more than 20,000,000 (8%) illicit drug-users among Americans 12 years and older.
- 4** For gambling addiction, the National Research Council, reported in 1997 that Americans gambled more than \$.5 trillion. Also, consider that 40-60% of the money gambled is withdrawn from ATMs, personal accounts or as cash advances from credit cards. (*NORC 1999*)
- 5** Overall, consumers spend more on legal gaming in the U.S. than most other forms of entertainment combined. (*1998 Gross Annual Wager Report, 1999*)
- 6** Studies of Gamblers Anonymous (GA) members revealed about 50% of addicts had stolen to gamble and more than 30% were arrested. Plus, did you know 76% of addicted gamblers suffer major depressive disorders? (*Thompson, Gazel, & Rickman, 1996; Unwin, Davis, & Leeuw, 2000*)
- 7** Most gambling-related crimes are non-violent, such as embezzlement, check forgery, stealing credit cards, fencing stolen goods, tax evasion, insurance fraud, employee theft and fraud.

Truth is, current medical treatment for addiction is not a cure. The failure and relapse rate using conventional technology is as high as 80%. (*Sources cited by the Center for Health Enhancement Systems Studies.*)

realize the object of your addiction is no longer the real problem you're already halfway there. You are NOT alone!

The pandemic "disease of addiction" is a rampant symptom of an inner anxiety, conflict and

## "We are not human beings on a spiritual journey.

You and I both know why you're here, so let's cut to the chase.

I won't cross-examine the "disease of addiction" exhaustively today, but in order to find the cure for any addiction, we need to first find the root cause. This may surprise you, but there is undeniable evidence the underlying core source of any addiction is "emotional." As you know, there are also secondary factors to addiction which you can effectively address, but only after resolving the deeper, core emotional issue first. Many people mistake the "cause of addiction" for a secondary factor. Generally, people blame the addiction for the cause of their troubles, when under closer examination the addiction itself is really only "the symptom."

Identify the emotional block first. Once you discover that acting out on your addiction isn't an end in itself, you can better "devictimize" yourself. Ask yourself if your addiction really is the true cause of your troubles? Once you

unrest throughout society. This is why it is so important to not be an island. We're all in this together. Pierre Teilhard de Chardin once said, "We are not human beings on a spiritual journey. We are spiritual beings on a human journey." I see everyone as a spiritual person of integrity and value, worthy of being helped in their journey. By working together to cure "the real cause" of human addictions, we help accelerate the healing process of the whole world. So, social interaction and healthy relationships are major keys to recovery.

One of the biggest fears addicts share is if they ask for help, they might lose their friends and the social interactions so important to them. Asking your friends to help you quit smoking, drinking or gambling can threaten the core of your social life. This fear of abandonment prevents many people from making progress. The hidden blessing of identifying and addressing your "emotional hurdle" is that friends and loved



ones will relate and support you better — without you or them having to cut social ties.

This is an exciting breakthrough in healing “the real cause” of addiction. It may seem too simple to be true, but it works miracles if you let it. People are amazingly helpful when you “define the emergency.” It all starts by knowing what you really need help with. Whether it’s fear, guilt or unforgiveness, you may just need to talk about it and accept it more completely— so you can let it go.

Peculiar as it sounds, it’s easier for most people to love and care for someone else than it is to love and care for themselves. “People need to learn to love themselves as their neighbor.” ~ Putting a new slant to an old proverb.

Don’t resist. No matter how hard you try to resist your ad-

trigger. Then, others will be better able to help you.

Here’s the “lost secret” almost forgotten by science, now validated! “The placebo effect” was a big deal for physicians back the 18th century. They didn’t have medicines so they gave patients tiny sugar pills. This was actually very effective and validated the healing power of the human mind. It wasn’t until the mid 19th century that medical scientists began treating disease in purely biological and chemical terms. Today, there is a revived interest in placebo therapy to help understand the healing process and its relationship to emotion, feeling and thought. It’s a well-known fact “the placebo effect” works better than drugs. When you combine the power of belief with a healthy habit, the placebo success rate can improve

conscious playing field. Now, you know defeating addiction can be a reality. It doesn’t matter if your if your addiction is pornography, food, drugs, alcohol, gambling, work, shopping or the newest addiction, internet gaming. Here’s a powerful quote from Dr. H. Koning MD: “If you think you have an incurable disease, if you think it yourself, you are right. If you think your problem is curable, then you are also right.”

There is a medical revolution going on as leading scientists, psychologists, bioenergetic researchers and holistic practitioners are cracking the code to the human mind and its remarkable healing abilities.

Humanity is reconnecting to the lost science of healing, unleashing the potential to overcome addictions, unresolved emotional issues and possibly

**We are spiritual beings on a human journey.” PIERRE TEILHARD DE CHARDIN**

diction the more it persists because you’re thinking about it in a negative way. The catch is, if you believe it’s impossible to break away from your addiction, it won’t matter what you do; you’ll still be stuck with your belief, resisting it forever. Simply admit your addiction and search out your emotional

from 30% to I’ve heard, as high as 70%!

That’s why you need to know “you really can do it,” because YOU can make all the difference.

As soon as you’re “aware” you have an addiction it ceases to be just a habit. This takes you from an unconscious level to the con-

every type of disease. You have access to this real cutting-edge “Inner Technology!”

There are three psychological dimensions we all live in and when they fall into harmony, anything is possible; yes, even curing your addictions.

- Thought/mind
- Feeling/heart
- Emotion/ body

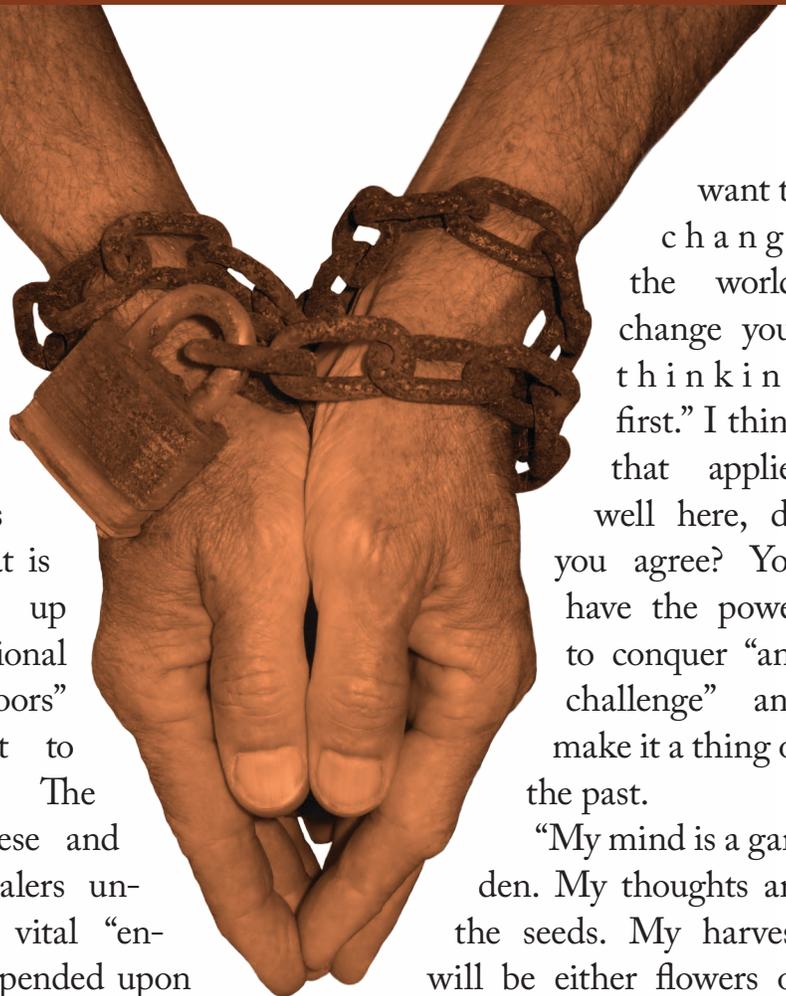
to break free of your addictions, you can. Otherwise, you will remain a slave to your addictions until you “change your mind.”

“It’s so hard when I have to, and so easy when I want to.” ~Annie Gottlier

Even as you read this you can clearly see the root cause of your addiction, anxiety and doubt fade away. There’s an old saying, “If you

“So often times it happens, we all live our life in chains, and

Leading researchers agree the body is literally a collective of your subconscious emotions. That is why opening up those emotional “road block doors” is paramount to self-mastery. The ancient Chinese and Ayurvedic healers understood the vital “energy body” depended upon a healthy emotional life. This ancient knowledge is your golden key to unlock the “road block doors” that seem to imprison you. Bottom line: IF you honestly want



want to change the world, change your thinking first.” I think that applies well here, do you agree? You have the power to conquer “any challenge” and make it a thing of the past.

“My mind is a garden. My thoughts are the seeds. My harvest will be either flowers or weeds.”~ Mel Weldon

The good news is now you can free yourself from addictive behavior without substituting one addiction for another, or subject-

ing yourself to more disappointment. I found a hopeful group of innovative thinkers who are looking outside the box for once. These researchers at the center for Health Enhancement Systems Studies (HESS) created a prototype therapy using Web-based technology to help people have 24/7 access to live human support anywhere.

change the way you think about it.” ~Mary Engelbreit

Only when you are ready to accept the truth about you, can you trust your willingness to listen. As long as you feed the negative voice, no matter how bad you want what’s best for you, unconsciously, you may be “dismissing the solution” to your addiction — regardless of who is

## we never even know we have the key.” THE EAGLES

- Social support
- Virtual counseling
- Education and training
- Location tracking
- Assessments
- Alerts: appointment reminders and warnings about risky situations.

You can find out more concerning innovations to improve relapse-prevention services at:

**[www.InnovationsForRecovery.com](http://www.InnovationsForRecovery.com)**

They are progressively integrating cutting-edge technology for enhancing aftercare services for people going through addiction treatment. I also found a web based gambling support organization at:

**[www.gamblingtherapy.org/en-US/Default.aspx](http://www.gamblingtherapy.org/en-US/Default.aspx)**

In closing, I will leave you with this life changing insight, “If you don’t like something, change it; if you can’t change it,

trying to help you.

Simply put you won’t cure your addiction unless you make a whole-hearted commitment to do so. Next time you break down and smoke a cigarette, have a drink or eat that bad food, or whatever your addiction is, just accept the fact that you wanted to, you chose to do it and if you want you can chose not to as well. You are NOT a victim!

I also highly recommend checking out an emotional release therapy is called “Emotional Freedom Technique” (EFT) at:

**[www.EmoFree.com](http://www.EmoFree.com)**

EFT uses ancient acupuncture meridians, but instead of needles you “tap” on key points to release emotional energy blockages caused from unresolved emotional experiences.

In essence, healing is a happy release from the past. **HCTW**



**Martin Jacobse,** a hearing and speech specialist of 30 years, was first in-

spired by the natural home remedies used by his Cherokee Grandmother. He has since 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, 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. Jacobse spends his free time practicing the healing art of magnetic Qigong, publishing books and enjoying the quiet of a small horse ranch near the Tonto National Forest in Arizona.

# Special Feature:

## 10 Things That Make You Happy

What you do every day matters more than what you do once in a while.

The blame for addiction stretches for miles.

It covers everything from depression and tough times to a little something to help you sleep and a little something to help you stay awake. But any way you'd care to look at it, addiction is a killer, a beast that lives within the addicted person and calls to them for attention. And what it craves will eventually put them in an early grave.

thoughts and fears of rejection.

Think about it. Would you have ever had a beer if someone didn't first coax you into drinking it?

So the addict would never have taken that first drink, pill, puff of marijuana, line of cocaine, shot of opiate, or whatever else. This is an example of fear of rejection.

Also, the drug of choice has a much-desired ability to mask

anyone you care about needs to face addiction – even if they are already abusing substances.

Why?

Because when we understand the root cause, we can effectively address it and work toward making the change that safely, naturally, and healthily brings happiness, drowns fears, and silences negative thoughts spewed by the parasitic beast whose only mission is to kill its host.

You may be thinking that addictions such as alcoholism are inherited. Truth is, only the root cause of the addiction is inherit-

Addiction is a killer, a beast that lives within the the addicted person... and what it craves will eventually put them in an early grave.

This beast will tell an addict things – things they may or may not want to hear – just to get them to succumb to the urge to “use.” When we examine this phenomenon a little closer, the root of the problem is clear: addiction is a direct result of being unhappy or having negative

negative thoughts and temporarily bring the user happiness. Once the drug has worn off, the addicted person is then forced to deal with reality again and might turn to another “dose” for relief.

The good news is it doesn't have to be this way. Not you or

ed and this creates vulnerability. It is vulnerability that feeds the beast and deepens the problem. To level the ground and simplify the treatment process, understand that treating this disease must always begin at the root cause. That is the common factor in all addictions.

Therefore, in order to overcome the reliance on unhealthy substances, it is important to first get happy.

Laugh in the face of the beast to shut him up for good.

Laughter is therapeutic on many levels. It can instantly crush depression, bring on a natural state of euphoria, and help defeat addiction. Doing things that are out of the ordinary and make you feel good is a great place to start.

Something as simple as a new haircut could bring rock-solid confidence and deep feelings of joy and excitement.

This thought leads to the top 10 addiction-busting ideas for a stronger, healthier life.

### **1 Give yourself a make-over.**

Simply picking up some new clothes, adopting a new hairstyle, even washing your car can work miracles for your state of mind.

### **2 Change your routine whenever possible.**

If you like to write, pick up a great new pen that flows smoothly and

sets the ink to paper in a crisp, ultra-clear fashion. If you cook, pick up a new, professional chef's knife. If you drive a lot, stop listening to talk shows or traffic reports – pop in a CD of your favorite music and enjoy the commute. Throw a fresh coat of paint on some walls in your house and de-clutter. This is one of the best ways to make yourself feel great!

### **3 If you don't use it – lose it.**

Things collect around the house easily and quickly. A good way to keep the frowns off your face is to get rid of things you don't need. So take inventory – if there are items around the house that bring you down or that you don't use anymore, chuck them, give them to Goodwill or at least stick them in a storage unit. The most important thing is to get them out of your sight.

### **4 Turn off the negative internal dialogue.**

There's probably a tape loop running in your head. What it plays is entirely up to you. If constant negative messages or hurtful, bad thoughts are making you feel lousy – work on replacing that tape with positively-charged words of encouragement, pleasantries, and supportive ideas of Health Wealth.

### **5 Go green and grow health rich.**

Switch to paperless bills, fix energy sucking defects in your home, recycle, repair a leaky faucet, and turn off lights and appliances when you aren't using them. Even if you're not an environmentalist, this admittedly simple idea will still make you feel good just knowing you'll be saving money!

### **6 Give blood – knowing that you're doing something to save lives is a natural peace booster...**

You could even save someone you know or love.



When you were a child, the days were longer, there was fun to be had... You seemed to have it all - everything you needed to have a happy, natural and fun life.

## **7 Set a positive tone to every day in just 10 minutes.**

Peaceful, kind, and gentle thoughts for 10 minutes in the morning will clear your mind and set your day in motion up the road to happiness.

## **8 Embrace the important things in life.**

Sit down with a piece of paper (and your new pen) and write down all the important things in your life. Use whatever comes to mind to start: fortifying your spouse, hugging your children, painting or repairing something around the house that's been causing you unrest. As you visit this list, keep adding to it. The act of writing it down causes you to visualize the important things in life which in turn tells your brain to engage and act on them.

## **9 A sense of community is good for the soul.**

Give to charity whenever you can. It'll make you feel good and supports your desire to belong. If you listen to public radio, give a few bucks when they do their fund raising drives and BAM - you're instantly invited to the party!

## **10 Get out, network, and meet new people.**

Just saying "Hi" to strangers is a good way to get your confidence built up so you can even-

tually present thoughtful ideas to new groups of people. You never know what can come of it. It might bring a great new career, you might find a product or service you never knew you needed, you could even meet your soul-mate just because you smiled and said "hello" to a handful of people on the street. Plus, unless they're miserable, zombified, drones (and you don't want them in your life anyway - they're energy suckers and downers) they'll smile back. It's a win-win where everybody feels good.

## **Take control of your life again - you never needed drugs or alcohol when you were a kid**

When you were a child, the days were longer, there was fun to be had: playing barefoot on a summer lawn, riding bikes with your friends, making snow angels in the winter, and laughing when the butterflies were released in your stomach as you drove down a hill. You seemed to have it all - everything you needed to have a happy, natural and fun life. The one thing you didn't have was substance addiction. Ask yourself, "Did I need drugs and alcohol back then?" Well you don't need them now either.

What you're effectively doing by practicing (and eventually becoming an expert at) these 10 specific ideas is talking back to the beast.

# The one thing you didn't have was substance addiction.

But don't take it one day at a time...this is a major cause of relapse.

By saying, "I won't use today, but maybe tomorrow," this keeps the beast alive, just waiting to talk you into it the next day. But if you say to yourself, "I'm NEVER, EVER going to use again!" Stick to it, and the beast will become terrified,

confused, and sick. Then you've won the battle and it is you who will be waiting — waiting for him to die.

Talk about this new approach to life with your friends and family. They will happily sign on to help you accomplish all of your goals to stay healthy, mentally sound, happy, and drug - and alcohol - free. **HCTW**

## Grandma's Tips

Schedule your "Happy Moments" in times of temptation. Choose to go for a walk after dinner rather than smoke a cancer stick.



You're letting it know that you don't need the rotten, disease-causing garbage he forces you to take. Again, you're fixing the root of the problem. Eventually, as you become more involved in your life again the voice of the beast will fade; he'll realize that he no longer has control over you and what you put into your body. He has failed to take you down. Then, he will die. He cannot survive without your complete cooperation. Once that's gone, so is the beast.

The 10 steps above are more than just ways to distract you from the beast; they offer you the chance to shift your paradigm. To look at life for what it is: a journey, not a destination.



# GRANDMA'S CURE CORNER

# TIGER WOODS DIAGNOSIS

A CUB SCOUT MOTHER CHALLENGES A PERVERTED ADDICTION



Let me take this HCTW edition on addiction to address a recent news item: Tiger Woods and his many mistresses. Some have raised the issue on whether or not he is a sex addict.

The string of extramarital affairs that has Tiger Woods in the news headlines brings tears to my eyes and anger to my heart. Casual sex strikes once again. Count the number of lives it has affected. This doesn't involve just Tiger, but his wife and 2 children, plus the X number of women who have partnered with him. Addictions are destructive and this is no exception.

One definition of an addiction is not being able to control urges and feeling anxious without a fix, as well as acts done in secrecy. The other factor in addictive behavior is availability. Even if a professional athlete runs on adrenaline as he competes and looks for other avenues to achieve a "high," the fact is sexual opportunities are plentiful.

I'm not just talking about pornography, as it seems these days there are people ready to jump into bed with anyone who crosses their path. While not every encounter leads to addiction, I would dare to say the "looseness" in America in general these days has created the opportunity for

# A LONG AND PROSPEROUS LIFE DOESN'T COME WITH GOLF OR GOLF ADDICTION, IT COMES WITH A HEALTHY AND CLEAR CONSCIENCE.

sexual addiction and exploitation. Simply put, the availability for sexual experiences has generated a culture of sexual

addicts. Eliminate the opportunity and we are one step closer to safeguarding marriage.

While it is hard to know

what was going on in Tiger's head (or body), or if his push for a rush was chemically induced, he made repeated and calculated decisions to hurt and deceive his family. A long and prosperous life doesn't come with golf or golf addiction and any other kind of addiction, it comes with a healthy and clear conscience.

Tiger Woods was a sort of emblem in America and role model for success. I'd like to stick with more of a Cub Scouts approach to success: character and responsibility.

If you think you might suffer from sex addiction, please use this self-diagnosis questionnaire and seek help:

**[www.slaafws.org/pamphlets/questions40.pdf](http://www.slaafws.org/pamphlets/questions40.pdf)**

**Love, Grandma**

*HCTW*



# The Spiritual Dimension of Wellness

By Steve Hickey

## Laying the Axe at the Root of Addiction

The longings and cravings are a part of a divine design, for those who acknowledge they are powerless are in a place to receive supernatural help.

**A**s I write this article on the roots and spiritual origins of addiction, my cup of hot Caffè Americano is sitting inches from my keyboard. If it were not here I would be wishing it was. To some degree, we each use things and people to sustain or reach levels of well-being. Sadly many things are destructive and addictive, and even moderation enslaves if there are deeper wounds and insecurities which we are seeking to medicate. It's common for people to medicate inadequacies with things that leave them even more ravished.

Hundreds of millions of people struggle with compulsive addictions such as smoking, substance addictions, food addictions, sexual addictions, gambling and shopping. Society smiles at some addictions (i.e. caffeine or body art) and shames many others (i.e. masturbation or internet porn). Few would connect the dots and see any commonality between the

workaholic and the cutter though they both stem from the same emotional and spiritual roots.

A popular comedian gets a laugh noting that he drinks so much Scotch because he has so many thirsty demons inside him. What's not funny is that there is a very real demonic dimension to the things that seek to exploit, control, possess and destroy us. Denying the spiritual dimension -



sions of addiction keeps many from deliverance. If there are spiritual causes, there are spiri-

and accusing thoughts that come into his head. His problem wasn't alcohol; his problem

feeding unhealthy behaviors. Things started to shift when I addressed the fact that she was

**Addictive behaviors are only a form of compensation for underlying problems, unhealed wounds and inadequacies and deceptions.**

tual treatments.

We need truth to set us free (John 8:32). Addicted people aren't living in the truth - they aren't telling themselves the truth and they aren't telling others the truth. That same comedian jokes - "You wanna get the truth out of me, get me hammered." The irony is that when we remove the deception, the addiction has nothing to hold on to anymore. A man

once told me he drinks to drown out the condemnation



was his head was full of things that weren't true.

There are known genetically-inherited chemical and neurological predispositions to certain addictions. But even these aren't the root. These are our vulnerable soft spots where the roots most easily penetrate and take hold. Addictive behaviors are only a form of compensation for underlying problems, unhealed wounds and inadequacies and deceptions. For example, rejection is a common a root cause that manifests down the road in a variety of destructive compulsions. Rejection communicates noxious falsehoods to people about who they really and truly are as those who bear God's image. All addictions at some level are rooted in the need to be loved and valued.

In dealing with a hurting teenager recently, I discovered she was the product of an unplanned pregnancy. Her whole life she had been told she was an "accident" which made her feel unwanted and I discerned this was fueling self-image and self-worth problems which were

not a mistake, that she was not just the next random mutation of some unguided evolutionary process. Unapologetically, I tell people that life doesn't begin at conception; it begins long before that in the mind of God. The Bible says every day of our life is ordained long before the creation of the world. God has a dream for each life that only manifests in a mother's womb at conception. When these truths replaced the falsehoods she'd been told and believed, the shackles binding her to ad-

**Continued on Pg. 35**



**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 organi-

zation, 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)

## The Addiction Program - 3 Ways and 3 Days to Recovery



**T**he New Year is upon us. It is the start of a new you, a new look on life, and big changes for your future. For some, change will be harder than others.

Imagine a man who knocks down a few stiff drinks after work. Is he a pleasure drinker or an alcoholic? What about a woman who needs to take drugs to feel good or give her energy so she can get through the day? When does she become dependent on these drugs?

Most people have some kind of addiction. They find things they like that make them feel good and they may use it again and again as a kind of coping therapy. We all crave substances or experiences that make us feel good temporarily, but some of these bad habits often have harmful long-term consequences.

If you suspect that you have an addiction to alcohol, ciga-

rettes, drugs or food (or other), ask yourself this question: “Has my addictive behavior created problems that would make me consider stopping or cutting back?” If the answer is YES, it is time to make a few changes to break that addiction grip.

Here is a simple addiction detox program that consists of a detoxifying juice, a fiber supplement and a light exercise program to break free from that minor addiction. Cleanse your body of toxins and poisons; rev up your metabolism, slim down your body and gear up for a healthy lifestyle change.

Follow the cleanse program for 3 days as directed below, making sure to not eat other foods, or partake in your addictive habits:

1. Detox Juice
2. Fiber supplement
3. Light exercise

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HOW TO BREAK FREE FROM  
MINOR ADDICTION IN 3 DAYS  
BY USING 3 TOOLS

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## Detox Juice

### Ingredients and values:

- 2 quarts cranberry water (64 ounces filtered water plus 4 tablespoons unsweetened cranberry concentrate – cranberry concentrate can be purchased at any health food store).
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- ¾ cup freshly squeezed lemon juice
- Stevia Plus to taste (if needed)

### Instructions for preparing the detox juice:

Bring cranberry water to a light boil then reduce heat to low. Add spices directly to the liquid. Simmer for 15 – 20 minutes. Cool to room temperature.

### Directions:

Starting in the morning, upon rising, begin the detox diet by drinking one cup (8

oz) of filtered water alternating with one cup (8 oz.) of detox juice on each hour of your day. You need to drink at least 72 ounces (9 glasses) of filtered water and 8 glasses of the detox juice per day. You may start in any order that you like, but drink either an 8 oz. glass of water or an 8 oz. glass of detox juice each hour.

Each of the ingredients in the Detox Juice provide vital vitamins and detox benefits for the addictive body and have specifically been chosen to stave off cravings, balance blood sugar, restore the liver and rev up the metabolism. For example, the combination of cranberry and citrus juice is high in vitamin C that helps the liver break down fat. Vitamin C is also rich in glutathione, a major antioxidant that binds to heavy metals and



The New Year is upon us. It is the start of a new you, a new look on life, and big changes for your future.



**David Randall**, diagnosed at the age of 15 with type 1 Diabetes, started to learn everything he could about living healthy. With a love for cooking, he made his way through college teaching young diabetics how to manage the disease. He then turned his ambitions towards spreading what he knows and loves to others, having ghost written for over 10 years on nutrition, vitamin and mineral supplements, as well as cooking and healthy lifestyle. David spends his free time with his family in Northern Michigan sailing, cooking and volunteering.



## The flavorful spices of cinnamon, nutmeg and ginger all help rev up your metabolism and fight hunger.

toxins to aid the liver through the detox process. Arbutin, a key ingredient in cranberries acts as a diuretic that draws both toxins and excess fluids from our body.

The flavorful spices of cinnamon, nutmeg and ginger all help rev up your metabolism and fight hunger. Cinnamon's flavonoid aids the body's insulin activity by regulating blood sugars. Nutmeg has a warming effect that aids in digestion, reduces flatulence and combats cravings. Ginger helps expand the blood vessels that in turn can give the body as much as a 20% metabolism boost. Fresh is best, so purchase new spices before you start this program that are organic and non-irradiated.

Water, of course, helps flush the toxins from our system. By drinking the full 72 oz. of hydrating, filtered water during the detox flush, you will keep yourself feeling refreshed and full.

### **Fiber Supplement**

In addition to the detox juice, which aids in flushing toxins, take a fiber supplement in the morning and before bed. Use 1 to 2 teaspoons of powdered psyllium husks – added to the filtered water or detox juice. This fiber will bind with the toxins and poisons in the fat that are being released from the detox diet, and flush them out of your body.

### **Light Exercise**

To keep the fluids and toxins moving out of the body, engage in a brisk 30-minute walk each day. This can be broken up into two exercising units with a 15-minute walk in the morning and 15 minutes in the evening.

Symptoms you may experience during this program will be headaches, fatigue, stiffness, foggy thinking and mild depression. These feelings are all due to the stored toxins in your fat working their way out of your body. Realize that these symptoms are an indication that the detox process is working and that you will soon feel better than ever. Meditating, writing in a journal, relax-

ing and getting 8 hours of sleep each day are all excellent choices to help get you through the addiction program.

### **Breaking the Cleanse**

Once you have cleared your body of all toxins and poisons, start slowly introducing food back into your diet. During the first day, drink several 8 oz glasses of orange juice, and introduce fruits, vegetables and nuts back into your diet. You will also want to make sure to drink plenty of water when you break the cleanse. During the second day, continue to drink orange juice, as needed, and plenty of water. You will also want to start eating some light meals that are mostly vegetarian, such as vegetable soup and salads. Start introducing meats and dairy into your diet during the third day.

Keep the food combinations simple and appreciate how good food tastes and how great you now feel.

Addictions are a very difficult part of life and even more difficult to overcome. We all have them, be it smoking, drinking, prescription drugs or worse, but we can all overcome them. This program is only one of the many steps that you will need to take in order to overcome addiction, but it is a healthy start. So, take the first step in this New Year and start a longer, healthier, happier life. *HCTW*



The fiber in psyllium husks will bind with the toxins and poisons in the fat that are being released and flush them out of your body.

**Got a health question?**

**Ask Dr. Scott! Visit:**

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

## Audio Interview with Dr. S "Addictions"

Get into the mind of an addict by listening to this insightful and hopeful interview with Dr. Scott Saunders. With many examples of recovery, Dr. Saunders takes on old schools and new schools of thought regarding addictions. If you recognize an addictive pattern in yourself or someone you know, help is on the way as you listen to Dr. Saunders identify dangerous patterns and reasoning that lead toward addictions: reducing exposure alone can curb addictive tendencies.

Lastly, Dr. Saunders offers some natural principles and practical recovery steps that can put you back on the road to restoration. Listen to this audio broadcast and feel hope return again. Don't overlook this opportunity to regain what you've missed in life!

**LISTEN HERE:**

[www.homecuresthatwork.com/members/access/january2010/Interview.wav](http://www.homecuresthatwork.com/members/access/january2010/Interview.wav)

## Video Cures That Work

### The Placebo Effect

<http://www.youtube.com/watch?v=efvY093fUiM>

### Drug Side Effects

<http://www.youtube.com/watch?v=cx1dNz4fRAI>



**Dear Dr. S,**

I've got a couple friends who want to quit smoking... got any good cures?

**Thanks, Joe**

### Answer:

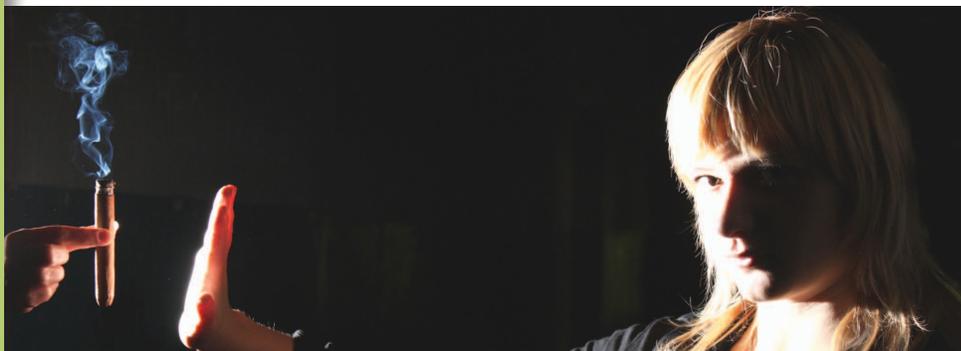
When people fast, they expect that they're going to be hungry, and manage it. The people who are most successful at quitting tobacco are those who "fast" and accept that they will desire to smoke – but they can still choose not to.

ting drinking, drugs, or any other addiction. Learning to overcome our addictions is part of living.

Aside from that there are many, many programs to help. I don't know of any one that is better than another.

**Dr. S**

**HCTW**



The problem with the patches, gum and other "helps" is that they don't address the issue of needing comfort – they only attempt to replace it. One of the most important lessons of life is to accept that it is hard, and to accept discomfort as "normal."

In a sense, this is no different from losing weight, quit-



**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.

# Online Addiction Resources

A directory of support organizations, rehab facilities and addiction treatment options. If you think you or someone you know may be suffering from an addiction, please take this Addiction Recognition quiz: [www.homecuresthatwork.com/quiz/addiction](http://www.homecuresthatwork.com/quiz/addiction)

## General

Emotional Freedom Techniques  
[www.EmoFree.com](http://www.EmoFree.com)

Rational Recovery  
[www.Rational.org/index.php?id=92](http://www.Rational.org/index.php?id=92)

Mental Health Counseling & Clinics  
[www.MeierClinics.com](http://www.MeierClinics.com)

## Sexual

Sexaholics Anonymous  
[www.SA.org](http://www.SA.org)

Safe Surfing  
[www.GetNetWise.org](http://www.GetNetWise.org)

The Society for the Advancement of Sexual Health  
[www.SASH.net](http://www.SASH.net)

Sex and Love Addicts Anonymous  
[www.SLAAFWS.org](http://www.SLAAFWS.org)

Sexual Recovery Institute  
[www.SexualRecovery.com](http://www.SexualRecovery.com)

## Alcoholism and Drug

Alcohol and Drug Addiction Treatment  
[www.InnovationsForRecovery.com](http://www.InnovationsForRecovery.com)

National Institute on Alcohol Abuse and Alcoholism  
[www.NIAAA.NIH.gov](http://www.NIAAA.NIH.gov)

Rethinking Drinking  
[RethinkingDrinking.NIAAA.NIH.gov](http://RethinkingDrinking.NIAAA.NIH.gov)

Sober Recovery: Drug Addiction, Alcoholism, Mental Health and Addiction Directory  
[www.SoberRecovery.com](http://www.SoberRecovery.com)

Alcoholism Resources  
[www.AlcoholismResources.com](http://www.AlcoholismResources.com)

Teen Challenge  
[www.TeenChallengeUSA.com](http://www.TeenChallengeUSA.com)

Bright Hospital: Drug, Alcohol and Addiction Rehab Centers  
[www.BrightonHospital.org](http://www.BrightonHospital.org)

## Food

Eating Disorder, Drug Addiction & Alcohol Treatment Center  
[www.TimberLineKnolls.com](http://www.TimberLineKnolls.com)

Remuda Ranch, Anorexia, Bulimia Eating Disorder Treatment Programs  
[www.RemudaRanch.com](http://www.RemudaRanch.com)

Eating Disorders/Treatment  
[www.EDTreatmentCenters.com](http://www.EDTreatmentCenters.com)

## Self-Abuse

Self Abuse Finally Ends  
[www.SelfInjury.com](http://www.SelfInjury.com)

Self-Injury Help  
[www.PSYKE.org](http://www.PSYKE.org)

## Smoking

Quit Smoking  
[www.MayoClinic.com/health/quit-smoking/MY00433](http://www.MayoClinic.com/health/quit-smoking/MY00433)

Smokefree.gov  
[www.SmokeFree.gov](http://www.SmokeFree.gov)

How to Quit, Useful Resources to Quit Smoking  
[www.CDC.gov/tobacco/how2quit.htm](http://www.CDC.gov/tobacco/how2quit.htm)

## Gambling

Gamblers Anonymous  
[www.GamblersAnonymous.org](http://www.GamblersAnonymous.org)

Gambling Therapy  
[www.GamblingTherapy.org/en-US/Default.aspx](http://www.GamblingTherapy.org/en-US/Default.aspx)

National Council on Problem Gambling  
[www.NCPGambling.org](http://www.NCPGambling.org)

The Council on Compulsive Gambling of New Jersey  
[www.800Gambler.org](http://www.800Gambler.org)

# Living Healthy to 120: Anti-Aging Breakthroughs

By David Kekich

## Personality Traits And Longevity Linked In Study

**Extrovert and agreeable characteristics can lead to a long life.**

**D**id you read Life Extension Express yet? If so, refer to Chapter 11: Step 7-Attitude.

In some ways, it's the most important chapter in the book. It sets the foundation for the first six steps that could buy you enough healthy years to live long enough to take advantage

of tomorrow's extreme life-extending technologies. That's why it encourages me to see corroborating articles and opinions from medical experts.

Listen, I really want this for you. I'm absolutely convinced some people, who would have otherwise perished, will see the day when scientific break-

throughs give them open-ended youth, due to the information in Life Extension Express. But some isn't enough. I want it for you. I want it for those you love and for those you don't know. I want it for everyone and will be thrilled when thousands and then millions benefit.

You can be one of them, especially if you get your head into the longevity game. Your body will follow.

The following information was posted on [www.eurekalert.org](http://www.eurekalert.org) Longevity and Age Management, Aging, Cardio-Vascular, Longevity.

Past studies conducted on siblings and offspring of centenarians have clearly demonstrated that longevity runs in strong families. In fact, studies have shown distinctly lower prevalence rates and delayed onset of several diseases, including cardiovascular disease, hypertension and diabetes. Be-



cause personality traits have been shown to have hereditary components, researchers from Boston University School of Medicine's New England Centenarian Study "hypothesized" that certain personality characteristics could be critical to the healthy aging of the offspring of centenarians.

Collaborating with scientists from the National Institute on Aging, the researchers tested their hypothesis using the NEO-Five-Factor Inventory questionnaire to measure the personality traits of 125 women and 121 men with an average age of 75. None of the participants were related, and each was the offspring of a centenarian. The questionnaire scored five key personality characteristics: neuroticism, extraversion, openness, agreeableness, and conscientiousness.

Researchers found that both male and female participants "scored in the low range of published norms for neuroticism and in the high range for extraversion." The women also scored on the high side for agreeableness. Both the men and women participants scored within the normal range for conscientiousness and openness, and the men scored within

normal range for agreeableness. The findings were published online in the Journal of the American Geriatrics Society.

"Interestingly, whereas men and women generally differ substantially in their personality characteristics, the male and female offspring tended to be similar, which speaks to the importance of these traits, irrespective of gender, for health aging and longevity," says Dr. Thomas Perls, MPH, Director of the New England Centenarian Study. "For example, people who are lower in neuroticism are able to manage or regulate stressful situations more effectively than those with higher neuroticism levels. Similarly, high extraversion levels have been associated with

### Grandma's Tips

Make friends! Good community breeds healthy individuals. Try reaching out!



establishing friendships and looking after yourself," he says. And he adds, "these findings suggest that personality is an important characteristic to include in studies that assess genetic and environmental determinants of longevity." **HCTW**

I'm absolutely convinced some people, who would have otherwise perished, will see the day when scientific breakthroughs give them open-ended youth.



**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. For more information, visit: [www.MaxLife.org](http://www.MaxLife.org)

# Weight Control, Exercise & Fitness Tips

By Nordine Zouareg

## The Freedom of (Self-Imposed) Chains

I'll let you in on a little secret... It's not hard to get and stay fit. It's not about hard work and deprivation. It's all about boundaries.

Most of us are under the misconception that fit people work hard and spend most of their lives deprived in order to achieve their amazing bodies. Nothing could be farther from the truth.

I'll let you in on a little secret... It's not hard to get and stay fit. It's not about hard work and deprivation. It's all about boundaries. Let me explain...

When you were a child your parents set boundaries around you. They were the authority on what was or wasn't acceptable behavior. You had to complete your chores before dinner. You had to finish your homework before going out to play. You had to eat all your vegetables before dessert. If you failed to comply with these boundaries then you knew that there would be consequences.

As an adult you, and only you, are the authority on what is or isn't acceptable behavior. You are in the position to set boundaries around



yourself. These boundaries serve as a framework of order around you - a rock of support in an otherwise chaotic world.

With self-imposed boundaries you can assure your success in anything...specifically with weight loss. Your fitness boundaries have to be self-imposed—no one is going to do it for you. Don't look at this as a bad thing! Self-imposed boundaries are self-empowering.

Let's face it, you've been living life without fitness boundaries. You eat whatever you want, whenever you want it. You use any excuse to avoid exercise. You indulge whenever it feels good.

## Your Fitness Boundaries

It's time to introduce boundaries back into your life. These boundaries are the key to unleashing your ideal fit and healthy body.

## FITNESS BOUNDARY ONE: What You Eat

If you were to be perfectly honest with me, you could list off the foods that are unhealthy and fattening. So, why are you still eating them? You know that refined, fried, processed and sugary foods are not good for you.

Place boundaries around what you will allow yourself to eat. Acceptable food items include whole foods, vegetables, fruits, whole grains and lean meats.

## FITNESS BOUNDARY TWO: How You Exercise

I know that you're not an Olympic athlete, but that doesn't mean that you can simply pass on exercise. By now you are well-aware of the host of benefits that exercise provides. With regular exercise you'll look great, feel amazing and have more energy than ever.

Place boundaries around how often you must exercise. Choose exercise that is challenging and fun - don't be afraid to try new activities that improve your strength and endurance.

## FITNESS BOUNDARY THREE: When You Indulge

Let's face it, we live in a world where indulging has become the norm, rather than the exception. When you live life without fitness boundaries, everyday is an opportunity to indulge. These indulgences all add up quickly, causing your clothes to become tight and your energy levels to drop.

Place boundaries around when you can indulge. You'll find that by limiting your indulgences you'll end up enjoying them even more.

### Putting It In Action

Sit down and take a long, hard look at your lifestyle. Are you eating as healthy as you could be? Are you exercising 3-5 times each week? Are you indulging too often? Answer the following questions:

### What 3 food items can I eliminate from my daily diet?

These should be nutritionally void items like high-calorie beverages,

**Continued on Pg. 35**



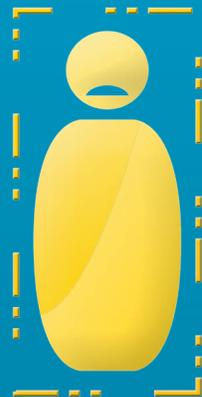
**Nordine Zouareg** is a former Mr. Universe, an International Fitness Coach, Speaker and Author of the book *Mind Over Body: The Key to Lasting Weight Loss is All in Your Head!* For more

information, visit: [www.NordineZ.com](http://www.NordineZ.com)

## Examples of Self-Imposed Boundaries



Strict Boundaries



Loose Boundaries



Healthy Boundaries

# Celebrity Health Watch: NAOMI JUDD SHIFT HAPPENS

A successful artist diagnosed with Hepatitis C, Naomi Judd was forced to retire and search for a cure. Naomi overturned her death sentence by coming to terms with her healing through mind, body and spiritual research, including the role of emotions in building a healthy immune system. Judd turned to alternative remedies after traditional treatments failed to treat her Hepatitis C. Taking responsibility for her recovery, she focused on stress relief and finding personal reward, especially in family life.

Putting her recovery story to paper and inspiration, Naomi penned a book: “Naomi’s Breakthrough Guide: 20 Choices to Transform Your Life.” (2004) New York, NY: Simon & Schuster. Her belief that choosing how to react (to



addiction or disease) will uncover a divine order for understanding whatever happens.

“Surviving isn’t as complicated and mysterious as you’re probably thinking. What it takes is (1) a great deal of faith in oneself, (2) an openness to taking in new information, and (3) a belief in a higher power.”

OVERCOMING A  
DEATH SENTENCE,  
NAOMI  
BREAKTHROUGHS  
WITH A SURVIVAL  
PERSONALITY  
HEALTH REGIME.

# Barton Publishing's Free Report of the Month

## Treat ADHD Naturally



**T**ake it from medical reduction specialist, Dr. Scott Saunders, MD, you can escape the cycle of ADD/ADHD drugs and regain a sense of normalcy. Living with or coping with someone who has ADHD can be exhausting. But don't be forced into believing the lie that the only way to survive ADHD or ADD is through medication. Find the answer on how to thrive without drugs.

The ADHD/ADD Natural Remedy Report contains safe, natural and at-home remedies to cure your ADHD or ADD. Become informed about the short and long-term risks of using prescribed medications related to ADHD or ADD, including drug abuse. Discover the natural and alternative solutions used in treatments, such as diet changes, vitamin and nutritional supplements, behavior training, exercise

and other miscellaneous therapies.

There are many options available that don't involve medication prescriptions. Stop you or your child's ADHD safely, naturally and without drugs.

**Download Complimentary Copy Here:**

[http://treatadhdnaturally.com/  
ADD-ADHD\\_Ebook\\_Final\\_v2.pdf](http://treatadhdnaturally.com/ADD-ADHD_Ebook_Final_v2.pdf)

## Product Recommendation

### Lung Detox

**I**f you want to clear your lungs of tar and toxins from years of smoking then this is the program you need. It is also an extremely effective way to stop smoking as it quickly gets rid of cravings.

Get pink and healthy lungs again by following this simple detox program! Turn around your smoking habit in less than a year with food supplements, vitamins and an exercise routine.

Rid your lungs of toxins and lower your risk of lung cancer, lung disease, cancer of the larynx, heart disease and stroke. So, if you have quit the habit or have decided to stop smoking, give your battered lungs a little help with this detox.

Read Customer Testimonials and begin breathing easy again! Follow this link for the secret combination to flush out your lungs from nicotine, smoke and tar.

**Buy it Here:**

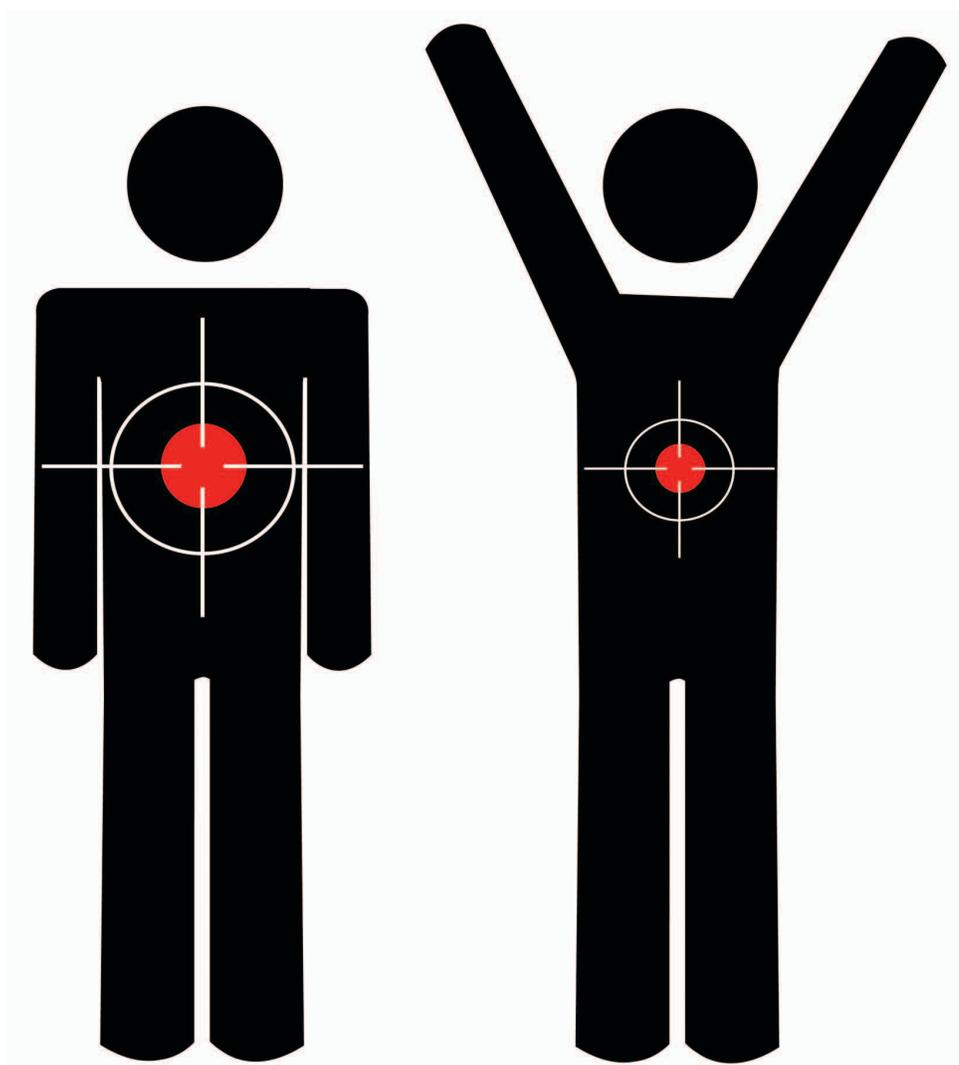
<http://www.HomeCuresThatWork.com/lungdetox>

# Big Pharma **Corporate Arm**

By Martin Jacobse

Do You Have Control Over Your Life, Liberty and Health, or Does Someone Else?

This new discovery reveals potential for radical healing from drug addiction.



**T**here is a natural human tendency to cleave to the old and resist the new. Yet, inevitably, we enter each new day revitalized, rejuvenated and refreshed. At least we try to. The problem is the average American family of four is exposed to 1,500 advertising messages a day. (*Fordham University College of Business Administration*)

This data smog would make it a challenge for even a Zen master to stay positive and addiction free. It's no wonder that as much as 70% of our thoughts tend to be negative. You already know to avoid junk foods, right? Yet few people take the same care to avoid "junk info."

Big Food, Big Pharma and Big Agri are pouring billions of advertising dollars into the mega-marketing media ma-

age others to take more responsibility for their own health choices.

There is a false disease going

out the irresponsibility of drug companies that are “enabling” addiction through negative auto-suggestion. That’s why Di-

**“You can’t be a victim and heal.”**

**A.J. LANGER**

chine to keep you thinking about their products 24/7. The latest advertising atrocity is called Direct-To-Consumer marketing and it’s illegal in every country but America and New Zealand. You know which commercials I’m talking about: the ones suggesting your symptoms may be diseases, then telling you to “see your doctor” to find out if the latest designer drug is for you.

It is illegal for just anyone to offer any form of diagnosis of physical or psychological illness or disease. I believe it is a form of attack to suggest to someone that something is wrong with them. People will sincerely believe what they hear. A comment about a mental disorder, chemical imbalance or genetic weakness may become a part of their identity.

It’s no wonder that currently 50% of Americans take at least one prescribed drug every day — and the numbers are rising thanks to Direct-To-Consumer suggestions. As fellow human beings we have a responsibility to speak positively and encour-

around that is 100% reversible and instantly curable. The false disease is called “victimization.” We all need to join together to abolish this pseudo-disease from the face of the earth. Because as long as the mega media monster gets to say whatever it wants to, unfiltered, uncensored and unabashed, countless people of every walk of life and age group will continue to “indentify” with the addiction mindset that they are “victims.”

I have to admit, it is an ingenious marketing scheme though. Who but people that believed they were victims of genetic fate would buy into this Big Pharma culture? There is something ethically wrong with selling drugs to people who are easily addicted to substances. On one side of the street we call them drug pushers. On the other side, Big Pharma is just doing business as usual.

I hope you understand, I am writing about a “victim-mind set.” I am very aware that the world is filled with real victims of crime, violence and disaster. I am simply pointing

Direct-To-Consumer advertising should be banned everywhere. It is irresponsible and guarantees the massive prescribing of more drugs on the front of fighting rampant addictive behavior in society. The pandemic of addiction ruins more lives than all other diseases put together.

Typically, Western medicine has stuck its head in the sand concerning its 80% failure rate from “treating symptoms” of addiction. The bottom line is, by ignoring the real cause of addiction, the current approach permits the whole “victim mentality” to thrive. This may shock you, but you’re temporary addiction to drugs may be an unaddressed “subliminal suggestion” you need to identify. These Direct-To-Consumer drug messages subliminally suggest sickness is a function of your body and thus you must buy their “chemicals and drugs” to counteract your dysfunctional nature. Please give me a break! Sickness is NOT your body’s function!

Devictimization is the sim-

ple process of waking up from a nightmare that never was. Like a child who is afraid to look out from the covers because of the monsters in the closet, once the light is on, reality sinks in again. Once the illusion, lie or auto-suggestion is seen for what it really is, its influence over you goes away.

Leading researchers are re-considering our old beliefs about how the human brain functions and including terms like “superconscious,” “healing mind” and “intelligent energy fields,” into the new mode. A new world view is dawning! Enter the age of bioenergetic healing.

**FACT:** If you want to break away from the limitations of your past and be free of the unresolved emotions and chemical addictions which enslave you, you must be determined to see things differently. Read on . . .

You’ve been educated, conditioned and cultivated to believe in a “victim mind-set.” That lie



is the heart of your addiction challenge. It is a mistake to believe any chemical reaction, behavior trait or genetic weakness is more powerful than your innate intelligence, indomitable will and free mind.

The human brain has the capacity to download astonishing amounts of new data in the form of “behaviors and beliefs,” into your hard drive memory. In a nut shell, this means you have the potential for radical healing. I know you can be free from any addiction, illness or disease and their causes.

As you know, traditionally, every new discovery is resisted by the human impulse to protect the past. Yesterday the world was flat, today mind, body and even thinking and feeling are seen as one and the same. (*www.HeartMath.com*)

You and I literally live in a holographic universe, meaning within each part, the whole of Mama Nature can be found. Wholeness heals you because it is of the mind. Fact is by combining the will to recover with guidance and support you can defeat any addictions. Don’t be tempted to believe you need drugs to help you.

What I’m sharing isn’t new, it just took science 6,000 years to validate what the ancient Chinese, Essenes and Ayurvedic

teachers have long known. The ancients understood the universe to be one living conscious being or organism. Today, scientists call this the systemic, or a holographic universe. Thus where ancient wisdom once proclaimed creation as an ever-expanding “Creative Intelligence,” today we call it “Intelligent Design.” In order to accept new knowledge we have to let go of old mistaken concepts.

Genetic determinism is a thing of the past! Definition of determinism: the belief that all events are caused and determined by their preceding events and, therefore, entirely predictable, raising philosophical questions about freewill and responsibility.

Genetic determinism is a political iron fist being used to crush free thinking, self-sustaining individuals like you. Its doctrine claims that human willpower and positive attitude have no influence over health and body. IF the propaganda was true then genetic determinists, greedy politicians and tyrants would control the entire human race with their chemical madness.

Sounds like a bad B-movie doesn’t it?

Big Pharma wants to blame “the gene” for every illness and frankly, they’re wrong. But, if

they can convince Joe Public, Big Pharma's power and profits will soar. I'm talking about more mis-used power and money than the world has ever seen before.

What's scary is their marketing scheme was working, until the discovery of Epigenetics. It's as if "The king has no clothes," and somebody's derriere is sticking out in the wind. They'll do anything to cover it up.

The real future of medicine is completely different than what Big Pharma bet it would be. They have fully vested in the chemical/gene assumption, but the "new science" of epigenetics refutes the very foundation of the pharmaceutical empire and they are NOT happy about it at all.

As you may already know mere chemical reactions cannot explain any of the remarkable feats the human body and mind can perform. Since genes are not controlling our biology, exactly what is responsible for our healing, regeneration and growth? The answer is information!

By definition, epigenetics states that every organism is born with a certain purpose, and continues to develop how it was intended to in interrelation with its environment. Simply put you can control more than 90% of



## A sound mind yields a healthy body.

genetic expression with good food, healthy lifestyle and positive attitude (that's your environment). Do you see the power of your mind and the choices you make a little clearer now?

The information comes from beyond "the known system." That's where will power, positive attitude and Mama Nature influence the body electric. Life is made of pure information, and information is the earmark of the mind. Based solely upon the science of epigenetics, we can see evidence of a consciousness superior to our own. There is inarguably an underlying intelligent design to life.

This means no one has to be a victim of Big Pharma's chemical dogma . . . ever.

The new science of healing

empowers your ability to take control of your life, liberty and your health. The truth will set you free! You are NOT a victim of traits, chemicals and genes. Epigenetic, holistic and bio-energy medicines offer humanity an optimal healing system, an "Inner Technology" available to everyone without exception. This is the new frontier of energy medicine today!

This almost forgotten science is being brought into mainstream conversations among integrative physicians everywhere, giving birth to what I call, "genuine healthcare." Together with these emerging world views we can expand human liberties, empower integral health technologies and nurture self-healing.

**HCTW**

# reader remedies

## Proper Mealtime Food Combination

One of our customers from Merritt, SD found the proper food combinations helped her acid reflux. If you would like to share a natural remedy with the Home Cures That Work audience, please email us at: [Remedies@HomeCuresThatWork.com](mailto:Remedies@HomeCuresThatWork.com)

One of the best bits of advice I found was chewing gum after meals. I didn't want to have sugary gum, or those with artificial sweeteners in them, so I began using Spry gum, which is sweetened with Xylitol. Xylitol is a natural sweetener from a plant, and it is actually proven to protect tooth enamel. It has worked wonders, especially if I've "cheated" and eaten something that might trigger the reflux. I am off all prescription and OTC meds for a month now, and I'm feeling so much better.

Plus, one of the best things I've learned to help is proper food combining at mealtime:

- Eat meats with lots of veggies
- Eat carbs with lots of veggies
- DO NOT mix carbs with animal protein

It takes some adjustment, but it works wonders! I'm so thrilled

that there are ways I can allow my body to heal, while actually sleeping through the night — all without taking drugs, which didn't help me anyway. Thanks!

**mdrsong@ in Merritt, SD**



## **"Laying the Axe" Continued from Pg. 17**

dictions started to fall off.

Honesty and truth about who we really are in God and how powerless we are without him are steps one and two in severing the emotional and spiritual roots that feed addiction and out-of-control living. Addiction is the loss of self-control. The Bible lists self-control as one of the fruits of the Spirit. The lack of self-control is evidence we are functioning solely in the flesh. It is not possible to muster up enough will in and of ourselves to shake off the shackles of rooted addiction. The start-

ing place in most addiction recovery programs is some form of acknowledgment that we are powerless to overcome our addiction in our own strength. It is "the truth that sets us free," and those who overcome are those who first come to this honest place about themselves. Those who acknowledge they are powerless are in a place to receive supernatural help.

Addiction is also evidence of an unmet longing. I have a friend who says it this way: "There are inescapable cravings deep within every human heart

that cannot be ignored, denied or pacified. They must be satisfied." We are each body, soul and spirit and there is a cavity of the spirit that cries out to be filled. These cravings are part of our divine design and are nothing to feel bad about, repent of, or try to change. Where we get into trouble is when we seek to fill these deep longings of the heart with unhealthy, ungodly and destructive things. These deep longings are only truly satisfied in a relationship with God. *HCTW*

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## **"Chains" Continued from Pg. 27**

fast food, packaged snacks, high-fat food, candy or desserts.

### **When can I schedule exercise into my week?**

Pick 3-5 days, and select a specific timeframe. Example: I'm going to exercise on Monday, Wednesday and Friday from 5am-6am.

### **When will I allow myself to indulge?**

Don't go overboard here, especially if you need to lose weight. Enjoy a treat a couple times each month, and do so guilt-free, knowing that you've maintained healthy food boundaries the rest of the time.

Remember that self-imposed

boundaries are self-empowering. Fitness boundaries put your fitness results on autopilot. If you know what constitutes an acceptable meal, then choosing what to eat just got a whole lot easier. If you're committed to exercising 3 times a week, soon it becomes second nature. *HCTW*

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