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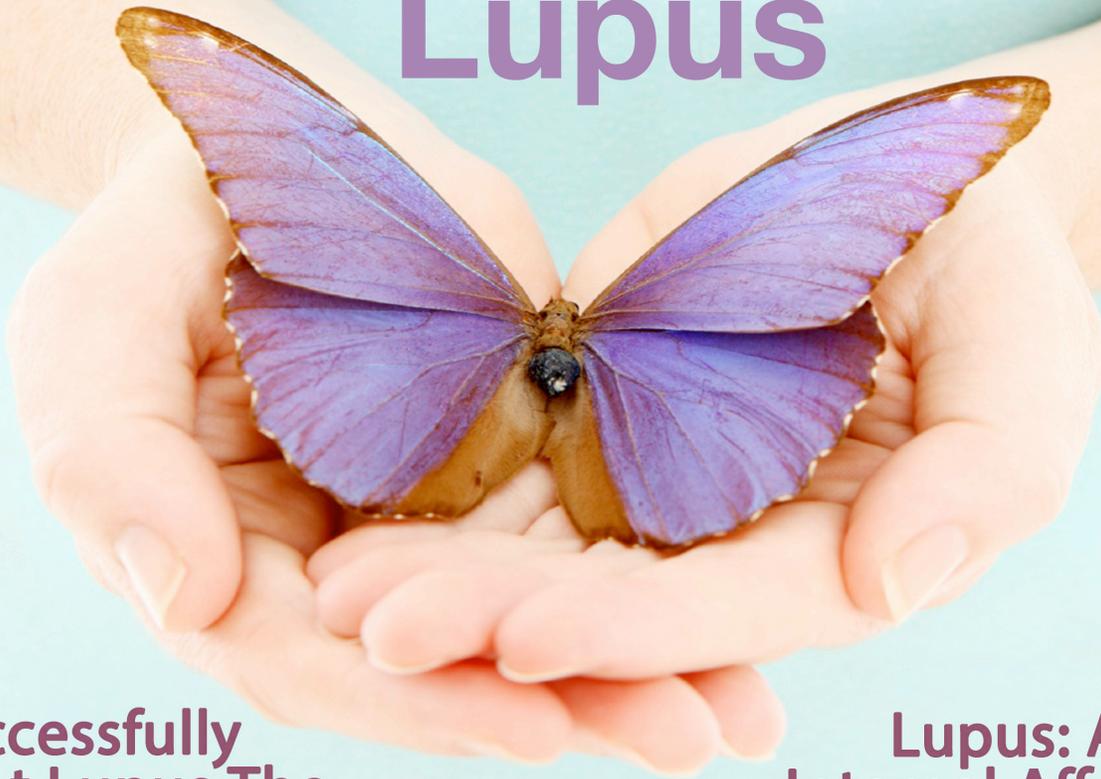
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Repairing Your Immune
System to Heal...

Lupus



Successfully
Beat Lupus The
Natural Way

Healing Lupus Diet

Lupus: An
Internal Affair

Immune Dysfunction
and Expectations

Lupus

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Repair Your Immune System to Heal Lupus

By Dr. Scott Saunders

What is Lupus?

What do Luisa May Alcott, Lady Gaga, Michael Jackson, Ferdinand Marcos, Tim Raines, and Lucy-in-the-sky-with-diamonds have in common? All are reported to have suffered with Systemic Lupus Erythematosus, also known as “Lupus” or SLE.

SLE can affect the heart, joints, skin, lungs, blood vessels, liver, kidneys and nervous system. The autoimmune disease is variable and unpredictable, often having periods of illness called flares, alternating with remissions. It is nine times more common in women than in men, and especially affects women in child-bearing years between the ages 15 to 35. Also, it is more common in people of non-European descent.

The disease is so variable because it is a condition of the immune system where antibodies are made against your own proteins, causing inflammation. It most often affects the joints, causing a painful arthritis. About half get skin problems, such as the characteristic “butterfly rash” on the face due to exposure to ultraviolet light. Fatigue and muscle pains are also common.

The antibodies are made against the nucleus of cells, most often the fibroblasts that make connective tissue. This is the tissue that holds the body together. For this reason, lupus can strike anywhere in the body.



How is Lupus Diagnosed?

Lupus can be brought on by:

- Food sensitivities
- Drugs
- Antibiotics
- Infections
- Toxin exposures
- Other, unknown causes

The lupus diagnosis is very difficult because so many people will suffer for years not knowing what they have. The tests that best characterize the symptoms are not exclusive to Lupus. The tests for Lupus that should be done include:

1. ANA (anti-nuclear antibody)
2. Anti-DS DNA (antibodies against DNA)
3. Anti-Smith (antibodies against nuclear proteins)

These tests, along with the characteristic rash on the face will detect about 92% of cases.

Natural Lupus Treatment Program

Loren came to see me in her 40s. She had suffered with rashes, pain all over, fatigue, mouth sores and arthritis for over ten years. She was unable to take care of her children and required help in the home. Worst of all, she was unable to predict when she would be functional.

She had been diagnosed with Lupus several years before, and had been tried on medications to suppress the immune system and relieve the pain. These helped a little, but she was still fatigued much of the time. She had difficulty sleeping, and was still in pain most of the time.

She was told that what she had was incurable, and she could get kidney failure, psychosis, heart failure, restrictions of the lungs and many other manifestations. Of course, with several young children she was always fearful of these things.

Systemic Lupus has been characterized as an incurable illness, as with all autoimmune diseases, but in the 21st Century we have come a long way. There are no medicines to cure Lupus, but there is a healing program that works well for most cases.

The foundation of this program requires repairing the digestive system. Over three-fourths of our immune system comes from the intestines. It is an extremely complex and fascinating system of our own cells, bacteria, yeast, parasites, food, hormones and tissues that help our immune system to be able to distinguish “self” from “not self.”

It seems simple, but all organisms use the same proteins to function on a cellular level, while these proteins all have to work the same, they all are different, and the immune system has to be able to know the difference! When it doesn't, we get diseases like Lupus.



How can we reprogram the immune system to work right?

The answer is in the bacteria of the intestines. We need the right mix of bacteria that produce certain organic acids that allow the immune system to function properly. In this case, “YOU ARE WHAT YOU EAT!”

Every time you eat, you are feeding bacteria, the ones you feed the most are going to grow, whereas the ones you feed the least are going to diminish or die.

The healing program is simple: Change your diet. Change your life.

Step 1: REMOVE all the offending foods.

Some doctors do blood tests to determine food sensitivities. However, this is unnecessary. The simplest method is the “elimination diet” where you remove those foods that tend to offend most often. This works about 80% of the time. I start with going:

1. Gluten-free (no grains, except brown rice and quinoa)
2. Dairy-free (This means no milk products at all, including protein powders)
3. Sugar-free (this includes all processed sugars, starches, and artificial sweeteners, like stevia)

At the same time, I recommend only single-ingredient foods. This means nothing from a restaurant, or prepared from a box, bag, bottle or can. This healthy single-ingredient food list would include:

- Fruit
- Vegetables
- Beans, peas and lentils (prepare them yourself)
- Eggs
- Nuts and seeds (raw is best)
- Small amounts of meat, fish and poultry (like 2-3 servings per WEEK)
- Drink only water (no juices, sodas, flavored drinks or alcohol)

The elimination diet will become part of your life, so “Get used to it!” It takes about a year to resolve all the problems associated with Lupus. The power of the elimination diet is that it is designed to calm inflammation and balance the body. Once the body is calm and the disease symptoms diminish, your body can promote healing at the cellular level. After two weeks on the elimination diet, then you can move on to the next step.

Step 2: REPAIR the intestines.



Most people diagnosed with Lupus have a “leaky gut,” which means the lining of the intestines is not complete and things that aren’t supposed to be in the body (like

partially undigested food) can “leak” through into your bloodstream. After two weeks on the elimination diet above, I use the following intestinal healing formula:

1. *L-glutamine powder* - 1 teaspoon twice per day in water on an empty stomach
2. *DGL (Licorice) lozenges* – use at least 3 per day
3. *Aloe Vera juice* – If you get the pure juice, then you can mix two tablespoons in the L-Glutamine drink.

You will stay on step 2 to repair the intestines for about 4 weeks, but after 2 weeks you will begin the next step.

Step 3: REPLACE the good bacteria.

Now that you have filled your intestines with good prebiotics (the food for good bacteria) and repaired the lining of the intestines, you can start taking a good probiotic. Probiotics are the good bacteria that normally inhabit our intestines. They help us digest our food, make and absorb nutrients and vitamins, as well as develop our immune system. The most important organisms are:

- *L. acidophilus*
- *L. bifidus*
- *S. boulardii*

Other organisms may be present. Remember, not everyone needs the same organisms, so it may be better to use one type and then switch to another. I recommend one that has billions of organisms, but don’t worry too much about whether to buy the “3-billion” or the “8-billion.” Either one with content in the billions is fine. It actually takes months to replace the bad bacteria with the good bacteria, so you will want to stay on the diet and probiotic supplement for about one year.

By the time people diagnosed with Lupus are only two weeks into step 3 they are feeling

better. The pain will go away and there will be no more rashes.

Return to Good Health

At this time, Loren was significantly better, and was able to function on her own and take care of her children without pain and fatigue. However, she continued to have painful ulcers in her mouth so I sent her to our herbalist who gave her chamomile tea to drink. After drinking the tea, she would hold the tea bag on the ulcer in her mouth for about 10 minutes. The ulcers disappeared and she is well to this day. (This is a neat trick for people with “aphthous ulcers” of the mouth!)

While Lupus is incurable with medications, it is curable and healed with re-programming the immune system by changing the diet and repairing the intestines.

We have this program works just as well for most autoimmune diseases.

"But you don't look sick" is often a well-meaning friend's first response upon learning about the Lupus diagnosis. It may be meant as a compliment, but for those dealing with the extreme fatigue, the stress, and the plethora of emotions that come with that diagnosis, the comment falls short of the supportive validation they seek.

Stories of recovery are not often from “spontaneous remission,” but are the result of a specific diet and lifestyle program.

[Once you read the personal stories of recovery – and you will be inspired to create your own success story – with the details and resources that you need to make it happen.](#)



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Successfully Beat Lupus The Natural Way

By Amanda Box

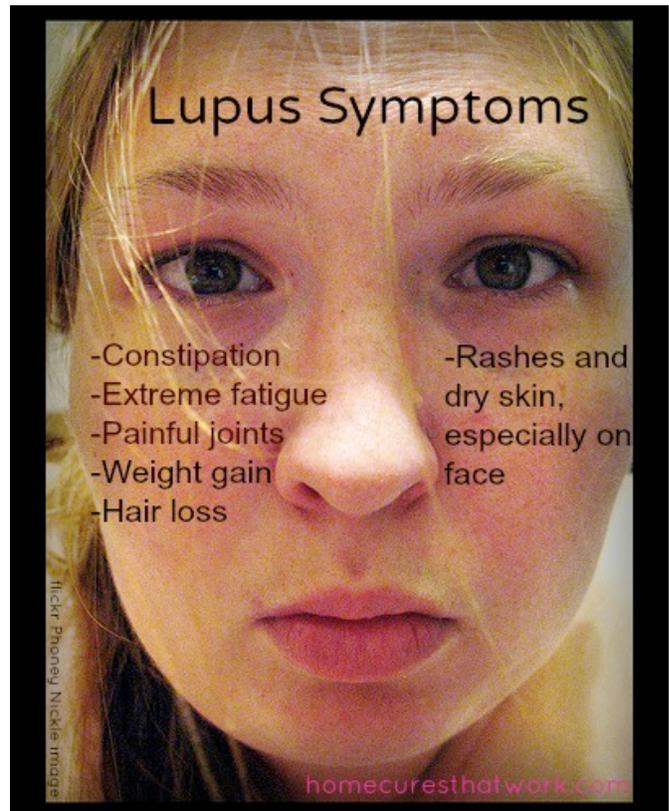
At just 19 years old, I had been working at the local healthfood store for just a couple of months. I absolutely loved working there and was absorbing everything like a sponge. I knew even then, that this was the path I was supposed to head down for my career. This was where “true health” resided. Not at the bottom of a diet coke can or a box of low fat cookies.

I remember when we had a special guest named Pam come and speak to the staff. I sat there inquisitively, taking in everything she had to say. I was intrigued and wanted to know how she went from sick to well using only natural foods and products.

She started by saying, “I had Lupus. My doctors gave me no hope for relief and my symptoms continued to worsen. But, then my friend from California told me about natural medicine. I connected with a Naturopath who helped me make dramatic changes in my life and health. Now I have been Lupus free for over 5 years!”

I didn’t even know what Lupus was at the time. I had never heard of it! But, once she described her symptoms and elaborated on how miserable they made her life, I knew how serious it was. Her symptoms, were typical of Lupus. She battled with:

- Constipation
- Painful joints
- Extreme fatigue
- Rashes and dry skin, especially on her face
- Hair loss
- Weight gain



The passion with which she spoke gave me confirmation, even as a young 19 year old, that natural remedies work! Many of the remedies she spoke of, I remember to this day and will

be included in this article. If you suffer from Lupus, fear not! Wellness is just a few steps away!

A Clean Start

The first thing Pam did to beat her Lupus was to cleanse and detoxify her body. Many times autoimmune disorders are birthed out of an accumulation of toxic chemicals in the body. Many toxins, like the ones in our environment, are virtually unavoidable. We eat, breath, and sleep amongst them every single day. There is:

- Mold in the air breathe...
- BPA in many of the plastics we drink and eat from...
- And fluoride and chlorine in the water we drink...
- These toxins are linked to allergies, birth defects and even cancer.

Everyone's body is different and some of us process toxins out of our body's much easier and more efficiently than others. However, there are some whose body's become bombarded from the accumulation of toxins and disease results, such as Lupus.

Pretty much anyone could benefit from a fresh start, whether you have an autoimmune disorder or not! I recommend it to nearly to all my clients. Cleansing and detoxification facilitates the removal of the accumulated toxic waste in our bodies. It is a foundational principle in Naturopathic Medicine and has been practiced for centuries!

The main organs you want to focus on cleansing are the colon and the liver. These are the two primary organs that deal with the processing and removal of waste from the body. Once accumulated toxins are cleansed from the colon and liver, then your body can better focus on healing and repairing itself. As a result, you will naturally decrease inflammation in the body and prevent further tissue damage from in the joint, skin, kidneys, heart, lungs, blood vessels and brain. Your

body can then take full advantage of healing itself.

When detoxing, always begin by cleansing the colon first, followed by a liver cleanse. This way, when your liver is being cleansed, the toxins have a clear and fast exit out of the body.

Cleansing the Colon

Colon cleansing is a fantastic way to move old toxic fecal matter out of your system. Endotoxins in the colon have been found to be a contributing factor in Lupus. Endotoxins are toxic chemical by-products from excess bad bacteria in the gut and their off gassing during digestion. They can damage the walls of the colon causing leaky gut syndrome. Leaky gut syndrome allows undigested food and toxins to enter the bloodstream and circulate the body, which only exasperates an autoimmune reaction like Lupus!

Colon cleansings sweeps the colon clean of debris and toxins, which can also reset your bowel movements. Having regular and average daily bowel movements is essential for whole body health.

Two of my favorite colon cleansers that I recommend are :

- CleanseSmart by Renew Life
- Bowel Cleanse by Renew Life

I am sure that there are other companies that have great cleansers, as well. However, I have had the best experience with the Renew Life brand. The founder of the company is a Colon Hydrotherapist, so cleansing and detoxification is her speciality.

You want to keep an eye out for for and avoid psyllium when selecting a bowel cleanse. Psyllium can swell up to 10 times it's original volume once exposed to liquid. This expansion can actually cause constipation in some people, rather than a speedier

evacuation. This is why I DO NOT recommend psyllium products. Renew Life is a psyllium-free, gentle natural laxative with 100% organic flaxseed, oat bran and acacia fiber.

Colon hydrotherapy is another great option if you have it available in your area. It takes several sessions to get the full results, but is a worthy investment! If you don't see a Colon Hydrotherapist listed, be sure and ask around to chiropractors and massage therapists in your area. Many health practitioners refer to one another. I have found word of mouth to be the best way to find the most ideal natural health professionals.

Cleansing the Liver

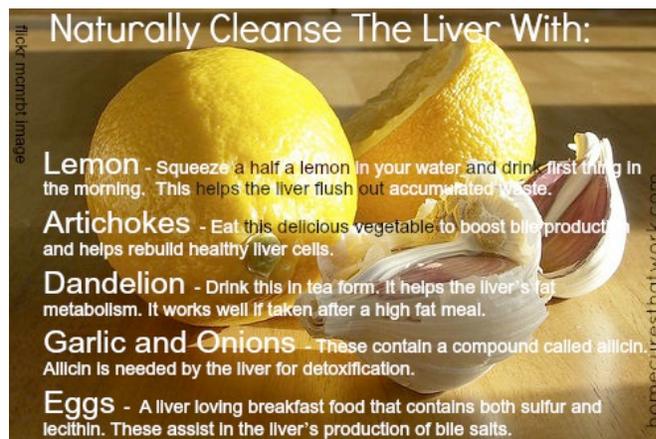
Once you have completed your colon cleanse, it is time to move on to your liver. Your liver processes thousands of toxins and poisons on a daily basis. When the detoxification systems inside the liver become overloaded, then toxins, dead cells and microorganisms end up circulating in our bloodstream! This alerts the immune system that something is wrong. Inflammatory chemicals begin to go to work, allergies can develop and infections can occur. This is why it is so incredibly important to keep our liver cleansed and healthy! What is so incredible about the liver, is that it's our only organ that can rejuvenate and repair itself, even after damage!

But, in order to rejuvenate, it must be given a break from it's excessive workload! You must adopt a diet virtuously free of chemical additives, and if possible, go off of all pharmaceutical drugs. Start incorporating liver loving foods into your diet like:

- *Lemon* - Squeeze a half a lemon in your water and drink first thing in the morning. This helps the liver flush out accumulated waste.
- *Artichokes* - Eat this delicious vegetable to boost bile production and helps rebuild healthy liver cells.

- *Dandelion* - Drink this in tea form. It helps the liver's fat metabolism. It works well if taken after a high fat meal.
- *Garlic and Onions* - These contain a compound called allicin. Allicin is needed by the liver for detoxification.
- *Eggs* - A liver loving breakfast food that contains both sulfur and lecithin. These assist in the liver's production of bile salts.

I also recommend taking a liver cleansing formula such as Liver Cleanse by Enzymatic Therapy. Liver cleansing formulas are designed to rebuild healthy liver cells and facilitate the cleansing of the livers accumulated toxins.



Cleansing the liver is definitely worth considering as it has a plethora of wonderful benefits. Not only will you feel cleaner and more rejuvenated, you will also have:

- A decrease in inflammation
- Increased energy
- Clearer thinking
- Less pain
- Better digestion
- Possible weight loss
- Clearer skin
- Balanced hormones
- Allergy relief

A Clean Diet

The most important thing in getting well from any disease, including beating Lupus, is a clean diet. Pam admitted that she once survived on food from the drive-thru. She believed that was one of the primary reasons her Lupus symptoms worsened so quickly. You really are what you eat! If you fill yourself with food that is essentially garbage, then you are going to feel like garbage. Real, fresh foods are going to leave you feeling fresh and alive!

I believe a complete diet overhaul can be boiled down to two essential elements:

1. How to properly read labels.
2. Cooking most everything you can from scratch (not from a box, bottle or can).

Making Sense of Labels

Most people are trained to read the labels by looking at the fat, calories, protein, etc. However, the most important thing on a food label is not the nutritional content. It is the ingredient list!

My first rule of thumb is:

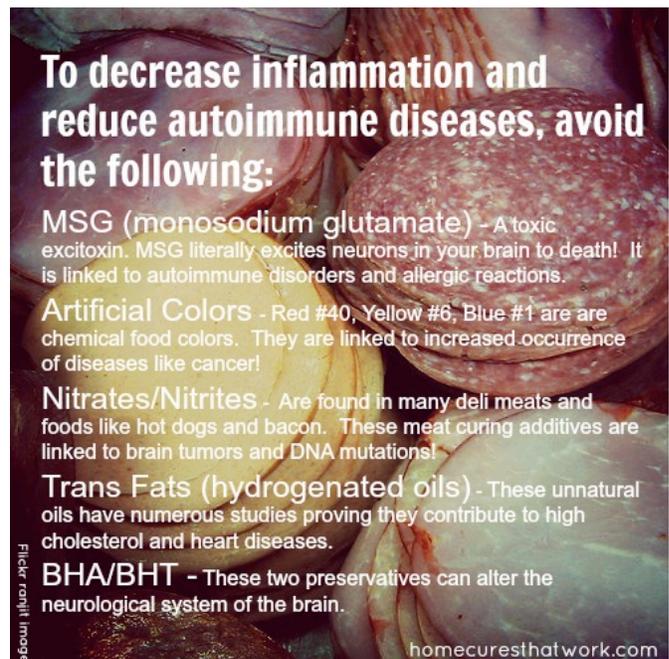
If you can't pronounce it, don't eat it!!

Even a child knows the names of food items. If you have never heard of something, or you're having problems pronouncing the ingredient, it is most likely made in a lab.

Lab made food chemicals contribute to Lupus because they are inflammatory. And because they are not truly natural, our body doesn't recognize them as food. Therefore, the immune system is alerted that there are foreign invaders in the body. This not only results in an increase of inflammation in the body, but possible allergic reactions.

Here are some common ingredients to avoid like the plague:

- *MSG (monosodium glutamate)* - A toxic excitotoxin. MSG literally excites neurons in your brain to death! It is linked to autoimmune disorders and allergic reactions.
- *Artificial Colors* - Red #40, Yellow #6, Blue #1 are chemical food colors. They are linked to increased occurrence of diseases like cancer!
- *Nitrates/Nitrites* - Are found in many deli meats and foods like hot dogs and bacon. These meat curing additives are linked to brain tumors and DNA mutations!
- *Trans Fats (hydrogenated oils)* - These unnatural oils have numerous studies proving they contribute to high cholesterol and heart diseases.
- *BHA/BHT* - These two preservatives can alter the neurological system of the brain.



Cooking from Scratch

Instead of prepackaged foods that come from a can or a box, start making your food from scratch. This is the best way to control what you're consuming. By doing so, inflammation is tamed and Lupus symptoms are reduced - or even completely resolved! You don't have

to be a gourmet cook to make healthy meals. Begin by filling your diet with:

- Fresh fruits and veggies
- Grass fed beef
- Free range chicken and eggs
- Organic or raw dairy products
- Fermented foods (such as yogurt, kefir, kombucha and sauerkraut)
- Sprouted grains (such as Ezekiel and Manna bread products)

Remember, fresh is best! Avoid those prepackaged and pre-made meals. A Lupus diet should be high in fresh, vitamin rich foods that are free of pesticides, hormones and chemicals.

[See our recipe section here to find inspiration on cooking from scratch to beat Lupus and gain natural health!](#)

Fermented foods that are high in beneficial bacteria are also extremely important for beating Lupus, as they restore immunity and a healthy gut.

Trust me, once you're used to giving your body only real food, you won't even want the artificial meals to touch your lips!

Supplementing the Imbalances

Although what you eat is by far the most important step in battling Lupus, there are several important supplements that can greatly improve your Lupus symptoms. These nutrients aren't found in significant amounts in the foods you consume, so they must be taken in supplemental form.

Vitamin D

Vitamin D deficiency is extremely common in those with Lupus. The connection is so common, the scientists are beginning to take note. Vitamin D is necessary for the function of many of our body's immune cells. This makes it extremely important in the prevention and treatment of illnesses and disease.

I recommend having your levels checked as soon as possible. If your vitamin D levels come back below 60 ng, you will want to begin supplementing vitamin D3. Start with around 45 IU per pound of body weight and have your levels re-checked every 3 months. Increases the dose if necessary. Having your vitamin D between 70-90 ng is the ideal range to aim for. This will give you maximum vitamin D potential, allowing your immune cells to do their job well.

Fish Oil

One of the best supplements at reducing the symptoms of Lupus is fish oil. Fish oil contains naturally anti-inflammatory fatty acids. Because many of the symptoms of Lupus are rooted in inflammation, causing excruciating pain and arthritis, be sure to buy a quality fish oil that is tested free from heavy metals and PCBs. Typically, a higher dosage is needed to provide adequate relief. Start with around 6000 mg a day. Once you begin to feel a reduction of symptoms, you may try reducing the dosage.



Probiotics

Your gut is the center of your immune system and demands proper attention, especially for those with autoimmune disorders like Lupus. Probiotics are healthy bacteria that not only boost our immune system, but facilitate proper digestion and waste elimination, plus maintain the production of feel good chemicals. We actually produce more serotonin (our feel good neurotransmitter) in the gut, than we do in our brain! Low serotonin levels have been found to accompany Lupus, and cause depression and anxiety. Choose a probiotic with at least 6 different strains of bacteria and 10 billion cfu.

Curamin by Europharma

In my opinion, Curamin is the the best all-natural anti-inflammatory on the market today. It is designed for both pain and inflammation. Curamin contains a specifically extracted curcumin compound that is 10X more absorbable than typical curcumin. Curcumin is the active anti-inflammatory compound found in turmeric. This special curcumin, called BCM-95, is combined with anti-inflammatory boswella and pain relieving DL-phenylalanine. This award winning combination that has helped thousands!

I have personally heard story after story of it's miraculous results. The founder of the company himself, Terry Lemerond, told me that a double dosage of 6 pills per day can be used for intense pain and inflammation. That dosage can be reduced to the recommended 3 pills per day once pain relief is achieved.

Create Your Own Success Story

Like Pam, you too can create your own success story of beating Lupus! I encourage you to adhere to the natural principles of cleansing and detoxification (especially colon cleanse and liver cleanse), eat a clean nutritious diet, and supplement with the

proper nutrients and natural anti-inflammatories. Just as Pam inspired me, you can be an inspiration for others who suffer from autoimmune diseases like Lupus. You will be a testimony of the power of nature and our body's ability to heal itself!

Don't let Lupus win. Take steps today to be one who beats the odds and wins back their health!

Probably one of the hardest things is the unpredictability of Lupus. Many people living with Lupus recognize the frustrations because effects of Lupus take place internally and often there are few external signs that someone might be struggling with pain.

[Please let us know what you try that works to relieve the symptoms of Lupus. Share your story and be an inspiration to others, like Pam was to me.](#)

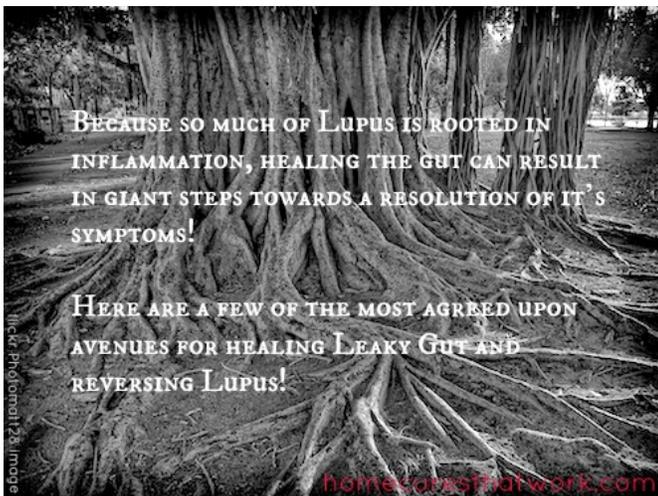


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By Amanda Box

One of the basic principles of natural medicine states, “All disease must be treated at the root.” I have yet to find a disease or ailment this did not apply to. However, so much of what allopathic medicine promotes is pharmacies full of drugs that “control symptoms” and doesn’t actually address the root cause of the problem. Although these pharmaceutical drugs can temporarily make life more comfortable, they don’t cure the disease with this band-aid style treatment.

Lupus is one of those conditions in which allopathic medicine strives to control its symptoms. Lupus is a chronic autoimmune disorder that currently affects over 1.5 million Americans, most of which are women. When someone battles with Lupus, their immune system begins to attack their own tissues, not just foreign invaders as it was designed to do.



The Devastation of Inflammation

Many of Lupus’ symptoms are caused by the extreme amount of inflammation. Inflammation is used to bring healing quickly to an injured area. But, when the inflammation becomes chronic, as with Lupus, it begins to destroy tissue and damages the body. This inflammation is a response brought about by the extreme autoimmune reaction in the body.

Lupus has no known exact cause. Diagnoses is typically based a combination of both symptoms and blood work. The most common lupus symptoms include:

- Rashes (particularly, a butterfly rash on the face)
- Poor kidney function
- Arthritis
- Heart and lung inflammation
- Positive blood tests like the ANA (antinuclear antibody)
- Low blood cell count, low white blood cells or low platelets
- Anemia

Steroids are usually involved for treating Lupus because they lower the body’s immune system response. Since Lupus is an autoimmune disorder, this can help stop the body from attacking itself. Unfortunately, this is a temporary solution and, again, doesn’t treat the root cause. The use of steroids also comes with a plethora of side-effects, some of which include:

- Weight gain
- Acne
- Insomnia
- Irritability
- Increase in cholesterol and blood pressure
- Susceptibility to diseases and ailments due to lowered immunity
- Osteoporosis

Millions of people suffering with Lupus are left believing that steroids are their only option. They put up with the side-effects because they believe this is their only option. I am hear to tell you that chronic inflammation can be stopped in a safer, more natural way! And it starts with what you put in your mouth!

The Leaky Gut Connection

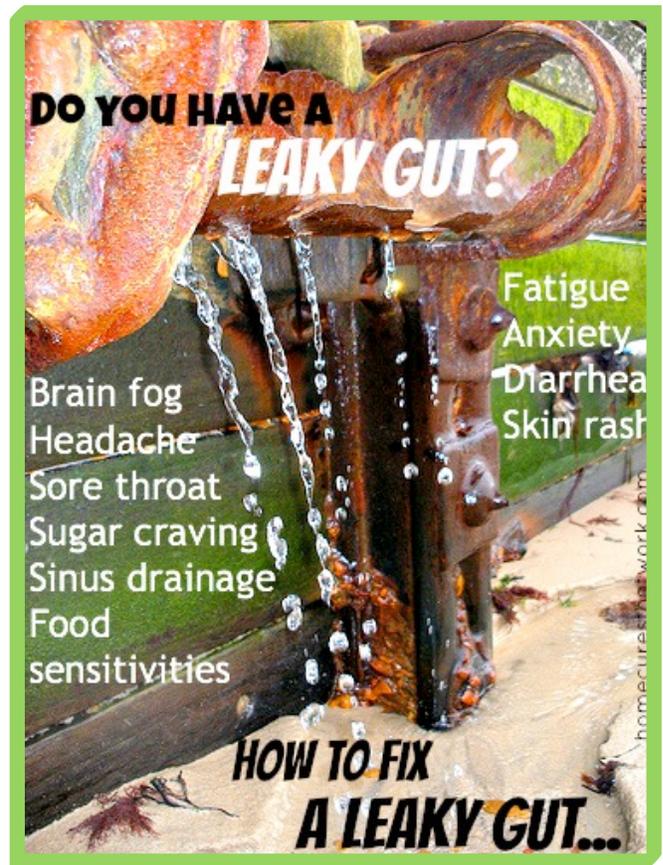
Around 12 years ago, I began to hear the term “leaky gut” being used in correlation with health conditions like ADD and Autism. Then as the years passed, testimonies of “leaky gut” causing more than psychological issues began to circulate in natural medicine health circles. It has now been suggested that this severe digestive disturbance is a major factor in autoimmune disorder like Lupus. Other conditions associated with Leaky Gut Syndrome include:

- IBS
- Chrohn’s Disease
- Celiac Disease
- Arthritis
- Fibromyalgia

I personally believe that the majority of people suffering with Lupus have Leaky Gut Syndrome. And if they didn’t begin with it, they will likely develop it due to years of inflammation and pharmaceutical drug use.

When you understand what a leaky gut does to the body, it makes a lot sense that it is a large contributing factor. Our intestines are meant to be a barrier that protects microbes, undigested food and toxic chemicals from

entering into our bloodstream and circulating through the body. But when the intestines become inflamed, Leaky Gut Syndrome begins and sets off an immune system response.



This inflammation of the gut can be caused by:

- Parasites
- Ingesting toxic chemicals
- Improper bacteria in the gut
- Antibiotic use
- NSAID drugs
- Food allergies
- High sugar intake
- Intestinal infections
- Chronic candida overgrowth

Once the intestines are inflamed, the mucosal wall is damaged and becomes permeable. This allows the microbes, food particles and toxic chemicals to pass through the wall and out into the bloodstream. Hence the name, Leaky Gut Syndrome.

The body sees these particles as foreign invaders and the immune system goes to work. Inflammation is the autoimmune response and causes even more stress on your system. The little battles are starting to be ignored, like filtering out the blood, calming inflamed areas of the body, fighting bacteria, regulating the gut, etc. This process flow can lead to your body fighting itself and an array of autoimmune disorder such as Lupus. Inflammation, allergic reactions and psychological issues can result from this internal poisoning. The good news?

Leaky Gut can be healed and it's symptoms along with it! Treating Leaky Gut is a multi-faceted approach that requires many different pieces of the puzzle to fall into place. If each one is utilized, the holes in the sinking ship will plug up and allow the body to return to a more normal state.

Because so much of Lupus is rooted in inflammation, healing the gut can result in giant steps towards a resolution of it's symptoms! Here are a few of the most agreed upon avenues for healing Leaky Gut and reversing Lupus!

Healing Leaky Gut

Books that address healing Leaky Gut such as, Gut and Psychology Syndrome by Dr. Natasha Campbell-McBride, have taken the nation by storm. This GAPS (Gut And Psychology Syndrome) diet has become the saving grace for thousands suffering with Leaky Gut and many of it's accompanying conditions.

I have seen the GAPS diet change the lives of people suffering from things as simple as eczema and allergies to more intense ailments like inflammatory bowel disease, fibromyalgia and Lupus. The results can truly be amazing! However, the principles must be adhered to rigorously over a period of 6 months to 2 years, depending on the severity of the condition.

There are other diets targeted towards healing the gut. Many of them contain the same principles as the GAPS diet and are designed to soothe an inflamed intestinal tract. I don't advocate that GAPS is the only path towards healing. But my mantra is that I only recommend what I have personally seen work. I have seen the GAPS diet give people the 180 degree turn they needed in their health!

4 Steps to Healing Leaky Gut

The GAPS Diet can be broken down into 4 main principles:

1. Ridding the diet of inflammatory foods like sugar and processed carbohydrates.
2. Increasing the consumption of foods containing beneficial bacteria, like fermented foods and beverages.
3. Increasing the amount of anti-inflammatory foods like healthy fats and nutrient dense broths.
4. Detoxifying the body by the consumption of fresh juices, beneficial bacteria and avoiding foods that inhibit the detoxification process.

Although this diet is not a quick fix, it can dramatically improve the integrity of the intestinal wall, allowing it to slowly return to it's normal permeability, stopping the flow of foreign objects into the blood, which will stop food intolerance symptoms and eventually help stop the vicious cycle of inflammation in the body.

The best way to eat your way to freedom from Lupus is to adhere to a strict anti-inflammatory diet like GAPS. These 4 steps can become the bridge between sickness and health!

The Back "Bone" of GAPS: Bone Broth

The back "bone" of the GAPS diet is it's highly prized bone broth. Yes, the pun is intended.

It is not only the core to this healing regime, but also the first food introduced. Dr. Natasha Campbell-McBride recommends that you follow an introductory stage of just eating bone broth, before stepping right into eating full-blown GAPS style. This introduction is meant to speed the healing and detoxification process. It is not completely necessary, but is highly recommended.

The GAPS diet plan has 6 stages. I recommend purchasing the book and giving it a good read before attempting to jump right into the diet. However, the first step of drinking homemade bone broth can be added to your current diet for it's healing benefits. I personally try to incorporate bone broth into my weekly meal plans. It has such a high nutrient content and it's soothing effects on the gut is beneficial to everyone!

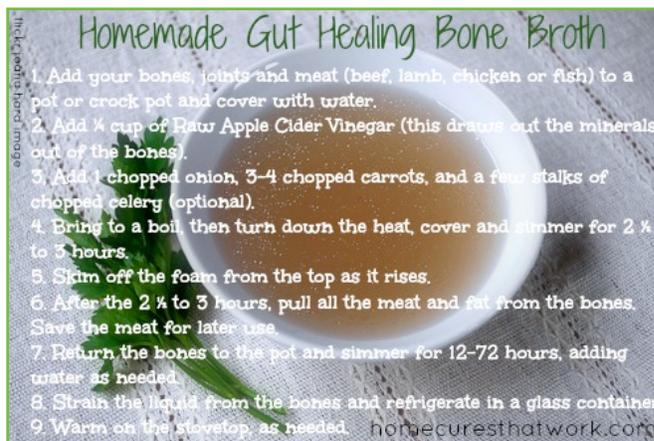
You definitely do not have to be following all the GAPS principles to begin drinking this nutrient dense broth. However, you will have little results in quelling the extreme inflammation that accompanies Lupus, without incorporating the entire diet.

Homemade Gut Healing Bone Broth

Make bone broth is extremely simple. It just takes your favorite type of meat and a large pan or crock pot! Some bone-in meats to choose from include:

- Beef
- Lamb
- Chicken
- Fish

The essential component in these broths is not the meat itself, but the bones! Cheap cuts with ligaments and joints work very well. Use whole chickens and fish that still contain the fins and head. You can ask your butcher for tubular cuts of beef that contain a lot of marrow. Marrow is extremely high in nutrients needed to heal the intestinal lining.



Step-by-Step Bone Broth Recipe

- Add your bones, joints and meat to a pot or crock pot and cover with water.
- Add ¼ cup of Raw Apple Cider Vinegar (this draws out the minerals out of the bones).
- Add 1 chopped onion, 3-4 chopped carrots, and a few stalks of chopped celery (optional).
- Bring to a boil, then turn down the heat, cover and simmer for 2 ½ to 3 hours.
- Skim off the foam from the top as it rises. After the 2 ½ to 3 hours, pull all the meat and fat from the bones. Save the meat for later use.
- Return the bones to the pot and simmer for 12-72 hours, adding water as needed.
- Strain the liquid from the bones and refrigerate in a glass container.
- Warm on the stovetop, as needed.

Homemade bone broth can quickly repair your gut and restore your healthy mucosal lining, quelling and healing inflammation in the gut. Bone broth also contains glutamine, an important fuel for intestinal cells that may help repair a leaky gut. Drink 8-12 oz every day, especially if you are trying to manage heavy stress or running low on sleep! However, the introduction phase of the GAPS

Diet suggests your primary intake for the day be bone broth.

Bone broth also makes a delicious base to soups and can also be used when cooking different meats and vegetables as a flavor enhancer and base.

GAPS Friendly Baked Goods

One of the hardest things for people to adjust to when following the GAPS diet is the lack of grains. However, with the popularity of grain-free flours like almond and coconut flour, you can still have that baked goodness without the forbidden grains!

Here are a few reasons why grains are hard on your body (by the way, grains break down into sugar in your body!):

- The sugars in the grains feed yeast/candida in the body, making it grow out of control.
- Grains can cause your blood sugar to spike and drop, even whole grains and can also cause weight gain, mood swings, depression, tax your adrenals and pancreas and a whole lot more.
- Grains are simply hard to digest.

By eliminating grains the gut can actually heal, leading to weight loss, stabilized blood sugar and mood, balanced hormones, and reversal/improvement on autism and other autoimmune disorders like Lupus in which gut damage is heavily involved.

In order to approach a grain-free diet without losing your mind, here is delicious and practical recipe!

GAPS Banana Muffins Recipe

One of the simplest recipes I have come across in my quest for grain-free baked goods is Banana Muffins. These make a great addition for breakfast or just a wonderful snack. You

feel like you are cheating, but these muffins are made with almond flour so they are 100% GAPS diet approved!! And, they have absolutely NO ADDED SUGAR!!



Ingredients

- 3 ripe bananas, mashed
- 3 free range eggs
- 3 1/2 cups almond flour
- 1/2 tsp baking soda
- 1/3 cup of melted coconut oil
- dash of salt

Directions

1. Preheat oven to 350 degrees.
2. Blend together your wet ingredients: bananas, eggs and coconut oil.
3. Slowly stir in the dry ingredients: almond flour, baking soda and salt.
4. Line your muffin tin with paper liners and fill each one 3/4 full.
5. Bake for 15 minutes or until lightly browned. The muffins should spring back when touched.
6. Let cool before eating.

GAPS Chocolate Peanut Butter Ice Cream Recipe

Many people get a bit overwhelmed by all the restrictions when I suggest the GAPS diet. But then when I mention that they can have ice cream, their faces always light up. Ice cream is

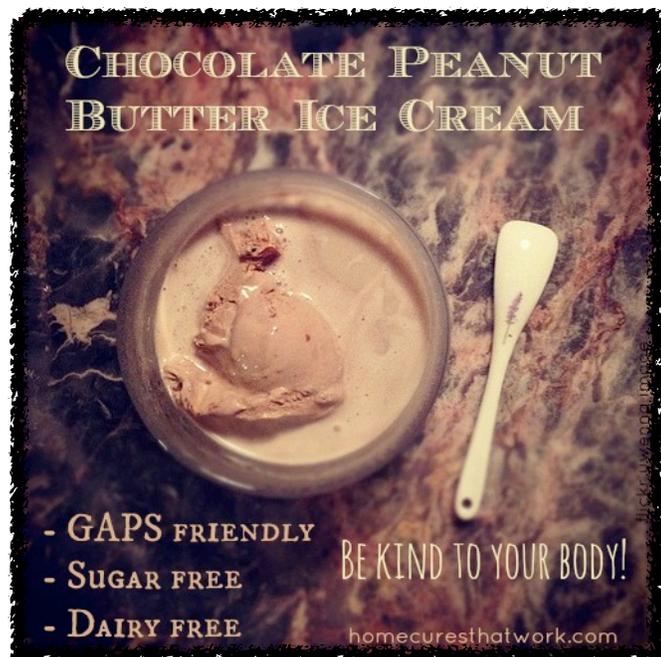
a food that seems to bring a lot of joy into our lives. However, it still has to be free of ingredients forbidden on the diet, like pasteurized dairy and white sugar. Luckily, GAPS ice cream is legal, easy easy to make and incredibly delicious!

Ingredients

- 3 cups of full fat coconut milk or coconut cream
- 1/2 cup of all natural no-sugar peanut butter
- 1/2 cup of cocoa powder
- 2 tbsp honey
- 25 drops of liquid stevie (I prefer NuNaturals brand)

Directions

1. Mix the ingredients in a blender or by hand.
2. Add the mixture to your ice cream maker and follow it's instructions.



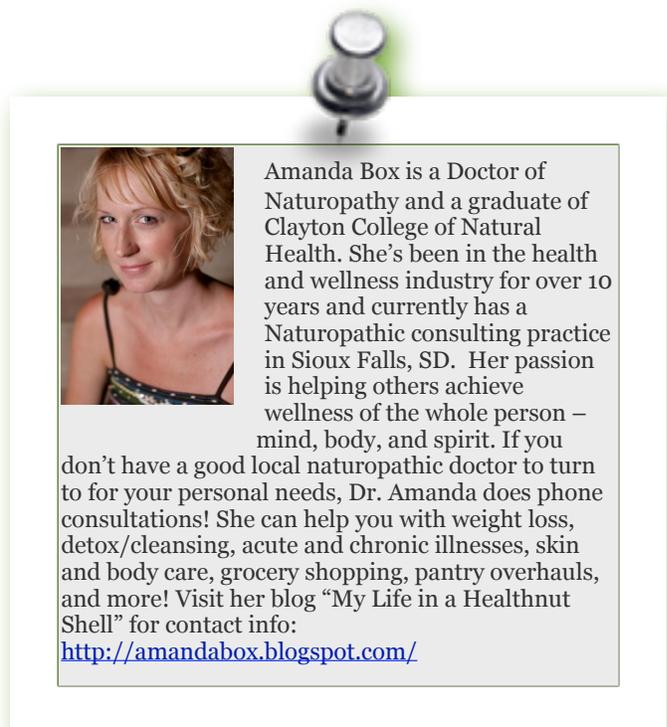
Healing Lupus at the Root

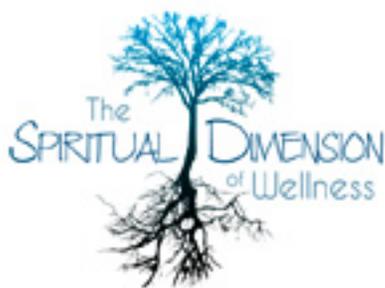
Quelling Lupus' inflammation can be as simple as eating the right foods. Don't

succumb to merely "controlling the symptoms" any longer! Take steps to eliminate Lupus at the root cause by establishing normal gut flora and repair any leaks in the gut walls! I encourage you to adopt a diet that soothes and heals the gut and puts out the fire of inflammation.

Eliminate the pain of Lupus from the inside out with delicious, nutrient dense, anti-inflammatory foods!

Isn't something as simple and natural as a diet worth trying? I've been asked if the diet is "hard" to do. Living with Lupus is hard. Eating healthy foods is a breeze compared to living with Lupus. Help a loved one with Lupus adjust to a new diet by [sharing this article with them!](#)





Lupus... An Internal Affair

By Michael Tyrrell

Greetings friends! By the time this publication reaches you, chances are you will have experienced 3 inevitabilities of life:

1. You now know what was inside those beautifully wrapped gifts under the Christmas tree.
2. You are already redefining your “New Year” resolutions.
3. The Mayan calendar interpretation was an *epic* fail!

Yes, it appears every few years the “lunatic fringe” will create more and more mindless doomsday scenarios to create hysteria and unwittingly undermine those of us who are working to establish peace in the midst of chaos.

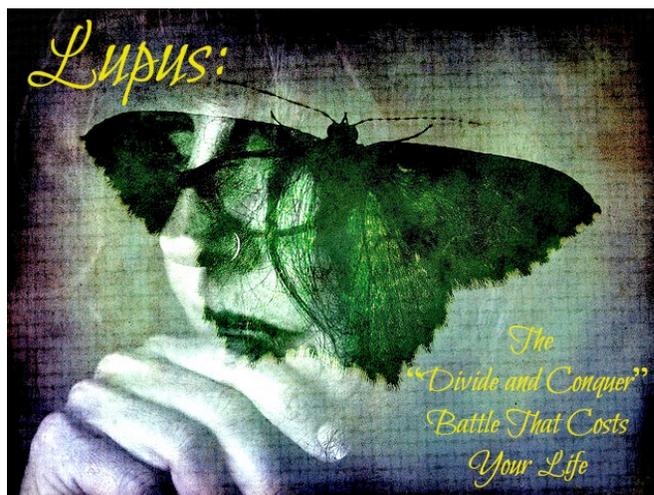
All of us here at Barton Publishing are dedicated to bring real solutions to real health problems that have impeded the quality of life of good people around the globe. In keeping with that resolve, this month we are tackling a disease that is growing at an alarming rate... Lupus.

The Lupus Ledge

Lupus, or SLE (systemic lupus erythematosus), is an autoimmune disease and can affect any part of the body, including the:

- Skin
- Joints

- Heart
- Lungs
- Blood
- Kidneys
- And even the brain



Some common symptoms of lupus are:

- Joint pain
- Chest pain
- Kidney problems
- Butterfly rash on face
- Scaly patches on elbows
- Sensitivity to light
- Blue fingers known as Raynauds phenomenon
- Lesions in the mouth or nose
- Persistent fever
- Hair loss
- Fatigue

Now before you say, “OMG! I have Lupus!” -

remember these *symptoms* are not a diagnosis! Only a qualified health practitioner can determine if someone has Lupus. These typical symptoms of Lupus mask many other illnesses and each person with Lupus manifests the traits differently. I have had to talk more than one person “off the ledge” after they had incorrectly self-diagnosed themselves by a google search or WebMD. So, please resist the temptation to condemn yourself to Lupus (or any other disease, for that matter)!

Declaring Immunity

As I mentioned earlier, Lupus is an autoimmune disease, so let me give you a working definition for the term *autoimmune*.

Autoimmune diseases work from the inside out, i.e. body tissues are attacked by their own immune system. The immune system is a complex network within the body that is designed to attack *foreign* invaders of the body, including infectious diseases. Patients with autoimmune diseases, however, frequently have mutant antibodies circulating in their blood that, unfortunately, target their own body tissues.



Here is an interesting note. The word *lupus* is a Latin word for “wolf,” or one who preys on the body! Have you ever been on a drive in the country and saw a dead animal carcass being picked apart by vultures? A person with Lupus experiences this internal scavenging. Their immune system goes rogue and treats healthy

organs like dead tissue and begins to feed on them. At this time, doctors believe there is no cure for Lupus. So, let's talk about some alternatives to ease the Lupus symptoms.

Protecting Your House

A few years ago, I remember seeing a commercial for *Under Armour*, a company that sells athletic apparel. In the commercial, Kevin Plank (a menacing 6'4" football player who weights 270 pounds) shouts, “We must protect this house!” What he was referring to was our bodies.

I believe this is the mentality we must possess when facing debilitating health issues like Lupus. I will share with you my common sense approach to living an improved life by taking charge - or “protecting your house” - from the inside out.

Shark Attack!

As I write, Americans are experiencing one of the worst flu seasons in years! Multiple flu cases have been reported in all 50 states. Because of the flu threat, two thoughts prevail:

1. Precaution
2. Bolstering the immune system

What I am about to say may surprise you, but hear me out!

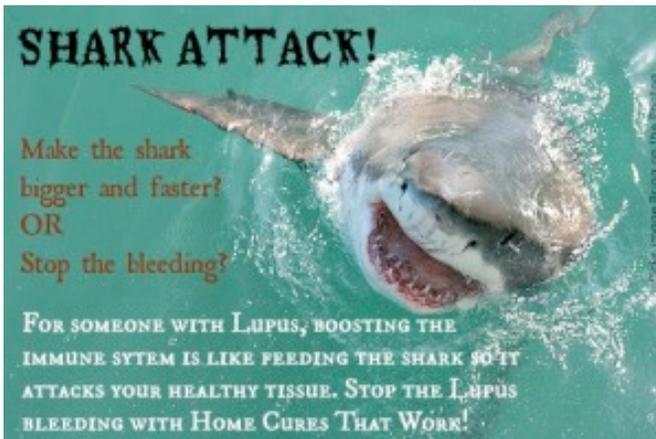
Bolstering the immune system of a Lupus sufferer could actually be harmful. For instance, if you were swimming in the ocean and a small cut on your hand was attracting a shark, what would you want to do?

- Make the shark bigger and faster?

OR

- Stop the bleeding?

That's a no-brainer, right? You would want to stop the bleeding so the shark would leave you alone - of course!



You see, someone with Lupus doesn't have a *weak* immune system; they have an *overactive* malfunctioning immune system that is attacking healthy tissue. So, does it make sense to bolster your immune system when suffering from an autoimmune disease?

What I am saying is auto immune sufferers don't have a lack of immunity; their immune system has a lack of discernment.

- Bolstering the immune system will exacerbate Lupus.
- Suppressing the immune system will weaken the bodies defenses to extraneous opportunistic bacteria and virus.

We have to take a whole body common sense approach.

If you have read any of my previous articles in *Home Cures That Work*, then you have undoubtedly discovered that I never try to major on my minor. In other words, I am not a doctor. I am a minister. So, I will share the little I know about common sense natural modalities for health and the rest will come from a clearly spiritual ramification perspective. Here we go!

Controlling Inflammation

Since up to 90% of Lupus sufferers struggle with joint pain (arthralgia), let's start here. To immediately improve quality of life, we have to

get inflammation in the body under control. Here are some suggestions:

- *Zyflamend* - This is a highly recommended product from New Chapter. Get the soft gels; they are very effective for inflammation of joints.
- *Tumeric* - 300 milligrams 3x/day
- *Pine bark extract (pycnogenol)* - 50 mg 2x/day
- *Omega-3 fish oils* - Even if you include wild salmon in your diet
- *Tart Cherry concentrate* - My favorite is Michelle's (www.michellesmiracle.com)
- *Nopal Cactus* - I have not tried this one, but many people are reporting substantial anti-inflammatory results. I recommend using a pure nopal cactus capsule supplement from your local **health** food store and avoiding Nopalea or fruit juices with added ingredients.
- *Personal PEMF machine (pulsed electro magnetic field)* - Pulsed electromagnetic field therapy is a new approach to **pain** management that uses magnets to create pulsing, moving energy. Dr. Oz is singing its praises and several of my friends and I have had amazing results from PEMF therapy. This is something you might want to look into. I highly recommend... <http://www.activationproducts.com/wellnessrings?AFFID=104078>

Once the inflammation subsides, I recommend these lifestyle modifications:

Supplements -

- Antioxidants - Especially A, C and E
- B-12
- Folic acid
- D3

Improve your dietary nutrition -

- Stay away from sugar, GMOs, processed foods and trans fats.

- Eat more wild salmon, raw nuts and sweeten with stevia or xylitol.
- Remember when the body burns white sugar as energy, it carbonizes in the joints causing inflammation and pain... no sugar equals no pain!

Sufficient daily exercise - This is critical! Keep moving!

- One hour of vigorous walking a day will add 4.5 years to your life.

Relaxation and stress reduction - Learn to take time for yourself.

- Take deep breaths
- Soak in a bath
- Watch a comedy (laughter is powerful medicine)
- Read the psalms
- Pray
- Whatever brings you peace and rejuvenates you

Get enough sleep

Don't underestimate the mind/body connection - Remember, "As a man thinketh, so he is."

If you will follow these instructions for 30 days, I promise you will feel like a different person! Please write us here at *Home Cures That Work* and share your success stories with us.

Now, let's take a moment to think out of the box as we focus on another type of "social" Lupus with wide spread cultural and spiritual ramifications.

The "Divide and Conquer" Battle That Costs Your Life

"If a house is divided against itself, that house cannot stand." Mark 3:25

When someone has Lupus, they are being attacked by their own body. It has ALWAYS been God's desire that mankind would be ONE

as He, the Son and The Spirit are one. Yet, our world - and our bodies - have never been more divided on every level as it is today.

Our world is suffering from an acute case of "social" Lupus. It's an "inside" job with brother against brother, color against color, gender against gender and government against the people.

This "divide and conquer" mentality has been the undoing of every great empire in history. We can never be more powerful than when we are one. One is indivisible by any number. Yet, if we are not united, the common equation throughout history is the ultimate subtraction: $1-1=0!$

The divisive motive is always the same: money, power, greed and control by manipulation. This is built on a false premise that there is NOT enough to go around, so you have to divide and conquer to take what you want.

This is what I mean by cultural implications on a global scale of "social" Lupus - a body that is divided against itself, devouring its very own.

But, I also mentioned spiritual ramifications, didn't I?

It is no surprise that Jesus constantly referred to His followers as the "body." Jesus likened His followers to a healthy physical body, but also the "body" of Christ, His church. However, His own followers were not impervious to greed, envy and good ole' "divide and conquer" techniques.

"The body is a unit, though it is made up of many parts; and though all its parts are many, they form one body, so it is with Christ. For we were all baptized by one Spirit into one body-whether Jews or Greeks, slave or free - and we were all given one Spirit to drink. Now the body is not made up of one part, but of many.

“If the foot should say, ‘Because I am not a hand, I do not belong to the body,’ it would not for that reason cease to be part of the body. And if the ear should say, ‘Because I am not an eye I do not belong to the body,’ it would not for that reason cease to be part of the body. If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be?”

“But in fact God has arranged the parts of the body, every one of them, just as He wanted them to be. If they were all one part, WHERE WOULD THE BODY BE? As it is, there are many parts, but one body.” 1 Corinthians 12:12-26

Yes! Unity in diversity! I highly recommend reading the rest of 1 Corinthians 12 in your spare time. But here is the kicker - the last line is the answer to the problem:

“And now I will show you the most excellent way...” 1 Corinthians 12:31

This verse is the segway into 1 Corinthians 13, commonly known as “The love chapter!”

An Internal Affair

Love is the answer and love never fails! Jesus said, “Love one another as I have loved you.” John 15:12

You see, the need to “divide and conquer” is generated by fear. “But perfect love casts out fear!” 1 John 4:18

The quickest way to unseat evil is good; the antidote for hatred is love.

There is division in the world and division in the church. Politics have divided the people and denominations have divided the church... but love covers a multitude of sin (1 Peter 4:8).

Do whatever it takes to love your enemies until they are at peace with you. At one time, all of us were enemies of God separated from Him by our sin. But, love broke through!

John 3:16, “For God so loved the world that he gave His one and only Son, that whoever believes in Him shall not perish but have eternal life.”

I wrote a song called “Love Revolution” that you can listen to here:

http://youtu.be/rzmMHc_4fZM

As you listen to the words and view the images, remember the quickest way to stop “social” Lupus is to love one another. The quickest way to arrest the physical symptoms of Lupus is to love your self enough to follow the health tips in this month’s publication.

I came across this old Cherokee Parable called *Two Wolves* and since Lupus has the meaning of *wolf*, I thought it may be relevant.

An old Cherokee chief was teaching his son about life...

“A fight is going on inside of me,” he said to the boy. “It is a terrible fight and it is between two wolves. One is evil. He is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, self-doubt and ego.

“The other is good. He is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. This same fight is going on inside of you- and inside every other person, too.”

The grandson thought about it for a minute and then asked his grandfather, “Which wolf will win?” The old chief simply replied, “The one you feed.”

Have you been feeding the wrong wolf? Remember, Lupus is an internal affair. It is not *outside* the power of love.

Be well and love one another,

- Have you seen the movie, “Pay It Forward?” Did it change you?**
- Have you ever been loving in the midst of a hostile environment? Did love overcome hostility?**
- Is unity in diversity achievable outside of Christ?**



Michael Tyrrell is founder of the Network Center Inc., a not-for-profit, an 501(c)(3) organization which works as an advisory agency to local churches, faith-based ministries, Para-church ministries, schools, home fellowships and music ministries.

Michael is committed to training to deliver the message of their Christian faith in order to reach the lost, the disenfranchised, the sick and the hurting. Michael has been in full time ministry for the last 27 years and is a writer music producer and well known musician.

www.michaeltyrrell.com

Anti-Aging Care



Immune Dysfunction and Expectations

By David Kekich

Only if your immune system is depressed will it normally allow a virus to take hold. So maybe a depressed immune dysfunction is the disease. In fact, maybe aging is the disease that depresses the immune system.

For a variety of reasons, the aging immune system loses its ability to attack bacteria, viruses, and cancer cells. In aging humans, excessive levels of dangerous cytokines are produced that cause the immune system to turn on its host and create autoimmune diseases associated with aging such as rheumatoid syndrome.

Some methods to counteract immune dysfunction:

Maintain youthful hormone balance and guard against excess free radical production. Consider supplementing daily with:

- *Glucan Complex* - 100 mg of Beta-1, 3-D to boost certain immune parameters
- *Luteolin* - 8–16 mg daily
- *Curcumin* - 800–3200 mg daily, to suppress undesirable cytokines

Other supplements to consider are:

Lactoferrin

Lactoferrin is used for treating stomach and intestinal ulcers, diarrhea, and hepatitis C. It is also used as an antioxidant and to protect against bacterial and viral infections. Other uses include stimulating the immune system, preventing tissue damage related to aging, promoting healthy intestinal bacteria, preventing cancer, and regulating the way the body processes iron.

One cup Matcha Green Tea per day can:

- Cut heart disease risk in half
- Improve mental alertness
- Lower blood cholesterol and triglyceride levels
- Reduce blood pressure
- Lower risk of breast, colon, lung, ovarian and prostate cancers;
- Protect against Type II diabetes
- Improve exercise performance
- Lower risk of obesity

homecuresthatwork.com

DHEA

DHEA is a parent hormone that promotes tissue renewal and replacement. Low DHEA levels affect your cardiovascular and immune system as well as your metabolism. DHEA

usually declines from prime levels by 80–85% by the time you reach seventy years of age. The benefits of supplementing with DHEA include increased muscle tone, a more active sex drive, better skin and hair condition and better immune system function.

7-keto DHEA

To speed up the metabolism and heat production to promote weight loss. 7-keto-DHEA is also used to improve lean body mass and build muscle, increase the activity of the thyroid gland, boost the immune system, enhance memory and slow aging.

Probiotics

The Bacillus Coagulans strain is good. Its main benefits are it survives the acidic environment of your stomach, making it to your small intestine where it does the most good, and it does not need to be refrigerated. Infintis, Reuteri and Dura Flora are also good. They are therapeutic to the colon and strengthen colon health.

Matcha green tea extract

One cup per day can:

- Cut heart disease risk in half
- Improve mental alertness
- Lower blood cholesterol and triglyceride levels
- Reduce blood pressure
- Lower risk of breast, colon, lung, ovarian and prostate cancers;
- Protect against Type II diabetes
- Improve exercise performance
- Lower risk of obesity

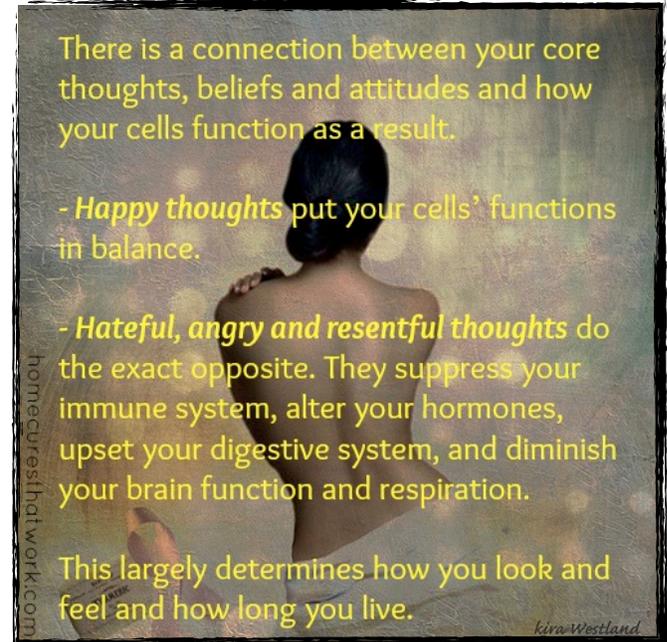
Can Expectations Determine How Long We Live?

If you always think the glass is half full, you're on the right track. Mayo Clinic research shows that people with positive outlooks typically live 19% longer than people who see the glass as half empty. It's questionable if this can be attributed to optimists being more likely to seek medical help when they're ill, or if their immune systems strengthen as a result of their

sunny outlook. The end result is, they live longer. Optimists are also less likely to suffer depression and helplessness than their pessimistic counterparts.

To support the hypothesis that their immune systems are actually strengthened, Dr. Bruce Lipton's experiments, and that of other leading-edge scientists, have examined in great detail the processes by which your cells receive information. The implications of this research radically change our understanding of life. It shows that genes and DNA do not control your biology. Instead, DNA is controlled by signals from outside your cells, including the energetic messages emanating from your positive and negative thoughts.

You can actually modify your genes without changing their basic blueprint by modifying their environment through changes in your diet, emotions, toxins, stress, etc. And guess what? Those modifications can be passed on to your future generations.



This process is called epigenetics. Science Daily defines epigenetics as a rapidly growing research field that investigates heritable alterations in gene expression caused by

mechanisms other than changes in DNA sequence.

Everything you eat, drink, breathe, think and expose yourself to affects your genes. Those foods, beverages, toxins and thoughts trigger your genes to act in certain ways, either good or bad.

Scientists have discovered it is easier to make epigenetic changes than to fix damaged genes.

Understanding how your cells respond to your thoughts and perceptions illuminates your path to personal empowerment. This largely determines how you look and feel and how long you live.

There is a connection between your core thoughts, beliefs and attitudes and how your cells function as a result.

- Happy thoughts put your cells' functions in balance.
- Hateful, angry and resentful thoughts do the exact opposite. They suppress your immune system, alter your hormones, upset your digestive system, and diminish your brain function and respiration.

Stub a toe, and all your cells react. Poison your body with cigarette smoke or toxic food, and you stimulate every cell. Subject yourself to uncontrolled stress, and you stress tens of trillions of cells. Now can you see why stress

management and attitude are so critical to your health and longevity?

Now that you know your thoughts affect every single cell in your body, what are you going to do about it?

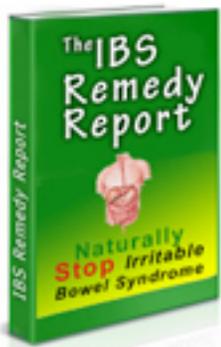
Since you now realize positive, loving and grateful thoughts keep you healthy and make you live longer, while negative thoughts destroy you from the inside out, you have a big anti-aging advantage. What happens to you usually doesn't matter one bit.

How you react means everything.

What do you think? Is it a real possibility for curing someone with a compromised immune system?



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



Free Remedy Report: The Irritable Bowel Syndrome Remedy Report

DID YOU KNOW ...

- In March 2007 the manufacturers of Zelnorm voluntarily discontinued marketing and sales due to FDA and Health Canada requests based on increased risk of serious cardiovascular adverse events?
- Drugs like Levbid and Bentyl can have side effects that are every bit as unpleasant -- even painful -- as your IBS symptoms?
- You can stop taking any more drugs and actually begin to heal your IBS using natural home remedies? You'll save a lot of money, too ...
- Conditions other than IBS are often misdiagnosed? We'll tell you ways to recognise the difference...
- The root of your IBS problems could be caused by stress-related issues? We'll provide you natural effective remedies that you can do at home and are proven to work.
- There's no reason why you shouldn't try a natural home remedy? After all, there are *NO side effects, NO drugs to take, it works FAST, and you'll SAVE money!*

You Will Achieve Lasting Results

**Use these natural remedies and say
good-bye to the nasty side effects of expensive drugs forever!**

Don't expect your doctors to tell you about these natural remedies. America's medical schools usually don't teach the young doctors about alternatives. And the pharmaceutical companies certainly don't promote it! So it's up to you to take control of your health.

So... You may ask yourself, how can this much pain be cured by something so simple as an ordinary item found in most every grocery store? Well, it really is amazing and something that took me completely by surprise.

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