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It's a condition that sneaks up on you. You may have it and not even know it.

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GRANDMA'S CURE CORNER
CHANGE OF HEART, CHANGE OF GYM SHOES

HCTW HOME CURES THAT WORK

HEART DISEASE

Editor's Letter

From our heart to yours, we'd like to take lessons from those who have battled and from those who help the victims to bring you a Home Cures That Work edition on Heart Disease that breeds survivors and defensive champions.

As one of the major causes of death in America, there is a good reason to invest in knowledge about the causes and prevention of heart disease. Take it from Peggy Fleming, in our celebrity spotlight this issue - there is more than reading cholesterol levels and blood pressure gauges when it comes to risk factors. Your family history is also an indicator of heart health.

According to Dr. Saunders, a strong heart is also a by-product of healthy emotions. It turns out you can die from a broken heart – not a physical, but an emotional one. Tune into our monthly interview with this alternative medical health expert to find out what is the #1 thing that will keep you or your loved one out of a nursing home. It'll surprise you!

Measure yourself against the many indicators provided in this month's issue. The numbers and stats are there, but find out what you need to do in order to improve how you feel, what will give you energy and how to help yourself live longer – naturally!

Consider your heart health as a moral obligation. Don't let the drug commercials convince you that health rules come in pill form. Turn any heart disease fear into resolve and any cardiovascular anxiety into hope and confidence. The heart of the issue really is a zeal for a healthy, genuine and pleasurable life!

Cheryl Ingraham



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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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PROSTATE SECRETS REPORT



The 7 Rungs of the Health & Wellness Ladder

By Martin Jacobse

Cutting Edge Cardio Secrets Revealed

The surprising simplicity in reversing heart disease with one everyday, common supplement – according to a two-time Nobel Prize Winner for Medicine!

You may already know more than 60,000,000 Americans are diagnosed with cardiovascular disease. Yet, few people know that heart disease can be successfully treated, without surgery or prescription medications, leading to a quick reversal.

If you are wondering if heart disease is curable or reversible, my response to you is that heart disease is a process. Like any process, once the driving factors are removed, the process will stop. Truth is, there are many documented cases of people who have completely recovered from heart disease, some in as few as 10 days — without any known risks.

Before any process can be reversed, it must first stop moving in its destructive direction. Only then can it turn around, eventually allowing the body's healing process to restore, re-

build and revitalize a sustainable balance and harmony.

The good news is that there is a proven safe and effective natural therapy, with more than 10 years' experience behind it, which can help turn your heart disease around on a dime.

Today, I will introduce you to two-time Nobel Prize laureate Dr. Linus Pauling. He is one of many elite physicians and scientists throughout history who thought and lived "out-side the box." Dr. Pauling is the only person ever to be the solo recipient of the Nobel Prize for Medicine, and even twice at that. Read on to learn why.

In his famous Unified Theory Lecture, Linus Pauling said, "I think I know what the answer is. We can get almost complete control of cardiovascular disease, heart attacks and strokes by the proper use of this therapy — even cure it."



.....
Dr. Pauling knew how to stop the number one killer of Americans way back in 1992.

You may be wondering why Westernized medicine seems ridiculously ignorant of this. The answer is because “treating heart disease” generates Big Pharma a fat \$300,000,000,000 (BILLION) every year.

\$300,000,000 (BILLION) in sales every year is an obscene amount of heart medications! Yet, despite tons of prescribed drugs, heart disease continues to destroy quality of life and kill more people than any other disease. Bottom-line is, we at Barton Publishing believe you deserve to know the truth about your health so you can make a powerful and lasting change in your lifetime.

Dr. Linus Pauling discovered what he called the Unified Theory of Cardiovascular Disease. Dr. Pauling scientifically confirmed natural, low-cost “binding inhibitors” can prevent and dissolve arterial plaque build-up.

Here are 7 of Dr. Linus Pauling’s cutting edge discoveries:

.....

I know a

BILLION

is a difficult number to comprehend, so let’s take a closer look at what one billion means:

- A BILLION SECONDS AGO it was 1978.
- A BILLION MINUTES AGO was just after Jesus and his apostles broke bread together.
- A BILLION HOURS AGO civilization was in the early Stone Age.

- 1 Arterial plaque is a response to injury (inflammation).
- 2 Physical stress triggers cardiovascular disease tissues, depleted of Vitamin C.
- 3 Lp(a) causes plaque blockages rather than LDL cholesterol.
- 4 LDL cholesterol is NOT causing heart disease.
- 5 Natural vitamin C works better than statin drugs like Lipitor.
- 6 Big Pharma's statin drugs lower your natural CoQ10 levels and raise your Lp(a) levels, triggering myopathies.
- 7 Heart disease is really a chronic form of scurvy (a.k.a. chronic vitamin C deficiency).

The process referred to as heart disease basically starves the blood supply of vital organs like the heart, which triggers a "Charlie Horse" reaction leading to heart attack and stroke. A more accurate name for this process is Occlusive Cardiovascular Disease (OCD) and is the inevitable result of chronic vitamin C depletion (chronic Scurvy). This eventually results in an inflammation, ulceration and hardening of the walls of the blood vessels.

The lysyl residues, or Lp, are what attracts the cholesterol (a) to the arterial walls, which promote atherosclerotic plaques. The secret to cardio health is to introduce the essential amino acid lysine (1 gram a day) to counteract the lysyl residues (Lp) from forming and even eliminate plaque deposits. About 1 gram of lysine and 4-5 grams of vitamin C each day was professed to be a "cure" for Occlusive Cardiovascular Disease by Dr. Linus Pauling back in 1994. To this day it is still undisputed.

By balancing a "targeted diet" with specific "food-support" supplements and mild exercise, you can remove your name right off your doctor's heart patient list in as little as 10 days.

If you suffer from:

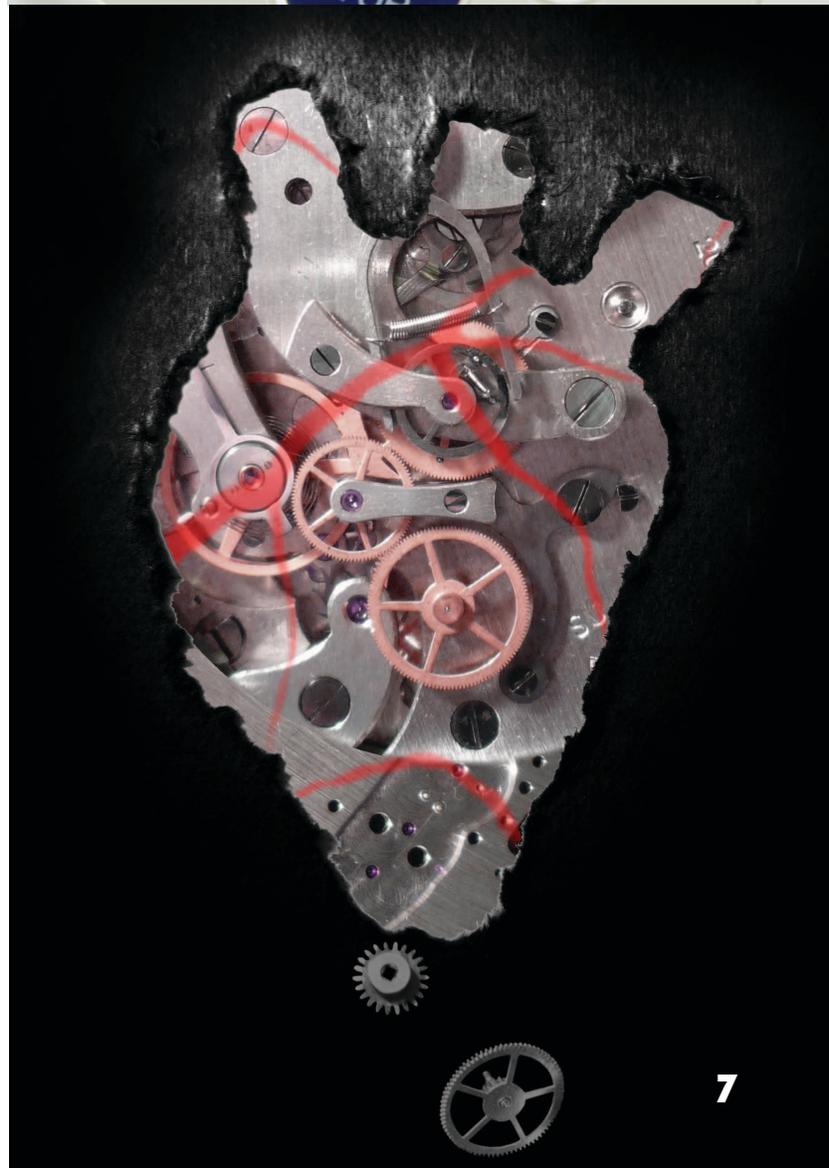
- Angina pain
- Poor skin tone
- Lower blood pressure
- Poor circulation
- Atherosclerotic blockages
- Irregular heart beat
- Abnormal cholesterol profiles
- Low metabolic energy
- General ill health

Then this natural therapy can help your body's innate healing processes actually grow new blood vessels to better feed your heart.

By balancing a "targeted diet" with specific "food-support" supplements and mild exercise, you can remove your name right off your doctor's heart patient list in as little as 10 days to several months. It is not the time it takes that matters but rather the good news that you do NOT have to be a victim of misguided medical therapies or procedures. Modern medicine often seems impotent because it forgets your body is capable of healing when the "right nutrients" are provided in the "correct amounts."

Dr. Pauling pointed out in his book, "How To Live Longer And Feel Better," that doctors are taught that prescribing the right dosage of a drug is paramount, yet he questions why they have difficulty comprehending the same idea works for vitamins and other nutrients as well.

There are many reputable studies that confirm Dr. Pauling's heart disease "cure" and frankly, that's why it still stands unchallenged to this day. For instance, Harvard did



a 15-year study involving more than 80,000 people that proved a single vitamin C pill reduced heart disease by nearly 30%.

There is a new science that uses photos of the eye to reveal the health condition of your heart. These retinal photographs (CardioRetinometry) also prove that Pauling's discovery reverses the damage caused by chronic vitamin C deficiency. In truth, your eye becomes your own crystal ball that doctors can peer into the future through. The truth is true; YOU can improve the future of your heart health using common sense and cutting edge natural remedies.

A study done with vitamin C and rats at the University of Calabar confirmed that using Vitamin C can lower cholesterol levels, and recommended a possible benefit for both hypertension and atherosclerosis. (*Niger J Physiol*

Sci. 2006 Jun-Dec;21(1-2):15-9) Another study done at the Nagoya City Johoku Hospital, in Nagoya, Japan concluded vitamin C is useful for controlling blood pressure in elderly patients with refractory hypertension. (*Arzneimittelforschung. 2006;56(7):535-40)*

The list of scientific evidence goes on and on . . .

I also found a large European study (of 20,649 men) suggesting vitamin C may reduce the risk of stroke by 42%. These findings are important for several reasons, two of which being that blood levels of vitamin C make an excellent biomarker for doctors to determine stroke risk factors and also that increasing vitamin C-rich foods may significantly reduce stroke risks. (*P.K. Myint, R.N. Luben, A.A. Welch, S.A. Bingham, N.J. Wareham, and KT. Khaw; American Journal of Clinical Nutrition January 2008, Volume 87, Pages 64-69)*

According to Dr. Pauling's findings in the Proceedings of the National Academy of Sciences, chronically low levels of vitamin C eventually result in atherosclerosis, heart attack and stroke. The optimum daily dose is 4,500 mg of real vitamin C.

The human body cannot make its own vitamin C, and eat-



ing enough foods containing vitamin C would be nearly impossible, unless you're a gorilla and can eat 50 pounds of fruits and vegetables per day. That's why I suggest using a "food-support supplement" which is made from RAW whole food sources.

In closing, I feel very excited about the direction the new science of "cellular health" is tak-

The best source of vitamin C is from RAW whole food sources. The standardized "ascorbic acid" is only a fraction of the living (9 dimensional) vitamin C molecule. Here's a short list of RAW foods rich in living vitamin C:

- Acerola cherry
- Barbados cherry
- Kak adu plum
- Rose hip
- Yellow Kiwi fruit
- Kei apple
- Jujube
- Guava
- Camu camu
- Black current
- Baobab
- Grapefruit
- Lychee
- Orange
- Papaya
- Strawberry
- Tomato



ing us. Every medical category of disease and medical literature verifies the truth about food as a superior medicine for your cells. It is now common scientific knowledge among leading researchers that your cells use "food based nutrients" to prevent infections and support anabolic (healing) processes.

We are on the edge of the biggest, most miraculous medical discoveries mankind has ever witnessed. Revealing the once hidden connections between mind, body and environment is the new frontier, which offers us the capacity to transform our lives and the world as we know it.

You were born to heal!!!

Did you know the blood plasma within your bones generates miraculous cells called stem cells? These cells can become any cell your body needs to repair and grow. We now know that vitamin C transforms stem cells into new heart muscle cells.

Dr. Linus Pauling is known as the Father of Orthomolecular Medicine. Ortho means "right," so eating the "right" foods will provide you with the "right" living molecules for the healthiest stem cells. Healthy stem cells mean healthy tissue, healthy organs and a healthier you! **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.

HEART DISEASE: HOW TO SIDE STEP AND AVOID THIS BLOOD-CURDLING PREDATOR

It's a condition that sneaks up on you. You may have it and not even know it.

If you eat red meat, drink more than two alcoholic beverages a day or smoke, then you're sky-rocketing your risk of getting heart disease. And that could lead to, at the very least, angina (a pain in your chest when you exercise or get stressed out for any reason), or at worst – heart attack, stroke or death. But, what is heart disease, exactly, and how does it get you?





In effect, heart disease is a build-up of plaque inside arteries and the valves of your heart. This plaque is directly responsible for preventing your heart from doing its job by thickening and slowing blood flow. In some cases, it will even stop blood flow altogether. And that's where the danger lies. If your heart doesn't work right, your body begins to break down. Kidney failure, stroke and eventually complete heart failure.

Grandma's Tips

The potassium in bananas mean instant energy! Eat one after exercising to help reduce cramps and feed muscles.



Heart disease quietly prevents your heart from pumping efficiently; it's that simple. If you have it, you'll notice pains in your chest when performing tasks or exercises. It may even come in the form of something you shrug off like shortness of breath. This is of particular concern for men and women over 49.

When the heart's primary function, pumping oxygen-rich blood to all your vital organs, is interrupted or slowed by a thickening wall of plaque inside valves and arteries, your body reacts by losing functionality in the kidneys and the brain – not to mention every other organ that uses blood to operate in tip-top shape.

Of all the contributors to heart disease, the greatest risk comes from smoking.

Blood pressure and cholesterol

Two other major players in the heart disease circle are high blood pressure and high cholesterol. Now, cholesterol is necessary for the optimum performance of your body – in moderate amounts. The truth is, your cholesterol needs to be watched, but it is not a primary cause of heart disease. So, don't put too much stock in it. To the right is a chart that tells you what numbers are good and what numbers are bad.

To knock a few points off of your blood pressure, reduce your salt intake and don't stress out! Buy fresh or frozen vegetables and stay away from pre-packaged meals or frozen dinners – these tend to have very high levels of salt. You should not be eating more than 2,400 milligrams of salt per day. And to help rid your body of excess salt – have a banana. 3,500 milligrams of potassium each day can flush your body of unwanted salt like magic. Don't like bananas? You can get your daily dose of potassium from cantaloupe, yogurts, and spinach too.

Systolic Blood Pressure Range	Diastolic Blood Pressure Range	Condition
90-120	60-80	Blood pressure normal range
140-160	90-100	Mild Hypertension
160-180	100-110	Moderate Hypertension
180-210	110-125	Severe Hypertension
210 +	125 +	Very Severe Hypertension

National Cholesterol Education Program Cholesterol Guidelines

	Desirable	Borderline High	High
Total Cholesterol	< 200	200-239	240 +
LDL ("Bad") Cholesterol	< 130	130-159	160 +
HDL ("Good") Cholesterol	50 +	40-49	< 40
Triglycerides	< 200	200-399	400 +

Men vs. women

No. This is not about a battle of the sexes. The risk of heart disease differs somewhat for men and women. But, heart disease is a leading cause of death for both. One major difference is that women tend to develop heart disease an average of 10 years later than men. That said, the prognosis is usually quite a bit worse.

Some of the symptoms that men and women experience as heart disease progresses may also differ. We share the chest pressure and angina that comes from heart disease as well as the shortness of breath and lethargy, but women may also experience nausea, headaches and jaw pain. So, it's important to have yourself checked out when you experience any of these discomforts – especially if you're 49 years or older.

Overall, men are at greater risk of getting heart disease until women reach menopause. At this stage, men and women are at equal risk.

Heart disease is a silent predator that creeps up on us

Continued on Pg. 43

Did You Know?

- » African Americans are more likely to get heart disease than Caucasians.
- » If you have diabetes, you are more likely to get heart disease.
- » Heredity counts. If there is heart disease in your family you are at a greater risk.
- » Obesity plays its hand. If you're overweight, you put strain on your heart and the plaque thickens.
- » No exercise equals high risk. Taking a brisk walk could lower your chances of getting heart disease.
- » Keep in mind that you're also battling age, which increases blood pressure. Therefore, do all you can to counteract the problem.
- » High blood pressure leads to hypertension, which leads to heart disease.

GRANDMA'S CURE CORNER

CHANGE OF HEART, CHANGE OF GYM SHOES

FROM ONE GRANDMA TO THE NEXT, IT'S NEVER TOO LATE TO THINK OF YOUR HEART. STARTING A DAILY WALKING PROGRAM CAN GIVE YOU 10 YEARS!



Dear Grandma,
I am like you - a Grandma - who is learning about natural health after a health scare. I am gradually understanding how to eat differently. Fried chicken wasn't a "bad food" when I was growing up on the farm, but it sure is now! But, until recently, I hadn't exercised a day in my life! Farm living was "enough," or so I thought. But now I am encouraged to walk daily for my health. Any advice for this Grandma who needs to get her heart into shape?

**Thanks,
Sue Carol**



IT IS NOT TOO LATE TO BEGIN EXERCISING. EVEN WALKING DAILY CAN BRING IMMEDIATE BENEFITS, AS WELL AS FUTURE WELL-BEING. WE CAN START NOW AND STILL MAKE A DIFFERENCE.

Dear Sue,

It seems that at our age, with what we've been through, it would be easy to adapt to life's changes. But let me tell you, exercise is the #1 area I've struggled with. It seems like it wasn't built into my body or my mind!

In our old age, it may be too late to undo a lifetime of inactivity, but it is not too late to begin exercising. Even walking daily can bring immediate benefits, as well as future well-being. We can start now and still make a difference in our overall physical condition. Whatever health scare you faced, be it cancer, surgery or heart attack, moderate physical activity will help you feel better. It is supposed to help with mental clarity, too (and with our age we need that!).

I have heard that women over the age of 60 who exercise even 30 minutes, 3 times a week, have the heart, muscles and lungs of a woman 10

years younger! Not only that, but it can help burn calories when your metabolism slows with age. We can look younger, too!

It is good to aim for endurance exercises like walking to build the heart. For flexibility, try stretching. And from what I hear, Pilates (whatever that is – kind of like yoga and ballet together) is a good exercise for this. Muscle strength training is supposed to be good for the bones.





We should be doing all 3 kinds of exercises, but right now I am trying to walk more consistently, too. Try that in Minnesota winters! I found an indoor track at the park district to help me with this, and some people walk the malls in winter.

Don't try to run or jog unless your doctor approves this type of vigorous exercise. But, the point is to try and increase your heart rate and breathing for 20-40 minutes, 3 times a week. This is what I have found out about how fast you should walk:

"When exercising, you should work toward your target heart rate. Your maximum heart rate can be calculated by subtracting your age from 220. For instance, if you're 60 years old, $220-60=160$. This means that 160 beats per minute is your maximum heart rate. Your target heart rate is 60% to 80% of your maximum heart rate. 60% of 160 is 96 and 80% of 160 is 128. This means that someone who is 60 years old should work up to a heart rate when exercising of somewhere around 96-128 beats per minute."

The importance of walking and increasing your heart rate is to exercise the muscles of the heart to

transport oxygen from your lungs into the muscles of your body (and back again). You have to force the heart to work to do its job better. If you don't, the heart has to work harder to pump blood to your muscles. The stronger your heart becomes, the more blood it can pump with less effort. Try this simple "exercise" to know if you are pumping your heart strong enough:

Low difficulty: able to sing or talk while exercising

Moderate difficulty: able to talk, but with effort

Heavy difficulty: unable to talk – not recommended for beginners

Remember, working out your heart is good for you in more ways than one. It helps prevent heart disease, lowers blood pressure and cholesterol levels, prevents obesity and increases mental capacity. It can also help eliminate toxins from your body, increase circulation for digestion and keep your immune system healthy.

If you can't start with 30 minutes per session, start with 10 minutes. If I can do it, Sue, believe me – you can too. Just start!

**Love,
Grandma**

HCTW

Stocking a Heart Healthy Kitchen

Did you know that a heart healthy diet could help lower your LDL (bad) cholesterol by 30%? Eating a heart healthy diet can produce the same results as you might get from a prescribed statin drug!! The following foods are dietary magic bullets. They may help lower LDL cholesterol and raise “good” HDL cholesterol. Gain strength and vitality by adding these foods to your diet!

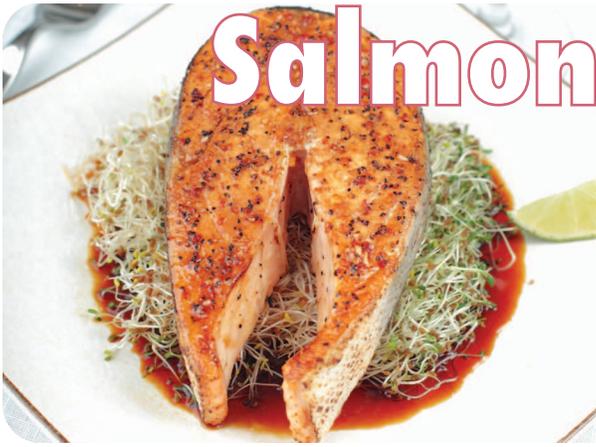
The 12 Heart Healthy Super Foods are:

-  Salmon - Omega-3, protein
-  Yogurt - Probiotics
-  Oats – Fiber, protein
-  Black Beans – Antioxidants, protein
-  Walnuts - Anti-inflammatory, omega-3, protein
-  Blueberries - Antioxidants, fiber, vitamins A & C
-  Avocados - Heart healthy monounsaturated fats
-  Tomatoes - Lycopene
-  Carrots - Carotenoids
-  Kale - Fiber, Vitamin A & C, folate
-  Dark Chocolate - Flavonoids
-  Green Tea - Antioxidants

The following foods have been listed as the top foods to help lower cholesterol, unclog arteries and help maintain a healthy heart. Clean out your refrigerators and cupboards and stock up on the following foods, plus their food group companions.

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.





Salmon

One of the best-known sources of heart healthy omega fatty acids, salmon reduces inflammation more effectively than almost any other food.

Companions: Mackerel, sardines. Plant-based omega fatty acids come in the form of flax seeds and chia seeds.



Yogurt

This 2,000-year-old food's health benefits are not disputed: Fermentation spawns hundreds of millions of probiotic organisms that serve as reinforcements to all of the beneficial bacteria in your body, which boost the immune system and provide protection against heart disease. Aim for 1 cup of this calcium-rich and live culture food per day.

Companions: Kefir, Greek yogurt.



Oats

They are packed with soluble fiber, which lowers the risk of heart disease. Oats are loaded with carbs, but the release of those sugars is slowed by their fiber, and because oats also have 10 grams of protein per ½-cup serving, they deliver ongoing energy during your day. It is best to have higher carb foods in either the morning or mid day meal.

Companions: Quinoa, flaxseed, wild rice.



Black Beans

All beans are good for your heart, but none can boost your brainpower like black beans. That's because they're full of anthocyanins, which are antioxidant compounds that have been shown to improve brain function and lower cholesterol. A daily ½-cup serving provides 8 grams of protein and 7.5 grams of fiber, is low in calories and free of saturated fat.

Companions: Peas, lentils, and pinto, kidney, fava & lima beans.

Salmon - Suggested Uses

You can use these by adding ground flax seed to smoothies and cereals, or as a topping on cereals.

Dinner - Baked Salmon

Prepare fresh salmon with a squeeze of lemon and a spray of extra virgin olive oil, wrap in foil and bake until fork tender. Serve with brown rice and a salad of leafy greens, tomatoes and avocado.

Yogurt - Suggested Uses

Plain yogurt topped with blueberries, walnuts, flaxseed, and honey makes a great breakfast—or dessert. Plain low-fat yogurt is also a perfect base for creamy salad dressings and dips.

Breakfast - Power Smoothie

Blend 1-cup low-fat yogurt, 1-cup fresh or frozen blueberries, 1-cup carrot juice, and 1-cup fresh baby spinach for a blast of good-for-your-heart nutrients.

Oats - Suggested Uses

Eat granolas and cereals that have a fiber content of at least 5 grams per serving. Sprinkle 2 Tbsp. ground flaxseed on cereals, salads and yogurt.

Lunch - Quinoa Salad

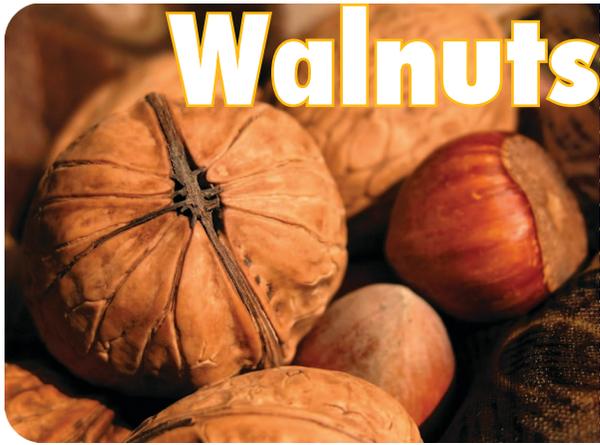
Quinoa has twice the protein of most cereals and fewer carbs. Boil 1 cup quinoa in a mixture of 1 cup pear juice and 1 cup water. Let cool. In a large bowl, toss 2 diced apples, 1 cup fresh blueberries, ½ cup chopped walnuts, and 1 cup plain fat-free yogurt.

Black Beans - Suggested Uses

Wrap black beans in a breakfast burrito; use both black beans and kidney beans in your chili; puree 1 cup black beans with ¼ cup olive oil and roasted garlic for a healthy dip; add favas, limas or peas to pasta dishes.

Dinner - Black Bean and Tomato Salsa

Dice 4 tomatoes, 1 onion, 3 cloves garlic, 2 jalapeños, 1 yellow bell pepper, and 1 mango. Mix in a can of black beans and garnish with ½ cup chopped cilantro and the juice of 2 limes.



Walnuts

This super food is richer in heart healthy omega-3s than salmon, loaded with more anti-inflammatory polyphenols than red wine and offers half as much protein as chicken. Other nuts combine only one or two of these features, not all three. A serving of walnuts—about 1 ounce, or seven nuts—is good anytime, but especially as a snack following a meal.

Companions: Almonds, peanuts, pistachios, macadamia nuts, hazelnuts.



Blueberries

Blueberries have more antioxidants than any other popular fruit. They may help prevent cancer, diabetes and age-related memory changes like Alzheimer's. Studies show that blueberries, which are rich in fiber and vitamins A & C, boost overall cardiovascular health. With this fruit, aim for 1 cup fresh blueberries a day or ½ cup frozen or dried.

Companions: Açai berries, purple grapes, prunes, raisins, strawberries.



Avocados

This fruit is rich in heart healthy monounsaturated fats, which have been shown to lower LDL levels when part of a diet low in saturated fats and trans fats.



Tomatoes

Buy the deep red in this fruit, as they are the best. They are packed with more of the antioxidant lycopene, and canned or cooked tomatoes are just as potent as fresh ones. It is actually easier for the body to absorb the lycopene when cooked. Studies show that a diet rich in lycopene can decrease your risk of coronary artery disease. Aim for 22 mg of lycopene a day, which is about eight red cherry tomatoes or an 8 oz. glass of low-sodium tomato juice.

Companions: Red watermelon, pink grapefruit, Japanese persimmon, papaya, guava.

Walnuts - Suggested Uses

Sprinkle on top of salads; dice and add to pancake batter; grind and mix with olive oil to make a marinade for grilled fish or chicken.

Lunch - Chicken Salad

Make a salad from leftover lean chicken adding in dried cherries, walnuts, celery and onion. Mix with 2 tablespoons of mayonnaise made with olive oil. Serve on romaine lettuce.

Blueberries - Suggested Uses

Blueberries maintain their power fresh, dried or frozen.

Breakfast - Blueberry pancakes

Add a ½ cup of blueberries to your favorite whole-wheat pancake mix. Drizzle with dark honey and ¼ tsp. of cinnamon. Garnish with low-fat yogurt.

Avocados - Suggested Uses

6 baked tortilla chips with 2 tbsp. guacamole or chop into any salad or breakfast burrito.

Breakfast - Egg & Avocado Sandwich

Cook 2 egg whites. Add 2 tbsp reduced-fat shredded cheddar cheese and then add this mixture to multigrain toasted bread or English muffin. Top with 2 avocado slices and 4 tsp chunky salsa.

Tomatoes - Suggested Uses

Have a glass of low-sodium V8 juice a day and always have fresh gazpacho in the fridge for toppings.

Snack - Pink & Red Fruit Cup

Chop 1 small watermelon, 2 grapefruits, 3 persimmons, 1 papaya and 4 guavas. Garnish with crystallized ginger.



Carrots

Most red, yellow, or orange vegetables and fruits are spiked with carotenoids—fat-soluble compounds that are associated with a reduction in a wide range of cancers, as well as reduced risk and severity of inflammatory conditions associated with heart disease. Carrots are easy to prepare, raw or cooked and are low-calorie. Aim for ½ cup a day.

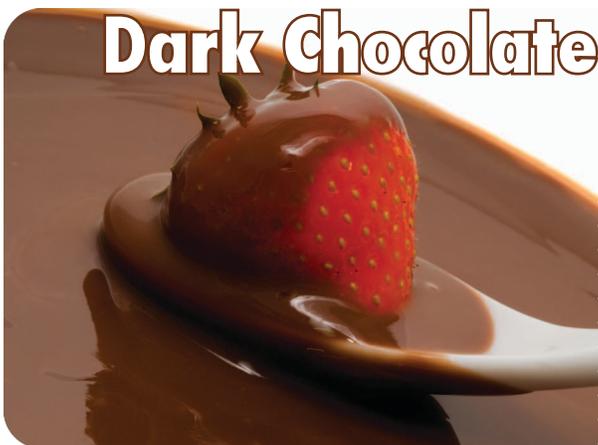
Companions: Sweet potato, pumpkin, butternut squash.



Kale

This dark green leafy vegetable offers lots of fiber and Vitamins A & C. It is a rich source of plant-based omega-3s and folate, which help reduce the risk of heart disease, stroke and osteoporosis. And kale is packed with lutein, a compound that fights age-related macular degeneration. Aim for 1 cup fresh kale or ½ cup cooked per day.

Companions: Spinach, bok choy, romaine lettuce.



Dark Chocolate

High in flavonoids (especially catechins, which prevent the buildup of coronary arterial plaque, known to contribute to the development of coronary heart disease). Studies have shown this decadent favorite, in small amounts, may help to lower inflammation and improve blood flow – reducing risk of heart disease. Dark, 60- 70% organic is best.



Green Tea

Two cups a day will help lower blood pressure and will also deliver a high value of catechins polyphenols, particularly (EGCG) which is a powerful anti-oxidant. Besides helping thwart cancer, it also is a super weight loss aid, which, in turn, puts less stress on your heart.

Carrots - Suggested Uses

Raw baby carrots, butternut squash soup, baked sweet potato, pumpkin pie.



Lunch - Baked Sweet Potato Fries

Scrub and dry 2 sweet potatoes. Cut each into 8 slices, and then toss with olive oil and cayenne pepper. Spread on a baking sheet and bake for 15 minutes at 350°F. Turn and bake for 10 minutes more. Add a piece of cooked chicken and enjoy.

Kale - Suggested Uses

Make your salads with kale; add kale or spinach to scrambled eggs; mix fresh kale into soups and brown rice.



Dinner - Sesame Stir-Braised Kale

Heat 4 cloves minced garlic, 1 Tbsp. minced fresh ginger, and 1 tsp. sesame oil in a skillet. Add 2 Tbsp. water and 1 bunch kale (stemmed and chopped). Cover and cook for 3 minutes. Drain. Add 1 tsp. soy sauce and 1 Tbsp. sesame seeds. Serve with any cooked meat for a fabulous heart friendly meal.

Dark Chocolate - Suggested Uses

Microwave a square of dark chocolate to soft & creamy and use as a fondue for fresh fruit.



Snack - Trail Mix

Add 70% organic dark chocolate chips to assorted seeds and nuts, low-fat granola and dried fruit for a heart healthy snack and pick-me-up during the day.

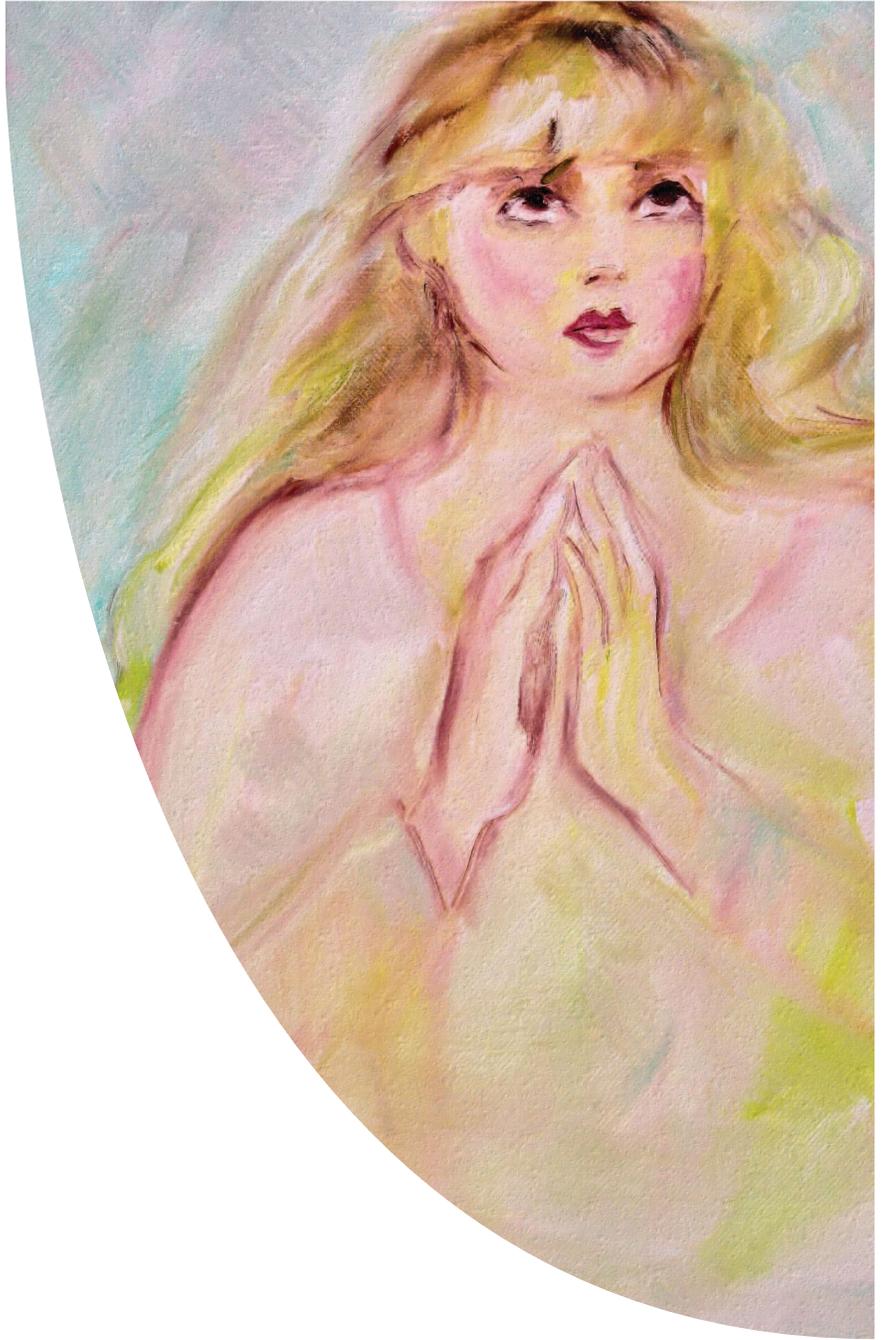
Green Tea - Suggested Uses

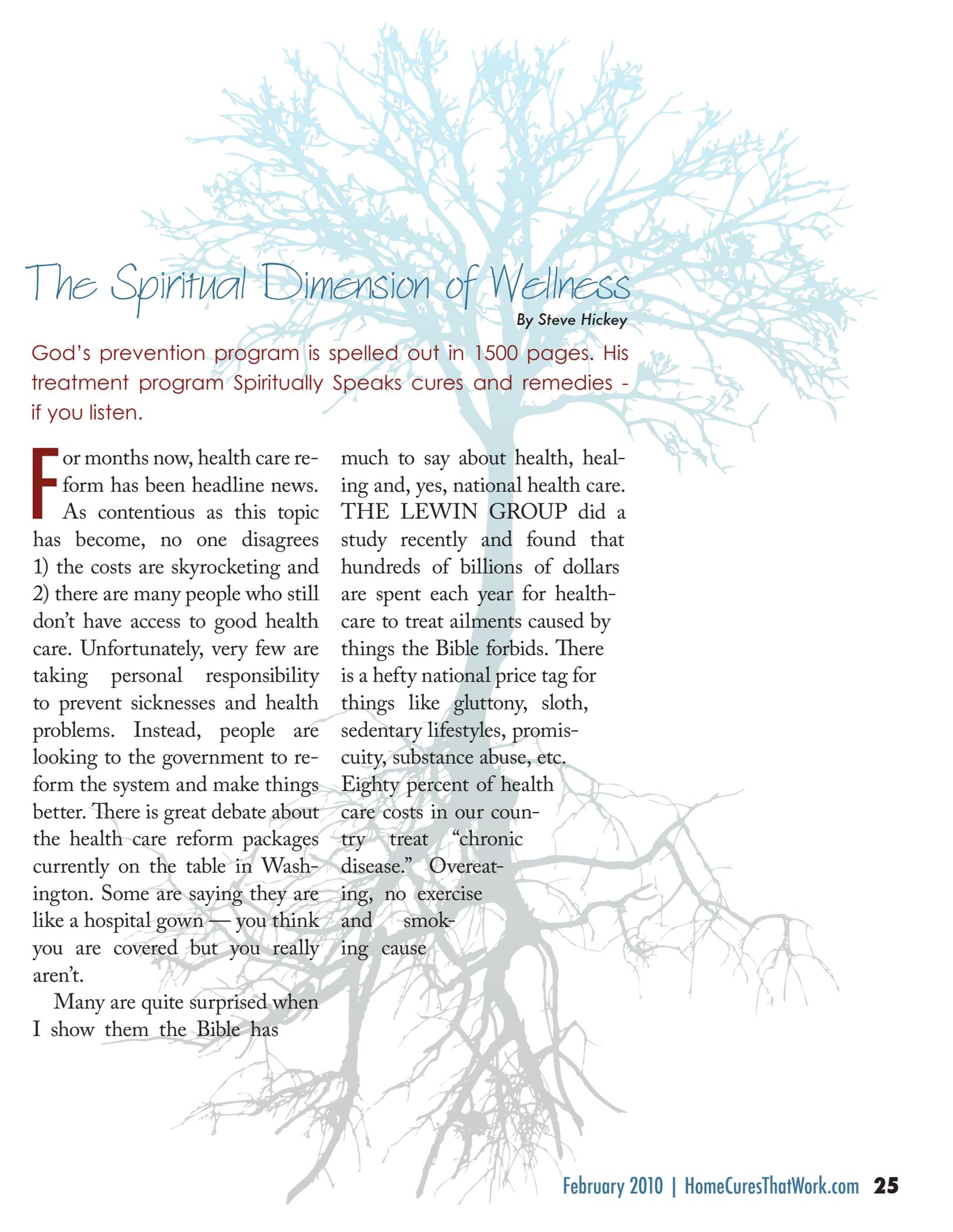
Steep tea per instructions and add to fruit smoothies or other juices.



Drink - Maple-Spiced Green Iced Tea

6 cups of steeped green tea, 1 tablespoon of anise powder, ¼ cup maple syrup, and lemon slices for garnish. Stir ingredients together until syrup is dissolved and blended. Serve over ice with a slice of lemon.





The Spiritual Dimension of Wellness

By Steve Hickey

God's prevention program is spelled out in 1500 pages. His treatment program Spiritually Speaks cures and remedies - if you listen.

For months now, health care reform has been headline news. As contentious as this topic has become, no one disagrees 1) the costs are skyrocketing and 2) there are many people who still don't have access to good health care. Unfortunately, very few are taking personal responsibility to prevent sicknesses and health problems. Instead, people are looking to the government to reform the system and make things better. There is great debate about the health care reform packages currently on the table in Washington. Some are saying they are like a hospital gown — you think you are covered but you really aren't.

Many are quite surprised when I show them the Bible has

much to say about health, healing and, yes, national health care. THE LEWIN GROUP did a study recently and found that hundreds of billions of dollars are spent each year for health-care to treat ailments caused by things the Bible forbids. There is a hefty national price tag for things like gluttony, sloth, sedentary lifestyles, promiscuity, substance abuse, etc. Eighty percent of health care costs in our country treat “chronic disease.” Overeating, no exercise and smoking cause

“It is a central contention of mine in these articles on the spiritual dimensions of health and wellness that

chronic diseases. My contention is that if our lawmakers want to cut medical costs, reading a 1500 page health care bill probably won't do it, but reading the 1500 page Bible will.

The thrust of these articles on the spiritual dimensions of

health and wellness is that we aren't just physical beings, we are spiritual beings and that these two are very inter-related. Those who are acquainted with the Bible know it is loaded with health mandates and ordinances for individuals and nations. Science is still catching up to the wisdom behind the curious dietary prescriptions found in the Old Testament. The Jewish dietary code in the Old Testament was aimed at sustaining health.

Dr. Michael Jacobson, author of *THE WORD ON HEALTH*, observed that in 1348 AD approximately 100 million people inhabited Europe, Africa and the Middle East and that 25 million (one quarter of the population) died of bubonic plague. The Jewish population, however, was not affected and Jacobson explains why:

“The truth is that, hundreds of years prior to the discovery of bacteria, the Jews were protecting themselves from the deadly Yersinia pestis microbe by practicing cleanliness and good hygiene. Why? Because more than three thousand years before man discovered bacteria, the Creator had given instructions that, if followed, would prevent the spread of such a communicable disease.”



In the Old Testament, God's message was that his people would be spared the diseases of the Egyptians if they followed his program. In Exodus 15:26, God says, "If you listen carefully to the voice of the LORD your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the LORD, who heals you." God's program was mainly a preventative program. This issue of Home Cures That Work is focused on heart disease. Americans are paying a dear price for ignoring Biblical precepts intended to prevent heart disease. Diet, self-control and exercise are central components of the national health care program spelled out in ancient books like Leviticus and Deuteronomy.

It is also a central contention of mine in these articles on the spiritual dimensions of health and wellness that if there are spiritual *causes* to maladies, there are also spiritual *cures*. The Bible not only outlines preventative measures but also treatments. Proverbs 4:20, 22 says; "My son, pay attention to what I say; listen closely to my words ... for they are life

to those who find them and health to a man's whole body." Some of these "treatments" are spelled out explicitly in the Bible (and discussed in books like Dr. Don Colbert's BIBLE CURES FOR HEART DISEASE). But, the Bible also teaches the Holy Spirit will speak and lead us specifically, in our individual situation, if we ask. John 16:13 says the Holy Spirit will "guide us" and this includes guidance in discerning treatments and remedies.

When people get sick they go to the doctor. If it's serious they get a second opinion. My encouragement to you is that you'd pray and seek God and let him speak into your treatment program.

Continued on Pg. 43



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* (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: ChurchAtTheGate.com/prayer.php

if there are spiritual causes to maladies, there are also spiritual cures"

Big Pharma Corporate Arm

By Martin Jacobse

Heart Health Depends On Those Who Help Their Cells!

Superior Natural Alternatives to Aspirin and Acetaminophen, without the harmful risk of internal bleeding, metabolic damage and tissue destruction.

It seems Americans have been abandoned in the waiting room of health care reform. The question of the day seems to be what to do when an aspirin a day just doesn't work.

In fact, the whole "take an aspirin a day" lie may be actually doing more harm than good. About a decade ago, experts mistakenly started recommending people consume Non-Steroidal Anti-inflammatory Drugs (NSAIDs) such as aspirin — like candy.

This new marketing approach of recommending drugs for symptoms people don't have is referred to as "primary prevention." I'm seeing more and more of this kind of dangerous thinking as drug companies continue suggesting "imaginary benefits" from consuming drugs before symptoms appear.

By the way, "primary prevention" has nothing to do with preventing "the cause" of heart disease or anything else.

Please keep in mind: drugs are NOT foods, nutrients or vitamins, and true health is more than just being symptom free.



Because Aspirin was the first non-prescription "panacea" offered by drug companies, it was a Big Money producer. But when it was discovered to trigger irritation, ulceration and obstruction... it quickly lost popularity.

Any clinical studies I have seen only vaguely suggest it might be beneficial to take aspirin on a daily basis. They recommend anyone who has hypertension, high cholesterol or is overweight take aspirin every day.

The truth is, the second major cause of ulcers is from regular use of NSAIDs and aspirin. Unfortunately, its not uncommon for doctors to prescribe additional drugs to help people deal with the gastro-intestinal damage caused by the Over-The-Counter (OTC) chemicals and prescription NSAIDs they started them on to begin with.

Because aspirin was the first non-prescription "panacea" offered by drug companies, it was a Big Money producer. But when it was discovered to trigger irritation, ulceration and

obstruction due to the swelling and scarring inflicted upon people's intestines, it quickly lost popularity.

That's when drug companies started developing further modified versions of aspirin, hence Acetaminophen. The problem is Acetaminophen poisoning kills thousands of people in the U.S. every year. Acetaminophen actually depletes the most important and powerful antioxidant in your heart cells called glutathione. I will cover more about glutathione, the king of antioxidants, in another issue.

Despite the best intensions of pharmacology, these new NSAIDs still result in damage to the lining (or mucosa) of the digestive tract, primarily in the stomach and upper intestine. This chemical damage is so severe it leads to intestinal bleeding in even occasional users of NSAIDs and aspirin. That's why consuming these products on a daily basis is so dangerous, short-term and long-term.

To add to that, I think the dangers of combining alcohol and NSAIDs is not emphasized nearly enough. All drug and alcohol combinations can cause toxic damage to the liver and heart cell function. Regular use of either is obviously extremely hazardous to the future of your health.

Another fact you need to be aware of is, if you are an aspirin or NSAID user and you use corticosteroid or prednisone steroid medications, then you increase your risk of gastro-intestinal bleeding, ulcers and obstruction by as much as SEVEN FOLD.



Likewise, if you are taking anything that thins your blood like Coumadin, your risk of internal bleeding, metabolic damage and tissue destruction increases by TWELVE FOLD. Considering Coumadin, NSAIDs and aspirin all thin your blood, why not just eat foods that have the same benefits? Mama Nature has already provided us with a natural pharmacy. So, why risk using dangerous and toxic drugs at all?

For example, here are ten foods that are known to help thin your blood naturally:

- Olive oil
- Garlic
- Tea
- Fish
- Tomatoes
- Broccoli
- Celery
- Soya beans
- Oats
- Yogurt

Apparently then, if you consume NSAIDs or aspirin, drink a glass of wine and eat any of these on a daily basis, your risk of gastrointestinal bleeding, ulcers and digestive obstruction would be between seven to twelve fold — greater than if you didn't use drugs. I guess the choice comes down to eating the right foods or taking drugs

with adverse dangers.

Blood thinners, or anti-coagulants, are used to stop platelets (thrombocytes) from forming blood clots. Aspirin contains an active ingredient known as salicylate, which blocks vitamin K absorption and gives it its notorious blood thinning effect.

Raw foods accomplish the same effect without the negative damage aspirin and NSAIDs cause. Some foods do contain “natural salicylates.” Other foods contain antioxidants like vitamin E and omega 3 fatty acids, or other aspirin-like substances. It is also proven that you can reduce platelet coagulation by minimizing or eliminating animal protein and fats from your dietary regime.

Several studies show people who eat nuts and seeds regularly are less likely to suffer from coronary heart disease. Recent clinical trials have shown eating various nuts will lower serum LDL cholesterol levels. Nuts and seeds contain healing substances thought to possess cardioprotective effects. Scientists believe that the Omega 3 fatty acid profile in these nuts and seeds is at least in part responsible for the cholesterol lowering response observed in clinical trials. (*Black, Michael H.; Halmer, Peter (2006).*

Here are some foods that are naturally rich in blood thinning benefits:

Oregano
Cinnamon
Paprika
Licorice
Ginger
Turmeric
Peppermint
Dill
Thyme
Curry
Powder
Cayenne
Pepper

You can also include most fruits like, grapes, raisins, oranges, cherries, strawberries, blueberries, cranberries, tangerines and prunes.

Nuts and seeds high in salicylates or omega 3 include:

Almonds (seed)
Walnuts (seed)
Brazil nuts (seed)
Macadamia (nut)
Peanuts (legume)
Pistachios (seed)

The encyclopedia of seeds: science, technology and uses. Wallingford, UK: CABI. pp. 228. ISBN 978-0-85199-723-0.)

In addition to possessing cardioprotective effects, nuts generally have a very low glycemic index. That's why I recommend

nuts being included in diets prescribed for patients with insulin resistance problems such as diabetes mellitus type 2. (David Mendosa (2002). "Revised International Table of Glycemic Index (GI) and Glycemic Load (GL)

Values". <http://www.mendosa.com/gilists.htm>. Retrieved 2007-11-23.)

Bottom line is, Big Pharma wants to sell you alternatives to natural, safe, effective and affordable remedies for your ailments and health concerns. Regardless of the consequences, or to the further detriment to your health, Big Pharma is determined to convince the masses that nutrition, attitude and lifestyle take a back seat to their evolutionary chemical theories and drugs. The truth is, you can prevent, treat and cure any health issue without resorting to taking drugs. Regardless of studies that proclaim "imaginary" benefits of their drugs, there are always risks and adverse effects. The reason pharmaceuticals are so dangerous is that "synthetic molecules" do not belong in your cells and in no way benefit your cell health. All drugs are poisons that are administered in controlled dosages to minimize their obvious toxicity.

Recommending acetaminophen or aspirin on a daily basis is contemptuous at best, considering there are superior natural alternatives that improve both your heart's cellular health . . . already provided for by Mama Nature. **HCTW**

Other salicylate-rich aspirin and NSAID alternatives are:

- Raw apple cider vinegar
- Red wine
- Raw honey
- Broccoli
- Avocados
- Cauliflower
- Brussels sprouts
- Wild carrots
- Wild lettuce
- Cabbage

Vitamin E is an excellent anti-coagulant/blood thinner and also important to nurturing superior heart cell health.

Good food-based sources of real vitamin E are:

- Peanut oil
- Sunflower oil
- Sesame oil
- Northern beans
- Wheat germ
- Garbanzo beans
- Sprouted grains
- Wild oats



Reversing Heart Blockage

Got a health question?

Ask Dr. Scott! Visit:

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

Audio Interview with Dr. S "The Single Best Way To Stay Out Of A Nursing Home"

A broken heart can be mended! Staying heart healthy is as important as what you put into your mouth, as much as it is what comes out of your mouth.

Cholesterol, hypertension, inflammation and high blood pressure can send your head spinning – and your heart. How do we make sense of all these heart disease risk factors and how do we protect ourselves? Dr. Scott Saunders will give you surprising answers – and even more simple solutions. First of all, cholesterol isn't as risky as you think! In fact, 60% of those who experience their first heart attack have normal cholesterol levels!

Looking for a heart healthy diet? This is the news you've been waiting to hear! You can manage it all! It is also the same secret that will keep you out of a nursing home!

LISTEN HERE:

[www.homecuresthatwork.com/members/
access/february2010/nursinghome.wav](http://www.homecuresthatwork.com/members/access/february2010/nursinghome.wav)

Video Cures That Work

Blood Pressure Meds

[http://www.youtube.com/
watch?v=Ybl0hKvQrOM](http://www.youtube.com/watch?v=Ybl0hKvQrOM)

Lose Weight

[http://www.youtube.com/
watch?v=ho3nbl5Wcio](http://www.youtube.com/watch?v=ho3nbl5Wcio)



Dear Dr. S,

I suspect I have a blood circulation problem. What natural remedies can I use to improve this?

Anthony J.T.

Dear Anthony,

Thank you for asking this. Circulation is the most important part of health. Wherever there is a circulation problem, there will be disease, so I will give you some ideas:

The first part of circulation is the heart. It must be pumping well or there will be poor circulation. The best ways to keep the heart pumping well are the following:

- Exercise. This doesn't require that you be a marathon runner, or even a jogger! Just get off your duff a few days a week and do BOTH resistance exercise (push-ups, sit-ups, and so forth), and aerobic exercise (running, jump rope, trampoline, and so forth).
- Magnesium supplements, 400-500mg per day

- L-Carnitine, 1000mg daily
- D-Ribose, a sugar for making DNA/RNA, about 1 tsp per day
- CoQ-10, about 100mg per day

Circulation in the arteries is under pressure, and this is where plaque builds up and causes hardening of the arteries. If you already have plaque (this can be seen on ultrasound, or if you can't feel pulses in your feet) you may need to find a doctor that does IV Chelation therapy, which cleans out the arteries. (Look up www.acam.org and click on "Find a Physician in Your Area.")

Some people with poor circulation have a thyroid deficiency. You would need a skilled doctor to help you with this. In medical school, we were never taught how to help this problem, so you may need to go to a physician skilled in natural therapies on the previous web site.

Venous circulation often

and Circulation Problems With Natural Methods



causes swelling in the legs. This will generally decrease in the morning and get worse over the course of the day. This is initially best treated with a couple of herbs:

- Horse Chestnut seed extract
- Ginkgo Biloba extract

When it is more advanced, it often requires that you use tight hose to keep the blood circulating.

I have only touched lightly on a few concepts of circulation. If you can find a physician who can help you ferret-out the exact nature of your circulation problem, the treatment will then be simple.

Dr. S

Dear Dr. S,

I have atrial fibrillation, for which I take Sotalol 160mgs. I also take Avapro for hypertension 150mgs, daily. I also have left bundle heart block. My questions are:

- Is it possible to reverse heart block using natural methods and diet?
- What foods do I need to reverse this whole story?
- Or, does losing weight do it (which is what I have to do)?

I really want to get off these tablets. I am taking turmeric instead of aspirin. Is that enough of an anticoagulant for someone with AF? I take 4 tea-

spoons a day. I would really like to hear your answer. I did not know who to speak to about this. Thank you.

Juliet N.

Dear Juliet,

Atrial fibrillation is an arrhythmia of the heart. The medications you are taking are only for control of the heart rate and don't help. In fact, they weaken the heart over time. In this kind of a case it would be good to get a doctor skilled in natural medicine to help you, but I can give you a few things to start:

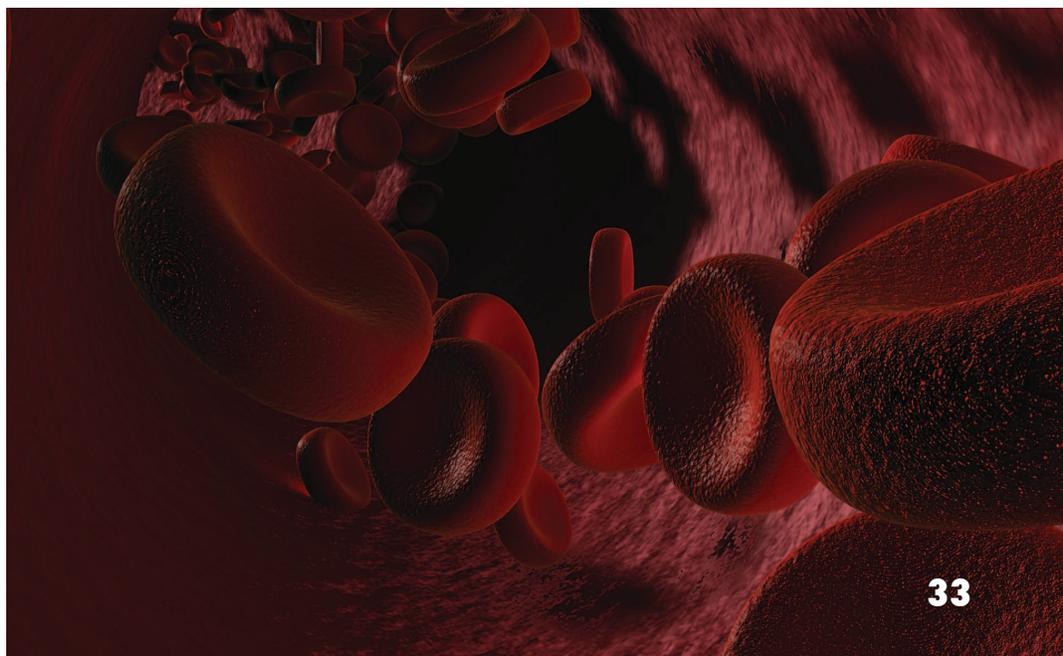
- Take magnesium, 500mg per day

Continued on Pg. 43



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.





Celebrity Health Watch: PEGGY FLEMING **HEART CHAMP**

Skating champion Peggy Fleming beats the heart disease that plagued her family.

.....

Peggy Fleming has been an athletic inspiration to many of us on the ice. Now she has become a preventative health inspiration when it comes to heart disease. Losing her father to heart disease at the age of 41, then her sister to a fatal heart attack at 50, Peggy's new life priority has become healthy living.

As an advocate for heart disease prevention, Peggy encourages these proactive steps:

1

Daily take charge of your health

Upon researching complimentary medicine for the heart, Peggy started taking CoQ10, an antioxidant known for helping to treat cardiovascular disease. It helps daily with endurance and overall energy by improving circulation in the body, as well as efficiently manufacturing cholesterol.

3

Exercise consistently

Even exercising 30-40 minutes most days can help prevent heart disease. Fleming chooses some sort of daily activity, be it running, swimming weight training or yoga, especially in the morning. By starting the day with daily fitness routines, her metabolism increases and makes managing her weight easier.

5

Get regular check-ups

Peggy's risk factor was genetics. Go see your doctor and find out what your risk factors are. Every 5 years you should get a complete blood profile test, starting at age 20. The test should include total LDL and HDL numbers.

2

Watch what you eat

Peggy cooks healthfully, including eating the right foods such as vegetables, grains and legumes. She recommends eating foods high in fiber, up to 25-30 per day to help lower cholesterol. Good fuel for the body is the best diet for any Olympic athlete – or anyone with a heart.

4

Know your family history of heart disease

Having a parent with heart disease doubles your risk of heart disease. Plus, with a sibling who experienced heart problems, the risk for heart disease increased by as much as 45%. Know your family history and calculate age, gender, smoking, cholesterol levels, blood pressure and diabetes risks.

The good news is that a family history of modifying lifestyles can act in your favor for preventing heart disease.

Peggy Fleming is a champion on the ice and off. By balancing exercise, supplements, healthy eating, regular doctor visits and knowledge of family history, she is an inspiration to all of us to take responsibility of our own health and not take it for granted. Be a champion yourself by taking charge of your own health today! *HCTW*

Product Review

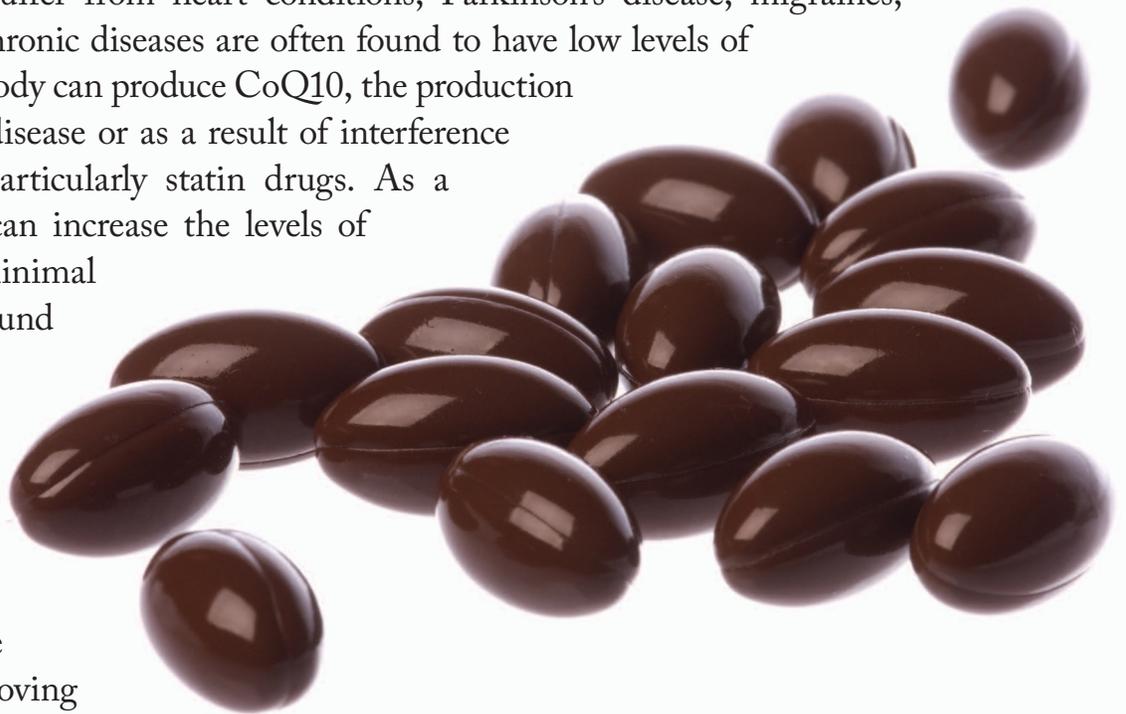
CoQ10: An anti-oxidant used for cell energy production, taken to improve heart circulation, educate yourself with this product review about its natural form and the supplement that is safe to consume.

Coenzyme Q10 (CoQ10) is naturally produced by the body and used for basis cell function by increasing cellular energy. The heart, liver, kidney and pancreas are responsible for the creation of CoQ10, which is also called ubiquinone (meaning “found everywhere”).

Those who may suffer from heart conditions, Parkinson’s disease, migraines, diabetes and other chronic diseases are often found to have low levels of CoQ10. While the body can produce CoQ10, the production decreases with age, disease or as a result of interference from medications, particularly statin drugs. As a result, supplements can increase the levels of CoQ10 since only minimal amounts can be found in foods such as beef and chicken.

B e c a u s e CoQ10 assists in cell energy production, it can help treat congestive heart failure by improving circulation and lowering blood pressure, increasing energy production in the heart to strengthen the pumping action, as well as by providing antioxidant properties. It may also increase your life span!

The government does not regular the testing of CoQ10 supplements, but 20 manufacturers were chosen and 21 others requested certification by a well-known consumer testing and reporting company. All supplement products but one were found to contain the labeled amounts of CoQ10.



Product Recommendation: “The Great Cholesterol Lie”

It is NOT recommended to purchase or consume Healthy America® Coenzyme Q10 (150 mg per softgel), which did not pass laboratory testing.

The best absorption of CoQ10 is with the presence of oils, be it during a meal or if the supplement contains oil in the list of ingredients.

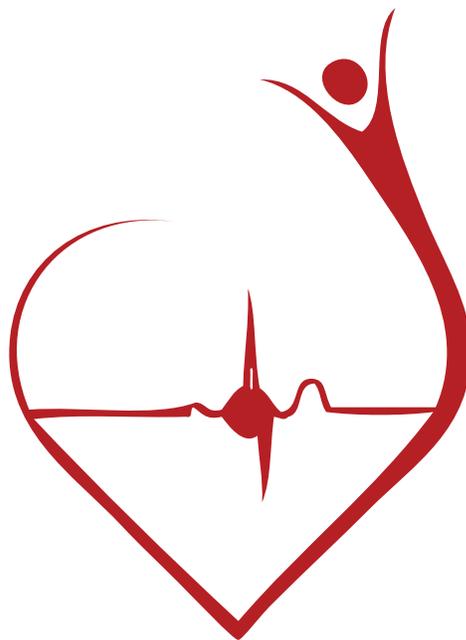
Consult with your doctor regarding dosage amounts. Typically, dosage can be 30-90 mg/day of CoQ10, but in some cases up to 200 mg per day. To treat congestive heart failure, a daily dose between 100-200 mg of CoQ10 is generally recommended, but it is also dependent on individual's weight. For doses above 100mg, consider dividing it into 2 or 3 smaller doses. It may require 2-8 weeks of a full dose to experience results.

Side effects may include diarrhea or nausea.

You've heard the rumor. You might have even read about it in this month's issue. Cholesterol is not a heart disease enemy. What is? Inflammation is what puts you at risk for heart disease. So, put down the Lipitor or Crestor and pick up what the statin drugs can't do for you.

Reverse the inflammation in your arteries that is causing heart disease by picking up this book: The Great Cholesterol Lie. Read about the money-back guarantee and be satisfied knowing you've just made a change for the better. Eliminate heart disease for a lifetime by extinguishing the flame within. Your ticket is through this link:

www.HomeCuresThatWork.com/cholesterol



Living Healthy to 120: Anti-Aging Breakthroughs

By David Kekich

Resveratrol's Real Importance

Live longer and decrease the incidence of cardiac diseases with the skin of red grapes.

For the past year and a half, the press has bombarded us with news of resveratrol and its life-extending potential. Resveratrol is found in the skin of red grapes and is a constituent of red wine, but not in sufficient amounts to explain why the French suffer a relatively low incidence of coronary heart disease, despite having a diet relatively rich in saturated fats. When a description of this paradox was aired on 60 Minutes in 1991 with the proposal that red wine decreases the incidence of cardiac diseases, the consumption of red wine increased 44% and some wineries began lobbying for the right to label their products “health food.”



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

Last year, a study found that high doses of resveratrol mimicked some of the benefits of caloric restriction (including reduced effects of aging) in mice. Now, millions clamor after low-dose supplements in hopes of extending their lives. It's probably very good for you, and I take it every day. In fact, GlaxoSmithKline thought enough about it to buy the rights for \$720 million. They are developing a high concentration resveratrol diabetes drug.

Dr. David Sinclair of Sirtris, the company that sold the rights to Glaxo isn't bashful about expressing his opinion about how resveratrol has the potential to extend lives and that it might eventually be a potent anti-aging drug, even though it cannot be prescribed for life extension purposes. He also has positive opinions about life extension in general.

In an article by Reason from the fightaging.org archives, we see such an opinion:

“...In truth, we're fighting aging and extending lifespan every time a doctor prescribes a statin drug or recommends a healthier diet to a patient. And the fact remains that science has not yet discovered an indisputable biological 'expiration date' for a human life, nor is there good evidence that one exists.

“In time, the idea of an inevitable, debilitating decline starting at age 50 will seem as horrifying and primitive as it does for us, in the age of potent antibiotic cocktails, to imagine a young person in the 19th century dying from an infection caused by a splinter. As a society, we should not accept a terrible period of suffering, dependence, sickness, and frailty if we don't have to. There's nothing more natural than marshaling the body's own defenses to treat and heal itself, and that is precisely what longevity genes

like SIRT1 do.”

SIRT1 is the gene that resveratrol activates.

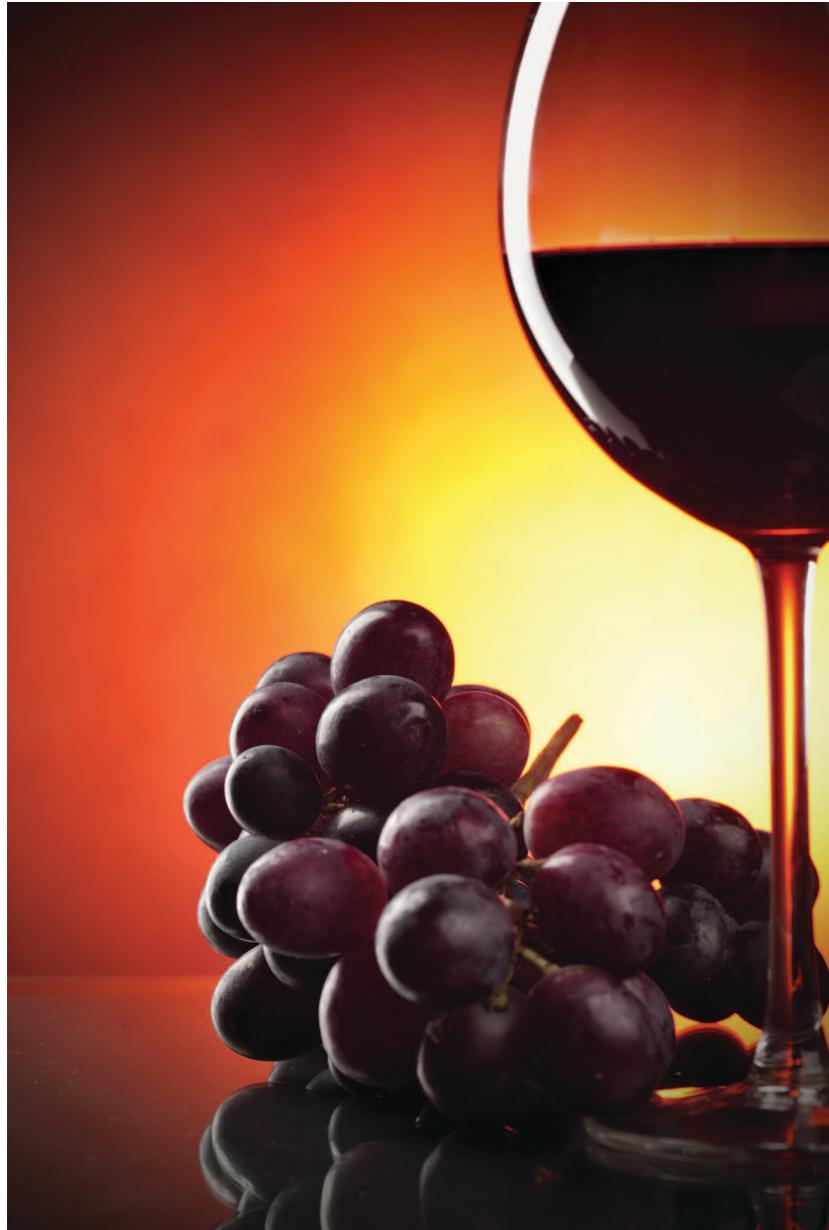
I recently wrote how the Hollywood crowd is not yet well versed on extreme life extension possibilities, but they do embrace it once they hear a little about it. I found they are a more receptive than most and lots more receptive than many. However, even the least receptive, including those who object to extreme life extension, clamor for the latest anti-aging rage such as resveratrol.

This is very encouraging to me. Many think we will have lots of resistance, and even organized resistance to supporting longevity research. We see it now. But the positive reaction to a potentially mild life-extending supplement such as resveratrol has those same people rushing to the health food stores.

- Imagine what will happen when we develop and announce a dramatic life extender.
- Imagine how many will finally line up to invest in technologies that will help ensure your longevity.

So, I think the biggest contribution resveratrol makes to the life extension movement is not its potential life-extending properties. I think it is the attention it has drawn to anti-aging and the demonstration we see that even people resistant to longevity will reverse their opinions once they see hope for themselves.

The survival mechanism has a way of overriding all sorts of philosophical viewpoints. Let's work to introduce an opinion reversing “killer app” soon. **HCTW**



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Weight Control, Exercise & Fitness Tips

By Nordine Zouareg

The Five Stages of Exercise Adoption

Phase out heart disease danger by phasing in exercising.

“What fits your extremely busy schedule better, exercising one hour a day or being dead twenty four hours a day?”

According to the American Heart Association, “Physical inactivity is a major risk factor for developing coronary artery disease.” Fortunately, regular exercise can reduce the risk factor for heart disease and have many other benefits, including:

- Strengthen your heart and cardiovascular system
- Lower blood pressure
- Increase energy levels
- Strengthen bones
- Reduce body fat
- Reduce stress, tension, anxiety and depression
- Improve sleep



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

What Stage Are You In?

1 Pre-contemplation

At this stage you are not even thinking about exercise and have no intention of becoming more active. Moreover, you are most likely not even reading my book, *Mind Over Body: The Key to Lasting Weight Loss Is All In Your Head!*

Not a very good stage to be at!

2 Contemplation

You are thinking about exercise, but are not engaging in it. The brain is firing up neurotransmitters in the brain causing you to stay in a comfort zone. The key is to focus on the outcome of your goal. If you are fearful you are mostly likely to revert back. If you are empowered by thinking of the outcome, you are most likely to be empowered.

You are reading an exercise book, magazine or have purchased an exercise DVD, and are most likely to apply its concept. There is not a time frame in this stage, as you are the one to make a choice to start.

3 Preparation

You are getting ready to start an activity or are exercising on occasion, but it is still a new habit. At this phase, you are applying the exercise principles to overcome obstacles tempting you to revert back to old habits. You are ready to step-up and increase activity level.

At this stage, you are overcoming any obstacle. It starts at week 3 or 4 from beginning of behavior changes.

4 Action

You are exercising regularly for at least 12 weeks, and it has become a ritual. This phase is a good phase to be at and you are most likely to stick with it.

5 Maintenance

You have a ritual of exercising that is longer than 6 months. All new habits are now automatic. It is a part of you to be healthy and fit.

It is now your second nature; it is “automatic.” It’s a new you! This is the best stage to be at. **HCTW**



REGULAR EXERCISE
CAN STRENGTHEN
YOUR HEART,
LOWER YOUR BLOOD
PRESSURE, INCREASE
YOUR ENERGY AND
REDUCE YOUR RISK FOR
HEART DISEASE



Dramatic Results from the
Blood Pressure Normalized Remedy
Report: APPLY OR DIE

Dear Joe Barton,
Million thanks!
In fact, the result [from your Blood Pressure Normalized Remedy Report] has been dramatic. I am going to put that in points as follows:

- My blood pressure had been always 179 systolic and 75 diastolic, despite taking 10 mg Amlodipine daily, which was prescribed by my GP [general practitioner].
- My weight was 89 kilograms [196 lbs.]
- My height is 174 centimeters [5' 7"]
- My age: 62
- Now: my blood pressure is stable at 117 systolic and 71 diastolic and my weight has dropped to 85 kilograms. And it is just the start.
- I have taken drastic methods such as water fasting for 5 days and having some over-the-counter supplements like calcium and magnesium, and changing my eating habits.

But the secret is not here: it is in the message, which the book and its siblings transmit namely:

APPLY OR DIE

Finally, I would like to emphasize that this has been the best purchase I have ever made.

My best regards, A. Alwakhery

Free Report of the Month Prostate Secrets Report

In this report and personal story, you will understand the three major prostate problems:

- Infection
- Enlargement
- Cancer

Discover what are the best two exams to identify prostate cancer so you can be worry free. But most important, natural and non-harmful prevention is really the best solution for a healthy prostate. Don't wait for symptoms to appear to before taking your prostate seriously!

Download the free report and learn what foods are best to eat – and to avoid – for more energy and a prostate-healthy diet.

The fact is, what is healthy for the heart is healthy for the prostate! Make it your goal to implement a healthy diet with the proper supplements to protect your prostate – and your heart! Discover the best sources of nutrients and the right vitamins right at your fingertips in the pages of this natural health remedy report. You'll also learn the truth about your body weight and prostate health, so kill two birds with one stone and fight prostate problems today!

Download Your Complimentary Report Now!
[www.prostatesecretsreport.com/d-loadzz/
Prostate-SECRETSFinal.pdf](http://www.prostatesecretsreport.com/d-loadzz/Prostate-SECRETSFinal.pdf)

If you would like to share a natural remedy with the Home Cures That Work audience, please e-mail us at: Remedies@HomeCuresThatWork.com

"Manufacturer"
Continued from Pg. 27

Look in his Word, the Bible. Ask for His Spirit's direction and leading. One man I know was told he had blocked arteries and needed surgery, but he had no peace about that treatment route. He asked God to speak and he and his doctors began to talk about options other than surgery. His physician writes about the more natural route they felt led to take:

"God outlined a unique program for us to pursue with this gentleman. He was placed on specific vitamins: Vitamin E to help prevent blood clots from forming on the blockages; low-dose aspirin (derived from the bark of a willow tree), which keeps platelets from clumping together and forming a clot on the roughened areas of the

arteries; and other substances like CoQ-10, which is found in various cereals such as wheat bran and can strengthen the heart contractions. He was also given a specific program of exercise and prescribed a low-dose medicine to dilate the arteries."

In summary, God's program both prevents and treats disease. And since he is the One who made us, it only makes sense to ask him how to get and stay well. We'd do well to ask the manufacturer how to have a healthy heart!

We now know scientifically that love facilitates healing. A better understanding of God's love for us, and sharing that love with others is the first step toward a healthy heart and life.

HCTW

"Predator"
Continued from Pg. 13

and strikes when we don't take care of our bodies. The heart is the most vital of the vital organs and needs to be healthy, with Teflon-like smoothness in its valves and arteries; if not, it just won't work right, and as shown here, this could lead to a very grave outlook.

The good news is there's always something you can do – it's never too late to get healthy, stay healthy and reverse the damaging effects of heart disease. Preventative measures include: a healthy diet, proper stress management, NO smoking, no more than one to two al-

"MD"
Continued from Pg. 33

- Take L-Carnitine, 500mg twice per day
- Take Ribose, 1 teaspoon per day
- Take CoQ-10, 100mg per day
- Take B12, 1000mcg per day

These will help with the arrhythmia over time, and may even help the heart block. Exercise regularly: start easy and build up your intensity. Make sure your hormones are all OK. Sometimes a thyroid imbalance can pre-dispose you to arrhythmias. Get a doctor to help you with this.

The prevention of clots is a secondary issue. You are taking Turmeric, which is OK. I would add a tablespoon of cod liver oil per day, and vitamin E, 800 IU per day. Eat garlic and onions as well. **HCTW**

Dr. S

coholic drinks per day and good old fashioned exercise. Fact is, heart disease doesn't have to be a threat. It can be reversed. And all you have to do is adopt and maintain a healthy, happy life. You can do it – and Home Cures That Work will help you every step of the way. **HCTW**

Ultimate Colon Cleanse

Natural Internal Cleansing Program



Good Colon Health

*Will lessen aches and pains
Decrease bloating,
Improve digestion,
Will create healthier looking skin,
And help you sleep better at night!*

Organica Research Ultimate Colon Cleanse

*Can make a huge difference in your life
By ridding your body of unwanted parasites and toxins.
Let go of what your body might be holding on to!*

Claim Your FREE 30-Day Trial!
See the difference in as soon as one week!
www.DoAColonCleanse.com

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Research**
Better Health. Naturally!