

May 2010

# HomeCures

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**FIT OR FOOD? DOES IT HAVE TO BE A CHOICE?**

# HomeCures That Work .COM

## May 2010 – Weight Loss

The diet game is something we've almost all played at least one time or another. We judge our weight as a measure of control we have over our lives. This month, Home Cures That Work is here to tell you the game is over. Your weight is about to be as it should be and you are going to feel healthy again, even good enough to go to that high school reunion.

Your body was designed to be energy efficient, so Dr. Saunders teaches you 3 tips to maximize times of feast and famine to develop a life-long method of staying out of a nursing home and living strong. It all comes down to his 3 easy rules to keep you slim and healthy.

Our very own Martin Jacobse recently lost 50 pounds in 90 days. Jacobse built muscle and his very own recipe for success. Take it 30 days at a time and you'll start seeing the same weight loss results.

The best way to win the dieting game is to be yourself. Understand your energy, metabolism, food cravings and even personality through your body type in our Healthy Recipes & Eating section. Losing weight could not be easier when you tailor your appetite and diet to your body type to shed pounds more effectively.

An abundant life awaits you in this expanded edition of HCTW. Gain strength to fight the right battle and gain what you want more of, with or without losing those few extra pounds.

NEXT MONTH'S TOPIC: INFLAMMATION

You Tell Us:

“What do you want to know about inflammation?”

Remedies@HomeCuresThatWork.com

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## DR. SAUNDERS' RULES of Guaranteed Weight Loss

### 3 EASY RULES THAT WILL KEEP YOU SLIM & HEALTHY

**ask-an**  
**MD**  
with Dr. Scott Saunders, MD

Got a health question?  
Ask Dr. Scott! Visit:  
[www.homecuresthatwork.com/](http://www.homecuresthatwork.com/)  
[email/Ask-the-doctor.php](mailto:email/Ask-the-doctor.php)

“I hardly eat anything, and I’m STILL gaining weight!” Angela, a 24-year-old overweight woman is in tears. “I’ve tried EVERYTHING!” She has been on diet pills, as well as all sorts of diets. She has had some success, at times, but just gains it all back soon after losing it. She exercises regularly and tries to eat good food, but continues to gain weight. Her experience is not unusual; it’s very discouraging for many people.

Considering that the history of mankind has been fraught with periodic famine, it’s no wonder that our bodies are made to be very efficient with energy. We absorb it very well, convert it to its various forms (mechanical, heat, electrical, chemical) efficiently, and store anything that isn’t used immediately. Today, we will consider the storage of energy in the body, specifically fat.

The body is made for feast and famine. During times of plenty, the body stores energy, and then during times of famine the energy can be used. Today, though, we have a continual feast, with no famine. This is why there is a weight-control problem in the first place. Most of my patients have never gone a single day without eating. Every study with animals, including monkeys, cats, rats, spiders, worms and even yeast, live longer and better when given fewer calories. Maintaining a healthy body requires limiting calories. Every external method for losing weight, including bariatric surgery (stomach-stapling, Lap-band), medications, diets and so forth, work only because fewer calories are consumed.

One huge misconception is that you could lose weight through more exercise. If this worked, then Sumo wrestlers would be skinny. On the other hand, exercise has many other benefits and should be continued throughout life. For example, it's the best way to stay out of a nursing home. Exercise won't make you thin – only eating fewer calories does. The amount of fat stored on our bodies has everything to do with what, when and how much we eat.



**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.

## RULE #1: WHAT TO EAT

We now find even young children with “insulin resistance,” or diabetes type 2. Simple sugars without fiber increase insulin. Insulin signals the body to store fat and shuts down the use of fat for energy. This is why people get “hypoglycemic,” so they eat constantly to keep their blood sugar up, and become insulin resistant. The cycle goes on as people get fatter.

### Here are 5 simple tips to keeping low insulin levels:

#### **1 Increase your carbohydrates by eating more fiber.**

The more fiber, the lower the insulin. Don't fall into the trap of using fiber bars or supplements; just eat the foods that contain fiber: vegetables, whole grain, legumes, nuts, seeds, and fruit.

#### **2 Avoid simple sugars and starches, especially all processed foods.**

Cold cereal should be avoided – even whole grain. Those who are very sensitive to sugar should even limit fruit to 1 or 2 servings per day.

#### **3 Don't use artificial sweeteners.**

#### **4 Don't drink with a meal.**

People eat 30% more calories if they have any liquid with a meal. Drink only water between meals. Avoid all flavored drinks, including juice.

#### **5 Fast one day per month.**

Eat a regular dinner on Friday night, for example, drink only water on Saturday, and then eat a normal breakfast on Sunday morning.

## RULE #2: WHEN TO EAT

I most often find the obese people I work with skip breakfast. Research shows this is a common trend. Food consumed in the morning is used during the day, whereas food consumed in the evening is stored as fat. An old German proverb best describes when to eat:

Eat breakfast like a king,  
Lunch like a prince,  
And dinner like a pauper.

If you aren't hungry in the morning, skip dinner; the next morning you will be hungry. If that doesn't work, fast for a whole day. Breakfast will be welcome!

Also, it's best to avoid snacks between meals. Drink water between meals. It's important for good digestion to have the stomach empty completely before starting the next meal.



“Eat breakfast like a king,  
Lunch like a prince,  
And dinner like a pauper.”

## RULE #3: HOW MUCH TO EAT

Since the body is extremely efficient, very few calories are needed to maintain health and energy. Our moms may have told us to finish our plates, and insisted we eat when we weren't hungry. It's important to listen carefully to your body and stop as soon as the end is reached. Just stop. Leave the rest. It takes very little food to sustain a person. **VERY LITTLE.** Less is more. Animal studies indicate eating about half the calories you would normally consume is a good place to start.

Here's how you judge: if you have too much fat on your body, you are eating too much.

Fasting is very good for the body. In fact, our best research indicates there isn't one single thing more healthy than fasting. It's better than all the vitamins, energy drinks, longevity potions, diets, age-defying creams, and weight-loss products on the market! Plus, it's **FREE!** Most of my patients choose to fast one day per month. But, some have chosen a weekly fast, and others do three days in a row every month.

# KEEP A HEALTHY BODY — FOREVER !

In a restaurant one evening, I noticed a shapely woman approach a table near us. After greetings, they invited her to sit and eat with them, but the woman said, “No, thank you. I don’t eat after 6:00.” Everyone who maintains a healthy body has rules. Using the principles outlined above you can now make your own rules for eating. These rules should:

- Fit your lifestyle
- Be something you can continue for a lifetime
- Be simple
- Be yours

So, this is the secret weight loss program that my patients pay thousands of dollars to learn. I help them over months and years to write their own diet book. They make their own diet rules that must work for them in every way so they can continue for life. If it works, they will lose weight and keep

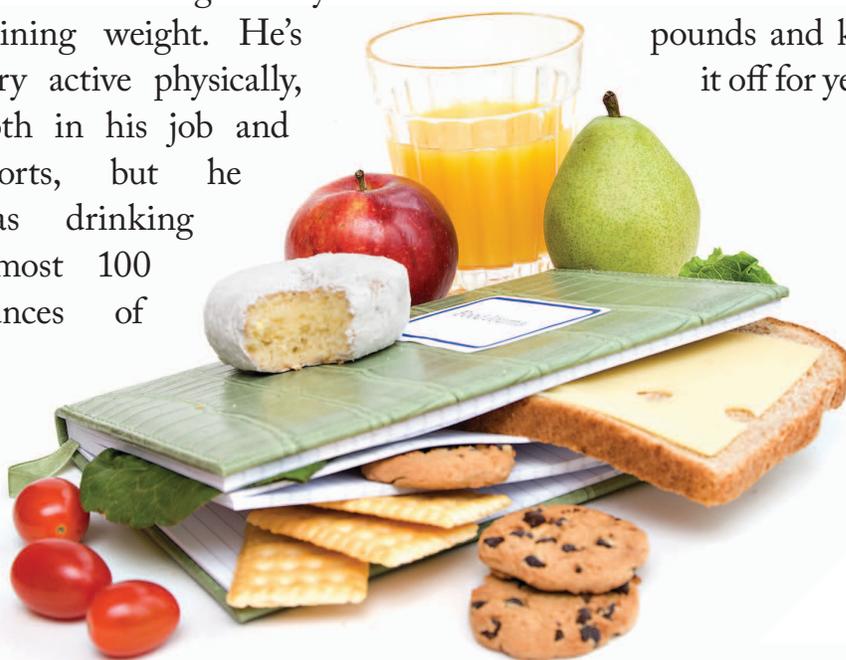
it off. If it isn’t working, we change the rules. They keep a record of daily weight and a food diary. On the top of each page is their rule. Some even write recipes.

The following are some examples of rules that have worked for others. Notice that some rules are about what to eat, others about when to eat, and still others about how much to eat.

**1** **Martin** is in his thirties and has been gradually gaining weight. He’s very active physically, both in his job and sports, but he was drinking almost 100 ounces of

soda every day. He decided his rule would be to drink water only. He was easily able to reach his ideal waist size within three months.

**2** **Carol** has been overweight all her life. She tried all kinds of diets, but was never able to stay with them. Her rule was to eat a salad before each meal, then serve her meal on the 6-inch salad plate, and have no between-meal snacks. For the first time in her life she was able to lose sixty pounds and keep it off for years.



# “MAKE RULES

that fit your lifestyle  
and work for you.

**3 Kirsten** wasn't overweight, but she always had to work hard to maintain her figure. Her rule was a vegan diet. Her chronic arthritis went away, which only returns when she breaks her rule.

**4 John** had chronic constipation, which caused hemorrhoids. He decided a good rule for him would be to eat fiber. His high-fiber diet keeps him regular and fills him enough to maintain a healthy body size.

**5 Victoria** has been very obese since childhood. She lives at home and isn't in control of the food that's available. She tried several different rules, but they never worked for her. Finally, she decided that there was one thing she could control. She fasted, only drinking water, every Monday and gradually started losing weight for the first time.

**6 Rosanne** found that most of her calories were consumed in the evening so she made a rule not to eat after dinner and has been able to maintain her ideal size.

**7** After discussing **Leanna's** long struggle with her weight, she decided the only thing that ever worked was the Slim-Fast plan. She makes her own 300 Calorie shakes at home for breakfast and lunch, eats no between-meal snacks, and then eats a regular dinner with her family.

**8 Michelle** has been counting calories since high school. She did the Weight Watchers program successfully in the past, but easily fell into old habits. She decided on a rule of numbers, successfully maintaining a 1200 Calorie per day average.

**9 John** made it his rule to eat only home-cooked food.

He quit going to restaurants, except for once a month. He started bringing his lunch to work. On this program he quickly lost the weight he had gained.

**10 Mark** was very concerned about unhealthy processing of foods. He made it his rule to eat only whole foods. He could eat anywhere, as long as it was whole, unprocessed food.

**11 Suzanne** read a book about pre-packaged food, which scared her. She wanted to avoid anything that came in a box or bag that required a list of ingredients. Her rule was that she would only eat things that she could identify all ingredients on sight, and as a result, easily maintains a healthy size.

**12 Alise** published her book about weight loss because it was different than all the

## WHEN YOU REACH your ideal weight and size, **CONTINUE** to live your rules.”

other diet books. She realized that adding things worked better than subtracting, so she denied herself nothing, instead adding low-calorie, high-nutrient foods that she enjoyed. She first added a serving of broccoli every day, then an apple, then celery for snacks, all of which replaced her high-calorie snacks and foods, allowing her to lose weight and keep it off easily.

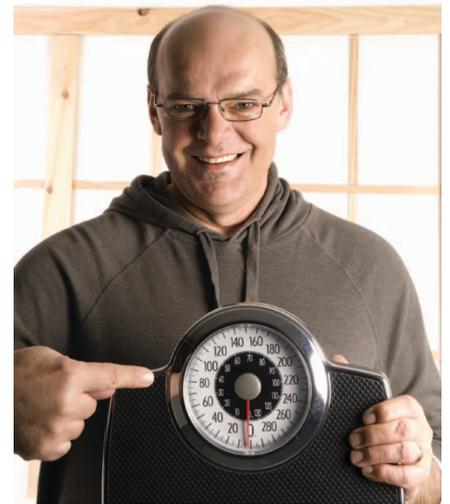
**13** **Scott** tried many different diets over the years. He was trying to keep from getting the “fat belly” of old men, but nothing seemed to be working. He decided that he wanted natural foods. So, he got a book on fiber and eats 35 grams of fiber per day in his food. This gives him a substantial amount of food to eat, and he can still go to restaurants and enjoy good food; he just orders high-fiber meals.

**14** It was discovered that **Angela** (above) had Polycystic Ovary Syndrome and had very high insulin levels. She made a rule to eat only raw vegetables, beans, meat, and a small amount of whole grain wheat or rice. She was able to reach her ideal size. This will prevent her from other health problems such as diabetes and infertility in the future.

After studying the above examples, you could make rules that would fit your lifestyle and work for you. While it is helpful to have a person to report to,

### Grandma's Tips

Investing even a little time to keep a food journal can definitely be worth the benefits. You may be surprised by what you're eating and find lots of areas for improvement. It'll help you “see” what you are eating and what emotions are attached to your food choices.



you should still write in your book or journal, including daily weights, a food diary, and your thoughts. Weigh yourself every day to monitor your progress and assess your rules. You should lose 2-4 lbs of fat per week – and no more. If it isn't working, try something different until you find rules that work for you. When you reach your ideal weight and size, just continue to live your rules. You may be surprised how easy it really is!

HC  
700

# GRANDMA'S CURE CORNER

## FIT OR FOOD? DOES IT HAVE TO BE A CHOICE?

### CAN A FOOD LOVER STILL BE FIT?



**Dear Grandma,**  
I hear the same things over and over again for weight loss: watch what you eat and exercise. But, for some reason, some people seem to have more success than others. I am frustrated with my weight loss efforts because I love food. I walk my dog daily, work at home and can cook most of my own food – to my delight. I have even been switching to organic foods, when possible. Yes, the doctor's office says I am obese. Can you really be a food lover and still be fit?

**Thanks, Paula C.**

**Dear Paula,**  
I think what you are talking about is having a **HEALTHY** love of food. Food can taste good and food can look great on you, too! My guess is if you gave yourself time to evaluate the foods you love and how they make you feel, sacrificing for a few pounds could be easier. The trick is learning to eat the foods that taste great, but also speed up your metabolism and drop off fat. Not every food fits into this category.

# IS THERE A WAY TO ENJOY FOOD AND STILL LOSE WEIGHT? FIT NATURE'S HEALTHIEST OIL INTO YOUR DIET AND YOU'LL TASTE YOUR WAY TO A SLIMMER YOU!

Here is a secret I've learned: coconut oil. You might remember Dr. Saunders mentioning coconut oil in last month's HCTW edition for skin care. He even gives a recipe (insert link). They say, "don't put on your skin what you wouldn't put in your mouth." Coconut oil is the perfect example of what to use.



Especially since you have the comfort of cooking your own food at home, let me tell you why coconut oil is good for even the idea of weight loss. Coconut oil:

- Has less calories than other oils
- Converts directly into energy, rather than fat
- Revs up metabolism more than protein
- Does not suppress thyroid function (like vegetable oil), which controls metabolism
- Good for digestion, leaving you feeling full (and eating less!)
- Assists in detoxification, too

If you like being in the kitchen, Paula, try this recipe I found for Coconut Mayo! Fabulously Fantastic!

- » 1 whole egg
- » 2 egg yolks
- » 1 T. Dijon mustard
- » 1 T. fresh lemon juice
- » ½ tsp. Celtic salt
- » ¼ tsp. white pepper
- » ½ cup extra virgin coconut oil (melt if solid)
- » ½ cup extra virgin olive oil

1. Put the eggs, Dijon mustard, lemon juice, salt, and pepper into a food processor or blender. On low speed, start adding your oils very slowly, first with drops and then a little stream. It should take about two minutes to add the oil.

2. Continue blending until there is no free standing oil.

Makes about 1½ cups of some extraordinarily delicious coconut mayo! It is the perfect time to add to a potato salad for spring and summer picnics! This should satisfy your love of food by making it a healthy appreciation!



## If you love food, you are going to love the flavor of coconut oil!

Let the experts tell you exactly why coconut oils proves so many benefits over vegetable or soybean oil, but I believe it has something to do with the molecular structure and make-up of coconut oil. As a result, you can eat much more coconut oil than you can other oils before the excess is converted into fat. This is good news if you like to eat!

Try replacing margarine, shortening, and other hydrogenated oils in your diet and recipes with coconut oil. Olive oil and butter are okay, but use coconut oil whenever possible. Coconut oil's properties aren't destroyed with high heat, like olive oil, so it is perfect for over the stove. Personally, I love the smell of the coconut oil as it permeates the kitchen when I sauté my vegetables or use it for baking. If you love food, you are going to love the flavor of coconut oil!

The best kind of coconut oil to use is organic, raw, extra virgin coconut oil. Believe it or not, but I've actually read that feeding it to your pets can improve their skin and coat! It's not cheap, but you can always use it for a skin cream!

**Love,  
Grandma**

**HC**  
*100*

# healthy recipes eating ideas

By David Randall

## Eating for Your Body Type

The Body Type Diet is an approach to weight loss that takes into account the individual's metabolism, body shape and physical characteristics. This approach takes an individual's shape and metabolic rate to determine which gland is strongest in controlling your metabolism.

If you are a big diet book reader, like the rest of us, you may have heard of Body Type Dieting. The body types have been listed by a few different names like apple, pear, spoon, ectomorph, endomorph, mesomorph and so on. But, they are all basically talking about the same thing: eating the correct foods, avoiding cravings and utilizing the correct exercises to help you, as a unique individual, to lose weight.

Body types can never be changed, even through training. But, no matter what body type you possess, you can still lose weight relatively easily by implementing the correct diet and exercise program.

There are four specific types of bodies for women and three specific types of bodies for men.

### Male and Female Body Types

#### Women

- » Thyroid
- » Adrenal
- » Gonadal
- » Pituitary

#### Men

- » Thyroid
- » Adrenal
- » Pituitary

You might wonder why is there no male Gonadal Type. The gonads, also called the sex glands, are different in women (ovaries) and men (testes). For a woman, the Gonadal Type is dominated by her ovaries and can shape her body type with her hormones.

However, the testosterone from the gonad sex glands in men already play a significant role in their body composition naturally, which is why men have stronger muscles, heavier bones, facial hair and so on. Because of this masculine nature in men, all men are classified as Gonadal, and male weight gain and cravings are related to a secondary gland.

Understand your cravings for certain foods and lose weight, simply by being yourself.



**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.

## BODY TYPES

The four different body types provide insight into where an individual tends to accumulate fat, his or her personal energy levels, food cravings and even behaviors.

Below is a breakdown of the specific traits that are linked to a specific gland. You should be able to determine your body type below. Many people will fall into a few areas, but only one dominates each person. This is the gland you will focus on for your diet and exercise plans. Eliminating food cravings is one of the most important things you will do to help you lose weight. These cravings feed the gland that controls your weight and will over stimulate the gland, leading to higher stress levels, lower energy and faster weight gain. To successfully lose weight, you must know your Body Type! Look for the traits that match you best.

Dominant Gland	Shape	Celebrity	Cravings	Energy Level	Problem Areas
<b>Thyroid</b>	High waist, long limbs. Tend to gain weight all over. This is the most common body type.	Mel Gibson, Rene Russo	Starch, carbs, caffeine, sweets.	High energy followed by crash.	Waist, upper hips, and thighs.
<b>Adrenal</b>	Broad shoulders, well-developed muscular structure, strong torso, extra fat in stomach or back.	Bruce Willis, Oprah Winfrey	Salt, fat, alcohol.	Steady energy level, low energy at night.	Upper back, breasts, stomach.
<b>Gonadal</b>	Pear shape, round bottom, slim top.	Jennifer Lopez	Spicy, creamy or rich foods.	Strong, even energy level throughout day.	Mostly on the rear, to a lesser extent the hips and outer thighs.
<b>Pituitary</b>	Small, childlike, with a "baby fat" or "soft" appearance.	Bill Clinton, Rachel Ray	Dairy and sweets.	High energy in morning, low energy in evening.	Evenly spread throughout the body.

## THYROID



**Eat:** The suggested foods that are really good for this type are high in protein and low in carbohydrates. Also, be very careful of low-fat dairy foods that are low in fat but high in sugar, as they may not be listed as a sugar item. Sugar substitutes are acceptable, but Thyroid Types will want to avoid caffeine and substitute with herbal teas instead. Snacks may include hard-boiled eggs, lean meats or some type of protein and/or tea.



**Avoid:** Thyroid Types should avoid white flour, caffeine, sugar, desserts, fruit juice, canned fruit, dried fruit, frozen fruit, pasta, bread, fried food and heavy oils.

**Exercise:** Swimming and low impact aerobics are perfect for Thyroid Types. Twenty to thirty minute workouts might be best, two to three times per week. Walking is the most natural to this body type and may be done every day. This type doesn't need to go for the strenuous workout because it often will lead to fatigue and more frequent energy peaks and crashes.

## ADRENAL



**Eat:** Adrenal Types need to eat foods high in potassium, calcium and vitamin C, such as leafy greens, mushrooms, oranges, grapefruit and apples. Adrenal Types should also consume at least one serving of lean meat to replace loss of muscle and plenty of vegetables.

**Avoid:** Adrenal Types should avoid salty fatty

foods, such as chips and similar snack foods, fast foods and fatty foods. They should also stay away from alcoholic beverages.



**Exercise:** Adrenal Types will find power walking, regular walking or jogging their best type of exercises (wearing light arm weights can be an added bonus). Another type of exercise that will serve this type well is dancing or gymnastics. The main idea is to bring balance to their upper and lower body at the same time while focusing on flexibility, energy levels and toning the midsection.

## GONADAL



**Eat:** Gonadal Types need to consume lots of cruciferous vegetables (Brussels sprouts, broccoli, cauliflower), since they are anti-estrogenic. They should also consume at least one 3 oz serving of lean protein to help trigger fat-burning hormones.

Meats and fats consumed should be hormone-free, since environmental hormones can affect ovaries. Snacks or small meals may include, a raw fruit, soymilk, or lean protein.



**Avoid:** Gonadal Types should avoid chips, spices, heavy creams, butter, desserts, caffeine, fats, oils, pork, organ meats, sugar, ice cream, fried foods, and all rich creamy foods.

**Exercise:** Ideally, this type should combine light and intense exercises for maximum benefit.

## PITUITARY



**Eat:** To be in balance, Pituitary Types need protein more than any of the other types. The eating of protein will slim you down if needed and provide extra energy. This protein should mainly come from fish and poultry. Turkey is the best fowl. Eat your largest meal in the morning a decent sized lunch and a small dinner. Avoid snacking before bed. Snacks should come from healthy proteins such as nuts, nut butters, or hard-boiled eggs.



Your breakfast should be a good size meal and should contain protein. Lunch is the same, again having protein. Supper is the lighter meal and you will sleep better if your supper is light and there is no snack before bed. Snacks should come from healthy proteins such as nuts, nut butters, or hard-boiled eggs.

**Avoid:** Type Four bodies should avoid sugar/desserts, cookies, white flour, ice cream, sour cream, yellow cheese, butter, fried foods and dairy products.

**Exercise:** Pituitary Types will find aerobic dance and martial arts as great forms of fat burning exercises. It is recommend engaging in these forms of exercises at least two to three times a week. Walking is the most natural exercise. However, it is not the best choice for this type because of their constant thinking. It is best to partake in a form of exercise that does not allow your mind to wander.

\*\* Remember, healthy weight loss is 1 to 2 lbs a week. Quick weight loss is not only unhealthy, it is also temporary. Slow and steady is best for your health and continued weight loss \*\*

By finding your specific body type, or blend of body types, you should be able to tailor your diet and exercise regimen to allow your body to shed pounds more effectively. Each person is unique and therefore each approach to weight loss will be unique. Body types can never be changed, even through training. But, no matter what body type you possess, you can still lose weight relatively easily by implementing and maintaining the correct diet. It is important to know your body and to take great care of your body. You need to fuel it correctly to attain good health and longevity.

HC  
TW



# 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.



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# The 7 Rungs of the **Health & Wellness** Ladder

By Martin Jacobse

## I Was 50 Pounds Overweight and Nothing Worked! Until I Found This... It'll Work for You, Too

You don't need  
another theory  
or method.  
You need a  
positive weight  
loss experience.

**H**ere's a little known secret that I used to lose 50 pounds in only 90 days. One of the most critical factors of the present obesity epidemic is what's commonly called "insulin resistance." Insulin resistance is also known as "glucose intolerance" or "pre-diabetes." Regardless of the label, it is correlated to your cell membrane health and your cell membrane health is the master key to unlocking abundant health, longevity and especially vital for attaining your "ideal weight."

Read on!

I'm sure you're tired of hearing about weight loss gimmicks, gadgets and magic bullets - about as much as I am. That's precisely why I chose to put the latest natural discoveries to the test and, as a result, I lost 50 pounds in 90 days. Now, I get to share how I did it with you. As

with anything revolutionary, it may at first seem a little unbelievable, but once you think it through, it's really quite obvious. So, let me save you some time and cut right to the chase.

### **The Key To Healthful Weight Loss Is Muscle Growth!**

Your muscles are either growing or being replaced with fat; there is no in between. After years of exhaustive research as a medical investigator, I discovered a way to naturally maintain the proper energy metabolism that supports lean healthy muscle growth. You see, insulin resistance, or whatever you want to call it, is another symptom of a low cellular energy metabolism. To make a long story short, this means you have less mitochondrion than you need to maintain a high cellular energy level.



Mitochondria are simply the energy factories inside your cells. They basically convert your calories and oxygen into energy. The more mitochondria your cells have, the more dynamic your overall health.

If you are losing your mitochondria, you will eventually lose your muscle to fat. Insulin resistance is an imbalance which slows down the calorie burning process. This-bogged down metabolism causes fat that should be burned for energy to become stored away — a kind of hibernation effect. By recognizing both your weight issue and insulin resistance as symptoms, it frees you up to address the “real root cause” of the imbalance: **UNDERNUTRITION**.

In a nutshell, here’s how I lost 50 pounds in 90 days: “It all comes down to simply improving your cell membrane health first.” After researching everything under the sun to do with sustaining optimal health, I kept noticing an amazing pattern coming up over and over again. The world’s latest cutting edge science was showing me the secret way to lose stubborn excess weight. That is to focus on improving cellular health, increase mitochondria production and muscle growth.

“In a nutshell, here’s how I  
**lost 50 pounds  
in 90 days:**  
It all comes down to  
simply improving your  
**cell  
membrane  
health.”**



So, that's exactly what I did. At 6'1" I was weighing in at a sluggish 270 pounds. I suffered from symptoms of heart disease, diabetes and chronic fatigue. Based on what I discovered, I knew if I could address the root cause of the real problem and reverse that health problem, then the unwanted "fat pounds" would just burn away naturally. It did, just like the scientific evidence predicted it would!

**My Healthful Weight Loss Was A Side Benefit Of Addressing The Root Cause Of Accelerated Aging**

I discovered by simply changing the way I was approaching the whole weight loss scenario, I could accomplish something mainstream media doesn't really want you to know: obesity is a symptom of heart disease and diabetes.

I was taught obesity caused heart disease, but now I had reason to believe the opposite was true.

If you only focus on losing weight in general, you may end up doing more harm to your health than good. This may shock you, but it's not all about how much you weigh. The bottom line is how much muscle weight versus fat weight you have, which is called "body composition." The ideal weight for you depends on a lot of factors including, height, age and even bone mineral density. So, let's forget about how much you weigh for a few minutes so you can see more clearly how to have the leaner, healthier body Mama Nature meant you to have.

Now, back to this metabolic imbalance called insulin resistance . . .

Insulin resistance is a major determiner of healthy body composition. This is simply because if your energy metabolism is out of balance,

your lean-muscle-to-fat ratio will be out of balance, too. Problem is most "overweight" or "out-of-shape" people are suffering from an over production of cellular waste, which is stored in fat cells, and an under production of healthy muscle. All that is an effect of insulin resistance.

You should also know muscle weighs more than fat. Muscle is denser and it takes less muscle to weigh up the same as fat. This explains why I can lose fatty inches around the waist and still weigh the same.

The shocking thing is most people who lose weight on a "diet" are losing two things:

1. Water weight
2. Muscle mass

That's why the majority of people who lose weight rapidly gain it right back, like Oprah. It's easy to gain and lose weight;

it's called the "Yo-Yo Effect." The Yo-Yo effect of dieting is not only discouraging, it's outright dangerous for your health. One of the reasons for this rebound effect is that your metabolic energy level drops in half when you are replacing muscle with fat.

Insulin resistance is a major trigger of increased metabolic waste and loss of lean muscle mass. Most people believe just cutting out sugars (carbohydrates) is the solution. That's simply not true. Yes, eliminating simple carbohydrates is a significant factor in improving overall health, but your body depends on specific carbohydrates to function properly. These sugars are also called glyconutrients (super metabolic sugars) and they're used for cellular signaling, repair and regeneration.

"I discovered by simply  
changing the way I was approaching  
the whole weight loss scenario...  
something mainstream media doesn't really want you to know:  
**obesity is a symptom.**"

## **Proteins, Cellular salt, Fats and Certain Sugars Are All Necessary for a Healthier You**

Increasing your body's sensitivity to insulin is really the ticket to a balanced and healthy metabolism.

Once you have figured out how to rebalance your metabolic processes, you'll find fat will simply burn away the unhealthy byproducts you were storing and, in turn, give you more energy and fuel for building healthy muscles. Then, your "weight issue" will take care of itself.

I reversed the cause of my dis-ease and lost weight by simply improving my cellular insulin sensitivity. Let me repeat: I improved my insulin sensitivity by simply focusing on improving cellular health and promoting an effective, energetic and clean burning metabolism.

The only way to improve sensitivity to insulin is to improve cell health - the same thing that reverses heart disease and diabetes!

I know it sounds too simple to be true, but the truth is naturally simple.

The key to attaining ideal weight is so simple you may

not believe me at first. But, let me remind you, I did lose 50 pounds in 90 days and beat the Yo-Yo effect once and for all. To my amazement, my remarkable weight loss results stayed the same to this day nearly a year later. After reaching my personal goal, I set a new goal to increase muscle mass. Yet, with my "new improved" metabolism my weight still remained the same. My waist slimmed down, all because I learned how to replace unhealthy fat with healthy muscle while improving my overall health.

I'm as surprised to hear me say this as you may be surprised to read it. I know how frustrating trying to lose weight can be. I have been battling weight issues all my life. After I left the Navy in 1981, I was 6'1" and 190 pounds. Then, I got married and raised three magnificent children. I've reach as high as 285 pounds at one point, but averaged around 265 for decades. Nothing worked for me in the past because I was trying to treat a symptom as if it was the cause.

Almost a year later, I am easily maintaining a healthful

weight between 215 and 217 pounds. Plus, I've gone from a 42" waist to a 35" waist. I still believe in mild exercise rather than extreme exercise, because extreme exercise can lower your metabolism and tax critical nutrients. I love to take long walks, swim when I can and practice my magnetic Qi-gong twice a day. Otherwise, I live a relatively sedentary lifestyle as a medical investigator, musician and author.

It seems everyone is searching for "a method," or some trick to attaining optimal health and weight. I could take the time to explain to you all the finer details and refer you to all the scientific studies that led me to this breakthrough, but you don't need another theory or method. You need a positive weight loss experience.

I know your metabolism is different than mine, as is your life style and eating habits. In fact, our bodies are as different as our individual thoughts are. Yet, there is an underlying matrix of implicit order, an undeniable common denominator that is the source of our health, wellness and happiness. Whether you label it genetic, biological or even

intelligent design, it serves us all the same.

All atoms, molecules and cells come from the same source of subtle organized energy fields. That must be why increasing your own intrinsic energy at the cellular level can reverse diseases and maintain an ideal weight — without drugs, surgery or diet gimmicks.

We are all made of the same cosmic stuff, live on the same planet and share the same essential elements to thrive and grow. In essence, you can return to a simpler life, improve your health and lose those unwanted fat cells by tuning into the source of your energy and learning how to sustain natural balance.

Here are some more guideposts to help you find your own healing pathway.

### **First 30 Days**

A good foundation is switching to a high-protein, plant-based diet consisting of at least 60% raw foods. Some of the best sources of plant-based protein are “The Ultimate Meal,” “Hemp Protein” and Dr. Jordan Rubin’s “RAW Protein Meal” products. I always recommend

Dr. Rubin’s Garden of Life products because they are rich in RAW nutrition, including enzymes and probiotics. I stay away from soy-based products unless they are properly fermented to remove the “phyto-toxins,” which are natural insecticides the green soy plant contains. Try it for a month, and if you are ambitious, try 100% raw vegan for 30 days.

A few other things that will help you is to:

- Drink plenty of water “between meals”

### **Grandma's Tips**

HCTW offers Garden of Life RAW Protein in our product recommendation this month. Dr. Rubin cured his Crohn’s disease in a few months by following biblical dietary laws: raw foods rich in enzymes. Order your success to weight loss today!



[Click Here For More Info!](#)

- Eat your protein before your carbs
- Use Celtic sea salt and
- Get your hands on a good full spectrum enzyme supplement, too



## Second 30 Days

The second month you can start including grass fed meats like bison, venison and elk to your menu 10-25% of the time. I suggest eating at least 5 to 7 small meals a day. Eating until you're "80% full" is a good rule to follow. As you get in the healthy habit of eating more often, supplement with enzymes to help break down nutrients, eat at least 40-50% raw, plant-based protein sources, and you will begin to feel more energetic as inches will begin melting



**Martin Jacobse**, a hearing and speech specialist of 30 years, was first inspired 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.

away. Pounds lost show more gradually.

You can't raise your metabolism, grow more mitochondria and develop healthy muscles unless you consume enough protein-rich nutrition. Eating empty calories is basically the same as starving yourself. Under-nutrition is a main cause of heart disease, diabetes and obesity. Eating nutritious foods more often, hydrating and introducing mild exercise is all you really need to transform your health fast and effectively.

Throughout your 90-day effort, I also suggest eating a lot of fat. Yes, you read that right, fat. The media has misinformed you about the benefits of good fat. Generally, most animal fats are bad and most plant-based fats are good. Some are better than others, of course. For example grass fed meats and ocean and lake spawned fish have a higher quality fat. Good fats increase cellular health and bad fats trigger inflammation.

You can't beat avocados, coconut milk and oils, Brazil nuts and raw almonds. RAW is key. Watch out for added ingredients like refined salts, hydrogenated

**Continued on Pg. 59**

Before you go, here are 7 food-support supplements that will help you "tune up" your body composition by feeding, growing and nurturing healthy mitochondria.

- » **N-acetylcysteine (NAC):** Restores natural glutathione levels in your cells.
- » **Acetyl-L-carnitine:** Transports fat to your mitochondria for fuel.
- » **Alpha-lipoic acid:** Helps protect healthy mitochondria.
- » **Coenzyme Q10:** Helps enhance a higher metabolism.
- » **Creatine powder:** Helps fuel muscle cells and energize metabolism.
- » **Amino acids:** The RAW materials needed for your mitochondria and protein synthesis.
- » **D-ribose:** The RAW food for production of ATP in your cells.

# Product Recommendation

## Dr. Jordan Rubin's Garden of Life RAW Protein Meal

Well-balanced, healthy raw protein in one delicious serving to manage your diet.

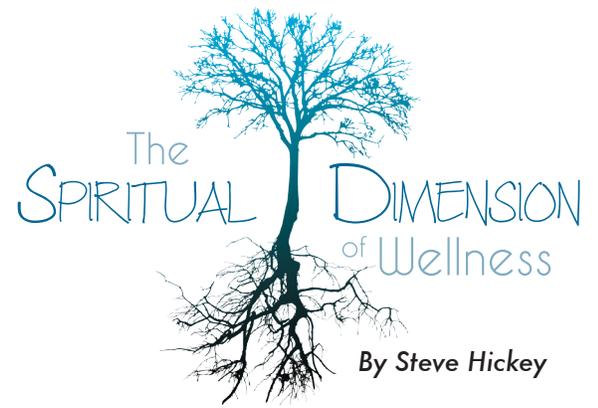
In Martin Jacobse's successful weight loss efforts, chronicled in *The 7 Rungs of the Health & Wellness Ladder*, he used Dr. Jordan Rubin's "RAW Protein Meal" from Garden of Life to set the foundation for building muscles, increasing metabolism and losing fat. Jacobse lost 50 lbs in 90 days using this high-protein, RAW plant based meal.

The power of living seeds and grains are in this Garden of Life product, providing 35% of your daily value of protein. Martin Jacobse recommends this RAW Protein formula because it is USDA Organic certified. But, more importantly, it offers the enzymes and probiotics necessary for benefitting from this powerful and highly nutritious, nutrient-dense, easily digestible and quality raw food. Plus, Garden of Life's product is soy-based with no synthetic ingredients, as well as being gluten and dairy free. Mix the powder formula into shakes, smoothies or other beverages for 18 grams of protein in each serving.

Start your weight loss regime right with this raw, plant-based, high-protein meal. The strong foundation for your success is just a link away! **HC**  
*700*



Follow this link: [www.HomeCuresThatWork.com/rawprotein](http://www.HomeCuresThatWork.com/rawprotein)



## God, I Love Pizza! But, God, I Love You More!



**N**early every religion in the world encourages fasting. This is because it works. Fasting is nothing more than consuming less so there is more room for God and more room for the supernatural in your life. When we fast, we create within ourselves a physical void that God fills spiritually. Most people cram their lives so full of everything else there is no room for God and spiritual lethargy is the result. However, spiritual lethargy is not a problem where people lack food.

There is nothing that increases spiritual vitality like hunger. Hunger pangs are the body's way of crying out. When we fast, we channel our hunger to that which is truly satisfying. In this way, fasting becomes a powerful statement to God. It

says, “God I want you more than I want French fries. God I want you to show up in my life far more than I want pizza. God, I love pizza! God, I love French fries. But God, I love you more!”

People who pray this way discover an abundant life that no amount of consumption can match. Tommy Tenney, the author of *God Chasers*, frequently says when he speaks that “God fills where he first finds emptiness.” Fasting puts our emptiness on display before God. Fasting reminds us who ultimately sustains us.

Jesus assumed that fasting would be an integral part of the spiritual fitness program for his followers. In Matthew 5:16, he says, “And when you fast...” He did not say, “Now in the highly unlikely case that one of you would do something as strange as going without food...” On the contrary, he assumed his followers would fast. Fasting wasn’t optional or for the spiritual few.

It has always seemed hypocritical to me when I see a big heavy-set preacher hammering away on things like smoking or drinking. Apparently, all the passages on the sin of gluttony have not

caught his attention. All the arguments against smoking and drinking, health reasons and addictions, apply equally to overeating. Gluttony is a sin many Christians ignore.

The Bible says self-control is one of the fruits of the Holy Spirit. We are not to let our appetites control us, but we are to have control over our appetites. People who develop

the power of the will to say “no” to food have a much easier time resisting other vices and temptations like lust and greed. In fact, I teach people that pushing the plate away is the first baby step toward victory in any area of struggle. When we prayerfully push the plate away, God fills us with strength to fight far greater battles.



My wife has a special grace to fast frequently and for lengthy periods of time. Frankly, the thought is frightening of how our different our lives would be if she were not regularly contending for God's favor through prayer and fasting. Our biggest breakthroughs come on the back end of her biggest fasts. Just think what would happen if parents set aside one day a week to fast and pray for their children.

### Grandma's Tips

In my fight against breast cancer, one of the hardest things to do was fast for 40 days with Biotta Vegetable Juice. But, let me testify that it made me feel far better than I ever expected and helped rid my body of toxins. It is worth the effort and discipline. Plus, God healed me of cancer! If Grandma can fast and expect spiritual answers, so can you!



God rewards those who fast.

There are enormous health benefits to fasting, like detoxification. Also, fasting promotes healing as energy is diverted away from the digestive system (due to its lack of use) and towards the metabolism and immune

system. This is the reason wounded animals stop eating; their bodies are busy diverting that energy to fixing itself. It's proven that fasting prolongs life, increases feelings of rejuvenation, as well as many other benefits. However, the physiological benefits are not why the Bible tells us to fast. In referring to fasting seventy-five times in the Bible, God is using food, something we need daily, to help us keep in check the fact that He alone satisfies.

Before considering a fast, read up on it. Talk to your doctor in case there are medical considerations specific to you. There are many different kind of fasts: water fasts, juice fasts, liquid (blender) fasts, lunch fasts, 24 hour fasts, 36 hour fasts, 7 day fasts, 21 and 40 day fasts. At any given time in our church community there are people fasting; it's not a big deal. I like to joke that I like blender fasts best: I blend up a burger, fries and make a splendid shake! I'm kidding, but the point is to do what works for you and then when that has become your routine, take your fast up to another level.

Strategically, plan fasts before big decisions or before big undertakings. Jesus fasted for forty days before he began his earthly ministry. But, don't fast during big undertakings. In those times, you need all the strength from good nourishment. During periods of fasting, it can be weak and vulnerable times. The Devil tried to exploit Jesus during his fast. The breakthrough comes after the fast, not during it. However you fast, every time a physical hunger pang hits you, turn it into a prayer... "God, I would love a steak right now. But God, I want you more!"

HC  
TW



**Steve Hickey** is the founding pastor of a life-giving church with over 700 members, a church planter, a trainer of leaders with John Maxwell's organization, a police chaplain, and is very active in politics as a national voice for the unborn. He's written several books, including his latest, *Momentum: God's Ever Increasing Kingdom* ([www.MomentumHandbook.com](http://www.MomentumHandbook.com)) Steve and his wife would like to pray for your specific needs and have a prayer team at the church waiting to hear from you. For more information or to submit a prayer request, visit: [www.ChurchAtTheGate.com/prayer.php](http://www.ChurchAtTheGate.com/prayer.php)



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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](http://www.HomeCuresThatWork.com/arthritis) to read his story.

HOME CURES THAT WORK  
**HIGHLIGHTS**

THE  
**RADICAL  
HOMEMAKERS**

BY SHANNON HAYES

The Birthday  
**BALLOON**

DO  
CHILDREN  
NEED A PILE OF  
WRAPPED TOYS IN  
ORDER TO KNOW  
THAT THEY ARE LOVED?

**M**y youngest daughter, Ula, and I have birthdays one week apart. Thus, the cusp of February and March contain a lot of conversations about cakes and special birthday plans. As we cozied into bed a few nights ago, we marveled about how she was turning three. I asked her what she would like for her birthday. Apparently, she had been waiting for this question, because her answer came very quickly:

“Eggnog  
and a  
candy cane.”



“Anything else?” She gave the question a little more consideration, and thought of her two best friends.

“Ania and Katherine.” Smiling, I told her I would make that all happen.

I was reminded of my other daughter, Saoirse, when she was about that age. Her request had been a pink balloon. I thought that was perfectly reasonable, but apparently it caused a stir. Saoirse has an August birthday, and around that time three years ago, I was being interviewed by a parenting magazine for a story they were running on eco-parenting. The reporter had learned about my work on Radical Homemaking, and had called for an interview. She outlined the premise of the piece to me, explaining that she was examining the added financial burdens parents faced when they chose to raise their children in an ecologically responsible way. As examples, she mentioned chlorine-free diapers, bisphenol and phthalate-free baby bottles, organic baby foods and clothing, and all-natural, fair-trade, and zero-impact toys.

Ula was a mobile baby at the time, and as the reporter spoke, I watched her approach her favorite all-natural toy, the family laundry basket. She dumped over the folded clothes, then rifled through until she found a pair of underpants, pulled them over her head, and paused to watch me as I listened to the reporter. Taking a cue from my daughter, I interrupted the conversation. “I’m sorry, but that’s not what eco-parenting means to me. It isn’t about going out and buying ecologically-produced versions of products I think I may need. It’s about discovering what I don’t need.”

“What do you mean?”

I presented some examples: We never bought a single jar of pre-made baby food, organic or otherwise. My babies ate ground-up versions of whatever Bob and I ate. Children don’t need a lot of toys in order to grow, develop and be happy. And they don’t need to be new, and they don’t even need to technically be toys.

Illustrating the point, Ula demonstrated the versatility of her undie hat by converting it first to a facemask, and then to an undie necklace. Re-focusing on the phone conversation, I argued that ecologically sensitive parenting, at least from a Radical Homemaker perspective, was



not about adding expenses to the family budget. It was about taking them away. The reporter concluded the conversation and hung up the phone. I assumed she was satisfied.

Apparently, her editors were not. I received another phone call. Under her editor's direction, the reporter was to present a series of more "hard-hitting" questions about Radical Homemaking. To my surprise, one of the first questions on the list was about birthdays. I mentioned Saoirse's wish for a pink balloon, and my intention to make her wish come true. We moved on and worked our way through the second interview. I assumed we had covered everything the reporter now needed for her story.

I CANNOT CONCUR THAT A BIRTHDAY, PROPERLY CELEBRATED, NEEDS TO BE A CULTIVATION OF AND A PANDERING TO MATERIALISTIC DESIRES

But, apparently the pink balloon was still hanging in the air, because the editor sent the reporter back for a third interview. She explained the editorial concern with my comment. To paraphrase, her editor felt that because Saoirse was young and innocent, I was just getting away with a cheap birthday present. Things would inevitably change as Saoirse grew up in our culture and adopted more materialistic desires.

I concur that Saoirse may not have an enduring interest in balloons (although three years later, she still thinks they're fascinating), but I cannot concur that a birthday, properly celebrated, needs to be a cultivation of and a pandering to materialistic desires.

WHAT IS A BIRTHDAY? IT IS AN OPPORTUNITY TO CELEBRATE THE LIFE AND THE DEVELOPMENT OF A PERSON.

Do my children need to see a table covered with a pile of wrapped toys in order to know that their family and friends are delighted and honored that they share this lifetime with us? Somewhere in our consumer culture, we have confused "presents," material items, with expressions of love and gratitude.

For certain, Bob and I enjoy finding a new toy or two to add a fun dimension to the day. And yes, they are often of the all-natural and fair-trade ilk, and yes, they do cost more. They are easily affordable when only one or two are needed. But, the present is a marginal part of the celebration. At ages of (nearly) three and six, I have yet to hear from my children, "Can I have 'thus and such a toy' for my birthday?" Instead, my children focus on what we will do, how we will feast, and who we will share the day with.

Last year, Saoirse wanted to have a dress-up tea party with her friends and family. (We

**Continued on Pg. 55**

**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](http://grassfedcooking.com) and [radicalhomemakers.com](http://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.

# Weight Control, Exercise & Fitness Tips

By Nordine Zouareg

## Night Binging: What's Happening?

### 7 Steps to Face the Fridge and Walk Away

**B**inge eating mostly happens in the evening, and you become someone else. In the evening, you are probably tired and stressed, and that is why you should use your rational hours of the day planning your evenings in order to eat moderately. Otherwise, when you eat supper, you gorge yourself with everything you have at home, such as sandwiches, ice cream, etc.

- Try not to keep sandwiches, ice cream or other fattening, unhealthy food at home.
- Be sure to buy in advance the ingredients you need to prepare a large, tasty salad, so that you can have a big meal that is not fattening and unwholesome for your body.

The main goal here is to get healthy, wholesome and reasonable eating habits. If you do this in the first place, your body weight will go down to a level that fits your physical constitution.

The alternative to escaping the anguish of binge eating is feeling the anguish. This can provide useful information that you might need



**Nordine Zouareg** is a former Mr. Universe, an International Fitness Coach, Speaker and Author of the book *Mind Over Body: The Key to Lasting Weight Loss is All in Your Head!* For more information, visit: [www.NordineZ.com](http://www.NordineZ.com)

#### Grandma's Tips

Some Night Binging is a result of medication. For some, it takes on an addictive quality. There is even a night-eating syndrome. If you find yourself in one of these categories, please reach out and get some help. Try [www.EatingDisordersOnline.com](http://www.EatingDisordersOnline.com) for centers and support group near you.



for accurate estimates in life. Be curious about what can come out of your feelings and ideas if you desist from gorging yourself with food.

Lie down and focus your attention inside of yourself. Be brave! What you feel may not be pleasant. But, these unpleasant feelings usually die away after a while and afterwards you are enriched with a new understanding of your inner feelings and you will feel generally better.

It takes about 10 to 15 minutes of deep breathing exercise for the cravings to dissipate. If it is still there, get-up and prepare a large salad.

#### Think About All Of The Steps Involved:

1. The thought enters your mind that you want to cheat. (REFRAME NOW! THINK ABOUT THE NEW YOU!)
2. Ask yourself why and make a better decision.
3. You decide to take action on the thought.

(IT'S STILL NOT TOO LATE!)

4. You stand up. (YOU ARE ABOUT TO MESS UP ALL YOUR EFFORTS!)
5. You walk over to the fridge, to the door to go to the store, or to the phone to order food. (THINK AGAIN!)
6. You open the fridge door, grab your keys and unlock the door, or dial the phone after looking through your pile of menus and picking one out. (POINT OF NO RETURN!)
7. You reach into the fridge and start searching around, walk out your door to the store or sit and wait for the fast food deliveryman. (YOU JUST LET YOURSELF DOWN.)

These are definitely a lot of steps! And there are many in between I have probably missed, as well. So, as we see here, there are 7 opportunities to reason with your own mind, and think, "Ok, do I really want to kill all my hard work in the gym by eating something that will only award me temporary satisfaction, and make me look/feel worse?" In the heat of the moment, the binge eater is sometimes likened to an animal that cannot control itself, acting on instinct only, without regard to what is going on.

He consumes simply for the sake of consumption, and receives his satiety from this fact, and this fact only: he will not stop until he is absolutely stuffed and will award his palate with a plethora of different tastes to fit his liking.

**Continued on Pg. 59**



**THERE ARE 7 OPPORTUNITIES  
TO REASON WITH YOUR  
MIND WHEN THE URGE TO  
BINGE STRIKES. RESIST YOUR  
INSTINCT TO SATIATE YOUR  
CRAVING, AND CHOOSE  
TO WORK THROUGH THE  
ANGUISH WITH THESE 7 STEPS.**

# Living Healthy to 120: Anti-Aging Breakthroughs

By David Kekich

## 9 Tricks for Eating Less

Restaurant tips, calorie exchange and taste bud fulfillment.

**O**ur fast food, food-everywhere, consumer society wants us to pig-out as much as possible.

We are constantly bombarded with TV, radio, billboard, newspaper and magazine advertisements depicting slim and happy people eating mostly bad food or drinking sodas and beer. You can't drive down a major street in any city without seeing dozens of fast food restaurants. Many popular restaurants serve gigantic portions of food. Food everywhere has been super-sized.

The first step to eating less is to say "No" to the industrial



**David Kekich** is President/CEO of Maximum Life Foundation that focuses on aging research, a 501(c)(3) corporation dedicated to curing aging-related diseases. For more information, visit: [www.MaxLife.org](http://www.MaxLife.org)

food complex that is trying to fatten you up for the kill. Just say "No" to McDonald's and every other fast food restaurant.

Say "No" to canned food and pre-packaged meals, "No" to soda pop and "sports" drinks, "No" to trans-fat and "No" to high fructose corn syrup. You'll consume fewer calories and extend your life. The next step is to practice these 10 little tricks for eating less:

### **1 Learn that you are full before you stop eating.**

We all have a human survival gene left over from a more primitive day called the "thrifty gene," which encourages us to keep on eating even when we are full. Stop eating before those last few bites of mashed potatoes. Wait, and the desire to eat will go away.

### **2 Cut back on fat.**

Fat has 9 calories per gram as compared to 4 calories per gram

for carbohydrates and protein. You can eat the same amount of food while automatically cutting back on calories.

### **3 When you eat out, order two appetizers instead of one appetizer and a main dish. Or, simply order the main dish and no appetizers. Or, share an appetizer.**

Skip the desert or if you must, or share it. If you aren't too embarrassed, ask for a "doggy bag" before you start eating, and put a portion of your meal into the bag ahead of time. Don't eat the roll or bread and butter before the meal begins. If the waiter asks you if you want bread, stand up, throw your arms in the air and yell, "Hell, no!" (Just kidding).

### **4 Have a light soup before your main meal. Better yet, have soup as the main meal.**

Soup makes you feel full on fewer calories.

**5 Drink a large glass of water before you eat.**

You'll be less hungry.

**6 For heaven's sake, slow down.**

Enjoy every single bite, chew it, and savor it. To slow things down even more, set your fork down between bites. Twenty minutes after your first bite of food there will be sugar in your blood stream; you'll feel full regardless of how much you've eaten.

**7 Don't ever let yourself get extremely hungry.**

Another primitive instinct is to overeat when we are really hungry. Don't skip meals and learn to eat healthy, low calories snacks between meals.

**8 Eat by Yourself!**

After 30 years of overeating and obesity research, psychologists at the University of Toronto have concluded that regardless of how hungry, social clues can dictate how much you eat--usually too much. In groups as small as two people, you will tend to eat 30% to 50% more than if you were alone. So, eat alone or be more aware of how much you are eating when you are with others.

**9 Notice when the flavor is gone and stop eating.**

You'll be amazed that after a bite or two of ice cream you really can't taste it anymore. Your taste buds are numb but your stomach is on autopilot. Stop eating for a moment. Your desire will go numb as well.

*Contributed by David Bunnell to Maximum Life Foundation*



START WITH THE  
DOGGY BAG!  
EXTEND YOUR LIFE  
BY EATING FEWER  
CALORIES WITH THESE  
9 TRICKS TO SAYING  
NO, INCLUDING  
RESTAURANT TIPS.

# HCTW Special Feature: 21st Century Diets

## Why Yours Doesn't Work and What to Do About It

### Shrink Your Waistline, Look Better and Feel Younger the Natural Way

**Y**ou've heard of Hydroxycut...the Acai Miracle...Sonoma Diet...Medifast...Green Tea Diet Pills...the list goes on and on.

It's probably not going to stop any time soon. In fact, you can bet that more and more of these 21st Century "miracle diets and diet pills" will continue to hit the market as time passes. Why?

Because as a nation, we're obsessed with our weight. We all want to look good, feel good and have more energy. That's what these diets promise and more. Of course, they do work for some dieters, but what happens when they fail to deliver for you? There are also the dangers of fad diets to consider, including malnutrition and possible harmful physical reactions to diet pills. Plus, what happens when you don't see the results you're after and move on to the next strategy, hoping for the near instant gratification they advertise? You may be tempted to give up altogether out of sheer frustration and turn to comfort foods for solace.

But, before you tear into a greasy, bun-soaking cheeseburger or chomp down on that fatty, chicken-fried steak, please consider a diet that really works.

#### **You're about to discover a healthy way to diet that actually works**

Here, you won't find Dan Marino pushing Nutrisystem...or Valerie Bertinelli telling you to

spend \$500.00 a month on "Jenny Food" (which doesn't even include shipping, thank you very much).

Not at all. We at Home Cures That Work have a better solution; one that won't drain your wallet and WILL leave you slimmer, energized, and feeling great about the way you look. This solution may not be what you expected, but stick with us. You're about to find out how to finally win the diet game.

First, you know you need protein. Protein supplies us with the essential amino acids our bodies can't produce alone. Protein is the building block of healthy skin, hair, nails, muscles, and fortifies a strong immune system. Anti-bodies made up of protein rush to our defense and fight disease.

The Atkins and South Beach diets are built upon weight loss from high animal protein and low carb intake. Unfortunately, many followers of these diets fail to realize the importance of eating vegetables.

The fact is you can get plenty of protein from eating healthy, live foods as opposed to consuming animal flesh.

#### **Yes, meat has more protein than vegetables, but what's the catch?**

Relying on animal protein is a dangerous gamble most Americans take every day. You're

taking in more cholesterol and an ever-increasing risk of cancer by following the life of a carnivore. The only way to be sure you get the protein you need, lose the weight you want and get the proper nutrients, fiber and vitamins your body craves is to be sure and eat your vegetables.

Vegetables are truly nature's most perfect foods. More importantly – for this issue of HCTW – they are their inherent weight loss benefits.

You see, vegetables have few calories, yet make you feel full. They provide the right amount of dietary fiber to ensure your system is properly eliminating waste and stays “clutter-free.” Meat causes excess build up of toxins and shrinks the passages that shove out what the body doesn't need.

Plus, vegetables are naturally low in sodium which greatly reduces water weight gain. The average American carries around nearly 5 pounds of excess, sodium-induced water.

At this point, you may simply be asking what it is you need to eat to get the protein and lose the weight. Glad you asked...

**Count on a vegetable protein diet for fast, healthy weight control**

Raw vegetables are a great source of the protein and nutrients you need. But, here's a caveat for you to consider: cooking and mashing your vegetables has been shown in a European study to aid in the body's absorption of nutrients. Cooking your carrots, broccoli, and spinach also helps your body take in essential carotenoids, which are lean, mean, cancer-fighting antioxidants.



# WEIGHT:

AS A NATION, WE'RE  
OBSESSED WITH IT. WE ALL  
WANT TO LOOK GOOD, FEEL  
GOOD AND HAVE MORE  
ENERGY. THAT'S WHAT THESE  
DIETS PROMISE AND MORE.  
OF COURSE, THEY DO WORK  
FOR SOME DIETERS, BUT  
WHAT HAPPENS WHEN THEY  
FAIL TO DELIVER FOR YOU?

Here are some more protein-rich veggies that will help you shrink your waistline and charge your body with energy — fast. All figures are based on a 100 gram serving.

- » Sweet corn: 2 ½ grams of protein and less than 2 grams of fat.
- » Cauliflower and broccoli: Gives you 3 grams of protein and less than 1 gram of fat.
- » Mushrooms: 2 grams of protein and less than a gram of fat.
- » Asparagus: 3 grams of protein with less than a gram of fat.

35-40 = obese II

- » Tomatoes: Not only do tomatoes clean your blood, they offer 2 grams of protein and just 1 gram of fat.

Enjoy these vegetables al dente with a lean piece of fresh fish for a body-refreshing alternative to steak and fries. In fact, cooking and mashing cauliflower can provide a satisfying substitute for mashed potatoes.

What's the crème de la crème in terms of vegetable protein? Legumes.

**Beans, beans, the magical fruit. The more you eat, the more... protein you loot.**

Legumes is a fancy word for beans and any vegetable in the bean family. Here's a quick look at their value for your diet.

You can find about 9 grams of protein in a huge variety of beans. That includes chick peas, black beans, navy

beans, and lentils. Peas are an excellent source of slimming protein, too. They clock in at about 7 grams of protein. Both beans and peas carry less than a gram of fat.

Compare any of the above with the amount of fat in meats and I think you'll be more than thrilled with what you see. Grilled pork chops are going to add 24 grams of fat to your meal and lamb tops off at 31 grams. They say everything's better with bacon? Sure, if you

don't mind 45 grams of fat resting in your belly. Again, those figures are based on a 100 gram serving.

Would you like to have the secret to effectively using vegetables to melt away the pounds in as little as 14 days?

Here are some helpful tips to rapid weight loss that won't leave you starving:

- Eat yellow peas and brown rice.
- These 2 super-foods can actually detoxify your system and beat down belly fat. Calories will burn faster because they can super-charge your metabolism. The best part is a generous portion can leave you feeling full for 4 hours.
- Try a cup of mushrooms instead of a burger.
- Johns Hopkins says mushrooms target the mid-section to shed up to 10 pounds of belly fat in 60 days, all by themselves. Mix it up and eat celery, carrots, and kale for a nutritious and fast weight loss plan. Eating celery, carrots and kale has been shown to slash up to 2 waist sizes in as little as 14 days.
- Eat-a-the edamame.
- These nutritious beans attack abdominal fat

(University of Illinois Urbana) and make a terrific snack anytime. Try them instead of buttered popcorn during movie night.

- The CDC approves beans.
- Just 1 cup of your favorite beans can slash your waistline by 23%. They wrap toxins up in healthy fiber and help to hasten elimination.
- To speed up your weight loss, go green.
- Green vegetables are the final word in healthy speed dieting. Try some Collard Greens, Spinach, Swiss Chard, Brussel Sprouts,

Broccoli, Green Pepper, Boston and Romaine Lettuce, Cabbage, and Kale. Gassy? Yes, but you can eat a lot of these and almost literally watch the pounds fall off of your body. You might even see an increase in mental capacity as these vegetables are notorious for nourishing the brain.

Bottom line: If it grows, eat it... and as much as you want. It's good for you!

If all this seems confusing in any way, pay close attention to the vegetables served in your favorite Chinese food. Chances

are the vegetables they serve are exactly what you need to eat the most of — less the oils and salt, of course.

In those cute little white containers you'll find healthy Bok Choy, Broccoli, Carrots, Water Cress and Bamboo Shoots. All of these are nutrient-rich, weight breaking veggies that are just what your body loves!

Another thing to consider is pre-portioning your snacks. There is virtually no way of overeating if you nibble from a container that's measured out as opposed to taking the box to the couch.



Healthy snacks are just as important as healthy meals and you can find them in the produce section of your local grocery or health food store.

- » Don't peel your carrots! Carrots are an excellent source of beta and gamma carotenes and have been shown to regulate blood sugar levels to boot. The skin of the carrot is especially healthy and should be scrubbed clean but never removed. Plus, carrots are concentrated sources of pro-vitamins A, C, D, E, K, B1, and B6.
- » Raw almonds. Almonds are energy-packed super foods and can help control weight while they control hunger. They naturally lower cholesterol and are known for their ability to keep your heart healthy.
- » Indulge your sweet tooth with raisins. A serving of raisins contain 4 grams of dietary fiber, fight osteoporosis by helping bone density, they clean your blood, and protect against colon cancer and heart disease. Don't like the taste or texture? Boil some in water, strain, and drink the liquid.



As we've shown, you don't need to eat meat to get the protein your body needs. A hearty serving of vegetables – raw, or cooked and mashed – will give you the right amount of everything your body craves without the dangers of high cholesterol and possible risk of cancer.

You don't have to be a vegetarian, or a life-long "salad slinger" to lose weight, but you should definitely look into supplementing your diet with weight-busting, healthy building, natural live foods. Just try it. Next time you go to make dinner, try a succulent vegetable platter, cooked and seasoned to taste instead of that slab of prime rib!

Bottom line: If you're looking to drop the weight, enjoy tons more energy, live a fuller, healthier, life, and look better than you have in a long time, then stay away from the 21st Century "miracle diets." They're no substitute for the nourishing, plant protein diet plan written by Mother Nature. **HC**

# Ultimate Colon Cleanse

Natural Internal Cleansing Program



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*Better Health. Naturally!*

# Celebrity Health Watch: HEIDI KLUM

## THE APPLE CIDER VINEGAR DIET

An alternative to dangerous weight loss pills, Apple Cider Vinegar is a natural and potent remedy for losing weight.

Celebrities swear by a pre-meal gulp of vinegar. Heidi Klum has said even a sniff curbs her cravings.

Mix with 12-16 oz of water with 1-2 tablespoons of apple cider vinegar (ACV) and drink before a meal. If unpalatable, try mixing with a natural sweetener such as stevia, but do not add sugar. Apple cider vinegar cleanses the system and makes your digestive tract more alkaline. Because acid production may be too plentiful in breaking down food, the excess acid causes your body

to store toxins in fat and extra weight. This is one reason you can find vinegar used in detox programs, activating the liver to rid your body of extra fats and proteins.

ACV also helps to reduce cravings. Use unfiltered organic apple cider vinegar (Braggs is a popular brand), where you can still see the “mother,” or cloudy, brown material floating in the jar. ACV has also been known to improve digestion, clear up acne and reduce swelling.

Do not expect the same weight loss results with vinegar



mixed with oil, such as in salad dressings. If the ACV composition is changed, such as heated up or combined with oil, the chemistry of the ACV is altered just enough that it does not have the same affect as with mixed with water.

This traditional and age-old elixir for shedding the pounds has had its supporters and its skeptics. Nonetheless, you can't argue with the likes of Heidi Klum and others like artist Fergie, who used apple cider vinegar to look as good as they do!

HC  
TV



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# Big Pharma Corporate Arm

By Martin Jacobse



## BODY MASS INDEX IS NOT A GOOD INDICATOR OF OBESITY

**A**s you already know, for every effect there is a cause. But, many people seem to confuse the cause for the effect. As an example, you would think most people could tell the difference between a symptom and a disease, right? Yet, millions of people are tricked into treating symptoms as if they were the cause when they are clearly the effect. This makes drug companies lots of money because the root cause of the real problem is never truly addressed.

The whole weight loss industry is a prime example of how marketing strategies attempt to confuse people. It's a classic example of the old smoke and mirrors, slight of the hand (or psychological distraction) trick. Sad thing is

more people are joining the already frustrated ranks of consumers who are being told that their obesity is a disease. I know some people will disagree with me, but if you follow me on this, the more you read, the more sense it will make.

Perhaps it's a simple psychological trick of the tail that deceives millions of people to accept radical assumptions about reality that have no real basis. I just hope we can snap out of the trance soon enough to stop a national tragedy from happening. The fact is the American public has gotten the short stick on the whole health care deal to begin with. Blaming America's obesity epidemic on genetic determinism is not only an act of denial; it is a crime against humanity.

**Fact is your genes don't do anything your cells don't tell them to do**

Encouraging people to take on a victim mind-set undermines their personal authority and betrays true intelligence. People need to embrace their inalienable rights to choose their own destiny, which includes choosing their own health regime. The new science of epigenetics confirms your health is a choice. Genetic diseases only account for about 1-3% of the world's population, but Big Pharma and the World Health Organization would like to believe the opposite.

Your weight gain issues are not determined by your genetic inheritance. At least, not to the degree some direct marketing campaigns would have you believe.

Why does it seem that anyone that isn't anorexic is considered overweight, borderline obese or obese according to the Body Mass Index (BMI)? According to the BMI charts, Mr. Universe is obese. It's no wonder we have so many people trying to starve themselves to death to lose weight. A classic example would be that Michael Jordan's BMI was between 27 and 29, labeling him as "overweight" when he was in his prime.

**The Government's BMI Chart translates you and me into weight categories as follows:**

- » Lower than 18.5 = underweight
- » 18.5 to 25 = normal weight
- » 25-30 = overweight
- » 30-35 = obese I
- » 35-40 = obese II
- » Above 40 = morbidly obese

How do you think that makes the rest of us feel?

Since 1998, the World Health Organization (WHO), the Centers for Disease Control and Prevention (CDC) and National Institutes for Health (NIH), used these numbers to track the worldwide and U.S. epidemic of obesity. The intention was to establish guidelines for doctors, researchers, dieticians and government agencies that would be better than the antiquated life insurance tables to gauge healthful weight.

**After all is said and done, BMI is a screening tool, nothing more**

But, even in our public schools this inferior BMI propaganda tool is classifying young athletes based solely on their height and weight. This is not only totally inaccurate; it is causing millions of young girls to feel unnecessarily self-conscious about their bodies

during adolescence. These young people are at the stage of life where their bodies are changing so rapidly, that making any conclusions based on these limited criteria is ridiculous and damaging to their self esteem. This type of false science is largely responsible for the rising numbers of girls with bulimia and anorexia.

But, "weight" isn't really the key. It's how much fat versus muscle that really determines health and wellness.

There are better ways to measure your percent of body fat by calculating measurements at various points on the body (i.e. by pinching fat). Obviously, then, BMI is not accurate for determining whether you are at risk for heart disease either; it is the early trend of heart disease that eventually triggers the symptom of obesity. But, the medical industry doesn't really want you to know that do they?

## BMI doesn't indicate where your fat is located

Some people store body fat in their abdominal regions (apple shape). Others accumulate excess fat around the hips and buttocks (pear shape).

The consensus is that people with the apple shape are at a higher risk for health problems associated with being overweight. These (abdominal region) fat cells are usually a major inflammation trigger.

These fat cells actually produce neuron-messengers, called hormones, such as leptin, which reduces cravings, resistin, which causes you to be even more insulin resistant and adiponectin, which makes you insulin sensitive and helps lower blood sugar levels. Fat cells also produce estrogen, testosterone and cortisol, as well as inflammatory molecules (cytokines).

Bottom-line is the more fat cells you have the more you become a slave of their appetite, a puppet of their hormones and a victim of their disease-triggering inflammation processes.

Did you know your fat cells are actually part of your immune and endocrine systems? That's another reason why liposuction is not a healthy alternative at all. Your visceral

fat acts as another organ and surgically stripping it out of the body is dangerous and totally unnecessary.

## The secret is to farm muscle cells, NOT fat cells

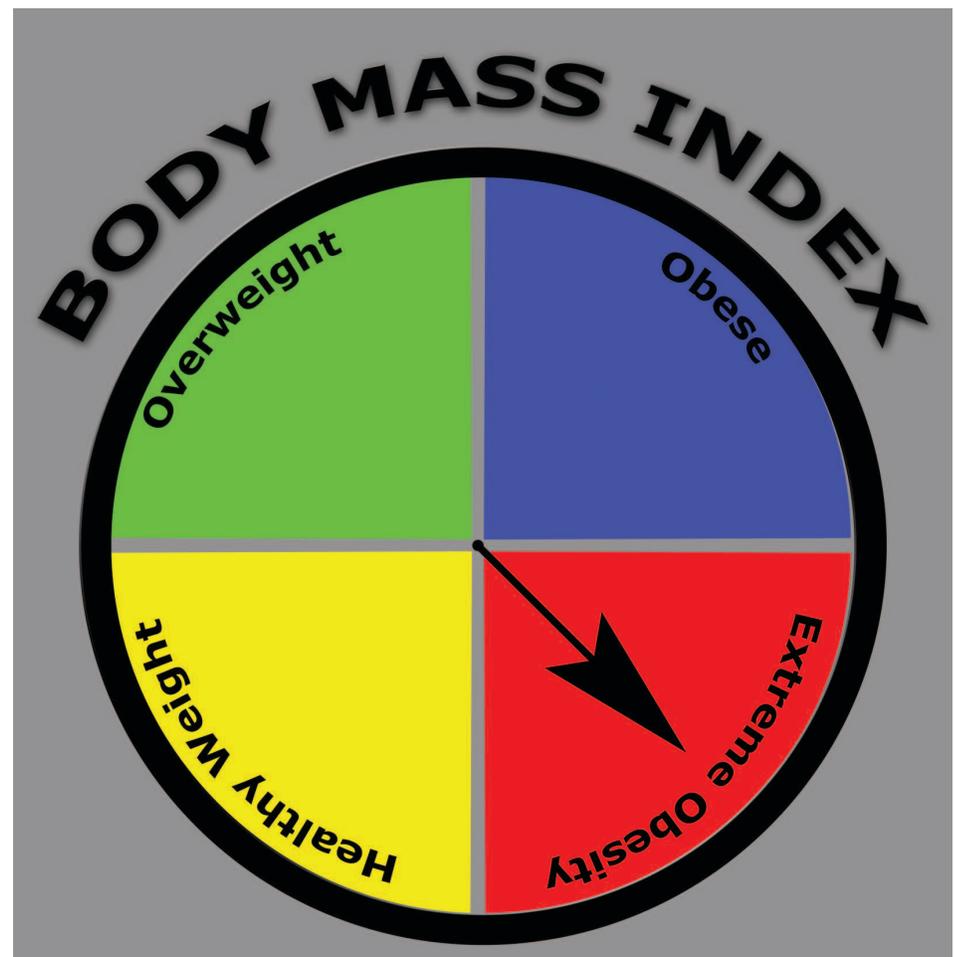
A 2006 New England Journal of Medicine report associated excess fat during mid-life with increased risk of death.

But, the story doesn't end there, either. Your weight is only a single factor in evaluating your overall health. If you are using a BMI chart, factor in your waist measurement. Studies reveal your waist circumference is an

additional indicator of disease risk "associated" with obesity.

Obesity may very well be a symptom of under-nutrition. Further, under-nutrition may be the cause of major degenerative diseases like heart disease and diabetes, which are both "associated" with obesity and loss of muscle mass. The way I see it, if the medical industry won't admit there is a cure for these diseases, then it leaves the real solution open for anyone to discover. Obviously, they really don't know as much about it if they can't cure it after all these years.

Well, if just "managing



disease” and treating symptoms isn’t enough for you, then read on!

Imagine if you knew you could lose weight by curing the cause of degenerative disease. You would live longer, be happier and Big Pharma would lose a lot of special interest funding.

**That’s the way it goes. Besides, why should you pay twice for their ignorance?**

FACT: America is actually participating in the world’s largest blind placebo test, and the results are devastating.

Obesity, heart disease and diabetes (as well as cancer) are among their highest in the developed world. What’s worse is now neurological diseases are beginning to skyrocket as well. This is all because of empty calories and unhealthy habits. America is caught up in a tragic dilemma, because even though the average American overeats, the average American also suffers from under-nutrition.

That’s the high cost of depending on empty calories enriched with synthetic chemicals and neural toxins like aspartame and monosodium glutamate.

It’s by no mistake that the

anachronism for the Standard American Diet is SAD.

Not only is the American health care system ineffective and expensive, it is based on mistaken assumptions that should have been corrected twenty, thirty, forty, fifty, sixty and even seventy years ago! Unfortunately, Big Food and Big Agri are also owned and operated by the same global corporations that push Big Pharma politics down the American conduit of consumerism and cultural corruption.

**If you are using the BMI you’ll be battling the bulge your entire life**

What could be more discouraging and depressing than nutritionally starving while getting fatter? Seriously, it appears the (side) effects of the Standard American Diet are everything from impotence, depression, obesity, adrenal fatigue, arthritis, allergies and worse of all, apathy. So, I’m asking you, “Why should you have to pay for your ill health twice, when by taking charge of your own health is the ultimate, single-payer answer to health, wellness and happiness?”

Instead, government protected medicine is blaming you for being overweight, sick and tired.

Considering there are literally thousands of metric tons of drugs dumped into our public water supplies by hospitals that refuse to pay the fees to dispose of expired drugs properly, we are all exposed to too many chemicals and drugs from within and without. This is a clear and present danger to human health, as well as the entire planetary ecosphere. It’s a plain sign that we have been depending on chemicals way too much and far too long.

There was a time when it would be a capital offense to poison a well. Now, it’s just another news story in The NY Times.

Truth is we are paying the ultimate price for depending upon government protected health care, or “disease care.” America’s weight problems are cash cows for the drug industries, and it’s NOT your fault. In fact, if you read last month’s Pharmaspiracy issue, I revealed how monosodium glutamate (MSG) was keeping people fatter than mutant lab rats. There are chemical additives in your processed

foods that are not just toxic, they actually cause complex health issues that you are held responsible for paying for in a number of different ways.

Medical politics waste America's health and wealth while stealing their lives away slowly, day by day, decade after decade. Now, the cold reality is that government-protected medicine has decided to bill you, the taxpayer for your own ill health. Of course, it looks like a humanitarian move, but this latest, so-called "health reform bill" is as corrupt as the day is long. It doesn't even begin to reform health care; it just empowers insurance companies to keep America sick, overweight and tired of being broke.

Your weight problems are caused by a government-sanctioned food program that actually keeps you from accessing alternative, naturopathic and homeopathic medicine. In fact, the RDA is an enforcement of a nutritional standard that barely keeps rats alive. Do you believe you are part of a giant lab experiment yet? Just look around; it's not hard to see when you know what to look for.

Who really is the lab rat

here anyway? Seriously, folks, we have to wake up and face the band here. I, for one, refuse to be lulled to sleep any longer by the message of fear and despair. I am sick and tired of commercials selling sugar-riddled beverages, alcoholic drinks and nutrient-free junk food as if it's the latest fashion.

Meanwhile, did you know only America and New Zealand even allow pharmaceutical companies to sell direct-to-consumer advertising? Everything from weight loss drugs, HPV shots, birth control, antidepressants and anti-cholesterol drugs. The list goes on and on...

### What's the solution?

Why is America so sick? Why are we obese and undernourished? Why are our banks and industries bankrupt? Why are we at war over obsolete technologies? Why are our kids being drugged with hypertension, diabetes and antidepressant drugs, as well as psychotropic drugs that stunt their mental and physical health?

Home Cures That Work (HCTW) addresses those modern challenges at the heart of the issue, right where your

health, wellness and personal freedom meet.

People are sick, overweight and tired because toxic additives, dangerous drugs and genetically mutated foods have been making them obese and unhealthy. Now, they want to bill you to fix it with the same programs that created the problems!

Come on — it's time to wake up and make a stand.

That's what being a Home Cures That Work (HCTW) member is all about: helping you help yourself so you can help others! Experience the joy of giving your HCTW magazine to a loved one and share the good news. That's the beauty of great ideas—they

**Continued on Pg. 59**



# Product Review

## Weight Loss Supplements:

Commercials, ads and beach-dressed beauties say they work, but do weight loss pills actually help shed the pounds?

There are many weight loss products on the market, and one can easily be confused by the varying ingredients, claims and success. Below are the most popular ingredients found in weight loss supplements, their usage and effectiveness for reducing weight, as well as safety concerns. Read on to find out which products were approved and safe for consumption.

### Weight Loss Ingredient Summary

Ingredient Name	Suggested Use	Results	Safety
<b>7-keto DHEA</b>	Increases metabolism in obese by burning fat.	Not enough supported data.	Not enough supported data.
<b>Bitter Orange</b>	Found in ephedra-free products as an orange peel extract concentrate for oral consumption.	Contains caffeine and weight loss found in obese study by increasing metabolism.	May increase risk of hypertension, photosensitivity, cardiovascular toxicity and increased heart rate. Contains a stimulant, synephrine, and can interact with other stimulants or medications.
<b>Calcium</b>	May enhance weight loss.	Overall increase in calcium consumption from food can increase weight loss.	Generally regarded as safe.
<b>Caffeine/Stimulant Herbal Blends</b>	Claims increase metabolism.	Combined with ephedra, might boost short-term weight loss, but with risks.	Repeated use can lead to dependence and other harmful side effects.

Ingredient Name	Suggested Use	Results	Safety
<b>Chitosan</b>	Labeled a "fat blocker" to reduce fat absorption.	Not enough supported data for conclusive results, but has shown small benefit when mixed with low calorie diet.	Generally regarded as safe.
<b>Chromium</b>	May improve fat/muscle ratio composition.	Known to control blood sugar levels, one study has found modest weight loss.	Daily 200mcg dose considered safe, but 600mcg has been found to be toxic.
<b>Diuretics (Asparagus, dandelion root, caffeine, coffee, cranberry, juniper berry, tea, uva ursi)</b>	Water loss induced weight loss, but not permanent.	Dandelion and asparagus are common diuretics, but not enough conclusive evidence in studies.	May cause loss of electrolytes.
<b>Ephedra</b>	May aid weight loss by increasing metabolism.	Shown effective when combined with caffeine.	Illegal in the US and may cause severe heart problems, increased possibility of stroke and high blood pressure.
<b>Green Tea</b>	May aid weight loss.	Inconclusive evidence suggests weight loss in obese.	Generally safe. Caffeine content acts as stimulant, with unusual liver toxicity.
<b>Hoodia</b>	Acts as appetite suppressant.	Preliminary unpublished research with obese men.	Not enough supported data for safe consumption.

Ingredient Name	Suggested Use	Results	Safety
<b>Hydroxycitric Acid (Garcinia cambogia)</b>	Fruit Garcinia cambogia may aid weight loss by interfering with fat metabolism or appetite suppression.	Inconclusive evidence suggests may reduce food consumption, but not proven to reduce weight in obese.	Long term safety unknown and may cause nausea, GI discomfort, and headache.
<b>L-Carnitine</b>	Suggests shifting fatty acids into cell's mitochondria to increase metabolism.	Not effective in obese.	Generally safe.
<b>Pyruvate and 1-dihydroxyacetone — DHA. (DHAP combined)</b>	Possible weight loss benefit, as well as cholesterol and blood pressure lowering effects.	Some research suggests 3-5 grams/day indicate efficient weight loss.	Generally safe, but over 5 grams/day may create abdominal/digestive complications.
<b>Stimulant Laxatives (Aloe, buckthorn, cascara, frangula, rhubarb root, senna)</b>	Can create short-term weight loss, but not long term.	Food benefits absorbed in small intestines then passed out the large.	Causes loss of water, minerals, and electrolytes and repeated usage can lead to dehydration, electrolyte imbalance, kidney failure and even death.
<b>Vitamin C</b>	May help with weight loss in significantly overweight individuals.	Not enough supported data, but suggestive efficacy.	Safe, but may cause diarrhea in high doses (1,000 mg).

Weight loss supplements were tested for lead and hexavalent chromium (potential carcinogen), caffeine, pill disintegration and label content accuracy.

These products did not pass testing because these contained less green tea than labeled, had the presence of hexavalent chromium or failed to meet FDA labeled requirements:

- Green Tea Fat Burner
- Hydroxycut
- DexatrimMax
- Mega-T Green Tea

- Orovo
- Metabospeed
- Stacker3 XPLC
- Xenadrine RFA-X

The independent testing lab passed only 3 weight loss supplements to contain the claimed ingredient amounts, while weight loss claims still vary.

- 7-Keto® Lean
- Puritan's Pride® 7-Keto™ DHEA
- Nature's Bounty® Green Tea Extract



## **"The Birthday Balloon"** **Continued from Pg. 33**

enforce a strict no-presents policy, so there was no gift table.) The year before, we made homemade pizzas and took them out to the farm pond for a picnic, where we swam and lounged for the afternoon. For Ula, the family canceled all labors for the day and sat around

THREE YEARS AFTER THAT PINK BALLOON INTERVIEW SERIES, I REPEATEDLY THINK ABOUT THOSE PHONE CONVERSATIONS, WARNING ME THAT MY BLISSFUL, NAIVE IDEAS ABOUT BIRTHDAY WISHES WILL ALL CHANGE SOMEDAY.

the kitchen table finger-painting from breakfast (with birthday crepes) until naptime.

My own birthday was just a few days ago. It came and went in the middle of a snow emergency, where four feet of the white stuff was dumped on our house. My birthday celebration was canceled. Bob and I spent much of the day with shovels in hand, watching as the snow banks towered well above Bob's six-foot height. While we worked, Saoirse fashioned little dolls for me out of toothpicks, wine corks, and clothespins. When we came in to rest, Ula would climb onto my lap and sing Happy Birthday. Throughout the day, my friends called to wish me a happy

day, and my mother called, despairing that she wouldn't be able to bake me a cake.

Around sunset, Phil, our plow truck driver, stopped outside the house. Knowing he'd been on duty nearly 24 hours, I rushed out with a cup of coffee and some chocolate chip cookies. I found him making a repair under the truck. "Happy birthday, Shannon," he called as he climbed out from underneath and took the coffee. "Your neighbors at the bottom of the hill were sorry they couldn't get up to see you. They wanted to make sure you knew they were thinking of you."

I was smiling as I came inside. Bob handed me a birthday cocktail, then apologized that he was unable to make me anything special to celebrate. I smiled as I thought of all the love I'd felt that day: from my husband, my kids,

AFTER THIRTY-SIX YEARS, THEY STILL SEEM TO HOLD TRUE FOR ME.

my friends, my parents and neighbors, even the plow truck driver. "I had a fantastic birthday," I said, and we toasted. Three years after that pink balloon interview series, I repeatedly think about those phone conversations, warning me that my blissful, naive ideas about birthday wishes will all change someday. After thirty-six years, they still seem to hold true for me. And now it is time for me to go make some eggnog. We've got a party coming up. **HC**  
*tw*

# reader remedies

## Diary Of A Detox

Here is a Barton Publishing customer who has lost weight with the Arthritis Remedy Report, as well as gained control of his blood pressure and successfully treated his acid reflux.



**D**ear Joe Barton, I am a 66-year old male and live in the delightful seaside township and tourist Mecca of Lakes Entrance in Victoria Australia. I am now on day 13 of the 30-day Arthritis Report diet. I cannot

get over the amazing changes in my health. I had hoped I might see some improvement in my dry, flakey skin condition, but maybe this will come in time.

My arthritis pain has virtually disappeared already and my blood pressure has dropped from an average of 195/95 with a heart rate 95 to today's (4/3/10) reading of 117/68, with a heart rate of 75. This is a dramatic improvement, even after stopping 10mg Norvasc every morning. I intend to ask my general practitioner to lower my prescription of Karvea from 300mg to 150mg at night. I believe I will be off them completely very soon.

I have also kicked the NSAIDS and hope to drop the Panadol, Osteo and Glucosamine and Chondroitin fairly soon. My other amazing result is that I am no longer having chest pains from my Hiatus Hernia, and am therefore sleeping

so much better. Despite losing the pain, I am a little apprehensive about stopping my Nexium 40mg tablets just yet. But, I am also sure that I will be able to do so very soon, especially since I now take 2 teaspoons of apple cider vinegar (I love it), followed by one teaspoon of honey, before I go to bed. I have included below the start of my journal, which is quite interesting, I think.

### **BILL'S ARTHRITIS CURE, WEIGHT LOSS & HIATUS HERNIA CURE DIET**

My top weight one month ago was 92.5kg (207lbs). On Sunday, March 21, 2010, I downloaded the Arthritis Report by Joe Barton. My weight at 10pm was 89.2kg (200kg), so I had lost 3.3kg and was very disappointed with my own efforts at weight loss, despite having no sugar, no cakes, no junk food of any description, using only no-fat skim milk, low-fat margarine, no-fat home made yogurt, absolutely zero fast foods, using whole meal and Multigrain Breads and doing Aquarobics 5 days per week.

I read the initial one month dietary plan from Barton's Arthritis Report, plus some other papers about management of Hiatus Hernia, and concluded that the best course of action to achieve all of the above was to embark upon the one month Arthritis Dietary Plan, starting with the four day rapid detox action.

I resolved in the writing of this journal that:

1. I would be ruthlessly honest.
2. That the format would be: a) Time & Weight. B) Time & BP/HR.
3. The narrative.
4. Sins for the day.
5. Time to bed.

**Journal Entry: 10pm, Sunday, 21st March 2010.  
Weight 89.2kg. BP 195/95 H/R 95.**

Purely by accident, as a result of my intense reading and downloading from Barton's website, I only smoked 10 cigarettes today instead of my normal average of about 20 per day. I thought to myself what a good start to quitting the smokes.

**Journal Entry: 8pm, Monday, 22nd March 2010.**

DAY ONE. What a breeze. No problem with the water, fruit juice and vegetable juice detox program. I feel very comfortable and not at all tired, despite having only had about 2 hours sleep every night for the last week due to my Hiatus Hernia. I feel very alert, happy and satisfied. I shall start to use Nicotine Patches and Nicabate Lozenges tomorrow.

I had 5 glasses of water and a glass of fruit juice made from 15 different fruits put through the juice extractor. The juices were:

- 3 different types of red and green grapes including one organic
- 2 passion fruit
- ¼ piece of watermelon
- ¼ piece of rockmelon
- ¼ piece cantaloupe
- 3 plums

- 2 apples
- 2 oranges
- 2 peaches
- A handful of strawberries
- A handful of raspberries
- 3 kiwifruit
- 2 pears

Many of these were local produce. This made a full 2-litres of the most fantastic fruit cup I have ever tasted. With 2, 250ml glasses per day I will have enough for the 4 full days of the detox program.

I had a further 4 glasses of water before tea at 6.30pm. I had a 250ml glass of vegetable juice made up from:

- 1 tsp Jane's Krazy Mixed up Salt Seasoning (9% Sodium)
- 1 tsp Balsamic Vinegar
- 1 med onion
- ½ zucchini
- 3 yellow cucumbers
- ¼ red, ¼ yellow, ¼ green peppers
- 1/8 red cabbage
- Several florets of broccoli, including stalks
- 3 med size brussell sprouts
- 1 large carrot
- 2 stems of celery including the leaves

I felt very full after a glass of this. I noted Barton's comment on CoQ10, which is

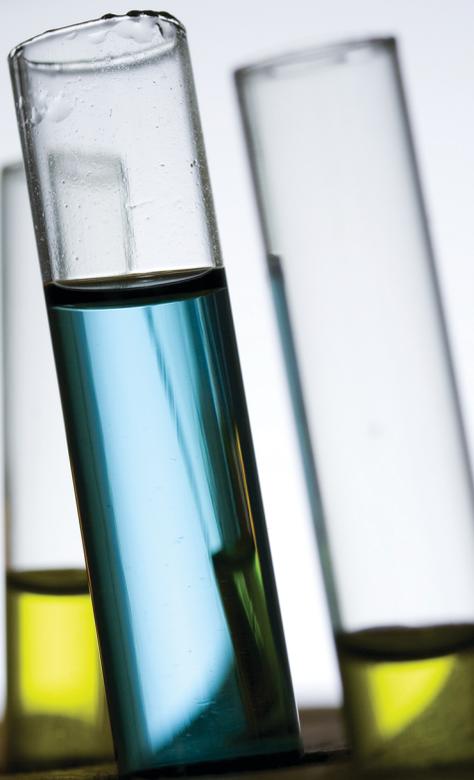
**Continued on Pg. 59**

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

# 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.



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## FREE REPORT OF THE MONTH

The Treatment of Fibromyalgia Syndrome

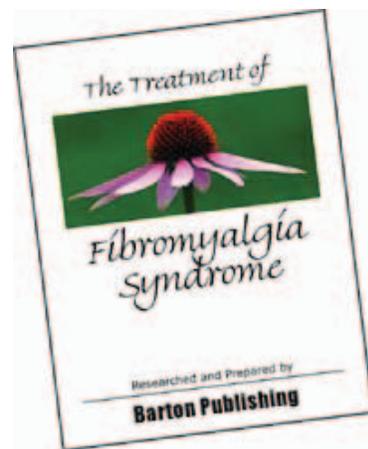
**T**his Simple Fibro Cure can end your pain and discomfort now using simple and safe grocery store items you probably have in your cupboard right now!

This report will have you living your life normally again with home remedies and natural alternative treatments for fibromyalgia. If you are experiencing those trigger points, all over muscle pain, fatigue, sleeping problems, depression, bladder or bowel problems, then you need to get this report in your hands and digest the answers to your symptoms.

Get the sleep you need to repair your body, stay positive, expect some rough days, don't give up and read this report for the natural remedy and relief you have

been expecting to find (but haven't yet). Use the treatments outlined in this report so you can live your life to its fullest. Discover herbal medications, supplements, and physical healing modalities along with mental activities to decrease your symptoms.

Fibromyalgia hurts. The answers may not be in a prescribed bottle, so discover what works for you in this four-step approach to beating fibromyalgia in the Simple Fibro Cure Remedy Report.



Download Your Complimentary Report Now!  
[www.homecuresthatwork.com/fibrocure](http://www.homecuresthatwork.com/fibrocure)

## **"Diary of a Detox"** **Continued from Pg. 57**

marketed in Australia by Australian Natural Care (and many others) under the Brand name Get Up and Go.

I cannot recommend highly enough Joe Barton's Arthritis Report. I have always been skeptical of these sort of wild claims made on the internet by a variety of people who give the impression that this is "IT." Well, now I have to confess that I am a firm believer that Barton's Arthritis Report is a truly worthy document and capable of doing everything it claims to do. My very kindest regards to all with love.

**Sincerely, Bill Morison**

HC  
TW

## **"7 Steps to Walk Away"** **Continued from Pg. 35**

The body you want is already there, it's maybe just a little covered up. Remove that cover by respecting and loving yourself. Use your mind. Without a light, what good is a temple? HC  
TW

## **"50 Pounds Overweight"** **Continued from Pg. 24**

oils and cottonseed oil. I can't emphasize enough how important Celtic or Himalayan salts are to flushing your system and helping to build healthy nerve and muscle tissue.

### **Last 30 Days**

By your last 30 day cycle, you will have found what you like to eat and will have established a healthy pattern that works for you. Remember these 5 fat-loss tips:

1. Eat your proteins 5 minutes "before" your carbs.
2. Eat only fruits between meals or as an entire meal.
3. Don't mix nuts and fruits, or meats and fruits or carbs and proteins
4. Drink water in-between meals and snacks.
5. Utilize your enzymes and stomach acids for optimal nutrient absorption.

So, there you have it. Now you can create your own weight loss diet.

Before you go, here are 7 food-support supplements that will help you "tune-up" your body composition by feeding, growing and nurturing healthy mitochondria:

Remember, your fat burning

genes are "switched on" by eating foods that maximize your energy metabolism and by avoiding the overcooked and processed foods, which trigger insulin resistance and fat production. By following my outline, you will learn which foods to eat to reverse disease and sustain a healthy body composition and, in other words, be healthy, well and happy within your own skin.

HC  
TW

## **"BMI"** **Continued from Pg. 51**

GROW when you give them away!

You can reverse degenerative disease, slow the aging process and cure your obesity by simply returning to the natural pathway you were intended to walk upon. Join the self-health care movement and keep reading about how you can take back control of your own health first. Then who knows, maybe you can change the world, too. HC  
TW

# 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!

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decide later if you want to buy.  
Follow the link below to download your  
Truth About Abs program trial:

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