

August 2011

HomeCures

That Work

.COM

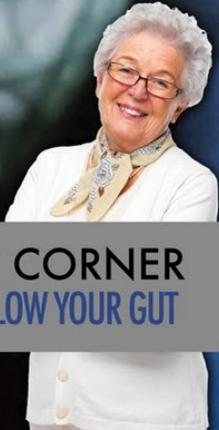
WEIGHT CONTROL • SPIRITUAL WELLNESS • HEALTHY RECIPES • LIVING HEALTHY

Curing Bipolar Disorder

Are You A
Hungry Bipolar
Bear?

Natural Options
for Balance

Help For Those Tossed About



GRANDMA'S CURE CORNER
WHEN MEDS DON'T WORK, FOLLOW YOUR GUT

Table of Contents

(Click on title to link to article)

[Ask-an-MD with Dr. Scott Saunders: Curing Bipolar Disorder](#)

[The Health and Wellness Ladder: Bipolar Disorder: Natural Options for Balance](#)

[Healthy Recipes and Eating Ideas: Are You a Hungry Bipolar Bear](#)

[Grandma's Cure Corner: When Bipolar Meds Aren't Working, Follow Your Gut](#)

[Spiritual Dimensions of Wellness: Help For Those Tossed About](#)

[Celebrity Health Watch: Vincent Van Gogh - Tortured Talent and Suspected Sufferer](#)

[Anti-Aging Care: Living to 120 - Taking \(Grey\) Matter Into Your Own Hands With Lithium Orotate](#)

[Weight Loss Corner: Meditation As A Strong Wellness Tool](#)

[Product Review: St. John's Wort](#)

[Product Recommendation: TrueHope EMPowerplus](#)

[Free Remedy Report: Depression](#)

Curing Bipolar Disorder



by Dr. Scott Saunders

Marilyn called from a hotel room in the next town crying, hardly able to talk. She said she wanted to die, that life was too painful and she was hopeless. She had left her husband and 18-month-old son a couple of days earlier, spending more money than they had during the previous two days and nights, staying in hotels (but not sleeping), getting massages and eating in fancy restaurants. Now, she had crashed and was completely despondent. At 43, she acknowledged that her whole life was filled with similar episodes.



Bipolar disorder is not a disease; it is only a syndrome or collection of symptoms that include instability. People with this are “up” or “down,” but not in between. Some people have manic episodes like Marilyn where they feel “high” and don’t sleep, then come crashing into a deep depression that may last for days – or even years. Some never recognize a “manic” episode and are only depressed. Either the highs or the lows can be continual or episodic. It’s hard to diagnose because everyone is different.

“I miss mania!”



At 25, Katy was the life of the party. Since she was a very pretty girl with long blonde hair and attracted attention anyway, but when she was “up” she didn’t need any help with alcohol or drugs; she was uninhibited. However, there would come a time when she would be “down” and hate life, cut herself with a razor blade leaving scars on her arms. She would also have crying spells and panic attacks. In high school, she had been both anorexic and bulimic.

It took several years to help Katy come to balance. We worked with her hormones, diet, and multiple supplements, including herbs and vitamins. As she started to be more predictable, and have less depression she didn’t feel the need to “cut” anymore. Moreover, her eating disorders resolved and she no longer had crying spells.

One day, Katy came in to the office and described the previous months of the return of all her bipolar symptoms – the mania and depression, the crying and cutting – all of it had returned. I asked her what happened and she said she went off of everything because she missed the “high” side of being bipolar. The highs feel so good; she said, “I miss mania! ...But the lows are so bad that I’m willing to give it up.” We went back on the program and she remains stable.

Bipolar Medication

Katy had been to multiple psychiatrists over the years and had been on just about every psychiatric bipolar medication, none of which had any lasting effect. The medical treatment for bipolar disorder is tranquilizers, anti-depressants and lithium. These may help symptoms, but they do not solve the problem. The best they can do is give temporary, partial relief of bipolar symptoms. Most often, those with bipolar disorder stop their medications because the side-effects are worse than the disease.

One large problem with bipolar disorder is that when there are no manic episodes there is only depression. Doctors assume the patients are depressed and give them anti-depressants. When these bipolar medications don’t work, the doctors often give more. Not only do these not help, they too often cause people with bipolar depression to feel suicidal.

Home Remedies for Bipolar Disorder

The best treatment for bipolar disorder is a combination, as in Katy’s case.

- Occasionally, tests need to be done to determine if there is “leaky gut” which will prevent the proper absorption of nutrients and increase the toxic load on the liver. If this is the case, the bowel needs to be repaired before the nutrient regimen is started.
- Food allergies, toxins, and deficiencies will cause worsening of bipolar symptoms.
- In addition, we have found the balancing of hormones in women also to be very useful.
- A diet should consist of whole foods and no stimulants. That means no caffeine, sugar, artificial sweeteners, MSG, colorings or flavorings.
- Toxins are removed with a diet high in greens and fiber. I often add charcoal, or “DE” (diatomaceous earth), 2 tablespoons twice per day between meals, to adsorb organic toxins. A good “probiotic” should also be included with every meal.



The nutrients are many, but a basic regimen might look like this:

- Lecithin: 2 tablespoons per day
- [Cod Liver Oil](#): 1 tablespoon per day
- Vitamin B: 100 one per day
- Magnesium 400mg per day

“Is this normal?”

Marilyn was started on a strict whole foods vegetarian diet and a supplement called Empower Plus from Truehope (I have found this to be the best for this purpose because it already has all of the nutrients above, and more. See this month's [product recommendation](#).). We kept increasing the dose according to the directions. After a couple of weeks she was taking 18 capsules per day. She called me from home to say, “Is this what it feels like to be normal? I don’t think I’ve ever felt normal in my life!”

Marilyn had to stay on that dose, but she kept trying to take less and the bipolar symptoms would return. After six months, she started to wean off of the supplement and continued to feel normal. Finally, she was able to stop the supplement and has been stable for over three years on no bipolar medications or supplements -- although it is interesting to note that she does have relapses when she ingests any milk products!

If you or someone you know has symptoms of bipolar disorder, including depression and/or manic episodes, it is best to avoid medications and start immediately on a program like that outlined. Those on bipolar medications should start the program and wean off of them with the help of their doctor. Bipolar disorder doesn’t have to be a lifelong problem as it is both treatable and even curable.

Share the success stories of supporters and survivors of bipolar disorder with others by following this link [HERE!](#)



Dr. Scott D. Saunders, M.D. (Ask-an-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. View natural remedies with Dr. Saunders at: <http://www.youtube.com/user/naturalEdoctoro1>



Bipolar Disorder: **Natural Options for Balance**

by Amanda Box, N.D.

Once rarely diagnosed, bipolar disorder has exploded in the last 15 years. Over 5 million Americans are currently diagnosed with bipolar disorder and childhood cases have skyrocketed, increasing over 40 fold!

What's going on here? Were there just as many cases before that were undiagnosed, or is something causing this rapid increase bipolar occurrence? Furthermore, is treating bipolar without strong anti-psychotic drugs really a possibility?



What is Bipolar Disorder?

Bipolar disorder, also called manic-depressive disorder, is a mental illness that involves both periods of depression and mania, hence it's name. In the mania state there is little sleep, risky behavior and an inability to concentrate. One may feel invincible and have delusions or hallucinations.

In the depressive state there are mood swings, irritability and an increased need for sleep. One may sleep for weeks and never want to get out of bed. Suicidal thoughts are also common in the depressive state.

Degrees of bipolar vary from severe to mild. The mania or depression state can last weeks or even years before flip flopping to the other state of mind.

It is very important that one gets a proper diagnosis for bipolar disorder before they begin any kind of treatment. Many times a hormonal imbalance, thyroid issues or menopause can manifest similar symptoms of bipolar disorder. ADD and ADHD can also look like bipolar disorder, especially in children.

Anti-Depressants and Bipolar

I am actually shocked when one of my new clients is not taking some sort of anti-anxiety or anti-depressant medication. Drugs like Paxil and Prozac get handed out like candy to both children and adults.

Like most pharmaceutical drugs, anti-depressants don't fix the root of the problem, but rather mask the symptoms of bipolar disorder, have terrible side effects and create long-term effects that are even worse.

Have you ever heard the commercials for anti-depressants? Towards the end they list all the possible side-effects. Nearly every commercial says, "Call your doctor if you have increased thoughts of suicide." You would think an anti-depressant would help with those types of thoughts! Yet, these commonly prescribed medications can not only cause someone to become more depressed than they already are, but can also cause one to go into a state of mania.

Anti-depressants are some of the most overly prescribed drugs on the market. This over medication of society is causing more harm than good.

- 25-50% of children who are on anti-depressants for 5 years end up being diagnosed with bi-polar disorder.
- 25% of adults are diagnosed as bipolar after being on anti-depressants for 5 years.



It is my belief that the large increase in bi-polar disorder is actually caused by unneeded prescription drugs. Anytime you start taking a cocktail of drugs that effect brain function, there are potentially harmful and threatening risks and side effects.

SSRI anti-depressants, in particular, have the possible side effect of putting people in a bipolar mania state. They can also cause rapid cycling in someone who already suffers from mild bipolar disorder and may not know it. I don't believe this is the cause in every bipolar diagnosis, but I do believe it is a contributing factor. With around 20 million people on anti-depressants and their possible side effects, I can't help but to think it plays a part.

If you're dealing with depression or interested in preventing your chances of becoming bipolar, there are natural alternatives you can consider:

- St. John's Wort has shown to be just as effective as Prozac.
- Exercise also has amazing benefits for depression and in studies showed better results than drugs.
- L-Theanine and 5-HTP can also increase your serotonin levels.

Serotonin is known as our "feel good" neurotransmitter and if found in low levels, it has been linked to depression. It plays an extremely important part in regulating our mood and sense of well-being.

I'm Bipolar. Now What?

I want to stress again that the importance of ruling out hormonal and other imbalances before you receive a bipolar diagnosis. Once you've received a proper diagnosis of bipolar disorder, your psychiatrist will want to start treatment. It is extremely important that you discuss any and all changes you are considering with your doctor. It is not always safe to mix pharmaceuticals with natural supplements.

If you're lucky, your doctor may be very encouraging about you seeking natural alternatives. If not, you can always call around and see if there are any other psychiatrists in town who are. Some chiropractors and naturopathic doctors also specialize in mental health issues, so find out who is in your area.

Diet is #1

As with any health issues, diet is key #1. No matter how many natural pills you pop, without proper nutrition, you won't feel the full effects. It is very important that those with bipolar disorder eat a very "clean" diet, free from artificial ingredients. Some things to avoid are:

- Artificial colors and flavors
- MSG or autolyzed yeast
- Aspartame (NutraSweet)
- Sucralose (Splenda)
- Saccharine (Sweet-N-Low)
- Cane sugar
- High fructose corn syrup

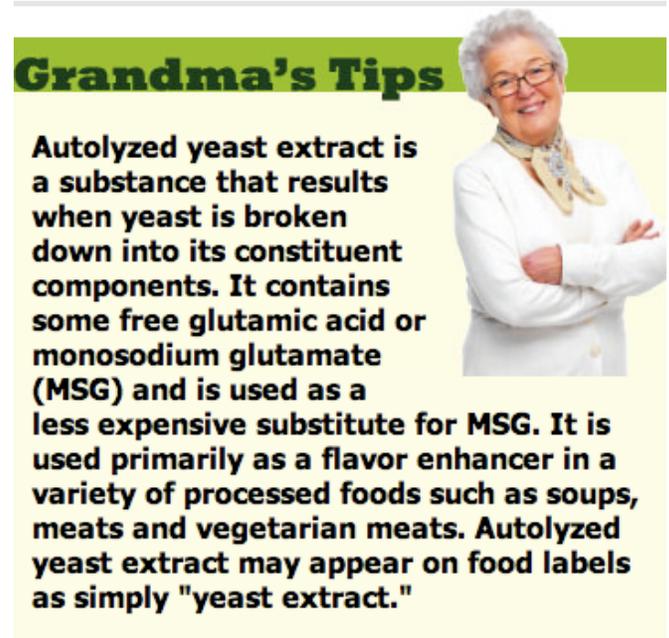
If you can't pronounce something on the label, don't eat it. Cooking things from scratch is very important, as boxed meals are full of artificial junk. Also, make sure your meat and dairy are raised without hormone and antibiotic injections. It is best to purchase from a local farmer or make sure it specifies grass fed or organic on the label.

Keeping carbs to a minimum is very important because blood sugar highs and lows can affect mood. If you do eat carbohydrates, then make sure you eat a healthy fat and protein with it to avoid a sugar spike. An example would be adding some chicken cooked in some coconut oil to a carbohydrate like rice.

Many with bipolar have seen great results on a gluten and casein free diet (GFCF). This is the same diet that has helped thousands of autistic children. Gluten is found in all wheat products, barley and several other grains. Casein is found in dairy products. Most grocery stores stock gluten free alternatives now, which is very helpful. Once you go gluten and casein free, it can take up to one month to feel it's effects, so be patient.

Omega-3 to the Rescue

My cousin called me over a year ago because she has a friend who is bipolar and went off her medication when she became pregnant. The hormonal surges combined with bipolar was creating a very frightening combination for her. She was desperate for help, but didn't want to take anything that might hurt her baby. In a case like this, and for many who wrestle with bipolar disorder, I recommended fish oil. She took one pill per 10 lbs of her body weight. As she gained weight with the baby, her dosage increased. She found incredible relief from this regime and the baby was born perfectly healthy.



Grandma's Tips

Autolyzed yeast extract is a substance that results when yeast is broken down into its constituent components. It contains some free glutamic acid or monosodium glutamate (MSG) and is used as a less expensive substitute for MSG. It is used primarily as a flavor enhancer in a variety of processed foods such as soups, meats and vegetarian meats. Autolyzed yeast extract may appear on food labels as simply "yeast extract."



Omega-3 fats are critically important for the brain. Studies have shown that natural supplementing with Omega-3, like fish oil, can dramatically help those with depression and bipolar disorder. Omega-3 fats keep dopamine levels high. They also increase cerebral circulation and promote neuronal growth in the front cortex of the brain. DHA in fish oil helps improve focus and concentration, while EPA in omega-3 fats helps increase a happy state of mind.

When choosing a fish oil supplement, make sure it specifies that it is free of PCBs and heavy metals. You always want to make sure your fish oil is of the best quality. I also recommend keeping them in the fridge to avoid rancidity. Taking doses that contain at least 1000 mg of DHA and 1400 mg of EPA have shown the best results for bipolar. Split your pills and take them 2 to 3 times a day with a meal for best absorption.

Some other natural supplemental nutrients to consider are:

- L-Tyrosine helps with depression and stabilizes mood swings. Dose is 1000 mg a day. For quick and easy ordering, [Click Here](#).
- B-complex vitamins are essential for normal brain function and a healthy nervous system. High doses work best. Approved B-complex vitamin supplement is available [HERE](#).
- 5-HTP increases serotonin levels. Start with 50 mg a day and gradually increase to 200-300 mg. Do not take with anti-depressant prescription drugs. Begin with [THESE](#) 50 mg capsules.
- Vitamin C aids in brain function, immune health and the nervous system. Dose is 2,000-5,000 mg a day. Ester-C is a recommended brand to consider buying because it is better absorbed in the body. [Stock up on Ester-C](#) for improved health.
- Probiotics increase healthy intestinal bacteria. Overgrowth of bad bacteria in the intestinal tract can worsen symptoms of bipolar disorder. One of the best probiotics to try is found [HERE](#).

Please note that all supplements are not created equal. We provide a list of researched supplements tested by an independent lab and approved for your safety in our Amazon store. Every bottle of supplements on the grocers shelf may not be what it claims. Visit our [Amazon Store](#) to find the supplements we recommend - and approve for your safety - for bipolar disorder.

Natural Lithium?

When you hear the word lithium, you probably automatically think about psychiatric issues. This isn't a surprise because it is widely prescribed for bipolar disorder and other mental health disorders. What you probably don't know is that lithium is not really a drug, but an essential mineral! It is related to potassium and sodium and is extracted from mineral springs. In Texas, a study found that the counties with the highest lithium content in their water had the least amount of homicides and suicides.

Prescription lithium carbonate can work quite well for bipolar sufferers. Because the dosage needed to adequately treat bipolar is so high, blood must be monitored regularly to avoid toxicity.

The good news is that there is a safer version of lithium available over the counter at your local health food store or online. This form is lithium orotate is in a more bioavailable state, so less is needed for effectiveness. Amazingly, many people without bipolar could also benefit from lithium. It is an incredible anti-aging supplement for the brain. Those with Alzheimer's, dementia, Parkinson's and even stroke victims have shown incredible improvement with lithium.

Some of the incredible benefits of lithium include:



- Protection against brain erosion and shrinkage as we age
- Protection against brain cell death
- Repairs abnormally functioning brain pathways
- Protection against Alzheimer's and slowing of existing cases
- Protection against toxic effects of medications on the brain
- Helpful for alcoholic addiction
- Can help those with gout and fibromyalgia
- Can relieve cluster headaches

The list goes on! Researchers are continuing to find new benefits to supplemental lithium. The recommended dosage for prevention is 10-20 mg a day of lithium orotate. Lithium orotate is available to Home Cures That Work readers in our Amazon store by [clicking here](#).

Some doctors are suggesting that this low dosage lithium be taken along with any prescription drugs that affect the brain. Taking lithium can help prevent the toxic effects on the brain function that these medications can cause.

It seems that those with bipolar benefit from a dosage of closer to 150 mg of lithium orotate. This greatly differs from the mega doses of prescription lithium that are sometimes over 1000 mg. Always check with a doctor when taking dosages over 20 mg. Although they seem to show no side effects at that level, it would be wise to have medical supervision.

With the proper diet, vitamins, minerals and natural supplements, bipolar disorder can be dramatically improved. I always recommend trying the most noninvasive, natural remedies first before resorting to medications with toxic side effects.

Managing bipolar with natural alternatives looks very different than the mainstream approach to medicating the problem. It may take time and even a little experimenting to see what works best. But in the end, the results will be a more natural state of mind, not a drug induced state of indifference and lethargy.

What has worked for you? Tell other Home Cures That Work readers the best natural practices you've discovered in treating bipolar disorder [HERE](#).



Amanda Box is a Doctor of Naturopathy and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 10 years and currently has a Naturopathic consulting practice in Sioux Falls, SD. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic doctor to turn to for your personal needs, Dr. Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at <http://amandabox.blogspot.com/> for contact info.

Are You a Hungry Bipolar Bear?

by Jeff Saunders

Anger and Agitation Can Be Signs Of Bipolar Disorder



We all know that lethargy, daunting feelings of defeat, thoughts of suicide, and a keen unwillingness to go on with life can all take you – a perfectly good person – and leave you feeling empty, a fragile shell of who you once were or hope to be.

We call this manic depression or bipolar disorder – and it can be much more than just anxiety and sadness.

Intense anger is also a nasty by-product of this debilitating disease.

Depression can “drop the gates” and allow you to get irritated more easily and downright mad when things don’t go your way. Some examples of depression and induced anger can be:

- When daily tasks prove harder than you thought...or when items you use every day don’t work the way they should.
- Something as simple as refitting the canister in your vacuum cleaner after emptying it – if it doesn’t snap right into place as it should, you may grimace, grit your teeth, and shout obscenities in your head or even aloud (Yes, this one is from personal experience!).
- A link to an internet page might not load as fast as it should, your email might not refresh and you miss an important message, a seemingly harmless storm could cause a power surge that leaves you without electricity and any of these could set you off.

Grandma's Tips

If you have 3 or more of the **mania** symptoms below most of the day, nearly every day, for one week or longer, you may be having a **manic episode of bipolar disorder**: Excessive happiness, sudden changes from joy to hostility, less need for sleep, talkativeness, distractibility, racing thoughts, high sex drive, making unattainable plans, show poor judgement, grandiosity, reckless behavior.



- And how about a relationship issue? A friend, loved one, or colleague might say or do something that under normal circumstances wouldn’t be worth a scowl but when you’re depressed, it commands as much negative attention as you can muster. You harp on the action or words until you go nuts with anger.

Sound familiar?

Explosive behavior in folks with bipolar disorder is very common, especially in children, tweens and teens.

What Causes the Fury-Fueled Connptions?

The root cause of depression-induced hissy fits differs from person to person. A few common causes are:

- **Lack of sleep.** Depression can and does affect your sleep patterns. You may find it difficult to see the wood for the trees no matter how tired you might be. Lying awake with too much on your mind and an internal dialogue that won't quit can ruin your slumber. Sleep deprivation is responsible for all sorts of maladies in all of us and anger is a big one.
- **No more pleasure in things.** If you can't seem to take pleasure in the things you should or did in the past, you may find your level of tolerance for others and certain situations hits the ground with an annoying thud. Because your mind is tricking you into thinking your life isn't worth the birth certificate it's printed on, it's perfectly logical to understand why you can't enjoy the things that make for a healthy, rich living experience.
- **Inability to focus on work, family or friends.** They say you don't know what you got till it's gone. It can be very frustrating to lose your desire to do a good job at work, take a picnic with friends and family, or even sit down to watch a good movie. It's especially irritating when you were able to do these things before you became depressed.

If any of this rings a bell for you, or if you know someone who shows the signs, stick around. You're going to discover how to beat it without using dangerous pills to alter your natural chemistry.

Authors Note: I too have suffered through depression. I had a nervous breakdown when I was 27 years old and was diagnosed with clinical bipolar disorder. I saw a couple different psychiatrists and took nearly every medication made for depression, anxiety, and the heebie-jeebies from being in crowds (for the technically astute – agoraphobia). Bottom line – the drugs did nothing but mask the illness. They only provided a smoke screen, which eventually faded. After suffering an intense brain cramp from missing a couple days while on vacation (I forgot my meds), I decided to get off the stuff. It took quite a while before I felt normal again which led me to the sound conclusion that those pills were evil! So, I began looking for a healthier way to take control and conquer my depression.

Let me show you how I did it.

When It All Seems Hopeless, Go Back To The Basics

If you're looking for a natural alternative to Big Pharma drugs that only suppress your condition, then you're in the right place.

You don't need Prozac, Paxil, Zoloft or any other pill to cure bipolar disorder.

The truth is simple: it can be done with the proper diet. Today, we eat too many processed foods. We take in too much caffeine, too much sugar and "enriched" flour. All of this can be linked to imbalances in your system and when your system is out of whack, it doesn't serve your best interests.

Because being depressed can ruin your life.

So, here are some foods you should add to your diet when feelings of hopelessness govern your daily life.

- **Carbohydrates are necessary for the body.** They're a healthy energy source, but watch out! Unhealthy carbs produce too much sugar and the result is mood swings. Bleached flour products are major bad carbs. Get the healthy carb kind from apples, peaches, oranges, brussels sprouts and beans. Furthermore, eat only 100% whole wheat breads that contain no enriched flour.
- **Wholly mackerel – omega-3s strike again!** Omega-3 fatty acids have been shown to effectively balance folks with bipolar disorder. Herring, mackerel and, of course, wild salmon are excellent sources. Don't forget about tuna and trout, too. Symptoms of Omega-3 deficiency include: mood swings, fatigue, depression, and poor memory. Case closed. Recommended omega-3 supplement available in our [Amazon store](#).
- **No more processed foods.** We at *Home Cures That Work* are always squawking about the evils of processed foods. Here we go again...processed foods are chemically altered from their natural state and contain preservatives and additives that serve to exacerbate the manic condition we're trying to defeat. Stay away from them and you'll notice a very positive change in a short time.
- **Bingo! Get your B-12!** A deficiency in vitamin B-12 can bum you out and has been linked to symptoms of bipolar disorder, so make sure you get your recommended daily allowance. Foods like shellfish, beef, lamb, liver, cheese, and eggs are highest in vitamin B-12 content.
- **Now C here...** Definitely add vitamin supplements like folic acid, choline and old reliable vitamin C to turn that frown upside down. For anxiety, be sure to add magnesium, selenium, and B complex to your daily vitamin intake.



Following these steps can provide your brain with the much-needed nutrients for proper functioning. Your brain sends negative messages for a reason – it's trying to tell you to feed it! Give it the good food and nutrition it needs and it will thank you for it.

Dinner for Depression

Food can be a very comforting way to treat bipolar disorder. Sometimes we associate a good meal with happy times – parties, friends, family and celebration. So, it's more than just sustenance. Good food releases endorphins that make you feel warm and fuzzy instead of hot and surly. Here are a couple recipes for you to try that will take that edge right off your mind and have you feeling good again in no time.

Tyler Florence's Mushroom Risotto

Ingredients

- 8 cups low sodium chicken broth
- 3 tablespoons olive oil, divided
- 1 onion, diced, divided
- 2 garlic cloves, minced, divided
- 1 pound fresh portobello and crimini mushrooms, sliced
- 2 bay leaves
- 2 tablespoons fresh thyme, chopped
- 2 tablespoons fresh Italian parsley, chopped
- 2 tablespoons butter
- Salt and pepper
- 1 tablespoon truffle oil
- 1-ounce dried porcini mushrooms, wiped of grit
- 2 cups Arborio rice
- 1/2 cup dry white wine
- 1/2 cup fresh parmesan cheese, grated
- Fresh Italian parsley, for garnish



Directions:

Heat the chicken broth in a medium saucepan and keep warm over low heat.

Heat 1 tablespoon of oil in a large skillet over medium heat. Add 1/2 onion and 1 clove garlic, cook, stirring, until translucent, about 5 minutes. Add the fresh mushrooms, herbs and butter. Sauté for 3 to 5 minutes until lightly browned, season with salt and pepper. Drizzle in truffle oil then add the dried porcini mushrooms, which were reconstituted in 1 cup of warm chicken broth. Season again with salt and fresh cracked pepper. Sauté 1 minute then remove from heat and set aside.

Coat a saucepan with remaining 2 tablespoons of oil. Sauté the remaining 1/2 onion and garlic clove.

Add the rice and stir quickly until it is well-coated and opaque, about 1 minute. This step cooks the starchy coating and prevents the grains from sticking. Stir in wine and cook until it is nearly all evaporated.

Now, with a ladle, add 1 cup of the warm broth and cook, stirring, until the rice has absorbed the liquid. Add the remaining broth, 1 cup at a time. Continue to cook and stir, allowing the rice to absorb each addition of broth before adding more. The risotto should be slightly firm and creamy, not mushy. Transfer the mushrooms to the rice mixture. Stir in Parmesan cheese; cook briefly until melted. Top with a drizzle of truffle oil and chopped parsley before serving.

Don't dig mushrooms...get it – *dig* mushrooms?!? You can throw in some crab, shrimp, lamb, or thinly sliced sirloin for a delicious alternative that's sure to calm even the most restless bipolar bear.

What A Crock...

Chef Jeff's Talk-Back Chili

A friend of mine who experienced a bit of gas so aptly named this...after sampling my chili! Eat it alone or make sure everyone has some to enjoy a reenactment of the campfire scene in Blazing Saddles!

What you'll need:

- A crock pot
- 16 ounce can of garbanzo beans
- 16 ounce can of black beans
- 16 ounce can of pinto beans
- 16 ounce can of kidney beans
- (2) 16 ounce cans of crushed tomatoes
- Chili powder and cumin – about an ounce of each
- Salt – a couple turns of a grinder
- Pepper to taste
- 2 tablespoon garlic powder
- 3 pounds ground beef or turkey, cooked and drained
- Scallions
- Cheddar cheese
- Sour cream



Directions:

Now here's the hard part...open cans (don't drain anything), dump all ingredients into a crock pot, stir, cover and cook on low for 8 hours! Serve with a little shredded cheddar on top, scallions and sour cream.

Broccoli Grape Salad (This one was just too weird to pass up!)

Ingredients

- 2 heads broccoli, cut into bite-size florets
- 1 lb. bacon, cooked & crumbled
- 1 bunch red grapes
- 1 pkg. sliced almonds

Dressing Ingredients:

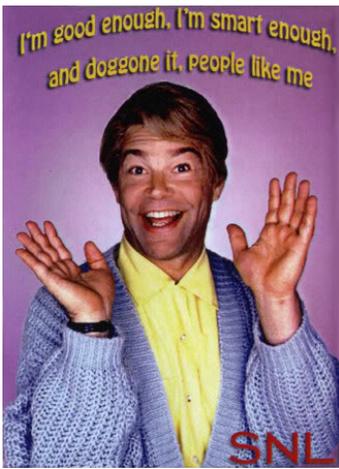
- 1 cup mayonnaise (can use light)
- 1/2 cup sugar
- 1/4 cup apple cider vinegar



Combine the broccoli, bacon, grapes and almonds in a large bowl. Combine dressing ingredients. Shake or stir until smooth. Pour dressing onto salad. Toss. May use more or less dressing depending on amount of salad and taste. Refrigerate. Toss again before serving.

Authors Note: You know what? Those ingredients are just crazy enough to work! I tried it, though the taste was different, but very interesting. I don't want to say that I danced in Macy's window after a bite, but it did make me feel good and rightly so because it's got bacon! I highly recommend this recipe to you. I was afraid I wouldn't like it but being a food fanatic, but I give everything a try at least once. This stuff greatly improved my mood. Why? I don't know. Much like grandma's chicken soup – it just works!

Say It Loud – I'm Fine and I'm Proud!



“I'm good enough. I'm smart enough. And doggone it, people like me...”

That was the daily affirmation of Stuart Smalley, a character created by funnyman Al Franken on *Saturday Night Live*.

We all laughed at Stu's funny voice and cutesy little chant, but what about its validity?

Turns out, our own voices are very powerful tools for overcoming many of life's challenges. Simply saying something out loud can actually give it reality...a life of its own, so to say.

Try doing this several times a day or whenever you feel the mania approaching.

Look around and say, “I'm really happy to be where I am in life. There *are* struggles, but I know that I'm good enough and smart enough to overtake them. My future is bright and is up to me to command.” You can also make up your own affirmation.

(Now, be careful not to do this on a subway...in a mall...or walking down a busy street because you *will* be labeled. Again, this comes from personal experience!)

You can also think these words as much as you like all day long! Hearing yourself speak them is much more powerful, but sometimes it's the thought that counts, too.

Then, put on a smile. Clinical studies have proven that smiling provides instant relief from feelings of sadness, anxiety, anger and loss of control or focus. It calms you and allows you to reassert yourself as a confident, strong human being that can and *will* get the job done – no matter what that job is. It can also diffuse a touchy situation in an argument, if properly executed.

Don't Worry – Be Happy

The bottom line here is that you don't have to live with bipolar disorder– or any disorder for that matter. There's always a healthy, nutritious diet for that. Staying healthy will keep you happy, functional and fun to be around.

On a personal note...as I said I suffered through depression for years. And when a doctor looks at you and says you have bipolar disorder, it can be a shocker. It explains a lot, but also leaves much to the imagination. You wonder if the ups and downs take a toll on you physically, as well as mentally. You look online and anywhere else you can to try and discover how to be happy.

But, it's more than that.

Having bipolar disorder doesn't mean you can just wake up and decide you're okay. It takes some work. I mean, this doesn't happen overnight, so why would the cure come so easily?

Food is a great way to beat the madness of mania attacks, anxiety and listlessness associated with this strange but true disease. I found that beef and omega-3 fatty acids really did the trick for me.

A big bowl of my Talk-Back Chili can set the world straight! Plus, a regular diet containing fresh salmon, herring and trout works wonders, too. Eating fish can prove to be a long-term solution, as the omega-3 fatty acids work to improve brain health. That definitely made a difference for me. I still visit with a counselor from time to time because getting all those feelings out in the open with a professional really puts things in perspective.

See, all that mish-mash floats around in your head and festers. You need to release it for it to lose its power over you.

It's hard. Life is full of difficulties and sometimes it seems like we'll never win. But, keep in mind you are not alone. Everybody has their own issues and challenges – even the guy driving the new Mercedes to his country club is not immune. Look at the people who seem to have it all...some end up in trouble, others are the constant brunt of the media's jokes, and still others end up dead.

Not one miracle will cure you...and it certainly won't happen in a day. The combination of self pep talks, proper nutrition and a good talk with a professional or at least a trusted friend can work wonders to heal you and patch up the friendship between you and your brain.

So eat well, my friends. Stay rested, positively charged, and make sure you smile as much as you can every day. These practices will fix your brain in no time and send your bipolar Bear into indefinite hibernation.

The content of this blog is from my personal experience. I am hoping that those dealing with bipolar disorder or other mental illness will find comfort, friendship, awareness, entertainment and maybe even a few good answers. Most importantly, I hope those of you out there struggling will realize you are not alone. So, someone please help. Leave a comment to make someone smile, say there is hope and just make another feel better [HERE](#).



Jeff Saunders is a writer and food fanatic who's been cooking since he could identify a spatula as more than a blunt instrument of destruction. He majored in English Literature at Florida Atlantic University, and has been in marketing and advertising for 6 years. He continues to write ad copy for various clients in the U.S. and Canada but is currently working on his novel tentatively titled: *The Following Pages Left Blank Intentionally*. He feels that it would mean more to the reader if they wrote it themselves. Jeff's currently nuzzled in a suburb of Pittsburgh Pennsylvania with his family...and in laws.



Grandma's Cure Corner: **When Bipolar Meds Aren't** **Working, Follow Your Gut**

Follow Your Gut

In my opinion, people with bipolar and depression tend to have unhealthy diets due to their illness. We are constantly trying to make ourselves feel better, and food is one way to do that. Moreover, most of us have energy and motivational issues, which result in behaviors such as less exercise and less cooking of fresh food.

"All diseases begin within the gut." Hippocrates 460-370BC

Almost all "mental illness" is simply gut illness and poor dietary intake in disguise. Do you have digestive problems like bloating, flatulence, diarrhea, and constipation? Do you suffer from frequent headaches, fatigue, mood swings, depression or bipolar disorder? These symptoms brought on by my poor eating habits are part of your overall gut health.

Bipolar disorder always involves a gut that needs to be "cleaned out" or fixed as soon as possible before malabsorption of essential nutrients becomes severe. Excess toxicity is also a part of all mental illness, affecting your mood and overall state of wellness. A pathogenic yeast, candida albicans, is a prime agent in many emotional and physical problems.

A Little Yeast Works A Long Way

The yeast connection is a term to indicate the relationship of superficial yeast infections in your digestive tract to fatigue, headache, depression, PMS, irritability, bipolar disorder and other symptoms that can make you feel "sick all over."

Eating certain foods poor in adequate vitamins and minerals may increase your risk of candida overgrowth. Antibiotic use, mood stabilizers and other chemical drug cocktails could lead to candida yeast overgrowth.

Yeast can become a hardy fungus and has an aggressive appetite. Minor increases in intestinal yeast are usually not a problem, but if yeast overgrowth is left unchallenged

it can cause intestinal permeability and leak toxins across the cellular membranes. This can cause a disruption in the absorption of nutrients and nutritional deficiencies that can lead to reduced immunity and weaken the body's defense systems and contribute to mental illness problems.



Cleansing the Body

Without proper nutrition, the body can't heal or regenerate its tissues and if you cannot digest and assimilate food, the tissues will eventually starve. Cleansing the body and taking probiotics, and other anti-candida measures is a step toward healing.

You should consult a Naturopathic Doctor, a nutritionist that has treated bipolar disorder beforehand or an orthomolecular medicine doctor to help cure candida. Here are some steps to take to cleanse your body of unwanted candida yeast:

- Candida thrives on sugar and depression can be a result of unstable and imbalanced blood sugar levels.
- Replace sugar with stevia or xylitol, which is more beneficial for your health and.
- Don't move near NutraSweet, aspartame or monosodium glutamate. Avoid them like the plague!
- Cut out stimulants such as caffeine and soda soft drinks, which create an acidic diet.
- *S. Boulardii* is a good probiotic that flushes out candida from the body.
- Drink kefir.
- Detox with a 3-day apple fast.

Candida Detox

Detoxifying your body is one form of natural candida cleansing. The detoxification will flush out all the contaminants together with the yeasts. Hence, making your body healthy, yeast infection free, and it will also balance the good and bad bacteria within your system to perform their job properly. You should have three bowel movements a day. To help this process:

- Juice lots of raw vegetables—especially spinach and carrots.
- Eat lots of fiber.
- Take a good bowel cleanser.
- Drink 1/2 cup aloe vera juice both morning and night.
- Drink lots of water.
- Milk thistle helps cleanse the liver and aids in enhancing bile output to soften stools.
- Enzymes help digest foods and speed up elimination.
- Alfalfa tablets aid in detoxifying the body.
- Magnesium and a high dose of vitamin C (the two "bowel loosening" nutrients), help constipation.

Healing Testimony

If you have been diagnosed with bipolar disorder, there is no doubt that you have suffered severe mood fluctuations, mostly likely from candida overgrowth. Maybe you have lied in bed and wondered how people could live their lives like this. A friend of my, Paula who has bipolar disorder, has spent many days looking out at the sky, in deep sadness and cries for hours at a time. Paula was put on many medications that did not work, and moved from one prescription to another over the course of years with no sign of improvement.

But when Paula decided to follow a candida yeast program, she began feeling perfectly normal. The toxins from the yeast inflamed her brain tissue. Think about it. Her brain was swollen. Nothing works right when it is swollen with inflammation. When she treated for candida, the depression lifted and her mood began to stabilize. It took her years to go off her bipolar meds, but she has done it successfully.

Paula continues to rebuild her immune system by eating organic, a low carbohydrate diet avoiding white flour and sugar, consuming a high protein, limiting antibiotics, and taking supplement with specific nutrients. She avoids sensitive foods like eggs and perfumes. By walking her dog regularly in the morning, she carefully monitors stress to stabilize her energy levels.



The damage from the root cause of candida is being healed and the root cause of her bipolar disorder has been discovered – and now avoided. She is no longer having cycles of feeling driven and then crashing with exhaustion. There is hope for you, too.

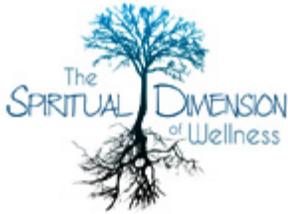
You're not alone in your struggle to overcome bipolar disorder. A lot of "what if's" could be running through your mind and wondering what you could have done to prevent it. One of the most beautiful things about being human is knowing we are flawed and can try again. Give yourself a mental break and share how you achieve clarity and find happiness with others in the comment section [HERE](#).



Grandma Barton is mother to Joe Barton (founder of Barton Publishing), grandmother to 6 grandkids and 28 step-grandkids, and over 3000 Home Cures That Work members. 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.

Help For Those Tossed About

by Pastor Steve Hickey



The reason you are reading this is because somehow I survived. Young and dumb, I once ventured out on a boogie board on the north shore of the island of Oahu, near the famous and frightening Banzai Pipeline surf reef. Did I mention I am from Kansas?



I wasn't in Kansas anymore and that surf was not safe for anyone (even according to the sign I saw later). Today, I credit God for telling those waves to spit me out on the sandy beach because getting back to the shore myself was entirely impossible. For what seemed like an eternity, I was tossed about. One moment a force with no mercy brutally slammed me on the floor of the sea, piling twenty feet of water above me. The next moment I was yanked up to the top of the waves. For one second the water was knee deep with a pull back out that was strong enough to knock me down. Then seconds later, water thirty feet deep landed on top of me. This exhausting cycle was something from which I couldn't break out in my own strength.

Such is the mental health reality of those who struggle with bipolar disorder: one moment there is euphoria (mania) and the next moment they bottom out in deep dark depression. It is a vicious cycle from which they can not break loose. The energy and ability to function quickly dissipate and without help from something or someone outside themselves... life slips away.

Seeing people being jerked between these extremes leaves me with the impression that they are in the grips of something cruel. We know it is one of the devil's schemes to wear down our minds (Daniel 7:25) and what better way to do that than to twist us far in opposite directions. The string of a yo-yo would break if it were subjected to the level of thrust common to bipolar disorder.

Battling the Beast

The Bible refers to the devil as a "beast," but not because he looks like Chewbacca from Star Wars. The devil is called a beast because he is cruel to the core of his being. There is not one drip of mercy in his nature and tossing people about mentally and emotionally apparently brings him sick pleasure.

Those I know who struggle with bipolar/manic depression seem like a paddleball toy in the hand of an angry kid. One moment the ball flies high and fast only to be yanked back and smacked hard. What is fun with a little rubber ball is not so fun when it's your head.



The Bible says Jesus came to destroy the works of the devil and liberate people from his clutches. Both of these are things we can not do in our own strength. We need someone outside ourselves. This is precisely why God sent his Son, to do what we couldn't do --break free.

Try God First

This monthly Spiritual Dimensions of Health and Wellness column is to make the case for turning to God first, turning to what God has made second (natural remedies) and turning to the pharmacy as a final recourse. That alone is a reversal for many because the norm is to head to the doctor first and then turn to God only after every other option is exhausted.

Many churches today are equipping practitioners to know how to prayerfully lead people to the God who breaks in through the depression and heals polar opposites. They understand how to bind the devil from oppressing and distressing people. For anyone suffering bipolar disorder, seek out such a safe place where people have faith for and are seeing the fruit of God doing miracles in the area of mental illness.

The Drug of Choice

You need to hear this word of hope --- bipolar isn't beyond God's ability to completely cure!

The Bible says the fruit of the Spirit of God in a person's life includes things like *joy* and *peace*. Either this is true or it is not. My experience has led me to believe and experience that this is true. Romans 8:6 says,

"The mind controlled by the Spirit is life and peace."

Turning to God for our emotional well-being is central to people finding freedom and healing, peace and life. The message of the Bible is a message of hope, not cope. Hope is all about breakthrough, victory, deliverance and overcoming.

When churches toss out cheap clichés or resort to cute or cheesy marketing, I am the first to cringe. One of the best-titled books on my shelf in this regard is a book titled: *How To Follow Jesus Without Embarrassing God*. Sadly, many who follow God don't reflect him so well.

With that all in mind, I'll share that my first reaction when I once saw "JESUS IS MY PROZAC" on a church marquee was to shake my head and mumble, "*Please. Jesus is not your drug.*"

However, there is something in that marquee message that I can not get away from because it is true. A truth that will set you free: Jesus *can* deliver you from yourself, from all torment, from every ailment and give you peace.

Complete Turn Around

Let me say that turning to Jesus and going to church are not necessarily the same thing. There are many who go to church who are just as messed up as those who never darken the parish doors. My admonition here is to turn to Him alone. He is not an



add-on to an already full life. It is more than just giving him a few moments of your day like he is a relaxing glass of wine after a hectic day. The “life and peace” promised to us comes as a result of turning from everything and calling out to Him alone.

One of the issues I have with medication is that it can take the place of God and inoculate us from our real need, which is God. To be clear, I view medications as a wonderful gift of God and part of how he heals people in many ways. However, people too often quickly turn to the pharmacy and medicines to settle us emotionally. Better to turn to God first and ask Him to calm the storm.

After all, a sound mind is a gift from God.

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”
2 Timothy 1:7

A sound mind is something to be sought after and something to be guarded. Jesus even attended to his own mental health often telling his disciples they need to get away from the commotion and the crowds so they could rest. If Jesus needed mental health attention, how much more do we?

Psalm 4:4 is simple and practical advice for everyone for everyday...

“Meditate in your heart on your bed and be still.”

Here’s something to meditate on: Jesus commanded the wind and waves to be still.

He still does this for those who call out to him, even for those with bipolar disorder.

When was the last time you felt overcome by the waves? Was it this morning, last year, or are you still trying to get past the sense of being drawn under or tossed about? It is a horrible place to be and would appreciate if you shared your experiences [HERE](#).



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

Vincent Van Gogh: Tortured Talent and Suspected Sufferer

Scientists have for speculated that genius may be linked with madness. The link was strongest among those who studied music or literature, the two disciplines in which genius and madness are most often linked in history.

Vincent Van Gogh, a Dutch post-Impressionist painter known for his vivid-colored and rendered artworks, was a brilliant artist in the late 1800s with as many as 873 paintings and 1049 drawings credited to his brief career, celebrated for his unique content and use of color. Sometimes bright, sometimes blue is the world of legendary artist Vincent Van Gogh. His feverish production of art is said to have come with sustained enthusiasm and manic episodes, followed by exhaustion and depression.

Throughout his life, Van Gogh had had an eccentric personality and unstable moods, suffering from psychotic episodes during the last 2 years of his extraordinary life. Many physicians have ventured a perplexing variety of diagnoses of his illness and various biographies describe him as suffering with epilepsy, depression, psychotic attacks, delusions and bipolar disorder.

Due to Van Gogh's extreme enthusiasm and dedication to first religion and then art coupled with the feverish pace of his art production many believe that mania was a prominent condition in Van Gogh's life.

One hundred and eighty-nine paintings he executed in one incredibly manic twelve-month run: haystacks, harvests, cafes, portraits, self-portraits - all these works he poured his soul - and ultimately his sanity - into, which only stood in mockery to his extraordinary gift, without a single buyer to be had.

Think: If you were possessed of the talent of Vincent Van Gogh and no one on this planet recognized it, wouldn't you, too, go mad?

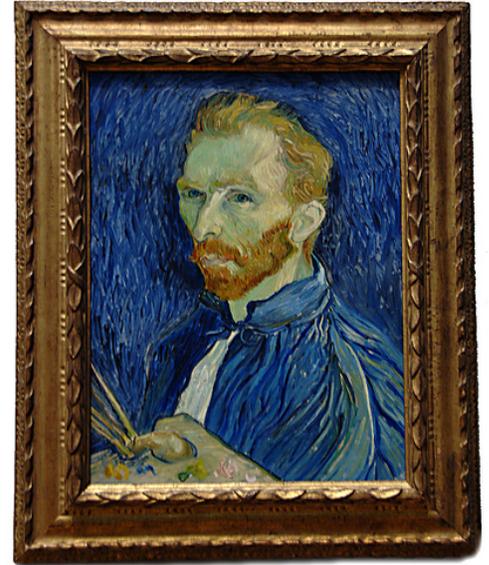
In December 1888, he experienced a psychotic episode in which he threatened the life of Gauguin, his fellow artist and a personal friend, and cut off a piece of his own left ear before offering it as a gift to a prostitute.

However, these episodes were always followed by exhaustion and depression and ultimately suicide. Therefore, a diagnosis of bipolar disorder or manic depression makes sense with the accounts of these episodes in Van Gogh's life.

The self-portrait of Vincent Van Gogh is haunting - the sharp nose and sunken cheeks, the desperate eyes peering from hollowed sockets. Face and beard are slashed by violent almost bloody diagonal strokes that clash with the blues elsewhere on the canvas. We have seen the image a thousand times and we know it as the portrait of genius and madness.

It was mania that throttled his creative engine and depression that extinguished it. Some have speculated that genius is fired by madness. Sure, it is most likely that the manic episode phase of his illness provided the power surge he needed to complete an incredible 400 or so paintings in the last three years of his life. But that same madness also brought his work to a complete stop, first temporarily, then permanently, eventually committing suicide at the age of 37.

Thankfully, you don't have to be bipolar to be a genius – but it might help.



The stereotype of the tortured artist shows up often in popular culture, not just in history. Along with that stereotype comes an assumption, that the hyper highs and crushing lows that we witness in some of our celebrities is a sign of bipolar disorder. Please open up about your struggles with bipolar disorder and reveal how you cope, artistically or not, with the inevitable highs and lows of this challenging condition, by sharing [HERE](#).

*Anti-Aging
Care*



Taking (Grey) Matter Into Your Own Hands – With Lithium Orotate

Many people do not realize that lithium itself is not a drug, but is instead a naturally occurring mineral salt like potassium, and is something that everyone needs for proper mental and physical health.

The familiar kinds of lithium known to the general population are the pharmaceutical drug forms of lithium, like lithium carbonate and lithium citrate. These medication drugs are typically prescribed for treatment of mood disorders like bipolar disorder.

Can Lithium Help Solve Your Mental Health Mysteries?

Lithium orotate is something very different. It is a special mineral form of lithium, which will cross the blood brain barrier. This means that the huge amounts required of the pharmaceutical drug forms of lithium citrate and lithium carbonate in order to effectively treat a condition, are not necessary when using lithium orotate. Instead, only a tiny amount of lithium orotate supplement is needed, as 97% of it gets where it actually needs to go.

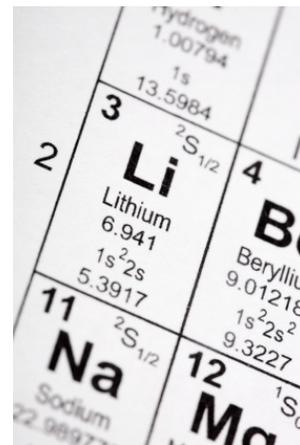
One of the main reasons people use lithium orotate, instead of the pharmaceutical forms of lithium carbonate or lithium citrate, is because of their potential for lithium toxicity and because of their numerous side effects. The large quantities of those drugs, which must be used in order to be effective, are at near toxic levels with a narrow window of safety. The hope is that they will do more good than harm.

Lithium orotate, on the other hand, is completely non-toxic, very safe in all respects, has no side effects, and is effective for an estimated 70% to 80% of individuals who try it.

A Younger, Healthier Brain With Just One Small Dose A Day

Because of the small amounts of lithium in lithium orotate, which still effectively treats many different conditions such as bipolar disorder, it is available as an over-the-counter mineral supplement.

In addition, lithium orotate is a mineral, which can be helpful for anyone to take. It protects the brain in a number of important ways. It has also been recently discovered that the mineral lithium can actually restore and increase the gray matter in the brain (source of intelligence), which nothing else known to date can do.



Furthermore, taking small amounts of lithium orotate provides natural anti-aging benefits to the brain, as well as protecting the brain from numerous toxins, and more.

Think Young Into Your 90s With This Anti-aging Secret For Your Brain

In a study, Nematode worms treated with lithium show a 46 percent increase in lifespan, raising the tantalizing question of whether humans taking the mood affecting drug are also taking an anti-aging medication.

A number of interesting studies on lithium have turned up in recent years, such as its possible association with longevity in humans.

Here researchers are testing it against Parkinson's disease: "A two-year study of the effects of lithium treatment on Parkinson's disease in mice has given researchers at the Buck Institute for Research on Aging hope that the drug may halt brain damage in humans with the degenerative disorder.

The research found that lithium, the Food and Drug Administration-approved drug most commonly used to treat bipolar disorder, "profoundly prevents the aggregation of toxic proteins and cell loss associated with Parkinson's disease" in mice.

In the last couple of years, there's been kind of a growing body of data that suggests that lithium orotate could have some neuroprotective effects.

Protect Your Brain Starting Today—No Prescription Necessary

Capsules or tablets containing 5 milligrams of lithium from lithium orotate is available from a few natural food stores and compounding pharmacies as an anti-aging supplement. [Lithium orotate](#) is also available in the [Home Cures That Work Amazon store](#) for quick and easy purchase.



If you're interested in keeping your brain as young as possible for as long as possible, you should definitely consider lithium orotate mineral therapy. Review this information with your physician...but make sure he is skilled and knowledgeable in nutritional and natural medicine!

What has been your personal experience in anti-aging supplements? Share with other readers [HERE](#).



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. 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.

Meditation as a Strong Wellness Tool

“The experience which you gain during meditation should offer some help while you’re working or being involved in your job. There is no point in separating these things.” ~ the Dalai Lama

I was introduced to meditation about 10 years ago by who I call my spiritual mentor, Dr. Dharma Singh Khalsa, author of seven successful books. It is a fact that my own parents knew the benefits of meditation in a more traditional way such as prayer, so I was somehow meditating since I was a little boy.



My connection with God has always been a constant meditative way to manifest everything I’ve experienced. Dr. Dharma has never tried to force me into meditation, what he did instead is educate and teach me the benefits of mediation and in turn I taught him how to workout—a fair bargain don’t you think.

Here I am now after truly practicing and teaching meditation as it pertains to fitness and mental wellness. It is my responsibility and duty to tell you what my perception of meditation has been and still is today.

Meditation has allowed me to move away from the material world and the body image obsession. It allowed me to identify the channel in which I was connected to the God. It allowed my state of awareness to develop and to accept and live one heart beat at a time. When people ask me to describe meditation, I just give them the following explanation:

“Meditation is like the Champs Elise Avenue in Paris, France. Twenty years ago the avenue was so narrow that it was a nightmare for traffic, (if you’ve seen the movie National Lampoon: European Vacation with Chevy Chase you probably know what I mean) then the government decide to rebuild the avenue by making it wider so traffic would be more flowing.”

That is exactly what meditation does. It widens your state of awareness so your own “thought” process is less jammed and allow you to think more clearly and therefore deal more efficiently with every day life’s challenges.

Meditation as a pillar of wellness has made it easier, for thousands of my clients, to access their inner self, accept who they are, how they wanted to feel and achieve extraordinary results.

Benefits of meditation:

- Allows the connection between body and mind
- Widen your state of wellness
- Reduces cortisol level by reducing stress
- Reduces blood pressure
- Reduces anxiety
- Helps with depression
- Helps with focus

Do you repressing feelings so you can make it through? Do you expect another break down? Or, are you just over thinking it? What helps you overcome the dread of impending doom or waking up in a panic? Others can benefit from your story [HERE](#).



Nordine Zouareg is a former Mr. Universe, an International Fitness Coach, Speaker and Author of the book *Mind Over Body: The Key to Lasting Weight Loss is All in Your Head!* He offers world-class advice on health and fitness, inner balance and stress management, and achieving one's full potential the inner keys to extraordinary performance. An inspiring message of hope and achievement, based on his own extraordinary story. For more information, visit: www.NordineZ.com



St. John's Wort Product Review

Description

St. John's Wort is a plant with yellow flowers, leaves and stems whose medicinal uses were first recorded in ancient Greece. It has long been a happy alternative for those reluctant to pop pills for depression and has also been used for anxiety and sleep disorders.

St. John's Wort does not cause euphoria and, like regular antidepressants, is unlikely to elevate mood in people who aren't truly depressed.

The vast majority of double blind placebo-controlled studies have found that St. John's Wort extracts are as effective as standard antidepressant drugs (including antidepressants in the SSRI (Prozac) family) as a treatment for mild to moderate cases of major depression. Not surprisingly, those taking the herb supplement also showed significantly fewer negative side effects compared to those taking the prescription drug.



Benefits

One study involving menopausal women with depression found that a combination of St. John's Wort and black cohosh extracts improved both menopause symptoms and mood. St. John's Wort is also sometimes tried for other conditions in which standard antidepressants might be recommended, such as anxiety, attention deficit disorder, PMS, seasonal affective disorder (SAD), chronic pain, insomnia, neuropathic pain, obsessive compulsive disorder, social phobia, and quitting smoking.

Using St. John's Wort extract might be justified, but products on the market vary considerably.

Virtually all studies of St. John's Wort have used extracts rather than whole herb and most St. John's Wort products are standardized to their content of a substance called hypericin. Hypericin act on chemical messengers in the nervous system that regulate mood. While hypericin may not be the most important constituent, products with standardized hypericin content have proven to be effective in human studies.

Contents

Four St. John's Wort supplements failed testing by an independent lab due to contamination with cadmium. The following products exceeded these limits of 0.1 mcg of cadmium:

- Nature's Sunshine Concentrated St. John's Wort
- Standard Process St. John's Wort -- IMT
- Solaray St. John's Wort (also contaminated with lead)
- Nature's Answer Super St. John's Wort

Three products contained less of the St. John's Wort compounds than one would expect:

- FreeLife Depeze
- L.A. Naturals St. John's Wort

The following St. John's Wort products have been approved and recommended safe for consumption:

- CVS Pharmacy St. John's Wort, 300 mg (1 capsule, 3 per day)
- Kira St. John's Wort (1 tablet, 3 per day)
- Nature's Bounty Double Strength St. John's Wort, 300 mg (1 capsule, 3 per day)
- Nature's Way Perika St. John's Wort (1 tablet, 3 per day)
- [New Chapter St. John's SC27](#) (1 softgel, 1 per day)
- [Rite Aid St. John's Wort](#) (1 tablet, 1 per day)
- Vitamin Shoppe St. John's Wort Extract (2 vegetarian capsules, 2 to 4 per day)



Visit our [Amazon store](#) for finding the right St. John's Wort supplement for you.

The herbal extract St John's Wort now has more than just cheerful converts to testify to its mood-lifting powers. But, St. John's Wort is only one of many natural treatments for severe depression.

A diet of select foods high in omega-3 fatty acids offers good, strong nutrition normally lacking in the American diet, and also aids in treating depression much more effectively than prescription drugs. You can eliminate depression through phototherapy or by eating flax seeds, walnuts, fish oils and molasses.

In practically every case, it is quite appropriate to ditch the drugs with the supervision of a qualified health professional, and instead shift your lifestyle to become healthier.

If you still find yourself clinically depressed and in want of a quick fix, reach for St. John's Wort instead of antidepressant prescription drugs.

Warning

Note: It is well known that any antidepressant, when taken without a mood stabilizer, can set off a manic or hypomanic episode. Some people never exhibit mania at all until treated for depression with a triggering drug. Since St. John's Wort acts as an antidepressant, researchers at Harvard Medical School and the University of Michigan have issued warnings regarding St. John's Wort as a possible triggering substance. Published case reports have documented several cases of sudden onset of mania in bipolar patients who were using the herbal supplement.

For a number of reasons, then, the bottom line with St. John's Wort for persons with manic-depressive illness should be "Better safe than sorry." If you or someone you love who is bipolar insists on using this supplement, use extreme caution, notify your physician or psychiatrist, and be on the lookout for any complications.

When buying a St. John's wort supplement, be sure to look at the label to find out if the product is made from an extract or whole herb (i.e., dried, powdered herb). Most of the St. John's wort preparations found effective in human trials were extracts standardized to contain approximately 0.3% hypericin, and taken in a dose of 300 mg three times daily. Whole herb is usually taken at a dose of 2 to 4 grams per day and should contain 0.1% to 0.15% hypericin. Products containing whole herb tend to have higher concentrations of heavy metals than extracts, as some contaminants may be removed during the extraction process.

What St. John's Wort supplement has worked for you? Don't be afraid to share warts and all, [HERE!](#)



Bipolar Product

Recommendation: TrueHope

EMPowerplus Capsules

What do you do after you've "tried everything?"

Should you consider omega-3 fatty acids, or other approaches for which there is some but only a little evidence that they "work", and very little evidence to go on as far as *risks* one takes in trying it?

You have probably had lithium, depakote or topomax to name a few, or even all at the same time and with an antidepressant. In fact, since your doctors are just now figuring out that antidepressants carry substantial risk of inducing manic symptoms, I'd bet that most of the previous mood stabilizers you've had have been used with an antidepressant. Now, the most of the treatments you've ever had would need to be repeated *without the antidepressant*.



You might feel you are closer to the beginning of the process than the end! The U.S. mental health experts consider mood stabilizer and combinations of medications are pretty standard. But, it is time for you to be in the front of the pack. Time for TrueHope EMPowerplus.

EMPowerplus isn't a miracle OR a quack cure. It's based on nutritional research, documented at www.truehope.com. All of the nutrient levels are well within the dosages considered safe.

Truehope EMPowerplus is a micronutrient treatment consisting of 16 minerals, 14 vitamins, 3 amino acids, and 3 antioxidants and is designed to address essential nutrient deficiencies in both children and adults. Although nearly all of these ingredients are found in the foods we eat each day, they are not in sufficient quantities or correct proportions in our food to address disease causing deficiencies.

Three trials and two observational reports in private practice have demonstrated statistically significant reductions in the symptoms of bipolar and other disorders. Studies in animals also suggest that EMPowerplus can increase the healthy characteristics of neurons.

The unique formulation of EMPowerplus allows the body to rapidly absorb and utilize these essential nutrients for optimum physical and mental health.

Read these amazing testimonies about EMPowerplus!

BavarianGypsays:

Yes, I am still on empower plus 2 years later and med free. Taking Empower for me was a whole life style change. I found out I had gluten/dairy problems and had to eliminate that from my diet, which made a huge difference. My main recovery has been by the saving grace from God and Jesus Christ. So, I don't give all power to the supplements, but to the One that has healed me on this very difficult road of mental health problems. Best wishes to you!

rhendawg says:

They start you off in 15 a day depending how many pills you take...its quite expensive but better compared to big pharma...i just ordered \$600 worth...the pharma drugs i was on had me fired...i acted strange at work and they had to let me go...i hope this helps

jtooj says:

I'm so glad your life is on the right track now. I've been on true hope empower plus for 5 months now and it has truly saved my life. I have bipolar and meds made the condition worse. I want to get the message out to everyone. There are too many people out there today that feel hopeless and they need to learn about true hope. Problem is doctors just want to push meds for money.

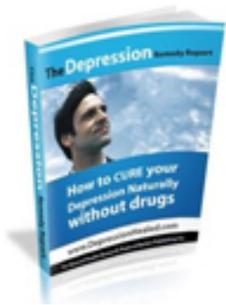
wiccamelissa says:

I dont know how empower plus cured me so fast but it worked! it seems like a real miracle that saved my life!No medication can do what empower plus did for me.When the legal dope pushers'aka pharmacy " let me down,truehope company was there to lift me up and save me.I wish wellness for everyone else who was had to suffer the way I did.People need to be healthy again, because without your health you have nothing.

How about the TrueHope EMPowerplus approach? Click below to order your true hope for curing bipolar disorder in a bottle!

<https://www.mytruehope.net/store/products/truehope-empowerplus.asp?SCID1=&SCID2=>





Free Remedy Report: Depression

What you need might be more than what you put in your mouth. Vitamins and supplements can do wonders for the body and actually help you FEEL better. But, if you are one of the 10% that suffer from depression in America, then the help you need to get yourself out of the pit is in this Depression Remedy Report. These 34 pages are absolutely crammed with the simple and honest truth about depression, what really causes it (and what really doesn't) and what you can do today to finally climb your way out of the well of sadness and learn to embrace the active life, sense of purpose and happiness you deserve.

Inside The Depression Remedy Report you will learn...

- The difference between depression and sad-ness... and how to tune up and refine your “depression radar” so you’ll know in an instant whether you’re just “having a bad day” or are in danger of falling into a dangerous and soul-killing bout of depression.
- 12 deadly depression danger signs... and what to do right away when you feel these symptoms coming on.
- The six most common types of depression... and how to identify what type you’re suffering from in surprisingly little time.
- Simple facts about hormones... and why women are twice as likely as men to suffer from depression.
- The devastating silence surrounding men’s depression... and how to help yourself (or the men in your life) to open up about their inner pain.
- The truth about bi-polar disorder... and how to separate this “depression see-saw” from major depression.
- Simple facts about Seasonal Affective Disorder (SAD)... and ridiculously simple steps you can take to obliterate the winter blues.
- How to handle the devastating affects of post-partum depression... and what every soon to be mother needs to know about the “Baby Blues.”
- How to get off the Drug train and say good-bye to Prozac, Zoloft, Paxil and other all-too-common depression-masking drugs for good.

And much, much more, all explained in simple, non-scientific language and laid out to take away any confusion you might have and tell you exactly what you need to do to reclaim the happiness you’re entitled to and start enjoying your life. Download the report and find out what the 1 (one!) vitamin you need is to start naturally healing yourself from depression.

<http://homecuresthatwork.com/members/access/free-reports/DepressionRemedyReport.pdf>