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Shingles

Immune System Failure

The best prevention of shingles is to keep the immune system functioning well. This is done with "The Big Three."

Shingles: Immune System Failure

Learn the Secret To Keeping The Shingles Virus Dormant Forever

Spicy Approach to Relieve Shingles

GRANDMA'S CURE CORNER
SHINGLES: LET THE GIRDLE OUT



Home Cures That Work December 2010 – Shingles

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Shingles: Immune System Failure

By Dr. Scott Saunders

It's gone! Jeannie was so excited! Within a week, what had started out as painful shingles had just disappeared. She was pregnant, and since she was already having complications from the pregnancy she was really distraught over the possibility of adding the pain of shingles to her list of problems. She was obviously relieved when it went away so quickly.

Shingles is essentially the Chicken Pox that you had as a child. The virus hides in a nerve somewhere in your body, and when your immune system is down — for any reason — it can come out and make a rash. It's the same virus you had as a child that's been hiding inside you for decades!

You don't catch shingles from someone else — you had it all along. By the same token, you can't give it to someone else. You can, however, cause Chicken Pox in someone who has never been exposed to it before.

Since it hides in the nervous system it can show up anywhere in the body, from the top of the head to the tip of the toe. Also, because of this, it has certain characteristics:

- It stays in the nerve so it can only be on one side — the right or the left, never crossing the midline of the body.
- It often starts with nerve pain: burning, tingling, or “electrical shocks” for as long as seven days before a rash develops.
- The rash can completely cover the area of the nerve, have one or two pox or none at all.
- The typical pattern is red bumps that turn into little blisters that fill with pus then pop and form a scab. This can take a couple of weeks to heal.
- The major complication is “neuralgia,” or nerve pain, that persists after the rash is gone. This happens because the nerve is damaged by the virus.



Shingles Treatment

What did Jeannie do to ward off the infection? Since she was pregnant she didn't want to take any medication (wisely) so we gave her a shot of vitamin B12 and she took frequent doses of vitamin C: 2 grams (2,000 mg) every hour during the day. The trick is to get enough vitamin C to cause diarrhea; we call it "bowel tolerance." If you get diarrhea, just back off on the dose a little, for example, every 90 minutes. If you don't get diarrhea, keep going up on the dose until you do. For example, take 3, 4 or even 5 grams every hour. You don't have to take it at night. The vitamin B12 is to help the nerves to heal and possibly prevent neuralgia.



This treatment works as long as you continue the vitamin C. If you stop too soon the infection will also return. Continue it for about seven days.

In some cases, like when it is in the face, and especially the eyes, you should see a doctor to get an antibiotic called Acyclovir (or one of its various forms). If the virus gets in the cornea it can cause clouding and require a cornea transplant. You can

still do the vitamin C at the same time. When I have such a case, I give the antibiotic *and* daily intravenous doses of vitamin C (much more than you could take by mouth).

The antibiotic can be used anytime, but is most effective if started early. It slows the growth of the virus, but doesn't stop it completely. Ideally, you would want to start it before a rash or nerve pain ever develops.

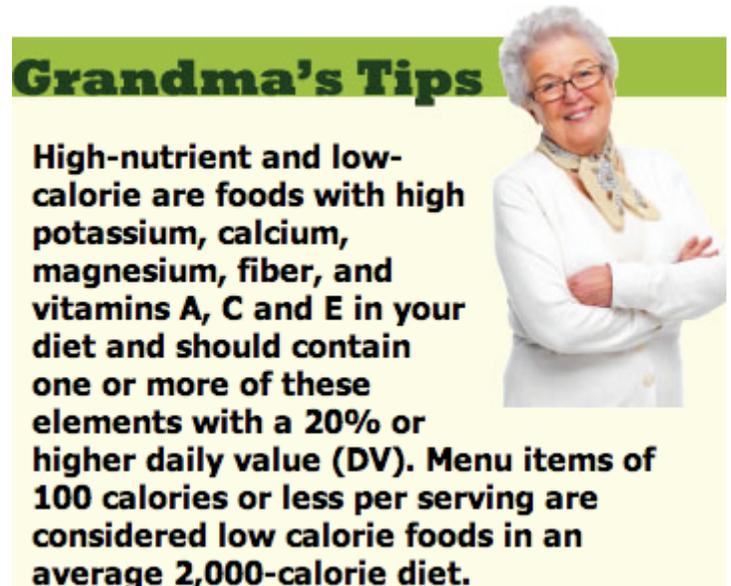
Shingles Prevention

There is now a vaccine available for "shingles." It's the same shot that is marketed to children for Chicken Pox, but in a double-dose for adults. The vaccine is given to boost your immunity against the virus so you don't let it out (it's still there!). It is about 60% effective, which means that within a four-year period those who had the vaccine shot experienced a little over half the total time with the illness, and half the pain compared to those who didn't get it (from 1/1000 to .5/1000 for each year). The study was only four years, so we don't know how long this effect lasts. Also, it appears the older you get, the less effective the vaccine is.

It has become clear that adults used to get their “Shingles vaccine” from children around them who had the Chicken Pox. Now, since the Varicella vaccine has become available, we don’t know if this will increase the chances of adults getting shingles or not; we’ll have to wait and see. In the meantime, it’s a good idea to keep your immune system in good working order.

The best prevention of all illness is to keep the immune system functioning well. This is done in the usual way, what I call “*The Big Three:*” *Food, Exercise, and Stress Reduction.*

- *Food:* High-nutrient and low-calorie foods are the most important.
- *Exercise:* Be active enough to sweat 3-5 times per week.
- *Stress Reduction:*
 - Forgive everyone. Let go of the past. Make peace with what happened. Don’t be angry over things you can’t control.
 - Take control of the present. Be mindful. Act purposefully. Make a plan and follow it.
 - Don’t worry about the future. Things will work out, they always do. Trust in the Lord to guide the future as He has the past.



Grandma's Tips

High-nutrient and low-calorie are foods with high potassium, calcium, magnesium, fiber, and vitamins A, C and E in your diet and should contain one or more of these elements with a 20% or higher daily value (DV). Menu items of 100 calories or less per serving are considered low calorie foods in an average 2,000-calorie diet.

The graphic features a woman with short grey hair and glasses, wearing a white jacket and a yellow scarf, standing with her arms crossed against a light green background.

Like Chicken Pox, Shingles may be mild or severe. It isn’t always preventable, but if you have a strong immune system you may have a milder illness and fewer complications. Also, if you know what to look for, then you can treat it sooner and avoid a chronic and painful nerve condition.



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.



Learn The Secret To Keeping The Shingles Virus Dormant Forever!

By Martin Jacobse

If you're looking for help from shingles look no further.

Shingles can be one of the most miserable types of viral infestations to try and live with. If you already suffer from shingles, then that's old news to you. But, I promise I do have good news for you if you read on.

If you are not suffering from shingles you will still find this a worthy read. The more people understand how excruciating the pain can be when complicated by the shingle's flu-like symptoms, swelling and scarring, then perhaps fewer people with shingles would feel so isolated from their friends and family.

FACT: More than 1,000,000 people in the US suffer from shingles annually and the numbers are rising.

As you may already know, if you had Chicken pox as a child then you carry the Varicella Zoster herpes Virus (VZV) in a "dormant state." Shingles pain is none other than the Chicken pox virus revisited — with a vengeance!

The good news is shingles pain is preventable, treatable and reversible if you know how to "activate the secret key" of viral immunity.

I believe it was the ancient Greek philosopher Pericles who once said, "The truth is sometimes so unbelievable, it escapes becoming known," which is why this amazing revelation was nearly forgotten and lost forever.



Yet, if it's so simple, why not at least give it a try, right?

So, if you're willing to turn up your own healing power and shut down this painful and debilitating dis-ease, then keep reading.

Getting to Know the Enemy Better . . .

Normally, a healthy immune system keeps the Varicella Zoster-herpes Virus (VZV) at bay.

The trouble starts when your immune system drops its guard. That's when the "enemy virus" is revived from its dormant state and set free to wreck havoc on your vulnerable nerve cells.

Part of the secret is to learn how to nurture normal nerve cell health to sustain a vigilant immune system, keeping the Zoster virus under lock and key.

Here are 2 important things you need to know about a shingles:

- The first thing you should know is the shingles virus (VZV) is NOT the Herpes simplex type virus linked to the sexually transmitted dis-ease.
- Secondly, you can't pick up the shingles virus (VZV) from someone, unless you've never had the chicken pox. In that case, avoid any contact with these open wounds, blisters or rashes. Also, avoid getting contaminated by any direct coughing or sneezing.

(If you never had chicken pox, your immune system doesn't have the antibodies to protect you, yet.)

Here's a list of 5 risk factors for getting shingles:

- First, you would have already had chicken pox in the past.
- A person prescribed immunosuppressive drugs is at an increased risk.
- A person older than 50 is most vulnerable to developing shingles symptoms.
- A person with a lower than normal pH level, also known as acidosis, is a high risk.
- A person suffering from any weakened immunity dis-ease (such as AIDs, cancer, etc).



What to Look For . . .

When the symptoms of shingles first appear, it's very much like the chicken pox symptoms, usually attacking a small area on one side of your body. Shingles pain can range from mild to very intense, accompanied by a lot of itching and oversensitivity to skin contact.

Along with the typical small, painful skin blisters that spread in belt-like patterns from the spine to the chest area, you may also experience:

- A 5 day headache accompanied by a flu-like fever
- Itching where the rash appears
- Sudden chronic fatigue
- Sudden digestive issues
- Sudden chills

Now, as promised, I will reveal the BIG secret to activating your natural healing process and help you stop the shingles virus from wrecking havoc on your skin and nerve cells. Other than that, conventional medicine has no effective treatment for shingle symptoms, especially if allowed to progress into the severe stage.

“Keep in mind, viruses cannot reproduce unless they take over a cell as a host.”

The Shingles virus “hijacks” your nerve cells and eventually destroys them. This is known as the “advanced stage” of shingles symptoms also called chronic neuralgia. The prolonged pain caused from the attack on your nerve tissue is so intense it often leads to fits of tears and deep depression called post-herpetic neuralgia.

If your shingles pain isn't treated properly it can lead other problems such as blindness, inflammation of the brain, pneumonia, organ failure, hearing loss and sadly – even death.

The Secret Scientific Key To Reactivating Your Immune System

Everyone is constantly exposed to both good and bad micro-organisms, including viruses, which your immune system easily identifies, isolates or eliminates every second of your life.

The difference between just carrying a shingles virus and suffering from the symptoms of shingles is all determined by the healthy state of your “tissue,” which includes your blood, bones and cells.

Your tissue health is called your “TERRAIN,” by leading health experts.

- It may surprise you to learn that the shingle’s virus is NOT the cause of your shingles symptom. Your “terrain” is. That goes for any viral invasion.

You see, your immune system is like your body’s military. Ever since you first caught the chicken pox, you’ve had a “special forces battalion” assigned to keep the shingles virus locked away in solitary confinement, kept frozen in a dormant, harmless state.

Take, for example, a pond infected with mosquitoes. As you know, mosquitoes enjoy a stagnant water environment. Yet, no one would be so bold as to claim that the mosquitoes made the water stagnant, right? The blood sucking pests are “attracted” to an already stagnant condition caused from acid rain and lack of fresh clean water circulating in the pond: the “terrain” is to blame.



Your shingles virus is a lot like those mosquitoes in the stagnant pond.

Your immune system depends on healthy circulation of blood to remove acidic wastes and to provide fresh nutrients, water and stable oxygen — without that delicate balance your tissue, or “terrain,” grows slowly stagnant and acidic.

- The secret key to preventing shingles virus (VZV), or for that matter any virus, from overcoming your immune system is to simply learn to nurture a proper pH balance.

A proper pH balance is what keeps your cellular “terrain” immune to invasion and infestation.

Now You Can Unlock The Secret To Great Health Inside You!

You were born with perfectly “structured water” in your veins, water similar in composition to your blood and bones energized with vital trace minerals necessary for life.

Through years of exposure to stress, chemicals and poor diet, all the naturally “structured” water in your cells has become toxic, or in other words, your “cellular water “ has a slightly more “acidic” pH level compared to when you were first born.

Once your natural “alkalinity” levels are restored, your body can fix itself. It just needs this “right” kind of water to do it.

The amazing truth is the “right” water will reduce your need for medicines, herbs and supplements because “structurally” energized water has the ability to hydrate you, detoxify you and oxygenate you, making anything else you do more effective.

You’re here on purpose. It’s by no accident that you’re reading this. You are ready to take a stand for your own health. You knew it had to be really simple. Well, my friend, it will never be simpler than this!

What “Big Pharma” Didn’t Want You To Find Out...

There's remarkable “self healing” intelligence inside you all the way down to the DNA level!

It’s no mere coincidence your body averages near 75% water. All 50 trillion of your cells are “counting on good water” to energize minerals, activate nutrients and help create an active immune system.

“As you age” your percentage of water drops away from that 75%, which in turn affects all of your age-related issues, especially shingles pain.

FACT: After only one week without water your immune system will shut down. Your blood

Grandma's Tips

The foods we eat, stress and some lighting tend to make our body acidic. This, in turns, leads to all kinds of problems. Also, cancer cannot live in an acidic environment. Short and long term treatment is to get your alkaline levels up in your blood.



that once carried oxygen rich nutrients to your cells will warp and clot and you will suddenly die.

You don't need to suffer from severe dehydration for your immune system to drop its guard. Most people survive in a constant state of chronic dehydration, not bad enough to kill them, but bad enough to give dormant viruses like the Zoster virus a chance to reactivate and thrive.

The Basic Function Of Water Is to Protect Life

The secret to a healthy "terrain" is that it has to be in the "RIGHT" kind of water.

This is a perfect example of where quality is superior to quantity. It's not how much water you need. It's more about the nature of that water.

The foundation of your health is having the "right" pH balance—not too acidic, and not too alkaline.

The way Mama Nature has "structured water" is by running it through deep, dark, cool, mineral rich caverns underground.

Healthy "structured" cellular water is energized with 5 major qualities:

- Free of negative contaminants or "memory"
- A "small" cluster size of 5 to 20 water molecules
- Has a "balanced" pH of 7.4
- Has a "low surface tension" of 46 dynes/cc
- Is vibrant with "life force" energy

"Structured" water activates the health giving benefits of **trace minerals**, plus other helpful qualities, which become energized and sustained.

Naturally **structured water** also eliminates unwanted "acid causing" toxins!

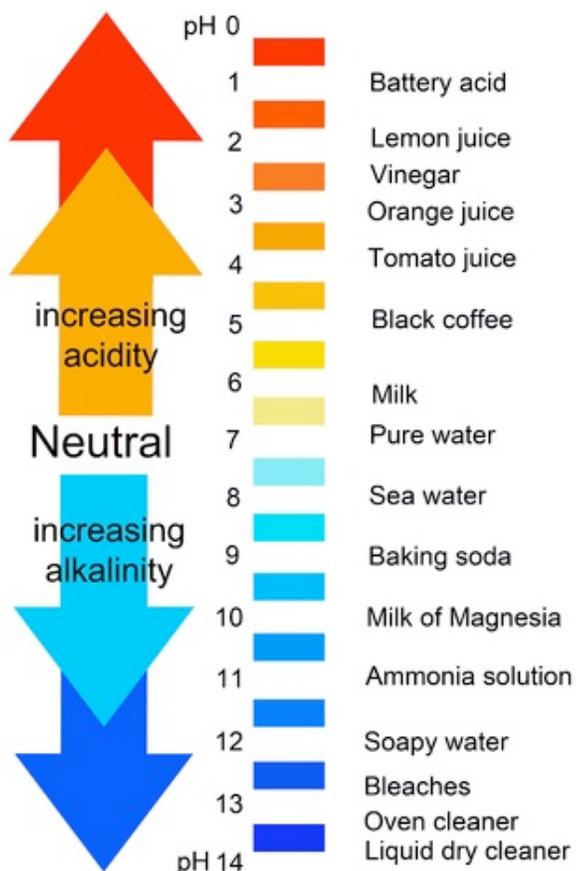
Important pH Scale Simplified!

To help you learn how to prevent, treat and reverse shingles pain caused from the nerve damaging Zoster virus (VZV), you'll need to first understand the pH scale.

The "pH" scale simply means "potential of hydrogen" and allows us to see how acidic or alkaline a fluid like blood, urine or water is.

- A pH of 0 is 100% acidic, like battery acid
- A pH of 14 would be 100% alkaline, like lye
- A pH of 7 is neutral

For example, you can use pH testing strips to measure the pH of your saliva. If you're healthy, it will read pH 7.25 to pH 7.4. Any pH changes greater than 3 or 4 points would be a sign of a serious health emergency, as I've already explained.



It is of the utmost importance for your body to keep a balanced pH to help it ward off the Zoster type of viral infestation and other serious health issues.

- A “slightly” alkaline pH just above 7 contains more stable oxygen and life force energy.
- Anything below pH 7 has less stable oxygen and lower life force energy.
- Low oxygen content in blood is associated with poor health and headaches.
- Did you know 90% of all “life energy” is created by oxygen?
- In fact, ALL your body functions are regulated by oxygen!

Your oxygen rich, healthy blood should have a pH of 7.4 and your tissue “terrain” no lower than a pH of 7.25. Your urine will always be slightly more acid because it is eliminating all your “cellular waste” and toxins.

In fact, your urine is literally “Dirty Blood.” It is this “dirty blood” which stagnates and contaminates the once “structured water” in your “terrain.”

Bottom line is “spontaneous transformation” of your health is possible under the “right” environmental conditions.

Simply put, your body has an internal intelligence that maintains a balance between acidic and alkalinity. When your system is alkaline balanced you have a “bullet proof” immune system.

In summary, the Zoster virus that triggers the symptoms of shingles thrives in a low oxygen, high sugar and acidic environment. That same acidic environment that weakens your immune system causes cellular communication to breakdown, crippling your body’s military defense team.

On the other hand, even cancer cells stay dormant at an alkaline pH level of 7.4, where there is plenty of oxygen, charged minerals and structured water.

In closing, the best way to prevent, treat and reverse shingles pain is to maintain a proper pH level by eating 80% raw fruits and vegetables and drinking “structured” water blessed with ocean minerals. The best source of these minerals is from “coral sachets”¹ used by the Japanese, or simply add raw unprocessed sea salt²² to your drinking water: 1 gram per two quarts per day.



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.

¹ **The original AquaLyte® Coral sachets www.fredkaufman.com**

² **Celtic Sea Salt <http://www.celticseasalt.com/>**



Grandma's Cure Corner: Shingles: Let The Girdle Out

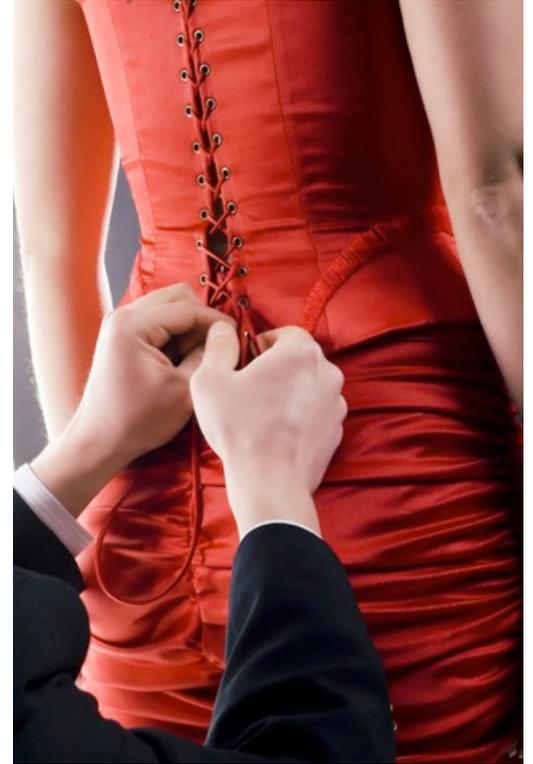
By Grandma Barton

The Shingles virus is also known as the Herpes Zoster virus (not at all associated with other herpes viruses), which translates as belt or girdle from Latin and French origins. The Herpes Zoster skin rash erupts around the trunk of the body – like a girdle! I'm so glad I never had to wear one, but if wearing a girdle isn't pleasant, not so much more is having Shingles. It can take away your breath with pain, bind up the back with lesions and squeezes the life out of you!

How does one end up so “strangled?” The most common string that stretches this girdle is a weakened immune system. Fatigue, stress, chicken pox exposure and other causes – even surgery and x-rays - tighten the nerve endings in your body near the skin to blister and develop the infamous shingles rash. The stress of these vents creates an acidic environment in your blood, which encourages the shingles virus to thrive.

Let's look at the foods that can foster an alkaline environment in your body so that stress, acid and shingles can be averted.

Firsthand, you should know best what foods affect your energy, give you pain or limit your function and thinking. Notice if it is carbs that bring your energy down, or desserts (my own downfall). It is best to avoid these foods at all time, but especially if you are scared of getting shingles, fear the onset is upon you or fighting to regain your health from a shingles episode.



The last thing you want to do is trigger something in your body through food that would result in introducing the shingles virus into your blood stream.

Second, avoid processed, sugary or simple-carbohydrate foods, not only because they are acid-producing but also because they raise blood sugar level too quickly; plus they tend to be nutrient-lacking and may be toxic, too.

Acid-producing foods such sugar, some protein, caffeine and processed foods stress the body to maintain the proper pH level, which fights off bacteria and viruses introduced into the system. To compensate, alkaline minerals (magnesium, potassium, calcium and sodium) are depleted from vital organs and bones to neutralize the acid. It is almost like sucking the life out of your bones leaving them dry and brittle when forced to draw these alkalizing building blocks of your body.

“For every action, there is an equal and opposite reaction.” ~ Newton’s Law.

By robbing your body of sodium, potassium, magnesium and calcium from the bones and organs to remove acid from the body, the strain may go undetected. Eventually, your body becomes defenseless and the damage shows up as fatigue, illness and disease.

An acid environment effectively:

- Decreases body’s ability to absorb minerals and other nutrients
- Decreases the energy production in cells
- Decreases ability to repair damaged cells
- Decreases ability to detoxify heavy metals
- Makes tumor cells thrive
- Can lead to Shingles!



Foods: are they Acid or Alkaline-forming?

Let's get it straight. A food's performance in the body as either acid or alkaline actually has nothing to do with the actual pH of the food itself. Let's take lemons, for example. We all know lemons are acidic, but through the digestion process the end product is alkaline. On the other hand, meat (like almost all animal products) tests alkaline but leaves acidic residue in the body.

To balance your body with Shingles and restore yourself to health, your diet should be 80% alkaline forming foods. If you are healthy and concerned about a healthy pH balance within, then keep your foods to 60% alkaline. Here is a food chart to help you navigate proper pH consumption.

FOOD CATEGORY	High Alkaline	Alkaline	Low Alkaline	Low Acid	Acid	High Acid
BEANS, VEGETABLES, LEGUMES	Vegetable Juices, Parsley, Raw Spinach, Broccoli, Celery, Garlic, Barley Grass	Carrots, Green Beans, Lima Beans, Beets, Lettuce, Zucchini, Carob	Squash, Asparagus, Rhubarb, Fresh Corn, Mushrooms, Onions, Cabbage, Peas, Cauliflower, Turnip, Beetroot, Potato, Olives, Soybeans, Tofu	Sweet Potato, Cooked Spinach, Kidney Beans	Pinto Beans, Navy Beans	Pickled Vegetables
FRUIT	Dried Figs, Raisins	Dates, Blackcurrant, Grapes, Papaya, Kiwi, Berries, Apples, Pears	Coconut, Sour Cherries, Tomatos, Oranges, Cherries, Pineapple, Peaches, Avocados, Grapefruit, Mangoes, Strawberries, Papayas, Lemons, Watermelon, Limes	Blueberries, Cranberries, Bananas, Plums, Processed Fruit Juices	Canned Fruit	
GRAINS, CEREALS			Amaranth, Lentils, Sweetcorn, Wild Rice, Quinoa, Millet, Buckwheat	Rye Bread, Whole Grain Bread, Oats, Brown Rice	White Rice, White Bread, Pastries, Biscuits, Pasta	
MEAT				Liver, Oysters, Organ Meat	Fish, Turkey, Chicken, Lamb	Beef, Pork, Veal, Shellfish, Canned Tuna & Sardines
EGGS & DAIRY		Breast Milk	Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Buttermilk, Whey	Whole Milk, Butter, Yogurt, Cottage Cheese, Cream, Ice Cream	Eggs, Camembert, Hard Cheese	Parmasan, Processed Cheese
NUTS & SEEDS		Hazelnuts, Almonds	Chestnuts, Brazils, Coconut	Pumpkin, Sesame, Sunflower Seeds	Pecans, Cashews, Pistachios	Peanuts, Walnuts
OILS			Flax Seed Oil, Olive Oil, Canola Oil	Corn Oil, Sunflower Oil, Margarine, Lard		
BEVERAGES	Herb Teas, Lemon Water	Green Tea	Ginger Tea	Cocoa	Wine, Soda/Pop	Tea (black), Coffee, Beer, Liquor
SWEETENERS, CONDIMENTS	Stevia	Maple Syrup, Rice Syrup	Raw Honey, Raw Sugar	White Sugar, Processed Honey	Milk Chocolate, Brown Sugar, Molasses, Jam, Ketchup, Mayonnaise, Mustard, Vinegar	Artificial Sweeteners

Ways to Alkalize Your Body

The basics of an alkaline diet are as follows:

- Eat plenty of vegetables.
- Eat foods high in Vitamin B such as brown rice, leafy greens, and brewer's yeast.
- Eat fruit daily.
- Don't eat *too much* dairy products and grain products.
- Minimize direct protein from eggs, meat and fish.

Remember, the quick-food diet is what forms acids:

- Highly sweetened foods
- Pastries
- Red meat
- Colas
- Highly processed foods

These are the foods to reduce to a sensible amount. Take it from me, I've battled breast cancer and have had to cut these items out of my diet to regain health. Remove anything that contains stimulants and undesirable chemical additives, too.

Eating and Drinking Alkalizing Tips

- Apple Cider Vinegar is alkaline and can be taken internally with water. Or, apply to the skin as a liniment to help pain relief and heal blisters.
- Try juicing a combination of carrot, cucumber and beet juice for alkalizing your body.
- A bath in oatmeal and Epsom salts can help neutralize the body.
- Take apple juice at night. Drink natural cranberry juice during the day.
- Alkalizing spices and seasonings:
 - Cinnamon
 - Curry
 - Ginger
 - Mustard
 - Chili Pepper
 - Sea Salt

Drink plenty of water, which is essential for neutralizing acids in your body and helpful for cleansing out toxins. In fact, being dehydrated can contribute to the development of shingles. Drink non-chlorinated water to strengthen your immune system. If necessary, consider installing a Reverse Osmosis filtration system at your kitchen sink to help condition your water.

Natural Cures For Shingles Treatment

Just when you thought that childhood bout of chickenpox would never irritate your epidermis again, it has returned with a vengeance. There's the same maddening itch that you had as a child, those unsightly dots, as well as severe burning and a blistering rash. Here are a few additional tips to alkaline food therapy that will help ease the pain:

- Start Shingle Treatment by doing fruit diet and vegetables.
- A good diet and reducing daily stress will help boost your immune system.
- Have plenty of rests.
- Don't do any stressful work or anything that can make you stress.
- Be sure to smile even though you are in pain (smile releases certain hormones that calms you down), make yourself happy and always be happy.
- Avoid heat as well as tight clothes and itchy fabrics like wool.
- Apply capsaicin cream to relieve nerve pain and help dry the lesions.

Peace of mind is Alkaline. You can loose the girdle and maybe even a few pounds by reaping the benefits of healthful, delicious and life-giving alkaline food. Strengthen your immune system and prevent disease with the health benefits of an alkaline diet.



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.



Healthy Holiday Eating

By David Randall

During this Holiday season we decided to put together some eating tips for alternating recipes and ways to avoid the calorie laden dishes served at every holiday party or meal. These tips should not only get you through the rest of the Holiday season, but they will also serve you well at any social event or dinner party into next year.

Gratefully, there are some very easy ways to revamp your recipes and dinner party strategies so you can make better eating habits.



Healthy Holiday Eating Recipe Tips

- Use the lower, healthier fat versions of cream cheese and sour cream.
- Instead of half-and-half, use 1% or skim milk and plain, fat-free yogurt can take the place of a whipped topping on a dessert. *Note about yogurt: some fat-free versions have more added sugar to make up the taste, so read labels.*
- A tip for baking: Use puréed fruits instead of oil for cakes, muffins or cookies. For example, if a cake recipe requires $\frac{1}{2}$ cup of vegetable oil, use $\frac{1}{2}$ cup of applesauce instead. You'd be surprised that you get the same flavor, moisture and texture. For those watching their cholesterol, two egg whites or $\frac{1}{4}$ cup of egg substitute can replace one whole egg.

Healthy Eating Tips for Holiday Cooking

It's estimated that the average holiday "meal" contains 3,000 calories – more than most people should eat in an entire day. So, how can you enjoy a tasty tradition without ending up in a calorie coma?

Follow these guidelines:

The Meat

Red Meats – If red meat is going to be a part of your holiday season meal, stick to lean cuts of meat and always make sure it comes from grass-fed sources or buffalo meat, if available. Both of these red meat sources are much higher in healthy fats such as Omega-3s and will have no dangerous hormones.

- *Per 100g 136 calories 5.1g fat*

Turkey or Chicken - Eat the white rather than the dark meat. And don't eat the skin. You can season your bird with celery, onions and herbs, which impart flavor to the meat even without the benefit of the skin. White meat has less than half the calories – and a quarter of the fat – of dark meat with skin.

- *Chicken: Per 100g 116 calories 3.2 fat (minus skin)*
- *Turkey: Per 100g 119 calories 1g fat (minus skin)*

Pork – Pigs tend to be reared over a long period of time and this long life increased the chances of high chemical content in the pork meat. Find organic sources when possible. For pork cut choices, stick with the lean cuts. If you have chosen a fatty cut of meat, cut off the fat before cooking. Best cut of meat will be the pork tenderloin.

- *Per 100g 123 calories 4g fat*

Ham – Packaged ham or the typical baked ham can contain up to 37% water and have high doses of salt and chemical flavorings. Even though ham is not typically a high fat protein source, because it is high in nitrates and sodium, ham is really meat that should only be eaten in moderation.

- *Per 100g 107 calories 3.3g of fat*



Fish – Eating fish is one of the smartest and simplest meal items you can do this for this Healthy Holiday Eating season, yet probably the most likely used. Fish offer important heart-protective vitamins and minerals and contain very little artery-dogging saturated fat. Most important, fish are the best dietary source of omega-3 fats, or healthy fat. Typically the smaller the fish the fewer chemicals and toxin levels.

- *Per 100g 26- 79 calories and 0.1-2.5 of fat*

The Sides

Stuffing. Cook stuffing outside the bird so it doesn't absorb the fat drippings. Instead of adding sausage or nuts, use a recipe with raisins or other dried fruit. Replace some or all of the butter with healthy fat-free chicken broth.

Mashed potatoes. These can be another caloric pitfall, so season them with pepper and herbs and use low-fat butter, fat-free half-and-half or reduced-fat sour cream. Better yet, make your mashed cauliflower.

Sweet potatoes. A great healthy alternative for the holiday party, but not if they are loaded down with butter, brown sugar and marshmallows. Instead, mash and flavor them with orange juice, orange zest and buttermilk.

Green bean casserole. Give the traditional recipe a makeover with 98% fat-free cream of mushroom soup.

Grandma's Tips

Mashed cauliflower tastes light, creamy and rich. Steam head of cauliflower for 10 minutes. Saute 1 clove garlic in 2 T butter. Add 1/4 c milk, red pepper, salt and mash.

The Desserts

Since desserts and sweets are at every core of the holidays and is nearly impossible to stay away from, it is vital that you watch your portion sizes. To enjoy the desserts, the best eating tip anyone can give is to eat slowly and savor the taste of your carefully chosen dessert.

9 Easy Eating Tips for Navigating the Holiday Buffet Table

Because you can't always control how much fat and calories holiday foods contain, here are five eating tips for Healthy Holiday Eating at a holiday party:

1. Have a cup of chicken broth or light soup before going to a party. Hot soup will take the edge off your hunger and you will find yourself choosing less food at the party or dinner.
2. Drink 1-2 glasses of water before eating.
3. Do not save your calorie intake for the main Holiday meal. Start your day with a healthy breakfast and lunch. This will get your body and metabolism in line with the rest of the day.
4. Try not to hang out near the food, which could lead to mindless grazing. Approach the buffet table with purpose.
5. If there are two plate sizes, use the dessert plate if it's not too tiny. This will create the illusion of having more food.
6. Before you pile your plate, survey the buffet table to see what's there. Choose only the foods that you will truly enjoy.
7. Eat slowly.
8. There's no prestige in being a member of the clean plate club. It's OK not to eat everything on your plate.
9. Eat your calories instead of drinking them. A glass of beer, punch or eggnog might be 200 to 500 calories. Stick to water when possible.

Bonus: Common Healthy Holiday Season party food choices include:

- Roasted and raw veggies (be careful of cream-based dips)
- Hummus
- Shrimp cocktail
- Nuts (no more than a handful)
- Water crackers

- Melba toast
- Popcorn seasoned with herbs
- Fresh fruit,
- Dark chocolate–dipped strawberries.

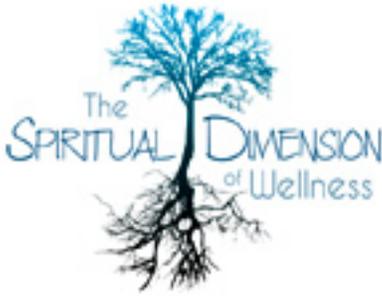


Eating this holiday is not as much as eating healthy; it is about choosing healthier options and healthier recipes. Healthy Holiday Eating means, substitutions, advanced planning, portion control and most importantly - MODERATION.

Enjoy your Holiday Season!



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.



Loving Lepers

By Steven Hickey

Black and White Skin Disease

On a crowded flight recently I made my way to my seat only to discover I'd be sitting next to a dark complected African man with an obvious case of the skin disease Vitiligo: the patchy loss of skin pigmentation. So intense was the contrast of colors on his face, it took a conscious effort to not do a double take. It took literal intention on my part to look him in the eye, as the natural thing would have been to stare at his face.



Being honest, as my arm rested on the armrest against his, I had the fleeting thought that the black/white patterns on his arm were Holstein-like. Surely you would not have thought the same, but I did. (Perhaps the years I milked cows on a Wisconsin dairy farm brought that to mind first). During the flight, I figured out that the seat on the other side of the man was empty because the person assigned to that seat had asked to be moved. Compassion welled up in my heart. It is one thing to have a disease on the inside; it is another thing to have it on the outside.

Rather than read, I closed my eyes and reflected on what life must have been like for this fellow. Surely his family gave no thought to his appearance, as things we are used to seeing fade into the background naturally. Perhaps children found him frightening. Knowing that most cultures would marginalize him as unclean, I thought about the levels of rejection he likely faced.

Beauty Is More Than Skin Deep

Knowing how God loves and values each person, I thought through the plotline of the *Beauty and the Beast* believing that underneath the hideous facade there was surely a prince. The story of Job also came to mind as Satan stepped up his attack on Job to a whole other level by striking his flesh with painful sores. Being well-versed in the Biblical passages where Jesus touched lepers, I thought of how the teachers of the law required people to walk on the other side of the road when a leper passed by. In fact, lepers were required to call out “Unclean!” as a warning those near them. People would scatter a safe distance away.



A decade ago I preached in a couple of leper colonies in southeast Asia and I remember, at that time, thinking about whether or not it would be a waste of my life if God called me to give my life to serving them there. Those who know God and His compassion understand it would not be a wasted life to wash the sores of the afflicted.

We know more about skin diseases today. Consider shingles, for example. It

is a virus-based infection of the central nervous system and contagious, but only to those who come into contact with open sores. Nonetheless, skin diseases pack a greater measure of shame because they are visibly evident.

The irony of many skin diseases is that the root issue (like anxiety, fear, self-rejection and self-hatred) increases as the blight develops and becomes more evident. It is known that those struggling with anxiety and those who are under emotional stress are more susceptible to the Varicella Zoster Virus (VZV), which causes shingles. The medical community is still trying to connect the dots as to how and why viruses seem to attach themselves to emotional and spiritual problems. Most ointments prescribed for skin diseases are topical anti-histamines. The body responds to fear, anxiety and stress via the over-secretion of histamines. Again, the irony is that for many skin diseases these root issues causing them to manifest are compounded by the outbreak and additional rejection results.

Rejection vs. Love Test

God's remedy is acceptance and love. These are the very things Jesus imparted as he literally touched afflicted people. Of course, there are natural remedies for shingles and other skin diseases (including things like fruits with proteolytic enzymes and amino acid supplements). But, this column touches on the supernatural remedies, which are every bit as important as the things we apply in the natural.

Grandma's Tips

Proteolytic enzymes are enzymes that help you digest the proteins in food. Although your body produces these enzymes in the pancreas, certain foods also contain proteolytic enzymes. Papaya (the unripe fruit) and pineapple are two of the richest plant sources.



There is also some association in the Bible between curses and skin diseases. On numerous occasions, God even afflicted people with blights, leprosy and sores as a measured judgment. It is also a strategy of demons to come against the faithful in hopes they'll turn and curse God. Each of us can sort out what we believe about the degree to which God allows the curse of skin afflictions.

As we love hurting people and pray for them, there are times we sense we might need to break curses that are coming against them. More often than not, we have found these curses are self-imposed. As we plead the blood of Jesus over a person's life and pray with authority and compassion, these curses can be broken.



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

CELEBRITY HEALTH WATCH

President Richard Nixon



Although shingles can affect any age group, it's more prevalent and more painful in older people. Former President Richard M. Nixon was just shy of his 72nd birthday when he became subject to the horrific pain of shingles.

In children and young adults, shingles usually runs a mild and quick course, and the average sufferer will recover without any therapy or extensive treatment. In older people, however, the pain may be excruciating, the itching may be intense, and the blisters may become crusted and infected.

Complications include chronic debilitating nerve pain that can last months to years. If you are immuno-compromised, shingles can be life threatening. Another potential complication is if you get shingles involving the eye, you can develop scarring and blindness.

In older people, stress is what usually triggers a shingles attack. President Nixon was completing his book, "No More Vietnams" when he was diagnosed with shingles, with extreme fatigue as one of its symptoms.

The former President's physician indicated that Nixon had one of the worst cases of shingles he had ever seen and was in "an awful lot of pain."

The disease, resulting in painful blisters and sores, affected Nixon's upper back and shoulders.

Richard Nixon wasn't the only former President to catch this viral disease? Herbert Hoover caught Shingles in 1947 while working with the Truman Commission.

President Nixon's condition improved in the comfort of his own home with available ambulatory care, later to return to his New York office to work. Not known to complain, the pain was crazy but President Nixon made full recovery from shingles.

Anti-Aging Care



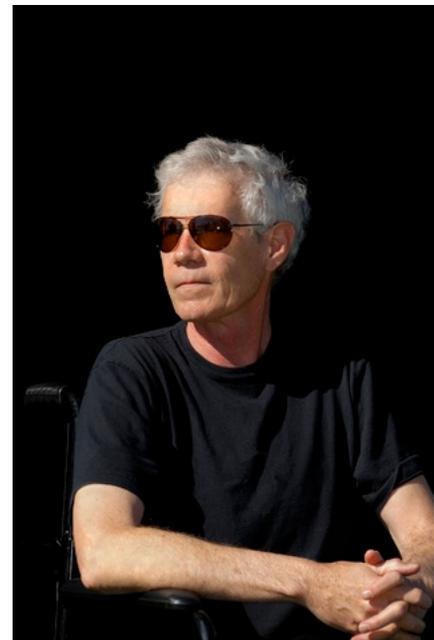
Drugs: Will They Kill You or Cure You?

By David Kekich

In 1977, Dr. Charles Carson and I never heard of each other. However, the next year, separate but similar incidents in each of our lives bonded us... until last week. That's when Chuck's amazing life, and thirty-four years of pain and suffering came to an end. And antibiotics may have had a hand in it... but not in the way you might think.

First, let's address the drug issue, and then we'll get back to Chuck.

Are Prescription Drugs Good or Bad For You?



The answer is "both." They can cure... and they can kill. In fact, The Journal of the American Medical Association reports about 113,000 annual deaths due to drug medical errors and non-errors, and negative effects of drugs.

If you read *Life Extension Express*, you saw my opinion on drugs. Especially their chronic use to treat symptoms such as high blood pressure, high cholesterol, headaches, weight gain, etc. One example, weight loss drugs, have the worst record of all in terms of side effects and success rate. In 1977, a research project showed a modified diet consisting of eight to ten servings a day of fruit and vegetables lowered blood pressure as well as drug therapy. Many things can be treated naturally or avoided altogether that doctors throw drugs at.

Do You Know How America's Health Compares to Other Developed Countries?

Not too well. Yet we consume 50% of the world's prescription drugs. The other 95% of the world's population takes the rest. That would be a good testimonial for drugs if we led the world in health, longevity and aging. But we don't. We lag behind almost every other developed country. In fact, we are ranked a pathetic forty-second in the world in longevity. Don't buy into the story that you have to live on medications for lifestyle-related diseases. Statistics prove otherwise.

Symptom treating may mask and actually increase the underlying causes. In almost all cases, if you treat only a symptom you are going to make the disease worse. The symptom is there as your body's attempt to heal itself. Medication almost always causes an imbalance to your system. Most medicines are blunt instruments, and no one really knows what they'll do once they're inside of you. So, the deadly paradox of chronic drug use can often deceive you into thinking you are doing your body favors, when in fact you may be masking the cause and sabotaging your biochemistry. You could be playing with deadly medicine—short-term gratification that costs you long-term health and satisfaction.

Do you know how big a vested interest the medical and drug industries have in keeping you sick and keeping you on medications? Why do you think they spend twice as much on advertising as they do on research?

Drugs Can Be Life Savers

Drugs and nutrients can both cure and prevent disease. But only pharmaceuticals have government sanction. And Big Pharma protects its turf.

So, keep thinking "cause" and not treating "symptoms." Take drugs when necessary. They can be life savers. But avoid chronic use unless you are well informed and well advised. The few hours you invest over time could reward you with revitalized health and extra years to appreciate it.

There may be times when you should thank your lucky stars that drugs are available though. Antibiotics used properly are a common example. In fact, if it weren't for antibiotics, I would have been gone years ago. That's what is so ironic about Chuck's death. We shared a strong skepticism and distrust of many of Big Pharma's products, but he was much more distrustful. So distrustful, in fact, that he ignored his doctor's prescription for antibiotics when he was

hospitalized for pulmonary fibrosis. His doctor also suspected pneumonia and gave Chuck antibiotics. He dismissed them and died the next day.

Would he be alive if he took his drugs? I don't know. I do know there is a time to trust and a time to distrust Big Pharma, and those should always be informed decisions.

What Pain Meds Do NOT Do

Chuck and I bonded due to our personal spinal cord injuries. He was a smart guy, and his grandmother told him if he wanted to walk again, he'd have to figure out for himself how he was going to get cured. In 1979, he founded the Spinal Cord Society, a non-profit foundation dedicated to curing paralysis. I was one of the start-up donors and opened a local fundraising chapter where I invested most of my energy until I decided aging was a more important challenge.

One of the things Chuck and I shared was chronic pain as a side effect of our injuries. Recently, my pain medication stopped taking the edge off, and the pain got more severe. So, I visited a specialist who worked with a lot of spinal cord injury pain. He prescribed methadone, you know, the drug used to get addicts weaned off heroin. Yep, I said what you are thinking. I asked him if that wasn't an awfully strong drug, was it addictive and what the side effects were. He assured me it is now the preferred drug for my neuropathic pain syndrome, that it blocks three separate pain receptors and that it is perfectly safe at the doses I would be taking.

Here's what it DID NOT do:

- Relieve my pain

Here's what it DID do:

- Made me sick to my stomach
- Made me weak
- Made me dizzy
- Slowed down my heartbeat dramatically
- Made me itch
- Decreased my appetite

It's been a miserable month, especially the last week.

Sure, I checked the side effects before I took the medication methadone and read the long list that you see with nearly every drug. And even though I was encouraged by the doctor's assurances that it was perfectly safe, I started at less than 1/2 dose and gradually worked my way up. As I increased dosage, I gradually started getting sick. When I really felt sick and weak, I checked the side effect list again. My symptoms jumped off the page, and I stopped taking it.



A Massive Amount of Drug Companies' Marketing Budgets Target Physicians

They brainwash doctors. Then doctors give what they think is good advice, and lots of patients get better. But some get sicker with side effects, and some even die from their medications.

By the time we cure aging, science will deliver us personalized, targeted, safe and effective drugs. Until then, be careful.

Twenty years ago, when I suggested to Chuck that we should cure aging, he said "We'll work on aging once we cure paralysis". I'm sad he won't be around to see either. Our paths slowly diverged when I founded Maximum Life Foundation. He set great examples as to how research should be managed, and that knowledge is now reinforcing the aging research agenda.



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. MaxLife is helping to make the anti-aging dream a reality with cutting edge Bio-Engineering research and products.

Weight

LOSS

Corner

Dealing with Stress and Cortisol Control

By Roger Asmus

Many of us suffer with stress, some of us more than others. However, few of us are really aware that stress impacts our health. Fear not. There are simple steps you can take to help better manage it.

Usually associated with the physical and mental side-effects of a busy lifestyle, stress is rampant during times such as this. For many people, a bad economy is at the root of money worries, leading to high anxiety. During periods of stress, the body generates chemicals called cortisol, adrenaline and noradrenaline.

Cortisol is commonly known as the “stress hormone,” this very important hormone is produced and secreted by the adrenal gland. It helps regulate numerous body functions including blood pressure, insulin release, glucose metabolism, immune function and inflammatory response. It also plays an important role in the regulation of emotion, cognition, reward, and energy utilization.

Why do we need to control cortisol?

It's simple. Excess cortisol is secreted during times of physical or psychological stress, which can alter the normal pattern of cortisol release. When hormones are imbalanced, often due to stress, lack of exercise or a poor diet, a person can experience symptoms such as depression, mood swings, low libido and fatigue.

Cortisol stimulates fat and carbohydrate metabolism for fast energy, and helps maintain blood sugar levels, which may cause an increase in appetite and cravings for high-carb, high-fat foods. Not surprisingly therefore, high levels of cortisol can also contribute to weight gain and



even affect where you put on weight. Studies show that stress and elevated cortisol levels actually cause an increase in visceral fat in the abdominal area, the worst place to store excess fat. There is a strong correlation between abdominal fat and cardiovascular disease.

Lifestyle Changes to Control Cortisol

Sleep is a very important component of any healthy lifestyle. Making sure you get an adequate amount of sleep each night can help keep hormone levels in an ideal range. According to nutrition4health.org, the key to a rejuvenating sleep is having a normal cortisol rhythm during the day that leads up to a restful nights sleep. In other words, the two go hand in hand.

Although caffeine can function as an effective way to boost metabolism, making sure you don't exceed 400mg each day is important where cortisol is concerned.



Vitamin C is thought to be a stress buster that can have a positive impact on the hormone cortisol. Psychology Today declares that vitamin C helps reduce the physical and psychological impact of stress. “In one study German researchers subjected 120 people to a sure-fire stressor....Half of those studied were given 1,000 mg of vitamin C. Such signs of stress as elevated levels of the stress hormone cortisol and high blood pressure were significantly greater in those who did not get the vitamin supplement. Those who got vitamin C reported that they felt less stressed when they got the vitamin,” reports Psychology Today.

Refrain from drinking alcohol. High levels of intoxication could stimulate cortisol release. A study titled *Alcoholism: Clinical & Experimental Research* found that long-term chronic drinking produces an increase in cortisol both during intoxication and withdrawal.

To keep cortisol levels balanced or as the experts call it, in a homeostatic state, relaxation techniques can be very beneficial. Everything from Yoga, to listening to music, to exercising regularly can have a positive effect on the body's response to stress.

So, how do you recognize when your stress level may be too high?

Stress Symptoms

- Feeling excessive guilt when you're relaxing, and not always staying busy
- Having trouble getting to sleep
- Finding it hard to concentrate
- Experiencing an unusually high level of sensitivity
- Tension in your body
- Indigestion, loss of appetite or eating purely for comfort

Stress Management

Making some simple lifestyle changes should help ease many of the symptoms associated with stress. If however, you are experiencing stress or anxiety that is a real cause for concern, you should always talk to your doctor.

- Take things one step at a time. It's ok to say no when demands are too high.
- Talk to someone who is positive and will offer you useful advice.
- Let out your frustration in a healthy way. Try shouting out loud, screaming or even hitting a pillow!
- Use relaxation techniques such as yoga to help calm your body and mind.
- Become physically active. Exercise releases endorphins into your blood stream, giving you a feeling of happiness and improved sense of well-being.
- Take time out from your usual daily routine. Socialize with friends or take time to be at one with yourself.

Stress and high levels of cortisol can raise blood pressure, increase heart rate and make you sweat more. In addition to this, too much cortisol circulating in the body can lead to weight gain, releasing fat and sugar into your bloodstream and even preventing the immune system from functioning properly. Do all that you can to be stress-less!



Roger Asmus entered a fitness competition and won the Mr. Teenage Colorado in 1991. He was 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. He is currently one of the top personal trainers in the country and is president of Core Health Innovations™.

Product Reviews



A Spicy Approach To Relieve Shingles

A Hot New Cure for Shingles Pain: Hot Peppers!

Medication mostly commonly prescribed for shingles includes antiviral drugs to help ease the symptoms of lesions and neuralgia (sharp nerve pain). The first sign may be a tingling feeling, itchiness, or shooting pain on an area of skin. A rash may then appear, with raised dots or blisters forming. When the rash is at its peak, rash symptoms can range from mild itching to extreme pain.

For those with compromised immune systems due to stress or age, the pain may persist into what is known as post-herpetic neuralgia (PHN), causing continuing irritation to the nerves.

Steroids, antidepressant and topical creams can be used to block the nerve pain. The topical cream Capsaicin is FDA approved and can help with the treatment for severe shingles, or PHN, by inhibiting chemicals in nerve cells to transmit pain.

Grandma's Tips

Make your own! Use 8 to 10 oz. habanero chiles, chopped with the seeds and 1 qt. olive oil. Combine the ingredients and bring to a slow boil. Reduce heat and simmer very gently for 4 hours. Let cool for 4 hours. Repeat this procedure 2x. Blend on high for 20 seconds in blender. Strain through a sieve that has been lined with muslin (or pantyhose) and place in small bottles. To make a cream, add 6 oz. of melted beeswax to the warm, strained oil. Stir thoroughly and shake the bottle until cool.



Capsaicin Treatment for Shingles

Capsaicin is made from hot peppers, which produces a sensation of numbness in the mouth when eating. However, applying it topically simulates the sensations produced by damage. The capsaicin found in hot peppers releases a chemical substance that tricks the nervous system to create a burning sensation and reduces pain. Capsaicin creams is well established as helpful in relieving pain associated with neuropathy (pain that lingers with shingles), nerve pain from diabetic complications and osteoarthritis.

Topical capsaicin cream is available in 2 strengths, 0.025 and 0.075%. Both preparations are indicated for use in neuralgia. The cream should be applied sparingly to the affected area three to four times daily. Treatment should continue for several weeks as the benefit may take a while to develop. Capsaicin creams are approved over-the-counter drugs and should be used as directed. Over-the-counter creams containing concentrated capsaicin are recognized as safe, but caution should be used near the eyes and mucous membranes. Mild to moderate burning may occur at first, but it decreases over time.



[Purchase Nature Works Capsaicin Cream For Pain-Relief Today by Clicking The Link Below!](http://www.amazon.com/gp/product/B000WUCEYS?ie=UTF8&tag=bartopubli20&linkCode=as2&camp=1789&creative=390957&creativeASIN=B000WUCEYS)

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Product Recommendation: **Super Immune5 Plus™**

Natural supplement to support and boost your immune system

Super Immune5 Plus™ helps...

- Strengthen your entire immune system—making it a lean, mean, machine to help you stay healthy year-around.
- Boost your immune "adaptability"—so your body can quickly and easily respond to ensure you stay healthy.
- Balance an overactive immune system—reducing itching, sneezing and other annoying allergic symptoms.
- Support healthy immune function—to keep your immune cells on ALERT status 24 hours a day to attack BEFORE any bugs can cause damage!

The Surprising Reason You Get Sick

Germs and viruses should NOT make you sick.

Your body came loaded with a trillion different antibodies and immune cell warriors that are more than capable of battling any enemy that cross their paths. There isn't a germ or bug alive that can stand against them.

So, why do you get sick?

Two critical things can cause your immune system to drop the ball:

1. Your modern lifestyle—Poor diet, stress, an overload of environmental pollutants and the overuse of medicines can wear out your immune system before its time.
2. Your age—As you grow older, your immune system is naturally slower to respond to attacks, which can allow the "invaders" to slip by unnoticed—until they start to harm your body.

When your immune system is overwhelmed, slow or worn out, it's easy for you to fall for one bug or another.

But, the secret to staying healthy is simple...

Fortify Your Immune System With Super Immune5 Plus™

Super Immune5 Plus™ is an all-natural formula that boosts your immune system and helps keep it in tip-top shape—so it can quickly and easily fight off with the germs and bugs you come in contact with every day.

It doesn't matter where you live or travel. It doesn't even matter if you're stuck on a crowded airplane with people coughing and sneezing all around you. This revolutionary formula will help give you round-the-clock, protection to boost your immune system that helps keep you stay healthy!

Super Immune5 Plus™ is a unique supplement formulation of five powerful ancient herbs that are scientifically documented to help...

- Stimulate your body's immune system...
- Boost levels of natural killer cells...
- Support healthy immune function, and...
- Encourage a healthy immune balance...

...So you can spend LESS time in the doctor's office—and MORE time enjoying good health.

What Ingredients Are You Getting In Super Immune5 Plus™?

With Super Immune5 Plus™, you get five immune boosting herbs PLUS five powerful immune-supporting nutrients to help you experience vibrant health year round:

- **Astragalus**—An ancient Chinese herb that stimulates immune cell growth and boosts your natural production of white blood cells and natural killer cells.
- **Scute**—An herb favored by the Chinese for its powerful immune-boosting properties that support a healthy immune system—fast.
- **Reishi mushroom**—Helps keep your body in balance by balancing your immune function—and supports your body’s natural defenses.
- **Andrographis**—An Indian herb that contains potent properties to help reduce symptoms and boost your immune system.
- **Isatis**—A Chinese wonder-herb to help reduce sniffing, stuffy-nose type symptoms and helps regulate inflammation throughout your entire body.



PLUS...

- **Quercetin**—A natural antihistamine that helps reduce seasonal allergy symptoms... food allergies... and skin outbreaks.
- **Vitamin D**—Gives you powerful protection for your autoimmune defenses—while boosting the healthy function of white blood cells.
- **Zinc**—Helps activate the production of immune cells that protect your body daily.
- **Vitamin B6**—Keeps your thymus, spleen and lymph nodes in top working order, so they can produce healthy red and white blood cells and keep your immune system in good shape.
- **Vitamin C**—The all-around immune supporting vitamin – helps boost your immune system strong so you don’t get sick in the first place.

Super Immune5 Plus™ Goes to Work FAST

Nutritional supplements work differently for different people. You might start to notice benefits from Super Immune5 Plus™ starting in just a few weeks. You'll likely experience your most powerful health benefits in 90 days or longer. The longer you take Super Immune5 Plus™, the BETTER you'll feel—with a strong, vibrant immune system to stay healthy every day.

Precautions: Super Immune5 Plus™ is an all-natural product. Questions about combining medications with nutritional supplements can be addressed with either your health care professional or pharmacist. Medications should never be adjusted without proper medical advice.



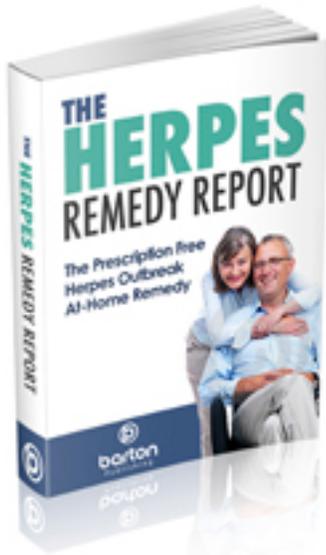
Super Immune5 Plus™

*For Supporting Healthy
Immune Function*

Dietary Supplement
120 Tablets

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IMMUNE SYSTEM FAST!](#)

http://landing.healthresources.net/products/super-immune5-plus/HEY_LP01.asp?SC=HEY1003



Free Remedy Report:

The Herpes Remedy Report

The 72-Hour Prescription Free Herpes Outbreak At-Home Remedy

The various forms of herpes viruses produce infections that result in cold sores, genital herpes, shingles, mononucleosis and chronic fatigue syndrome.

However, the two major forms of herpes are oral herpes and genital herpes. This report will describe the difference between the two types of viruses, as well as how to prevent the creeping, infectious pattern of blisters from forming.

With this 72-Hour Herpes Relief Guide, you will discover:

- How to use 3 immune system boosting easy to find ingredients that when taken will build a wall of protection against your outbreaks!
- Some of the most amazing facts about herpes transmission and how to avoid giving this virus to anyone you love!
- Healing oils secrets revealed! If you are in pain, these easy to find and very inexpensive oils will make your pain sail away and offer immense soothing relief!
- Vitamins that when taken will offer you complete control over your herpes outbreaks. This section covers exactly what to take and why you should take some of the most powerful vitamins that will change your life and win the battle against herpes!

This little book is packed with all the information you need to get back in control. You will find information about herpes or the virus that causes it, the way it can spread, the typical symptoms, tips on preventing infection amongst your near and dear ones as well as some very useful information on treatment, both by modern medicine as well as by natural remedies. You will also find some useful tips on the appropriate nutrition that assists in recovery.

Download your free copy of the
Herpes Natural Relief Guide Remedy Report:

<http://www.homecuresthatwork.com/members/access/HerpesReliefGuide.pdf>