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GRANDMA'S CURE CORNER
CLEARING UP THE MYSTERY OF ADULT ACNE

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April 2010 – Skin Care

Beauty is more than skin deep. This could never be more true when it comes to taking care of your body's biggest organ: the skin. This is one organ you can actually watch and see the reflection of your habits come right out through your pores.

Chemical agents are the main cause of skin hazards and disorders, either through skin absorption or consumption. Detergents, soaps and shampoos available on the shelves lead to chemical reactions on the skin and dermatological problems. This month's HCTW issue provides you with a short list of which common ingredients you need to avoid.

In exchange for harsh irritants and exposure, there are foods you need to detoxify, heal and smooth your rough skin. These are rich with antioxidant vitamins, along with the ingredients in certain fruits can help maintain elasticity of your skin, heal dry, brittle nails and soften cuticles, as well as condition and add shine to your hair. With recipes from 6 food categories, your skin will thank-you as it begins to radiate a healthful glow!

Natural cosmetics, soaps and shampoos are equally as important to us as natural foods. There are plenty of do-it-yourself recipes in this edition and with as little as 3 ingredients you can star to look as young and beautiful as a model! Experience the healing properties of living oils and 5 keys to longevity listed in this issue.

Slow the aging process down and protect your skin from the inside and outside!

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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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GRANDMA'S CURE CORNER

CLEARING UP THE MYSTERY OF ADULT ACNE

A SKIN PATHOLOGY CAN REFLECT THE HEALTH OF THE INTESTINAL TRACT. FOLLOW YOUR GUT AND GET THE CLEARANCE YOU NEED FOR A BEAUTIFUL AND FRESH, ACNE-FREE FACE.



Dear Grandma,
I am adult woman with acne. What are your natural suggestions for treating imperfections of the skin?

**Thanks,
Gracie Donald**

Dear Gracie,

I know others like you who are well into their adult years and still have acne – or psoriasis.

The first thing I would tell you to get your skin healthy is to get your gut healthy! Your skin is a reflection of how well your intestines are functioning. If your intestines aren't purging waste, then toxins are forced to come to the skin for elimination, causing acne and psoriasis.

THE PROPER MEASURES CAN HELP REGULATE ANY HORMONE IMBALANCE TO BOOT THAT MIGHT CAUSE ACNE.

One link between intestinal health and skin problems is from eating too much milk and dairy products. Just like acne on the face, pockets form in the large intestines that need to be popped – or pooped! So, try staying away from dairy for a month and make it an effort to eat more fiber-filled foods. Sugar can also create inflammation in the gut, so stay off the sweets for a while, as well as any processed foods – which are never good for you anyway. This can help regulate any hormone imbalance to boot that might cause acne. I would have to add that when I've done any type of cleanse (colon or kidney), my skin has markedly improved in complexion.

General rules of thumb for better skin is to drink lots of water and get at least some form of

light exercise. You can even do a skin test to see if you are getting enough water: pinch your skin on the hand and it bounces back, then you are drinking enough. But, if the skin looks like a “tent” after your pinch, then its lost its elasticity and you need to drink some more H2O.

Gracie, here are some pointers I gathered for you.

“Insider Tips”

- Don't over-clean your face – natural oils are good
- Treat acne spots with organic tea tree oil
- Use a clean pillow case every night
- Use a sulphate-free face wash
- Try this Cucumber Milk Cleanser: juice a cucumber, add enough milk to wash your face, rinse with lukewarm water

By the way, I tend to notice that after I eat chocolate, my face gets blemishes. I haven't researched this yet, but watch the chocolate cravings! To a more beautiful you!

**Love,
Grandma**

HC
TW





USDA Certified Organic... Skin?

THEY SAY THE EYES ARE THE WINDOWS INTO THE SOUL.
BUT, WHAT DOES YOUR SKIN TELL THE WORLD?

HOME CURES THAT WORK

SPECIAL
FEATURE

If you smoke, drink alcohol in excess or use skin care products loaded with chemicals (even some of the high-end products serve the Dark Side) your skin may be telling the world you're older than you are.

Fine lines, wrinkles, blotchy, puffy, discolored skin will let people know you're eating the wrong foods, not taking in the right vitamins and are using the wrong lotions, creams and astringents... and that you aren't aware of how to feed the outside the same way you should feed the inside. Your skin may be shouting to the world, "Hey, look at me! I don't take care of myself and it shows!"

Truth is, nobody wants to look unhealthy. The \$160 billion dollar-a-year beauty industry proves that. But, certain products designed to help do nothing more than compound the problem. In fact, you should be very alert when attempting to hydrate your skin. Moisturizers with ingredients you can't pronounce are especially dangerous. In addition to being toxic, some of these ingredients actually break down your skin's moisture barrier, leaving you exposed to airborne chemicals that make the situation worse.

Keep in mind that everything you put on your skin gets absorbed into your body — without exception. All the pores suck in what you expose them to. It is like squirting a dollop of dish detergent on a thirsty sponge. Soon after, the soap will disappear into the center.

THE NOT-SO-HIDDEN DANGERS CREEPING AROUND IN YOUR SKIN-CARE PRODUCTS

Even though the cosmetics companies and the FDA tell you that the chemicals in our skin care products are safe (most are — but only in small amounts), it's been shown that the average woman will slather on 4 – 6 pounds of lipstick per year. What doesn't absorb into her lips gets eaten. Most lipsticks contain lead. What about the shimmering glow? That comes from the ground up fish, whale blubber, and other creatures of the sea.

Then there are the deodorants, antiperspirants, colognes and, finally, lotions and creams with ingredients you need a dictionary to pronounce, let alone understand.

HERE'S A SHORT LIST OF SOME OF THESE INGREDIENTS FOUND IN EVERYDAY LOTIONS, SOAPS, SHAMPOOS, AND CONDITIONERS WITH THE RISKS THEY POSE TO YOUR HEALTH. GO TO YOUR MEDICINE CABINET OR BATHROOM PANTRY AND PULL OUT THE PRODUCTS YOU PUT ON YOUR SKIN AND HAIR EVERY DAY. THEN LOOK TO SEE IF ANY CONTAIN THESE HAZARDS.

DMDM Hydantoin

This stuff is a preservative and causes dermatitis! It's also a carcinogen and releases formaldehyde into the blood stream.

Diethanolamine (DEA)

You'll see this in many of your skin care products. But, if you want to know what it's also used for, then go out to the garage. DEA is a synthetic, industrial degreaser that's used most commonly in brake fluid and anti-freeze. It can cause

severe damage to your liver, kidneys, and pancreas. DEA is cancerous to various organs and is especially dangerous to children.

Methylchlorisothiazolinine

Causes cancer, mutates genes and is quite toxic.

Parabens

Parabens are petroleum-based preservatives that cause dermatitis and specific allergic reactions in some

people. Redness, itching, burning, and peeling could be attributed to this ingredient. There are several variations (methyl, ethyl, butyl, propyl, and germa), but all are equally toxic.

Propylene Glycol

This is found in many shampoos, conditioners, and lotions. It's petroleum based, moonlights as a de-icer and is found in latex paint. It has an intense drying effect on skin and Japanese researchers have found it mutates our genetic code (DNA). If swallowed it can cause nausea, vomiting, and diarrhea.

Triethanolamine (TEA)

This gem's found in most body and hand

lotions. Its known health problems include cancer, skin irritation and endocrine disruption. The adrenal, pituitary and pancreatic glands are blocked by these chemical "messengers," which renders their function ineffective.

Sodium Lauryl Sulfate

Mostly in shampoo and conditioner, this evil chemical actually damages hair follicles and blocks hair growth. It seeps into the eyes, liver, and brain and doesn't like to move out. It lingers for a good long time. It breaks down cells and if you're wondering where else you can find it: toothpaste, soap, creams and lotions. But, here's the best part: it's also an engine degreaser and garage floor cleaner.

THERE ARE ACTUALLY TOO MANY DANGEROUS INGREDIENTS TO BE LISTED HERE. BUT WE HAVE THE SOLUTION, SO NO WORRIES.

SPREAD THE LOVE – FROM THE OUTSIDE IN

Getting that healthy, USDA certified organic glow to your skin isn't such a big deal. You just have to know what to use and what to stay far away from.

The above list tells you what to avoid. Now, here's what to use.

» Dr. Mercola's Organic Body Butters

They soften your skin, refresh, and give you a healthy, hydrated appearance, which tells the world you care about how you look and feel. Dr. Mercola's Organic Body Butters contain only the USDA certified organic ingredients of aloe vera juice, shea butter, virgin coconut

oil, palm oil, and rice bran extract – to name a few. You can find them here or in this month's HCTW product recommendation:

www.homecuresthatwork.com/bodybutter

They come in unscented, lavender and a refreshing, light orange fragrance.

On a tight budget? Whip up your own! In keeping with the HCTW philosophy, you can treat yourself to some skin pampering with items most likely found in your home right now, or that can be grabbed easily. Put on a nourishing, fortifying face mask made up of blended bananas and powdered oats. Blend tomato and plain yogurt for an effective cleanser that's packed with antioxidant power.

Save your hair and scalp from the damage of commercial hair care products. Here's a condensed list of some organic hair care products that will do the trick and leave your hair clean and "green":

» **Burt's Bees Rosemary Mint Shampoo Bar**

Oat protein, rosemary extract, mint extract and panthenol are just a couple of the all natural ingredients you'll find here in a vegetable soap base to give your hair sheen, softness and strength. At about \$6 per bar, it's affordable too.

» **Dr. Bronner's Magic Organic Citrus Hair Rinse**

With vitamin E, lemon and orange oil and coconut fatty acids, this luxurious blend can help restore the hair to its baby-soft beginnings for around \$10 a bottle.

» **Miessence Protect Hair Repair**

A natural conditioner, this recipe penetrates the hair shaft to repair your hair from the inside out. Rose hips oil, sage extract, bitter or-

ange extract and carrot extract are just some of the ingredients used to make this potent yet gentle formula. Get yours for a measly \$6.30 a bottle (average cost).

» **Or, simply make your own shampoo*!**

Using a base of 4 ounces of castile soap per 8-ounce bottle, make the following as needed (in separate bottles):

» *Sayonara, dandruff!* Add ½ ounce tea tree oil and 2 ½ ounces of strained chamomile tea

» *Shine on!* Add 2 ½ ounces strained lemongrass tea with ½ ounce rosemary oil

» *Dry up the oily locks!* Add ½ ounce lavender oil and 2 ½ ounces strained sage tea

» *Naturally thick and healthy!* Use 1 ounce rosemary oil and ½ ounce strained nettles

(*Adapted from www.qcitymetro.com/living/articles/want_green_hair064240352.cfm)



HERE'S A TERRIFIC RECIPE FOR AN ALL-NATURAL LOTION THAT YOU CAN MAKE AT HOME. MIX WATER WITH THE FOLLOWING:

- » 1 tbs (15 ml) Linden Flower Water
- » 1 tsp (5 ml) Liquid Honey
- » 2 tsp (10 ml or 7 g) Yellow Beeswax
- » 1 tbs (15 ml) Shea Butter
- » 2 tsp (10 ml) Wheat-germ Oil
- » 1 tbs (15 ml) Almond Oil
- » 3 drops Jasmine Essential Oil
- » 2 drops Myrrh Essential Oil

1. In a large pot, pour about 2 cm (1 inch) of water and put it on low heat.
2. Fill a small bowl with the linden flower water and honey and place the bowl in the pot. Be careful not to spill the content of the bowl into the water.
3. Fill a medium bowl with the beeswax and place the bowl in the pot as well.
4. Once the beeswax has melted, add the shea butter and stir until it is fully melted.

5. Add the wheat germ and almond oil and beat the mixture to incorporate all ingredients.
6. Both the small and medium bowls should now be at the same temperature. Gradually incorporate the linden flower water and honey to the medium bowl, one drop at a time. Whisk constantly.
7. Once the two bowls have been combined and are thoroughly mixed, remove from the heat and let the mixture cool by stirring it again.
8. Add the essential oils and mix well.
9. Pour the mixture into a glass jar.
10. Let the cream cool off then place the lid on and label your jar with Shea Butter Anti-Wrinkle Cream and today's date.

Adapted from www.MethodsOfHealing.com

A NEW, HEALTHIER LOOK IS SIMPLE TO ACHIEVE

The most important thing to remember is that you can take control of your life with all natural, healthy alternatives to the hazardous chemicals found in most of our commercially produced skin care products. A little creativity, the right shopping list, and the desire to break free from the dangerously chemically saturated \$160 billion dollar a year beauty industry is all you need.

Products that you can easily click and buy on-line: luxurious recipes for lotions, creams,

shampoos and conditioners are right at your fingertips. Plus, you can enjoy making them at home with your family. Let the world see what you want it to see: happy, glowing, healthy skin and hair for life. Your USDA certified organic skin is just a couple steps away. Start taking them today.

Please remember to stay far away from the engine degreasers, garage floor cleansers, anti-freeze agents and brake fluid chemicals they're attempting to spread on your skin. If it says, "Keep out of reach of children," then keep it out of your reach too.

healthy recipes *S&J* eating ideas

By David Randall

6 Stop-the-Clock Power Foods

For centuries, mankind has been on a quest to reverse the aging process. Ancient civilizations have tried to create some variation of the “elixir of life.” In the 16th century, Ponce de Leon searched for the fountain of youth, and today we have plastic surgery, Botox and a countless number of expensive, chemically laden facial creams.

Unfortunately, these dangerous alternatives cannot reverse the aging process; nothing can. The fountain of youth does not exist, the “elixir of life” is a myth at best and plastic surgery, Botox and chemical creams are only a temporary, and extremely dangerous fix. To really get to the root cause of our youthful lust for perfect skin we need to focus on healing our own bodies through proper nutrition that will radiate outward.

Certain foods, especially fruits

and vegetables, are powerful sources of free radical-fighting antioxidants. Free radicals damage cell walls and the genetic material within cells. Free radicals are hard to avoid as they are produced naturally in the course of everyday life.

Think about pollution, smoking, car exhaust, sunburn – all of these factors have a visible effect on aging. Aging on the outside such as wrinkles, dull skin and hair and aging on the inside such as deterioration of the heart and arthritis.

Luckily, eating good food is one way we can invest in preventing suffering from these ailments. Now, more than ever, it is vital that we choose food that is fresh and natural. By combining fruits, vegetables, nuts, whole grains, lean meats and spices we can achieve a diet full of life-enhancing nutrients.

Tighten and plump the skin with nutrients from a combination of antioxidant and free radical fighting foods.



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.

Foods loaded with

Vitamin C counteract free radical damage and maintain a glowing complexion. This vitamin also helps produce collagen in the body, which in turn tightens and plumps the skin.

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Suggestions:

- » Grapes
- » Avocados
- » Onions
- » Radishes
- » Almonds
- » Cashews
- » Sesame seeds
- » Chicken
- » Green tea



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Recipe: Appetizer
Avocado Dip

Peel and mash 2 ripe avocados. Fold in 2 tablespoons fresh salsa and top with grated sharp cheddar cheese. Serve with black corn tortilla chips.

Foods containing
selenium, iron and zinc

are what keep our hair healthy. They prevent hair loss and breakage. Foods high in these nutrients aid in making hair glossy and thick and help with premature graying.

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Suggestions:

- » Prunes
- » Spinach
- » Watercress
- » Swiss chard
- » Almonds
- » Shrimp
- » Beef



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Recipe: Luncheon
Watercress Salad

1 bunch watercress, 1 bunch of fresh parsley leaves, 4 sliced and peeled oranges, 2 grated carrots, 1/2 cup apple juice. Toss all ingredients and drizzle apple juice over salad. Salt and pepper to taste. Make it a lunch by adding 4 oz. of lean chicken breast.

Foods high in calcium,
Vitamin D, magnesium
and potassium

help to preserve bone health as we age. These vitamins are powerhouses at reducing high blood pressure and maintaining a healthy heart. Keeping your core system healthy adds to overall skin tone, skin elasticity and youthful posture.

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Suggestions:

- » Yogurt
- » Broccoli
- » Spinach
- » Pumpkin seeds
- » Parsley
- » Olive oil
- » Cayenne pepper
- » Ginger
- » Turmeric



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Recipe: Kale & Mushroom
Side Dish

In a large skillet, sauté 1 pound of sliced portabella mushrooms in 2 tablespoons olive oil until tender. Add in 4 cups of washed and trimmed kale. Continue to sauté until kale is soft and tender. Sprinkle in 1 tablespoon of toasted sesame seeds. Serve immediately.

Foods high in B complex, E and A vitamins

maintain a strong immune system and prevent memory loss. This combination also reverses the effects of sun damage to your skin like age spots and wrinkles, helps renew skin cells and keeps skin moist and supple.

Suggestions:

- » Mangos
- » Figs
- » Beets
- » Bell peppers
- » Kale
- » Spinach
- » Ginseng
- » Ginkgo biloba
- » Wheat germ
- » Whole wheat
- » Sunflower seeds
- » Walnuts
- » Salmon



Recipe: Stuffed Dessert Figs

6 fresh figs, halved. Mix together ¼ cup cream cheese, 1 teaspoon orange juice, 1 teaspoon honey and 1/8 teaspoon anise seed. Spoon a little of cream cheese mixture into each fig half. Serve and enjoy.

Grandma's Tips

I've made stuffed figs with ½ cup toasted almonds, ¼ cup sugar, 1 small lemon and 1 teaspoon lemon zest. Try mascarpone instead of cream cheese. Very nice treat indeed and my brother's favorite.



Foods containing the Omega 3, 6 and 9 essential fatty acids

keep your brain alert and prevent high cholesterol and triglycerides. These essential fatty acids are a natural moisturizer for your skin from the inside out and also help heal varicose veins on the legs and broken capillaries on the face.

Suggestions:

- » Flax seed
- » Hemp seed
- » Salmon
- » Herring
- » Sardines
- » Oysters
- » Albacore tuna
- » Walnuts
- » Fennel



Recipe: Poached Salmon with Raspberry Sauce

Bake 4 oz. salmon filet in oven until flaky. For sauce, mash 6 fresh raspberries and add to small sauté pan, stir in 1 teaspoon orange juice, ½ teaspoon honey, 2 tablespoons of balsamic vinegar. Heat sauce ingredients until they start to thicken. Pour over cooked salmon.

Consume high fiber foods

for a sustained release of energy and weight control. An additional bonus is that these foods are extremely high in antioxidants, which is key to a youthful complexion and skin texture as we age.

Suggestions

- » Whole grain bread/pasta
- » All types of beans
- » Barley
- » Quinoa
- » Millet
- » Oatmeal
- » Blueberries
- » Raspberries
- » Strawberries
- » Nuts
- » Seeds



Recipe: Breakfast Oatmeal

Cook oatmeal and then top with ½ cup of blueberries, 2 oz of walnuts and sprinkle with 1 teaspoon of cinnamon. Enjoy a delicious and nutritious breakfast.

Reverse Signs of Aging & Erase Wrinkles With This Breakthrough Technology

By repairing your skin's DNA, you can soften your skin and erase wrinkles, tighten up your sagging jaw line, make your crow's feet disappear, banish sun and aging spots.

This Nobel Prize winning secret makes it possible. Your "telomeres" determine how long your skin cells live. Telomeres are the "time keepers" attached to every strand of DNA. Each time your cells divide, your telomeres get shorter. The shorter your telomeres, the more your skin cells age... causing dry and wrinkled skin. Maintain the length of your telomeres, your skin will stay supple, radiant, and youthful.

Dr. Sears' **Revive DNA Rejuvenation Cream** turns back your skin's aging clock and helps you show a younger face to the world.

“ My husband actually purchased Revive, but I started using it too. My skin looks much more youthful. It has taken away the fine lines around my eyes and mouth and reduced the deeper lines. I use it in the morning and before bed. I use it on my face, neck, and rub the remainder on my hands. I've received several compliments on how youthful my skin looks... even from a friend who works at a spa. She wanted to know what I was using on my face that made me look so good! I will be 50 in August, and feel like I'm 30 again! Thanks so much for Revive!”

”

– B. G., Carmel, IN

Special Offer for all "Home Cures That Work" Readers

Get started with **Revive** today and you will receive Dr. Sears special report, "Unlock the Genetic Secret of Aging". You'll discover how you can extend the life of your telomeres and maintain all the strength and vitality you had when you were in your 30s. So you'll not only look younger, but you'll feel younger and have more energy than you have in years.



www.mypureradiance.com/revivespecialoffer

Big Pharma Corporate Arm

By Martin Jacobse



AFTER READING THIS, YOU'LL NEVER LOOK AT YOUR GROCERY LIST THE SAME

Skin cancer is the most common form of cancer in the US, according to the US Cancer Statistics Cancer Incidence and Mortality Data (USCS) produced (2005) by the centers for Disease Control and Prevention (CDC) and the National Cancer Institute (NCI). In the next 7 minutes, I'm going to show you the simple cure for not only skin cancer, but how this same science can release the immortal blueprint of youth locked deep within your skin's DNA — and it's all on your next grocery list! Read on!

A skin cancer study published in July of 2008 in the Journal of Cell Physiology verified that “antioxidant vitamin C actually slows down the growth of melanoma in humans.” Researchers at the Seoul National University College of Medicine mapped out the metabolic pathways that explain how vitamin C has a significant stopping effect on the growth of skin cancer. Apparently, vitamin C is crucial in suppressing the spreading of several types of cancer.

So, why is skin cancer so prevalent in the US?

Disease can be like a runaway freight train; you must first slow it down and stop it in its tracks before you can reverse it.

Just imagine how frustrated researchers must feel having discovered natural antioxidants like vitamin C can slow down cancer, only to have special interest groups who control mainstream media, try and shoot it down and sweep their discovery under the rug. Seriously, the bashing of all alternative health choices simply has to stop!!!

We are on the verge of radical change that will shift America from a broken healthcare system to an enlightened and genuine self-sustaining, self-regulating and self-healing healthcare culture. We simply need to allow it to exist.

Here's one example of how health adversaries use biased and absurd statements to bash common cures they don't want you to know about.

A recent discovery proved that, "Vitamin A encourages stem cells to change into cells which build blood cells." But, instead of admitting the amazing "benefits" of such a discovery, they claim it causes tumors. Yet, in their research, these same misguided people admit vitamin A is needed for embryonic development because it helps stem cells "differentiate" by triggering them to become any required tissue needed. What's with that!?

To counter these false tumor claims, there is a successful anti-cancer drug that prevents the active ingredient (retinoic acid) derived from vitamin A from breaking down. That's the truth!!!

Based on this anti-cancer treatment, it seems "the more vitamin A" cancerous tumors have, the faster they shrink. The retinoic acid (vitamin A) actually redirects the tumor cells back into their normal organized growing patterns. That's "Solid Proof" vitamin A restores normal programmed cell death, forcing cancer cells into a non-cancerous growing pattern. That's good news!

This same treatment helps better explain why vitamin A products are commonly used to counteract skin cancer and promote healthy skin. Yet, despite the facts, it doesn't stop special interest groups from trying to scare you away from the promise of natural remedies and food-based medicines. On the other hand, you have to ask yourself why the pharmaceutical industry is rushing to "patent their findings" to develop vitamin A-like drugs? Because they're all about corporate greed, treating disease symptoms and making fists full of money.

I've seen this kind of blatant misbehavior thwarted against all antioxidants for at least a decade now. In fact, antioxidants are so very important there are at least 200 genetic switches that generate antioxidants and their component enzymes "with-in" your cells. That's right! Your body actually makes antioxidants internally.

There has been ample evidence proving the obvious benefits of antioxidants for thousands of years.

Mediterranean women have a beauty secret that has kept their skin healthy and vibrant for

a millennium. This amazing beauty secret is revealed within just two common food sources, “olives and figs.” Ancient Mediterranean people used crushed olive seeds as facial scrubs and highly regarded figs for their healing qualities and also included them in their olive oil-based soaps.

Both olives and figs are rich in anti-oxidants (i.e., vitamin E), which fight the damaging effects of the environment. Egypt’s legendary Cleopatra, Greeks, Phoenicians and Romans all prized the fruit of the olive tree. The oil of this small fruit has offered a woman through the ages a smooth radiant complexion.

They used the benefits of olives from both the inside and out. You can create your own skin care recipes in the kitchen using these two fruits as a base. Interesting to note, black olives are rich in many nutrients and minerals and contain about 10% vitamin A, 2% vitamin C, 12% Calcium, 25% Iron, 9% Vitamin E and 16% Copper — just to list a few.

The raw ingredients in these two fruits help maintain elasticity of skin, heal dry, brittle nails and soften cuticles, as well as condition and add shine to hair. You’ll never need a prescription!

But, the benefits of olives don’t stop there.

Researchers from the University of Granada and Barcelona have shown a pulp of olive oil, also called orujo olive oil, helps stop growth and caused the programmed



ANCIENT MEDITERRANEAN
PEOPLE USED CRUSHED
OLIVE SEEDS AS FACIAL
SCRUBS AND HIGHLY
REGARDED FIGS FOR
THEIR HEALING QUALITIES

Here is a list of some antioxidants, which help detoxify, heal and smooth rough skin.



Vitamin A (retinol) is made internally from beta-carotenes. It helps **protect skin** from solar radiation. Vitamin A includes many powerful carotenoids such as, alpha-carotenoid, astaxanthin, beta-carotene, canthaxanthin, lutein, lycopene and zeaxanthin. Some vitamin A rich foods are beef liver, cod liver oil, carrots, squash, broccoli, tomatoes, sweet potatoes, kale, mangos, kiwi, oranges, goji berries and collards.



Vitamin C is a nine dimensional water-soluble molecule made of bioflavonoid cofactors, and by the way, is **much more than just ascorbic acid**. Some vitamin C-rich foods are limes, lemons, oranges, Camu camu, peppers, cabbage, tomatoes, broccoli and strawberries.



Vitamin E, including tocotrienol and tocopherol, is fat-soluble and **protects cell membranes and lipids**. Some vitamin E rich foods are wheat germ, nuts, seeds, sprouted grains, kiwi, olive oil and fish liver oil.

death of cancer cells. The active ingredient from the olive skins is maslinic acid, which research suggests is useful in a new strategy for colon cancer. Orujo olive oil has powerful antioxidants and anti-inflammatory properties (*Journal Free Radical Research, Volume 40, Issue 3 March 2006, pages 295 - 302*).

There's no doubt Mama Nature is the Master teacher, not the student. One day it will be common knowledge that your genes already make their own powerful antioxidants to help repair the damage free radical oxidative stress triggers.

I hope by now, you, like me, can agree more and more how the scientific body of evidence supports that vitamins, minerals and all their antioxidant cofactors are Mama Nature's most powerful medicines for healthy skin, bone and tissue cell growth. However, some antioxidants, like vitamin C, we need to get directly from our foods.

There are many co-factors, flavonoids and phenolic acids found in foods that contribute to healthy skin and tissue cells. The list is exhaustive.

Today, you will change the way you look at your grocery list forever, so here is a list of foods, herbs and spices that supply antioxidants and their cofactors: cocoa, cloves, cinnamon, oregano, turmeric, cumin, parsley, basil, curry powder, mustard seed, ginger, pepper, paprika, garlic, coriander, onion, cardamom, sage, thyme, marjoram, tarragon,

peppermint, oregano, savory, basil and dill.

Of course, the government and its regulatory agents haven't decided whether any of these have any ability to help defend you against oxidative stress. As far as they are concerned, none of these have any nutritional benefits whatsoever. If they did, they would have to be labeled and treated as drugs. That's just misleading!

YOU are still the final authority when it comes to your health. So, you decide.

Read on to discover why natural cures are inarguably the secret to unlocking the immortal cell in you.

Ultimately, your healthy skin depends on foods, which can turbo-charge your cell's ability to "switch on" its own antioxidant manufacturing machinery. Sulforaphane from broccoli sprouts is an example of one of those miraculous healing genetic "switching" foods.

In other words, your body can make its own antioxidants, and without this ability, your aging process will accelerate, your skin will dry and harden and toxic acidosis will consume your health.

My whole point is there is literally a cornucopia of healing foods that can transform your skin's health externally and internally by awakening and feeding your primal genetic origins. If they can cure cancer, they can certainly slow down and even stop your biological aging process.

Read on, I want you to see food is the medicine you need to rediscover!!!

By the way, did I tell you how orthomolecu-

lar science uses a proven, successful antioxidant therapy "synergistically?" This means that one type of antioxidant actually helps the others work more effectively.

How on earth can the government drug agencies ignore these obvious natural remedies???

For example, vitamin E not only helps protect patients from overdosing from "therapeutic dosage levels" of vitamin A, but another study published in the Journal of Nutritional Biochemistry discovered vitamin C and A were three times more effective when used together rather than separately. Did I mention that olives and many other food sources contain naturally synergistic combinations of both vitamin A and C, so very important to improving skin health?

Together, they stopped growth of breast tumor cells more than 75% better than untreated cells. Researchers believe vitamin C slows down the breaking down of vitamin A's retinoic acid. Kim KN, Pie JE, Park JH, Park YH, Kim HW, Kim MK. Retinoic acid and ascorbic acid act synergistically in inhibiting human breast cancer cell proliferation (*J Nutr Biochem.* 2006 Jul;17(7):454-62. Epub 2005 Nov 15).

Are you seeing the big picture yet? What could be more exciting and important than these discoveries?!

Studies that PROVE vitamin A's anti-cancer benefits go all the way back to experiments done with vitamin A-deficient rats in 1926. In 1941, Abelsetal found low levels of vitamin A in patients with gastrointestinal cancer, Moon et al found vitamin A prevented squamous cell carci-

noma and de Klerk et al lowered rates of mesothelioma with retinol. The evidence is real.

The National Institutes of Health says, “Dietary intake studies suggest an association between diets rich in beta-carotene and vitamin A and a lower risk of many types of cancer. A higher intake of green and yellow vegetables or other food sources of beta carotene and/or vitamin A may decrease the risk of lung cancer.”

Two time Nobel Prize laureate Linus Pauling supports the science proving that vitamin A can reduce the growth of cancer significantly in the skin, breast, liver, colon, prostate and more.

The bottom line is the special interest groups don't want you to comprehend the ultimate importance of supporting healthy cell membrane health through natural remedies and smart living.

There are REAL cures that are all around you. Discover them, use them and tell others about them! The solution to the skin cancer epidemic isn't to eliminate sunlight, sit in the dark and take prescriptive drugs. The solution is to get up, get out and start enjoying the abundance of natural healing foods and rediscover your capacity to stay young your whole life long.

Consider this: if a deficiency of a vitamin can cause a disease, then isn't it obvious that we can improve the quality of our lives tremendously simply by knowing which foods to eat and which to avoid?

Seriously folks, we already know a vitamin A deficiency triggers a weakened immune system and causes blindness, defective tooth enamel

and birth defects. Plus, we know vitamin C deficiency causes scurvy and contributes to cardiovascular disease. So, common sense says these antioxidants and the foods they come from should be beneficial for your skin as well, right?

After all, it's only intelligent to work with Mama Nature, wouldn't you agree?

Of course, you agree. Your adversary wants you dependant on drugs and unnecessary medicine, but your destiny is to be self-sustaining so you can experience your own healing transformation. So, don't be fooled by fear mongering medicine any longer. Agreed?

Good, then. This is an important time for you to find out how you can overcome and get to your destiny and to find out what life wants for you.

Government protected medicine has more than taken its toll on America's health and wealth. This is apparent in the current politics of drug enforcement polices which claim “only drugs” can cure, treat or prevent disease, when anyone can see this is simply NOT true.

Big Pharma lobbies billions of advertising dollars to persuade these agencies to force you to take their drugs, rather than seek a natural solution.

Just because vitamin C cures symptoms of vitamin C deficiency, such as scurvy, heart disease and cancer... Because vitamin A cures the symptoms of vitamin A deficiency, etc...

The pharmaceutical industry wants you to pay for a prescription. As you can see, this kind of greedy thinking is extremely counterproduc-

tive to the health and welfare of all people.

If something is good for your cell membrane health you want to get as much of it as you can get.

By eliminating under-nutrition we can eliminate all deficiencies. By eliminating all deficiencies we will eliminate all degenerative disease and quite possibly find that everything we thought was incurable is, in fact, curable.

In closing, if your skin is losing collagen, elasticity and blood flow, you need to have access to the best living, plant-based foods, oils and butters rich in antioxidants, proteins and minerals available on planet earth.

To have some special interest group determine what foods, herbs and medicines you can or cannot have access to is an abomination of American freedom and an insult to human intelligence.

You live only once and you only get one body and one skin. Both ancient science and modern remedies prove that, locked deep inside your DNA, are the blueprints for an immortal cell, free of disease and dysfunction, eternally young and vibrant.

Only by discovering your own natural balance through beneficial activities, healthy emotions and healing foods can you escape being the by-product of another mass consumer experiment.

Your health really is a choice! So, exercise your body and your right to chose life-giving foods so you can stay comfortable in your own skin for the century to come. **HC**
700



YOU LIVE ONLY ONCE
AND YOU ONLY GET
ONE BODY AND ONE SKIN.
BOTH ANCIENT SCIENCE
AND MODERN REMEDIES
PROVE THAT, LOCKED DEEP
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IMMORTAL CELL



Dr. Saunders Speaks on The Skin: Your Own Environmental Regulation

Medicinally stable yet chemically volatile, the skin is an amazing organ.

Our skin is the largest organ of our bodies. It regulates our internal environment by interfacing with the outside world. Our insides are tender and need protection from the elements, just as we need clothing and shelter. As the shelter for our inner parts, the skin does an amazing job. If we get too hot, it cools us with sweat. If we get too cold, it insulates us. It produces our vitamin D (if we soak up some sunlight). It keeps out unwanted or harmful microbes. It senses our environment, telling us the temperature, pressure, position and pain. The skin is truly an amazing organ!

We may also assume our skin can keep harmful chemicals out of our bodies. Science had previously considered the skin to be a barrier that was somewhat impervious to chemicals. For a long time it was known that a few chemicals could traverse the skin into our bodies, usually because they were toxic, such as methanol. However, more recently, drug companies wanted to know if drugs could be given through the skin. As more research was done just about anything rubbed into the skin could be found and detected in the blood stream. It turns out the skin is not such a great chemical barrier as previously thought.

The benefits of this knowledge are tremendous. We can now give hormones, pain medications, heart medications and many others through the skin by way of creams or patches.

More are being added all the time. This allows those who cannot take pills to receive the benefits of the medications. In many cases, it improves the stability of the medication.

This technology can be used to benefit our health in other ways. Many vitamins, minerals and other nutrients can be obtained through the skin. When we use a good quality vitamin E cream, for example, we can adequately supplement our dietary needs. Since vitamin D isn't found in foods to any great degree, many compounding pharmacists are making vitamin D3 creams as high as 50,000 IU per gram to mimic the body's natural absorption. Soon, this will be a useful way to prevent aging of not only the skin — but the whole body!

The other side, however, may be more important to your health. If almost everything we put on our skin can get into our blood, it means we must be very careful which creams, gels, and cosmetics we use. It is important that we know the chemicals in our environment that come in contact with our skin. For example, many



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Skin Lotion Recipe:

- » ½ cup of Coconut oil
- » 2400 IU of vitamin E capsules
- » 50,000 IU of vitamin D3 in oil (either capsules or drops)
- » 800mg of CoQ-10 capsules
- » 50,000 IU of vitamin A capsules

It will turn orange, but will not color your skin.

colored cosmetics, such as lipstick, contain lead. Most don't think about the water in the shower, bath, or swimming pool that contains chlorine or bromine. Most antiperspirants contain aluminum (yes, even the "crystal"). What's more, most skin care creams contain chemicals that should not be in the body. If used regularly, these can build up to toxic levels.

This is not to say that everything that touches you is toxic, or will kill you, but rather that you should be aware of what you put on. Read the labels on your lotions and cosmetics. Look at what type of sunscreen you use: some are non-toxic. Don't put anything on your skin that you wouldn't eat. That doesn't mean it has to taste good, just that it is non-toxic.

Here is what works: Instead of buying expensive lotions that have a lot of drying mineral oils and alcohols, or "anti-microbial" alcohols, get some plain COCONUT OIL

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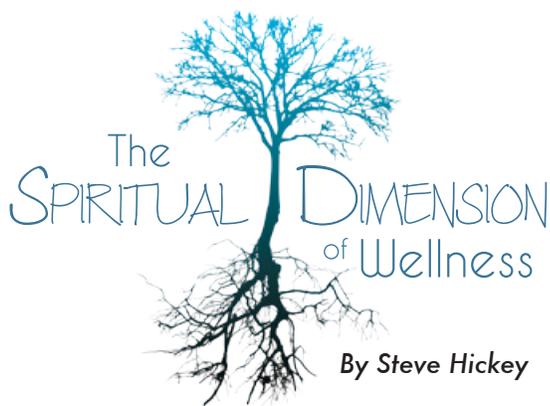
Got a health question?

Ask Dr. Scott! Visit:

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



AS THE SHELTER FOR OUR INNER PARTS, THE SKIN DOES AN AMAZING JOB. IF WE GET TOO HOT, IT COOLS US. IF WE GET TOO COLD, IT INSULATES US. IT SENSES OUR ENVIRONMENT, TELLING US THE TEMPERATURE, PRESSURE, POSITION AND PAIN. THE SKIN IS TRULY AN AMAZING ORGAN!



Think Before You Ink!

Like the wrapping on a gift, our skin is something that is easy to disregard and take for granted. The more obvious organs on the inside (like the heart, lungs and brain) get most of the credit for keeping us alive, but our skin is truly one of the greatest wonders of the human body.

Our skin is a waterproof barrier, yet it can emit water. It stretches, yet retains its form. Our skin has the ability to completely renew and regenerate itself every few weeks replacing old cells with brand new ones. It is the body's largest organ: all 800 million cells of it. In 2005, the U.S. New and World Report noted, "Man has never made anything better than skin as a sensor, shield or communicator."

In recent years, in major cities around the world, exhibits of skinless human cadavers have

been put on display revealing cross-sectional views of a human body by physically slicing it and separating it in a display case. The displays have been controversial as human rights groups raise concerns that the bodies are from executed political dissidents, illegally obtained from places like China. My point in mentioning this is not to raise those concerns as much as it is to note how horrible we look without skin!

Skin is not only amazing in terms of function. It's truly beautiful.

This issue of Home Cures That Work is loaded with helpful information that will result in each of us having healthy skin. The contribution of this monthly column is to draw attention to the spiritual dimensions of wellness. This month, in particular, the spiritual dimensions of healthy skin.

The Bible records many stories of curses resulting in sores and blights. Pharaoh and the Egyptians refused to let God's people go, and Moses called down a plague of skin boils. In the Book of Job, Satan tried to break Job's will and get him to curse God. "Skin for skin!" Satan replied [to God].... "Stretch out your hand and strike his flesh and he will surely curse you to your face." (Job 2:4-7)

God allowed Job to be smitten with painful sores from the soles of his feet to the top



of his head. Job took a piece of pottery and scraped himself as he sat in ashes. Yet, he never cursed God. In the New Testament, we see Jesus have amazing compassion on lepers and he healed them with his touch. Touch is, in my view, the most amazing thing about skin; it communicates love and it ministers healing and life.

Skin serves both as a natural and a spiritual gate into the body of a person. Actually, the body has multiple “gates” — the mouth gate, ear gate, eye gate, nose gate, and reproductive gate are a few of the more obvious points of access into the human body. Both diseases and demons enter through these gates. Less obvious gates of the body are the navel gate which, of course, was the main point of entry for things good

Grandma's Tips

Proverbs even says, “Do not be wise in your own eyes; Fear the Lord and depart from evil. It will be health to your flesh and strength to your bones” (3:7-8). Being spiritually healthy and fearing God, as well as not fooling yourself, can bring physical health even to your skin and bones.



and bad when we were en utero (umbilical cord). Those who are spiritually discerning are quite cautious about who lays hands on them (top of the head, upper gate) even for prayer. The bottom of the feet are known in Yoga, Islam and Christianity as spiritually transitive. In many parts of the world, it is an insult to show someone the bottom of your foot. Most religions require bare feet on “holy ground.”

It’s obvious to see how the reproductive gate opens us up to sexually transmitted disease. Spiritually, “soul ties” and spirits of lust, perversion, rejection, shame all enter through the reproductive gate. In fact, any sexual activity outside the covenant of marriage (God’s protective hedge) leaves the reproductive gate open to disease and the demonic. Life comes through this “gate,” as well.

The skin gate is no different. In my trips to Africa, I have seen witchdoctors cut the skin (“Mnipi”) to open a door for the spirit world to enter. Here in the western world, over 12 million people are using skin absorption “patches” for more than 30 different prescriptions used for a variety of conditions

such as bladder control, heart disease and nicotine addictions. My point is the skin is gate that needs to be guarded.

Brace yourself now as I venture into a very controversial area: tattoos. The tattoo industry has exploded in the last decade. There are now over 20,000 tattoo parlors in operation in the United States alone. In 2006, the Journal of the American Academy of Dermatology found that 24% of Americans between 18 and 50 are tattooed. That’s almost one in four. The survey showed that about 36% of Americans age 18 to 29 have at least one tattoo! Also flourishing are dermatologists who use laser therapy to

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Steve Hickey is the founding pastor of a life-giving church with over 700 members, a church planter, a trainer of leaders with John Maxwell’s organization, a police chaplain, and is very active in politics as a national voice for the unborn. He’s written several books, including his latest, *Momentum: God’s Ever Increasing Kingdom* (www.MomentumHandbook.com)

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



The 7 Rungs of the Health & Wellness Ladder

By Martin Jacobse

The Secret Science of Skin Care Made Simple

The lost science
of immortality
revealed!

Your skin, referred to as your largest organ, has a dual barrier function. Skin:

- 1) Preserves crucial hydration of cells.
- 2) Shields against infection and allergens.

From the moment of your conception, from a single unit of life called the cell, “cell division begins.” You began your life from this single solitary point of biology, which reproduced itself about 60,000,000,000 times just so you could be here, this very moment, reading this article “in the flesh.”

Before I can give you the real secret to youthful looking skin, you first need to understand the importance of adequate cell hydration.

The miracle of life is made possible due to the vital cellular function of “water regulation.” This built-in ability to preserve the crucial hydration of your cells is well established right from go. Each new cell needs

to be sustained by nutrient-rich water; this is especially so considering seventy five percent of each cell is pure water.

Your skin’s need for vital water continues through the fetal stage of development, into childhood and throughout adult life.

During childhood this whole hydration process is most important because often, as with adulthood, fluids are consumed in place of pure water. Take cow’s milk for example, it barely contains enough water to aid the digestion of the milk and should NOT be considered a source of water.

Once a child’s skin has to deal with “dehydration,” the body triggers the release of histamine. Histamine is already abundant in children because it’s used as a growth hormone and too much can lead to bronchial restriction, triggering stress mechanisms and “allergic reactions.”



Dehydration can defeat the dual barrier function of your skin altogether.

So, there you have it. Water is your skin's oldest and best friend and is an often-overlooked secret to youthful looking healthy skin and long life.

Dehydration is common in adults due to the same misunderstanding that fluids like tea, carbonated drinks, coffee and juice provide adequate hydration. PLUS, dehydration is compounded even more by pollution and stress. All of these factors have a negative accumulative effect upon the aging process and your skin.

As you may already know, the first signs of aging are usually noticed in changes in your complexion and the subtleness of your skin. Before you can reverse your biological age, you must learn how to slow the aging process down.

Read on!

The Rediscovered Fountain Of Immortality

Never before in the history of the world has there been a more exhaustive scientific search for the lost keys of longevity than there is right now. From ancient Zen legends of immortal masters, to Ponce de Leon's fountain of youth and the discovery

By studying
“Blue Zones,”
where people live
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and healthier
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discovering the
blueprint for
longevity —
what they call,
“The Immortal Cell.”

of the Okinawan centenarians, there's been at least one common theme, which is the youth restoring power of vital water.

Using modern technology, scientists have found a connection between the pristine mineral waters in Okinawa and the subtle, organized energy fields that sustain the youthful qualities of skin, tissue and bone.

By studying "Blue Zones," where people live significantly longer and healthier than the general populations, scientists are discovering the blueprint for longevity — what they call, "The Immortal Cell."

Did you know your entire body is basically a biological Internet of wireless signaling and your DNA is like the hard drive on your computer? It's true!

That means you can reprogram your cells by simply providing the correct "software." What I'm about to tell you is very complex, but I hope I can make this simple and easy for you to understand and use.

I was fascinated to learn these wireless "energy signals" include genetic information which regulates all metabolic functions, such as skin cell division. Some of these energy

signals are biochemical signals, but more than half of these are electrical. As you already know, all cellular signaling stops and your biological Internet crashes without adequate water.

However, plenty of energized water is only one of the keys to physical immortality.

Your youthful appearance and vitality also depend on enzymes, antioxidants, fats, proteins and cellular salts like calcium, potassium and sodium, which can only come from certain raw, whole food sources.

Your food source is literally the software that "switches" on or off the genes to your immortal cell. Your whole body originally grew from a single cell, and the blue print for every new skin cell is still locked away deep within this genetic code.

Only healthy cells have the capacity to gain, resonate, transduce and transmit the information to reprogram your genetic blueprint. Unhealthy cells do not. The more energized your cells are, the healthier your body. That's the lost secret.

Nobel Laureate Alexis Carrel said, "The cell is immortal. It is merely the fluid in which it

floats that degenerates. Renew this fluid at regular intervals, give the cells what they require for nutrition, and as far as we know, the pulsation of life can go on forever."

Dermatological (skin) problems due to exposure to soaps and detergents have recently become a very serious problem. Leading researchers agree that "roughness and scaling" of your skin can be caused from **5 harmful actions** of chemicals (surfactants) found in detergents:

1. Removal of **natural fats and oils** (lipids) from skin surface.
2. Rinsing away of free **amino acids** that have water-binding properties.
3. Denaturing of **protein** (epidermal keratin).
4. Interfering with **natural enzymes** in the upper layer of skin.
5. Accumulation of soap and **chemical irritants**.



There are strong, primal connections between your food, your cellular body and your genes. The secret of youthful vitality is to nurture your skin cells' environment at every level and you will increase your life force, making you look and feel many years younger than you thought you could.

So, now that you understand the primary importance of sustaining your skin's health through hydration, lifestyle and diet, let's look at other key factors that can nurture that immortal glow we all crave.

After all, your chronological age doesn't really matter, does it? The only real thing that matters is your biological age — and your skin is the final reflection of that.

Read on!

The Dilemma of Skin Softness and Roughness

One of the biggest factors suspected in developing rough, dry skin is from the loss of protein (epidermal keratin), so easily absorbed by the surfactants in detergents and soaps. Soaps are designed to absorb and denature protein, and so many studies have been done on the subject.

These harsh detergents and soaps can be categorized as “pollutants,” and common sense tells you that exposure to pollutants is the opposite of nurturing the cellular fluids surrounding your sensitive skin cells.

So, how can you protect the youthful vitality of your skin?

Essential Oils Protect Skin and Tissue From Genetic Damage

Doctors and scientists know many pollutants can cause abnormal growth in tissue cells like

breasts, ovaries, thyroid and uterus because the chemicals mimic hormones. These hormone impostors activate hormone receptors on skin and tissue cells alike, increasing risk of hormone-dependent cancers.

Not only does the loss of important proteins and skin oils lead to rough and dry skin, it can seriously damage the genetic blueprint inside your cells, risking skin and tissue cell mutation, increasing risk of skin cancer.

Living essential oils help protect, energize and replenish these important proteins. In fact, there are anti-cancer therapies that recommend using living essential oils and nutritional supplementation. These oils help nurture and protect good skin and tissue cells, while assisting in the elimination of bad cells — even cancer cells like melanoma.

Once your “original genetic information” (blueprint) is damaged, it can be spread from one generation of cells to another. Living essential oils from plants actually help your body heal

“Loss of important proteins and skin oils leads to rough, dry skin.
Living essential oils help protect, energize and replenish important [skin] proteins.”

and reprogram damaged DNA strands, stimulate detoxification and encourage healthy enzyme function.

In other words, essential oils from living plants work like energized foods in the sense they also function as software for your biological Internet-DNA interface.

Here are 7 living oils being studied for their amazing abilities to encourage your body's own healing processes:

- » Rosemary
- » Sandalwood
- » Lemongrass
- » Frankincense
- » Orange
- » Peppermint
- » Lavender

You already know, when dealing with skin and health issues in general, that medicine never comes with a guarantee. That's why it's so important for you to educate yourself about these things, ancient and new, to determine for yourself what you need to do to improve your health, increase your longevity and regenerate a lasting youthful vitality of skin and soul.

Your skin is the mirror of your overall health and there is no magical potion, crème or pill that will turn back the hands of time. However, by using a holistic, scientific approach that addresses your health from every direction, inside and out, there is every good reason to be optimistic about your results.

If you can identify the cause of something, you can better eliminate the unwanted effects. Here are 5 keys to cellular longevity (more are being discovered every day):

1. Drinking plenty of pure, fresh water helps eliminate the effects of cellular dehydration.
2. Having a diet rich in raw plant food sources eliminates the effects of under-nutrition.
3. Getting the right amount of direct sunlight eliminates the harmful effects of over or under-exposure.
4. Protecting your body from harmful chemical and electrical pollution helps eliminate the aging effects of toxicity and DNA damage.
5. Bathing your skin with living essential oils and natural mineral salts, helping eliminate the cause of rough, dry and damaged skin and tissue cells.

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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.



HOW FAMILIES ARE ACHIEVING ECOLOGICAL, SOCIAL, AND ECONOMIC TRANSFORMATION... STARTING UNDER THEIR OWN ROOFS.

HOME CURES THAT WORK HIGHLIGHTS

THE RADICAL HOMEMAKERS

BY SHANNON HAYES

Long before we could pronounce Betty Friedan's last name, Americans from my generation felt her impact. Many of us born in the mid-1970s learned from our parents and our teachers that women no longer needed to stay home, that there were professional opportunities awaiting us. In my own school experience, homemaking, like farming, gained a reputation as a vocation for the scholastically impaired. Those of us with academic promise learned that we could do whatever we put our minds to, whether it was conquering the world or saving the world. I was personally interested in saving the world. That path eventually led me to conclude that homemaking would play a major role toward achieving that goal.

My own farming background led me to pursue advanced degrees in the field of sustainable agriculture, with a powerful interest in the local food movement. By the time my Ph.D. was conferred, I was married, and I was in a state of confusion. The more I understood about the importance of small farms and the nutritional, ecological and social value of local food, the more I questioned the value of a 9-to-5 job. If my husband and I both worked and had children, it appeared that our family's ecological impact would be considerable. We'd require two cars, professional wardrobes, convenience foods to make up for lost time in the kitchen ... and we'd have to buy, rather than produce, harvest and store, our own food.

The economics didn't work out, either. When we crunched the numbers, our gross incomes from two careers would have been high, but the cost of living was also considerable, especially when daycare was figured into the calculation. Abandoning the job market, we re-joined my parents on our small grassfed livestock farm and became homemakers. For almost ten years now,

we've been able to eat locally and organically, support local businesses, avoid big box stores, save money, and support a family of four on less than \$45,000 per year.

Wondering if my family was a freaky aberration to the conventional American culture, I decided to post a notice on my webpage, looking to connect with other ecologically minded homemakers. My fingers trembled on the keyboard as I typed the notice. What, exactly, would be the repercussions for taking a pro-homemaker stand and seeking out others? Was encouraging a Radical Homemaking movement going to unravel all the social advancements that have been made in the last 40-plus years? Women, after all, have been the homemakers since the beginning of time. Or so I thought.

Meet the Radical Homemakers

I was right. I received hundreds of letters from rural, suburban, and city folks alike. Some ascribed to specific religious faiths, others did not. As long as the home showed no signs of domination or oppression, I was interested in learning more about them. I

selected twenty households from my pile, plotted them on a map across the United States, and set about visiting each of them to see what homemaking could look like when men and women shared both power and responsibility. Curious to see if Radical Homemaking was a venture suited to more than just women in married couples, I visited with single parents, stay-at-home dads, widows and divorcées. I spent time in families with and without children.

A glance into America's past suggests that homemaking could play a big part in addressing the ecological, economic and social crises of our present time. Homemakers have played a powerful role during several critical periods in our nation's history. By making use of locally available resources, they made the boycotts leading up to the American Revolution possible. They played a critical role in the foundational civic education required to launch a young democratic nation. They were driving forces behind both the abolition and suffrage movements.

Homemakers today could have a similar influence. The Radical Homemakers I inter-



A GLANCE INTO AMERICA'S PAST SUGGESTS THAT HOMEMAKING COULD PLAY A BIG PART IN ADDRESSING THE ECOLOGICAL, ECONOMIC AND SOCIAL CRISES OF OUR PRESENT TIME.

viewed had chosen to make family, community, social justice and the health of the planet the governing principles of their lives. They rejected any form of labor or the expenditure of any resource that did not honor these tenets. For about 5,000 years, our culture has been hostage to a form of organization by domination that fails to honor our living systems, under which “he who holds the gold makes the rules.” By contrast, the Radical Homemakers are using life skills and relationships as replacements for gold, on the premise that he or she who doesn’t need the gold can

change the rules. The greater one’s domestic skills, be they to plant a garden, grow tomatoes on an apartment balcony, mend a shirt, repair an appliance, provide one’s own entertainment, cook and preserve a local harvest, or care for children and loved ones, the less dependent one is on the gold.

By virtue of these skills, the Radical Homemakers I interviewed were building a great bridge from our existing extractive economy—where corporate wealth has been regarded as the foundation of economic health, where mining our Earth’s resources and exploiting our international

neighbors have been acceptable costs of doing business—to a life serving economy, where the goal is, in the words of David Korten, to generate a living for all, rather than a killing for a few; where our resources are sustained, our waters are kept clean, our air pure, and families and can lead meaningful lives. In situations where one person was still required to work out of the home in the conventional extractive economy, homemakers were able to redirect the family’s financial, social and temporal resources toward building the life-serving economy. In most cases, however, the homemakers’



EACH HOME WAS THE CENTER FOR SOCIAL CHANGE, THE STARTING POINT FROM WHICH A BETTER LIFE WOULD RIPPLE OUT FOR EVERYONE.

skills were so considerable that, while members of the household might hold jobs (more often than not they ran their own businesses), the financial needs of the family were so small that no one in the family was forced to accept any employment that did not honor the four tenets of family, community, social justice and ecological sustainability.

While all the families had some form of income that entered their lives, they were not a privileged set by any means. Most of the families I interviewed were living with a sense of abundance at about 200 percent of the federal poverty level. That's a little over \$40,000 for a family of four, about 37 percent below the national median family income, and 45 percent below the median income for married couple families. Some lived on considerably less, few had appreciably more. Not surprisingly, those with the lowest incomes had mastered the most domestic skills and had developed the most innovative approaches to living.

Rethinking the Impossible

The Radical Homemakers were skilled at the mental exercise of rethinking the “givens” of our society and coming to the following conclusions: nobody (who matters) cares what (or if) you drive; housing does not have to cost more than a single moderate income can afford (and can even cost less); it is okay to accept help from family and friends, to let go of the perceived ideal of independence and strive instead for interdependence; health can be achieved without making monthly payments to an insurance company; child care is not a fixed cost; education can be acquired for free; and retirement is possible, regardless of income.

Each home was the center for social change,

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the starting point from which a better life would ripple out for everyone.

As for domestic skills, the range of talents held

Grandma's Tips

Backyard chickens are becoming increasingly popular for city and suburban residents. Check your city ordinance laws for the right to own poultry. Check out BackYardChickens.com to start learning about breeds, coops, recipes and eggs – glorious eggs!



by these households was as varied as the day is long. Many kept gardens, but not all. Some gardened on city rooftops, some on country acres, some in suburban yards. Some were wizards at car and appliance repairs. Others could sew. Some could build and fix houses; some kept livestock. Others crafted furniture, played music, or wrote. All could cook (really well, as my waistline will attest). None of them could do everything. No one was completely self-sufficient, an independent island separate from the rest of the world. Thus the universal skills that they all possessed were far more complex than simply knowing how to can green beans or build a root cellar. In order to make it as homemakers, these people had to be wizards at nurturing relationships and working with family and community. They needed an intimate understanding of the life-serving economy, where a paycheck is not always exchanged for all services rendered. They needed to be their own teachers—to pursue their educations throughout life, forever learning new ways to do more, create more, give more.

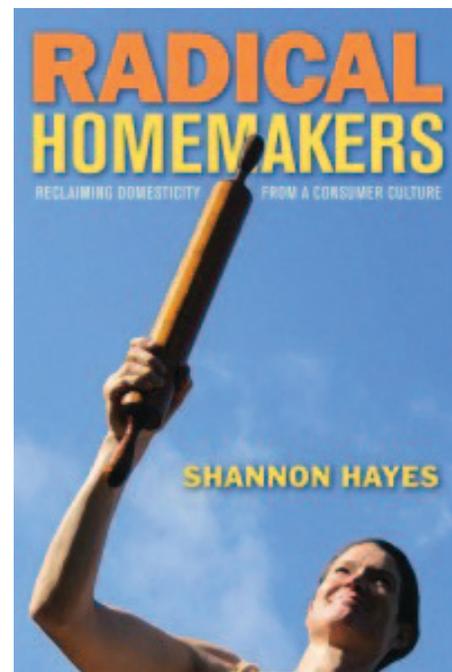
In addition, the happiest among them were successful at setting realistic expectations for themselves. They did not live in impeccably clean houses on manicured estates. They saw their homes as living systems and accepted the flux,

flow, dirt and chaos that are a natural part of that. They were masters at redefining pleasure not as something that should be bought in the consumer marketplace, but as something that could be created,

no matter how much or how little money they had in their pockets. And above all, they were fearless. They did not let themselves be bullied by the conventional ideals regarding money, status, or material possessions. These families did not see their homes as a refuge from the world. Rather, each home was the center for social change, the starting point from which a better life would ripple out for everyone.

Home is where the great change will begin. It is not where it ends. Once we feel sufficiently

Continued on Pg. 45



Shannon Hayes wrote this article for YES! Magazine, a national, nonprofit media organization that fuses powerful ideas with practical actions. Shannon is the author of *Radical Homemakers*, *The Farmer and the Grill* and *The Grassfed Gourmet Cookbook*. She works with her family on Sap Bush Hollow Farm in upstate New York and hosts two websites, grassfedcooking.com and radicalhomemakers.com. Copies of her books are available through those websites.

Portions of this story are excerpted from Shannon Hayes' newest book, *Radical Homemakers: Reclaiming Domesticity From a Consumer Culture*, Left to Write Press, 2010. Adapted and reprinted by permission.



World's First
NON-SURGICAL
JOINT REPLACEMENT FOR ARTHRITIS!

What's the surest way to **END** arthritis pain in your joints and spine? Orthopedic doctors say "replacement surgery."

But now you can get the same pain-halting, arthritis-reversing results by replacing the damaged **CARTILAGE** that's causing the trouble, instead of the entire joint.

And it doesn't involve surgery – or even a doctor's visit.

A world-famous MD has just developed the world's first **NON-SURGICAL** Joint Replacement Method that stops arthritis in its tracks ... ends joint pain ... and restores mobility so you can get around without limping, hurting or living on painkillers.

The results are truly impressive. Here's what one surprised orthopedic surgeon reported after examining one of the "human guinea pigs" who tested this new technique:

**"This patient displays a remarkable recovery.
His x-rays show new cartilage where there was none..."**

Visit www.HomeCuresThatWork.com/arthritis to read his story.

Celebrity Health Watch: CHRISTIE BRINKLEY A LEGEND AT 50 BUT LOOKING MUCH YOUNGER!

As one of America's most recognizable beauties, Christie Brinkley's face is remarkable and memorable. She keeps her youthful glow by exfoliating regularly, turning over skin into a new fresh layer with every rub.

Who wouldn't want the looks of Christie Brinkley? She is a timeless beauty who has mastered anti-aging secrets. One of her flawless skin rituals includes a sugar and almond oil scrub to exfoliate. No matter your age or skin needs, everyone should exfoliate to get rid of dry skin cells and rough patches.

One of the best exfoliates is found in your kitchen cupboard! Sugar in a scrub is very effective for removing dry skin. The small crystals dissolve in water so they don't tear your skin. Plus, it is chemical and fragrance free!

Treat yourself to a spa experience at home with this simple Almond Sugar Scrub. Gently scrub away rough patches from the elbows, knees and feet.



Easy Almond & Sugar Scrub Recipe

- » ½ cup brown sugar
- » ¼ cup almond oil
- » 5-10 drops essential oil (such as peppermint or citrus oils)
- » Optional:
- » ½ cup oatmeal
- » 1 tsp vanilla

Mix ingredients to form a paste. Rub over body in a circular motion, applying light pressure. Rinse with warm water. Your skin will feel fresh, releasing a healthy glow. The essential oils will replenish your skin's natural moisture.

So easy, and it feels good on your skin! You can look like a model, too! Enjoy!

Living Healthy to 120: Anti-Aging Breakthroughs

By David Kekich

New Stem Cell Magic

Turning Skin Cells into Heart Cells to Reverse Heart Damage

A heart patient's own skin cells soon could be used to repair damaged cardiac tissue thanks to pioneering stem cell research of the University of Houston's newest biomedical scientist, Dr. Robert Schwartz.

His new technique for reprogramming human skin cells puts him at the forefront of a revolution in medicine that could one day lead to treatments for Alzheimer's, diabetes, muscular dystrophy and many other diseases.

Professor Schwartz's work will save lives.

He devised a method for turning ordinary human skin cells into heart cells. The cells

developed are similar to embryonic stem cells and ultimately can be made into early-stage heart cells. These then could be implanted and grown into fully developed beating heart cells, reversing the damage caused by previous heart attacks. These new cells would replace the damaged cardiac tissue that weakens the heart's ability to pump, develops into scar tissue and causes arrhythmias. Early clinical trials using these reprogrammed cells on actual heart patients could begin within one or two years.

Schwartz's method requires fewer steps and yields more stem cells. This improved method could pave the way for breakthroughs in other diseases.

For example, new brain cells could treat Alzheimer's patients or those with severe brain trauma, or a diabetic could get new insulin-producing cells in the

pancreas. Generating new kidney, lung or liver tissue is also possible, with scientists even being able to one day grow an entirely new heart or other organ from these reprogrammed cells.

"We're trying to advance science in ways folks never even dreamed about," Schwartz



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



ONE MINUTE CURE

Discover a remarkable, scientifically-proven natural therapy that creates an environment within the body where cancer and other diseases cannot thrive -- and enables the body to cure itself of disease.

You MUST watch this video. It explains why 10 million Europeans no longer suffer and why 15,000 doctors recommend this simple 1 minute daily regimen.

said. "The idea of having your own bag of stem cells that you can carry through life and use for tissue regeneration is at the very cutting edge of science."

Is that incredible, or what?

Six weeks ago, I spoke with a friend who knows a man who had several stem cell treatments to treat his Alzheimer's as well as his other problems. The clinic used his own fat tissue. Prior to his treatments, he was unable to work due to progressive dementia. Now he's back to running his business. My friend swears he looks twenty years younger, and he has regained his strong libido.

Do you see what I mean about progress moving at lightning speed? Most people still dream about these things as distant possibilities.

A month ago, I met with the CEO of another stem cell company. They treated over 2300 patients so far with their own bone marrow stem cells. I watched some testimonials, and the results were astounding. They claim every patient improved.

Now, I'm not encouraging you head for the telephone and start arranging for an appointment. These treatments are far from perfect for everyone, are extremely expensive and are not available in the US. I just want to point out what some early results appear to be and that progress continues at an ever-accelerating rate. Bear in mind, these treatments will only get better over time and will get cheaper.

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onemincure**

Weight Control, Exercise & Fitness Tips

By Nordine Zouareg

Your New Favorite Thing

We all have a list of our favorite things. It may not be written down anywhere, but you know the things that make you happy.

The list holds your favorite foods, music, TV shows, movies and even people in your life that you can't get enough of. This is the stuff that you really enjoy. It's the stuff that makes your life worth living.

Somewhere on the list is your health and appearance. You know that looking and feeling great make a good life even better.

The interesting thing about your list is that without fail you'll always make time for it.

- When your TV show airs, you watch it or record it to watch later.
- When your favorite actor stars in a new movie, you do your part by going to the theatre.
- When you're hungry, you turn to your favorite foods.
- When the weekend rolls around, you do everything you can to spend time with the special people in your life.

Yet, when it comes to exercise you automati-

cally say, "I don't have time."

Time for TV, but no time for exercise... We live in an age where life is full. You don't have extra time anymore.

You no longer have time. You make time.

- You make time for your TV show.
- You make time for your hobby.
- You make time for your friends.

It's time to drop the charade of "I don't have time to exercise" and call it what it really is.

An excuse.

You know how to make time for your favorite things. You know you want good health. You know you want to look great. You know you want more energy.

Exercise delivers all those benefits - and more.

I believe that exercise belongs on your list of favorite things.

Make It A Favorite: How do you turn something that you've dreaded into something that you enjoy?

1. Block the Negative

Your thoughts play a big part in determining your favorite things. Block out any negative thoughts you may have about exercise. Focus your energy on creating a positive attitude that will get you excited about hitting the gym, rather than dreading it.

2. Focus on the Benefits

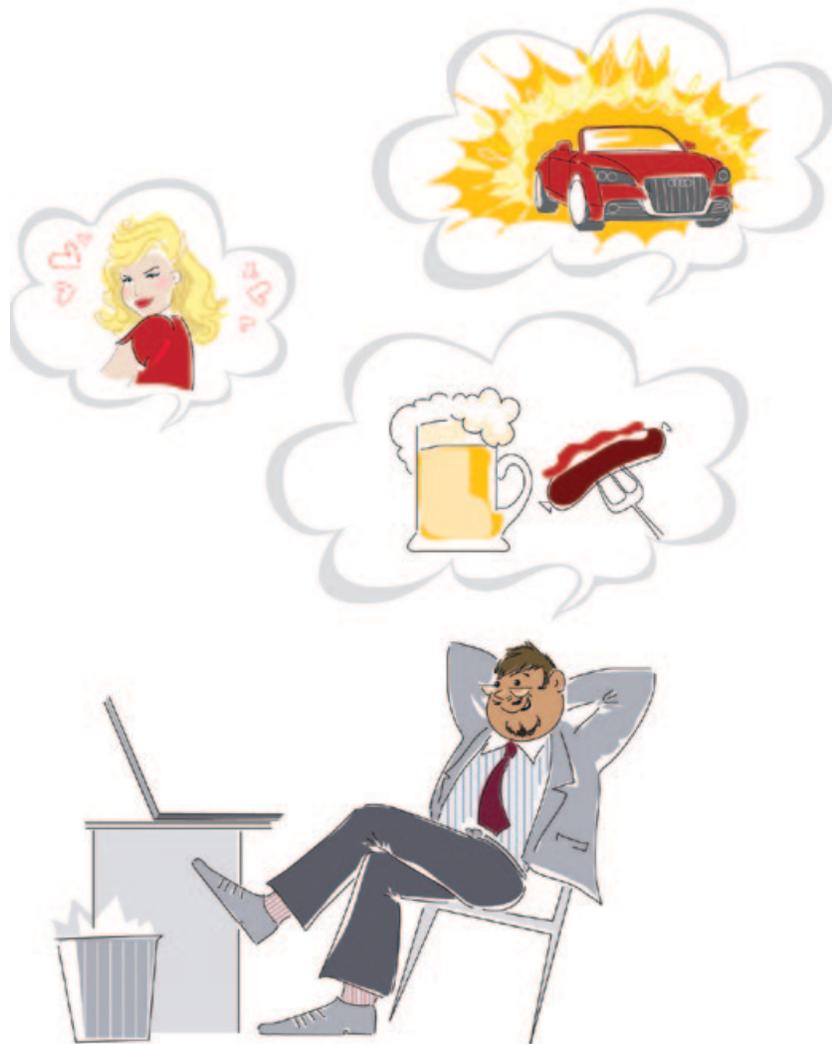
With exercise, you have so much to gain and nothing to lose. Exercise makes you stronger, sexier, happier, and gives you more energy. Pick the benefit that moves you the most and fixate on it.

3. Get Guidance

The easiest way to put exercise on your list of favorite things is to experience it at its best. Get onboard with personal training programs and you'll find the most effective and enjoyable techniques that will get you into the best shape of your life. **HC**



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



YOU KNOW HOW TO MAKE TIME FOR YOUR FAVORITE THINGS. YOU KNOW YOU WANT GOOD HEALTH. YOU KNOW YOU WANT TO LOOK GREAT. YOU KNOW YOU WANT MORE ENERGY. EXERCISE DELIVERS ALL THOSE BENEFITS - AND MORE.

Free Report of the Month

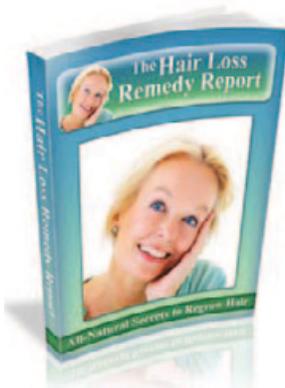
Hair Loss Remedy Report

Hair loss occurs not only in men, but in women, as well, and brings embarrassing and emotional pain. If you are one of these sufferers, then this report will restore hope and rebuild your confidence, as well as your hair. You can naturally stop hair-loss and re-grow your hair, without drugs!

Discover why you are losing your hair and which natural home remedies are better for re-growing your hair. You can consider essential oil, herb, vegetable and fruit-based remedies, plus which vitamins can encourage hair growth and actually feed your scalp the powerful nutrition it needs to grow new, healthy hair fast.

Encourage scalp transformation with styling and grooming tips to maintain a shiny, healthy head of hair! Say goodbye to hair loss for good and regain your self-esteem and confidence with the many tips for preventing hair loss in the future. Avoid the damaging effects of certain “hair-care” products on the market, and choose a holistic approach without side effects.

The testimonials will do the convincing. Just imagine being able to run your fingers through a thick head of hair again! Begin your quest for fuller hair with this Free Remedy Report! Stop your hair loss and re-grow your hair safely, naturally and without drugs.



reader remedies

Sludge Removal of Kidney Stones

Dear Joe Barton,
My husband has had Kidney Stones before, so when he came home one morning from work all doubled up in pain, he knew immediately what the pain was from. He has had the stones blasted in the hospital in the past and did not want to go through the hospital process again.

I went online to see if I could find information for him to pass the stone without going through the same process again. After many searches I came upon this Kidney Stone Remedy Report from Barton Publishing that had so many positive comments. I decided it was worth trying.

I purchased the items he needed at the store and he then immediately started the process. He never had another pain from the kidney stone. It came out as sludge every time he urinated as the recipe said it would.

He was so thrilled, he did the formula again in 3 days to make sure it was all gone. He has suffered with these stones coming back for years and is so thankful to know this simple solution to remove them if they occur again.

Betty Foster

“Think Before You Ink!”
Continued from Pg. 25

remove them.

We have dozens of young people at our church who are covering themselves with tattoos and all I’m saying is... “Think before you ink.” On numerous occasions, we’ve worked with young people who struggle with deep issues and they’ve marked their bodies as a cry for help. Rolling Stone magazine quoted famous tattoo artist Paul Booth as saying that while he is tattooing people, “He allows his clients’ demons to help guide the needle.” We have seen artwork become a portal for rebellious spirits.

The history of tattoos in every culture reveals it to be a spiritual practice, not an expression of art or individuality, as it seems today. It is common for the dark spiritual world to piggy back on seemingly harmless things we do. Tattoos are an ancient practice expressly forbidden in the Bible. Leviticus 19:28 says, “You shall not make any cuttings in your flesh for the dead, nor tattoo any marks on you: I am the Lord.”

The issue is not so much what the image is, even “Christian tattoos” – crosses,

symbols, etc., or what it means to a person, the issue is what is attached to the procedure. My intent in writing these things is not to offend, but rather as one with decades of experience in spiritual healing and deliverance ministry to comment on the topic of the spiritual dimensions of health and wellness, particularly as it pertains to the skin.

“Radical Homemakers”
Continued from Pg. 37

proficient with our domestic skills, few of us will be content to simply practice them to the end of our days. Many of us will strive for more, to bring more beauty to the world, to bring about greater social change, to make life better for our neighbors, to contribute our creative powers to the building of a new, brighter, more sustainable and happier future. That is precisely the great work we should all be tackling. If we start by focusing our energies on our domestic lives, we will do more than reduce our ecological impact and help create a living for all. We will craft a safe, nurturing place from which this great creative work can happen.

“Saunders”
Continued from Pg. 23

from your local health food store. It makes a great skin lotion and is not greasy. Plus, you get MCT’s (Medium-Chain Triglycerides) that have antimicrobial properties, and are essential fats for your body.

In our home we take the coconut oil and add the contents of vitamin E capsules to prevent rancidity and give us extra nutrients. You may also add vitamin D, CoQ-10 and vitamin A, all of which are soluble in the coconut oil and help prevent skin damage and aging, as well as nourish your body.

Being informed and aware will help you slow the aging process, decrease toxicity, and live a longer and healthier life.

“Science of Skin Care”
Continued from Pg. 30

The real secret to youthful skin is in using the many keys of longevity that both modern remedies and ancient science have verified for you. That is, by simply “nurturing cell membrane health,” you will have more life energy, heal faster and age slower.

Natural science is your inheritance. Let it revitalize, regenerate and reactivate the immortal cell within you.

Product Review

Vitamin E Oils and Creams:

Should you use Vitamin E for skin problems?

It's been common knowledge that Vitamin E helps heal wounds and has been recommended post-surgery to reduce scarring. However, according to an independent product testing company, the performance of topical creams, oil or gels containing Vitamin E does not improve the appearance of scars or speed up healing.

The good news is that applying Vitamin E topically has been proven to help prevent sunburn. If applied before sun exposure, Vitamin E can reduce redness and swelling from the sun.

Combining Vitamin E with Vitamin C to treat aging skin and reduce wrinkles has shown positive results. Be careful to notice that not all skin care products have these in sufficient amounts or are equally effective.

Here are three Vitamin E cream and oil products tested and approved according to label specifications to include the key ingredients and suggested daily servings:

- » Colonial Dames® Scar Care E
- » Derma-E Vitamin E 12,000 IU Crème
- » Nature's Bounty® Vitamin E Oil

Note: These two topical Vitamin E oils did NOT pass approval and were found to contain less than the labeled amounts of Vitamin E, contained synthetic Vitamin E when claimed natural or did not break apart within the 30 minutes required by the United States Pharmacopoeia:

- » Jason® Vitamin E Oil 5,000 IU
- » Pure & Basic® Vitamin E Oil 30,000 IU

The recommended Vitamin E oral dosage can vary from 100 - 2000 IU daily. For rheumatoid arthritis, a dosage of 600 IU, two times daily, has been found to be helpful in treating inflammation. For Alzheimer's disease, a dosage of 2000 IU daily has shown promise. However, in a multi-year study, Vitamin E increased the risk of prostate cancer slightly.

Please consult your doctor for dosage supervision and recommendation.

Product Recommendation

Mercola Organic Body Butter:

Experience the bliss of naturally clean, healthy skin!

One simple thing to do to love yourself better would be to lotion after every hot bath or shower. Make it a self-improvement goal to regularly apply lotion to your dry skin. Even if you are a man, real men do use lotion!

A general rule of thumb is not to put on your skin anything you wouldn't put in your mouth. This rules out tons of commercial lotions or creams that contain harsh chemicals, dangerous toxins and unhealthy ingredients that threaten your body's overall homeostasis by entering your bloodstream through the skin.

Home Cures That Work recommends Dr. Mercola's Organic Body Butter for conditioning the skin.

Check out the ingredient list:

- Organic Shea Butter
- Organic Cocoa Butter
- Organic Virgin Coconut Oil
- Organic Jojoba Oil
- Organic Murumuru Butter
- Organic Rice Bran Extract
- Natural Palm Oil
- Organic Aloe Vera Juice
- Purified Water
- Beeswax Wax (similar to what's found in human skin)



The essential ingredients for achieving beautiful skin are found in Mercola's Organic Body Butter. For soft, smooth, moist and ageless skin, pamper yourself and your skin with this moisturizer. Avoid harmful petroleum-based ingredients with this natural and affordable body butter – in lavender, orange or unscented!

Keep your youthful appearance by ordering this healthful choice in skin care today!

Follow this link: www.HomeCuresThatWork.com/bodybutter

The Truth About Six Pack Abs

No Gimmicks or fads,
just the truth about fat loss
and getting defined abdominals
FOR GOOD



5 Tips to Get A Flat Stomach

Stop making these 5 major mistakes
and you will finally lose your stubborn belly fat.

- 1 What the diet food industry markets as "health foods" is actually junk food that stimulates belly fat gain.
- 2 The least effective exercises for getting flat six pack abs are NOT the typical ab exercises we all know. Find out what really works for defined abs!
- 3 Drop the cardio routine and lose body fat with unique workouts that are 10x better for your six-pack abs.
- 4 Gimmick fat burning pills and supplements only drain the wallet. There is more power in natural foods for building muscle.
- 5 The secrets to a perfect body with real workouts and real nutrition strategies are INSIDE!

Try this easy 21-day trial program first...
decide later if you want to buy.
Follow the link below to download your
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