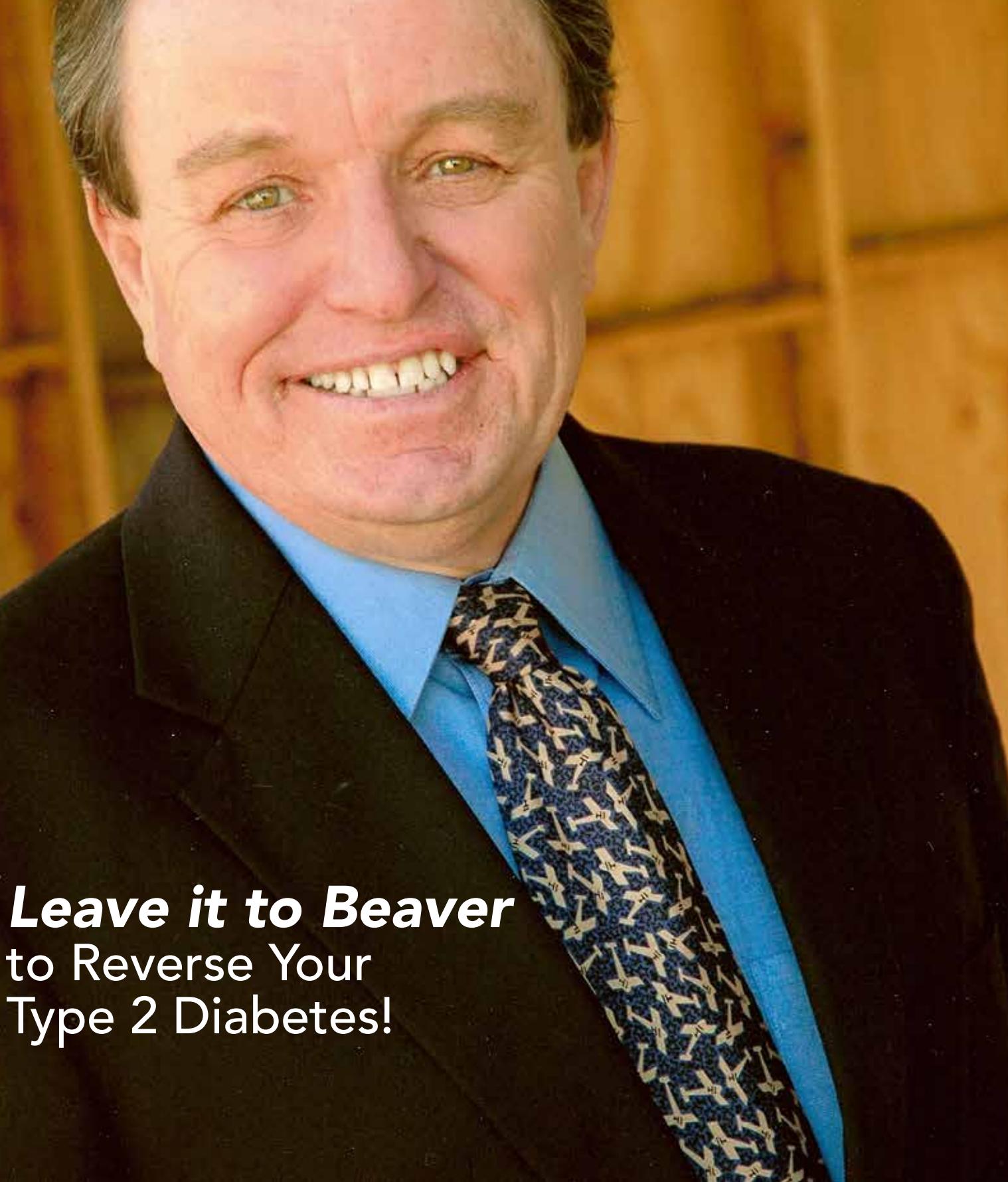


FEBRUARY 2016

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**Leave it to Beaver
to Reverse Your
Type 2 Diabetes!**

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It has taken decades, but diet and exercise for the prevention and reversal of type 2 diabetes are finally starting to get some well-deserved attention. Jerry Mathers from Leave it to Beaver demonstrates that diet and physical activity are the answer diabetics have been searching for. His personal experience with diabetes makes it very clear that virtually every case of type 2 diabetes is reversible. And the cure for type 2 diabetes has nothing to do with giving insulin or taking drugs to control your blood sugar.

LETTER FROM THE EDITOR

Metformin is one of the oldest drugs in active clinical use today and is now the first-line drug for almost everyone with newly diagnosed with type 2 diabetes on the planet. But what do you know about this unsung hero among diabetes drugs? No one knows exactly how metformin lowers blood glucose, despite being the most studied compound in the world. Yet Dr. Saunders explains how metformin disrupts cell energy enough to cause a metabolic crisis that may lead to Alzheimer's. If you think metformin is safe, check out *Metformin and Diabetes: Trouble in Paradise* to learn everything you ever wanted to know, but were afraid – or didn't even know – to ask.

Have you ever asked yourself if cell phones cause cancer? The media certainly knows how to screw with facts. How does radiation emitted by electronics really affect your body? Well, calm down! The truth is, we know too little to make definite claims, but some evidence and a lot of common sense suggests that you'd better be safe than sorry. If you have adopted habits that are potentially risky and experience symptoms that may be attributed to electromagnetic pollution, you can try some of the strategies to reduce your exposure in the *Does Dirty Electricity Cause Cancer?*

Some bad habits eventually tear down your body. In our society, “burning the candle at both ends” and pushing ourselves beyond our means is, unfortunately, a cultural norm. Progress is in opposition to rest and relaxation. Those who take time to relax are more often than not viewed as lazy or self-indulgent. But prolonged stress as a result of emotional, environmental or physical causes is disastrous for the adrenals. Overworked adrenals will eventually crash and burn. The body is then unable to maintain adequate adrenal hormone production. Thankfully, adrenal fatigue is a condition which, ironically, has the potential to empower one to take their health back into their own hands by re-evaluating their lifestyle, life choices, daily habits, and making way to practice extreme self-care. You can start to feel significantly better and back to your old self by learning to control stress and cortisol in this month’s article.

Find peace of mind and health in your life, and reduce the impact of stress in this month’s issue of *Home Cures That Work*.

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



by Dr. Scott
Saunders, M.D.

Popular Drug Damages Your Cells But Fasting Delivers Energy

Jessica came to see me because she had been diagnosed with a condition that is becoming more and more common – PCOS. Polycystic Ovary Syndrome is a problem of the adrenal glands that causes:

- Irregular menstrual cycles
- Obesity
- Easy fatiguing
- And even diabetes

Jessica was prescribed a diabetes medication called metformin (tradename Glucophage) that seems to help metabolic problems. It also allows people to burn

fat so they stop gaining weight.

This drug is a first-line therapy for Type 2 Diabetes (T2D) and has been used for many years. It has the effect of making the body more sensitive to insulin and blocking the liver from putting out more sugar. The net

effect of this is to lower blood sugar levels.

However, metformin's specific action reaches deeper into your cells. It blocks the mitochondria, the powerhouse of the cells of your body, from using sugar efficiently. When cells are unable to use sugar, they must switch to fat-burning mode. With the ability to burn fat, the body has lower sugar levels and can actually lose weight!

The effect of metformin has been trumpeted for many years. Metformin:

- Decreases blood glucose
- Increases fat use
- Prevents kidney problems
- Improves PCOS in women
- Prevents diabetes

- Lowers cancer rates [1]

Because of these effects metformin is now being considered and used for many conditions including:

- Type 2 Diabetes
- Type 1 Diabetes
- Alzheimer's Disease
- Cancers of all types
- Polycystic Ovary Syndrome
- Obesity
- Metabolic Syndrome X

Indeed, as one of my professors stated, it seems that metformin should be “included in the drinking water.” Everyone would supposedly benefit. Many without diabetes, PCOS, or even pre-diabetes are taking it to prevent diabetes and cancer.

Beware of Treating Disease with Metformin

All of the symptoms and diseases treated by metformin have one thing in common: they are all diseases of metabolism, or energy production. These conditions actually result when energy is not properly made in the body. Adding metformin to those cells that need sugar makes them less efficient. They can't make energy! A lack of energy for cells could mean dysfunction and even death.

This is why people with diabetes develop Alzheimer's disease, kidney failure, amputations, and nerve damage. In spite of having lots of sugar, they are unable to metabolize it.

The problem with taking metformin is that it blocks the proper use of sugar. Some tissues need sugar to function. So when your body is already impaired, withholding cell energy can cause further damage to the liver, kidneys, brain, vision, and muscles.

The list of “side-effects,” or better said, toxic effects, of metformin include:[2]

- Stomach cramps, diarrhea, nausea and vomiting, or constipation
- Headaches
- Vitamin B12 deficiency
- Taste problems
- Trouble breathing
- Chills
- Dizziness
- Excessive sweating
- Fingernail and/or toenail disease
- Flu-like symptoms
- Heart throbbing or pounding
- Muscle pain
- Redness of face and neck
- Increased blood acidity due to high levels of lactic acid
- Low blood sugar
- Megaloblastic anemia

These are just the symptoms of the toxic effects of metformin; the underlying cause is the lack of energy production. Basically, cells treated with metformin become energetically inefficient. As a result, your mitochondria, which manage your cell's energy, become poisoned. Lead, mercury, arsenic, and cyanide, are known to have similar disturbing side effects on your cells.

Not all who take metformin have this unique set of horrible toxic side effects. But it is important to know that there is a risk to taking it. Much of the time, patients with diabetes or other conditions are given the medication without being told about its toxicity.

Metformin and Type 2 Diabetes

The hallmark of T2D is an overload of sugar, which makes it toxic. Anything we get too much of can poison the systems of our body. Yes, we can get too much of a good thing. When we eat more than we need for the day, we store

the extra as fat and glycogen. Eventually the energy production of the body gets sluggish. The systems designed to regulate and manage your body become inefficient. We feel weak, fatigued, tired and listless. Even though every cell stores millions of calories and many pounds of fat are reserved under the skin, metabolic energy is inaccessible due to overload of sugar.

Many blame their thyroid because low thyroid can cause similar symptoms. However, these symptoms almost always point to an overload of a sluggish energy system. This happens because the sugar system is inefficient, and extra insulin blocks the fat system. We call this “insulin resistance.”

When given metformin, it blocks the cells’ ability to use sugar and stimulates the use of fat. This allows more sugar into the already bloated cells. It also prevents the muscles from getting energy from their stored glycogen, which can cause them to die of starvation. It might seem to make sense to treat the overload of energy by starving the cells. It may work temporarily, but ultimately these cells die of starvation while swimming in energy. It would be like a person dying of thirst in a swimming pool because he was afraid of drowning.

Metformin and Type 1 Diabetes

A deficiency of insulin does not allow sugar into the cells and they starve of energy.

Before the discovery of insulin, people died of starvation from T1D (type 1 diabetes). They couldn’t use the sugar so they would switch to fat-burning. When they ran out of fat, they started burning protein, and when there was no more protein, they died.

Long ago, people with “honey urine” (type 1 diabetes) ate high fat diets to keep them alive. Now we can give them insulin and they can live an almost normal life. However,

some are saying type 1 diabetics should take metformin to block the liver from making sugar and help keep their sugar down. While this sounds good, it would be a disaster on the cellular level! With the imminent threat of starving cells, it is unwise to use a chemical that can further disturb energy production.

Studies indicate that metformin side-effects, especially hypoglycemia (low blood sugar), are more likely in T1D, with hardly any blood sugar benefit.[3]

Metformin and PCOS

Polycystic ovary syndrome is primarily a hormone abnormality that is commonly inherited. The adrenal and other glands have abnormal responses to stimuli that cause either too much or too little of certain hormones. Cortisol tends to be excessive, as is testosterone. High cortisol and testosterone hormones prohibit other hormones from being produced or used. The net effect on the metabolism is insulin resistance (because of excess cortisol) and even diabetes.

Metformin has been a first-line medication for this problem because it effectively blocks excess cortisol. However, it is important to note that it works only on the symptoms of cortisol excess, while allowing the disease to progress.

In women with PCOS, high insulin levels can cause the ovaries to make more androgen hormones such as testosterone. Metformin affects the way insulin controls blood glucose and lowers testosterone production. As a result, ovulation can return.

On a side note, the goal to reverse PCOS is to use nutrients to:

- Decrease sugar cravings
- Improve insulin sensitivity
- Improve carbohydrate metabolism

- Balance blood sugar levels
- And balance hormones

Meditation, mindfulness, gratefulness, journaling, and any other mind-body techniques can be used to lower cortisol levels.

Metformin Worsens Alzheimer's Disease

While laboratory studies indicate that making the brain more sensitive to insulin should help slow the progression of Alzheimer's, clinical studies show the cognitive problems actually get worse. [4] It turns out that the ability to use fat actually helps the brain to function better and to repair. However, the toxic effects of metformin on the body's ability to use sugar lessen this benefit. The brain needs a constant supply of energy from sugar even when the body is burning fat.

The Optimal Alternative to Metformin

Ideally, we would want all the good effects of metformin without any of the toxic side-effects. There is actually a way that we can do this. It has been tested for hundreds of years on millions of people with no toxic effects, but with all of the benefits. In fact, the University of Southern California recently published a study on its long lasting results. It can prevent cancer and it can even change other aging markers. People can actually get younger![5]

Fasting has been a part of many cultures and religious worship for many centuries. Fasting has the most beneficial effects on the body, including all of those claimed by metformin. In fact, it induces the same effect of increasing cyclic-AMP causing the body to use fat for energy. But rather than block the mitochondria from using sugar, fasting makes them more efficient. With fasting you actually make more mitochondria and thus more energy. So, fasting reverses all of the toxic effects of metformin and the complications of diabetes including:



- Heart disease
- Cancer
- Dementia
- Neuropathy
- Kidney failure
- Fatigue/weakness

You Can Reverse Alzheimer's Disease

The thought of losing your mind strikes fear into almost everyone. Some are taking metformin, or other drugs, vitamins, and supplements in an attempt to prevent this dreaded disease. However, UCLA conducted a study that, for the first time, showed that Alzheimer's disease could be reversed with fasting.[6] The patients didn't have to starve for long periods of time, they just skipped one meal per day. The rest of the program included:

1. Eliminating all simple carbohydrates, gluten and processed food from your diet, and eating more vegetables, fruits and non-farmed fish.
2. Meditating twice a day and beginning yoga to reduce stress.
3. Sleeping seven to eight hours per night, up from four to five.
4. Taking melatonin, methylcobalamin, vitamin D3, fish oil and coenzyme Q10 each day.
5. Optimizing oral hygiene using an electric flosser and electric toothbrush.
6. Reinstating hormone replacement therapy, which had previously been discontinued.
7. Fasting for a minimum of 12 hours between dinner and breakfast, and for a minimum of three hours between dinner and bedtime.
8. Exercising for a minimum of 30 minutes, four to six days per week.

The fast was only about 12 hours per day, without eating any snacks between meals. Moreover, they didn't eat any simple sugars, gluten, or processed foods. This allows the cells to start using fat for energy between meals – producing the same effect as metformin, but without the toxicity!

Preventing Cancer with Fasting

There is now good evidence that periodic fasting could prevent cancer. Since cancer cells require sugar, and cannot use fat or protein for energy, they will shrink and die in the face of starvation. The rest of your body uses fat, ketones, and protein while the cancer cells disappear.

It doesn't require many days to starve out cancer. In fact, the USC study indicated that a low-carbohydrate, limited-calorie diet for only 5 days per month could prevent the large majority of cancers.[5]

There is no need to poison the mitochondria with metformin. The effectiveness of dietary changes is so much better.. and has only good side-effects!

Fasting Reverses Metabolic Diseases

Fasting reversed PCOS, diabetes and metabolic syndrome. Since the body begins to burn fat during fasting, the use of sugar is slowed down and the whole energy system becomes more efficient. Fasting also reverses the problems associated with these diseases, such as:

- Kidney failure
- Heart disease
- Cancer
- Dementia (as described above)
- Neuropathy
- Peripheral vascular disease (poor circulation)

In short, the effect of fasting on the body includes:

- Decreases blood glucose
- Increases fat use
- Prevents kidney problems
- Improves PCOS in women
- Prevents diabetes
- Lowers cancer risk



**NO
FOOD OR
DRINK
ALLOWED**

- Among many other benefits!

Though it seems easier to just pop a pill, the side-effects of the pill are not worth the benefits. You can get all of the benefits of metformin therapy without any risks by fasting.

How to Reverse Diabetes

Most people don't feel they are able to skip meals right off, or fast for days. It is important not to just jump into it any more than you would just get up and run a marathon race – you need training.

The program described above is a really good start. Also, Barton Publishing provides a step-by-step outline of how you can reverse diabetes without medications and experience all the benefits without any risks.

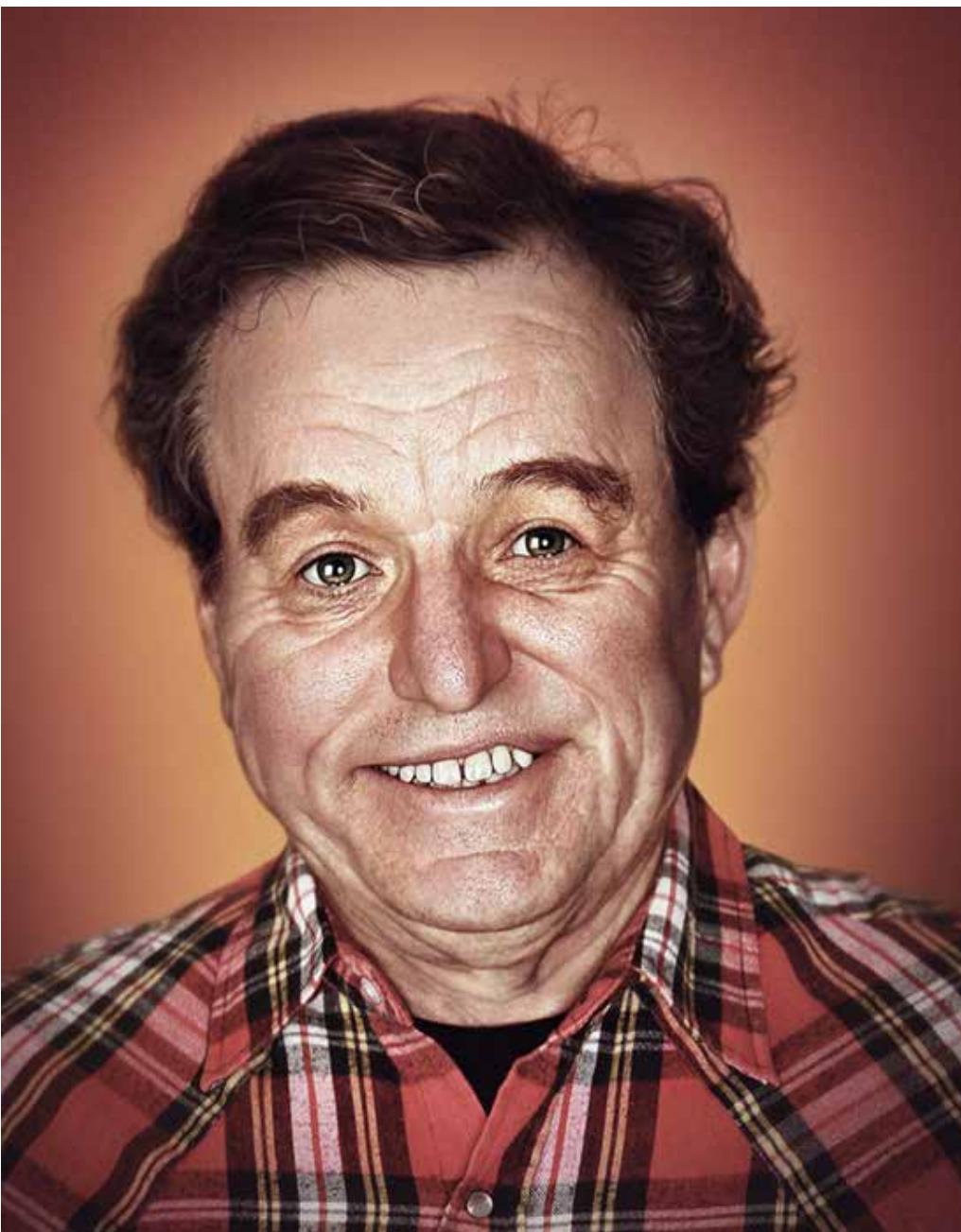
[Check Out The Diabetes Solution Kit Here.](#)

Why risk the dangerous side-effects of a drug like metformin when you can enjoy all its benefits and more through a completely natural means like fasting?

Sources:[1] <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3398862/> [2] <http://www.webmd.com/drugs/2/drug-11285-7061/metformin-oral/metformin-oral/details/list-sideeffects> [3] Abdelghaffar S, Attia AM. Metformin added to insulin therapy for type 1 diabetes mellitus in adolescents. *Cochrane Database Syst Rev*. 2009;(1):CD006691. [4] <http://www.atmjournal.org/article/view/3960/4950> [5] <https://news.usc.edu/82959/diet-that-mimics-fasting-appears-to-slow-aging/> [6] <http://newsroom.ucla.edu/releases/memory-loss-associated-with-alzheimers-reversed-for-first-time>



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>



LEAVE IT TO BEAVER TO REVERSE YOUR TYPE 2 DIABETES

by Rob Fischer

Those of us who grew up in the 50s and 60s enjoy a rich cultural heritage. Our legacy includes musicians like Elvis and the Beatles; classic cars like the '56 Chevy; and TV shows like Bonanza, Carol Burnett, and Leave it to Beaver. It's fun to reflect on those good ol' days!

Those were ground-breaking years from a culinary standpoint as well. Those of us in that age group experienced the introduction of Twinkies, Hostess Cupcakes, Wonder Bread, and instant foods like Macaroni and Cheese and Rice-A-Roni. We were deluged with TV dinners, soft drinks, candy, and fast food restaurants.

A bit like Beaver Cleaver, we approached life and food back then somewhat naively. No one

seemed to ask or care, "What's in this food and what will it do to us long-term?" We had Frosted Flakes for breakfast, Wonder Bread with peanut butter and jelly for lunch, and mac and cheese for supper. Little did we know what all those carbs and sugar were doing to us!

Fast forward to today and we find ourselves in the midst of a type 2 diabetes epidemic! The Centers for Disease Control and Prevention tell us, "At least 1 out of 3 people will develop type 2 diabetes in their lifetime." [1]

Sure, we've come a long way in our eating habits. We no longer pack Twinkies as part of our lunch. We've also learned to avoid sugary cereals and white bread and have turned to whole grains instead. But for many of us the damage was already done and we're still paying the price! We may already suffer from full blown diabetes, or not even know that we have prediabetes.[2]

Nine out of 10 people don't know they have prediabetes.

Some of the key risk factors for type 2 diabetes include:

- Being overweight
- High blood pressure
- Sedentary lifestyle
- Family history of diabetes
- Over 45 years old[3]

Jerry Mathers, aka, "The Beaver," confesses that all those high carb foods and some of these other factors caught up with him. In fact, following the success of *Leave it to Beaver*, Jerry bought a catering business and named it Cleaver's Caterers. He specifically catered delicious delicacies to the rich and famous in Hollywood. Naturally, he personally ate what he sold to others, which led to significant weight gain.

Then one day at a routine checkup, his doctor diagnosed him with type 2 diabetes. Like so many other people with that diagnosis, Jerry could've just said, "Okay, give me a pill to take for my diabetes." But Jerry didn't like the idea of going on diabetes medicine. ([Check out the article by Dr. Scott Saunders, MD to see why.](#))

Instead, Jerry asked his doctor about other alternatives. His doctor suggested that he lose weight for starters. Jerry's type 2 diabetes diagnosis provided him with a loud and clear wake-up-call. So much so, that he sold his catering business to remove the temptation of all that rich, free food. Then, through diet and exercise Jerry initially lost 50 pounds.

Jerry's weight loss, adhering to a sensible diet, and a regular routine of exercise reversed his type 2 diabetes and has kept it away since the late 80s. In a recent interview with Jerry, he expressed how grateful he is to be active, healthy and able to enjoy his grandchildren today.

**9 out of 10 people
don't know they
have prediabetes.**

And when our staff interviewed Jerry, he shared a very interesting fact about the producers of the television series, *Leave it to Beaver*. The material for every single episode featured an actual occurrence in the life of the producers' children. In other words, those funny scenarios were not dreamed up by some script writer sitting behind a typewriter. All of those comical situations were forged in real life. In the same real life manner, Jerry Mathers has reversed his type 2 diabetes successfully. And his example is a great one to follow.

In some ways, making a nostalgic trip back in time can be a great step in the right direction for our health. Think back to the days before Twinkies and Frosted Flakes. We sat down to the dinner table together and ate whole foods: fruits, vegetables, meats, and fresh-baked homemade bread. Instead of sitting in front of the TV, we were outside playing, walking, and working. Type 2 diabetes was rare back then.

But if you or a loved one has been diagnosed with type 2 diabetes or prediabetes, you too can reverse your condition. And just like in Jerry's case, you'll need to make some specific lifestyle changes. Those changes may seem daunting at first, but looking back on them a few months or years from now, like Jerry, you'll be so happy to be active, healthy and able to enjoy your grandchildren.

In one respect, Jerry Matthers had it much harder than you, because he had no one to show him exactly what to do. He didn't know how to eat or how much exercise of what kind to do. We've taken all the guesswork out of that and provide you with a 3-Phase, step-by-step approach for reversing your type 2 diabetes. [We call this our Diabetes Solution Kit.](#)

Even if you've been on type 2 diabetes medication for years, it's not too late. We've helped thousands of others like you reverse their type 2 diabetes.

When it comes to reversing your type 2 diabetes, leave it to Beaver to show you the way!



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.

Sources: [1] <http://www.cdc.gov/diabetes/pubs/images/diabetes-infographic.jpg> [2] <http://www.cdc.gov/diabetes/pubs/images/diabetes-infographic.jpg> [3] <http://www.webmd.com/diabetes/guide/risk-factors-for-diabetes#2>



Adrenal Fatigue: Stress and Cortisol Control

The medical community does not recognize adrenal fatigue as a real condition – but if you suffer from it, you may beg to differ.

- Do you have trouble falling asleep?
- Are you restless, stressed-out and reliant on caffeine to make it through the day?
- Do you feel unable to cope with stressful situations?

If so, you could be suffering from a condition that most doctors won't acknowledge.

That is because there are no tests to prove it, no scientific evidence of its existence and treatment can be costly because insurance companies probably won't cover the costs – if your doctor could even come up with a remedy.

It is called adrenal fatigue and if you suffer from it, then you know how real it is.

Here are some of the symptoms:

- Feeling run-down

- Difficulty keeping up with everyday life
- Trouble sleeping
- Trouble waking
- An unusual craving for salty or sugary foods
- Body aches
- Loss of body hair
- Low blood pressure
- Unplanned weight loss
- Nervousness
- Problems with digestion

All that said, these symptoms are non-specific and could be attributed to any number of other ailments. In fact, adrenal fatigue could itself be a symptom of fibromyalgia or depression. If you experience any of these symptoms, then you should see your doctor.

Glands on the Run

More readily explained and easier to diagnose is a condition called adrenal insufficiency. This malady is caused by insufficient production of hormones, which are normally released in response to stress in order to lessen the impact of stress on your body. If you aren't getting enough of these hormones, stress will wear you down and cause physical illness. Simple blood tests and stimulation testing can reveal

any decrease in the level of adrenal hormones.

Your body operates on a fight-or-flight system that is governed by adrenal hormones. The theory behind adrenal fatigue is that it is a milder case of adrenal insufficiency. When you are constantly under stress, the adrenal glands simply can't keep up with producing enough feel-good hormones to balance out the trauma.

Standard blood tests cannot detect this mostly small decrease in hormone production – but your body detects it just fine!

You are not alone. Adrenal fatigue affects 80% of Americans just like you at some time in their lives – especially folks 40 years and older.

Other triggers for adrenal fatigue include our high-sugar diet, the rise of pesticides and chemical pollutants in our foods, intolerance to certain foods, and our sedentary lifestyles. Combine these factors with hormonal decline (which many of us are experiencing earlier and earlier these days), and you have a recipe for fatigue, sickness and loss of vitality.

Two of the major hormones that help reduce stress and its impact on your body are adrenalin and epinephrine. In a fight or flight scenario, these two hormones increase blood pressure and blood sugar to give you energy for coping with that stressful situation. When your adrenal glands malfunction and resources deplete, you become unable to

handle stress and everyday life in general.

Of course, it is natural for hormone production to decrease with age, but if you are under regular stress, it can decrease much faster than normal. One hormone in particular will be especially missed when its production declines...

Damaging Cortisol

Cortisol is a steroid hormone that keeps blood sugar levels normal and is a natural stress fighter. It also works closely with your pancreas to give your cells the energy they need to function properly and allow you to take control of your daily life. Plus, it is a super-strong anti-inflammatory element that is released when you get hurt.

Cortisol rushes to the area of trauma and helps keep swelling down to repair the injury. The more traumas you have, the more cortisol is released.

Unfortunately, when your adrenal glands slow down hormone production, cortisol goes with it. This can result in erratic spikes of cortisol at inappropriate times. If this continues to happen more and more frequently, it will eventually lead to burnout.

Listed below are some commonly reported symptoms caused by high cortisol:

- Rapid weight gain
- High blood pressure
- Muscle weakness
- Mood swings, anxiety and depression
- Impaired cognitive function (fuzzy brain)
- Dampened thyroid function
- Blood sugar imbalances
- Poor sleep
- Lowered immune function
- Slow wound healing

If you're worried about your cortisol levels, it is generally accepted that saliva cortisol testing is the most accurate. It gives a better estimate of the cortisol levels within your cells, where the hormone reactions are actually taking place.

The Adrenal Fatigue Treatment Plan

The good news is we are here to help! In this article are some specific recipe ideas that can repair the adrenals and keep them running at tip-top shape so you can get back your life and feel good again. These can give you peaceful, restful sleep, decrease your nervousness, reduce aches and pains and help fix any digestion issues you may be experiencing as a result of adrenal insufficiency.

First, here is some friendly advice on how to repair your adrenals. Then, we are on to the meals...

1. Cut out the Big 3

Caffeine, alcohol and sugar only serve to damage adrenal glands. You should avoid them if you want to rejuvenate your adrenals. After quitting coffee, most adrenal fatigue sufferers report a more even, consistent energy level throughout the day, without any of the crashes associated with caffeine intake.

2. Add in the Big 6

Be sure to add at least 6 organic vegetables to your diet and eat them every day. You can even juice them to help cleanse from the inside out. The darker and brighter the better.

3. Clean up Your Liver

Toxic overload can burden your liver, triggering adrenal fatigue. A warm cup of water mixed with the juice from half an organic lemon is an easy and natural way to cleanse your liver and put you on the road to recovery.

4. Unlock Stress with Moderate Exercise

One of the most common reasons we give

for not exercising is the stress of daily life. However, research shows that exercise is one of the first things we should turn to when we're feeling stressed. Physical activity can help improve our mood and relieve anxiety associated with adrenal fatigue.

Exercise in moderation until you get tired. This will serve to keep things moving in your body and allow it to repair itself.

5. Start the Adrenal-Supportive Diet Plan

- **Be sure to eat regularly**, 3 good healthy meals a day, or better still: 5-6 smaller meals. And NEVER skip breakfast. Those who suffer from adrenal fatigue struggle to maintain optimal blood sugar levels throughout the day. This is because cortisol is intimately involved with blood sugar stability. Focus on eating small meals throughout the day to reduce food cravings and blood sugar crashes.
- **Make sure to get plenty of healthy protein** because it contains amino acids that restore adrenals.
- **Identify food allergies, sensitivities or intolerances**. They prevent the gut from digesting and excreting your food properly. If your body isn't optimally digesting all the nutrients in your foods, you become weakened and lacking energy as well as troubled in your gut and immune system.

Also, be sure you are supplementing properly for adrenal repair. Be sure to check with your doctor before beginning a regimen. For naturally treating adrenal fatigue, take:

- 1000-5000 mg vitamin C (involved in the production of cortisol in your adrenals)
- One 400 IU gel-cap of vitamin E per day (to absorb and neutralize damaging free radical molecules inside the adrenal glands and elsewhere)
- 500 mgs or more of magnesium (helps to maintain energy flow)

- 50 - 100 mgs of B complex twice a day (Improves your metabolic pathways and boosts energy levels)
- DHEA – helps to neutralize cortisol's immune-suppressant effect, thereby improving resistance to disease.
- Probiotics – 2-3 times daily and digestive enzymes with each meal to improve digestion
- Glutamine - Is an amino acid that your intestinal walls use as a fuel source. This aids in the repair and regeneration of the intestinal lining. Take 80 g of glutamine a day for 5 days, then to taper off to a long-term dose of 10-20 g. (A popular protocol pioneered by Charles Poliquin)

Following these guidelines can mean the difference between the healthy promotion of adrenal gland processes and a very nasty bout with premature hormone deficiency.

Grand Eats for Gland Repletion!

Now for some meal ideas that will have your adrenal glands back to peak performance in no time. These are healthy comfort foods that bust depression in the jaw, help repair slowing hormone production and get you back on track.

They are simple to prepare and bursting with mouth-watering flavor. Try them and in one bite and you will instantly know what I am talking about. You will think you are back in mom's kitchen when the aromas start to fill the air. Bon appetit!

Calorie for calorie, beans represent some of the best nutritional value money can buy. Beans are also brimming with fiber, folate, B vitamins and protein. They help release short-chain fatty acids that make your intestinal cells stronger, and assist with absorption of micronutrients. They can also act as food for friendly gut bacteria to grow and multiply.



Black Bean Soup*

What you need:

- 4 cups water
- 2 tablespoons EVOO (extra virgin olive oil)
- 2 teaspoons cumin seeds
- 7 cloves of garlic
- 1 large yellow onion
- 1 cup rinsed black turtle beans
- 1 dried red chili pepper
- 2 teaspoons turmeric powder
- 2 teaspoons freshly grated ginger
- Organic veggie bouillon powder or cubes for 4 cups liquid. (You can substitute organic broth for the water and bouillon.)

What to do:

1. In a large pot, sauté cumin seeds in EVOO until golden brown.
2. Chop the garlic and onion and add it to the pot. Sauté until the onions become translucent. Add 4 cups water and black turtle beans. Add the chili pepper. When the beans become somewhat tender, add turmeric powder and half the ginger. When they become totally tender, add your bouillon.
3. Top off the water and throw in the rest of the ginger and more turmeric to taste. Eat several times a day to build stamina and drain fluids from your body.

All the hormones made by the adrenal glands are made with cholesterol. You must eat cholesterol-rich foods like red and white meat and full fat dairy and eggs to produce hormones. This meatloaf recipes focuses on healthy fats and quality animal protein to support your adrenals.

Mom's Meatloaf**

What you need:

- 1 lb lean hamburger
- 1 or 2 eggs
- 1/2 cup herbed salsa

- 1 cup Nature's Path Organic "Mesa Sunrise" cereal
- Fine chopped onions & garlic
- 1 cup of chopped zucchini
- Fresh corn off one cob or organic sweet corn (quantity to liking)
- 2 tablespoons flax seed
- Salt & pepper to taste
- 2 tablespoons wheat germ

What to do:

Preheat oven to 350 degrees. Mix all ingredients in a bowl except for the salsa. Scoop mixture into an ungreased 9x5 loaf pan, or shape into a loaf that size on an ungreased baking sheet or pan. Spread a layer of salsa over the top.

Bake about 1 hour @ 350 degrees or until beef is thoroughly cooked.

Serve with brown rice with a side of lightly sautéed, dark greens or brightly colored vegetables for a balanced, healthy meal your body will thank you for.

Healthy Hormone Production for Life

You do not have to live with adrenal fatigue or adrenal insufficiency. All you need to do is take greater care to repair your adrenal glands to live the healthy life you deserve. Regain lost energy, deal with stress and boost the feel-good hormones that allow you to wipe out depression and maintain your fight-or-flight system.

One more tip: drink licorice tea. It is excellent for repairing stubborn adrenal glands. Look for it at your local health-food store.

Your doctor may not recognize adrenal fatigue, but you and your body know the truth. Eat healthy, live well – knock out this debilitating condition and get on the path to balance.



Does Dirty Electricity Cause Cancer?

by Rob Fischer

Exposure To Electromagnetic Radiation Could Be Damaging Your Health

“More doctors smoke Camels than any other cigarette.” So claimed the ad for Camel cigarettes in 1949.[1]

Today, the link between smoking and cancer is indisputable. Was our medical system really so archaic in 1949 that we didn’t recognize this? After all, people had been smoking for millennia by then.

The current generation tends to look on past generations as behind-the-times and even ignorant. The fact of the matter is with science and medicine we often don’t even know what we don’t know. Assumptions we hold onto tenaciously today may be proven false in the coming years.

One such assumption may be the safety of something that you and I are increasingly

exposed to—electromagnetic radiation (EMR). Electromagnetic radiation is a form of energy that spans everything from radio waves to microwaves, infrared, visible light, ultraviolet (UV), X-rays and gamma rays.[2] The sun emits EMR as does the earth itself.

We already know about the damage that UV rays, X-rays and gamma rays can cause to humans and other living things. UV rays can cause melanoma (skin cancer) and severely damage the eyes leading to: corneal damage, cataracts, and macular degeneration.[3] The danger from a routine X-ray is low, but there’s a reason that X-ray technicians leave the room and cover the non-X-ray portion of your body with a lead shield.[4]

While gamma rays are used to treat cancer (radiotherapy), gamma rays do alter or kill living cells. The Chernobyl Reactor accident in the Ukraine offers an example of the damage gamma rays can inflict.[5] Each of those types of energy (UV rays, X-rays and gamma rays) are progressively more dangerous to humans. What we don’t fully understand yet is the extent of the health risk for exposure to radio waves and microwaves in particular.

In our techno age, we are increasingly bombarded with radio waves, microwaves, and a phenomenon called dirty electricity (also called electrosmog, or transients). Cell phones, laptops, computers, WiFi and virtually any other electronic device produce an electromagnetic field (EMF) that emits electromagnetic radiation. The wiring in our homes create an EMF.

Though most of us willingly allow our teeth to be X-rayed at the dentist, we recognize that the frequency of exposure, the intensity of that exposure and the duration of exposure all contribute to the question of "How much is safe?"

The problem is that we don't have a long enough history with many of the electronic devices we use today to know whether they are harmful or not. For instance, Cell phones use microwave technology to transmit data. To what extent does holding a cell phone next to your head for a cumulative hour per day expose you to dangerous EMR?

Here's where the experts begin to disagree. Unfortunately in our country, most research is funded and conducted around finding cures to diseases, not causes. There's big money in finding cures, but identifying causes offers little financial incentive. Research on cancer in all its various sinister mutations offers a prime example of this.

As a result, the studies on the effects of EMR on human health are few and far between. Couple with that the relative short period of time that so many people have been routinely exposed to EMR from cell phones and the like and we have seemingly little data to go on.

In spite of that, we want to know! Does prolonged cell phone use pose a health threat? How about sleeping in a home or

working in an office where WiFi waves bombard us at all hours of the day?

Who knew that melanoma, thyroid or uterine cancer could be caused by wiring?

In 1995, the National Institutes of Health printed a review of findings surrounding the question of whether EMFs generated by high voltage power lines cause cancer. That review concluded, "There is no known mechanism by which magnetic fields of the type generated by high voltage power lines can play a role in cancer development." [6] End of discussion, right? Hardly!

Incredibly, the same review continues, "Nevertheless, epidemiologic research has rather consistently found associations between residential magnetic field exposure and cancer. This is most evident for leukemia in children." [7] What?!! Why haven't we heard more about this?

Epidemiologist, Dr. Sam Milham, MD, has been studying the potential hazards of EMFs for over 30 years. His findings have led him to conclude that many of the diseases with which we suffer are the result of "electrosmog" or high-frequency voltage transients (dirty electricity). [8]

Who knew that melanoma, thyroid, or uterine cancer could be caused by wiring?

Dirty electricity is actually caused by energy efficient electronic devices like computers, dimmer switches, compact

fluorescent bulbs that knock down voltage by means of an inverter.[9]

The human body is made up of cells, all of which function through tiny electrical impulses. The theory is that dirty electricity and EMFs potentially disrupt those electrical signals, playing havoc with our health.

Exposure to dirty electricity can cause symptoms including: skin rashes, sleep disturbances, muscle and joint pain, physical and mental exhaustion, migraines, light-headedness, nausea, loss of cognitive function, irritability, anxiety, muscle spasms, numbness and tingling, pain in the lower extremities and elevated temperature.[10]

In 2007, an international group of scientists and public health experts called the Bioinitiative Working Group issued a 650-page report on the subject of EMF exposure. In their report, they cited over 2,000 studies detailing the toxic effects of EMFs from all kinds of sources. The scientists concluded that continuous exposure, even to low level EMR (e.g., from cell phones), "can cause a variety

of cancers, impair immunity, and contribute to Alzheimer's disease and dementia, heart disease, and many other ailments." [11]

And a study conducted by Dr. Dietrich Klinghardt, MD, PhD, demonstrated a link between prolonged exposure to EMFs during pregnancy and childhood autism, ADHD and asthma.[12] "Could a disease whose cause has long eluded scientists be linked to perhaps the greatest practical discovery of the modern era?"[13]

Reduce Your Risk of EMR

There are a number of things you can do to reduce your risk of exposure to EMR and dirty electricity. Basically, you want to limit the frequency, intensity and duration of exposure.

Cell phones are of particular concern because they have practically become an indispensable appendage to our bodies. Here are some suggested safety tips:[14], [15]

- Use your cell phone only for quick calls and brief texting
- Turn off your phone or place it away



- from you when you're not using it
- Don't carry your cell phone in your pocket or against your body
- Purchase an EMF shielding cell phone case
- Purchase an EMF-reducing headset
- Don't sleep with your phone next to your bed and definitely not under your pillow!
- Avoid letting children use a cell phone at all since they are more susceptible

Some additional tips for reducing EMF exposure:

- Replace compact fluorescent bulbs with LED bulbs
- Avoid sleeping with an electric blanket
- Turn off WiFi and computers at night
- Limit your TV viewing
- Spend more time outside away from electrical devices

According to Dr. Joseph Mercola, MD, "There is an emerging science documenting how conductive contact with the Earth, which has also been known as Earthing or grounding, is highly beneficial to your health and completely safe. Earthing appears to

minimize the consequences of exposure to potentially disruptive fields like 'electromagnetic pollution' or 'dirty electricity.'"^[16]

Earthing or grounding means nothing more than allowing your body to come into contact with the earth or ground. The earth emits EMR and is a natural source of electrons, "which are essential for proper functioning of immune systems, circulation, synchronization of biorhythms and other physiological processes."^[17]

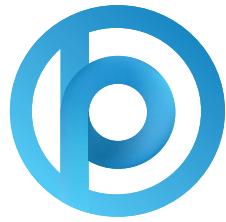
The dangers of prolonged exposure to EMR, EMFs and dirty electricity are not yet clearly known. Additionally, because these energy forces are invisible, it's easy to forget or overlook the fact that they are ever present around us. Therefore, we need to be very intentional about reducing our risk and exposure.

Don't let exposure to EMR sneak up on you like the dangers of smoking cigarettes snuck up on us just a generation ago

Sources: [1] <https://www.youtube.com/watch?v=gCMzjJjuxQI> [2] <http://www.livescience.com/38169-electromagnetism.html> [3] <http://enhs.umn.edu/current/5103/uv/harmful.html> [4] <http://www.mayoclinic.org/tests-procedures/x-ray/basics/risks/prc-20009519> [5] <http://healthresearchfunding.org/dangers-gamma-rays/> [6] <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1518848/> [7] <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1518848/> [8] <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1518848/> [9] <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1518848/> [10] <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1518848/> [11] <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1518848/> [12] <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1518848/> [13] <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1518848/> [14] <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1518848/> [15] <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1518848/> [16] <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1518848/> [17] <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1518848/>



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.



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