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The Home Cure for Celiac Disease

Intestinal Problems,
Allergies & Fatigue
Can Be Solved By Dr.
Saunders' Guidance

Gluten Intolerance:
Going Against the Grain

Are You A Glutton
For Gluten?

Gluten-Free: Discerning
Between the Craze & Cure

Gluten-Free Fun
Handbook



GRANDMA'S CURE CORNER
GIVING THANKS FOR WHAT YOU CAN EAT

Home Cures That Work

October 2010 – Gluten-Free Living

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The “Home Cure” for Celiac Disease

by Dr. Scott Saunders

Heather came in to the office with “fatigue.” She has felt tired for years. She has been to other doctors and found to have normal thyroid and other hormones. No cause of her fatigue had been found. She also had mild asthma and allergies, as well as some bloating when she eats. We performed a blood test for antibodies against gluten and they were positive, so she started on a Gluten-free diet.



Over the next several months Heather was relieved of all her symptoms. She even had dry skin and hair that resolved on the diet. She was eating well, but was able to lose weight. She had the energy to get through the day, and was able to quit using her inhalers and nasal spray.

In studies done on “Celiac disease,” it seems that about one percent of every population that eats wheat has gluten intolerance. Many of them have little or no intestinal problems, but manifest this allergy in other ways, such as with Heather.

What is gluten?

Gluten is a protein found in all grains. It’s what makes dough sticky and bread chewy. Because it makes the dough sticky, it holds in the gas that yeast produces, allowing bread to rise. Extra gluten is sometimes added to dough, such as bagels, to make them chewier.

Why do people react to gluten?

Only the type of gluten found in wheat, rye, barley and spelt causes a reaction. The reason for this problem is that gluten is not water-soluble, so it doesn’t denature (open up) unless there is a lot of acid in the stomach. If it doesn’t open, then the enzymes can’t digest it and it goes into the small intestine as a whole protein. The immune system then says, “This isn’t supposed to be here. It must be an infection,” and begins to cause a reaction.

What are the manifestations?



When people get this reaction the inflammation can manifest anywhere in the body. Allergies, arthritis, fatigue, rashes, and weight gain, can manifest, as well as intestinal complaints such as GERD (reflux, or indigestion), bloating, diarrhea or constipation and nausea. The lining of the intestines is also affected which can lead to “leaky gut” syndrome. For this reason, the possible manifestations of this illness can be almost anything.

How can I test for gluten sensitivity?

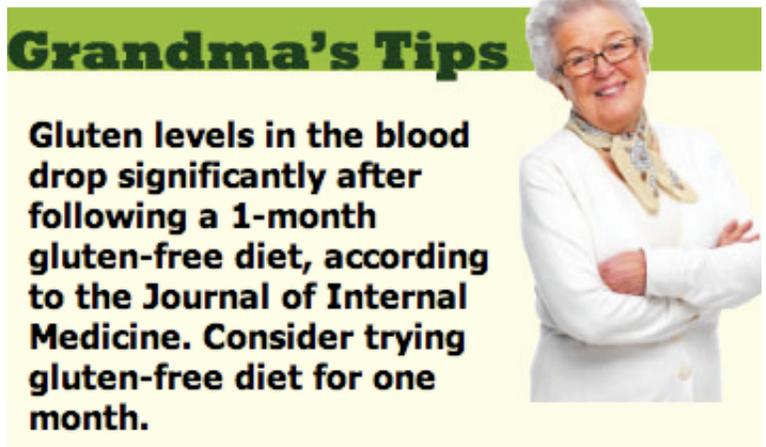
The blood test for gluten sensitivity is quite accurate, around 90% compared to a biopsy of the intestine. However, you don't need a doctor because you can do a very effective test at home called the elimination diet.

The Elimination Diet

The best way to find out if you have gluten intolerance is to eliminate all gluten from your food. That means no wheat, barley, or rye products — at all. But, you also need to be careful of gluten additives to foods. Sometimes they call it “wheat protein” or “vegetable protein,” so it may not say “gluten” on the label. You have to be careful. For example, even soy sauce has wheat in it, and beer has barley so these should be avoided.

There are many web sites that could tell you how to eat a gluten-free diet. There is some conflicting information because gluten is found in all grains. The ones to avoid are:

- Wheat
- Barley
- Rye
- Spelt



Grandma's Tips

Gluten levels in the blood drop significantly after following a 1-month gluten-free diet, according to the Journal of Internal Medicine. Consider trying gluten-free diet for one month.

Rice, corn, and oats have gluten, but they are much easier to digest and generally don't cause a reaction.

I usually put my patients on a gluten-free and milk-free diet for the first two weeks. Milk protein also causes reactions, especially if there is already inflammation in the intestines. After two weeks they can add in milk products, but if they get a reaction, then they have to stop again.

By the end of two weeks you should be noticing some improvement in whatever symptoms you have. If you don't, give it at least three weeks before you quit, and find another source for your symptoms. You may need the help of a physician who deals with your kind of problem.

Home Cures That Work!

While the gluten-free diet can keep the problem in check, what you really want is a cure for the reaction so you can eat "normal" food again. I explained above why people react to the gluten. If you digest this protein in the stomach, it won't go into the intestines and cause a reaction. So, the cure for the problem is to fix the stomach where the initial breakdown of gluten is supposed to occur. The following list is a guide; you may employ some or all of these to improve the function of your stomach:

1. Eat less. Stop eating when you're full; don't over-fill your stomach.
2. Eat lots of fiber (30-40 grams per day is good).
3. Avoid high-calorie, low nutrient foods such as pizza, fried foods, and fast food.
4. Avoid processed sugars and starches.
5. Fast 1-2 days per month, drinking only water.
6. Eat only fruit or vegetables between meals.
7. Avoid alcohol.
8. Decrease stress.



GLUTEN FREE



SUGAR FREE



VEGETARIAN

organic

If these aren't working, see your doctor and have an *H. pylori* test to see if you have a chronic infection in the stomach.

The secret that most doctors won't tell you is that just because you reacted to gluten in the past doesn't mean you will always have this problem. It is curable — at home by improving

the digestion of the stomach. This will improve your life in more ways than simply going on a gluten-free diet. The diet is necessary, for a time (usually 6 months or more) while you work on the stomach, but most eventually become “normal” again.



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.



Gluten Intolerance: Going Against the Grain

By Martin Jacobse

Anyone can experience some form of Gluten Sensitivity as a normal immune response to the presence of gluten in the body. Some people can have minor discomfort while others can have severe health problems.

The medical term for severe gluten intolerance is called "Celiac disease." One in every 100 Americans is estimated to have Celiac disease, yet only 5% are successfully diagnosed. The other 95% are living in constant distress and failing health.

Those with mild or moderate gluten sensitivity may only experience symptoms occasionally and just chalk the discomfort up to the food.

What Is Gluten?

Gluten is a special type of protein that is commonly found in rye, wheat, and barley. Therefore, it is found in most types of cereals and in many types of bread. Not all foods from the grain family, however, contain gluten. Examples of grains that do NOT have gluten include:

- Wild rice
- Corn
- Buckwheat
- Millet
- Amaranth
- Quinoa
- Teff
- Oats
- Soybeans
- Sunflower seeds



Gluten can be removed from wheat flour, producing wheat starch. All of the gluten in wheat flour, however, cannot be removed. Still, according to the Food and Drug Administration (FDA), if a certain amount of the gluten is removed, the food product can be labeled "gluten-free."

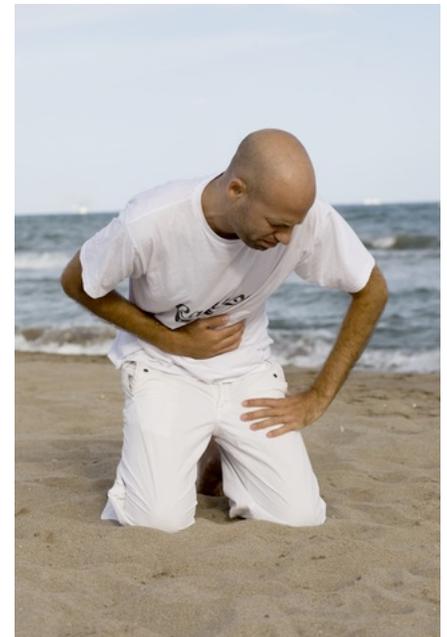
What is the Difference Between Celiac Disease and Gluten Intolerance?

Celiac disease is an immune reaction, a severe sudden onset allergic reaction, to the protein called gluten.

Gluten intolerance often has a slower onset than Celiac disease, and may be hard to diagnose due to the broad range of symptoms and causes.

Symptoms of gluten intolerance and Celiac disease can include:

- Abdominal pain
- Bloating
- Abnormal bowel movements
- Rashes
- Weight loss
- Vomiting
- Muscle weakness
- Fatigue
- Irritability
- Poor memory and inability to concentrate
- Osteoporosis
- Lactose Intolerance
- Cancer, especially intestinal lymphoma
- Depression



Today, Celiac disease and gluten sensitivity are very common because gluten is found in most of the ready made and prepackaged foods that most eat on a regular basis. Many people never even realize exactly what is causing their symptoms. In fact, approximately nine out of ten people suffering from Celiac disease are not aware of their gluten intolerance.

Is It Just The Grains You Are Eating Or Is It Actually The Gluten?

Well, therein lies the mystery. Food sensitivity is impossible to test for, so unless you are allergic to gluten, there is no sure fire way to find if you are gluten sensitive.

It is also important to determine whether you are allergic or sensitive to wheat, or only gluten.

If you have a gluten allergy, the cause of the problem is a mixture of protein fragments in wheat and other common cereal grains like rye, oats, and barley. Different kinds of wheat like semolina and spelt are unsafe. If gluten is your problem, you'll have to eat other grains, like corn, rice, millet, sorghum, and quinoa.

If you have a wheat allergy, the cause of the problem is the protein in the wheat itself. Rye, oats, and barley may all be safe to eat.

The only way to know for sure what is causing your distress is to listen to your body. If you eat large amounts of foods containing gluten and you experience symptoms then you may be Gluten Intolerant. If it is just wheat products then you could have a wheat allergy.

If you feel you are having trouble with any of these grains, your best bet is to get an allergy test done and stay away from these grains as best you can.

Rules Of Thumb When Reading Food Labels

1. Look for the word "Gluten Free". Wheat Free is not the same thing.
2. Shop at health food stores, these are your best bet when hunting for Gluten Free foods. You may also have to shop at a few different stores to get everything you are looking for. Many of these stores will have a list of Gluten Free foods.
3. Look for foods that contain less than 4 ingredients.
4. Don't be afraid to call the manufacturer. They will know more about their products than most shop clerks.



Synonyms for Gluten:

- Bran
- Yeast
- Semolina
- Rye
- Cuscus
- Seitan
- Spelt
- Flour
- Malt
- Matzo

Some Hidden Sources of Gluten:

- Spices - Stick to organic
- Artificial colorings or flavorings
- Mono sodium glutamine
- Modified food starch - candy
- Textured vegetable protein
- Brewers yeast
- Graham flour
- Malt vinegar
- Malt flavoring
- Vegetable gum
- Soy sauce
- Stabilizers
- Emulsifiers
- Processed meats



The Benefits Of Taking A Gluten Free Approach To Eating

If you are gluten intolerant and discontinue consuming gluten, your quality of life and health will improve drastically. You will cease to suffer from the upset stomachs, diarrhea, cramping, gas, and vitamin deficiencies that are associated with the disease.

Removing gluten from your diet can be a difficult task because our society is conditioned to consuming pre-made, packaged and “to go” foods. The benefits of going non-gluten, including the reduction of symptoms, are certainly worth the effort.

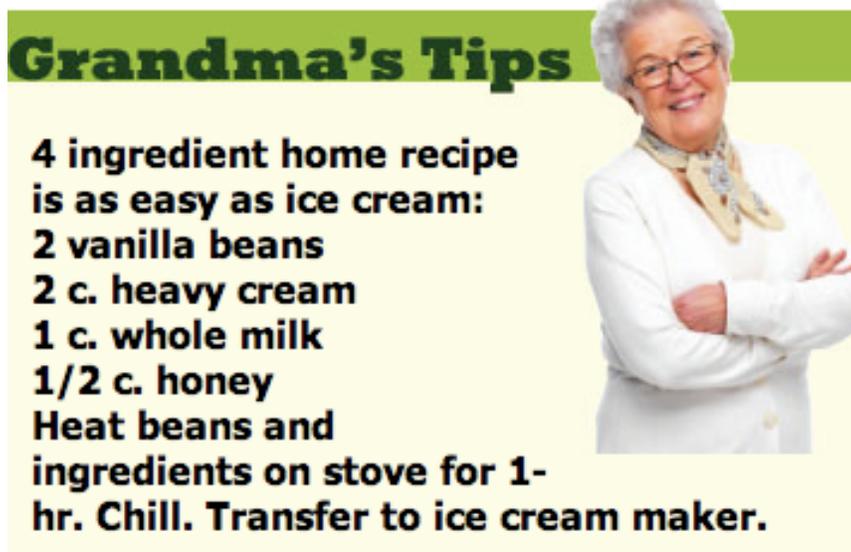
How To Begin A Gluten Free Diet

The first step in beginning a gluten free diet is to be aware of the foods that contain gluten.

Anything containing wheat, barely, rye, flour, triticale, spelt, semolina, durum, einkorn, bulgur, couscous, kamut, tabbouleh, cracker meal, or malt vinegar, also contains gluten. Therefore, any foods containing these ingredients must be completely eliminated from the diet.

Foods To Avoid:

- Breads
- Cakes and Baked Goods
- Breakfast Cereals
- Pasta
- Processed snacks
- Fried or breaded foods
- Lunch or other meats that include flour in the ingredients
- Soups and many other sauces
- Beer
- Salad Dressings and many other condiments



Grandma's Tips

4 ingredient home recipe is as easy as ice cream:
2 vanilla beans
2 c. heavy cream
1 c. whole milk
1/2 c. honey
Heat beans and ingredients on stove for 1-hr. Chill. Transfer to ice cream maker.

Foods you eat everyday are probably from this list and eliminating these foods from your diet may seem extremely overwhelming — or nearly impossible. Thankfully, since we have been educated in gluten sensitivity, there are many versions of the above foods specifically made to be gluten-free. With a little research you can find gluten free products in the specialty aisles of

your grocery store, health food store and on the web (check out Amazon.com's Gluten Free Store). Many cookbooks have been published with great gluten free recipes.

Foods You Can Eat

All vegetables, fruits, lean meat, legumes, nuts and certain grains.

Acceptable grains are:

- Corn
- Quinoa
- Rice
- Potato
- Soy
- Arrowroot
- Tapioca
- Sago
- Flax
- Almond flour
- Polenta



All of these grains are easy-to-find baking substitutes. Popcorn is a healthy way to enjoy a crunchy, starchy, non-gluten snack.

An easy way to begin a gluten free diet is to make an effort to consume more raw foods and non-processed proteins. By simply reaching for fresh fruits and vegetables, instead of chips or other unhealthy snacks, a great amount of gluten can be eliminated from your diet. By adopting this “raw” foods exchange from processed food you will also help to supply yourself with a nutritionally rich diet.

When food products like breads, cereals, pastries, or beer simply cannot be avoided, take great care to select products that are specifically made for those avoiding gluten. While these diet changes may take a bit of time and adjustment, they will greatly help to treat Celiac disease or gluten sensitivity and will eliminate the discomforts associated with consuming gluten-rich food.

Should I Try A Gluten Free Diet?

Since it is nearly impossible to tell if you are suffering from gluten sensitivity, take a period of time (2-4 weeks) to test if you are suffering from any of the symptoms. If you notice that you are feeling much better and are having less gastrointestinal issues after trying this type of diet, you may want to make an effort to cut back on consuming gluten.

Not only is this diet a very healthy one, low in fat and high in fiber, it will also help stop your suffering from intestinal distress after consuming breads and grains.

Gluten Free Recipe: Sandwich Bread

Ingredients:

- 3 extra large eggs, beaten
- 3 tablespoons sunflower or canola oil
- 1 1/2 cups water
- 2 cups white rice flour
- 1 1/2 cup brown rice flour
- 2 1/4 teaspoons xanthan gum
- 3 1/2 tablespoon granulated sugar
- 1 1/2 teaspoon salt, optional
- 1/2 cup powdered milk
- 2 1/4 teaspoon active dry yeast



Directions:

1. Preheat oven to 375 degrees.
2. Blend all dry ingredients in a bowl.
3. In a large mixing bowl, mix all wet ingredients until well blended.
4. Add dry ingredients to wet and beat well, until dough is thick but not too stiff.
5. Pour batter into a greased loaf pan.
6. Cover and set aside in a warm location for one hour to rise.
7. Once dough rises, bake for 50-60 minutes or until edges are well browned.

Yield: 12-16 slices, or 1 loaf.



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.

Are You A Glutton For Gluten?

by Martin Jacobse

Everyone has heard something about the dangers of “gluten,” yet few people really know what it is. Most people know it has something to do with wheat products, but seem confused about the topic. If that sounds like someone you know, *read on!*

What you’re about to read in the next 5 minutes will shock you. So, let’s start with the basics!

Wheat gluten is a worldwide, cultivated grass from the Levant area of the Middle East. Globally, maize (corn) is the most produced food among the cereal crops; wheat is second and rice ranks third.

80% of US spring wheat comes from Montana, N. Dakota and S. Dakota. 3.5 million acres of spring wheat (other than durum) are planted in Montana every year, representing about 60% of total wheat plantings.



There Are Three Parts of a Wheat Kernel:

(Consider a typical bushel of wheat weighs 60 pounds.)

- *Endosperm:* Separated, the endosperm (50 pounds) is the source of white flour and contains the greatest portion of protein, carbs, iron and major B-vitamins such as riboflavin, niacin and thiamine. On average, 45 pounds of flour are milled from 50 pounds of endosperm. The remaining 5 pounds of endosperm is used for livestock feed.
- *Bran:* The bran (8.3 pounds) is included in whole wheat flour or marketed separately, and contains small amounts of protein, trace minerals, dietary fibers and B vitamins.

- *Germ*: The wheat germ (1.5 pounds) is the embryo or sprouting section of the seed. It has a high fat content (10%) that if not separated from endosperm during flour production, causes dough to be unmanageable.

The endosperm is composed of thin-walled starchy cells. This starch contains “*gluten particles*” that provide the stickiness in dough. Although endosperm has most of the protein, its protein quality is lower than in the bran and germ because it is less concentrated.

Keep in mind, gluten is almost 80% protein. But, as you’ll see, not all proteins are created equal.

Obviously, high quality wheat grows very well in the Dakotas and Montana. That’s because they have the right soils, temperatures and provide ideal semi-arid (dry) conditions. This is important because a wet rainy season results in wheat growing with lower protein (gluten) content, which is not good for the bakery business.

A lower protein content means lower gluten, and gluten is what makes dough sticky to work with. Different levels of stickiness are needed to produce specialty products, which is why “*adding gluten*” is necessary.

So, not only does gluten “enrich” many foods with protein, wheat gluten is also used for binding and texturizing purposes in many different foods.

Without gluten, hamburger buns would crumble and hotdog bun hinges would break, in turn ruining millions of picnics and back yard BBQ’s around the world.

When we break it down, we find gluten is made of two main proteins:

- Glutenin creates the elastic quality of vital wheat gluten: makes dough tough.
- Gliadin, the smaller protein molecule, dissolves in water and other liquids including alcohol, and is responsible for the syrupy properties of wheat gluten. Too much will make bread dough overly expansive. Gliadin is also used in cosmetics and personal care products



FACT: The smaller gluten protein, gliadin, is a trigger of many health problems. These molecules breakdown even further inside your body and create “opium-like proteins” called “gluteomorphins,” which can enter your brain and cause all kinds of havoc. Gluten, containing glutamate crosses the blood-brain barrier irritating and damaging brain cells as an “excitotoxin.”

Gluten Is One Of Many Plant Anti-Nutrients

Fact is certain foods are good for you and other foods can actually do harm. Gluten is one of these harmful foods.

Un-sprouted grains were in the “do-not-eat” category until about a hundred years ago when we really started eating so many refined grains.

About 10,000 years ago our ancestors learned the importance of sprouting, soaking and cooking grains to neutralize the plant toxins so they would be safe to eat. But, somewhere along the way that knowledge was almost lost. Our ancient ancestors knew that grains, beans and potatoes could be toxic if not prepared properly. Another word for these plant toxins is “anti-nutrients,” or phyto-toxins.

All Food Has Intelligent Design

Edible vegetables and fruits depend on us to eat them to spread their seeds around. However, a grain like wheat, rye and kamut are seeds in themselves and if eaten, they cannot sprout up new plants.

That’s why Mama Nature has given grains built-in natural pesticide and fungicide defenses.

Grains have evolved “enzyme blockers” that stop them from sprouting until they fall onto fertile ground having the right conditions. These same powerful enzyme blockers can neutralize your digestive enzymes as well¹. Besides gluten, other anti-nutrients found in plants are “phytates, glycoalkaloids and lectins (wheat germ agglutinin).”

Gluten protein, phytates and lectins are defense chemicals for the wheat plant tribe, intelligently designed to repel outside threats from fungus, mold and pests.

Unfortunately, gluten protein is created to be difficult for people to digest, so it builds up inside your cells blocking normal body functions, and causing the immune system to attack itself (auto-immune dis-ease).

Gluten Can Trigger Critical Diseases

If you are gluten sensitive, you should know that gliadin, found in wheat protein, is also found in other grains like European spelt, rolled rye and barley corns.

This seemingly innocent protein can cause an autoimmune disorder in your small intestine called, Celiac disease.

The Journal of the American Medical Association (JAMA) published a large study pointing out that people with diagnosed, undiagnosed and “latent” Celiac disease or gluten sensitivity, had a higher risk of death, mostly from heart disease and cancer.²

Some of the first symptoms of Celiac disease are:

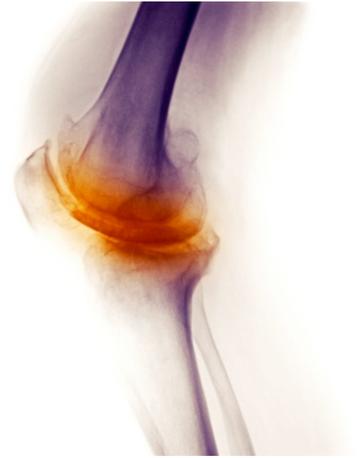
- Fatigue
- Abdominal cramping/bloating
- Flatulence
- Acidosis
- Gluten ataxia (brain damage)
- Mouth sores
- Muscle cramping
- Constipation
- Night blindness
- Tooth enamel defects
- Edema (swelling)
- Weight loss
- Weakness

Naturally, having any — let alone a combination of these symptoms — can also lead to depression, irritability and an inability to concentrate.

Gluten can cause your body’s immune system to attack itself, as well as inflame the sensitive lining of your small intestine triggering complications from lack of nutrition to boot.

Gluten sensitivity (Celiac disease) blocks absorption of nutrients causing:

- Amenorrhea (the cessation of a woman's menstrual cycle)
- Iron deficiency anemia
- Bone disease
- Hyperparathyroidism (over activity of the parathyroid glands)
- Growth failure in children
- Attention Deficit Disorder



Unfortunately, the list goes on and on.

This is exactly why leading physicians blame gluten sensitivity for many mysterious diseases that get misdiagnosed or just go undetected.

Another study compared the blood of 10,000 people from 50 years ago and compared them to 10,000 people today.³ What they found will shock you!

The number of people with Celiac disease increased by 400% in 50 years! ² Presently, about 1 in 100 people (or 3,000,000 Americans) suffer from Celiac disease and many don't know it.

Other diseases caused from eating gluten are:

- Osteoporosis
- Irritable bowel syndrome
- Inflammatory bowel disease
- Cancer
- Rheumatoid arthritis
- Lupus
- Multiple sclerosis
- Diabetes
- Schizophrenia
- Dementia
- Migraines
- Epilepsy
- Nerve damage
- Also linked to autism. ^{3,4,5,6,7}

So, what can you do now?

There's no doubt that dining in a world addicted to processed, refined and frozen foods can make eating healthy a challenge. What we do know is when people stop eating un-sprouted grains or uncooked grains, Celiac symptoms gradually vanish.

In fact, some highly autistic children have experienced a complete or near-complete remission of symptoms, simply by removing yeast and gluten from the diet.

But, what if you like to eat bread? Well, that's where ancient wisdom saves the day.

Dietary Wisdom From Our Ancestors

The Roman soldiers were known to live off from bread and water. So, if bread from grains is so bad for you, how did they have the strength and endurance to nearly conquer the entire known world back then?

The secret is they eat "sour dough fermented rye bread."

Could it be that fermentation breaks down the gluten found in grains? The answer is YES it does! PLUS, it also breaks down the other anti-nutrients that block the absorption of minerals and enzyme function.

Be careful to buy only "slow-fermented" sourdough bread. Many commercially packaged breads labeled "sourdough" isn't slow-fermented the old fashioned way from "mother dough." They often use sour flavoring agents instead.

Get sourdough bread from a baker who uses a proper sourdough starter.⁹

After extensive research, I am convinced that eating a moderate amount of properly soaked, sprouted and sourdough fermented grains can be part of a good diet, even if you are gluten sensitive.

Soaking grains in warm water also neutralizes enzyme anti-nutrients, present in all grains, and stimulates the creation of numerous beneficial enzymes. The action of these good enzymes also increases the amount of many vitamins, especially B vitamins.

In India, rice and lentils are fermented for at least two days. In Africa, corn (a grain), millet and teff (an annual grass) are fermented for several days. Mexican corn cakes are fermented for up to two weeks. In Europe, grains were fermented for several days.¹⁰ Don't forget: soy beans are fermented to make tofu.

Grandma's Tips

Ezekiel 4:9® Bread also comes in specific gluten free and wheat free breads products from FoodForLife.com



Another example is Ezekiel 4:9® sprouted breads. Because of the fermentation process, this bread provides an almost perfect protein, right up there with meat. I don't know what the gluten content is, but I bet it's pretty low. Plus, it's naturally packed with living vitamins and minerals, too.

A final alternative for any “gluten gluttons” out there looking for a delicious source of gluten-free nutrition is “mesquite powder¹¹.” It's hard to find, but if you ask your local health food store they can order it.

I discovered Mesquite flour when I moved to the Sonora desert in Arizona about 20 years ago. The Sonora desert is only biologically “living” desert on earth. I'm told there are more than 5,000 different species of plants there and mesquite was one of the most valued crops for the ancient Hohokam Indians and other indigenous peoples of the area.

Mesquite flour replaces regular white flour or whole wheat flour, cup for cup. Mesquite flour is a delicious, low-glycemic flour that's rich in protein (17%), micronutrients and 100% gluten free!

Try mixing this super food in with a protein shake to add a nutritional boost along with its sweet, healthful nutty flavor.

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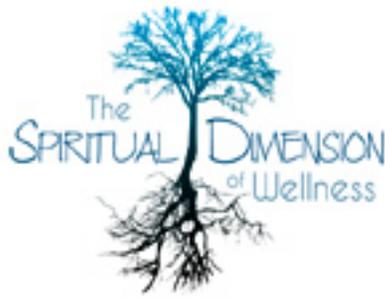
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Martin Jacobse, a hearing and speech specialist of 30 years, was first inspired by the natural home remedies used by his Cherokee Grandmother. He has since expanded his interests into naturopathic, alternative and energy medicine. Excited to share 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.



Gluten-Free: Discerning between Craze and Cure

by Steven Hickey

Going Against the Grain with Gluten

Jumping on a bandwagon is not something I typically do. Considering I'm a Christian minister and the book has sold a hundred bazillion copies, some find it hard to believe when I tell them I still do not own, nor have I read a copy of *The Purpose Driven-Life* by Rick Warren. My snarky side emerges at times when people inquire as to why I resist joining the crowd. One of my favorite retorts is that Jesus told us to follow him not the latest hip getting hyped.



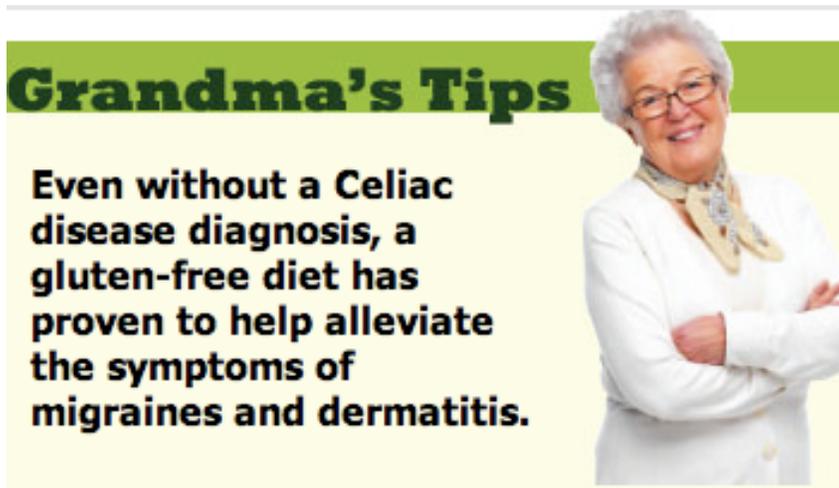
For better than a year, the subject of *health care* reform has made headlines and we all watched our elected officials vote for something we found out later no one had actually read. One brazen legislator said, Congress needs to make haste to pass the bill so we can all find out what's in it. People jumped on the craze — not the cure.

Most would agree we need health care reform, but true to form I found myself bucking the crowd saying, “*No. What we need more is for the government to promote health, not provide healthcare.*” The shift I am talking about is from intervention to prevention. Forty years ago, the government made polluting unpopular through national *Keep America Beautiful* campaigns that promoted a clean environment (Remember the teary Indian in the canoe?). It worked, and there was a cultural shift toward a clean environment. My sense is the same needs to happen with regard to *Keeping Americans Healthy*. If that ever becomes a fad, I'll jump on board. The craze is toward treatments, whereas the cure is in preventions.

That's why I am committed to natural health. It's preventative and deals with root causes, many of which are spiritual in nature. Natural health can hardly be considered trendy or a fleeting fad, as these things have been known and working since ancient times.

Gluten-Free: Fact or Fad?

All that being said, natural health is not immune to fads. Perhaps it was only a matter of time; lots of money is to be made in the health care industry. Companies hire “experts” to tell them what the trends are for grocery shoppers and, for example, things like the gluten-free market become all the buzz. In 2003, 135 gluten-free products were on the market. Five years later in 2008, there are 832. As you can see, gluten-free became quite the craze.



What is interesting is how less than one percent of Americans have a condition known as *Celiac Disease* where the consumption of gluten damages the small intestine and impairs its ability to absorb nutrients. To put it more plainly, gluten-free products are a cure for some, but many others appear to be going gluten-free just for the fun of

it. Yes, I have taken the time to read up on the gluten-free diet pros and cons and this appears to be a cure for some, but a craze to others.

One of the wonderful side benefits of this boom in gluten-free products is those who really need them now have options on top of options, which is something they did not have just a few years ago. My assistant's middle age son has suffered from Celiac since college and he's benefited greatly from the attention paid his condition in the last few years. His life is better.

Gluten is a protein mainly found in wheat, rye and barley and it seems significant to me to point out these are all deemed “good” in the Bible.

“See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.” (Genesis 1:29)

Is Gluten Free, Guilty Free?

The evidence in both the Bible and archaeology shows that wheat was one of the main staple foods of ancient times and some form of it was probably eaten at every meal. Numerous times throughout the Bible, a bountiful wheat harvest is portrayed as a blessing from God to His people.

God later warns us to not call *bad* what he calls *good*. (Isaiah 5:20) Granted, it is certain that verse applies to far more substantial “evils” than gluten but there is the principle to not dub *good* what God calls *bad* or dub *bad* what God calls *good*.

“Therefore you shall keep the commandments of the LORD your God, to walk in His ways and to fear Him. For the LORD your God is bringing you into a good land, a land of brooks of water, of fountains and springs, that flow out of the valleys and hills; a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive oil and honey.” (Deut. 8:6-8)



Each one of these seven foods is of high nutritional value and good for us. Barley is mentioned forty times in the Bible. In fact, Jesus feeding five thousand people by multiplying the loaves and fish was not a gluten-free miracle because the loaves were barley loaves (John 6:1-14).

Crave the Cure

In discerning between a **craze** and a cure, my advice is three-fold.

First, don't be quick to join the crowd. **Second**, judge the fruit. Jesus said a good tree can't bear bad fruit and a bad tree can't bear good fruit (Matthew 7:18). **Finally**, ask God to show you the truth. The human body is a very complex creation and each month these articles deal with the complex relationship between things spiritual and emotional, psychological and physical. Just as ailments can be psychosomatic, so can remedies.



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

to submit a prayer request visit: www.ChurchAtTheGate.com/prayer.php



Giving Thanks for What You CAN Eat

by Grandma Barton

A friend of mind, Ginger Klein, has agreed to share her experience of suffering from Celiac disease. Her diagnosis is not uncommon, but she shares her gluten free diet tricks she has learned over the years, as well as what do when eating out, how to cope with holidays and making favorite recipes at home. Her personal story and success will inspire anyone with gluten problems and help the rest of us understand more about those this debilitating disease.

Second Time Around is Worse

I was experiencing mild expression of Celiac Disease while in graduate school, had bouts of lactose intolerance, and seemed to catch a lot of colds and flues.

For the next 6 years, I had frequent, unexplainable bouts of diarrhea (I even got tested for parasites once, with negative results). I slowly lost weight during that time, but then went through a month and a half during which I got severe diarrhea about every 3-4 days. I kept trying different ways to treat it, fasting and then doing the BRAT diet (and of course once I got to toast, I got diarrhea again) and getting various kinds of medicine to treat intestinal illnesses (Imodium was the worst, because it trapped the gluten in my intestines and made me get WORSE).

My skin got dry, my complexion was pallid, my hair started falling out and my nails were extremely brittle. I dropped weight very rapidly, and then started to lose coordination. I tripped walking down the street one day, and couldn't even catch myself to break my fall -- I



landed on my knees hard, splitting them both open. They didn't form proper scabs, and for weeks the weak scab that did form would wash off in the shower and they would bleed like they were freshly wounded. It took about 2 months for them to finally heal.

About a week before I started eating gluten free, I talked to my Mom who said I was diagnosed with Celiac disease as an infant, but at the time our family doctor said that it was "a childhood disease and I would grow out of it," so when I started school my mother put me back on a regular diet.

I gave it some thought, and about a week later (after a day of fresh bread and pasta), woke up in the middle of the night vomiting and having diarrhea at the same time. I realized I should try a gluten free diet. The next day, I announced I was going to stop eating bread or pasta, and see if that helped. Then I started looking on the internet and got a clearer idea of other dietary changes I would need to make to fully test the childhood Celiac diagnosis theory. I learned that there were others like me who had been diagnosed in childhood, had a period of several years when they ate normally, and then got very sick -- the disease went into remission but came back with a vengeance in their late twenties or early thirties. I also learned that now there are blood tests and other procedures that can diagnose the disease, but these weren't available to me.

Trio of Triggers

I went 3 days, then a week, then two full weeks without getting diarrhea. I began to feel ever so slightly better, but was incredibly weak and continued losing weight. My supervisors recommended a vacation (and there were other things going on, too; a break-up -- usually some particularly stressful incident, be it emotional or physical, will somehow trigger active Celiac Disease -- and the combination of physical illness and emotional distress sent me into clinical depression), so I vacationed for a month to rest, ate lots of rice, and meet with a psychologist I knew.

One of my greatest delights was discovering after a few weeks that I could eat dairy again without any problems. In fact, for the next year I could get away with eating large bowls of ice cream every day and have no tummy aches and not gain any weight. I picked the highest fat content I could find for milk and yogurt, and spread the butter thickly on the pancakes I made from the rice flour I found at the store. I created mini rice-cake pizzas, and came up with a few other special recipes using locally available foods.

After going gluten free for two years, I was delighted to find a growing awareness about Celiac

Disease and an explosion of new, gluten free products, not only in health food stores but also in ordinary grocery stores, and even at Wal-Mart.

Now, over six years after changing my diet, my intestinal lining has recovered and I've regained weight; in fact, now I have to make healthier choices and work to incorporate less fattening options and more fiber into my diet. Also, infertility is associated with *untreated* Celiac Disease; but that complication has also healed with my new baby! :-)



Go For the Bacon Double Cheeseburger!

(But skip the fries)

My own diet consists of eating a lot of corn tortillas :-)) and I go to Mexican restaurants, because there are corn options. Chipotle burrito bowls are my favorite. Taco bell tacos (hard shell) are one of the few reliable fast food items I

can eat on the road. I NEVER trust French fries, and go for the bacon double cheeseburger without a bun when I can't get anything else (and have to eat fast food).

When eating out at a sit-down restaurant, I check for an online menu before I go (lots of chains have them now), and remind myself to tell my waitress, "I need everything gluten free," to see if there is a specific gluten free menu available. In some places, this brings a visit from the cook to my table, who goes over my options and can verify if, for example, they have a dedicated fryer for fries (one that doesn't have battered things fried in it), or a separate grill for grilled foods, and to remember to withhold croutons and check the labels on the salad dressings.

Measure for Measure, Gluten Free Comes Out Equal

For at-home baking: Bette Hagman has lots of ideas in her cook books (The Gluten Free Gourmet line), but I'll confess I haven't used as many of them as I thought I would, because I hate having to buy a hundred different kinds of flour. I keep my flour and starch supplies pretty basic, and add ground flax seed for fiber. The best tip I've ever heard is to find out what the proper weight is for flours, and when substituting, not go on dry measurements, but on equal weights.

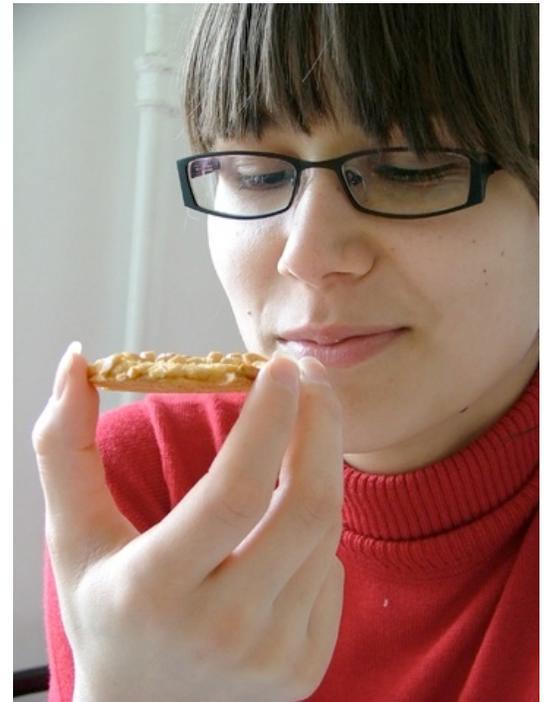
For holidays, I always take food (bread, crackers, cookies, etc) with me when going to someone else's house. Pamela's Mini Ginger Snapz are the best thing for Christmas (and are cheapest when ordered online through Amazon, though you have to get them in bulk quantities). For Easter, I've developed a bread machine recipe that satisfies the nostalgia for a doughy treat.

When people want to cook for me, I steer them towards some simple classics, like oven-roasted chicken (with a warning to not add soy sauce if they are using a recipe), mashed potatoes from scratch (use milk and butter instead of chicken broth), and veggies. I recommend staying away from any kind of sauce or packaged mix, and just using whole, plain ingredients (spices are fine, but not spice mixture packets, as they could contain wheat flour or starch).

Betty Crocker has done a wonderful thing in making four gluten free baking mixes available in the regular baking aisle in many grocery stores: yellow cake, devil's food cake, brownies, and chocolate chip cookies. While 3-4 times more expensive than their normal counterparts, they are still considerably cheaper than those offered by specialty companies, and they're easy to find, and with directions that look normal. Also, they TASTE GREAT. One of the problems with gluten free baked goods is that they tend to have a gritty texture. Somehow, the Betty Crocker mixes don't have this. So I steer people towards these when they want to make baked goods that I can eat.

It's Not Worth It

The biggest thing that helps me handle Celiac disease is that I got so sick before I tried going gluten free. I was seriously worried I was going to die, because nothing I ate stayed in, and my body was wasting away and breaking down in front of my eyes. The return to health from changing my diet has been such a delight and relief, that I only rarely struggle with temptations to eat things that aren't allowed. The second biggest thing is that we have an amazingly good gluten free bakery in town, and I know that even if I can't eat the cookies, pies, cinnamon rolls, or pizza in the office or at an event, I just have to wait until I get home. It's just not worth getting sick.



I've seen people struggle with bitterness and self-pity, and by the grace of God I haven't. I've had people try to offer me pity, and it's something I can't accept -- I continue to be too grateful to be alive and healthy as I follow a somewhat restricted diet. I would offer the advice to focus on the good health, the restored strength and lack of intestinal pain, and to pause and let yourself get teary-eyed in the supermarket aisle when you discover a new packaged food that is safe to eat (like the Betty Crocker mixes), or a restaurant that has come out with a gluten free menu (like the Olive Garden!), and to give thanks for what you CAN eat.

The hardest thing is helping people understand that I can't cheat. If I eat the wrong thing, it will destroy the lining of my intestine, causing the symptoms I have mentioned above, but also leading to mal-absorption and a host of complications from diabetes to osteoporosis to colon cancer. NOT WORTH IT. And unlike other food allergies, I can't just take a pill for it; there has not yet been a medication put on the market that will block the autoimmune response to the gluten protein.

I'm always glad to help in ways that will enable others to live with being gluten free! So, I hope this assortment of things I've done helps!



Grandma Barton is grandmother to Joe Barton, founder of Barton Publishing and Home Cures That Work. She is a two-time breast cancer survivor with the help of Dr. Saunders and natural remedies. Grandma loves finding cures within the home to treat all sorts of ailments. With tips she's learned on the farm and along the way, Grandma Barton brings a time-tested and trusted voice when it comes to home remedies. She really is an inspiration to us all.

CELEBRITY HEALTH WATCH

Elisabeth Hasselbeck

Gluten-Free Discovery Out Back

Very few would recommend going on a “survival” diet plan to gain strength, but for Elisabeth Hasselbeck, a literal “Survivor” diet menu brought her body back to health. While filming the hit series “Survivor” in the Australian Outback, Hasselbeck lived off the land – and lived without indigestion, stomach pain and cramps, diarrhea, bloating, chronic fatigue and anemia. The key to gaining her strength was avoiding wheat. Now, Elisabeth Hasselbeck is the well-known co-host of ABC’s “The View,” author of “The G-Free Diet: A Gluten-Free Survival Guide,” mother of 3 and Celiac disease awareness ambassador.

Here’s an excerpt from her book:

“I noticed that the moment I ate a starchy food, all the symptoms returned, and with even more fury than before. I went on the Internet to research what this reaction might mean, and soon after thought I had discovered the cause: Wheat! Out it went from my diet.”



Contestant For Success

She finally discovered that it was gluten, the binding protein in grains like wheat, barley, rye, contaminated oats, and numerous other products. It’s also a food additive found in everything from condiments to medications.

Instead of gathering nutrients from gluten, the body sends a signal to the immune system to attack, harming the small intestine in the process. The best way to avoid an attack is to change your diet and avoid certain foods.

Hasselbeck said it’s made all the difference in her life. She also discovered the going gluten-free can help with weight loss and increased energy. Not only can removing gluten from one’s diet help those with Celiac disease, but it has been proven to help people with diabetes and arthritis. And all it takes is a little willpower!



Product Recommendation:

Gluten Free Fun Handbook

Celiac Disease Is 100% Reversible!

Imagine finding the key to turn your life around 100% and then doing it . . . *Because you can!* The power to see the future you want to see is completely in your hands today.

What's stopping you from living completely free and easy?

Why even try to tolerate painful cramps caused from eating wheat gluten?

You're either free of pain or not, there is no in between. If you're like 4 out of 5 people in the U.S. you suffer from the side effects of eating toxic protein from improperly processed grain products called "*gluten.*"

You know you're here for one purpose. All you want is "*hardcore proof*" to turn this corner. Discover the "*evidence-based science*" that can save your life. You're at the crossroad and all you needed is in my Gluten Free Guidebook.

More than a simple cure . . . You will learn everything about gluten poisoning the doctors don't want you to know, so your future will be gluten free forevermore.

It seems impossible to be your best when you're feeling drained from the inside out 24 hours a day. Gluten sensitivity is linked to 55 diseases you can avoid by removing just one simple thing from your life.

Totally Transform Your Life With The Gluten Free Handbook. Click Here:

<http://glutenfreefun.com/gffcb.html?hop=0>



Product Reviews



Product Review:

Nutrition Bars

Eating on the go, whether you are on a gluten free diet or not, is a resort many of us make even when we try to eat healthy and whole foods on a daily basis. Furthermore, if you are trying to eat every few hours, a snack bar can help when the urge to eat kicks in and when you are trying to resist processed foods, the nutrition bar seems like a healthy option. Today, the shelves of grocery and health food stores are lined with energy bars, protein bars, nutrition bars and snack bars for your convenience. But the nutrition bar jungle makes selecting the best one hard to do. They all offer some kind of supplement in an easy to eat bar loaded with proteins, fiber, fruits, etc. Some nutrition bars contain too much sugars or gluten, for those watching wheat consumption, but the main point is to eat a bar full of nutrition. Below is an analysis of nutrition bars to see how they stock up and assist you in making a powerful punch with your purchase. Nutrition bars come in a variety of flavors and with a variety of names:



- Protein bars
- Energy bars
- Meal-replacement bars
- Whole Food bars

However, those categorized as nutrition bars differ from snack bars (granola) or candy or chocolate bars by the following characteristics:

- Larger by Weight
- Higher protein (between 10-30 grams/bar)
- Fiber content

Within the broad category of nutrition bars, there is a huge difference in nutrition value.

- Fiber – To promote natural elimination and reduce cholesterol
- Saturated Fat – “Bad” fat, should only 1/3 of total dietary fat
- Total Fat – Whole foods such as nuts are naturally high in fat
- Sugar Alcohols – Too much sugar causes bloating, gas and laxative effect
- Added Vitamins

Here are nutrition bars by category, including a brief description of flavor and notes on each bar’s strength or weakness. Note which bars are safe for gluten free consumption.

Energy Bars

- **Balance Nutrition Energy Bar/High Protein Yogurt Honey Peanut:** *Slightly dry. Mild peanut flavor.* Higher in **protein** than most **energy bars**.
- **Greens+® Natural Energy Bars Mad with Organic Superfoods and High Energy Herbal Extracts:** *Moist and chewy. Herbal tea-like flavor.* Higher fat than other energy bars, less **saturated fat**.
- **Promax™ Double Fudge Brownie:** *Brownie-like taste, slightly dry.* Similar nutrition ratios as Balance **energy bar** but larger. Most of fat is saturated



Fiber Bars

(These two pack 12-14 grams of **fiber** into modest sized bars. 20 grams/fiber a day is recommended for adults. While these bars will surely provide fiber, they tend to have relatively little **protein** and should not be considered as meal replacements. They may also have a laxative effect.)

- **gnu® flavor & fiber Cinnamon Raisin Bars:** *Like a soft, grainy cookie. Cinnamon flavor.* Most **fiber** per gram of bar and no **saturated fat**. Low in calories.
- **Renew Life® High Fiber Bar (Gluten Free):** *Moist and chewy with bits of nuts. Apple cinnamon aroma.* Highest **fiber** in a bar. No **saturated fat**. Somewhat less **protein** than gnu bar (above). Low in calories. Dairy Free. Soy Free. Kosher.



High Protein Bars

- **Met-Rx® Big 100 Colossal Super Cookie Crunch:** *Chocolate and vanilla flavored coating. Crunchy chocolate-flavored center.* Large bar. High in sugar, but less sugar per gram than many other bars and no **sugar alcohols**. Most fat is saturated. Has the most **saturated fat** (8 grams), although it also had the most **protein**.
- **MHP Probiotic®-SR Chocolate Marshmallow Chunk:** *Slightly dry, thick and chewy. Chocolate flavor.* Low in sugar, but high in **sugar alcohol**. Most fat is saturated.
- **MuscleTech® Nitro-Tech Hardcore® Peanut Butter Chocolate Chip:** *Slightly dry but chewy. Mildly sweet.* Lowest calories among **protein bars** tested. High in sugar alcohols. Most of fat is saturated.
- **Pure Protein®, 31 g Protein, Chocolate Peanut Butter:** *Chewy and slightly dry. Mildly sweet.* Some sugar alcohols.
- **VPX Zero Impact™ High Protein Mealbar™ Original! Tonaline® SesaTrim™ Fat Burning Fats™ Pumpkin Supreme:** *Slightly dry, even- textured. Mild pumpkin flavor.* High in fat, but most is not saturated. Does not list amount of sugar alcohols, but contains small amount of erythritol (a **sugar alcohol** less likely to cause g.i. upset). Soy Free.



Meal Replacement Bars

- **Kellogg's™ Special K Protein Double Chocolate:** *Mildly chewy with slightly crunchy crisps. Mild chocolate flavor.* More **fiber** than other tested bars in this category but fats are mostly saturated and has a small amount of hydrogenated fat (less than 0.5 mg).
- **Luna® Lemon Zest®:** *Crunchy rice with lemon coating on bottom. Mildly sweet.* Some **saturated fat**.
- **Met-Rx® Big 100 Chocolate Chip Cookie Dough:** *Doughy with some crunch.* Very big bar. Fairly high in **protein**. Among bars providing large amounts of protein, this bar the lowest amount of **saturated fat** (2.5 grams).



- **Organic Food Bar™ Original (Gluten Free):** *Moist and chewy. Clear taste of dates.* Fairy high in **protein** and **fiber**. Somewhat high in fat, though most is not **saturated fat**. Has a fair amount of fat – 14 grams – likely coming from its top-listed ingredient, almond butter, but is low in saturated fat.
- **South Beach Diet™ Meal Replacement Bar, Caramel Peanut Crisp:** *Somewhat crispy with light coating on bottom. Peanut flavor.* High in **protein**. Most of carbs are **sugar alcohols**.
- **Zone Perfect® Double Chocolate:** *Crunchy with chocolate coating.* High percent of fat is saturated.

Snack Bars

- **Odwalla® bar® Strawberry Pomegranate Organic Food Bar™ Original:** *Slightly chewy and grainy. Fruity aroma.* Low in fat (so relatively low calories per gram of bar). Label suggests use as snack or meal-on-the-go, but little **protein**, so more like a snack.
- **Slim-Fast Optima® Peanut Butter Crunch, Snack Bar:** *Chocolate covered with crispy peanut brittle-like center.* Small bar. Fair amount of **sugar alcohols**.



Whole Food Snack Bars

- **Larabar® Pecan Pie (Gluten Free):** *Moist and slightly chewy. Clear taste of dates and chopped nuts.* True "whole food" bar. Relatively high in fat due to nuts, making it relatively high in calories per gram of bar. Relative low in **saturated fat**. Dairy Free. Soy Free. Kosher. Vegan. Fat accounts for over 30% of the total 45 gram weight of this bar, which is made entirely of dates, pecans and almonds.
- **Soyjoy™ Apple (Gluten Free):** *Cake-like and slightly hard with bits of raisins.* Small bar, so low in total calories but relatively high in calories per gram of bar. Next time you grab a **nutrition bar** from the grocery check-out lane for the convenience, consider the demand for **health** more than simply time savings.



Next time you grab a **nutrition bar** from the grocery check-out lane for the convenience, consider the demand for health more than simply time savings.

Weight
LOSS
Corner

Ch-Ch-Ch-Chia

Upon first hearing about “chia,” I have to admit I automatically thought of the jingle “ch-ch-ch-chia,” that’s used to market the popular Chia Pet, but that’s not why I’m bringing chia to your attention!

Due to the fact that chia is marketed less as a food, chia seeds are not widely known for their amazing health benefits, but they are in fact extremely nutritious, edible seeds that you can buy at any good health food store. Regulated as a food by the FDA and a member of the mint family called *Salvia hispanica*, chia seeds are quickly becoming the latest health food craze, and for good reason.



Top 7 Health Benefits of Chia

1. Reduce cravings and hunger.

A great source of soluble fiber, when mixed with water, chia seeds form an almost solid gelatin. The same reaction takes place in the stomach when we eat them, helping us to stay fuller for longer. Awesome!

2. Help control blood sugar.

This same gelatin substance that forms in the stomach, also creates a physical barrier between carbohydrates and digestive system enzymes, thus slowing the conversion of carbohydrates into sugar. A major plus for diabetics!

3. Increase Energy.

Thanks to their natural ability to slow down the conversion of carbohydrates to sugar, chia seeds are a great source of sustained energy to help increase endurance.

4. High in omega-3 fatty acids.

Providing copious amounts of **nutrients** such as protein, fiber, antioxidants and most importantly essential fatty acids, these mighty little seeds really pack a punch. They contain over 60% essential fatty acids and more omega-3's than flax seed. According to living-foods.com they also provide three to ten times the oil concentrations of most grains and one and a half to two times the protein concentrations of other grains. These are the essential oils your body needs to help emulsify and absorb the fat soluble vitamins, A, D, E, & K. If you want brain food, there is not better source!

5. Keep us hydrated.

As already described, chia seeds absorb water, 12 times their weight in fact. Eating this superfood will in turn keep you hydrated. As we already know, fluids and electrolytes are extremely important to support the life of all the body's cells. "With Chia seeds, you retain moisture, regulate, more efficiently, the bodies absorption of nutrients and body fluids," explains living-foods.com

6. Help build muscle.

An excellent source of protein, chia seeds make a great addition to any weight management program to help build lean muscle. They are also low-carb and support weight loss. An ounce of chia seeds only provides 137 calories!

7. Gluten-free.

An ideal food for people with a gluten intolerance, these seeds are a gluten-free source of fiber. Chia contains both soluble and insoluble fiber that supports a healthy digestive system. Plus, unlike flax seed, chia seeds don't need to be ground to make their nutrients available to the body.



Roger Asmus (Go Get Thin) entered a fitness competition and won the Mr. Teenage Colorado in 1991. He was later named Mr. Mile High in 1996 and achieved his dream when he was proudly awarded the title of Mr. Natural Colorado in 1998. Roger has been highly sought after as a model and authority in the fitness world, appearing in national news and magazines sources. Roger is currently one of the top personal trainers in the country and is president of Core Health Innovations™.

Anti-Aging Care



Too Busy To Think?

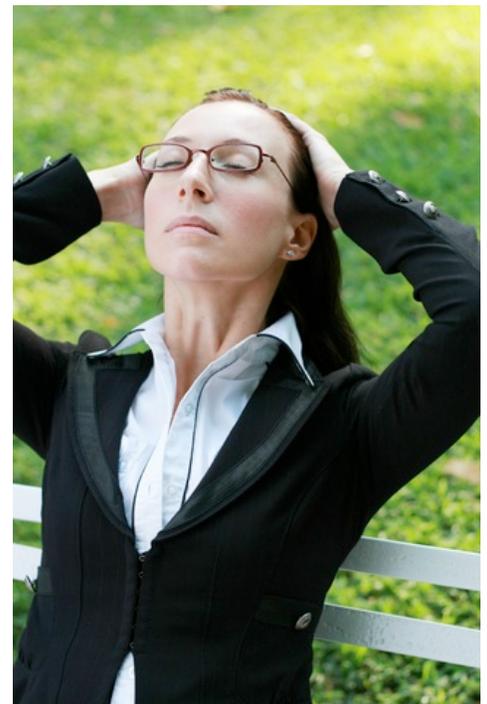
Are you like me? More often than not, I get too busy to think.

I'm painfully aware that an hour of effective thinking is worth a month of hard work. Are you? Then why is it most of us don't spend enough productive time thinking and planning? Is it because we just get too busy? I have concluded that the answer is "Yes".

Remote Control Minds

That's a pity — and inexcusable. I know better, and so do you. So, why do we persist? Routines might be one answer. Routines suppress thinking and idea generation. We get stuck in comfortable remote control modes. Interruptions are another answer. How many times a day do you instantly react to someone or something that interrupts your schedule? If you think about it, these are moving parades of stress creating events. Imagine how much easier and less stressful the rest of our lives would be if we took time out for regular, private focused thinking.

Most of us don't though, and entire industries are built around this human weakness. Consultants abound to think for us. Let's take a look at estate planning.



Profit Plan for Life, Not Death

We typically spend more time planning our death than planning our lives. That's because planners do it for us because we are too busy. There are big profits here. They call themselves financial planners, retirement planners, estate planners or life insurance salespersons. They get our attention by pointing out the big benefits to us from their planning. Our estate taxes are reduced, our assets don't get tied up in probate, our loved ones get taken care of, our favorite charities benefit, and our businesses are protected.

But, how about us? The success of all this thinking and planning depends on our dying. Well, that sucks.

In all fairness, many of these planners perform good services. I just want to obsolete them, that's all. Most of them are clever and resourceful, and they can find other lines of work as society evolves. And evolve we will. I see a whole new industry springing up that plans for our longevity enhanced lives. Wouldn't it be more rewarding to help someone plan their long life than their death?

Now let's get back to thinking. Thinking takes work. But it also saves a lot more work. Try this for one month:

Mind-Storming A Mindset For Life

Set aside a half hour a day, or at least two to three times a week, to sit in a quiet spot where no one and no thing will disturb you. Shut off your phone and email. Close your door, and give instructions to everyone in your household or office to not disturb you except for extreme emergencies. Better yet, find a quiet peaceful place away from your home or office.

Take a tablet and a pen, and write your most pressing challenge or your biggest goal at the top of the paper. Then open your mind to any and every possible idea, solution or plan you can think of. There are no bad ideas. Write them out as fast as you can think. About the time you think you have exhausted your ideas, you will come up with your best solutions. That's because we usually write down the obvious at first, a lazy way of thinking. So, stretch a little.

How about taking some time to plan what you want to do in fifty years or longer? You are not too busy to think and plan the next 5 decades of living. When you get into this mindset, you'll tend to start laying out steps to help ensure you live fifty more years. These steps could include your changes in your diet, fitness program and more.

Now here's a critical key: After you finish your mind-storming, review your list carefully. Isolate your best ideas and immediately ACT on them. This is the step that makes your hour of thinking worth a month of hard work.



David Kekich (Living Healthy to 120: Anti-Aging Breakthroughs) 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. David contributes to our column Living Healthy to 120: Anti-Aging Breakthroughs. MaxLife is helping to make the anti-aging dream a reality with cutting edge Bio-Engineering research and products.

The Complete
Handbook of
Irritable Bowel
Syndrome
(IBS)



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The Irritable Bowel Syndrome Remedy Report

Another culprit for diarrhea, abdominal pain, cramps, bloating and gas can be caused by the common bowel disorder: Irritable Bowel Syndrome (IBS). You can get rid of the pain within the hour by following the all-natural, at-home remedies found in the Irritable Bowel Syndrome Remedy Report. Believe it or not, the relief can begin with a cookie! The treatment options are accessible, hands-on and found in your grocery store for alleviating the symptoms of IBS. Avoid the pain and start feeling good TODAY!

Download your free copy of the IBS Remedy Report Here:

http://www.homecuresthatwork.com/members/access/free-reports/IBS_v1.pdf