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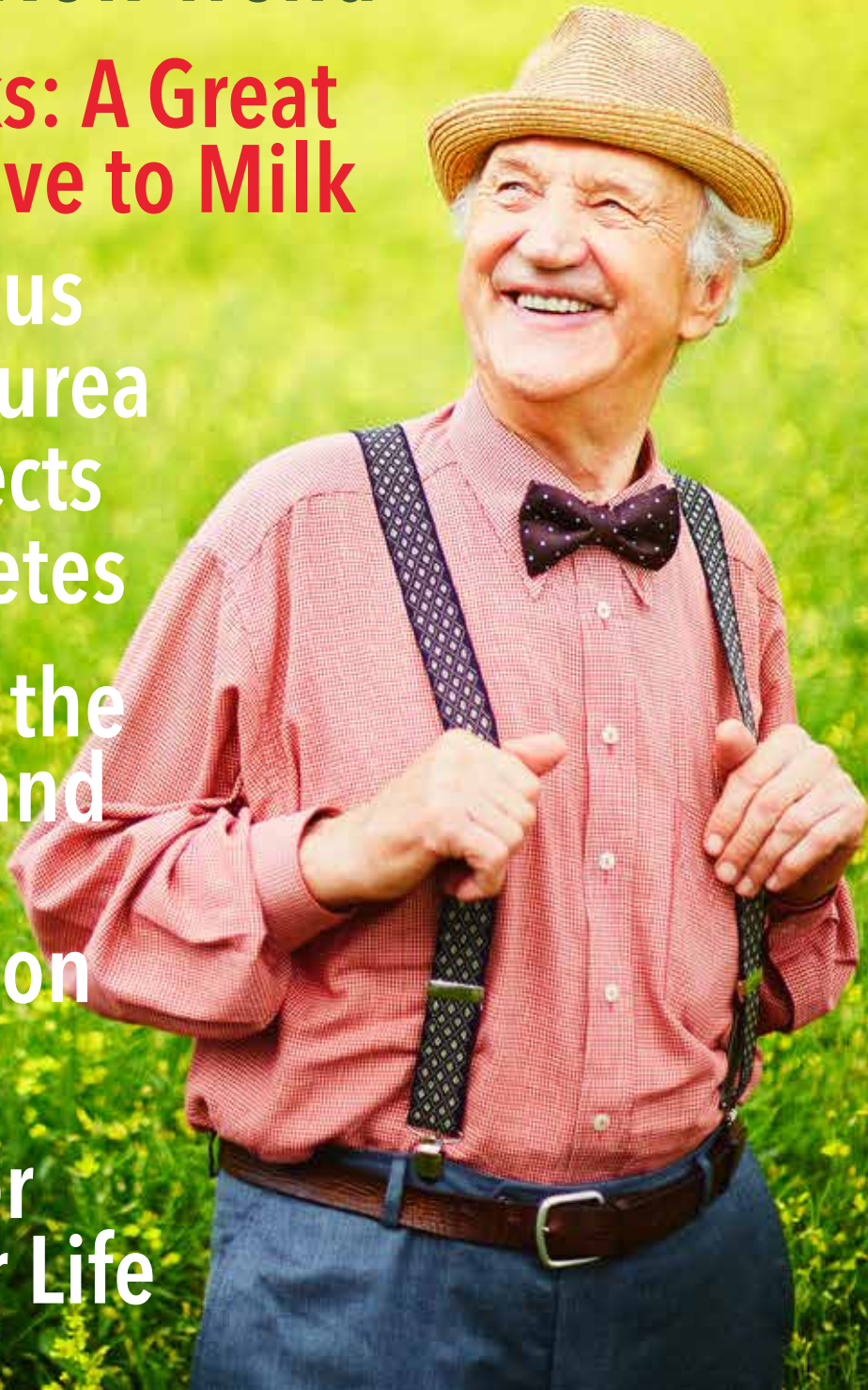
## Biodynamic Food: An Old, New Trend

## Nut Milks: A Great Alternative to Milk

## Dangerous Sulfonylurea Side-Effects for Diabetes

## Discover the Eczema and Candida Connection

## Top 10 Foods For A Longer Life



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## LETTER FROM THE EDITOR

Many people with diabetes have complained about the sulfonylurea drugs for years because these medications encourage weight gain and can cause low blood sugar. Now Dr. Saunders reveals that sulfonylurea drugs are associated with high risks of death and heart failure as well. In his opinion, it is important to follow a meal plan like the one in our [Barton Publishing Diabetes Reversal Report](#) to reduce your blood sugar within the target range and eliminate your risks of long-term complications of diabetes medications.

Even if you don't have to control your blood sugar but are looking for a healthy alternative to cow's milk, consider making your own nut milk. Nut milk is great for anyone looking to avoid lactose or the hormones that may be found in cow's milk. Or if you are just yearning for a different and tasty addition to your regular meal plan, then you'll appreciate these 7 reasons to make your own nut milk in this month's issue.

In this issue, you'll also read about nutritional superstars you can add to your diet to: lower blood sugar, reduce inflammation and gain numerous other health benefits. These top 10 foods can add length to your life enabling you to experience vibrant and amazing health for a long time.

You've probably noticed that foods now display a variety of different seals to certify they are produced with sustainable, fair-trade or organic agriculture practices. "Biodynamic" is another certification that claims to go beyond organic and other green agriculture methods. Biodynamic foods offer a promising option to minimize exposure to harmful pesticides and chemicals, optimize your nutrition intake and help the planet. Discover what sets biodynamic foods apart and decide for yourself whether they are for you.

Exposure to significant levels of pesticides and other agents sprayed in farm fields has brought on Candida symptoms for many people. Candida can present itself if by the appearance of eczema and other skin ailments. Read more to understand why intestinal imbalances might reflect outwardly on the skin.

Take advantage of this issue of Home Cures That Work today to achieve greater health, preserve your independence, look and feel younger, avoid major illness, and live your best life!

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

# SULFONYLUREA WARNING



## Dangerous Sulfonylurea Drug Side-Effects for Diabetes

by Dr. Scott Saunders, M.D.

Jan was almost a hundred pounds overweight. She came into my office because she was getting “tired spells,” headaches and severe fatigue that interfered with her work.

Her doctor had put her on diabetes medications. But ever since then she had no energy and was getting these episodes. She was also horrified that she was gaining weight. Jan was worried what might happen to her if she continued taking these medications with such side-effects. She was hoping I could help get her off of them, even though her doctor said she would be on them for life.

After assessing Jan’s laboratory tests and medications, I reassured her that she did not need to take these medications for life. I could help her body and blood sugar return to normal. It turns out that she was given a medication that is commonly used in diabetes called glyburide, a sulfonylurea type medication that is known to cause all of these problems.

### What are Sulfonylureas?

The use of sulfonylurea medications to lower blood sugar began in the 1940s. It was found that sulfur-containing antibiotics would cause an increase in insulin from the pancreas. It wasn’t the sulfur, but the specific chemical antibiotics that blocked a certain calcium channel and caused excess insulin to be excreted in those who had insulin resistance.

The first generation of sulfonylurea drugs began to be marketed to those with high blood sugar in the 1950s. These include:

- Chlorpropamide (Diabinese)
- Tolazamide (Tolinase)
- Tolbutamide (Orinase, Tol-Tab)

In the 1980s, the second-generation agents became available:

- Glipizide (Glucotrol)
- Glyburide (DiaBeta, Glynase, Micronase)

The last class of sulfonylurea drugs came in 1995.

- Glimepiride (Amaryl)

Sulfonylureas lower blood sugar by causing a release of insulin from the pancreas. Thus, they require a working pancreas that can make insulin. Those with type 1 diabetes cannot benefit from this class of drugs.

### **Sulfonylurea Side-effects**

Doctors often consider the desired effects of a medication, but downplay the side-effects. It is important to understand that all drugs are toxins and that they are not natural to the body. There is a desired part of toxicity – lowering blood sugar, for example – but there are other effects of toxicity that are undesirable.

When a sulfonylurea drug is introduced into the body, it targets not only the pancreas, but is distributed throughout every other system. It acts on a certain enzyme that affects how calcium enters the cells. So, wherever these calcium channels exist, the drug will block them, causing a certain effect. For example, nerve cells contain the same calcium channel so the sulfonylurea can damage nerve function.

Genetic differences increase susceptibility to the effects of sulfonylureas. Some people will get very ill. Others may die, while most are only mildly affected.

The “desired” effect of sulfonylureas is to increase insulin. However, there are several undesirable effects:

- Hypoglycemia (low blood sugar)
- Obesity
- Increased hunger, especially

craving carbohydrates

The sulfonylureas class of drugs can block the liver from making more glucose (sugar). The result is extremely low blood sugar. The low blood sugar causes people to feel weak, tired, get headaches and feel pain all over. They also start craving sugar, causing them to eat more...and create additional fat.

### **Weight Gain from Sulfonylurea**

One of the worst side-effects of sulfonylureas is obesity. First, sulfonylureas stop fat cells from using fat for energy. Second, because sulfonylureas increase insulin, this fat is deposited into cells. Together, sulfonylureas create more fat cells that aren't used, which increases obesity.

Higher insulin also causes more insulin resistance, which increases fat, making diabetes worse. As blood sugar gets higher, doctors often increase the dose of the medications. This causes further toxicity to the calcium in the cell, eventually leading to cell death.

There is evidence that these medications also worsen diabetes by killing the very cells that make insulin in the first place.[1] Some with type 2 diabetes progress to type 1 diabetes. When the pancreas no longer produces insulin, the sulfonylurea medications don't work, and the patient needs insulin injections for life.

Besides causing obesity, higher insulin levels are also associated with worse outcomes. One study that compared the outcomes of several different treatment regimens concluded, "...insulin was associated with higher rates of death, major cardiac and cerebrovascular events, and microvascular disease.”[2] There is a direct association with high insulin to complications such as stroke, heart disease and death.

Other areas that are known to be affected by the toxicity of sulfonylureas include:

- Liver
- Nerves
- Heart

Chlorpropamide (a drug in the sulfonylurea class) seemed to have an effect on the protein production in the liver, but wasn't found in one study to cause hepatitis, or damage liver cells.[3] Thus, it may not directly cause hepatitis, but indirectly kills liver cells by increasing insulin and causing excessive storage of glycogen and fatty liver disease.

The nerves are also affected indirectly by decreasing the energy available to them. Nerves are very sensitive to energy production, and when there is not enough energy, the nerve cells die, causing neuropathy, or numbness and tingling in the hands and feet, as well as Alzheimer's disease.[4]

Sulfonylureas affect the energy production of the heart because of their effect on the chloride channels, creating fatal arrhythmias and death. Because of the risk of cardiovascular death, the FDA requires a warning label such as this on sulfonylurea medications:

**SULFONYLUREAS WARNINGS**  
**SPECIAL WARNING ON INCREASED RISK OF CARDIOVASCULAR MORTALITY**  
**The administration of oral hypoglycemic drugs has been reported to be associated with increased cardiovascular mortality as compared to treatment with diet alone or diet plus insulin. [5]**

Even when blood sugar improves, these medications have not been shown to improve or prevent the complications of blood vessel disease.

## Avoid Drugs to Reverse Diabetes

The best way to treat diabetes and avoid the complications of drugs is with a lifestyle program. Even doctors who want to help you with non-drug therapies will just exchange some vitamin or supplement pills for the drugs. This is called "Green Medicine," but most often it still doesn't get to the root of the problem. The supplements can be helpful, but only a full program designed to reverse the problem will do so. When the process that caused diabetes in the first place is reversed, then you will have no complications of diabetes, nor will you have to worry about the side-effects from any of the medication (because you won't need it).

**SULFONYLUREA SIDE-EFFECTS**

The "desired" effect of sulfonylurea drugs is to increase insulin in type 2 diabetics. However, there are several undesirable effects.

**LIVER**  
Kills liver cells by increasing insulin and causing excessive storage of glycogen and fatty liver disease.

**NERVES**  
The nerve cells die, causing neuropathy, or numbness and tingling in the hands and feet, as well as Alzheimer's disease.

**HEART**  
Creates fatal arrhythmias and death.

**OBESITY**  
Stops fat cells from using fat for energy and creates more fat cells that aren't used.

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Complete diabetes reversal programs must include:

- Exercise
- Proper diet
- Supplements
- Stress-reduction
- Ongoing management

Not having a system in place to remove the root cause of diabetes accounts for 94% of all failure to reverse diabetes.

Medications only address the symptoms, never the cause. Supplements might have some effect on the cause of diabetes, if it is caused by a chromium deficiency, for example. However, to be successful, the program must address each of the issues that relate to diabetes in order to be able to reverse it.

Barton Publishing has [a step-by-step program designed to reverse the cause of diabetes](#), and prevent the complications that can come with it. The simple instructions allow anyone to follow the program. Each potential cause of diabetes is addressed so you can reverse the root cause. I have been using this program in my office for over ten years with excellent results, allowing many to lose weight, get off

of medications, and reverse their diabetes.

After completing this program, Jan lost almost 100 pounds. She was able to completely come off all of her diabetes medications and maintain normal blood sugar. She stopped getting hypoglycemia and had much more energy. Her endocrinologist was actually excited for her! She was worried about Jan getting worse, requiring more medications...and eventually insulin.

While sulfonylureas may lower blood sugar for a brief time, they do not address the problems of diabetes. Sulfonylureas actually make diabetes worse. I do not recommend the use of these medications in any form of diabetes. They don't help type 1 diabetes because there is no insulin made in the pancreas, and they cause weight gain and increase insulin resistance for type 2 diabetes. If you are already on a sulfonylurea, it's best to use a program like [Barton Publishing's Diabetes Solution Kit](#) to reduce insulin resistance until you no longer need these medications. Plan with your doctor to do the tests needed to determine when it is best to come off of them.

Sources:[1] (Maedler K, Carr RD, Bosco D, Zuellig RA, Berney T, Donath MY (2005). Sulfonylurea induced beta-cell apoptosis in cultured human islets" J Clin Endocrinol Metab 90:501–506). [2] <http://cardiab.biomedcentral.com/articles/10.1186/s12933-015-0172-9> [3] <http://www.ncbi.nlm.nih.gov/pubmed/14113990> [4] [http://www.lifeextension.com/magazine/2006/12/report\\_alzheimer/page-01](http://www.lifeextension.com/magazine/2006/12/report_alzheimer/page-01) [5] [http://www.accessdata.fda.gov/drugsatfda\\_docs/label/2009/017532s030lbl.pdf](http://www.accessdata.fda.gov/drugsatfda_docs/label/2009/017532s030lbl.pdf)



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## ***Regenerative agriculture and gardening***

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### **Biodynamic Food: An Old, New Trend**

by Rob Fischer

**J**ust when you thought organic food production was the standard, they raised the bar again. The new standard is called biodynamics and embraces the whole system of food production and more.

But I feel compelled to warn you, we can look at biodynamics through two different world views.

#### **Biodynamics – Magic Potions**

Some chase its beginnings back to Austrian philosopher Dr. Rudolf Steiner, the founder of a philosophical theory called anthroposophism

(man's wisdom). Steiner attached a heavy spiritual aspect to biodynamic agriculture in which "farming can be attuned to the spiritual forces of the cosmos." [1]

Many modern scientists consider application of Steiner's philosophy to agriculture and other disciplines as pseudoscience. [2] After all, consulting the cosmos should never paralyze or unduly postpone one's work. This spiritual side of biodynamics would find itself at home with New Age beliefs.

### **Biodynamics – the Art of Gardening**

Another way to look at biodynamics is very pragmatic. Go back in time at least several centuries before the use of chemical pesticides and herbicides. Farms were smaller and the majority of earth's inhabitants had strong ties to agriculture. These family farms not only allowed their owners to sustain their lives from the food they produced, but agriculture itself was self-sustaining.

Everything needed for the farm was right there:

- Seeds were harvested and saved for next year's planting
- Chickens had free-range and helped fertilize the soil and keep weeds and pests at bay
- Cows and other farm animals produced manure to enrich the soil
- Inedible vegetable matter was composted and returned to the soil
- Crops were grown appropriate for the climate and available water

Biodynamic agriculture meets all the standards of organic practices, but it goes beyond those in a few distinct ways. For a farm or garden to earn the official title as biodynamic, it must meet stringent requirements and receive its certification from Demeter USA. Demeter is an international, non-profit organization established to promote biodynamic agriculture. [3]

Biodynamic agriculture views the whole farm as a complex organism that is self-contained and self-sustaining. Everything on the farm, including its people, live in a symbiotic relationship and everything goes back to the soil.

Biodynamic farmers must: [4]

- Meet National Organic Program standards
- Refrain from using any chemical pesticides, fertilizers, or herbicides
- Use farm-generated, natural solutions for pest control and fertility
- Set aside at least 10% of their total acreage for biodiversity
- Reduce continually any imported materials necessary to sustain the farm

With those tight standards, converting your garden or mini-farm to biodynamic agriculture can be difficult. So why would you want to convert to biodynamic gardening?

If you garden already, you know the difference between fresh green beans harvested from your garden and the frozen variety in the store. But the difference is not only in the taste, texture, and appearance. Commercially grown vegetables that are not organically grown have been exposed to numerous chemicals in the fertilizer, pesticides and herbicides. Unavoidably, some of those chemicals find their way into your body.

Those agricultural chemicals are typically petroleum-based and are therefore carcinogenic. They also leach and poison the soil, so that future crops become dependent on continued use of those chemicals.

Biodynamic farming shares with organic farming the elimination of synthetic fertilizers and pesticides. But unlike organic farming, biodynamic farming uses, in addition, a series

of fermented manure, plant, and mineral-based preparations which are added to the soil, crops, and compost. Legumes, for instance, put nitrogen back into the soil. Nitrogen is a primary ingredient in chemical fertilizers.

### **Why Biodynamic Gardening?**

Besides the obvious healthful reasons already mentioned, a huge advantage of biodynamic gardening is that you can grow a lot of food in very little space.[5]

Consider the following real life example. In 1966, the University of California's Santa Cruz campus offered British horticulturalist, Alan Chadwick, the opportunity to demonstrate the benefits of biodynamic gardening. Chadwick was given four acres of barren desert to garden. With nothing more than hand tools, Chadwick soon transformed this desert plot into a beautiful, lush paradise brimming with vegetables and flowers.[6]

John Jeavons, Director of the Biointensive Mini-Farming program, further improved upon Chadwick's methods. His goal was to create the optimum yield from any space however small. John's biodynamic gardening methods produce between four and six times the average U.S. per acre yield![7]

### **Bring the practices of Biodynamic Gardening to your own garden[8], [9]**

I assume that most reading this don't keep cows and chickens or other farm animals. Additionally, if you garden, chances are your garden may be more of a hobby garden than one you depend on for sustenance or your livelihood. That being said, here are some tips for converting your garden to biodynamic principles:

1. Avoid use of any chemicals: fertilizers, herbicides, or pesticides
2. Select vegetables and herbs that grow well in your climate and soil



3. Refrain from use of any GMO seeds
4. Try biodynamic seed
5. Rotate crops around your garden each year
6. Use natural means and substances to fertilize and control pests
7. Harvest and save seeds for next year's planting
8. Create a compost pile and use it to continually put nutrients back into the soil
9. Do everything you can to make your garden regenerative and sustaining

Imbedded in these biodynamic principles exist a whole host of subtopics. You can branch out to research such things as: determining which vegetables to plant next to each other; how to feed and benefit most from earthworms; natural pesticides and how to use them; and so on. For further research, I highly recommend Joel Salatin's informative and engaging book, [\*Everything I Want to Do Is Illegal: War Stories from the Local Food Front\*](#).

Perhaps you find some of these principles too stringent or impractical for your garden plot. In that case, simply apply as many of the principles as possible.

## Where to Find Biodynamically Grown Foods

Maybe you're not a gardener, but would like to purchase biodynamically grown food. Whole Foods Market is a good resource. You may also find them at local farmers' markets and other natural food stores. Demeter's website can direct you to local certified farms and producers near you.

## Conclusion

Ultimately, biodynamic agriculture impacts the health of our bodies through consumption of organically grown foods. These foods are cleaner, more nutritious, and void of chemicals. Additionally, this method of agriculture replenishes the soil rather than constantly

taking from it. Biodynamics also makes use of the natural symbiotic relationships between plants, animals, the soil, and virtually everything else found in the garden or on the farm.

The question is what will you do with this information? Let me challenge you with some options to improve your health and that of planet earth:

- Convert your garden or mini-farm to biodynamic principles
- Start a garden using these methods
- Find a resource for buying biodynamic foods

Sources:[1] Ray Isle, "Biodynamics: The Next Trend," Food and Wine, July 2006, <http://www.foodandwine.com/articles/biodynamics-the-next-trend>. [2] Wikipedia, "Anthroposophy," <https://en.wikipedia.org/wiki/Anthroposophy>. [3] Paige Brady, "Biodynamic FAQ," Whole Foods, November 9, 2013, <http://www.wholefoodsmarket.com/blog/biodynamic-faq>. [4] Biodynamic Association, "What Is Biodynamics?" <https://www.biodynamics.com/what-is-biodynamics>. [5] Mother Earth News, "Biodynamic Gardening," January/February 1980, <http://www.motheearthnews.com/organicgardening/biodynamic-gardening-zmaz80jzraw.aspx?Pagelid=1>. [6] Mother Earth News. [7] Mother Earth News. [8] Bellamy's Organic Blog, "What Is the Difference Between Biodynamic and Organic Farming?" January 9, 2014, <http://bellamysorganic.com.au/blog/what-is-the-difference-between-biodynamic-and-organic-farming/#.Vty6vfkK01>. [9] Tom Petherick, "Getting Started with Biodynamic Gardening," Biodynamic Association, <http://biodynamic.org.uk/farming-amp-gardening/getting-started-with-biodynamic-gardening/>.



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# Nut Milks: A Great Alternative to Milk

by Rob Fischer

**W**hether you are sensitive to dairy products, or just looking for other healthy alternatives to cow's milk, nut milks may be a great choice for you.

Nut milks are “milks” made from nuts or seeds blended with filtered water. Nut milks are not only great for those who can't tolerate cow's milk, but also:

- Are lower in calories
- Contain no saturated fat
- And offer a good source of vitamins and minerals

You can use nut milks for just about any application for which you would use cow's milk.

## Why Make Your Own Nut Milk?

You've no doubt seen almond milk or some

other nut milk at your grocer lately. But there is nothing quite as delicious as freshly made, completely raw and live, and preservative-free nut milk made in your own blender.

I think you'll find that investing just a little effort in homemade nut milk pays off in a big way.

### **1. Store-bought nut milks often contain unwanted ingredients.**

Top among these are carrageenan and sugars. Carrageenan is red seaweed and is used as an emulsifier. But numerous studies have demonstrated that carrageenan causes inflammation and is harmful to humans.[1] Of course, sugars also cause inflammation and a whole host of other health issues.

### **2. Commercial nut milks are expensive.**

You can make your own nut milk for significantly less money than what you'll pay in the store for ready-made milks.

### **3. Control how much and what kinds of sweeteners and flavors you put in your nut milk.**

When you make your own nut milk, you know exactly what's going into it. You have a choice in everything you add or keep out.

### **4. Making your own nut milk is more environmentally friendly.**

There are no empty cartons or bottles to dispose of when you make your own.

### **5. You get to use nut pulp, a by-product of making your own nut milk.**

After the blending process, nut milk is usually strained leaving a pulp that can be used in desserts, breads, muffins and other recipes.

### **6. Commercial nut milks are pasteurized.**

The purpose of pasteurization is to eliminate unwanted bacteria. The problem is that the heating process also kills valuable enzymes.

You can avoid the bacteria and keep the enzymes when you make it yourself.

### **7. Homemade tastes better!**

This should come as no surprise, since homemade recipes almost always taste better!

### **General Guidelines for Making Nut Milk**

Connoisseurs of nut milk recommend soaking nuts prior to milking them.

Soaking breaks down the enzyme inhibitors, natural toxins, and tiny amounts of phytic acid that coats them while growing. Phytic acid is indigestible to the body if consumed in high amounts and can make you feel sluggish. Soaking them will make everything easier to digest while boosting and improving the flavor.

Soak time depends on the nut or seed and can vary with recipes. Almonds, for instance, require soaking for 6-12 hours.

Soaking nuts and seeds removes enzyme inhibitors and activates enzymes.[2]

You'll need a good blender and some means of straining the liquid after blending. Cheesecloth, a fine-mesh strainer, or a nut milk bag will do the trick. Straining makes your nut milk a lot smoother and creamier, taking away the slightly grainy texture. Furthermore, it gives you leftover pulp meal.

Nut milks must be refrigerated and usually will last about four to five days.

### **Spices and Sweeteners to Spruce up Your Nut Milk**

By making your own nut milk, you can control the quantity, sweetness, and thickness of the milk. Depending on the variety of nut, you can customize the flavor by adding vanilla, citrus zest, and spices, such as:

- Cinnamon
- Nutmeg
- Allspice
- Ginger
- Cloves
- Cardamom
- Vanilla extract

Also, you need not sweeten your nut milk, but if you do, consider:

- Stevia
- Dates
- Raw honey
- Blackstrap molasses
- Sugar cane juice
- Granny smith apple juice
- Maple syrup

You can't put a price tag on the satisfaction and fun that comes from rolling up your sleeves and crafting something from scratch—even if it takes you a couple extra minutes.

Here's how to make your own nut milks.

## Recipes

### Almond Milk[3]

Almonds are high in monounsaturated fats (which are really good for you). Almonds are also a great source of vitamin E, magnesium and potassium. They also boast numerous other nutrients, antioxidants, and have been shown to lower blood sugar.[4]

#### Ingredients

- 3 to 4 cups water
- 1 cup raw, soaked almonds
- 1-2 pitted dates, or other sweetener to taste (optional)

#### Directions

1. Soak almonds for at least 4 hours in water and rinse.
2. Place 3 cups water, almonds and sweetener in a blender and secure lid.
3. Turn blender on high. Don't blend for too long or too fast as it will cook the enzymes.
4. Blend for about 45 seconds or until you reach desired consistency, adding more water if needed.
5. If you wish to strain out the fiber, do so now. You can save and dry the leftover pulp in the oven at 170 degrees or in a food dryer. This makes an almond meal that you can use in cookies, breads or muffins.[5]
6. Store nut milk in the refrigerator.
7. Shake well before using.

### Pumpkin Seed Milk[6]

Pumpkin seeds are rich in B vitamins as well as many minerals and essential fatty acids. They are an especially rich source of zinc. Pumpkin seed milk is the perfect complement to green smoothie recipes that use apples, pears, pumpkin, bananas and other fall or year-round fruits.



## Ingredients

- 1 cup raw pumpkin seeds soaked for about 4 hours
- 2 ½ to 3 cups water
- 1 tsp alcohol-free, pure vanilla extract or ½ tsp regular (optional)
- Your choice of sweetener to taste
- 1 Tbsp coconut butter for richer milk (optional)
- Pinch of sea salt

## Directions

1. Place all ingredients in blender and blend about 1 minute
2. Sweeten to taste
3. Drink unstrained for the greatest nutritional benefit
4. Store and drink chilled
5. Shake well before using.

## Creamy Macadamia Nut Milk[7]

Macadamia nuts are incredibly creamy and provide a great source of vitamin A, iron, protein, thiamin, riboflavin, niacin and folates. They're rich in antioxidants, amino acids, flavones, and selenium. They also contain a moderate amount of numerous minerals.[8]

## Ingredients

- 1 cup raw macadamias soaked for about 2 hours. Drain and rinse.
- 3 to 4 cups water.

## Directions

1. Add macadamias and 3 cups water to blender and blend high for about 60 seconds, or until smooth and creamy. Add more water if needed.
2. Most people choose not to strain macadamia milk.
3. Store and drink chilled.

As you can see by the recipes above, making your own nut milk is incredibly easy and predictable. In fact, you can exchange practically any other nut or seed for those in the recipes above.

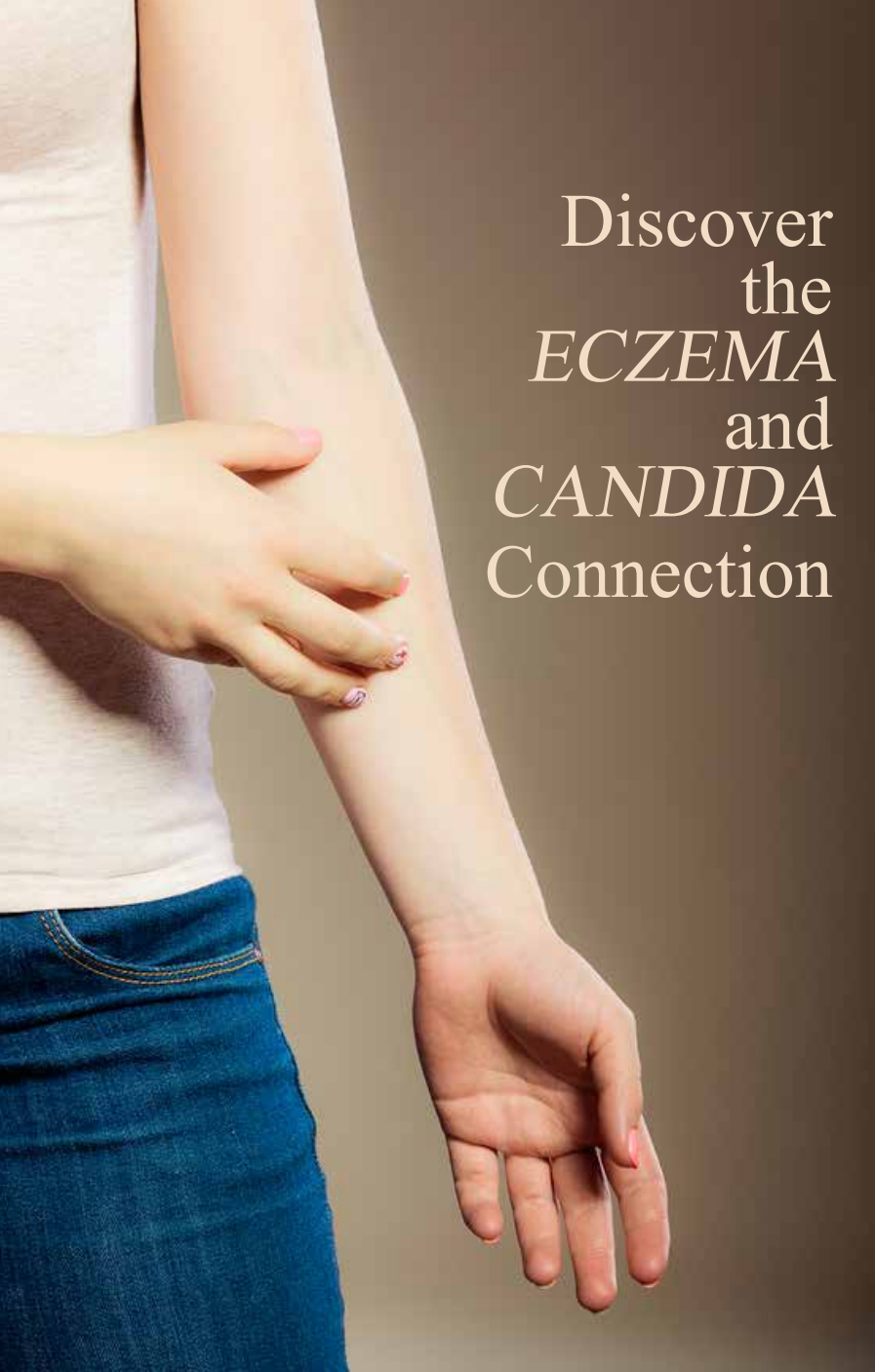
Soaking the almonds is the only part of this recipe where you need to be organized. But it's worth doing. And if you choose to strain it, add the pulp to a veggie burger, cooked quinoa or refried beans. Or, use any leftover pulp for a hummus dip recipe or blend it again on high and use it as a soup thickener.

Why not treat yourself to some delicious homemade nut milk! Begin enjoying its wonderful flavor and health benefits in coffee, cereals, smoothies and baking!

Sources:[1] (Maedler K, Carr RD, Bosco D, Zuellig RA, Berney T, Donath MY (2005). Sulfonylurea induced beta-cell apoptosis in cultured human islets" J Clin Endocrinol Metab 90:501–506). [2] <http://cardiab.biomedcentral.com/articles/10.1186/s12933-015-0172-9> [3] <http://www.ncbi.nlm.nih.gov/pubmed/14113990> [4] [http://www.lifeextension.com/magazine/2006/12/report\\_alzheimer/page-01](http://www.lifeextension.com/magazine/2006/12/report_alzheimer/page-01) [5] [http://www.accessdata.fda.gov/drugsatfda\\_docs/label/2009/017532s030lbl.pdf](http://www.accessdata.fda.gov/drugsatfda_docs/label/2009/017532s030lbl.pdf)



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.



## Discover the *ECZEMA* and *CANDIDA* Connection

**W**ho would have thought there might be a connection between candida and eczema? But there have been a couple of recent studies showing the link between candida overgrowth and eczema. Successfully treating candida may give you relief from eczema.

Three primary things lead to candida overgrowth:

- A diet high in processed and refined foods.
- Consuming products in the three “white” groups - sugar, flour and rice.
- Taking antibiotics frequently for any reason.

### **Natural Remedies for Healing Candida Overgrowth**

There are many agents that kill candida overgrowth, such as:

- **Oil of oregano.** A compound in oil of oregano called carvacrol has been found to inhibit candida yeast. To apply topically, mix three drops of oregano oil with a tablespoon of olive oil and apply it to the affected area. Continue until you see improvement. Orally, take three drops of oregano oil mixed into a glass of water. Drink this solution twice daily for up to a week. Otherwise, take one or two capsules of oregano oil twice daily after meals. Continue for two to three months.[1]
- **Garlic** has known antifungal properties. Include garlic in your food preparation whenever possible. You can also take garlic supplements. Follow the dosage provided by the manufacturer. You can also apply crushed garlic to the affected area.[2]
- **Andrographis** is a flower from the family of the Chinese violet. Among other powerful medicinal properties, it is also an antifungal. The usual

dose is 1 to 6 grams of the dried herb, or 5-15mls of a 1:5 tincture taken daily. This herb is very bitter, so capsule form may be best.[3]

- **Grapefruit seed extract** has been found to perform as well or better than many antibiotics and fungicides. Take 10 drops to one cup water, three times per day. If taking tablets, the dose is 100-200mg one-to-three times daily.[4]
- **A good probiotic** or cultured and fermented foods will improve the good bacteria in the gut. These will ultimately eliminate the candida.[5]
- **Raw apple cider vinegar** and candida do not get along. Take a tablespoon of apple cider vinegar and mix it with a glass of water and drink before every meal.
- **Yeast control diet.** Practitioners generally recommend such a diet for at least two weeks.

Unfortunately, when healing from candida, sometimes the symptoms can worsen before they get better. To speed the healing process, try supplementing with Black Spanish Radish (suggested use is 3x/day). This herb is known for its ability to assist with digestive problems and to promote healthy organs.[6]

## Eczema

Suffering with eczema is frustrating and discomforting, especially when your skin is completely irritated. The range of irritation varies in frequency and intensity. A mild itch could last for a few hours to relapses lasting for months. Others face severe itching without weeks of relief from eczema ... and literally end up scratching their skin off. Oozing and blistering lesions then crust over and create scarring.

Most suffering from this relentless form

of eczema develop the condition before they are 5 years old. Thankfully, half of the children with eczema grow out of it by age three. The other half might scratch their skin for the rest of their lives.

## Eczema Triggers and Traditional Treatment Pitfalls

Eczema triggers come in a variety of ways:

- Soaps
- Detergents
- Heavy sweating
- Stress
- Clothing
- Jewelry
- Asthma
- Allergies
- Hay fever

Traditionally, eczema is treated with topical steroids. However, this temporary approach only thins the skin and suppresses the immune system.



In turn, this requires additional antibiotics to calm the infection, which can trigger candida. Topical immunosuppressants for treating eczema are available. But surprisingly the FDA has issued a public health notice advising of the dangers to the lymph nodes and the possibility of skin cancer from using immunosuppressants.

### **The Candida Connection**

Rather than subject yourself to dangerous creams or lotions, why not treat the underlying problem? You can drastically improve and even resolve your eczema by addressing candida overgrowth in your digestive system. Without treating candida, you can develop dysbiosis (microbial imbalance in the digestive tract) and leaky gut syndrome. These digestive imbalances overstimulate the immune system to create skin inflammation, allergies and asthma. Eczema may be the result of candida overgrowth.

### **A Safe, Natural Remedy**

The first few steps in correcting this candida overgrowth include:

- Incorporate a yeast control diet avoiding the foods that candida thrives on
- Restore a slightly acidic environment in the intestinal tract
- Supplement with one or more of the herbal remedies listed above

These natural remedies release toxic chemicals from the dying candida cells. As a result, nausea or headaches may accompany your candida healing process. Hang in there, this usually resolves in less than a week. Many people afflicted with eczema also find that sticking to this regimen greatly improves or resolves this annoying and itchy condition.

If you suffer from candida and eczema, take heart! By treating your candida, you may experience relief from eczema as well.



# TOP 10 FOODS FOR A LONGER LIFE

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Start with your diet to reverse aging

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by David Kekich

**I**f you like to eat, you should have extra incentive to live longer. Just think—if you add only five years to your life—that means you get to eat at least 5,500 more meals. These foods will add length to your life...they're all backed by major independent studies.

## 1. Tomatoes

Tomatoes contain a very powerful antioxidant called lycopene. Studies show lycopene cuts cancer rates by 40% and heart disease by 50%. And it makes the elderly function better mentally. Tomato sauce has five times as much lycopene as fresh tomatoes. And surprisingly, canned tomatoes have three times as much.

## 2. Olive oil

Reduces death from heart disease and fights cancer. Use extra virgin olive oil.

## 3. Red or purple grapes

Grape juice and red wine increase longevity. Two alcoholic drinks per day maximum.

## 4. Garlic

Packed with antioxidants. It fights cancer and heart disease and overall is anti-aging.

## 5. Spinach

Follows right behind garlic for antioxidant protection. It's rich in folic acid, which helps fight cancer, heart disease and mental disorders and may help prevent Alzheimer's.

## 6. Salmon and other fatty fish

These contain lots of omega-3 fatty acids, which fight virtually every disease and keep your brain and heart functioning optimally. They also lower inflammation. Caution: make sure your salmon is wild Pacific or Alaskan salmon. Farm and Atlantic salmon can be contaminated.

## 7. Nuts

Eat over five ounces per week. They can cut heart attack deaths by 40% in women. People who eat about two ounces of nuts four times a week tend to live longer, in fact, up to two to three years longer! Almonds and walnuts lower cholesterol. Unsalted are best for you. And eat them raw if you can. You may want to avoid nuts altogether during pregnancy if you have a family history of asthma. If you have most any disease, or any kind of insulin-related problems, you may want to avoid large amounts of seeds and nuts except for flax, chia and walnuts.

## 8. Blueberries

High in antioxidants. One-half cup a day can retard aging and block brain changes leading to fading memory. Other dark, richly colored berries run neck-and-neck with blueberries.

## 9. Matcha green tea and black tea (maybe white too)

One cup per day can cut heart disease risk in half. (Note: Instant or bottled have little effect.) Other beneficial effects include improved mental alertness; lower blood cholesterol and triglyceride levels; reduced blood pressure; lower risk of breast, colon, lung, ovarian and prostate cancers; protection against Type II diabetes; improved exercise performance and lowered risk of obesity.

## 10. Pomegranate

New studies show pomegranate to be one of the richer sources of antioxidants.

You will live a long, healthy life to the extent you can: prevent oxidation; reduce inflammation; prevent glycation; and enhance methylation. Start with your diet to reverse aging. You'll never have a chance to relive this moment.

# TOP TEN FOODS

*-FOR A LONGER LIFE-*



**NUTS**



**TOMATO**



**SPINACH**



**SALMON**



**OLIVE OIL**



**GREEN TEA**



**POME-GRANATE**



**RED GRAPES**

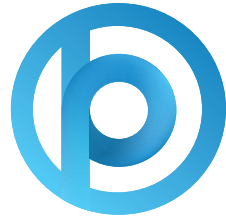


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Bad Breath	Hair Loss	Sinus Infection
Cholesterol Secrets	Herpes	Sore Throat
Depression	High Blood Pressure	Ulcers
Diabetes	Hypothyroidism	Urinary Tract Infection
Erectile Dysfunction	Irritable Bowel Syndrome	Wholetones Frequency Music
Fat Loss	Joint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

## OUR MISSION

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