

MARCH 2016

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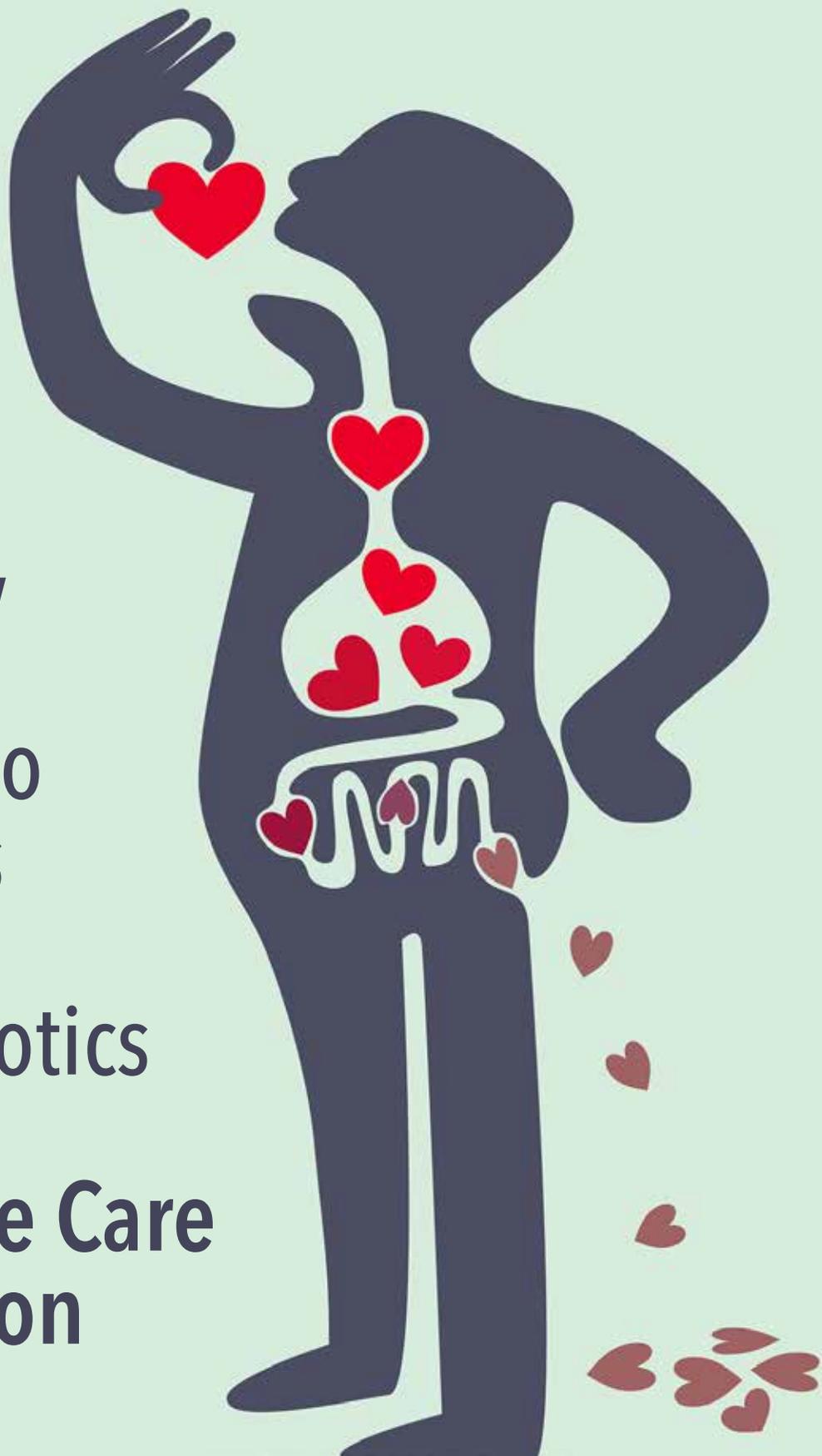
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Float Your
Stress Away

9 Reasons to
Love Pulses

Top 7 Probiotics

How to Take Care
of Your Colon



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LETTER FROM THE EDITOR

You probably don't give your colon much thought until something goes awry, such as diarrhea, constipation or other troubles. But if you get to know your colon before it causes any grief, you'll be taking steps towards better general health and increase your chances of catching signs of colon cancer. Prevention and early detection are the keys to identifying and successfully treating this type of cancer. Dr. Saunders shares all you need to know about keeping your colon healthy.

Some non-digested carbohydrates like fiber are known as "prebiotics" that stimulate the growth of good bacteria in the colon. One cup of pulses contains almost half the daily-recommended amount of dietary fiber. The benefits of dried beans and peas extend beyond being a rich source of fiber. They are a nutrient dense superfood with protein and minerals. Pulses play a role in preventing chronic diseases, such as heart disease, diabetes and Alzheimer's too. Pulses are everything you need on one plate. Check out our pulse recipes for everyday meals.

Treating your colon well by increasing your intake of probiotics is an excellent way to support digestive health. We have found that there are a few basic criteria on which to evaluate probiotic supplements when you're deciding which one will work best for you. They are...in this month's Top 7 Probiotics article.

We love Kevin here at Barton Publishing. Besides his day job being the COO, he's a father, a pastor and a church planter. When he wanted to try floatation therapy, everybody asked to hear about his experience floating. Check out his float-tank adventure in the sensory deprivation chamber! It maybe the most effortless thing you've ever done for getting rid of stress.

One last thing. Positive self-talk can improve your perspective on life. Here's how.

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



Taking Care of Colon Problems

by Dr. Scott Saunders, M.D.

Whatever is left over goes to the colon where the waste ferments through multiple types of bacteria.

In the colon we have our main store of bacteria – trillions of them!

In fact, we have ten times more bacteria in our colon than we have cells in our whole body!

The types and amounts of bacteria we possess in our colon are essential to life. Even though they are residents of the colon, bacteria are very much a part of us, and in some ways make us what we are. They may determine our:

- Body weight[1]
- Moods[2]

Strategies to Keep Your Colon Healthy

The colon is the least appreciated organ of the body – until it doesn't work! People with colon problems can be miserable. The symptoms of colon trouble can include a wide variety of issues:

- Constipation
- Diarrhea
- Pain
- Depression
- And even cancer

If you've been wondering how to care for your colon, this is the article for you!

The colon is the large intestine. It is the waste dump for everything we eat. The small bowel absorbs all the nutrients from our food.

- Inflammation[3]
- Hormone status[4]
- And, of course, bowel habits

When we were babies in the womb we were sterile. Our first exposure to bacteria came from the birth canal, which supplied our intestines with bacteria needed to digest milk. People who are born by caesarian section don't pick up the bacteria from their mother's colon. Instead, their intestines start growing bacteria obtained from the skin. These bacteria don't help digest food and can even cause inflammation over one's entire lifetime!

One researcher concluded:

“Concurrent with the trend of increasing [Caesarean Delivery], there has been an epidemic of both autoimmune diseases such as type 1 diabetes, Crohn's disease, and multiple sclerosis and allergic diseases, such as asthma, allergic rhinitis, and atopic dermatitis.[5]”

The Wrong Bacteria in Your Colon Can Make You Fat!

Additionally, those who are born by C-section are more susceptible to metabolic diseases and obesity.[6] Multiple studies in rats and humans have shown that bacteria in the colon have a large effect on obesity. One study used mice that had intestinal bypass surgery. Those mice that had the surgery now developed different bacteria. When that bacteria was given to obese mice, they lost weight without the bypass surgery. Essentially, bacteria from a thin mouse caused an obese mouse to lose weight.[7]

Humans also experience weight gain or loss associated with their gut flora. In one study, humans with higher levels of a certain bacteria, *M. smithii*, were much more likely to be overweight than those with low levels.[8]

Wrong Colon Bacteria Can Cause Arthritis

Studies on the types of bacteria in the colon suggest that arthritis can be caused or worsened by our bacteria. One study suggested that a single organism can make the difference between having arthritis - or not. [9] The organisms that cause inflammation grow on simple sugars and starches. On the other hand, those bacteria that grow on prebiotics create butyrate. Butyrate acts as an energy source for cells lining the colon and reduce an inflammatory response.

Prebiotics are the fiber found in fruit and vegetables. They have certain fibrous carbohydrates that nourish the good bacteria to help them to grow.

God gave us quite the gift when it comes to prebiotic foods because there are many that have just the right “ingredients” to improve gut function without us having to do anything else but eat them! The top most nutrient-dense prebiotic foods are:

- Asparagus
- Bananas
- Onions
- Garlic
- Cabbage
- Beans
- Artichokes
- Root vegetables
- Apples

Prebiotic foods are like fuel for good bacteria. They escape digestion in our small intestine but continue to the colon where the “good” bacteria digest them. These bacteria make butyrate, which prevents inflammation, such as arthritis.

Because of these bacterial studies, many have proposed fecal transplants to treat arthritis

and obesity, instead of surgery and drugs.

What is a Fecal Transplant?

It is just as it sounds. Stool from one person is given to another person to change the bacteria in their colon. When this procedure first started, the diluted donor stool was put through a tube that went from the nose into the small intestine. However, standard procedure today is done by way of an enema. Doctors who do this procedure will use a colonoscope to get the bacteria all the way through the colon.

The purpose of a fecal transplant is to populate the colon with good bacteria and give it more biodiversity.

People with only a few types of colon bacteria have many more problems with their bowels and bodies.

We not only need lots of bacteria, but a diverse population of bacteria growing together in harmony. [Research shows](#) that this procedure can remedy many different problems such as drug resistance, chronic diarrhea, arthritis, obesity, and diabetes.

Probiotic Supplements

Because of this research, many advocate that we take probiotic pills that contain certain amounts of good bacteria.

Until the modern era, humans (and all animals for that matter) ate food laced with bacteria. Dung fertilized the soil, allowing colon bacteria on the growing food. People ate food that easily fermented and contained live bacteria. These are foods such as sauerkraut, natto (fermented soybeans), miso (another type of fermented soybeans), yogurt, kefir, and cheeses of all kinds. Also, without refrigeration, food grew bacteria quickly.

Traditional cultures did not know all these important reasons to eat cultured foods. However, they definitely knew that fermented food lasted longer, tasted better and made them feel better. We would be wise to remember techniques our ancestors have left us about probiotics to help the colon!

By contrast, today, we take great measures to prevent bacteria from getting into our food. For a longer shelf-life, food is:

- Pasteurized
- Radiated
- Gassed
- Sprayed with chemicals
- Refrigerated
- Frozen

Milk that has not been pasteurized lasts only a few days, even refrigerated. Whereas, pasteurized milk lasts for weeks. And ultra-pasteurized milk lasts for months without even being refrigerated! Many think they may be getting some bacteria in yogurt or cheese. But most dairy products are also heated to prolong their shelf-life. Canned kimchi and sauerkraut are heated so they contain little or no bacteria. While there are benefits to decreasing bacteria in food, such as less food poisoning, there is a downside, as well. We don't get many probiotics anymore.

The bacteria in your colon are like a fingerprint. Your native gut flora have been present since birth. They are uniquely you. They don't like other bacteria coming in and growing so they usually kick them out. If you thought you could take a probiotic for a short time to get it to grow inside the colon, guess again! Probiotics do not become established members of your gut ecosystem. When you stop taking them, their numbers dwindle quickly. That specific probiotic strain level declines and eventually

disappears. Within a couple of days to weeks, you're back to your old self again.

This is why we need a constant supply of good bacteria, or probiotics, from our food. However, since we don't get much from food, we often supplement with probiotic pills. For some people, taking probiotics can make a huge difference in:

- How the colon functions
- How you feel
- Your mental state
- Inflammation in your body
- Boosting your immune system

Because of individual differences, those who start off with good bacteria have less need for probiotic supplementation.

The way to determine the health of your gut flora is to take supplements to see if they make a difference in your body. And it isn't necessary to take them every day. Most of the time, once per week is enough to keep the good bacteria in the colon. I recommend probiotics to be rotated on and off, long term. Rotate the strains you are using every three months and take a few months off each year. (Fasting is maintenance.)

How to Change Your Gut Bacteria

Feed the Good

You can influence how bacteria grow in your colon by what you feed them. If you feed bacteria with a diet of simple sugars, starches, and proteins, then you will grow bacteria that produce chemicals that cause inflammation. However, if you feed bacteria fiber, then bacteria will flourish that make chemicals to suppress inflammation. This is one of the ways diet affects your whole body.

A diet that feeds good bacteria includes:

- Vegetables
- Fruit
- Fermented foods
- Fasting

Starve the Bad

We have many patients who regularly clean out their colon with enemas and "colonics." Some have noticed that their bowels function better after a colonic. It seems that we need to clean out the colon periodically to keep it functioning well. This is true, but there is another way. We don't have to fill the colon with water, coffee, or other liquid to clean it out. The body was created with a natural mechanism to clean house.

Bacteria in the colon grow very fast. For example, one E. coli bacteria will divide into two every hour or so. If you take a single one and give it all the food it needs and take away the waste it produces, the colony will be bigger than the whole Earth in only 48 hours. Of course, there are so many factors that prevent this from happening in our colons. The point is that if you feed bacteria, they will grow.

Periodic fasting causes the relative types and amounts of bacteria to change. Those that live on fiber will tend to grow more bacteria than those that live on simple sugars. This means that our colon will preferentially select the bacteria that lower inflammation and keep our bowels functioning. Similarly, our colon will suppress those that cause inflammation, depression, and cancer.

Taking a Peek Inside the Colon

I had a patient with an itchy rash at the base of her thumb that wouldn't go away. We tried creams and gels, and all sorts of concoctions on it, but nothing worked. One day, she was with her acupuncturist and mentioned the rash on her hand. The acupuncturist took a look and mentioned that the base of the thumb is the

colon in Chinese medicine. She suggested having her colon looked at, even though she was only in her 30s. The patient went to a gastroenterologist and struggled to convince him she needed a screening colonoscopy. But, she got one and the doctor found a small cancer. It hadn't spread so they just removed the tumor. Before she even healed from the surgery the rash on her hand disappeared!

Colonoscopies are praised for how important they are in preventing cancer. However, colonoscopies are only important for a select group of people: those with colon cancer risk. It doesn't hurt to test if you have any of the following:

- Chronic diarrhea
- Chronic constipation
- Blood in the stool
- Pain on the left side of the abdomen

I do not recommend that anyone get a colonoscopy just to have a look. The risks outweigh the benefits. There are a good number of people who get punctures in the wall of the colon from the procedure. This allows bacteria into the abdomen and causes disastrous, and even deadly infections.

Some prefer screening at age 50 with a "virtual colonoscopy," which is a CT scan. This has a few risks such as radiation, but nothing life-threatening. But I don't even think this is necessary. Neither of these tests for cancer are conclusive; they may detect about half of colon cancers. I still believe the best way to avoid colon cancer is prevention.

Preventing Colon Cancer

It seems that the colon is sensitive to inflammation. Chronic inflammation in the colon will cause polyps and growths that can become cancerous. There have been several studies

HOW TO CARE FOR YOUR COLON

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VITAMIN D3

50,000 IU
once per week

SELENIUM

200 mcg
up to 1 mg
per week

PROBIOTICS

100 billion
once per week –
change brands
frequently

DIET

Eat a diet high in
fiber and low in
sugars & proteins.
Fast periodically,
1-2 days/month

to show that those who take anti-inflammatories such as Ibuprofen and Diclofenac have less colon cancer. But these medications also run the risk of life-threatening bleeding from stomach ulcers. A better way to decrease inflammation is by diet and probiotics, as discussed above. My recommendations include the dietary guidelines above, plus [adding vitamin D](#) and [selenium](#), which have been shown to decrease the rate of cancer.

We Care About Your Colon

Caring for your colon is not difficult. It includes diet, probiotics, and a few supplements. The majority of colon problems can be prevented or resolved with these few simple steps:

- Vitamin D3 50,000 IU once per week
- Selenium 200 mcg up to 1 mg per week
- Probiotics 100 billion once per week – change brands frequently
- Eat a diet high in fiber and low in sugars and proteins
- Fast periodically, one to two days per month with water only

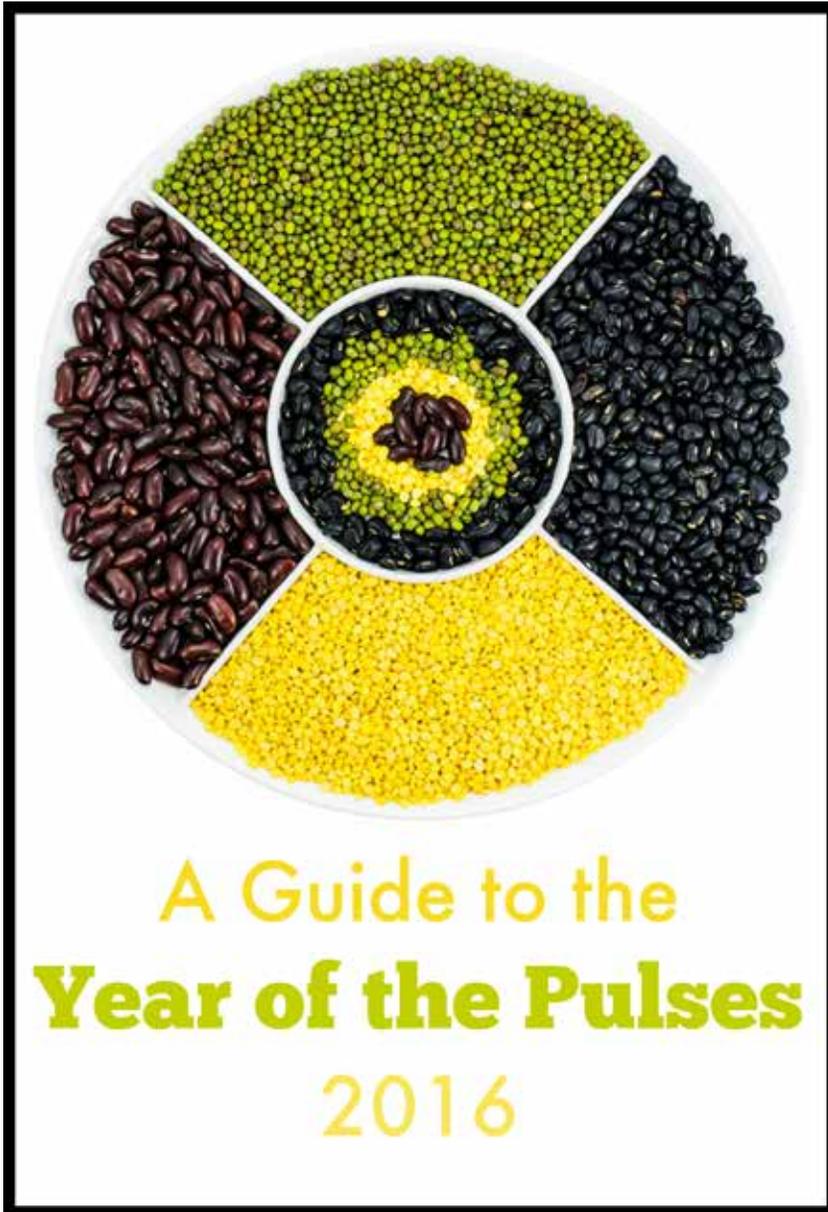
As the “yuckiest” of all organs, the colon earns little respect. However, take continual care of this lowly organ to live a long, healthy, and happy life!

Sources:[1] <http://www.scientificamerican.com/article/how-gut-bacteria-help-make-us-fat-and-thin/> [2] http://www.nytimes.com/2015/06/28/magazine/can-the-bacteria-in-your-gut-explain-your-mood.html?_r=0 [3] <http://www.nature.com/ajgsup/journal/v1/n1/full/ajgsup20124a.html> [4] <http://www.ncbi.nlm.nih.gov/pubmed/6231418> [5] <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3110651/> [6] <http://www.nytimes.com/2013/03/28/health/studies-focus-on-gut-bacteria-in-weight-loss.html> [7] <http://stm.sciencemag.org/content/5/178/178ra41> [8] <http://press.endocrine.org/doi/10.1210/jc.2012-3144> [9] <http://www.sciencedirect.com/science/article/pii/S1074761310002049>



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Take advantage of these delicious, nutrition-packed foods, to save some money, lose weight, and protect your heart.



Looking for an easy way to lose weight, protect your heart and spend less money doing it? The answer is found in a food that's been around for millennia. You may even have some in your pantry.

I'm talking about "pulses," a not-so-well-known term for dried beans, peas, lentils and chickpeas. It seems that these exceptional, tiny foods have nearly disappeared from the American diet. But their importance in nutrition and in the rest of the world has prompted the UN to name 2016 the International Year of Pulses.

9 Reasons to Love Pulses

by Rob Fischer

We Americans are neither big producers nor consumers of pulses. And even though our neighbors to the north make the list of producers at 6.7% of the world's production of pulses, the majority of what Canada produces they

export.[1] Indeed, pulses comprise a staple in many third world countries where rice and beans may be their only meal of the day.

When was the last time you had pulses for dinner? If you're like most Americans, you may not be able to remember. In fact, most of us wouldn't have even recognized dried legumes by the name "pulses." Some of the more common pulses sold in the US include: navy, pinto, kidney, lima, and black beans; dried peas, lentils, and chickpeas (or garbanzo beans).

9 Reasons to Love Pulses

1. Pulses help you lose weight.

One study revealed that when people added more pulses to their diet and changed nothing else, they lost the same amount of weight as those who cut 500 calories from their diet. Additional research has demonstrated that those who consume the most pulses, lose the most weight.[2]

2. Pulses are high in protein.

The average bean has anywhere from 15 to 18 grams of protein per cup serving!"

That's a lot! Whether you're a vegetarian or simply want to vary your sources of protein, dried beans, peas, and lentils offer a power-packed alternative to meat. Additionally, pulses contain little or no saturated or trans fats.[3]

3. Pulses are packed with dietary fiber.

Just one serving of the average dried legume offers 50 percent or more of your recommended daily fiber needs.[4]

4. Pulses offer high levels of a wide variety of vitamins and minerals.

And for those who suffer with celiac's disease or sensitivity to gluten, pulses are gluten-free. Among those most prevalent vitamins and minerals are vitamin A, folate,

potassium, magnesium and iron.[5], [6], [7]

5. Pulses help lower your risk of heart disease, diabetes, and Alzheimer's.

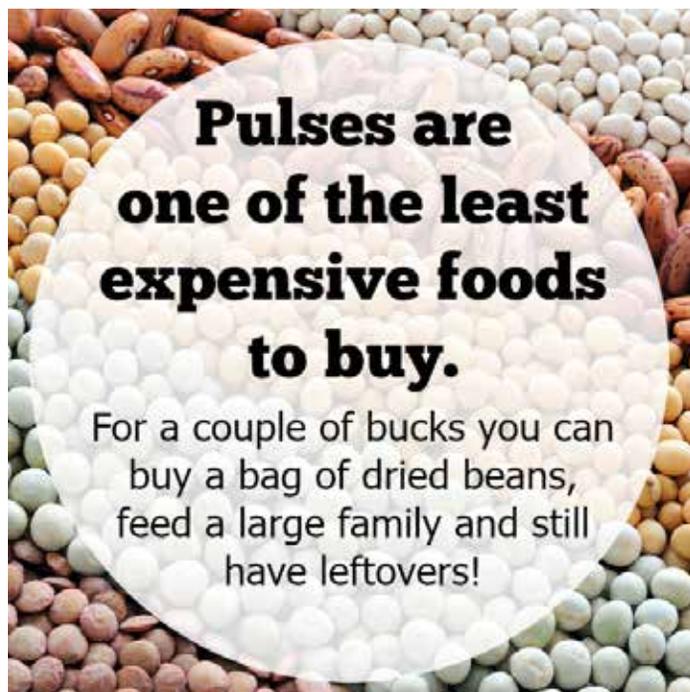
The high levels of fiber in pulses help lower bad cholesterol.[8] Additionally, pulses are low glycemic, which is great news for your blood sugar levels. A regular diet of these dried legumes could lower your risk for diabetes.[9]

6. Pulses are one of the least expensive foods to buy.

No other food that are as nutritious as pulses are as inexpensive as they are. For a couple of bucks you can buy a bag of dried beans, feed a large family and still have leftovers! No wonder that pulses comprise nearly 75 percent of the diet in developing countries.[10]

7. Pulses have an indefinite shelf-life.

If there are any "preppers" reading this, they already know what many of us don't. Dried legumes, if kept dry, last indefinitely. Even if their color fades over time, their flavor will not.[11] In fact, you may want to rifle through your pantry right now to see if you still have that half bag of lentils or dried peas!



8. Pulses are good for the environment.

Legumes represent a unique crop that literally enriches the soil with nitrogen, one of the key ingredients in fertilizer. As a result, pulses require little to no fertilizing and they actually boost the yields of other crops when rotated. [12] Additionally, growing pulses requires very little water compared with other crops.[13]

9. Pulses are extremely versatile.

Dried beans, peas, lentils and garbanzo beans can replace meat in a dish, make great protein-packed soups, porridges and other hot dishes, garnish salads, create delicious dips, and even form the base for some tasty desserts.

Magic Beans

Dried beans may not get you a beanstalk with a goose that lays golden eggs, but with all of these great benefits, why do we consume so little of these nutritious legumes? Perhaps the number one reason is convenience. In our fast-paced culture, we think we don't have time for lengthy food prep. And we consider preparing dried beans to be very time consuming.

So let's tackle that impression and look at some more convenient ways to introduce the versatile pulses back into our diet to keep you feeling satisfied and energized.

Pulses are available in the grocery store in a variety of forms including: dry in plastic bags, boxes, or bulk, and canned and ready to use. Dry pulses must be cooked before eating. And while dried beans require soaking before cooking, dried split peas and lentils do not. Canned beans require no pre-soaking and can be used immediately.

Below are a few general tips for cooking pulses:

- Rinse dried pulses before cooking and remove any foreign debris.
- Soak beans (including chickpeas or garbanzo beans and whole dried peas) in a large bowl or pot overnight in fresh water. (How easy is that?!)
- Discard water in which beans were soaked.
- Cook pulses in fresh water without salt or other ingredients until they are ready, then add other ingredients such as salt, meats, vegetables and spices.

Cooking lentils

- Add 2 ½ cups of water for every cup of dried lentils
- Bring water to a boil, then simmer for 15 to 20 minutes
- This yields about 2 ½ cups of cooked lentils

Cooking dried split peas

- Use 2 cups water for every cup of split peas
- Bring to a boil and simmer for about 30 minutes to desired tenderness
- Yields about 2 cups split peas

Cooking dried beans, chickpeas or whole peas

- Soak in fresh water overnight
- Drain and rinse beans
- Add 2 cups water for each cup beans
- Simmer for 1 ½ to 2 hours, then use in your favorite recipes
- Yields about 2 cups cooked beans to every cup of dried beans

Recipes

Read on for delicious recipes that make delicious use of these little nutrition powerhouses. They are great for extending meals, so throw in a handful to casseroles, stews and soups to provide extra nutrients and stretch a meal further.

Hummus

This is a healthy, delicious dip served as an appetizer or great addition to a party or meal.[14]

Ingredients

- 2 cups drained, well-cooked or canned garbanzo beans (chickpeas), keep liquid
- ½ cup tahini (sesame paste), with some of its oil (optional)
- ¼ cup extra-virgin olive oil, plus oil for drizzling
- 2 cloves garlic (peeled)
- Salt and fresh ground black pepper to taste
- 1 Tbs. ground cumin or paprika (or to taste) plus a sprinkling for garnish
- Juice of 1 lemon or more as needed to taste
- Chopped fresh parsley leaves for garnish

Preparation

1. Combine all ingredients except the parsley in a food processor and process. Add some of the leftover chickpea liquid or water as needed to create a smooth puree.
2. Taste and add more seasoning if desired. Serve, drizzled with olive oil and sprinkled with cumin or paprika and garnish with parsley.

Black Bean Salad

This is a colorful, delicious and nutritious salad that doesn't require cooking and makes up quickly![15]

Ingredients

- 2 cans black beans, drained (about 30 oz.)
- 1 (15 oz.) can of corn drained
- 2 Roma tomatoes, diced
- ¼ cup diced red bell pepper
- ¼ cup diced red onion
- ¼ cup diced green onions
- ¼ cup diced pineapple (optional)
- 1 Tbs. chopped cilantro leaves

DELICIOUS AND NUTRITIOUS

HUMMUS

RECIPE BY homecuresthatwork.com

An appetizer or great addition to a party or meal

• INGREDIENTS •

<ul style="list-style-type: none">• 2 cups drained, well-cooked or canned garbanzo beans (chickpeas), keep liquid• ½ cup tahini (sesame paste), with some of its oil (optional)• ¼ cup extra-virgin olive oil, plus oil for drizzling• 2 cloves garlic (peeled)	<ul style="list-style-type: none">• Salt and fresh ground black pepper to taste• 1 Tbs. ground cumin or paprika (or to taste) plus a sprinkling for garnish• Juice of 1 lemon or more as needed to taste• Chopped fresh parsley leaves for garnish
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• DIRECTIONS •

<p>1</p> 	<p>2</p> 
<p>Combine all ingredients except the parsley in a food processor and process. Add some of the leftover chickpea liquid or water as needed to create a smooth puree..</p>	<p>Taste and add more seasoning if desired. Serve, drizzled with olive oil and sprinkled with cumin or paprika and garnish with parsley.</p>

- 1 jalapeno, seeded and minced
- 4 Tbs. sherry vinegar
- Juice of ½ lime
- 3 Tbs. honey
- 1 Tbs. salt
- 1 tsp. black pepper
- Pinch of ground cumin

Directions

Mix all ingredients in a bowl and refrigerate for one hour.

How about you? Will 2016 be the year of the pulses for you? Why not take advantage of these delicious, nutrition-packed foods, save some money, lose weight, and protect your heart in the process?!



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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Is it possible to float your stress away? I intended to find out at the new flotation spa that opened up in town.

When I first heard about flotation spas on a podcast, I was immediately intrigued. The idea behind the experience was “sensory deprivation.” It sounded a little freaky to me at first. Then I understood what it meant. Sensory deprivation is removing stimuli from your senses to create the most relaxed state you can experience.

Pre-Flotation Pod Prep

I started off at the appointment desk, where the spa employee told me what was getting ready to happen. Then he took me to a waiting room.

FLOAT Your Stress Away

by
Kevin Gullickson

HERE’S WHAT THE WHOLE FLOATATION EXPERIENCE WAS LIKE FOR ME...

The video playing there gave an overview of the experience and offered testimonials from other “floaters.” They also offered an oxygen bar as a bonus.

The testimonies on the video shared how people felt a deep sense of peace and calm, received clarity on things going on in their lives, or even had visions while floating. Some of them seemed a little strange to me. I wondered if I would possibly have some sort of “out of body” experience. But I tried not to create any sort of expectations for myself based on what I heard.

I waited a few minutes for a room to open up. The water in the flotation spa had to be recycled from the previous customer’s session. A large machine

cleans and purifies the water for about 20 minutes, so it's ready for the next person.

I didn't need to prepare much for the experience. The spa supplied everything except for a contact lens case and solution, which I brought. I also brought a swimsuit, just in case, but they recommended floating in the buff. In hindsight, I think that was the best way to get the full experience of the float. Anything touching my skin would have been a distraction.

Each personal spa room had a shower, changing area, and the flotation tank. The flotation pod itself was shaped like a giant clamshell, and looked quite a bit like an alien spaceship, with it's glowing lights and ambient music—especially once the lights in the room were turned off!

After getting final instructions from the spa employee, I showered and prepared to hop in. The spa provided earwax and petroleum jelly in the changing area. The petroleum jelly was for applying to any small scrapes or cuts. Due to the high salt content in the water, you would “feel the burn” leaving any open wounds exposed and uncovered. I didn't think to put any on my dry, cracked hands... and regretted it! I jumped back out to apply some petroleum jelly after the fact. But since my hands had already been exposed to the salt, the petroleum jelly wasn't effective. I also popped in the earwax to avoid getting water in my ears, to block any sounds and round out the sensory deprivation experience.

Now it was time for me to jump (or rather duck) back into the pod. The water was perfect body temperature to create the feeling of, well...not feeling anything. With the high volume of salt in the water, I imagine it was like stepping into the Great Salt Lake or the Dead Sea. The salt serves two purposes:

- Keeping the floater on top of the water
- Providing the well-documented benefits of Epsom salts

I slowly sat down and pulled the clamshell top down. Then I laid back, stretched out and lifted my legs to float. There came a point where I pretty much had to trust the water to keep me up, which it did, of course.

Flotation Therapy

I have to admit that my mind was racing at that point. I had turned the room light off, but the lights and ambient music in the spa were still on. I knew in order to get the full experience it would be best to turn them off. But in the back of my mind I recalled a “freak out” claustrophobia moment in a pitch black room. It was a moment I don't care to repeat ever again. But I decided beforehand that floating was going to be all or nothing. So I reached over to the button on the wall of the spa and turned off the lights.

I waited a few moments with the gentle, soothing music still playing in the spa speakers.

So far...so good.



No claustrophobia crept in and the music seemed too loud after a while. So after my comfort level grew, I was ready to turn off the music as well.

No problems!

Initially, I had to make a few adjustments to floating in the pod. I found my toe touching the wall and had to gently push away — but avoid drifting to the other side!

Next came the moment I had been anticipating...complete silence and solitude...the moment of just letting go.

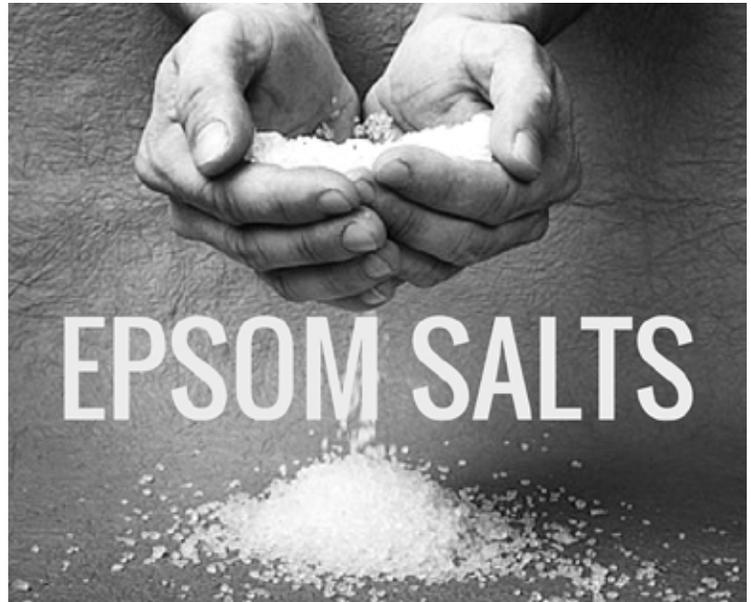
I could feel my heart beating, but the rhythm was relaxing. I released all tension in my muscles and let my thoughts drift.

Then...nothing.

I got so comfortable that I decided it wouldn't be a big deal if I fell asleep. (And I may have at one point—I don't even know for sure!) I almost felt like I couldn't tell where my body ended and the water began.

I didn't have any visions or "aha" moments of inspiration. I didn't have a spiritual experience. I just relaxed and enjoyed a moment of peace—away from the hustle and bustle of life and work and family, away from the pressures of the day.

Sixty minutes passed—slowly or quickly, I can't even say. I literally just enjoyed the moment. It evolved without creating any expectations or pressures around what I was supposed to think or "do" or experience in the spa. A friend of mine ended her session early because she got bored, but I thoroughly enjoyed every moment of it.



Epsom salts contains an important mineral compound magnesium sulfate. Magnesium and sulfate are both readily absorbed through the skin and into the body's blood stream.



Magnesium:
Plays a critical role in over 325 enzymes
Helps improve muscle and nerve function
Reduces inflammation
Improves blood flow and oxygenation throughout the body



Sulfates are necessary building blocks for healthy joints, skin, and nervous tissue.



Simply soaking in a hot bath with 2-3 cups of dissolved Epsom salts allows the body to purify itself in about 10-15 minutes.

Time-Out

Did it float away my stress? Maybe. I hope that my wife and kids noticed that I was a little less tense and more relaxed as I enjoyed moments with them that day. It's possible that my brain finally found a chance to declutter and re-organize itself a bit. Maybe my chiropractor found that my back wasn't as tense and out of line as it normally was. Plus there were the added benefits of the Epsom salts.

Would I do it again? Absolutely. For an introvert like me, an opportunity to close off the rest of the world for a little bit is a welcome one! But if I had to choose between a float and a massage, I would probably choose the massage.

If you have a flotation spa near you, look for a local group coupon deal and give it a try! Whatever your experience, be sure to let us know what you thought at [Facebook.com/BartonPublishing](https://www.facebook.com/BartonPublishing).

Kevin Gullickson wears many hats as the COO of Barton Publishing. He loves to implement systems and processes that help everyone on the team work more efficiently. When he's not working, he's enjoying his family, cycling or working out...or trying to help others in some way! He's a pastor and church planter "on the side" and recently planted a church in Sioux Falls, SD.

top 7 probiotics

Even the strongest and the best can experience “butterflies” in their stomach when nervous. Behind this sensation is an often-overlooked network of neurons lining our guts that is so extensive some scientists have nicknamed it our “second brain.”

This multitude of neurons in the enteric nervous system enables us to “feel” the inner world of our gut and its contents.

More than 70 percent of the body’s immune defenses are located in the intestines. There, beneficial bacteria called probiotics work to crowd out harmful microbes that can contribute to poor health and disease.

Research suggests that some people with functional digestive disorders perceive pain more acutely than other people do. This is because their brains do not properly regulate pain signals from the GI tract. Stress can make the existing pain seem even worse.

For this reason, maintaining a healthy balance of intestinal bacteria provides the foundation necessary for optimal digestion and overall health.

Importance of Bacteria

If your digestive tract is healthy, it contains more than 500 different types of bacteria. Bifidobacteria and Lactobacilli are the most prevalent types of good bacteria. They especially help fight the growth of harmful bacteria and yeast.

Why We Need Probiotics

Everyday factors such as diet, stress, travel, exposure to illness and certain medications can diminish the number of healthy bacteria in the digestive tract. This upsets an otherwise balanced intestinal environment.

This imbalance allows unhealthy microbes to flourish and may lead to intestinal issues such as diarrhea and constipation, and a decline in healthy immune function. Taking a probiotic supplement can help replenish good bacteria and restore a healthy bacterial balance.

What Benefits Do Probiotics Provide?

- Increase ability to digest food
- Promote bowel regularity
- Reduce diarrhea, especially caused by viral infection or chemotherapy
- Help keep ulcerative colitis at bay
- Control inflammation to restore organisms in the colon
- Reduce incidence of yeast infections, vaginitis and candidiasis
- Help prevent relapse of Crohn's disease
- Help treat and prevent mastitis
- Lower LDL cholesterol
- Prevent bloating associated with proton pump inhibitors (PPI) (drugs like Prilosec)
- Reduce negative effects of antibiotics
- Improve immune function and overall well-being
- Increase ability to synthesize vitamins (including B12 and K)
- Provide nourishment for healthy intestinal cells
- Alleviate many common digestive tract disorders such as IBS
- Reduce the excitability of nerves in the gut to control anxiety
- Reduce symptoms from grass pollen allergies

- Assist with healthy weight loss and weight management
 - Produce antibacterial compounds to help crowd out unfriendly bacteria
-

What Makes a Superior Probiotic?

The market is so flooded with options for bacterial cultures, powders, pills, etc., that consumers can get overwhelmed and make poor choices. It's important to know how to choose the best supplement you can afford.

Some research suggests that it may be more effective to take a probiotic supplement that contains a mixture of bacterial strains rather than a single bacterial species.

When considering your supplement options, keep in mind that probiotics are sensitive to temperature, moisture and oxygen. The journey from the factory to the large intestine is a long one. Survival, and therefore efficacy, depends on how strains are cultivated, preserved, stored and handled. Manufacturers display the "best by" date to account for the typical loss of number of bacteria since the "time of manufacturing." Purchase products that are well within their expiration date to ensure a high number of live cultures.

When it comes to probiotics, you pretty much get what you pay for. So buy from companies you trust, as well as those that have been tested for:

- The viability of organisms in the product - at least 15 billion live organisms per serving
- Lack of contaminating organisms - free of yeast, mold or other bacteria
- Ability of pill to break apart properly - so contents can be released
- Protection of the probiotics from stomach acids

WHY WE NEED PROBIOTICS

PROBIOTIC BENEFITS

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Increases ability to digest food and promotes bowel regularity



Assists with healthy weight loss and weight management

Controls inflammation to restore organisms in the colon

Produces antibacterial compounds to help crowd out unfriendly bacteria

Reduces incidence of yeast infections, vaginitis and candidiasis

Reduces the excitability of nerves in the gut to control anxiety

Increases ability to synthesize vitamins (including B12 and K)

Alleviates many common digestive tract disorders such as IBS and Crohn's

billion CFUs (for addressing specific conditions).

Ideally, swallow probiotics on a full stomach when stomach acid levels are low to give probiotics their best chance of survival. Some experts counsel building up your levels of probiotics gradually to avoid gas or bloating. Here are our researched and validated top 7 probiotics that meet the above criteria:

- 21st Century® Ultra Potency Advanced Probiotics
- Dr. David Williams Probiotic Advantage® Bifido Beadlet 50+
- Dr. Mercola® Complete Probiotics
- Garden of Life® Primal Defense® Ultra
- Nature's Bounty Ultra Strength Probiotic 10
- Nutrition Now® PB8®
- The Vitamin Shoppe® Ultimate 10 Probiotic TM 13 Billion

There is no question that candida sufferers require probiotic supplements to replenish beneficial GI bacteria and rebuild the immune system. Even if you don't have candidiasis, environmental and food toxins, coupled with the high-stress lifestyle of most North Americans, are good indicators of the widespread need for probiotics.

Our guts are filled with billions of good bacteria that help regulate our immune systems. When those bacteria are altered or destroyed by antibiotics, drugs and poor lifestyle, this can cause disease and poor health. Probiotics can repopulate the gut's healthy bacteria by adding billions of different strains of flora, thereby improving vitality and helping stave off chronic disease. Make the most of your body's beneficial bugs — for gut health, immunity, metabolism and more.

The Top 7 Probiotics

The number of live microorganisms in a probiotic is measured in CFUs (colony forming units). Any supplement label should list how many live microorganisms are in each serving. Recommended doses range from 1 billion CFUs (to maintain a healthy gut, for instance) to 10

A Brand New Day

Anything is Possible!

I have this uncanny sense that many of us will be experiencing a lot of “firsts” this year.

It is really easy to get into a rut (a rut is just a grave with both ends kicked out!) and fall into the trap of mediocrity. When you have experienced the same thing day after day, year after year, it is easy to assume that life will always be black and white, even though you dream in Technicolor!

It is interesting that when you are in line at the grocery checkout, the aisle is conveniently stocked with magazines. These magazines all have an anonymous prophet named “they” who tells you all about yourself without ever meeting you! For example:

- They say that by age 30, you will have crow’s feet forming around your eyes.
- They say by age 40, men will have an accumulation of fat known as love handles and women will have muffin tops.

The list goes on and on.

Here is my question ... who are “they” and where do “they” get their information? Are we all at the mercy of such predictions? Are “they” always right??? Of course not!!!!!!

We are constantly changing beings of inestimable value, virtually unpredictable and capable of unparalleled greatness! You are your own best prophet. Your convictions as evidenced by your words are the key to your future.

Years ago, I met a woman in church who was convinced that she would die of a heart attack on her 33rd birthday because her mother died of a heart attack on her 33rd birthday. Try as they did, her counselors could not convince her otherwise. Sure enough, this precious woman dropped dead from a massive coronary on her 33rd birthday.

In the same way, if you are convinced that goodness and mercy will follow you all the days of your life, they will!

Lamentations 3:22-23 says,

“The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning, great is your faithfulness.”

Each and every day is a brand new day. It is NOT yesterday and it isn't tomorrow—it is the gift of today. That's why it's called the present. Instead of basing your current experience on your past or your future, live in the moment.

Psalms 118:24 says,

“This is the day that the LORD has made; let us rejoice and be glad in it.”

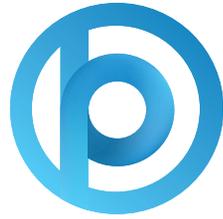
Every day can be a “first” when you allow it to be all that God has designed it to be. When we get out of God's way, we find the blessing in every second, minute, and hour of each 24-hour measure of our journey. Remember, nothing shall be impossible for those who believe; therefore, anything is possible today.

I will leave you with this thought. When we were children, we didn't wear watches, look at calendars, or keep a ledger; we lived out loud, used our imagination, and enjoyed the day until it was time to sleep and dream... until the next, brand new day.

Your convictions as evidenced by your words are the key to your future.



Michael is an author, visionary, musician, composer, producer and friend of God. He exists to bring love, healing, and motivation to a hurting world and in turn, inspire others in our generation to do the same. Michael created Wholetones: The Healing Frequency Music Project to promote positive, healthy change. Seven unique pieces recorded in seven unique frequencies on seven CDs results in 2½ hours of beautiful, transformational therapy.



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Bad Breath	Hair Loss	Sinus Infection
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.