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WEIGHT CONTROL • SPIRITUAL WELLNESS • HEALTHY RECIPES • LIVING HEALTHY

Osteoarthritis: Taking Care of Degenerative Joints

by Dr. Scott
Saunders

Adults Turn to
Coloring Books for
Relaxation and More

by Rob Fischer

Broccoli Leaves: The
Superfood Sitting in
Your Garbage Can

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7 Easy
Ways to
Ban Stinky
Feet

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CONTENTS

Osteoarthritis: Taking Care of Degenerative Joints
page 4

Broccoli Leaves:
The Superfood Sitting in Your Garbage Can
page 9

7 Easy Ways to Ban Stinky Feet
page 12

Adults Turn to Coloring Books
for Relaxation and More
page 15

Do You Need a Vitamin B12 Supplement?
page 18

The Top 8 Pain Relievers You've Never Heard Of
page 21

Arthritis? Lacking energy? Stinky feet? *Home Cures That Work's* approach to managing these health challenges may surprise you.

The aches and pains may come from a single joint in just one finger, or from multiple joints throughout your body. But if you're over 60, chances are you've felt the pain of arthritis. Pain-relieving medications are usually the mainstay of arthritis pain relief, but the techniques from *Home Cures That Work* may prove more helpful and effective. Dr. Saunders offers strategies that you can use to reduce osteoarthritis pain, slow or even reverse disease progression and overcome obstacles that osteoarthritis pain may cause.

Not only do our joints age as we get older, but also our minds start to slow down. Many people think there's nothing that can be done about it. What's worse is being misdiagnosed by doctors with conditions like depression, fatigue, cognitive decline, insomnia and balance disorders. But being given drugs to fix the problem isn't the answer.

If you've experienced any of these symptoms, it's imperative that you take action NOW before irreversible damage occurs. The good news is that B12 deficiency can be remedied easily, quickly and inexpensively. But you might need the right kind of B12 like the one you'll find in this issue of *Home Cures That Work* to feel the amazing results.

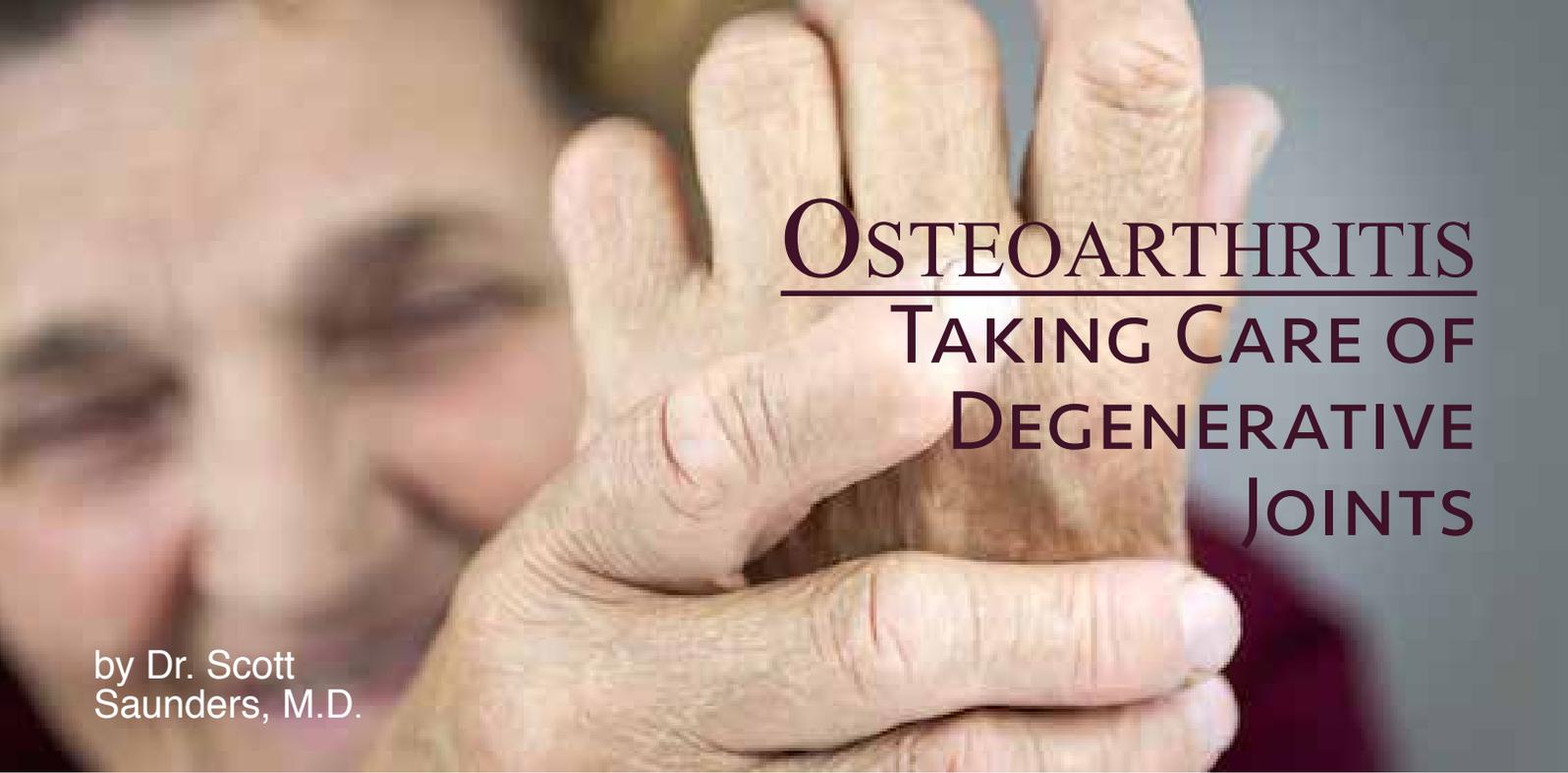
Superfoods are proven, expert-loved disease fighters and energy boosters. If you're like me, kale has been your go-to superfood. But what's slated to be cooler than kale in 2016? Broccoli leaves! Are you wondering how to eat broccoli leaves or whether you can even eat them at all? Broccoli leaves are edible and actually quite delicious when cooked like other greens. Jessica Sanders offers four simple ways to incorporate this edible plant into your next meal.

Do people turn up their noses when you slip off your shoes? Foot odor is caused by bacteria, which multiply when you have moist, warm feet. Yes, your feet are full of sweat glands and if they are nice and toasty in your socks and shoes, chances are they will sweat and cause bacteria to breed and multiply. This is the perfect recipe for stinky feet. There are so many things you can do to get rid of stinky feet. In these pages of *Home Cures That Work* you will find 7 foot-friendly natural home remedies that give smelly feet the boot.

Overcome any health obstacle and lead an active life with *Home Cures That Work*.

For your health,
Cheryl Ravey
Editor, *Home Cures That Work*





OSTEOARTHRITIS

TAKING CARE OF DEGENERATIVE JOINTS

by Dr. Scott
Saunders, M.D.

Repairing Cartilage to Heal Joints

The word “arthritis” conjures up images of gnarled fingers and chronic pain. But it actually means any joint inflammation. There are over 200 known causes and types of arthritis. People can get arthritis from any inflammation in their bodies, such as:

- Infections
- Psoriasis
- Deficiencies
- Toxins
- Crohn’s disease (inflammatory bowel disease)
- Degenerative joints
- Genetics
- Autoimmune diseases (rheumatoid arthritis)

- Metabolic issues (gout)
- Allergies

However, we are going to focus on the most common type of arthritis: osteoarthritis, or degenerative joints.

Osteoarthritis

Have you ever seen bumps or knobs on people’s finger joints? Those nearest the fingernail are called Heberden’s Nodes. Enlargement of the middle joints are called Bouchard’s Nodes.

These boney swellings are an enlargement of the cartilage in the joint. It feels like very hard rubber but generally isn’t painful. Many things damage the cartilage:

- Injury
- Inflammation
- Lack of blood flow

Where there is any kind of injury and the cartilage is unable to repair itself correctly, the cartilage continues to enlarge as it attempts to repair. At this point, this knobby bony deformity

is not damaged or inflamed, such as with most other types of arthritis. It is simply unable to repair itself. A very common early sign of osteoarthritis are these types of nodes.

People with osteoarthritis may experience the following symptoms:

- Enlarged cartilage
- Pain is often worse after exercise or pressure on the joint
- Grating or crackling like sand in the joint when moved
- Morning stiffness

However, these symptoms are usually only noticed later in the development of the disease. Often there are no early symptoms, even though x-rays can show joint damage. The reason for this is because the cartilage is degenerating for lack of nutrients, energy, or use. But since there are no pain nerves in cartilage you don't feel it breaking down. When you do feel pain, it is because the cartilage has completely worn away and the bones are rubbing against each other. Bones have lots of pain nerves. That is when the worst symptoms of osteoarthritis start to manifest: pain, stiffness and swelling.

For this reason it is very important not to wait until you have lots of symptoms to take care of degenerative joints. If your knee is not working properly, it can be helped early-on, but may require surgical replacement if you wait too long.

Osteoarthritis Causes

There are many causes of broken down joints:

- Injury
- Poor circulation
- Medications
- Diabetes
- Obesity

- Deficiencies of nutrients
- Other chronic illnesses
- Poor Circulation

Like every other tissue in the body, the joints need a constant supply of blood to bring in nutrients and take out waste products. Both the lack of nutrients and the buildup of waste prevent the cartilage from repairing, and allow the continual breakdown of the joints. Diseases like fibromyalgia often include arthritis because of poor circulation. Atherosclerosis, or hardening of the arteries, as well as any heart, lung, or circulation diseases, may prevent or slow down the blood flow enough to bring on degeneration.

Medications

NSAIDs such as ibuprofen, aspirin, and naproxen inhibit prostaglandins.

“Prostaglandins are a group of lipids made at sites of tissue damage or infection that are involved in dealing with injury and illness. They control processes such as inflammation, blood flow, the formation of blood clots and the induction of labour.”[1]

Prostaglandins are part of the body's way of dealing with injury and illness. Essentially, while they may cause inflammation (redness, heat, swelling, and pain), they help heal bones and joints, as well as soft tissue.

Anti-inflammatory drugs reduce prostaglandin levels.

It's almost ironic that the very medication prescribed for pain actually slows or prevents healing.

Thus people get knee pain, for example, and begin to take ibuprofen. This actually prevents their knee from healing. The gradual loss of cartilage in the knee then leads to a knee

replacement recommendation. It makes one wonder how many knee replacements could be avoided if the knee was allowed to heal without NSAID treatment?

Also, it is common for people who suffer from arthritis to have shots or pills with cortisone drugs. These have the same effect. They cause the breakdown of connective tissue in the joints and prevent healing. This often leads to the need for joint replacement – or worse!

There are many other medications that can cause arthrosis, or breakdown of the joints. These are most commonly seen with artificial hormones, steroids, or cortisone. Blood pressure medications also affect the joints, especially the commonly-used diuretics. Any medication you are allergic to can cause pain and break down of the joints due to the inflammatory process.

Diabetes

Diabetes is a special case as a metabolic disease because so many people have it. Over 10% of the United States has Type 2 Diabetes Mellitus, which pre-disposes them to osteoarthritis.[2] Many type 2 diabetics are also obese, which is another independent risk factor for arthritis.

However, it was discovered that people get arthritis not just because of “wear and tear” on the joints. The joint cartilage also breaks down because blood sugar is high. This is thought to be due to the sugar molecules attaching to the proteins and making them inactive, called Advanced Glycation End-products, or AGE.[3]

Obesity

It was once thought that being overweight only caused arthritis on weight-bearing joints due to the extra stress placed on them. However, arthritis risk in non-weight-bearing joints is also increased with obesity.[4]

The problem is metabolic, meaning the ability for the cells to generate energy. Ironically, in spite of all the extra energy available from fat stored in the body, there isn't enough getting to the cells that need it the most!

Nutrient Deficiencies

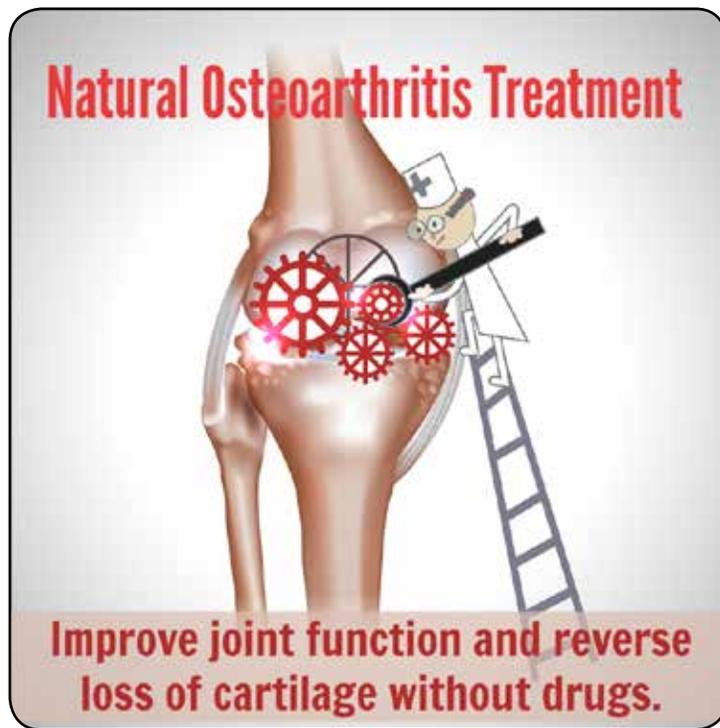
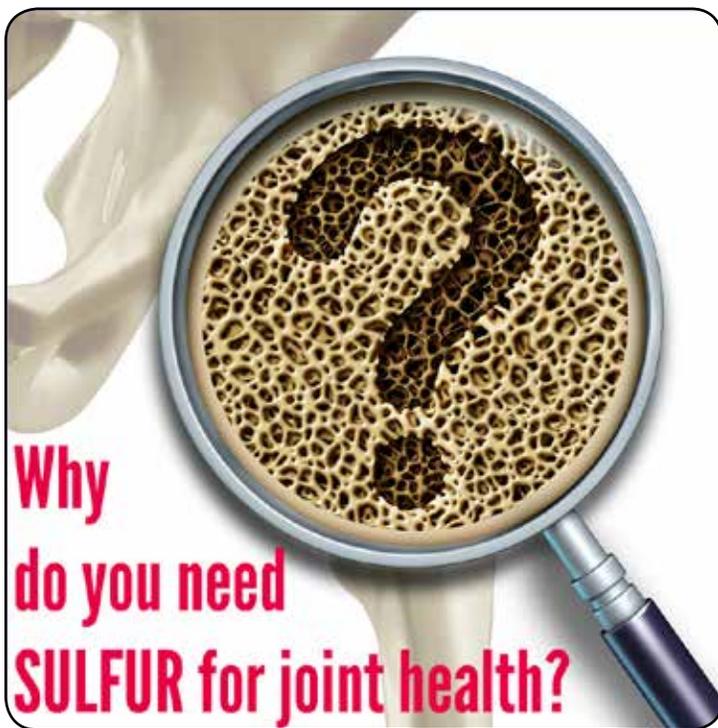
In spite of all the variety of foods we have access to today, many are deficient in key nutrients that especially affect the joints. Sulfur is required to create joint cartilage. Sulfur is abundant in the Earth, and in foods, but there are very few usable forms for the body. For example, many of these usable forms of sulfur are lost with time after a vegetable is picked. The sulfur compounds that we need are lost over time, evaporating into the atmosphere. The fresher the vegetables, the more nutrients they have. Other vital nutrients include magnesium and potassium.

- A sulfur deficiency can lead to the initial stages of arthritis.
- Magnesium helps maintain joint cartilage.
- Potassium in the body proves to have a strong anti-pain effect.

These nutrients are essential for joint health, and general health. Sometimes the problem is balance. For example, we often get too much sodium and calcium at the expense of potassium and magnesium.

Inflammation, or Degeneration?

The process of osteoarthritis is more a problem of degeneration than it is inflammation. Inflammation often comes late in the disease. Sometimes people will injure a joint that doesn't heal well, which is often due to deficiencies of nutrients. Thus, the anti-inflammatory agents are not often the best choice. They can only relieve part of the symptoms and will not prevent further breakdown of the joints.



Osteoarthritis Treatment

Treatment is, of course, determined by the underlying cause. If you have diabetes, then you must deal with it first so you can begin to heal the joints. If you are taking pain medication that prevents healing, these must be stopped. Overall, there are three things that improve joint function and reverse loss of cartilage:

- Glucosamine and MSM[5]
- Weight loss[6]
- Exercising the muscles of that joint.[7]

For example, in the case of knee degeneration the best chance of improving knee cartilage are as follows:

- Losing 30 pounds
- Building the quadriceps muscles of the thighs
- Taking glucosamine

Beyond that, there are other issues that must be considered, such as the cause of the problem. If you identify with one of the problems above, then you must resolve that issue in order to start the healing process.

Food and Diet

One common issue we find among our patients is food sensitivities. Many people have digestion and absorption problems because of their diet. This leads to both inflammation and nutrient deficiencies. Treatment won't work unless these underlying food sensitivities are addressed, as well.

The easiest way to understand your food sensitivities is with an elimination diet. You must eliminate everything and just drink bone broth (recipe here) for a couple of weeks. It is okay to add leafy green vegetables (like green salads). Then add in one food at a time to see what causes a reaction. Avoid the foods that produce any kind of reaction. Those who are unable to do the elimination diet can benefit from a starter elimination diet:

- Gluten-free
- Dairy-free
- Sugar-free (includes all sweeteners, even artificial sweeteners, juices, or any processed foods)

We find this works in more than half of those who try it for at least 8 weeks.

Pain

What can be done about the pain if we can't use drugs? Devil's Claw is an African herb that has been extensively tested for osteoarthritis.[8] The advantage is that it not only relieves pain better than NSAIDs, but also allows the joints to heal. Other herbs include Turmeric and Boswellia. These should be used according to the directions on the label depending on their form and strength.

Recommendations

- Avoid NSAID drugs
- Devil's Claw, Boswellia or Turmeric (Curcumin) for symptoms according to the label
- Lose weight if you are overweight
- Avoid sugar or anything sweet
- Avoid all foods you are sensitive to or use one of the elimination diets
- Exercise regularly
- Repair intestines for better nutrient absorption
- MSM – 500 mg three times per day for 6 months
- Glucosamine – 500 mg three times per day for 6 months
- Magnesium – 400 mg per day
- Try acupuncture to get the chi

flowing (as well as the blood)

In the past we thought that osteoarthritis could only be managed with medications or surgery. But now we know we can actually reverse the process of joint degeneration. If people would use these principles to re-build their cartilage, then most knee replacements could be prevented. Don't wait until there is no cartilage left.

Ignoring osteoarthritis until it is too late is extremely painful and debilitating. At that stage, it is very difficult to reverse, heal, or even arrest.

But the large majority of osteoarthritis can be prevented and eliminated. Healthy joints are as easy as proper nutrition, avoiding inflammation, getting regular exercise, and avoiding medications.

Sources:[1] <http://www.yourhormones.info/hormones/prostaglandins.aspx> [2] <http://www.medscape.com/viewarticle/745724> [3] <http://www.ncbi.nlm.nih.gov/pubmed/22168993> [4] <http://www.ncbi.nlm.nih.gov/pubmed/18836239> [5] <http://www.ncbi.nlm.nih.gov/pubmed/11548224> [6] <http://www.webmd.com/osteoarthritis/managing-oa-pain-10/weight-loss> [7] <http://www.ncbi.nlm.nih.gov/pubmed/19116936> [8] <https://umm.edu/health/medical/altmed/herb/devils-claw>



Dr. Scott D. Saunders, M.D. is a practicing physician, specializing in preventative health care, 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://drsaundersmd.com>

BROCCOLI LEAVES: THE SUPERFOOD SITTING IN YOUR GARBAGE CAN

Introducing the Next Supergreen

by Jessica Sanders

Unfortunately, these precious greens usually end up in the trashcan. But health professionals believe they meet all the requirements of a superfood because:

- One serving (1-2 leaves) delivers 100 percent of your daily dose of vitamin C and 340 percent of your vitamin K requirements. (CleanPlates.com)

Broccoli leaves are also an excellent source of:

- Vitamin A: Important for good eyesight, strong bones and healthy skin
- Potassium: Regulates electrolyte levels and blood pressure
- Folate: Helps reduce LDL “bad” cholesterol and builds red and white blood cells

According to the Natural Resources Defense Council, nearly 40 percent of food in the United States is thrown away, including broccoli leaves. So by eating your broccoli leaves you’re not only adding to your nutrition, but also helping reduce food waste.

Unless you grow broccoli at home, you may not even notice the leaves. Store-bought broccoli is usually trimmed of its leaves. But if leaves are still present, just cook them along with the broccoli for an added nutritional boost.

One of the only commercial brands of broccoli leaves available right now is Foxy Organic’s BroccoLeaf. So broccoli leaves may still be difficult to locate in most supermarkets and health stores. Instead, head to your local farmers’ market to see if you can find broccoli leaves from your local farm. If you don’t see any on display, ask for them; most farmers take



food requests if they grow the item already.

Once you find some broccoli leaves, it's time to cook them. Here are a few cooking ideas and some recipes to try with this healing plant.

How to Cook Them

Broccoli leaves are similar to other tough, fibrous green leaves, such as Swiss chard and some types of kale. This means that you can cook them using relatively similar techniques. Try one of these simple cooking methods.

Boil

Boiling leaches nutrients from vegetables if you cook them too long. Use this method if you don't mind your leafy greens al dente and let them boil for no more than 5 minutes. Then, save the water you boil them in and incorporate it in the finished dish to retain some of those lost nutrients.

Try it: Toss boiled broccoli leaves with olive oil, apple cider vinegar, garlic powder, salt and pepper for a simple side dish.

Quick Sautee

This is one of the most delicious ways to bring broccoli leaves into a dish while retaining their powerful nutrients. The key is to add them to an already-heated pan and cook for only 7 to 10 minutes.

Try it: Sautee your broccoli leaves with broccoli florets, mushrooms and onions. Add light coconut milk, yellow curry powder and cooked chicken for a simple dinner.

Bake

Add raw broccoli leaves to any vegetable bake in place of other greens like kale.

Try it: Mix raw broccoli leaves, chopped onion, and chopped bell pepper into raw, scrambled eggs. Pour this mix into

a muffin tins and bake for breakfast.

Add to a smoothie

Reap all the benefits of this superfood by adding it to a smoothie. This ensures that you get all the fiber (as opposed to juicing, which eliminates most of it), along with the nutrients. If you have a tough time digesting raw greens, massage them before adding, which breaks down the fibers that often cause digestive distress.

Try it: See our smoothie recipe below!

Give Your Skills a Try

If you're not sure where to start with broccoli leaves, try one of these two simple recipes. Both yield one serving and can be easily adjusted for more.

Broccoli Green Breakfast Smoothie

Drink this smoothie in the morning if you're pressed for time. It tastes like dessert and you'll get protein, carbs, a little fat and plenty of vitamins to power your day.

Ingredients:

- 1 scoop vanilla or chocolate protein powder ([Try MRM Vegetable Protein](#))
- 1 tablespoon almond butter
- 1/2 medium-sized carrot
- 1 cup shredded broccoli leaves
- 1/4 - 1/2 apple, sliced
- 1 tsp. cinnamon

Directions:

Add everything into a blender and mix.

Bright Rice and Broccoli Green Bowl

The "bright" part of this recipe comes from the vinegar, which adds lightness to what can often be a heavier rice dish. It's best to eat in a bowl.

Ingredients

- 1 cup cooked jasmine or brown rice

- 1/2 cup broccoli florets
- 1 cup broccoli leaves
- 1/2 cup chopped sweet potato
- 1/4 cup black beans
- 2 tbsp. red wine vinegar
- 1 tsp. cumin
- 1/2 garlic clove, minced
- 1/4 shallot, diced
- 2 tbsp. fresh oregano
- 2 tbsp. olive oil

Directions

1. Put half the olive oil, along with all of the shallots and minced garlic in a pan.
2. When the pan appears hot, add broccoli florets and sweet potato.
3. Cook for 5-7 minutes, and then add broccoli leaves, black beans, half the red wine vinegar and cumin.
4. Cook for another 3 to 5 minutes, take off the heat and place on top of one cup of hot cooked rice.
5. Add the fresh oregano, the rest of the olive oil and rest of the vinegar.
6. Mix the rice and vegetables well, and eat hot.

You've likely had your fill of kale and chard, so give these new super-greens a try. You can cook them in the same way you prepare other green leafy vegetables. But you'll reap even more benefits from broccoli leaves, like 100 percent of your daily vitamin K requirement and significant amounts of vitamin A, folate and potassium.



7 EASY WAYS TO BAN STINKY FEET



homecuresthatwork.com

by Rob Fischer

Almost nothing is more repugnant and revolting than a foul odor and stinky feet rank right up there with the worst of them!

*There once lived a man up the street,
who had terribly stinky feet!*

His wife was repelled

by the odor she smelled,

so she finally had to retreat!

Our reaction to smelly feet may not be as extreme as the woman in that poem, but let's face it: stinky feet are quite a turn-off! The good news is that you don't have

to live with smelly feet. This is a condition that's usually pretty easy to remedy.

Stinky feet, or bromhidrosis (Greek, bromos = stench, hidros = sweat), is a common condition that can usually be solved very simply.

The primary cause of stinky feet is sweat or getting your feet wet in some other way. The dampness and warmth promote the growth of bacteria, which give your feet that pungent, cheesy smell. Teenagers and pregnant women, both of whom experience hormonal changes are among those most prone to smelly feet. But there are other common causes as well.

Anytime your feet sweat or get wet, you run the risk of stinky feet. Consider these possible causes and situations:

- Running or jogging
- Walking or hiking
- Playing basketball, soccer, or some other active sport
- Wearing shoes that don't breathe
- Wearing socks that make your feet sweat (socks made from manmade materials)
- Wearing the same shoes everyday
- Putting on shoes that are damp
- Athlete's foot
- Improper personal hygiene
- Stress or nervousness
- Hyperhidrosis, a condition that causes one to sweat more than normal

But curing smelly feet is usually a simple matter. Let's look at 7 methods for getting rid of foul foot odor.

7 Easy Ways to Ban Stinky Feet

1. Wear shoes that breathe.

Shoes from manmade materials are most likely to cause your feet to sweat and start smelling. Instead, choose shoes that are made

of leather, or other natural fibers, or that are designed to breathe. Merely changing the shoes you wear may solve the problem.

2. Select socks made from natural fibers.

Again, socks that are nylon, polyester, rayon, or some other manmade material are most prone to make your feet sweat. Sometimes even purchasing an inferior brand of sock can promote stinky feet. Everyone's body chemistry is different, so determine what materials and brands work best for you.

3. Change your shoes and socks daily.

If you've already begun to sweat in your shoes and socks one day, and you put them on again the next day, bacteria have already begun to form and will multiply in the warm, moist environment. Change your socks each day and after a workout, or after getting them wet and throw them in the wash. Let your shoes dry out thoroughly before putting them on again. If the problem persists in your shoes anyway, try a shoe deodorizer. Add food to the pan when it's already hot, reducing the time the food needs to be in the pan.

4. Wash your feet regularly.

Don't give bacteria the opportunity to grow and multiply on your feet. Wash them well with soap and water especially after they've gotten wet or sweaty. Also, if you live in a warm climate or are accustomed to walking around in flip flops or sandals, even though your feet may not sweat, they are constantly being subjected to many other bacteria and contaminants than if you wore closed shoes. So do your feet (and others) a favor by keeping them clean.

5. Powder your feet.

If your feet are particularly prone to sweat, try sprinkling talcum or baby powder on them before putting your socks on. The powder can help keep your feet dry and eliminate bacteria.

6. Try home remedies.

Foot baths with saltwater, Epsom salts, vinegar, baking soda, or an essential oil such as lavender can help kill bacteria and replace foul odors with freshness. (See recipes below.) But after you wash, or treat your feet to a remedy, make sure to put on clean socks and shoes.

7. Use a natural deodorant on your feet.

No need to buy a special deodorant, simply apply a good, natural underarm deodorant to your feet. The object here is to kill the bacteria and not merely mask the odor. Try the natural foot and shoe deodorizer from Elite Sportz Equipment.

If the above remedies fail to do the trick, seek medical help from your doctor.

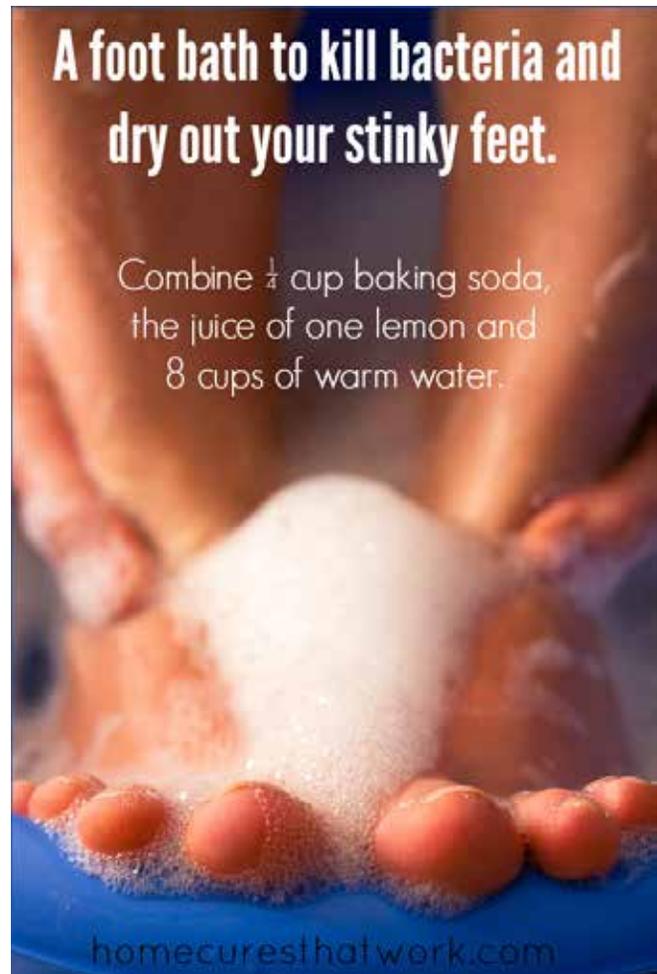
7 Recipes for Soaking Stinky Feet

There are two primary reasons for using a foot bath: killing bacteria and drying out your feet. The substances added to water in these recipes should help meet both these requirements. Soak your feet for 10-20 minutes with any of these baths. For best results, perform a bath or soak just before bed or at a time when you can avoid putting on shoes and socks for a while to allow your feet to thoroughly dry.

- 1. Vinegar bath:** Use 1 part vinegar to 2 parts warm water.
- 2. Salt wash:** Mix ½ cup kosher salt into 4 cups warm water.
- 3. Tea soak:** Using 4 or 5 tea bags to a quart of hot water, allow tea to steep for at least 5 minutes. Then let solution cool somewhat before soaking feet.
- 4. Baking soda and lemon soak:** Combine ¼ cup baking soda, the juice of one lemon and 8 cups of warm water.

5. **Lavender oil bath:** Add a few drops of lavender essential oil to 4 cups warm water.
6. **Alum wash:** Alum inhibits the growth of bacteria. Mix 1 tsp. alum powder in 1 cup of warm water and wash your feet with the solution.
7. **Epsom salts:** Epsom salts can also kill bacteria and neutralize odor. Mix 2 tsp. Epsom salts in 8 cups of warm water.

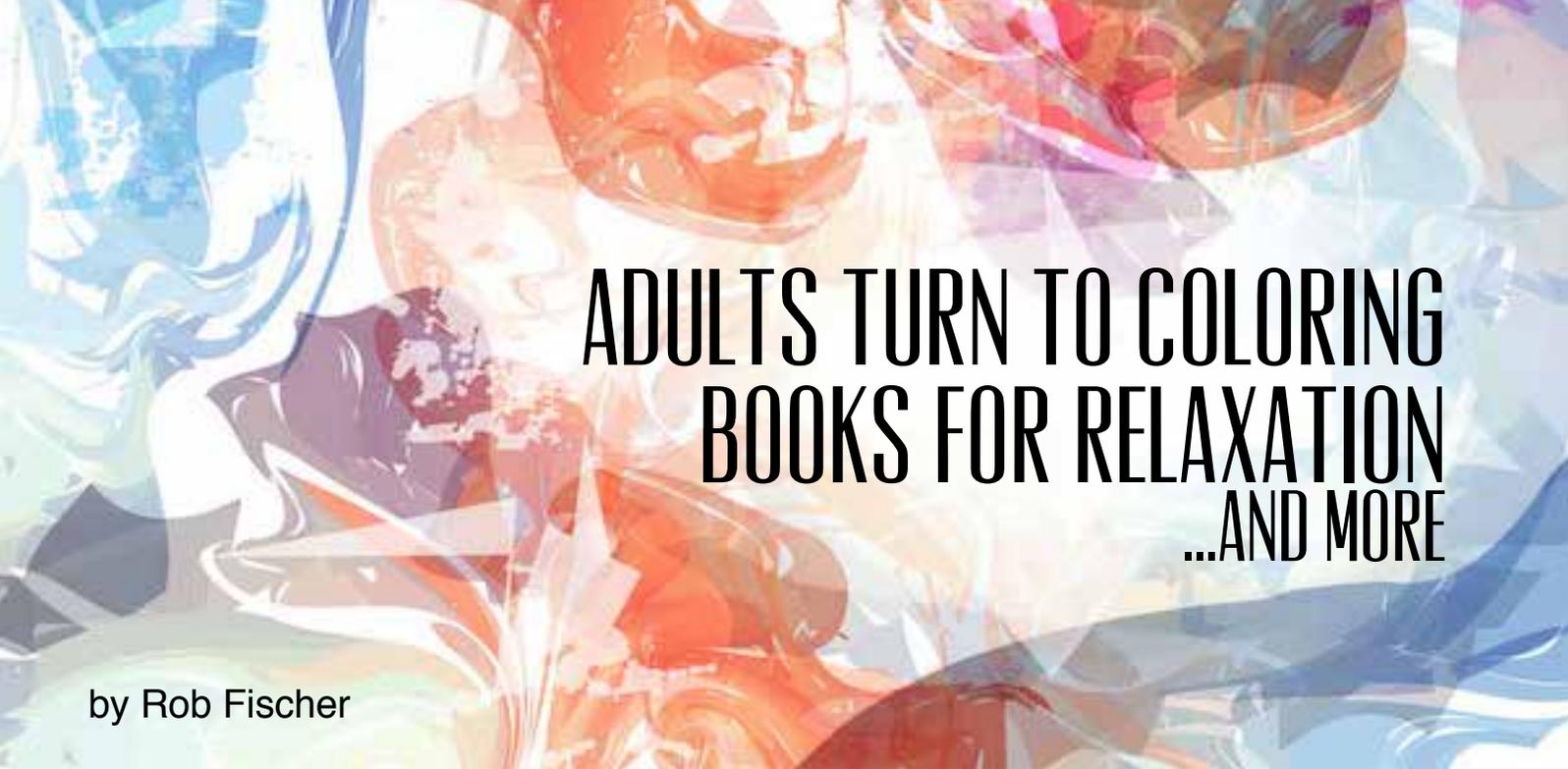
Don't let smelly feet stand in the way of your relationships! There are a number of easy steps you can take to avoid stinky feet and keep the stench at bay.



Sources: <http://www.top10homeremedies.com/home-remedies/home-remedies-for-foot-odor.html>, <http://www.nhs.uk/Livewell/fothealth/Pages/smellyfeet.aspx>, <http://www.enkivillage.com/smelly-feet-cure.html>, <http://www.webmd.boots.com/foot-care/smelly-feet>, http://www.huffingtonpost.com/entry/how-to-get-rid-of-stinky-feet_55a7cb0ce4b0896514d07288, <http://www.menshealth.com/grooming/cures-smelly-feet> < <http://www.globalhealingcenter.com/natural-health/why-you-should-use-aluminum-free-deodorant/>



Rob Fischer has been writing professionally for over 35 years. His experience includes writing curricula, study guides, articles, blogs, newsletters, manuals, workbooks, training courses, workshops, and books. Rob has written for numerous churches, for Burlington Northern Railroad, Kaiser Aluminum, and Barton Publishing. He has also trained managers in effective business writing. Rob holds two Master's degrees, both focused heavily on writing. Rob has published eleven books and serves as an editor and ghostwriter for other authors.



ADULTS TURN TO COLORING BOOKS FOR RELAXATION ...AND MORE

by Rob Fischer

6 Reasons You Should Color

In 2013, Johanna Basford of Scotland struggled to find a publisher who would pick up her coloring book for adults called *Secret Garden*. When she finally landed a publisher, they printed just 16,000 copies. Today, Basford's adult coloring books hold two of the top selling spots on Amazon.com. Her *Secret Garden* has sold over 6 million copies![1]

Why this sudden craze of adults wanting to color? Psychologists and others who are trying to understand this phenomenon have come up with several compelling reasons for coloring—as an adult.

Let's investigate some of the motivations and benefits behind the adult coloring rage.

1. Coloring provides creative expression.

Somewhere along the line of our development, we've all had opportunity to gauge the level of our artistic abilities. Also, while those abilities may lie in one area of expression such as cooking, woodworking, jewelry making, or pottery, they may be nearly absent when it comes to drawing.

Valentina Harper, in her adult coloring book, *Creative Coloring Flowers*, explains: "I made this book so that you can use your imagination to fill it with all the vibrant tones of the rainbow! Using whatever medium you like—from markers to watercolors to colored pencils to gel pens to crayons—you can take these delightful drawings into a new world of color."

Clearly, selecting a medium, colors, patterns, etc. are all creative functions. We were born to be creative and imaginative, but as soon as we entered school, they drilled us to conform. At the age of five a child is still using 80 percent

of their potential. But by age 12, creative function has dropped to about 2 percent and hovers there throughout our adult lives.[2]

Coloring offers nearly any adult the opportunity for creative expression.

2. Coloring is relaxing.

I have to admit, when my wife recently requested a coloring book for her birthday, I was a bit taken aback. Since then she takes time to color each week. I asked her why she enjoys it so much and without any forethought she responded, “It’s so relaxing.”

Apparently, countless other adults agree with her. Our lives have become so stressful, hectic and noisy. Coloring offers people a chance to withdraw from all that in a wholesome and constructive way and simply relax.

Many of the coloring options feature a wide spectrum of repetitive designs. Once one has chosen a color within a particular design, the tactile motion of stroking in the color with a physical medium, staying in the lines, and creating something truly beautiful is very relaxing.

3. Coloring helps one focus.

Coloring has been compared with meditation and other cognitive skills geared toward helping us concentrate. Neurologist Stan Rodski comments, “Like meditation, coloring allows us to switch off our brains from other thoughts and focus on the moment.”[3] Graduate students at Lesley University in Cambridge, Mass, have discovered that coloring during a lecture actually helps them concentrate better on what’s being said. The mindless, repetitive act of coloring helps them focus on the moment.[4]

4. Coloring offers easy access to anyone.

Filling in a coloring book requires very little

financial outlay and no training. Nearly anyone can pick up a book, find their favorite medium and start coloring. How easy is that?

If you haven’t tried coloring and would like to start, download the coloring book image by clicking [HERE](#).

5. Coloring is therapeutic.

Due to many of the reasons stated above, psychologists and art therapists are finding coloring to work therapeutic wonders among cancer patients and other people suffering from a wide variety of physical and emotional trauma. While monitoring the vital functions of patients as they color, scientists have noted changes in heart rate and brain waves. And Dr. Joel Pearson, a brain scientist at the University of New South Wales, Australia, explains, “Concentrating on coloring an image may facilitate the replacement of negative thoughts and images with pleasant ones.”[5]

While many therapists are skeptical about the claims of coloring, “If you ask any colorist, they’re going to tell you that it’s therapeutic,” says Cari Schofield. Cari, a 38-year-old woman with epilepsy, has found coloring to be extremely therapeutic.[6]

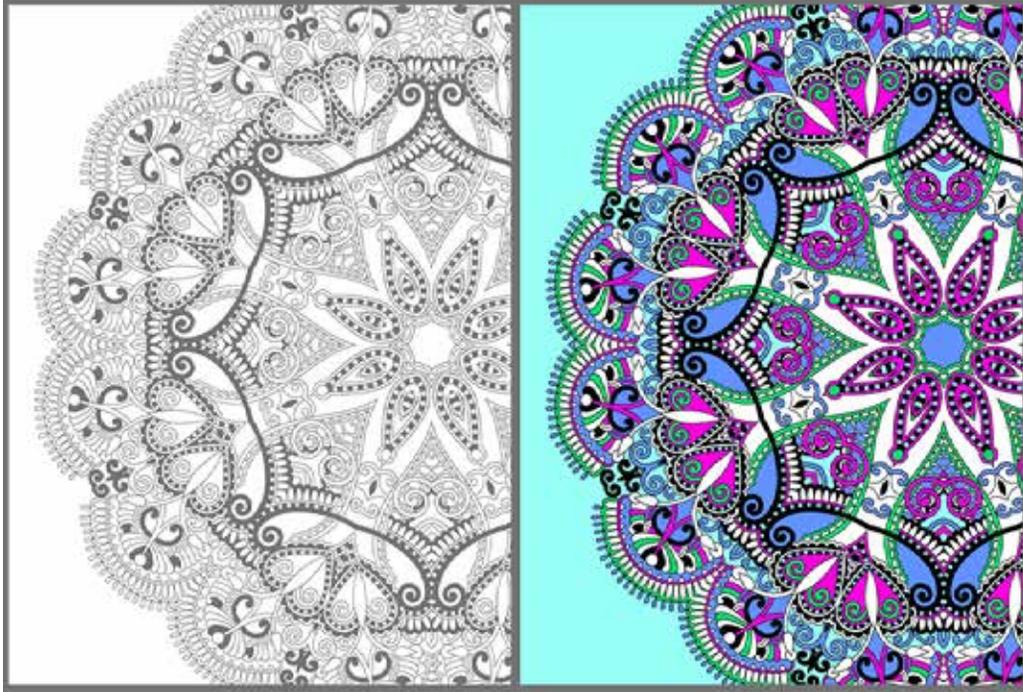
6. Coloring is fun!

No one is forcing colorists (adults who color) to color. They do it because it’s fun, relaxing and rewarding. Some have begun coloring parties in order to socialize, enjoy a glass of wine and color together. Anytime we can engage others in an activity like this, we magnify its fun factor.

Sources for Coloring

Order a book online, go to your local book store and browse through the adult coloring books to find one or more that you like. We’ve also listed some websites below that you may find helpful. Many of these downloads are free!

Coloring book for adults – RELAXATION



- [Home Cures That Work Community](#)
- [Members free download image of a butterfly](#)
- [Johanna Basford's Secret Garden](#)
- <http://parade.com/>
- <http://www.coloring-pages-adults.com>
- <http://www.thecountrychiccottage.net/>
- <http://www.easypeasyandfun.com/>
- <http://www.art-is-fun.com/coloring/>
- <http://www.crayola.com/>

How about you? In what ways would you enjoy coloring? Why not pick up a coloring book today and try it. You may be surprised at how fun, relaxing and therapeutic it is.

Sources:[1] Dr. Joseph Mercola, MD, "Dry Skin Brushing: Benefits and How To," February 24, 2014, <http://articles.mercola.com/sites/articles/archive/2014/02/24/dry-skin-brushing.aspx>. [2] Bethany Wright, "Do You Body Brush? Four Reasons Why You Should," Kitchen Stewardship, May 13, 2015, <http://www.kitchenstewardship.com/2015/05/13/body-brush-four-reasons/>. [3] Wellness Mama, "What Is Dry Brushing for Skin?" nd, <http://wellnessmama.com/26717/dry-brushing-skin/>. [4] Catherine Saint Louis, "Skin Deep," The New York Times, December 15, 2010, http://www.nytimes.com/2010/12/16/fashion/16Skin.html?_r=0. [5] Krista Bennett DeMaio, "The Dirt on Dry Brushing," Shape, November 4, 2013, <http://www.shape.com/lifestyle/beauty-style/dirt-dry-brushing>. [6] Dr. Joseph Mercola, MD. [7] Bethany Wright.



Rob Fischer has been writing professionally for over 35 years. His experience includes writing curricula, study guides, articles, blogs, newsletters, manuals, workbooks, training courses, workshops, and books. Rob has written for numerous churches, for Burlington Northern Railroad, Kaiser Aluminum, and Barton Publishing. He has also trained managers in effective business writing. Rob holds two Master's degrees, both focused heavily on writing. Rob has published eleven books and serves as an editor and ghostwriter for other authors.



Do You Need a **VITAMIN B12** Supplement?



by Rob Fischer

Do You Lack Energy and Vitality Lately? You Most Likely Have Vitamin B12 Deficiency

Vitamin B12 is one of those micronutrients that our bodies require in order to live and thrive. Vitamin B12 also goes by the name cyanocobalamin. (No wonder we've shortened it to B12!) We need vitamin B12 to:[1]

- Produce red blood cells
- Create new DNA
- Build proteins, hormones, and lipids
- Release energy – without vitamin B12 your body cannot produce the energy it needs[2]

In short, we can't live without vitamin B12!

Fortunately, most American children and adults obtain adequate amounts of vitamin B12 through the foods we eat. However, vitamin B12 deficiency continues to be a concern in the US. Those most susceptible to vitamin B12 deficiency include: the elderly, pregnant or lactating women, strict vegetarians, those with low levels of stomach acidity, hyperthyroidism, those who have undergone gastric bypass surgery, and people suffering with pernicious anemia.[3]

Approximately one-third of adults over 50 suffer from atrophic gastritis. This is a thinning of the stomach lining that hinders vitamin B12 absorption. As a result, about 3.2 percent of those over 50 are deficient in vitamin B12.[4]

Remarkably, the human body stores enough vitamin B12 in the liver to last several years. So a deficiency in vitamin B12 intake may not show up for a while.[5] As a result, its deficiency can also appear rather suddenly and without warning, or gradually intensifying over time. [6] A blood test is required to confirm vitamin B12 deficiency. The recommended daily

allowance for adults is 2.4 micrograms per day.

Symptoms of vitamin B12 deficiency may include:[7]

- Anemia
- Fatigue/Loss of energy
- Weakness
- Constipation
- Loss of appetite
- Weight loss
- Neurological changes
- Balance issues
- Depression
- Confusion
- Dementia
- Poor memory

Sources of Vitamin B12

For most people, the best and most natural way to get vitamin B12 comes from the foods we eat. These sources of vitamin B12 are limited to animal products: meats, eggs, fish, and dairy. Otherwise, vitamin B12 is not found in plants, hence the reason strict vegetarians may experience a vitamin B12 deficiency. However, nutritional yeast offers vegetarians a good source of vitamin B12.

Foods with the highest amounts of vitamin B12 include:[8]

- Clams and other shellfish
- Beef liver
- Wild trout, salmon, sardines and tuna
- Beef
- Organic milk, cheese, and yogurt
- Eggs

Reasons for Vitamin B12 Deficiency

Sometimes the reason for vitamin B12 deficiency is not due to lack of intake, but can be traced back to the body's inability to absorb this crucial vitamin. In a healthy person, the stomach secretes hydrochloric acid and

a glycoprotein called intrinsic factor, both of which are required for the absorption of vitamin B12 when food enters the digestive tract.

For this reason, prolonged use of proton pump inhibitors and other antacids can also cause vitamin B12 deficiency.[9] With the prevalence of acid reflux and GERD in our society today, people think nothing of taking a daily dose of an antacid, not realizing the complications that long-term use can bring on. Vitamin B12 deficiency can cause irreversible neurological damage.

Other medications that may lead to vitamin B12 deficiency include antibiotics, and Metformin (a common drug prescribed for type 2 diabetes). Also, heavy use of alcohol or nicotine can also cause a deficiency in this vital micronutrient.[10]

In addition to the above, a number of physical conditions and diseases also impair vitamin B12 absorption. Pernicious anemia, celiac disease, inflammatory bowel disease, Crohn's disease, ulcerative colitis, bacterial overgrowth or parasites, and chronic pancreatitis are examples of such conditions.[11]

Supplementing with Vitamin B12

For those with a vitamin B12 deficiency, vitamin B12 supplements are available in a variety of forms including:

- Injection
- Intravenous
- Oral
- Nasal gel and spray
- And sublingual tablets (placed under the tongue)

Injections, intravenous, nasal applications and sublingual supplements bypass the digestive system in the event that there's a lack of stomach acid or intrinsic factor present. For those with a healthy gut, but who simply don't get enough vitamin B12 in

their diet oral supplements are available.

Vitamin B12 injections work quickly, but the shots can be very painful and costly, often requiring the administration of a healthcare professional. Intravenous supplementation is also expensive and even more burdensome. Oral supplementation with vitamin B12 can be effective, but one has to take fairly high doses due to the fact that only about 2 percent of the ingested supplement can be absorbed by healthy people.[12]

Many vitamin B12 supplement distributors claim all kinds of health benefits for increasing one's intake of vitamin B12. Some of these include: enhanced athletic performance, relieving depression, as a sleep aid, and as prevention for osteoporosis, diabetes, cardiovascular disease, and stroke. However, there is no science to demonstrate these claims in healthy people with good levels of vitamin B12.[13]

Advantages of Sublingual Vitamin B12 Supplements

Some manufacturers claim that sublingual vitamin B12 tablets are better absorbed and more effective than other forms of

supplementation, but the research does not bear this out either.[14] However, sublingual tablets may have at least two real advantages.

First, for those with low stomach acid or intrinsic factor, sublingual tablets enable the absorption of the B12 vitamin without having to go through the digestive tract.

Second, for those who need to supplement with vitamin B12, sublingual tablets are much less expensive and less burdensome than receiving injections or intravenous supplementation.

So if your body is unable to metabolize vitamin B12 through your food intake, supplementing with sublingual tablets may be a good choice for you.

B Proactive

Our bodies are intricately designed with specific nutritional requirements. Vitamin B12 is one of those micronutrients we cannot live without. Make sure that you eat foods that contain vitamin B12 and supplement with this essential vitamin if you find yourself lacking.

Sources: [1] Lauren Cox, "Vitamin B12: Deficiency & Supplements," Live Science, August 15, 2014, <http://www.livescience.com/47398-vitamin-b12-deficiency-supplements.html>. [2] WebMD, "Ways to Improve Your Energy," July 9, 2015, <http://www.webmd.com/a-to-z-guides/prevention-15/vitamins/energy-boosting-supplements?page=1>. [3] National Institutes of Health. [4] Dr. Andrew Weil, MD, "Facts About Vitamin B12," October 29, 2012, <http://www.drweil.com/drw/u/ART02810/facts-about-vitamin-b>. [5] Lab Tests Online, "Vitamin B12 and Folate Deficiencies," nd, <https://labtestsonline.org/understanding/conditions/vitaminb12/start/2>. [6] Patrick J. Skerrett, "Vitamin B12 Deficiency Can Be Sneaky, Harmful," Harvard Health Blog, January 10, 2013, <http://www.health.harvard.edu/blog/vitamin-b12-deficiency-can-be-sneaky-harmful-201301105780>. [7] National Institutes of Health, "Vitamin B12 Dietary Supplement Fact Sheet," <https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>. [8] National Institutes of Health. [9] Dr. Joseph Mercola, MD, "Long-Term Use of Proton Pump Inhibitors and Other Antacids Can Cause Vitamin B12 Deficiency," February 5, 2014, <http://articles.mercola.com/sites/articles/archive/2014/02/05/antacids-vitamin-b12-deficiency.aspx>. [10] Dr. Andrew Weil, MD. [11] Lab Tests Online.[12] Andrew French, "The Advantages of Sublingual Vitamin B-12," SF Gate, nd, <http://healthyating.sfgate.com/advantages-sublingual-vitamin-b12-9022.html>. [13] Dr. Andrew Weil, MD. [14] Andrew French.



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The Top 8 Pain Relievers...



...You've Never Heard Of

Besides another season of "The Real Housewives Of New Jersey" there's one other thing we wouldn't mind seeing go away...pain!

Pain is 1 thing in our lives we ALL want to get rid of forever. Unfortunately, with every passing year... it seems to consume our lives more often – and with more intensity.

Therefore it makes sense that we should be looking for ways to prevent and eliminate it... right?

Today I'd like to share with you 8 of my top "pain-busting" ingredients you need to be taking in order to banish virtually ANY pain you experience into the abyss... forever.

As with most things in the world, there is a ton of misinformation out there...

And it's no different when it comes to pain relief. That's why I think you're going to be excited to learn about these little-known natural pain relievers.

One of the 8 covered in this article was found to reduce arthritic joint pain by 80% by itself! Another has been used for thousands of years in China to relax muscle spasms...

[**8 Pain Relievers You've Never Heard Of <=== CLICK HERE**](#)

I'm pretty sure you've never heard of most, if not all of them, yet they are all very effective for reducing pain.

Enjoy being pain free :-)



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Cholesterol Secrets	Herpes	Sore Throat
Depression	High Blood Pressure	Ulcers
Diabetes	Hypothyroidism	Urinary Tract Infection
Erectile Dysfunction	Irritable Bowel Syndrome	Wholetones Frequency Music
Fat Loss	Joint Pain	Yeast Infection

OUR MISSION

We help people experience vibrant, amazing health through natural healing remedies.