

MAY 2016

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## How to Eat and Drink Your Turmeric

Top  
Turmeric  
Supplements

Folk Remedies  
That Work

Preventing Cluster  
Headache Recurrence

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## LETTER FROM THE EDITOR

The excruciatingly painful and potentially debilitating cluster headaches can turn into a virtual nightmare if not treated in time. Thus, it is no surprise that those who suffer invariably wonder how to get rid of cluster headaches. The good news is Dr. Scott Saunders reveals numerous cluster headache remedies available and reversal is normally achieved with little or no residual damage.

Avoiding inflammation can prevent cluster headaches. Both fresh and ground turmeric have anti-oxidant and anti-inflammatory properties, attributed to the active ingredient curcumin. Turmeric also helps ease sore joints, psoriasis and mental fog. Some report it also helps control blood sugar. Does your turmeric supplement fall short? Many do. A third party testing facility just did an analysis of turmeric products and found that many products fall short of their labeled dose. Our Best Turmeric Supplements article supplies you with the tried and tested best, as well as our favorites.

Turmeric is also one of the healthiest ways to add flavor — and color — to a home-cooked meal. So today I'd like to share with you 5 turmeric recipes that will show you the range of things you can do with turmeric.

Though much advancement has been made in the medical world, folk medicines have survived time and are still being used around the world. Did you know you could clean mildew stains with powdered chalk? Home Cures That Work offers old-home folk-remedies that have been tried for centuries. Many other old cures have been lost with those old folks that discovered them; I am dedicating this issue to the early pioneers of all cultures for their contribution to healing the sick.

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

# PREVENTING CLUSTER HEADACHE RECURRENCE

## Natural Relief for the Worst Pain on Earth

Imagine a headache waking you in the middle of the night. The pain is so intense it can only be described as “a red hot poker being pushed through your right eye and out the back of your head.”

This severe headache may last from minutes to two hours. Nothing you do can relieve it. It goes away as suddenly and mysteriously as it came. In some cases, the extremely painful headache occurs in clusters - usually at the same time every morning and lasts for weeks. Then, it goes away for months or years. It is only on one side, but can switch sides, centering in the eye. Most often the eye tears profusely.

People who have them call them “suicide headaches.” Because it seems like the only way to get pain relief is death. Doctors call them “cluster headaches.” They affect about one person in a thousand, regardless of age. Some get them in childhood, and continue to

have them throughout life. While others get them much later in life – even into the 9th decade. Women most commonly get them after age 60. Those who get them assure us it is the worst pain any human can experience – beyond childbirth and kidney stones.



by Dr. Scott Saunders, M.D.

### Anatomy of a Cluster Headache

Cluster headaches are a problem with the autonomic nervous system. These are the nerves that unconsciously regulate and automate body functions. So you don't have to think about controlling your temperature, blood pressure, heart, breathing, digestion and so forth.

In cluster headaches, something goes wrong in the sensory nerves of the head. Specifically, the “trigeminal nerve” is affected.

There are three branches of this nerve, and people can get pain in any branch. Tooth pain and jaw pain come from the lower branches. But because the eye is so full of sensory nerves, the upper ophthalmic branch

of the nerve can cause the worst pain.

Cluster headaches may be caused by inflammation of trigeminal nerves off the brainstem behind the eyes. It sends impulses throughout the cranium and face, causing distinctive stabbing, throbbing pain usually felt in one eye.

Studies indicate that because the blood vessels are smaller, the blood supply may be diminished. The lower blood flow may cause headache pain in the nerves.[1] Problems with blood flow are associated with many illnesses such as arthritis, lupus, or other autoimmune diseases. Blood flow is also associated with activation of the hypothalamus, which controls parts of the autonomic nervous system,[2] and even tumors of the pituitary gland.[3]

### **Cluster Headache Treatment**

To relieve the sharp, constant pains triggered by the trigeminal nerve, cluster headache treatments have included:

- Prescription pain medications
- Morphine
- Marijuana
- Sedative drugs
- Cutting the nerve to create constant numbness

Sometimes these work. But amazingly the pain is not relieved by even the strongest prescription pain medications. Until a supply of blood circulation returns and the nerve is working, the pain will not be relieved.

Current cluster treatment and medications include:

### **Aborting the Current Cluster Attack**

- Sumatriptan injections or nasal spray
- Lidocaine

- Capsaicin
- Ergotamine

### **Breaking the Cluster**

- Corticosteroids (prednisone)

### **Preventing Cluster Headache Recurrence**

- Calcium channel blockers
- Methysergide
- Lithium
- Anti-convulsants

### **Seeking the Cause of Cluster Headaches**

The problem with most research on cluster headaches is the focus on the trigeminal nerve. This is because the trigeminal nerve causes the pain associated with cluster headaches. However, this is like spilling grape juice on the table that runs off onto the white carpet. If you spend all of your time cleaning the carpet every time there is another drop, you will continue to get spots on the carpet. It is most important to clean the table first to stop the dripping!

Ultimately, it is important to find the cause of the headaches. If we know the cause, then we can often fix that and prevent the headaches in the first place. A simple place to start is with imaging of the brain. Several tumors, especially of the pituitary gland, have been associated with cluster headaches. Also, there are some studies that show vascular disease, where arteries are actually splitting apart (dissection), may be associated with these headaches.

If no cause is found in the anatomy of the brain, then we could look to the physiology, or function. Rheumatic diseases such as lupus and rheumatoid arthritis are associated with autonomic nervous system dysfunction. Allergies also may increase inflammation in the body, allowing these headaches. Other cluster headache contributing factors may include:

- Toxins such as heavy metals (lead, mercury)
- Nutrient deficiencies (magnesium, calcium)
- Metabolic abnormalities (problems with energy production)
- Drug withdrawal, including caffeine and alcohol

Consider the following tests, and apply them appropriately to your situation:

- MRI of the brain with contrast, looking especially at the pituitary and hypothalamus.
- Autoimmune tests for lupus, rheumatoid arthritis, and so forth.
- Metabolic tests (liver, kidney, sugar, electrolytes, and so forth)
- Hormone testing (thyroid, insulin, prolactin, DHEAS, estrogen, progesterone, testosterone)
- Allergy testing (food and environmental IgG, IgE, and IgA blood tests)
- Stool test (comprehensive)
- Nutrient testing (vitamins, minerals)
- Toxin testing (heavy metals, liver detox mechanisms)
- Stress, adrenal, pituitary gland tests (adrenal stress testing with 4 samples of saliva)

As far as getting these done, a general physician can order the first four. The last five require the help of a practitioner who is educated in functional medicine. I get a lot of information from the Genova NUTREVAL FMV test. It has all the vitamins, minerals, amino acids, heavy metals, detox mechanisms, and so forth to test for nutritional deficiencies.

Not everyone needs all the tests. One at a time may help find the cause. If the MRI finds a pituitary tumor, then taking care of that may mean the end of headaches. But if not, further testing may be needed. This is the value of working with a knowledgeable physician who can guide you through the process, and determine where the likely issues are to be

found.

## **Towards a More Natural Treatment**

For those who don't find the cause, or cannot remove it, there are some relatively new, and non-prescription treatments. More cluster headache sufferers are branching out into unorthodox treatments...especially if the prescription pain medications don't work. People have tried marijuana, with limited success, and LSD with somewhat more success. (Yes, that's how bad this can be!)

"Magic mushrooms" are one treatment that shows promise.[4] At first there were anecdotal reports of people who said they got pain relief, but now research has shown that indeed, some, but not all, are helped. This seems to work not to abort a current headache, but to stop the cluster from continuing, and prevent any from returning. The cluster headache treatment is done on a monthly, to every three month basis.

Doctors all over the world are now using oxygen[5] to abort a current headache. The way in which oxygen inhalation reduces headache pain is unknown. Oxygen may abort a headache if the onset began quickly and it used just as the headache starts. To treat, pure (100%) oxygen is either given by mask, or in a hyperbaric oxygen (HBOT) chamber. The HBOT for 8 minutes may be more effective. But the treatment is very expensive and requires proximity to a chamber.

## **Cluster Headache Natural Treatment Recommendations**

It may be difficult to know if any treatment is effective because the headaches often disappear for a long time and recurrences are irregular. Anyone who has had one of these headaches knows that you don't want to wait until it happens to try to abort it. Optimal cluster headache treatment is to prevent it from ever happening

again. The following are ways to decrease, prevent, or eliminate cluster headaches. Consider how each might apply to your situation or try them one at a time.

1. Avoid allergens – if you have allergies.
2. Avoid eating foods you are sensitive to. The best way to know your food sensitivities is to do the elimination diet. Eliminate all foods to which you might react and eat only green veggies and bone broth. Then, add foods one at a time every couple of days to see if you have any reaction. This is also one way to discover triggers for cluster headaches.
3. Increase sodium by adding salt to food.[6]
4. Take *Boswellia serrata* – 350-700mg three times per day.[7]
5. Stress and toxins cause a drop of usable oxygen delivery to the brain. To optimize oxygen availability, take nutrients that aid in transfer of oxygen from blood to tissue. This includes Vitamin D – 10,000 IU per day with the following:[8]

Supplement	Dose
Vitamin D3	10,000 IU/day (Adjust as needed to maintain serum 25(OH)D at 80 ng/mL)
Omega 3 Fish Oil	1000 to 2400 mg/day (Minimum of EPA 360 mg/day, DHA 240 mg/day)
Calcium	500 mg/day (calcium citrate preferred)
Magnesium	500 mg/day (magnesium malate, magnesium glycinate or magnesium citrate)
Vitamin K2 (MK-4 & MK-7)	MK-4 1000 mcg/day, MK-7 200 mcg/day
Vitamin A (Retinol)	900 mcg (3,000 IU) for men, 700 mcg (2,333 IU) for women
Zinc	10 mg/day
Boron	1 mg/day

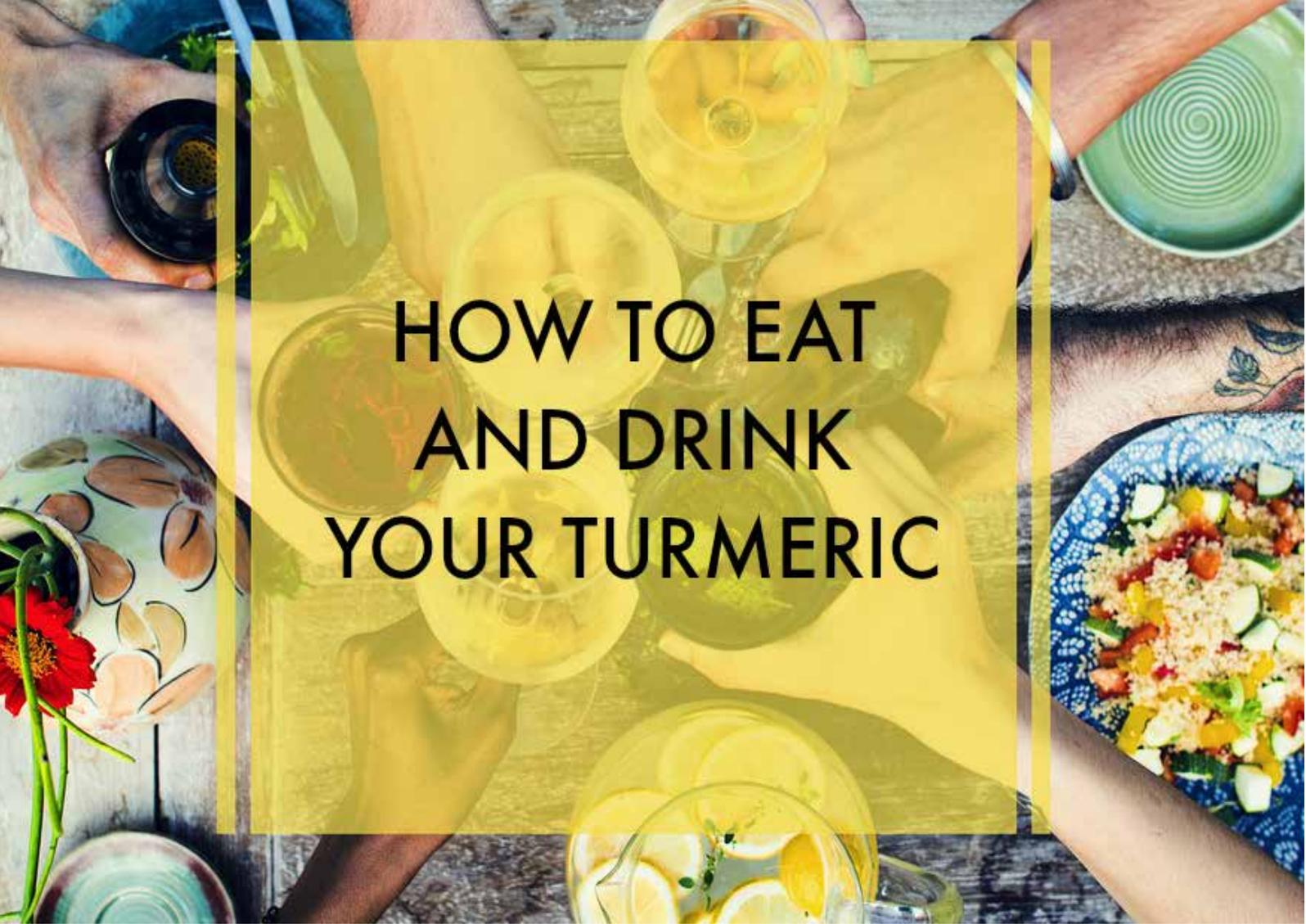
**Table-1 The Complete Anti-Inflammatory Regimen**

Cluster headaches are so severe that people may also get post-traumatic stress disorder (PTSD) just out of fear of it happening again. These headaches aren't predictable. They can wake you out of a dead sleep with headache pain so severe that people have resorted to all sorts of devices, including pounding their head against the floor. This is a great motivation to avoid inflammation and allergies, and keep your body as healthy as possible.

Sources:[1] <http://www.ncbi.nlm.nih.gov/pubmed/27053059> [2] <http://www.ncbi.nlm.nih.gov/pubmed/27047722> [3] <http://www.ncbi.nlm.nih.gov/pubmed/23059488> [4] <http://nymag.com/thecut/2015/12/psychedelic-mushrooms-cured-my-cluster-headaches.html> [5] <http://www.ncbi.nlm.nih.gov/pubmed/26709672> [6] <http://www.nyheadache.com/blog/sodium-intake-and-migraines/> [7] <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3620238/> [8] <http://www.vitamindwiki.com/Cluster+headaches+substantially+reduced+by+10,000+IU+of+Vitamin+D+in+80+percent+of+peoplepubmed/23059488> <http://www.nyheadache.com/blog/sodium-intake-and-migraines/> [7] <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3620238/> [8] <http://www.vitamindwiki.com/Cluster+headaches+substantially+reduced+by+10,000+IU+of+Vitamin+D+in+80+percent+of+people>



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://drsandersmd.com>



# HOW TO EAT AND DRINK YOUR TURMERIC

## ***Turmeric: A Tasty Ingredient with Healing Power***

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by Rob Fischer

Perhaps the spice turmeric conjures up some of the vivid sights, sounds and smells of India. This exotic yellow herb has been a part of India's culinary culture for centuries. But the rich heritage of turmeric doesn't end at the palate. Turmeric also holds a prominent position in India and other parts of the world for its powerful medicinal properties. And it's coming into its own in the US as well.

More specifically, curcumin is the active compound in the pungent spice turmeric that renders its healing powers. Curcumin ranks among the most potent anti-inflammatory compounds known to man. (Equal or better than hydrocortisone and phenylbutazone and other over-the-

counter anti-inflammatories, but without the nasty side effects of those drugs.)[1]

Additionally, new research reveals that curcumin also:[2]

- Kills fungal infections
- Lowers blood sugar
- Protects against cognitive and memory loss
- Kills some forms of cancer
- Treats rheumatoid arthritis
- Manages depression
- And more!

If you're looking to get the health benefits of turmeric, pair it with pepper. Black pepper improves the bioavailability of turmeric, making smaller doses more effective. To get the most out of your turmeric add 3% black pepper to the mix. This works out to about 1/2 teaspoon of ground pepper to 1/4 cup of turmeric. To make it easy, simply premix pepper into your jar of turmeric.

A cousin of ginger, turmeric is also a root (actually, a rhizome) with a deep golden color and a sharp, slightly bitter flavor. You can find ground turmeric in the spice section of any grocery store. More recently, fresh turmeric root is available in the produce section of many grocery and specialty stores. To use the fresh root, you first need to peel it. Then simply grate with a microplane grater or cut off whole pieces. You can wrap the unused portion tightly in plastic wrap and store in the refrigerator for a week to 10 days.

There are plenty of recipes that employ turmeric – especially curries – but how do you get turmeric into your diet every day? Below you'll find a delicious recipe for breakfast, lunch and dinner, plus a bonus recipe.[3] So let's get started!

## **Breakfast: Spicy Potatoes and Scrambled Eggs[4]**

### *Ingredients*

- 2 potatoes, scrubbed
- 4 Tbsp vegetable oil, divided
- 3 eggs
- Salt and pepper to taste
- ½ tsp ground cumin
- ½ tsp ground coriander
- ½ tsp ground turmeric
- ½ tsp chili powder

### *Directions*

1. Pierce potatoes with a fork or knife and microwave on high until they are cooked through. Once fully cooked, peel and cut into small cubes and set aside.
2. Pour 2 tablespoons of oil into a skillet and scramble the 3 eggs, adding salt and pepper to taste. Cover to keep warm until potatoes are ready.
3. In another skillet, heat 2 tablespoons of oil, then mix in all the spices and add the potatoes. Cook these until they're golden brown and crispy.
4. Stir eggs and potatoes in together. Serve hot.

## **Lunch: Tacos with Turmeric Spiced Chicken and Tomato Avocado Salsa[5]**

This recipe has three parts: the turmeric spiced chicken, the tomato avocado salsa, and the tacos. You'll need a total prep time of at least 30 minutes. (Read directions first.)

### *Turmeric Spiced Chicken Ingredients*

- 2 Tbsp olive oil
- 1 tsp garlic powder
- 1 tsp sea salt
- 1 tsp ground turmeric
- ½ tsp crushed red pepper



- 2 pounds boneless, skinless chicken breasts or thighs, trimmed

### *Tomato Avocado Salsa*

#### *Ingredients*

- 6 medium vine-ripened tomatoes, cut into ½-inch chunks (2 ½ cups)
- 2 avocados, peeled and cut into ½-inch chunks (1 ½ cups)
- ½ cup coarsely chopped red onion
- ¼ cup chopped fresh cilantro
- 2 Tbsp fresh lime juice
- 1 tsp sea salt
- ½ tsp ground turmeric

#### *Tacos*

- 2 cups shredded lettuce
- 8 flour tortillas (8-inch)

#### *Directions*

1. To prepare the chicken, mix the oil and all the spices in a small bowl. Place the chicken in a large glass bowl. Add the prepared marinade and coat all chicken pieces well. Refrigerate 30 minutes or more for extra flavor.
2. Meanwhile, prepare the salsa. Mix all ingredients in a medium bowl and cover. Refrigerate until ready to serve.
3. Remove chicken from marinade and discard remaining marinade. Grill chicken over medium-high heat 6 to 8 minutes per side or until cooked through. Cut chicken into thin strips.
4. Place ¼ cup lettuce on each tortilla and add chicken and salsa. Fold and roll tortillas to serve up to eight people.

### **Dinner: Turmeric Shrimp Stew[6]**

#### *Ingredients*

- 2 Tbsp vegetable oil
- 1 cup chopped onion

- 2 pounds whole shelled shrimp
- 1 ¼ tsp garlic salt
- ¾ tsp ground turmeric
- ½ tsp ground cumin
- 4 cups peeled and cubed potatoes
- 3 cups organic chicken broth
- 1 ½ cups frozen peas and carrots
- Pepper, to taste

### Directions

1. Heat oil in 5-quart Dutch oven on medium heat. Add onion; cook and stir 5 minutes or until softened.
2. Add shrimp; cook and stir until no longer pink. Add all remaining spices. Cook and stir 1 minute.
3. Stir in potatoes and broth and bring to a boil. Reduce heat to medium; simmer uncovered 15 minutes.
4. Add peas and carrots and simmer 10 more minutes or until vegetables are tender.
5. Serve over rice or pasta if desired.

And especially for those who enjoy smoothies, we've included a bonus recipe!

## Anti-Aging Coconut Turmeric Smoothie[7]

### Ingredients

- 1 cup coconut milk
- 1/2 cup diced pineapple
- 1 frozen banana
- 1 tsp ground (or freshly grated) turmeric
- 2 tsp chia seeds
- 1 Tbsp coconut oil
- Pinch of black pepper

### Directions

Blend all ingredients until smooth and creamy!

Considering that inflammation plays a major role in most chronic illnesses, an anti-

inflammatory agent like turmeric spice is perfect for prevention purposes. Enjoy these four delicious recipes using turmeric, the wonder herb of the East. Turmeric can be an affordable staple in your home to avoid illness, keep your immune system strong, and stay young.

Sources: [1] The World's Healthiest Foods, "Turmeric," nd, <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=78> [2] Dr. Josh Axe, "7 Powerful Turmeric Health Benefits & Side Effects," nd, <http://draxe.com/turmeric-health-benefits/>. [3] Turmeric only contains about 3% curcumin, so for best medicinal results take a curcumin supplement. [4] AllRecipes.com, "Spicy Potatoes and Scrambled Eggs," <http://allrecipes.com/recipe/23913/spicy-potatoes-and-scrambled-eggs/?internalSource=recipe%20hub&referringid=1154&referringContentType=recipe%20hub>. [5] McCormick, "Turmeric Spiced Chicken with Tomato Avocado Salsa," nd, <http://www.mccormick.com/Recipes/Main-Dishes/Turmeric-Spiced-Chicken-with-Tomato-Avocado-Salsa>. [6] McCormick, "Peruvian Chicken Stew," nd, <http://www.mccormick.com/Recipes/Main-Dishes/Peruvian-Chicken-Stew>. [7] Food Matters, "The Anti-Aging Coconut Turmeric Smoothie," April 6, 2016, <http://foodmatters.tv/content/the-anti-aging-coconut-turmeric-smoothie>.




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# Folk Remedies That Really Work!

by Rob Fischer

## Tried and True Natural Remedies from the Past

**A**s I write this article, I'm looking at *The Settlement Cook Book*, compiled by Mrs. Simon Kander, printed in 1943.[1]

What strikes me about this amazing resource is the treasure trove of information it contains, much of which seems to have been forgotten.

For instance, Mrs. Kander explains how to:

- Remove ink stains with milk
- Clean mildew stains with powdered chalk
- Get rid of rust stains with lemon juice and salt
- Take out water stains from furniture with a hot cloth and olive oil.[2]

She also provides recipes for elderberry cordial and dandelion wine and instructs the homemaker in making homemade vinegar.[3] She even has a recipe for baking game birds by wrapping them in clay![4]

It's truly fascinating to uncover old, forgotten recipes and folk remedies—skills and knowledge that have been buried under the heap of modern convenience and so-called “progress.” It's like sneaking into grandma's attic and finding an old sea trunk filled with heirloom treasures!

I'd like to revive and introduce you to some well worn, tried-and-true folk remedies from the past. Some you may recognize, others you might not. So let's get started!

### **Black Strap Molasses Natural Cures**

During the process of extracting sugar from sugar cane, a thick, dark syrup called blackstrap molasses is formed. Unlike refined sugar, blackstrap molasses still contains loads of healthy nutrients and minerals. But except for a few recipes that call for it, we might be hard pressed to find blackstrap molasses in many kitchens today. Most blackstrap molasses is destined for the livestock feedlot. Fortunately, blackstrap molasses is becoming more available in grocery stores as we relearn its health secrets—and they are many!

- Due to its high iron content, blackstrap molasses can help relieve PMS in women and improve overall mood.[5]
- The combination of B vitamins, calcium and magnesium make blackstrap molasses a great way to combat stress.[6]

- With a glycemic index nearly half that of refined sugar, blackstrap molasses is a good choice as a sweetener for those with type 2 diabetes.[7]
- Blackstrap molasses is high in antioxidants and helps reduce free radicals, which cause cancer. This is also good news for those who suffer with arthritis as well.[8]
- The lactic acid in blackstrap molasses serves as a natural remedy for acne and other skin conditions.[9]

There are a variety of ways to take advantage of the health benefits of blackstrap molasses. You can use it as a sweetener in hot beverages and on oatmeal. To supplement with blackstrap molasses, mix 1 to 2 tablespoons into a cup of boiling water. Let it cool, then drink it. Do this in the morning for a boost of energy![10] Finally, you can use blackstrap molasses in a wide variety of baking applications including: muffins, breads, and cookies.

Extracted from sugar cane, blackstrap molasses hails from hot, tropical climates. On the opposite geographic and climatic spectrum we find maca root.

### **What is Maca Root and Why Should I Use it?**

For thousands of years, the hardy peoples living at high elevations in the Andes Mountains of Peru have relied on maca root as one of their primary food staples. And no wonder, since little else can grow in such a harsh environment.

Maca root resembles a beet or radish and produces a small, plump tuber. It grows in a variety of colors: black, red and yellow. This vegetable, with its high protein, carbohydrate and nutrient count, earns the status of a superfood.[11] Nutritionally and medically, maca root is classified as an adaptogen. Its healthy

nutritional makeup helps us combat stress and normalizes our physiological functions.[12]

Maca root boasts more than 20 amino acids, eight of which are essential. This tuber is loaded with vitamins B1, B2, C and E. It also provides a rich source of numerous minerals and phytonutrients.[13]

Here are just a few of maca root's health benefits:

- Improves sexual function, fertility and libido. It's nature's Viagra! [14]
- Supports the endocrine system and balances hormones. Many women in menopause have found relief by supplementing with maca root.[15]
- Increases energy and stamina. Many athletes supplement with maca root to gain a natural edge.[16]
- Enhances mental clarity and boosts memory.[17]
- Improves the immune system. Maca root increases blood circulation, oxygenation of the blood, and works as a natural antioxidant.[18]

You can find maca root in capsule form as a supplement. This powdered form retains the





healthy and desired nutrients, enzymes and qualities of this amazing superfood. Supplement as recommended by the manufacturer.

Here is a short list of maca supplements tested by a third party that are approved to contain the labeled amount of plant chemicals:

- GNC Herbal Plus® Maca Root 525 MG
- Herbs America Maca Magic™
- Nature's Way® Maca Root
- NutriGold® Maca Gold™
- Solaray® maca

Please note that Swanson® Maca Power was tested and found to contain lead that exceeded the limit for safe consumption and is not to be used as a trusted maca supplement.

## Healing Elderberry Benefits

Since ancient Roman times, elderberries have been used for a variety of medical ailments. While you'll find both blue and red elderberries in North America, only the black ones have the medicinal properties due to their particular flavonoid components.[19]

Black elderberry (*Sambucus nigra*) is native to northern Europe and the northern portion of North America, where for the most part, it grows wild. I was first introduced to elderberries in Austria. There they use the blossoms to make a delicate summer tea and they cook the berries for jam, jelly, and elderberry wine and liquor.

Black elderberries offer so many medicinal uses that they have been dubbed, "The medicine chest of country people." [20] For instance black elderberries: [21]

- Protect cells against damage due to inflammation
- Help protect from and fight colds, flu, and yeast infections
- Offer relief from hayfever
- Stimulate the immune system to fight cancer and AIDS

The leaves and stems are poisonous to ingest, but provide an amazing array of uses including insect repellent, dye, and compost heap activator. [22] The blossoms can be eaten right off the bush as a refreshing snack or steeped as a tea. The berries must be cooked and the seeds strained out before using as food or medicine.

Perhaps the most important contribution of the black elderberry is its powerful anti-viral properties. The Israelis have conducted extensive research using black elderberries as an anti-viral medicine. Black elderberries boost the immune system and directly inhibit the flu virus. The result is that black elderberries can either stave off viruses or greatly minimize their impact. Researchers are even testing the effectiveness of black elderberries against the HIV virus. Several products based on black elderberry extract including Sambucol® are available in your local drug store. [23]

If you need an immune system boost, fight a cough, cold or flu, then try elderberry extract, cordial or elderberry tea!

## Nature's Cure: Rhodiola

Rhodiola is a wild plant that grows in arctic regions of Russia, Asia and Europe. Recently, I heard that it's being cultivated in Alaska as well. This therapeutic herb has a rich heritage as a proven adaptogen. History tells us that

the Vikings turned to Rhodiola to enhance their physical strength and Sherpas use it for the strength and stamina required in climbing at high altitudes.[24] You'll also find references to Rhodiola in ancient Chinese and Greek medical writings.

Rhodiola also goes by the names "golden root," "rose root" and "arctic root." Down through the ages Rhodiola has been used to:[25]

- Strengthen the nervous system
- Fight depression
- Enhance immunity
- Elevate the capacity for exercise
- Enhance memory
- Aid in weight loss
- Increase sexual function
- Improve energy levels

A recent study conducted by the University of Pennsylvania indicates that Rhodiola may be effective in treating mild to moderate depression. In the study, three groups of people suffering from depression were given either Rhodiola, sertraline (an anti-depression drug), or a placebo. While those taking the drug got the best results, they also experienced twice as many negative side effects. Overall, those taking Rhodiola had good results without the nasty side effects.[26]

Other studies have shown Rhodiola's ability to boost memory, combat stress and



associated cardiac issues, and inhibit the growth of cancer.[27] For those wanting to lose weight, a study performed by Georgia State Hospital demonstrated that overweight patients who took Rhodiola extract daily lost more than twice the amount of weight as their counterparts who were on the same diet, but did not take the herb.[28]

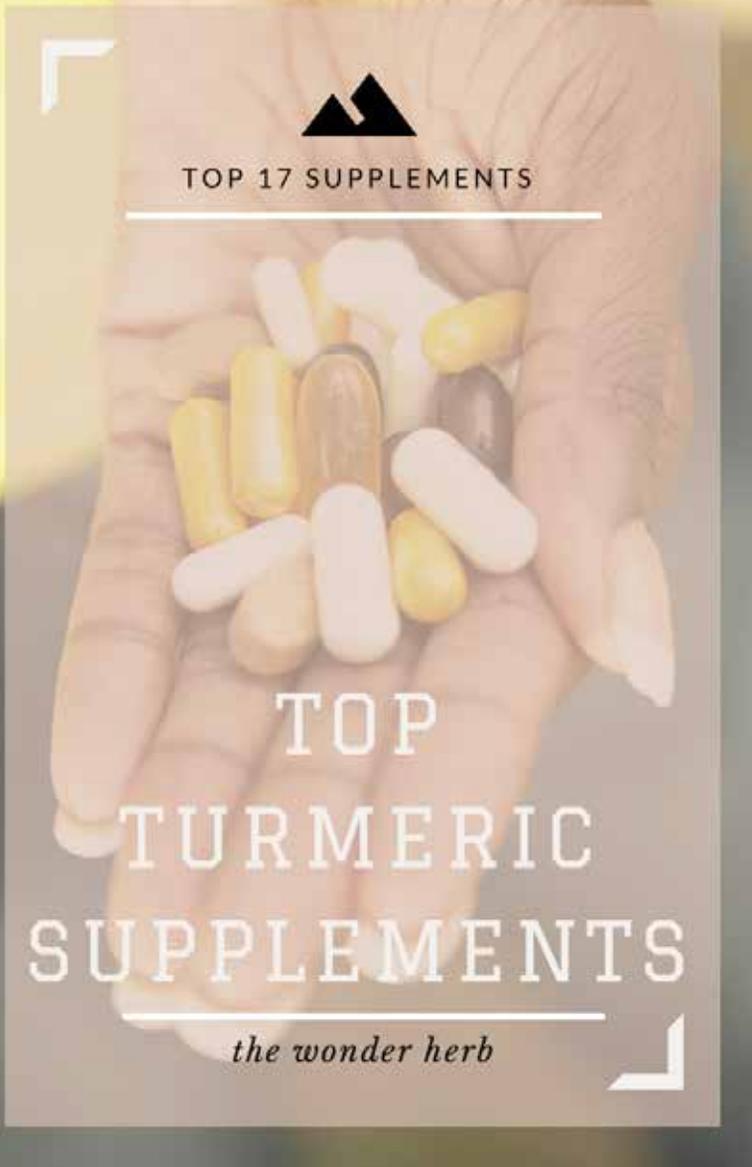
For supplementing with Rhodiola, experts recommend 250-500mg twice daily taken 15 minutes before meals.[29]

These four herbs: blackstrap molasses, maca root, black elderberry, and Rhodiola barely begin to scratch the surface of old folk remedies that work! Perhaps one of these has piqued your interest. Which one will you try? Personally, I favor the elderberry cordial!

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 ghostwriting, creating curricula, study guides, articles, blogs, newsletters, manuals, workbooks, and training courses. He has written over a dozen books and serves as an editor for a nationally known copywriter.



Turmeric is also used to treat digestive and liver conditions, arthritis pain, irregular menstrual periods, heartburn, stomach ulcers and gallstones. It has natural anti-inflammatory qualities as well as blood-thinning properties that help rebuild brain cells and repair stroke damage.

Many uses of turmeric relate to the antioxidant or anti-inflammatory activities of curcumin, the primary active compound in turmeric.

This wonder herb can:

- Help relieve indigestion
- Prevent ulcerative colitis from intensifying
- Help reduce joint pain swelling, morning stiffness and rheumatoid arthritis
- Treat psoriasis
- Lower cholesterol
- Reduce the proliferation of a wide variety of cancers, especially pancreatic and colon cancer
- Improve blood sugar levels by boosting the activity of insulin secreting cells in the pancreas. This lowers the chance that pre-diabetes will lead to diabetes
- Improve mental functioning in Alzheimer's patients

However, curcumin capsules or turmeric supplements vary in quality, strength, and purity. So, in choosing the best turmeric capsule, read the label carefully. Look for products standardized for 95% curcuminoids.

The standardization process ensures manufacturing consistency in the amount of curcumin from bottle to bottle. In other words, you won't be shortchanged on the amount of this key ingredient. This is a significant factor in that many clinical trials and medical studies have shown the best results with turmeric supplementation in dosages containing 95% curcumin.

**T**here is a saying that goes, “A teaspoon of turmeric a day keeps cancer at bay!”

### **This Indian spice is one of nature's most powerful healers.**

The medicinal properties of turmeric have been slowly revealing themselves over the centuries. Long known for its anti-inflammatory properties, recent research has revealed that turmeric is a natural wonder, beneficial in the treatment of many different health conditions from cancer to Alzheimer's disease...and even Lupus.

Products lacking the expected curcuminoids that are NOT recommended for consumption are:

- Advanced Physician Formulas Curcumin - less than 10% of labeled amounts
- Paradise Herbs and Essentials Turmeric - contains only 14.7% of labeled curcuminoids

## The Best of Turmeric

The choice of which turmeric brand to buy can be daunting. Do you go for quality, price, brand recognition, or all of the above?

These turmeric products provide the best value (providing 500mg of curcuminoids at the lowest cost):

- Doctors Best® Best Curcumin C3 Complex®
- NOW® Curcumin

If you are interested in bioavailability, these turmeric supplements are recommended with bioperine (black pepper) to enhance absorption:

- Nutrigold® Turmeric Curcumin Gold®
- Life Extension SuperCurcumin with Bioperine

New research also shows that products that include BCM-95 may have even greater bioavailability (about 7 times of normal curcumin). Though more expensive, supplements with BCM-95 are a good value:

- Life Extension® Super Bio-Curcumin®
- Curcumin Extreme™

The good thing is that there are already a lot of curcumin supplements available in the market. These supplements have enhanced curcumin in them, which means your body will be able to absorb them better and keep them where they're needed for a longer time. These are our favorite supplements that will help your body get the most benefit out of curcumin.

- [PuraThrive](#)
- [Stop Aging Now Circumin2K](#)

Here are the remaining 11 best turmeric supplements according to an independent lab testing company that are safe for consumption according to quality, price and label accuracy:

- Finest Nutrition Turmeric
- Jarrow Formulas® Curcumin 95
- Nature Made® Turmeric Curcumin
- Nutrigold Turmeric Curcumin Gold™
- Organic India® Turmeric Formula
- Planetary Herbals Full Spectrum Turmeric Extract
- Progressive Labs™ Curcumin BCM-95®
- Puritan's Pride® Turmeric Curcumin
- Solar® Turmeric
- Thompson® Turmeric Curcumin 300 mg
- Vitacost Turmeric

Take 400 to 600 milligrams of turmeric, three times per day or as directed on the product label.

Curcumin or turmeric taken orally is best absorbed when taken with black pepper or piperine, a constituent of black pepper responsible for its pungency. When shopping for the best turmeric supplements, we recommend that the one you choose contains bioperine or piperine. Be patient when taking turmeric supplements: the full benefits may not be apparent for eight weeks.

## Cooking with Turmeric

If you're cooking with turmeric, be sure to add some black pepper to the food. Ways to eat it: one of the easiest, fastest ways to get your daily turmeric is just to mix a small spoonful of the powder with some warm water, stir briskly, and drink. Yes, it actually tastes quite good, especially once you get used to it.

Or, sprinkle a spoonful or two on your cauliflower or broccoli, in your soups, seafood

or meat. Almost any combination works with this amazingly tasty and healthy spice. To help you get on board with this trendy superfood, we've provided recipes on how to cook with turmeric so you can be sure to use it.

Turmeric is one of the world's great antioxidants. Plus, nothing is more important than maintaining a healthy inflammatory response -- and this spice helps your body do just that. It's a great defense mechanism against cancer, joint pain, Alzheimer's and Lupus....and so much more!

Taken in normal doses, turmeric should be safe for most people. But as with nearly any powerful herb, taking doses that are too high can produce ill-effects.

We are discovering that more and more disease processes appear to depend on inflammation to wreak their havoc on our brains, arteries and joints. The best turmeric supplements offer us a natural, safe and effective anti-inflammatory agent to help ward off and treat these diseases.

# TURMERIC

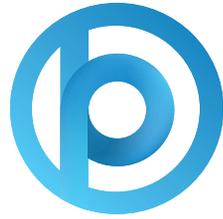
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We help people experience vibrant, amazing health through natural healing remedies.