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**How to
Turn Off
Weight
Gain
Hormones**

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We're excited to present you with this January 2016 issue of *Home Cures That Work!* Let me provide you with some highlights of what you'll discover.

Well, the Holidays are past, but maybe you hit the eggnog a little too hard and Christmas cookies a little too hard putting on some extra pounds. So what do you do? We've got a solution for you much better than a New Year's resolution!

The hormones cortisol, adrenaline, DHEA, insulin, glucagon, thyroid and growth hormone influence our appetite, metabolism and body fat distribution. The real trick of it all is to orchestrate these hormones into harmony. Dr. Saunders brings the science of weight loss out of the dark ages and applies a new understanding of how hormones impact your metabolism so you can lose weight.



Often, holiday treats are packed with calories, but also with harmful toxins that make us feel sluggish and sick. Let us show you how anyone can gently remove the harmful toxins that are slowing down their bodies to restore their health. We offer 5 cleansing drinks for your body to slowly expel toxins and restore you to good health!

I believe that knowledge is power. If cancer has threatened anyone you know, then it is important to know there are different treatments that have been successful at beating cancer when used alone or partnered with conventional treatment. Experience the tips, treatments and resources that are available to prevent cancer and beat it if you already have it.

Gelatin has many health benefits in its pure form – free of color, additives and sugar. It happens to have very nutritious components. Want to know how it can heal your body? Gelatin has been shown to help with digestive issues, soothe joint pain, repair damaged skin and help with weight loss. Don't miss out on all the nourishment gelatin can provide.

Few people are aware of the enormous role magnesium plays in our bodies. Magnesium is by far the most important mineral in the body. Your body provides lots of hints when it's running low on magnesium. Don't suffer needlessly. The simplest solution to one of your most common health issues might be an inexpensive mineral.

Take these smart and simple strategies to start off 2016 right. You deserve real solutions to your health...from *Home Cures That Work!*

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



HOW TO *TURN OFF* WEIGHT GAIN HORMONES

by Dr. Scott Saunders, M.D.

Turning on Metabolic Hormones to Fight Fat

The human body secretes thousands of hormones, many of which have multiple functions. Hormones are signaling molecules found everywhere inside of us. They affect how the cells and organs function by communicating what is going on in the body. In this article, I'm going to focus on the hormones that affect metabolism, or energy production. You have surely heard about some of these hormones:

Adrenal hormones

- Cortisol
- Adrenaline
- DHEA

Pancreatic hormones

- Insulin
- Glucagon

Other hormones

- Thyroid
- HGH

Adrenal hormones

Cortisol Hormone

Adrenal hormones come from two little glands situated on top of each kidney, the adrenal glands. Although small, these glands are very important. They give us our sleep-wake cycles, and keep everything in line with the metabolism. They get you started in the morning, and put you down at night. They also have a lot to do with fat storage.

Cortisol is the major metabolic hormone from the adrenal glands. Cortisol affects fat in the following ways:

- Long-term elevations of cortisol raises insulin and increases fat

- Rapid, or short spurts of cortisol pair with adrenaline or HGH (Human Growth Hormone) and decrease fat

Stress causes us to make more cortisol. Positive stress can help build muscle and decrease fat by being coupled with HGH (human growth hormone). But negative stress, or long-term stress, coupled with insulin causes a loss of muscle and increase in fat. If you think about it, the very things people do when they are stressed may worsen their situation. Cortisol causes us to crave sugar and starch, which increase insulin, causing more fat gain. So, eating chocolate when stressed is exactly the wrong thing to do – if you don't want to gain weight.

You can maximize the good effects of cortisol on fat with positive stress through:

- Exercise
- Learning
- Helping others
- Growing
- Writing a book
- Starting a business
- Raising a family

Whenever we are improving, we are stressed. That's why life is hard. However, when we choose our stress, accept it, and love it, we are in positive stress mode. This increases our growth hormones and we actually build our bodies and reduce fat storage.

Negative stress, on the other hand, occurs when we don't choose. When a choice is forced on us from the outside, we feel loss, depressed, or trapped. This increases the negative effects of cortisol.

Fear and distress are negative stressors that result from:

- Trauma or injury
- Car accident
- Death of a loved-one
- Divorce
- Toxins
- Illness, infections
- Dead-end job
- Lack of money

You can make simple lifestyle choices that will reduce stress and lower your cortisol levels. Meditation, prayer, sleep, enjoying a hobby, and maintaining a regular routine all help to manage cortisol and improve the ratios of adrenal hormones.

Adrenaline Hormone

The hormone that causes your heart to race and your blood pressure to go up when you have a scare is also one that can help you burn fat.

In a dangerous situation, adrenaline mobilizes fat in order to increase the energy supply for the muscles and brain. You can use this to your advantage to stimulate adrenaline and burn more fat without having to jump out of a perfectly good airplane, ride 3.7 seconds on a bull named Fumanchu, or go spelunking with a torch. You can do this in the safety of your own home!

Interval training is a good way to release adrenaline. Engage in interval training in a controlled way to gain all the benefits and avoid any negative stress effects. An interval training routine looks like this:

1. "Sprint" – 8 SECONDS (yes, that's only 8 seconds).
2. Then, exercise lightly for 12 seconds.
3. Repeat this two-part sequence for 20 minutes three times per week.

How Interval Training Turns Adrenaline into FAT LOSS



That's all it takes. You can participate in any other forms of exercise on other days or at other times, but this is the way to stimulate your adrenaline to help you burn fat.

A "sprint" is where you go all-out and give the exercise all you have. For example, interval training on a bicycle looks like this:

4. You pump hard (like riding up a hill) for 8 seconds.
5. Followed by easy cycling (like on a flat surface), not resting or stopping, for 12 seconds.
6. Repeat the above sequence for 20 minutes.

This can be done with other exercises such as running, weightlifting, and so forth. You'll experience the greatest pleasure and

consistency by choosing an exercise that you enjoy. You can supplement your interval training with other exercises that focus specifically on other goals (i.e. build muscle).

To stimulate ADRENALINE and help you burn fat:

- Exercise 3 times per week for 20 minutes, alternating:
 - 8 seconds of sprinting
 - 12 seconds of light exercise

DHEA Hormone

This hormone is an "androgen" which is related to testosterone. It has been shown to decrease insulin resistance, and therefore decrease insulin. Thus, DHEA can help prevent abdominal fat and diabetes. Like testosterone, DHEA improves muscle mass, and therefore strength and stamina. It may have some effect on mental focus and drive, but this is variable.

DHEA is found in health-food stores over-the-counter. Women generally need less than men. It is a good idea to have this level tested (use the DHEAS test) to see if you need to supplement. If you do, a starting dose might be:

- Women: 5 mg per day
- Men: 25 mg per day

Pancreatic hormones

Insulin Hormone

Teaching our culture to live on the "food pyramid" has had huge effects on insulin production. Since the 1970s when the "low fat, high carbohydrate" craze began, our entire population has only become more and more obese. Much of this is due to insulin, a hormone released by the pancreas in the following situations:

- When we eat

- When we eat any carbohydrates
- When we eat anything sweet

Insulin causes the body to store fat. It produces fat from our carbohydrates for storage. It also blocks the body's ability to use fat for energy. Thus, people with high insulin levels can become hypoglycemic very easily and will crave carbohydrates.

Insulin

- Increases fat storage, especially in the abdomen
- Decreases fat use

Interestingly, an increase in insulin doesn't require us to eat any calories. People who drink diet drinks with no calories gain more weight on the same diet than those who have drinks with sugar.[1] This happens because the taste of sweet causes us to release insulin. But we want less insulin so we can use fat normally.

In order to decrease insulin and increase burning fat, we should:

- Eat fewer times in a day. 2-3 meals is better than 4-5. Avoid snacks, drink only water between meals.
- Avoid simple sugars and starches.
- Avoid anything that tastes sweet, especially artificial sweeteners.

Glucagon Hormone

The opposite of insulin is glucagon. While insulin causes us to store energy, glucagon causes the release of energy. Many of the medications for diabetes block glucagon so the body can't make extra energy, release extra sugar, or block the use of fat. When insulin goes up, glucagon goes down, and vice-versa. In order to burn fat, we want more glucagon.

Glucagon is released when we eat protein

without carbohydrates. This is important because when we eat sugar or starch with protein, such as meat and potatoes, we get insulin more than glucagon.

To increase glucagon:

Don't mix sugar and starch with protein (meat, eggs, fish, cheese).

Other Hormones

Thyroid Hormone

When people feel like they're gaining weight and feel slow and sluggish they often go to the doctor to have their thyroid checked. The doctor does a single test, TSH, and tells the person, "your test is normal," as if to say it can't be the thyroid.

The thyroid hormone is very long-acting. Thyroid levels generally go up in the winter to increase energy production and fat use. Then they drop in the summer to decrease heat and store more fat for winter.

As such, generally our lifestyle causes us to have low thyroid hormone levels. TSH is produced by a small gland in the brain called the pituitary. The TSH test derives its data from the brain and tells us it's normal even when it isn't. So, there are millions of people walking around with low thyroid and a normal TSH test.

These people have a very hard time burning fat, even on a diet. In fact, low calorie diets and aerobic exercise may actually have a negative stress effect on thyroid hormone levels.

There are several ways to improve thyroid function naturally:

- Interval exercise
- Periodic fasting for short periods (one day)
- Iodine

- Selenium
- Zinc

Human Growth Hormone (HGH)

Lois, an elderly woman came in because she wanted a prescription for human growth hormone shots. She had been using them for some time, and they seemed to help her feel better, have more energy, keep up her muscle mass, and lower her stomach fat. However, this hormone is very expensive so she wanted her insurance to pay for it. She needed a test first to document deficiency. We ordered the test and she had a perfect level, though she hadn't been taking any for over a month.

Human growth hormone affects the fat indirectly. What's really interesting about this hormone is that it doesn't do anything for those who aren't deficient. Those who are deficient in it get increased muscle mass and decreased fat.

The natural way to get this hormone is illustrated by the rest of the story of Lois. The day she was to take the test she wasn't able to go into the lab in the morning so she waited until the late afternoon to take it. She thought she needed to fast so she waited until after the blood draw to eat, fasting for almost 24 hours. It turns out, HGH is released during fasting by a hormone from the stomach called ghrelin, named because it is a Growth-Hormone-REleasing-IN (hormone). Ghrelin is made by the stomach when it is empty. So when she fasted all day her growth hormone was released in the normal way, and she had normal HGH

levels. Of course, her insurance company didn't pay for the injections, but she found a new way to get the hormone she needed! Fasting increases human growth hormone.

Bottom Line

Take the above as a general outline, but the fact is, hormones affect different people in different ways because of many other factors that are involved:

- Emotions
- Levels of other hormones
- Nutrition status
- Toxins
- Genetic variations
- ...and so forth

You can use this knowledge to your advantage to take control of fat and maintain optimum health. Remember:

Cortisol

- Increases fat when coupled with insulin
- Causes cravings, hunger
- Decreases fat when coupled with HGH or adrenaline

Adrenaline

- Burns fat
- Decreases hunger



DHEA[2]

- Lowers insulin

Insulin

- Increases fat storage, mostly in the abdomen
- Prevents fat from being used for energy

Glucagon[3]

- Increases fat burning

HGH[4]

- Increases lean muscle and decreases fat in those who are deficient.

Thyroid[5]

- Increases fat use by increasing metabolism.

Prescription For Hormone Balance

This is a long list, but, then again, these things will affect all of your metabolic hormones, and allow you to continue to live a normal life without constantly fighting with your fat!

How to Burn Fat with Hormones

- Lower stress by using positive stressors:
 - Learn a new language, or how to paint with oils and so forth.
 - Grow in every way
 - Help others improve their lives
 - Pray and meditate
- Exercise three times per week using 8-second sprints with 12-second cool-downs.
- Eat only whole, organic foods
- Take the following supplements:
 - Iodine 12.5 mg per day for 90 days, then one per week
 - Selenium 200 mcg per day for 90 days, then one per week.
 - Zinc 25 mg per day for 90 days, then one per week.
- Fast one day per month for about 24 hours (you may drink water)
- Don't mix sugar/starch with protein
- Drink only water between meals
- Eat 2 or 3 meals per day
- Avoid sweets

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4 NATURALLY CLEANSING DRINKS YOU HAVE TO TRY

Make Your Own Drinks For a Nutrient Boost

by Jessica Sanders

Whether you need to drop that last five pounds or want to cleanse the toxins from your body, there's a drink for you. Many whole foods, such as lemon, apple cider vinegar and romaine lettuce are rich in antioxidants, potassium and other vitamins, all of which work to reduce inflammation, water weight and more.

Drinks are easy to make and help the digestive system absorb nutrients easily. These four drinks will keep you hydrated, give your body a needed nutrient boost and keep your vital organs in their best possible health. As a bonus, you'll feel and look great!

Green Tea

Green tea is a perfect addition to your naturally cleansing drink list because it can be found at nearly every grocery store. Its benefits are simple: green tea is rich in antioxidants. These work to reduce the oxidative stress and free radicals in our body and help reduce inflammation.

One of the most potent antioxidants in green tea is epigallocatechin gallate (EGCG). This abundant antioxidant in green tea (and white

tea) may boost your metabolism and allow you to burn more fat. Note: studies have been done that both support and negate this claim.

How to Benefit from Drinking Green Tea

Both "detox" branded green teas and traditional green teas are great options. If you're choosing a special detox tea, however, check the ingredients. Natural additions like lemon grass and ginger in detox green teas help cleanse your body and liver (blocking the amount of fat stored), making them a great choice. However, some brands may sneak in "natural" sugar that you might want to avoid. Brewing hot tea has been found to preserve tea's high level of antioxidants.

Try It: Ginger Green Tea

Ingredients:

- 1 bag green tea
- 1-2 cups water
- 1/2 inch piece fresh ginger, sliced thin (Lowers fasting blood sugar)

Directions:

1. Boil water and add tea bag and ginger.
2. Let steep for 3-5 minutes and drink any time of day.

Sip your way to optimal health and reap the benefits of this hot, green liquid. Go green and let it be your cup of tea!

Organic Apple Cider Vinegar

Apple cider vinegar, a household staple, may be just what you need to cleanse your body and curb your appetite. This vinegar is high in pectin, which expands the stomach, helping you feel full faster. It's also high in potassium, which flushes excess sodium from the body, reducing water weight and bloating.

How to Benefit from Drinking Organic Apple Cider Vinegar

Properly dilute the organic apple cider vinegar with water—1-2 tablespoons with a 16-ounce glass (or bottle) of water. You can add a small amount of honey (1-2 teaspoons) for flavor and sip throughout the day.

Bragg, one of the largest manufacturers of organic apple cider vinegar, recommends having this drink three times a day to realize its benefits. Take careful note of whether you experience any bodily changes in your stool or urine, or feel any discomfort. Remember that too much of anything can be harmful, so reserve this high dosage for short periods of intensive detoxing.

Vegetable Juice

Vegetables should be a staple of your diet, but sometimes it may seem impossible to get the recommended 2-3 servings a day. Luckily, putting your veggies through a juicer, rather than eating them whole, will not only ensure you get all the vegetables

you need for the day, but will also help you cleanse your body and store less fat.

A daily green smoothie can kick off a chain-reaction of lifestyle changes that reduce or eliminate the factors that exacerbate disease, and may even reverse some conditions in certain individuals.

The key is to focus on green vegetables, such as spinach, cucumber, celery and green apple. These won't spike your blood sugar and insulin levels like sweet vegetables (beets or carrots) do. When your blood sugar spikes, and you don't have a way to burn the sugar—which turns to carbohydrates when digested and not used immediately—that sugar eventually stores as fat. Green vegetables help you avoid this dilemma.

How to Benefit from Drinking Vegetable Juice

Make sure that your juice is at least 1/3 green vegetables—you can add some sweeter vegetables or a small amount (1/2 cup) of fruit for sweetness.

If you're not sure which greens to go with, romaine lettuce is always a good option, says Dr. Ben Kim, but don't hesitate to change it up with kale, spinach, collard greens, etc. for variety.



Try It: Green Detoxing Machine

Ingredients:

- 2 celery stalks (celery is a diuretic)
- 1 cup romaine lettuce
- 1/2 small cucumber
- 1/4 green apple, sliced

Directions:

Add each item to your juicer for a delicious, detoxing beverage that will help you reduce fat storage. Feel free to switch out the romaine lettuce for another leafy green vegetable if you prefer.

Lemon Water

Water is a natural detoxifier, helping to flush sodium and toxins out of your body on a regular basis. Add lemon and you have a fat-burning, detoxing beverage that you can sip on every single day.

Lemons are high in potassium, the mineral that helps flush excess sodium out of your body, reducing bloat and water weight. Lemons are also high in vitamin C. While this doesn't directly correlate to fat loss, it indirectly helps you achieve your weight loss goals: vitamin C supports your adrenal glands, helping you to better handle stress. Stress often causes weight gain, so improving your reaction to stress can also curb potential weight gain.

How to Benefit from Drinking Lemon Water

You can drink lemon water once or twice a day, with 1/4-1/2 of a lemon, freshly squeezed. To get more from your drink, add a small amount of 100 percent cranberry juice or 100 percent grapefruit juice, both of which provide similar benefits—detoxification.



Whether you want to get rid of a few last pounds or simply cleanse your body, these drinks will help revive you from the inside. Sip on green tea, lemon water, vegetable juice and organic apple cider vinegar to reduce inflammation, detox your body, speed up your metabolism and help you feel great at the same time.



Changing Our Paradigm About Cancer Treatment

by Rob Fischer

How to Naturally Kill Cancer

For at least 3000 years, bloodletting was practiced by the established medical community as a remedy for numerous ailments. In fact, bloodletting was not abandoned until the late 19th century. [1] Many attribute the untimely death of President George Washington to this practice after he developed a fever and respiratory problems.

Interestingly, about a hundred years before the practice of bloodletting ceased, there was much controversy among medical doctors about whether the practice was helpful or harmful to patients. Some physicians viewed the practice as “murderous,” while others sang its praises. [2]

Although the history of cancer treatment through surgery, chemotherapy and radiation spans a much shorter timeframe, we are beginning to experience the same pattern of controversy over these highly invasive and toxic practices.

Scores of medical doctors are starting to question modern cancer treatments—and for good reason. Dr. Ben Johnson, MD, NMD, DO, recently made the startling announcement that the medical community itself estimates that by the year 2020, more than half of all cancers will be medically induced from drugs or radiation treatment. He went on to say, “Our medical establishment itself will soon become the leading cause of cancer in America.”[3]

In 1994, when retired Air Force Colonel Bill Henderson’s wife died after a four-year bout with ovarian cancer, Bill became convinced that her death was actually caused by her numerous operations and chemotherapy treatments rather than by the cancer itself. After her death, Bill set out on a quest to discover what he could about these conventional cancer treatments and whether

there were any alternative, more natural treatments that have showed success.[4]

While some may no doubt take offense at his brashness, Bill doesn't pull any punches when he refers to current accepted cancer treatments as: "cut, burn and poison." [5] These terms, of course, are a reference to surgery, radiation, and chemotherapy.

In truth, these forms of cancer treatment are so widely accepted today that many find it preposterous to even question them. However, if we stand back and consider what we know, especially about radiation and chemotherapy, these treatments are highly toxic to the body. In fact, "the very drugs used to fight cancer are cancer-causing chemicals!" [6]

Tamoxifen, the most common chemotherapy drug administered to women with breast cancer is classified as a carcinogen by both the American Cancer Society and the World Health Organization. According to the American Cancer Society, chemotherapy was discovered originally by the US Army while experimenting with mustard gas.[7]

According to Dr. Ray Strand, MD, "Oxidative stress is the underlying cause of almost all chronic diseases," including cancer.[8] Both radiation and toxic chemotherapy drugs are known to cause oxidative stress in the body.[9]

Do these toxic chemicals kill cancer cells? Yes, but they also indiscriminately kill healthy cells as well and make a patient vulnerable to life-threatening infections.

If these cancer treatments are so toxic, why does the medical community still prescribe their use? In one word, the answer to that question is MONEY. Cancer treatments constitute a multi-billion dollar industry and doctors are taught to prescribe drugs "to control

symptoms, not address causes and actually prevent disease. Less than one percent of healthcare dollars are spent on what might be called preventative medicine." [10] Given their biased training, they see no other alternatives.

Prescribing pharmaceuticals is at the core of medical training today and doctors are rewarded financially for prescribing them.[11]

How to Kill Cancer

In spite of the current dominant practice of prescribing drugs for cancer, there are certain principles around cancer treatment that are universally accepted. [12] These principles include:

Strengthen the immune system.

Everyone has cancer cells in their bodies. But with a healthy immune system our bodies fight off the cancer and we aren't even aware of the battle that's being fought.

When cancer goes rampant and gains the upper hand, it's because the immune system has been compromised.

Increase the oxygenation of the blood.

Cancer cells are anaerobic requiring sugar instead of oxygen to thrive. Oxygen is the secret weapon against cancer cells. Oxygen kills cancer cells while it renders healthy cells more vibrant.[13]

Detoxify the body.

We take in toxins all the time through what we eat, drink, breathe, and through our skin. Many of these toxins are carcinogens, but all of them compromise the immune system.

How well do radiation and chemotherapy promote these three universal principles? In particular, both radiation and chemotherapy are highly toxic to the human body. They tear down the immune

system and blast the body with toxins.

According to their own literature, after five years of chemotherapy, only 2.1 percent of cancer patients will survive.[14] Again, chemotherapy destroys the immune system, destroying the body's NK (natural killer) cells needed to kill the cancer, and chemo destroys one's quality of life.

If there's any doubt about the toxic nature of chemotherapy, why is it that it makes people so sick? Why do women on Tamoxifen lose their hair? These are results of a toxin being introduced to the body. If these substances were good for us they would bolster our immune system rather than destroy it.

How to Fight Cancer and Win

If the above principles are true, then there are some simple, natural ways that you and I can help prevent cancer and beat it if we already have it. So how do we strengthen our immune system, oxygenate our blood, and detoxify our bodies?

1. Follow a healthy eating plan.

“Dr. Strand explains that every chronic disease is the result of bad nutrition on the cellular level.”[15] To the extent possible, eliminate sugar, processed foods, and fast food from your diet. Eat smaller portions and make sure you're getting plenty of raw, fresh vegetables, fruits, nuts, and seeds.

Eat organically grown foods to avoid pesticides, chemicals and hormones that are often introduced into commercially grown foods.

2. Exercise regularly.

Exercise is vital to a healthy immune system. You don't have to go “gung-ho” or even join a gym, unless that's what will help you be consistent. Simply walking briskly 45 minutes a day can help you lose weight, get your blood flowing and boost your immune system.

Regular exercise is also one of the best ways to oxygenate your blood. When you go out for a brisk walk, you're breathing more deeply, your heart is pumping faster, your capillaries are opening up and oxygen is being transported throughout your body. Exercise also does its part helping detoxify the body through sweat, stimulation of the lymphatic system and elimination. In addition, exercise lowers insulin levels, which creates a low sugar environment that discourages the growth and spread of cancer cells.

3. Detoxify your body.

Fasting is an excellent way to detoxify. A one-, two- or three-day fast from food occasionally can work wonders for removing toxins from your system. Also, check out our articles on Detoxing and the Lymph system for more ideas on how to detoxify your body. Another way to detox is simply by eating right—avoiding sugar and processed foods and eating organic foods.

4. Supplement with vitamins.

Don't turn to your doctor for help here. Dr. Ray D. Strand, MD, warns, “less than six percent of graduating physicians have received any formal training in nutrition.”[16] Seek out a naturopath or nutritionist for



quality supplements recommendations and to find out how you should supplement. But generally, antioxidants, vitamins, minerals and nutrients are what we need.

5. Reduce stress and unhealthy emotions.

Bill Henderson has spoken with thousands of cancer patients. As a result, he is convinced that well over half of cancer cases can be linked to some significant stress or emotional event in that person's life.[17]

Stress hormones norepinephrine and epinephrine are released into the bloodstream during times of emotional stress. These hormones have been shown to “contribute to the development of cancer and reduce the effectiveness of treatments.”[18]

In particular, one of the most stressful things we experience is tension and disharmony in relationships. If you want a healthy body, do all you can to cultivate healthy relationships with those around you.

Alternative Cancer Treatment Clinics

If you already have cancer, you may want to find an alternative cancer treatment facility in addition to following the guidelines above. These facilities offer bona fide medical oversight using more natural approaches to treating cancer. The doctors and other medical professionals at these clinics have changed their paradigm about cancer treatment.

In 2007, a friend of mine was diagnosed with stage four squamous cell carcinoma of

the head and neck. He endured six painful surgeries in which they removed parts of his tongue, neck and other tissue. Then the doctors prescribed radiation and chemotherapy. They warned my friend that the treatments would disfigure him, make him sick, severely diminish his quality of life and ultimately only buy him a few more years—maybe.

He chose not to proceed with radiation and chemotherapy. Instead, he visited the Gerson Institute in California. After spending just a few weeks at their facility and following their protocol he came away cancer-free and has been since. And by the way, their cancer treatment made him feel better, quickly improving his quality of life.

I know another man who was diagnosed with stage four melanoma in the mid 90s. He declined the conventional medical treatments and went to the International Bio Care Hospital & Wellness Center in Tijuana, Mexico. There, under the care of medical doctors who follow the principles cited above, he came away cancer-free.

When cancer strikes you or a loved one, naturally you become desperate for a cure. It's easy to fall back on what everybody else is doing: surgery, radiation and chemo. I hope this article has challenged your paradigm of cancer therapy. We encourage you to research other more natural, healthy approaches to preventing and curing cancer than “cut, burn and poison.”

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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.

Top 5 Health Benefits of Gelatin



by Cheryl Ravey

Why You Want to Eat More Of It

Even though my parents were farmers and raised cattle, chicken and large gardens, the only “salad” I knew growing up was Jell-O with canned fruit. In the Midwest they have a lovely tradition of calling Jell-O desserts salads. My favorite was orange flavored Jell-O with canned mandarin oranges! Yum!

Sure, an occasional lettuce salad harvested from the garden appeared on our dinner table during the summer. But usually we set the table with our meat and potatoes, bread and “salad” – from a Jell-O mold.

Rounded nutrition it was not, but it turns out that gelatin - the base composition of Jell-O – can compensate for what you might be missing

nutritionally. Yes, jello can be health food!

Anyone who has roasted a chicken (beef or pork) for dinner has seen beautiful glistening juices coagulating on the edge. This is gelatin, a cooked form of collagen. It is made by cooking down the bones, connective tissues and hides of animals, which are all rich in collagen.

Collagen is a protein from the connective tissues of animals that gives our skin its elasticity. Two amino acids compose collagen: glycine and proline. Your body cannot make enough of these amino acids on its own, especially as you get older. These amino acids are needed not only for proper skin, hair and nail growth but for optimal immune function and weight regulation.

Glycine has anti-inflammatory properties, speeds wound healing and even improves ease of falling asleep and sleep quality.

The brand Jell-O contains gelatin, but it also consists of colorings, sweeteners and/or sugar, as well as other flavorings. My not so favorite Jell-O “salad” growing up was lime flavored

with carrot shreds, creating a cascading orange waterfall over and under a green mountain glob. Was my Mom trying to trick me into believing this green salad monster was nutritious?

But good old fashion gelatin is one of the healthiest foods you can eat and has many benefits, including:

- Reducing wrinkles
- Healing joints
- Building stronger bones
- Losing weight
- Restoring the gut

Before you run off to re-create memories of eating strawberry Jell-O with bananas, let me quickly describe some of these specific ways pure gelatin can benefit your body.

5 Benefits of Gelatin

1. Gelatin for Wrinkles

No need for needles here! The decrease in collagen production creates thinner skin and creases. Gelatin has been shown to have a very high bioavailability, which means your body absorbs it well. The collagen from gelatin is readily taken in and directed to where the body needs it...crow's feet and under eye wrinkles, anybody? Truly, gelatin is better than Botox.

2. Gelatin for Joints

The connective tissues in our joints are primarily made up of collagen. The amino acids in gelatin produce a two-fold affect in your cartilage. They strengthen existing cartilage and assist in the production of new cartilage. If you suffer from stiff joints or joint pain, then gelatin will ease your suffering!

3. Gelatin for Bone Strength

Most people associate bone strength with calcium. Oddly enough, bones are made up mostly of collagen. Your bones actually

strengthen or weaken with every bite you eat. Gelatin is one of the best ways to get bioavailable forms of collagen your body needs to build a healthy bone matrix.

4. Gelatin for Weight Loss

I have other delicious memories from my childhood. My formative years also included a sweet snack after school, dessert after dinner and another sweet treat bedtime. At Grandma's house, it was buttery crackers and ice cream before bed! So when the world of natural health began to open up to me, weight loss was one of my goals.

The amino acid glycine found in gelatin can help beat sugar cravings by blocking stress signals from the brain. I don't have to tell you that as stress levels rise, so do cravings! Instead of reaching for sugary junk food, grab a homemade tasty gelatin treat instead.

5. Gelatin for Gut Health

I love our screened-in porch. We enjoy the early morning birds and the quiet evenings through our protected enclave. It allows us to enjoy the outdoors while sheltered from the harsh elements like the sun or pesky creatures like mosquitoes and gnats.

Our gut is like a screened in porch. The screen allows air to pass but keeps out annoying insects like gnats and flies. However, if the screen gets damaged, then the invaders pass through. The screen is the lining of the gut, the gnats and flies are undigested food particles and toxins, and the air represents the amino acids our bodies need.

Unfortunately, your body attacks the undigested particles as if they were your own body. This overworks your immune system and your body attacks itself.

Many factors also cause tears in the

lining of your gut (gluten, food sensitivities, GMOS, antibiotics, NSAIDs). It turns out gelatin is one of the best foods you can eat for your gut. It basically acts like spackle and fills in holes in the gut lining.

Gelatin is an amazing complement to your healthy diet and lifestyle, nourishing each part of your body.

Gelatin is easy to make...and easy to buy.

When you cook down bones and other animal parts containing collagen, the collagen is released as gelatin. This gelatin is very rich in proline and glycine that your body can absorb.

Making bone broth is as easy as putting quality bones in a slow cooker, adding filtered water to cover the bones and 1-2 tablespoons of organic unfiltered apple cider vinegar. (The vinegar helps draw the amino acids out of the bones.) Add vegetables for additional flavor. Cook for 24 hours.

Add chicken and you have a well-known, time-tested and proven recipe for curing the common cold.

Buying powdered gelatin, such as Great Lakes Unflavored Gelatin, is simply cooked collagen that has been dried and turned into a powder. This gelatin will form a jelly when mixed with water and should be used for jelly treats. Collagen hydrolysate is gelatin that can dissolve in both cool and warm liquids, which is perfect to add to morning teas or foods.

Eat More Gelatin

I wish I could go back in time and teach my Mom to make some Jell-O gummies that were actually nutritious! But today I can make some that are free of refined sugars and artificial dyes that will help the digestive

tract, repair joints, strengthen bones, reduce the waistline and minimize wrinkles!

Sour Gummies

Ingredients:

- 3 T. gelatin
- 1/3 c. orange juice
- 3 T. raw honey
- Additional flavoring (optional: citrus zest, lemon extract)

Directions:

1. Whisk orange juice, honey and gelatin in a saucepan until there are no lumps.
2. Heat over low heat, stirring constantly, until melted.
3. Add additional flavoring, if desired.
4. Pour into mold or pan.
5. Freeze for 5-10 minutes.
6. Enjoy! Store for two weeks in fridge.

Maybe you wanted no part strawberry Jell-O with bananas or hideous Jell-O served in school cafeterias. Now you can appreciate the amazing benefits and uses of gelatin, incorporate into your family's REAL food diet and use it often.

Top 15 Supplements



Magnesium is responsible for over 300 biochemical reactions in the body and impacts blood pressure, metabolism, immune function and many other aspects of health. Some experts claim that magnesium deficiency is the single largest health problem in our world today.

Magnesium is needed for proper metabolism and nervous system functioning. Most are able to obtain sufficient amounts of magnesium from diet, but a magnesium deficiency may lead to elevated blood pressure and increased risk of osteoporosis. The magnesium mineral can reduce blood vessel spasms and relax muscles, which may assist in preventing migraines. A British Columbia Research study published in *Cephalgia* showed that patients who took a magnesium supplement (600mg/day) for 12 weeks had significantly fewer migraines within 9 weeks.

If you are on diuretic medications or if you suffer from the following conditions,

then you may be low in magnesium:

- Alcoholism
- Diabetes
- Digestive Disorders (Crohn's, Celiac)

Magnesium deficiency is more common than many people suspect, and below are 9 warning signs that could indicate a deficiency in this important mineral.

- Irritability
- Depression
- Muscle weakness/cramps
- Irregular heartbeat
- Ringing in the ears or hearing loss
- Kidney stones
- Sleep problems
- Low energy
- Bone health

Regular use of magnesium can:

- Reduce hearing loss from loud conditions
- Ease menstrual pain and PMS
- Prevent migraine headaches
- Act as a laxative and antacid
- Improve sleep
- Relieve stress

- Stabilize heart rate and arrhythmia
- Improve mood

Magnesium comes in a variety of chemical forms, including magnesium oxide, magnesium gluconate, and magnesium citrate.

These supplements were tested by an independent lab company for accurate labeled dosages, purity of the magnesium concentrate, absorption and side effects.

THESE MAGNESIUM SUPPLEMENTS ARE NOT SAFE FOR CONSUMPTION:

- ReMag Magnesium Solution – contained only 61.5% of its claimed amount of magnesium.
- Country Life Bone Solid (a combination magnesium product with vitamin K1 and K2) – contained only 76.2% of vitamin K and none of the vitamin K2
- Shaklee OsteoMatrix (another combination product) – contained 182.7% of the listed amount of vitamin D3

Magnesium Supplements

Safe for Consumption:

- Kirkland Signature Magnesium
- Solgar Magnesium Citrate
- Doctor's Best High Absorption 100% Chelated Magnesium
- NutriCology Magnesium Chloride Liquid
- PipingRock.com Magnesium Chloride
- TwinLab Magnesium Caps
- Life Extension Magnesium Caps
- Nature Made Magnesium
- Pure Encapsulations Magnesium (Glycinate)
- Rexall Magnesium
- Source Naturals Magnesium Malate
- Spring Valley Magnesium Citrate
- Trace Minerals Research Concentrate Trace Mineral Drops
- Vitacost Magnesium Ultra
- The Vitamin Shoppe Calm Zone Magnesium - Raspberry Lemon Flavor

Top 10 natural sources of magnesium include:

- Spinach (157 mg in 1 cup)
- Chard (154 mg in 1 cup)
- Pumpkin seeds (92 mg in 1/8 cup)
- Organic yogurt (50 mg in 1 cup)
- Almonds (80 mg in 1 cup)
- Black Beans (60 mg in 1/2 cup)
- Avocado (58 mg in 1 medium avocado)
- Figs (50 mg in 1/2 cup)
- Chocolate (95 mg in 1 square)
- Banana (32 mg in 1 medium)

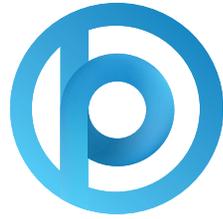
The average daily intake of magnesium from food sources in the United States is approximately 320 mg; thus supplementation is likely to increase magnesium intake above nutritional needs - or supplement magnesium deficiency.

The magnesium recommended daily allowance (RDA) are:

- Children 1-3: 80 mg
- Children 4-8: 130 mg
- Children 9-13: 240 mg
- Males 14-18: 410 mg
- Males 19-30: 400 mg
- Males 31+: 420 mg
- Females 14-18: 360 mg
- Females 19-30: 310 mg
- Females 31+: 320 mg

When used as a treatment, magnesium supplement is often recommended at doses of 250 to 600 mg daily.

Magnesium is an incredibly versatile and important nutrient that many doctors, nutritionists, and researchers believe is the single most important nutrient for human health. If you have symptoms of magnesium deficiency, then raise your levels with proper magnesium supplementation and add magnesium-rich foods to your diet.



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OUR MISSION

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