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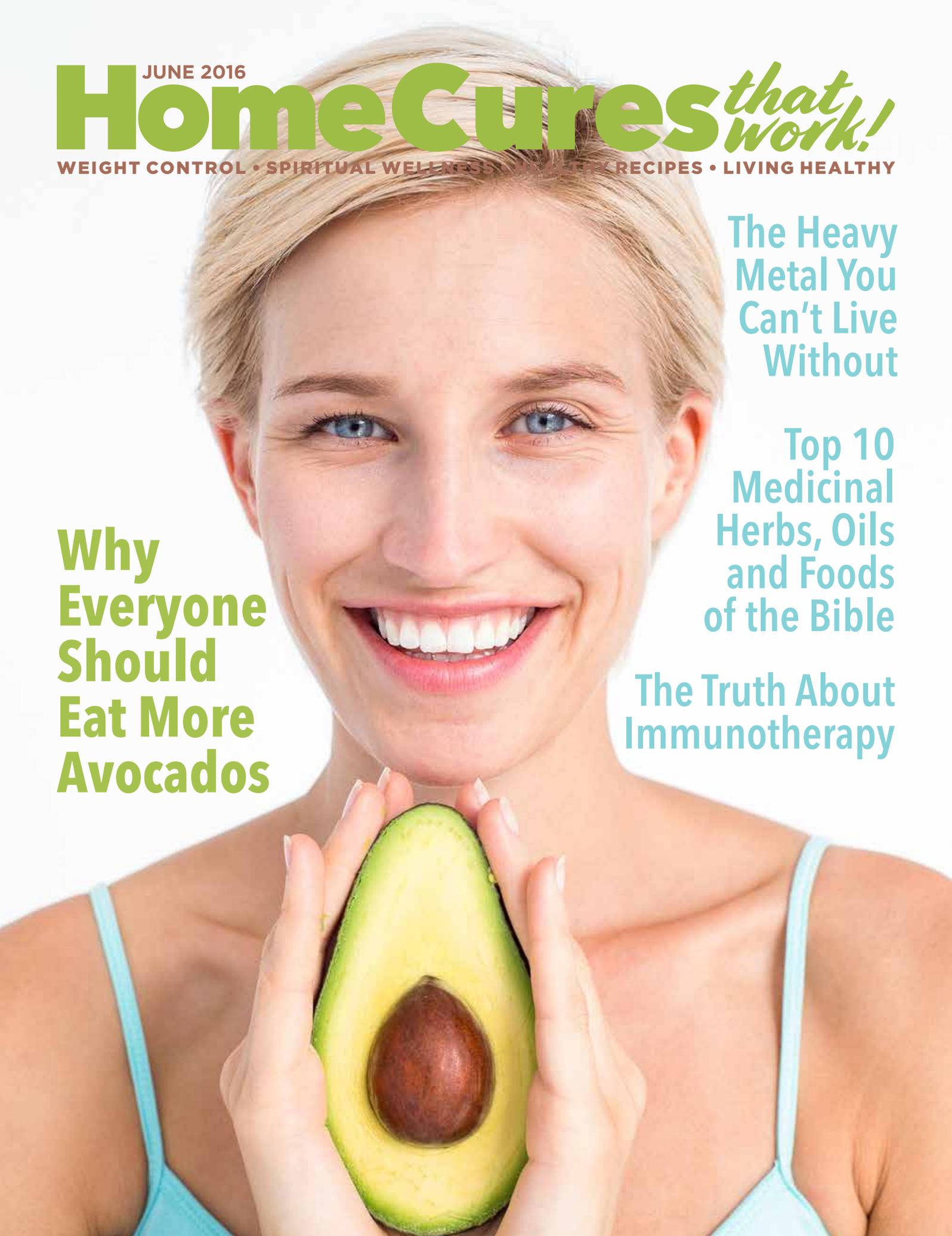
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**Why
Everyone
Should
Eat More
Avocados**

**The Heavy
Metal You
Can't Live
Without**

**Top 10
Medicinal
Herbs, Oils
and Foods
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**The Truth About
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LETTER FROM THE EDITOR

In both news reports and now in TV ads, the concept of immunotherapy has been a hot topic for several years. But as amazing as these products are portrayed, you might ask how these wonder drugs work and whether they have any lurking dangers. Dr. Saunders discusses natural immune boosters that provide you the best shot at beating cancer.

Are you leaking energy? If you are a woman and your menstrual cycle is heavy, you may be losing more iron every month than you are able to reabsorb through your diet. Iron is important for many biological functions and you can't afford to get by on too little. Take the time to understand the best way to increase iron levels and boost energy. The article in this issue contains a list of iron's principle functions in the human body, and ends with a guide to our recommended daily intake.

As if deliciousness alone isn't enough to preach the avocado gospel, avocados are rich in monounsaturated fats as well as loads of vitamins. Not only that, but they pack a serious protein punch, 4 grams in just a half cup! Between the fiber and healthy fat content, you'll have no problem staying full for hours after enjoying a delicious avocado. This delightful fruit is incredibly easy to incorporate into your diet with these recipes.

The next article may be controversial to some, but Rob Fischer discusses what the Bible says about wine, food and medicine.

If you've been searching for answers, then you'll find tips for using your senses and instincts – and the Bible - to live healthy in this issue of *Home Cures That Work*.

For your health,

Cheryl Ravey
Editor, *Home Cures That Work*

THE TRUTH ABOUT IMMUNOTHERAPY

Clinical Trial Statistics

by Dr. Scott Saunders, M.D.

I would like to share a few stories about cancer. This is a very heartfelt topic to me for many reasons.

As a doctor, I have sat with many patients to tell them they have incurable cancer. "THE BIG C" they call it. I have also treated many who were going through chemotherapy and radiation therapy. I follow them through surgery. And I have to deal with all the repercussions because I'm their "primary care doctor." Oncologists, surgeons, and radiation oncologists treat, and then send the patients back to me. This is hard work. But it has hit me even closer to home.

Soon after the turn of the millennium, my best friend called me with a shock. He was diagnosed with cancer - a brain tumor, lymphoma. I flew to his side that week, and we started researching the best ways to treat this. After finding some promising cancer treatments, I went with him to his oncology appointment at the brand-new Huntsman Cancer Institute. Mr. Huntsman had donated millions of dollars to build a state-of-the-art cancer center at the University of Utah medical school. This was supposed to be the best in the industry.

The oncologist was very nice. But when we asked for her opinion on the cancer treatments we had found, she had none. She was unaware of any of them. I asked her what she recommended. "MOPP therapy and radiation" she succinctly stated. I knew this didn't work ten years before when I was in

medical school... and it isn't used today at all.

After five years of chemotherapy, radiation, remission, recurrence, and a bone marrow transplant, Eddy finally succumbed to the treatment. I still miss him. I have come to know, first hand, and on many different levels, what Dr. Allen Levin, MD meant when he said about cancer:

"The majority of the cancer patients in this country die because of chemotherapy, which does not cure breast, colon or lung cancer. This has been documented for over a decade and nevertheless doctors still utilize chemotherapy to fight these tumors."[1]

Nothing has changed in the 25 years since then. Physicians like me are told what to do. We don't get to use our own judgment, especially in the case of cancer. In fact, an oncologist who does not recommend the current fad in chemotherapy is ostracized. For this reason, oncologists push very hard for their patients to get chemotherapy. Over twenty years ago, Dr. Braverman explained the belief system of oncologists.

"Many oncologists recommend chemotherapy for almost any type of cancer, with a faith that is unshaken by the almost constant failures."[2]

Nothing has changed since then. However, when it comes to treating themselves, the story is very different. A study from McGill University included a survey of lung cancer specialists. Of those, 64 of the 79 said they would not use a common

chemotherapy, or several experimental cancer treatments, due to ineffectiveness and toxicity.[3]

Because of the research and knowledge available online, patients are starting to be as wise as oncologists and refusing chemotherapy.

Now there is a new fad: immune therapy.

Immunotherapy Statistics

In 2014 a press-release from the National Cancer Institute, a Federal Government Agency, made headlines:

“NIH study demonstrates that a new cancer immunotherapy method could be effective against a wide range of cancers.”[4]

But what did the study really show? The bottom-line is that the results are very similar to chemotherapy agents.

The current study that people are getting excited about is one that used two drugs for malignant melanoma. But first, the natural course of metastatic melanoma if left untreated looks like this:

Patients at stage M1c (unresectable metastatic melanoma) without treatment:[5]

- The median overall survival: 5.1 months
- 1 year survival: 22.3%

The study for these two immunotherapy drugs on 945 people with unresectable metastatic melanoma looked like this:[6]

- Median progression-free survival was 11.5 months for patients taking both therapies.

At one year, the group looked like this:

- 425 patients stopped taking the drugs because they had disease progression.
- 194 patients stopped because the drugs were too toxic.
- 285 patients died during the one year study (1-year survival: 69.8%).

Over half (55%) of the patients taking both drugs had serious adverse events.

About 1/3 (36%) of patients had to discontinue cancer treatment because of adverse events.

There were no drug related deaths reported for the combo cancer therapy group.

Bottom-line for the group selected for this study:

Median survival was more than twice as long as expected. Comparing overall survival to “progression-free” survival makes the immunotherapy look significantly better than doing nothing.

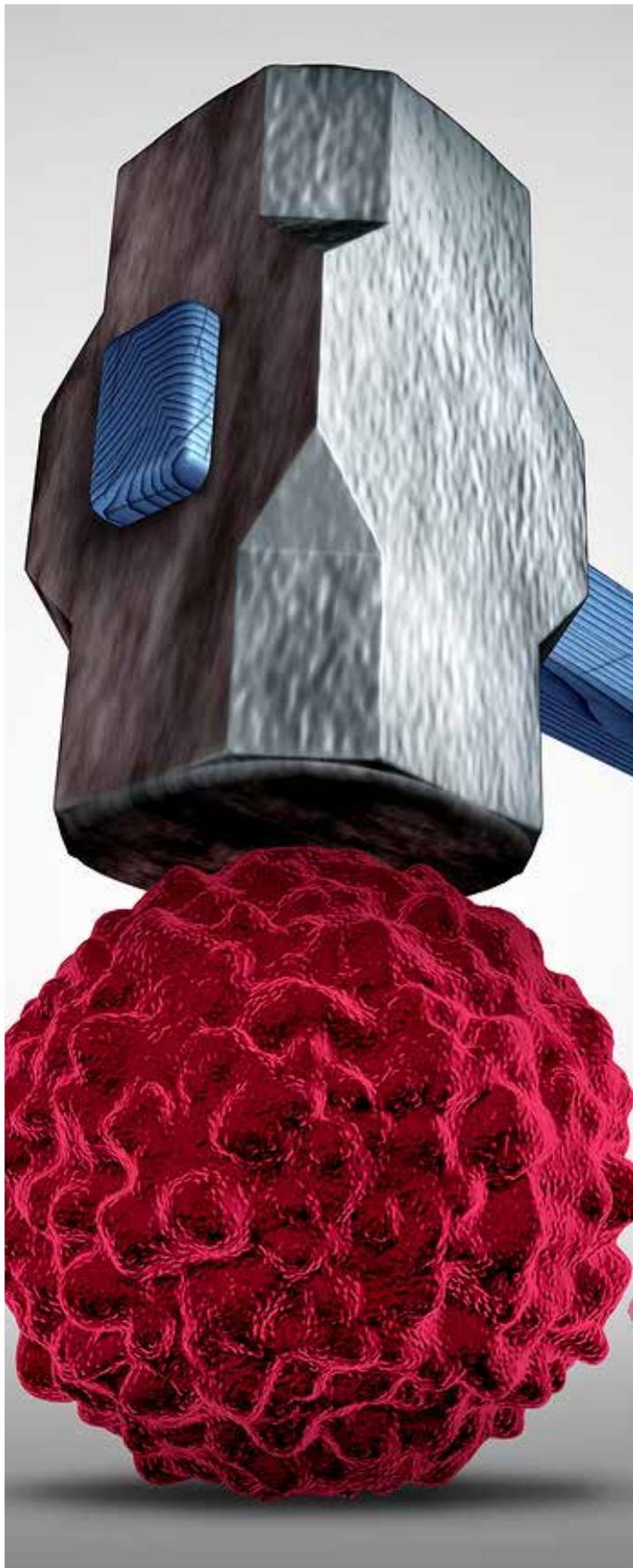
Those surviving at one year were significantly more than expected.

However, looking at the raw numbers we are left with the same issues as with other forms of chemotherapy.

1. Toxicity – a lot of people dropped out.
2. It’s not a cure, allowing maybe a few months of “survival” without considering quality of life.

The use of toxic treatments centers on statistics, which do not apply to any single individual. Instead of looking for the optimal treatment





for each cancer patient, a percentage is given. The percentage number represents the odds of surviving the cancer, versus the odds of surviving the cancer treatment.

If you're wondering what a doctor would do, then consider a friend of mine, Dr. Bob Young.

The Merciful End

Seven years ago, a local physical contacted me and asked me to help him in his office. He had been diagnosed with pancreatic cancer and was using several natural treatments. But he needed help with his patients in the office. I came in to help several days per week.

As he continued to decline, it seemed that he would be unable to return to his practice. So he asked if I would take over his patients, which I agreed to do. When I went to his house to sign papers, we sat at the kitchen table. He turned and said to me, "Cancer has been the greatest gift for me." Of course, he had my full attention.

"These past two years since I have been diagnosed with cancer, I have been able to wrap-up my life. I have repaired a relationship with my daughter, I have taken care of my wife financially, I have finished all my business ventures, and now, finally, I'm signing the papers to take care of all the patients I have nurtured for over twenty years. I'm done."

He died two weeks later.

The issue wasn't about him. He wasn't grasping at straws to try to gain a few more days of life, rather he was looking to those around him. He refused surgery, radiation and chemotherapy, yet he survived a lot longer than those who submit to these methods. He was using natural treatments to maintain his strength. He had dealt with

death many times in his life, and knew the end comes for all. He felt fortunate that he didn't die suddenly, but was able to tie up all the loose ends of his life before moving on. He was ready. This was a merciful end.

A Whole New Medicine

However, consider another doctor who opted out of chemotherapy for a curable cancer, and founded a whole new system of treatment.

Twenty years ago, Dr. Ryke Geerd Hamer, a German doctor with his own practice in Rome, Italy, received a call in the middle of the night. His 17-year old son had been shot while on holiday in the Mediterranean. Three months later, his son Dirk died. Shortly after, Dr. Hamer, who had been healthy all his life but utterly devastated by this catastrophe, found he had testicular cancer. Rather suspicious about this coincidence, he set about doing research on the personal histories of cancer patients to see whether they had suffered some shock, distress or trauma before their illness.[7]

Dr. Hamer spent some time to deal with the shock of the loss of his son, and cured himself of testicular cancer. Since that time, he has written many books and articles about the emotional and mental contributions to cancer, and how to overcome them to reverse the disease. He has many clients who can attest to this.

The list of ways for dealing with a cancer diagnosis can go on and on. We don't know in advance what will happen to us. But we can respond well if we don't act out of fear, looking instead for what is best for us. Patients need to take responsibility, and not just give in to the latest fad, be it chemotherapy, or vitamin C. We may seek healing, or not. We may use chemotherapy, or not. It is most important to look at the risks versus the benefits of any treatment.

I commonly find cancer patients doing everything out of fear of death. I have had so many patients with cancer reading about everybody's cancer cure, and doing all of them at the same time. I have not seen this approach work. Some need to feel like they are doing something; but the things they choose aren't often effective.

Individualized Cancer Treatment

What if we seek for individual causes of cancer and treat each person independently? What would that look like?

The primary way to deal with cancer is by building the immune system. There are several important steps to doing this – the same ones we all have to consider with any disease.

1. Good nutrition: Get as much of your nutrition from food as possible, take supplements when needed.
2. Supplements everyone should take to prevent and treat cancer:
 - Selenium: 200 mcg per day for 90 days, then one per week
 - Vitamin D3: 50,000 IU per week
 - Iodine: 12.5 mg per week
3. Intermittent fasting: The key is to have an empty stomach. You could do 12-hour fasts every day, or fast for several days in a month. Many years of research have proven the benefits of this.[8]
4. Stress reduction:
 - Exercise 30 minutes per day.
 - Write in a journal every day.
 - Forgive everyone of everything, no matter what it is.
 - Love and serve others, making connections with people.
 - Meditate/pray at least 30 minutes per day.

- Be happy, be positive, and look for the good in everything.

I am often asked what I would do if I were diagnosed with cancer. The reality is, I don't know, because I'm not really faced with it. However, knowing what I know, I think I would do all of the things above for building the immune system. I would avoid chemotherapy and radiation therapy, unless there were some compelling reasons that the benefits outweighed the risks. I would do as much as I could to live my life, and not get bogged-down in self-treatment and self-pity. I would not let the cancer run my life. I would continue to live as if I were going to live forever!

The diagnosis of cancer can be a very scary experience. For some it is a wake-up call to make changes in their lives and heal the body and spirit. For others it is a blessing to put their affairs in order before leaving this life. And for still others it is a learning experience that they can share with others. No matter which, it isn't easy. The key is to find what is best for your unique situation and pursue it with vigor!



Sources: [1] Allen Levin, MD, UCSF, "The Healing of Cancer," Marcus Books, 1990. [2] Albert Braverman, MD, "Medical Oncology in the 90s," Lancet, 1991, Vol. 337, p. 901. [3] Philip Day, "Cancer: Why we're still dying to know the truth," Credence Publications, 2000. [4] <http://www.cancer.gov/news-events/press-releases/2014/ACTepithelial>. [5] <http://www.ncbi.nlm.nih.gov/pubmed/25708472>. [6] <http://www.nejm.org/doi/full/10.1056/NEJMoa1504030?rss=searchAndBrowse&>. [7] <http://www.newmedicine.ca/german-new-medicine.php>. [8] <http://www.hope4cancer.com/information/healing-cancer-on-time-how-intermittent-fasting-may-help.html>.



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by Rob Fischer

DILL
MINT
CUMIN
RUE
OLIVE
MYRRH
FRANKINCENSE
HONEY
WINE
SALT

THE MEDICINE OF THE BIBLE

HERBS, OILS AND FOODS

10



This may seem like an unusual theme for an article, but allow me to explain my perspective.

When we begin to delve into the wonders of the natural world, it's absurd to me to think that this all could have happened "by chance."

There are simply too many variables; too many contingencies; too many dependencies in nature to try to explain their intricacies and interdependencies on happenstance.

Instead, I firmly believe that what we enjoy in nature today is the work of our Creator. I believe, "In the beginning God created the heavens and the earth." (Genesis 1:1) I also believe that God continues to sustain and uphold all things and that He is active in our lives whether we choose to acknowledge Him or not. Psalm 104:13-15 bears this out beautifully in poetic form:

"He waters the mountains from his upper chambers; the land is satisfied by the fruit of his work. He makes grass grow for the cattle, and plants for people to cultivate—bringing forth food from the earth: wine that gladdens human hearts, oil to make their faces shine, and bread that sustains their hearts." [1]

If this perspective is true, then it should come as no surprise to us that our Creator has provided for us some amazing natural

remedies. Some of these are so accessible that we can pluck them from the garden or the forest. Others require a refining process of some kind and we wonder, "How in the world did mankind ever discover this?"

When we look at some of the healing herbs and oils of the Bible, I caution us not to award them any special prominence. While some of the Bible is prescriptive (telling us how we should live), much of it is descriptive (telling us how people of that era and locale lived). And in the case of these herbs, oils and foods, certainly these represent gifts from God to us, but they are not "God's prescription" for us.

The Bible and the herbs and oils it describes center around the Middle East and ancient times. The people of that day used what was at hand. In other parts of the world and in other climates we enjoy some of the same herbs and oils, but also many different ones not available in the Middle East.

So what makes the herbs and oils of the Bible so special? It's simply the wonder of knowing that those who lived thousands of years before us struggled with many of the same health issues that we face. Even back then, they enjoyed an amazing natural medicine chest stocked for them by their (and our) loving Creator, God. And we can enjoy these too.

10 Medicinal Herbs, Oils and Foods of the Bible



1. Dill

If you're like me, you're probably wondering, "What's dill good for besides making dill pickles?" Matthew 23:23 mentions dill as an herb that was commonly grown in Bible times. As an herb, dill grows in many places all over the world. You may even grow it in your herb garden. Dill is extremely versatile and both the seeds and leaves are used in foods and medicines.

Dill's medicinal values come primarily from monoterpenes compounds, flavonoids, minerals and amino acids.[2] These components act as an antioxidant and neutralize particular types of carcinogens, such as the smoke generated from roasting, grilling, charring or frying food.

Dill has been effective in the relief of:

- Insomnia
- Diarrhea
- Dysentery
- Menstrual disorders
- Respiratory issues
- Fungal and bacterial infections

Dill can also:

- Boost the immune system and digestion
- Help prevent arthritis and even cancer
- Promote bone health
- Help manage insulin levels in those with diabetes[3], [4], [5]

Make dill tea by crushing two teaspoons of dill seeds, steeping them in a cup of boiling water for ten minutes, and then straining.[6] You can also simply chew on dill seeds to reap their health benefits. Dill essential oil and dried dill leaves are also available as supplements.

2. Mint

Like dill, mint is also referred to in that passage in Matthew's Gospel. Most of us are aware of the fresh, cool flavor of mint that's

used today in a wide variety of applications. But mint also packs some amazing health benefits. Of all foods known to mankind, mint is one of the highest in antioxidants.[7]

- Mint also possesses anti-inflammatory properties due to rosmarinic acid. This compound is noted for its ability to provide relief from seasonal allergies and keep breathing airways open.[8]
- Mint's natural aromatic ingredient menthol helps relieve the common cold, indigestion, nausea, gas, and irritable bowel syndrome.
- Peppermint extract is also an excellent pain reliever.
- Mint oil can also provide relief from insect bites and rashes.[9]
- Mint aroma is also known to calm a person suffering depression or fatigue.[10]

You can chew mint leaves, make a tea from its leaves by steeping dried leaves for 10 minutes, or applying mint oil according to the manufacturer's guidelines.

3. Cumin

This herb is the third one mentioned in that Matthew passage above. The active ingredients in cumin include cuminaldehyde and thymol. In particular, these two compounds activate the salivary glands that help digest food and relieve the distress of gas. This seed of good digestion stimulates the secretion of pancreatic enzymes, compounds necessary for proper digestion and nutrient assimilation. Cumin seeds and cumin essential oil pressed from its seeds provide its health benefits.

Cumin is used to treat:

- Piles
- Insomnia
- Respiratory disorders
- Asthma
- Bronchitis

- Anemia
- Skin disorders and boils
- Cancer (against stomach or liver tumors)

Additionally, cumin has anti-fungal and anti-microbial properties.[11] It also improves the immune system.[12]

You can make a tea by boiling two teaspoons of cumin seeds in water and steeping for ten minutes. Or, introduce cumin into your cooking by grinding cumin seeds to a powder using a mortar and pestle. Cumin compliments garbanzo beans, black beans, brown rice, as well as vegetables. Cumin seed essential oil is also available.

4. Rue

Rue, a less common herb, is mentioned in Luke 11:42. Rue grows wild or cultivated and displays a pretty yellow flower. Today, rue flourishes wild across North America in zones 6 through 11. Rue is more of a shrub than a plant and grows up to two feet tall.[13]

Rue is a good source of flavonoids and boasts an impressive set of medicinal compounds. Rue possesses properties as an antidote to poison, an anti-arthritic, anti-rheumatic, anti-bacterial, anti-fungal, insecticidal, sedative, digestive, anti-epileptic, and anti-hysterical.[14]

Rue is effective in relieving joint pain due to arthritis and rheumatism. In smoke or mist form it serves as an excellent insect repellent. It can also kill microbes and prevent bacterial infections. Rue essential oil can prove very effective against:

- Athlete's foot
- Dermatitis
- Some types of poisoning including narcotics and venomous neurotoxic snake bites.[15]

We recommend that you use rue essential oil under the supervision of a healthcare professional.

5. Olive Oil

In the parable of the Good Samaritan (Luke 10:34), the man who came to the aid of the victim who was beaten by robbers, "bandaged his wounds, pouring on oil and wine." Of the natural health remedies we're looking at from the Bible, olive oil is by far the most common. Olive oil was a household staple that was used for a wide variety of purposes including: cosmetics, religious rites, ointment, hair tonic, lamp oil, cooking, baking, and medicine.

To begin with, olive oil is a monounsaturated fat known to lower bad cholesterol and lower the risk of heart disease, high blood pressure and stroke.[16] As a result, olive oil is the primary source of fat in the Mediterranean diet, which boasts a low death rate from cardiovascular diseases.

Also, olive oil contains the phytonutrient oleocanthal that reduces inflammation. This has been shown to reduce the risk of breast cancer and may also reduce the risk of Alzheimer's disease.[17], [18] Olive oil is also rich in antioxidants and vitamins E and K. Olive oil improves bone health and aids in calcium absorption.

Of course, the easiest way to take advantage of olive oil's health benefits is to integrate it into your daily diet. You can do this in your cooking, baking, salad dressings, and numerous other ways. Also, consider using olive oil as a carrier oil for essential oils.

6. Myrrh Oil

In Esther 2:12 we read about myrrh being used for cosmetic purposes. Myrrh was also one of the gifts presented to Joseph



and Mary when Jesus was born. Myrrh is an exotic resin derived from the tree native to Northern Africa and the Middle East. Myrrh oil is made from the dried resin.

Myrrh contains many healthful compounds including terpenoids that have anti-inflammatory and antioxidant properties. It also has sesquiterpenes, compounds that affect the emotions and hormone secretion.[19] Myrrh also strengthens the immune system.

Myrrh aids in the healing of wounds and infections. It promotes healthy skin, preventing the signs of aging, and soothes cracked or chapped skin. In fact, myrrh is a common ingredient in many skin-care products today. [20] Myrrh can also prevent gum and mouth diseases including tooth decay. It's often used in the making of mouth washes and toothpastes. Myrrh essential oil is common in aromatherapy for massage, bathing, and simply as a lotion.

The best way to take advantage of myrrh's health benefits is to purchase myrrh essential oil and use as directed by the manufacturer.

7. Frankincense Oil

Frankincense was one of the other costly gifts presented to the baby Jesus by the Magi who came to worship Him. Frankincense is similar to myrrh in that it comes from the resin of a tree. The *Boswellia sacara* tree grows in very arid climates.

Frankincense is a natural antiseptic, astringent and disinfectant. Also, its pleasant aroma affects the limbic system of the brain which influences the nervous system.[21] As a result, its aroma can help relieve stress and fight anxiety. Just add a few drops of this essential oil to your bath water and feel the stress melt away.

Frankincense essential oil is very versatile and can be used:

- As a home cleansing agent
- For oral hygiene to help prevent tooth decay
- As a skin astringent
- To relieve joint and muscle pain
- To reduce heart rate and blood pressure
- Bring emotional relief[22]

Frankincense has also been shown to fight some forms of cancer, balance hormone levels, cure insomnia and help with digestion.[23] Once again, find a great source of frankincense essential oil and use as prescribed. Using such oils in a diffuser is a common way to reap the benefits of such powerful oils safely.

8. Honey

Jacob asked his sons to put together a special gift for the ruler of Egypt. This gift included spices, myrrh, and honey (Genesis 43:11). Honey is one of those foods that's so common, we may not realize the treasure trove of health benefits it has to offer. To begin with, honey boasts both antibacterial and antifungal properties and is loaded with antioxidants.[24]

Honey not only provides us with a natural sweetener, it can also help alleviate the symptoms of seasonal allergies and act as a cough suppressant. Honey also contains compounds that aid the body in the absorption of calcium, which is vital to brain and bone health. Perhaps most amazing is honey's ability to heal wounds and burns. This is due to its antibacterial properties.[25]

Royal jelly is another type of honey that's reserved by the bees for feeding their offspring when they first hatch. Royal jelly is particularly rich in minerals, vitamins and essential amino acids. Royal jelly has been used to:

- Lower blood pressure
- Inhibit some cancer growth
- Heal burns
- Reduce inflammation
- Impede the effects of aging[26]

You can buy local honey or royal jelly at health food stores and farmer's markets. Beware of giving honey to infants as it may contain bacteria that they have not yet developed immunity against. This bacteria is not harmful to children (or adults) over a year old.

9. Wine

The Good Samaritan not only used olive oil, but wine to treat the wounds of the unfortunate traveler (Luke 10:34). Thinking back 2000 years and earlier, one of the things we have to take into consideration is the challenges people faced in terms of food preservation. For instance, grape juice could not last long without refrigeration. But the fermentation process gives grape juice quite an extended shelf-life.

Some of the health benefits of wine may include:

- Prolonging lifespan
- Reducing the risk of some cancers
- Improving mental health

- Providing benefits to the cardiovascular system[27]

Although rarely used as a disinfectant today, the Good Samaritan no doubt took advantage of wine's alcohol content to disinfect the wounds of the man he assisted.

Like with most natural medicines, more is not better. Too much wine can have serious negative effects on the body. Drink wine (red or white appear to offer the same benefits) in moderation. That is, no more than one or two 5 oz. glasses per day.[28]

10. Salt

With all the hype about cutting back on salt in your diet, this one may surprise you. A Bible reference to salt in Ezekiel 16:4 seems to indicate that salt was used in the birthing process to help cleanse the newborn. Again, as we reflect back in time, salt played a huge role in its ability to preserve meats and vegetables. In this respect alone, salt was a lifesaver. How about salt in our diets today? Contrary to what we've been told, an extensive medical study reported by Scientific American indicates that lower salt consumption actually increases risk of death from heart disease![29]

Not only does salt make food taste better it also offers some important health benefits. One chief benefit of salt is that your body cannot live without it. Trying to eliminate salt from your diet can actually be dangerous for this reason. Hyponatremia (too low salt) can be life-threatening.

- Salt is necessary for the body to maintain proper pH in the stomach.
- Salt is also a natural antihistamine and also helps improve insulin sensitivity.
- Salt can also improve sleep quality, support thyroid function, and keep your hormones in balance.[30]

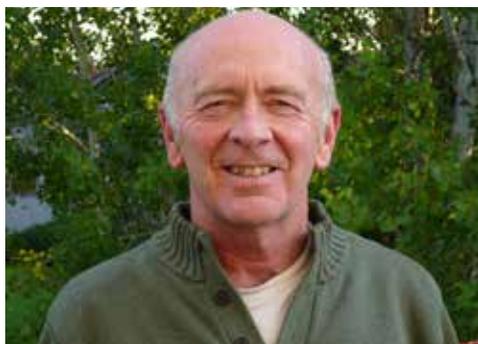
- In Europe, doctors still prescribe a swim in the salty Mediterranean Sea as a cure for psoriasis and eczema.

Go for the natural salt (Himalayan or sea salt) rather than processed salt when purchasing. Also, as with all other herbs, oils, and foods, use salt in moderation.

This article barely scratches the surface of the wonderful herbs, oils, spices, minerals, and healing foods that our loving Creator has provided for us. As you take advantage of these natural health remedies, please be sure to thank Him!

“The God who made the world and everything in it is the Lord of heaven and earth. He gives everyone life and breath and everything else.” – Acts 17:24-25

Sources: [1] Holy Bible, New International Version®, NIV® Copyright ©1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide. [2] Organic Facts, “Dill,” nd, <http://www.organicfacts.net/health-benefits/seed-and-nut/dill.html>. [3] Organic Facts, “Dill.” [4] Natural Remedies, “Dill Herb Medicinal Benefits,” nd, <http://www.naturalremedies.org/dill/>. [5] Organic Facts, “Dill.” [6] Natural Remedies, “Dill Herb Medicinal Benefits.” [7] Megan Ware, RDN, LD, “Mint: Health Benefits, Uses and Risks,” Medical News Today, 16 February 2016, <http://www.medicalnewstoday.com/articles/275944.php>. [8] Megan Ware, RDN, LD, “Mint: Health Benefits, Uses and Risks.” [9] Megan Ware, RDN, LD, “Mint: Health Benefits, Uses and Risks.” [10] Organic Facts, “Health Benefits of Mint,” nd, <http://www.organicfacts.net/health-benefits/herbs-and-spices/health-benefits-of-mint.html>. [11] Organic Facts, “Health Benefits of Cumin,” nd, <http://www.organicfacts.net/health-benefits/seed-and-nut/health-benefits-of-cumin.html>. [12] Organic Facts, “Health Benefits of Cumin.” [13] Herb Wisdom, “Ruta/Rue (Ruta Graveolens),” nd, <http://www.herbwisdom.com/herb-ruta-rua.html>. [14] Organic Facts, “Health Benefits of Rue Essential Oil,” nd, <http://www.organicfacts.net/health-benefits/essential-oils/health-benefits-of-rue-essential-oil.html>. [15] Organic Facts, “Health Benefits of Rue Essential Oil.” [16] Christian Nordqvist, “Olive Oil: Health Benefits, Nutritional Information,” Medical News Today, 25 January 2016, <http://www.medicalnewstoday.com/articles/266258.php>. [17] Olive Oil Times, “Olive Oil Health Benefits,” nd, <http://www.oliveoiltimes.com/olive-oil-health-benefits>. [18] Christian Nordqvist, “Olive Oil: Health Benefits, Nutritional Information.” [19] Joseph Mercola, MD, “Myrrh Oil: Benefits of This Holy Oil,” nd, <http://articles.mercola.com/herbal-oils/myrrh-oil.aspx>. [20] Joseph Mercola, MD, “Myrrh Oil: Benefits of This Holy Oil.” [21] Dr. Axe, “What Is Frankincense Good For? 8 Essential Oil Uses,” nd, <http://draxe.com/what-is-frankincense/>. [22] Dr. Axe, “What Is Frankincense Good For? 8 Essential Oil Uses.” [23] Dr. Axe, “What Is Frankincense Good For? 8 Essential Oil Uses.” [24] Lizette Borrelli, “Liquid Gold: 7 Health Benefits of Honey that Could Heal Your Whole Body,” Medical Daily, March 17, 2015, <http://www.medicaldaily.com/liquid-gold-7-health-benefits-honey-could-heal-your-whole-body-325932>. [25] Lizette Borrelli, “Liquid Gold: 7 Health Benefits of Honey that Could Heal Your Whole Body.” [26] Organic Facts, “Health Benefits of Royal Jelly,” nd, <http://www.organicfacts.net/health-benefits/animal-product/royal-jelly.html>. [27] Christian Nordqvist, “Wine: Health Benefits and Health Risks,” Medical News Today, April 7, 2016, <http://www.medicalnewstoday.com/articles/265635.php>. [28] Christian Nordqvist, “Wine: Health Benefits and Health Risks.” [29] Joseph Mercola, MD, “The Guilty Pleasure that Could Save You from Heart Disease,” March 5, 2012, <http://articles.mercola.com/sites/articles/archive/2012/03/05/end-war-on-salt.aspx>. [30] Lauren, “12 Reasons Why Salt Is Good for You!” Empowered Sustenance, July 1, 2013, <http://empowered-sustenance.com/salt-is-good-for-you/>.



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.



by Christopher Allison

The Heavy Metal You Can't Live Without!

Today we'll be talking about a nutrient that is the pillar and strength of virtually every chemical and metabolic process in our bodies. It's often low and its importance is frequently overlooked. This nutrient will dictate whether your body works efficiently and you have enough energy. If it is lower than optimal, literally nothing in your body will work well.

I'm talking about a precious metal that is often the cause of:

- Low energy
- Depression
- Immune system irregularities
- Fatigued adrenals

This nutrient is actually a metal. It is iron. Many have heard the saying, "You need iron to feel well." And yet, in my practice many people come to me with low iron levels and they still don't supplement. Low iron is a major stumbling block to health as it is necessary for life, energy and well-being.

What many don't realize is "WHY" this metal is so vitally important to our overall well-being.

What Does Iron Do?

IMMUNE SYSTEM

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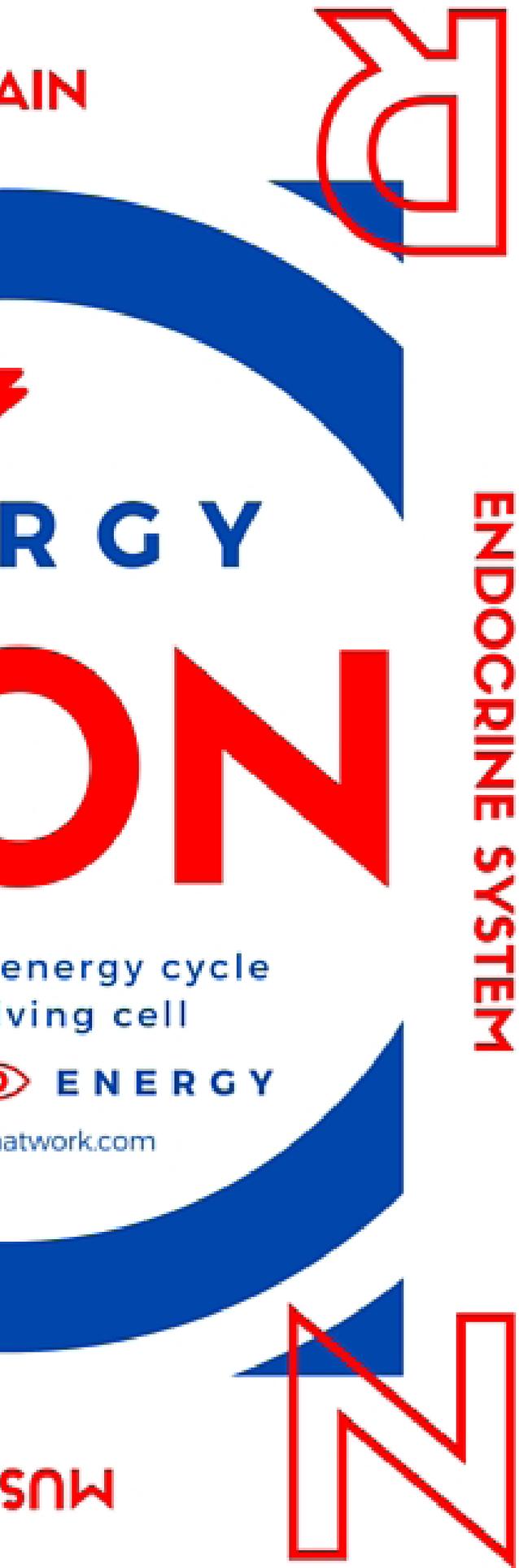
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Iron is responsible for carrying oxygen around your body. It supports the energy cycle of every living cell including your brain, muscles, endocrine system and immune system.

Oxygen is core to your cellular energy. If we have less iron, we carry less oxygen. If we have less oxygen, we make less energy. And without the energy you need nothing will work optimally and your body's ability to regulate and rebuild itself is compromised.

But getting enough iron may be a bit more complicated than eating your veggies or taking an iron supplement. Of course eating your veggies and taking an iron supplement will help, but it is also a good idea to ask the very important question, "Why is my body not getting enough iron?"

Being Able to Absorb Iron

In order to fully digest your food, you need to make sure you've got adequate stomach acid. Stomach acid micronizes the food into small enough particles to liberate the minerals from inside the cellulose of the veggies or protein from the animals.

If you are on medications that block stomach acid, this will severely limit the ability of your body to extract iron and many other vital nutrients as well. After passing through the stomach, the pancreas is then triggered to release those important enzymes that further the digestive process.

Digestion, or effectively taking food and making it into energy and tissue, takes a lot of your body's resources.

If you are under stress, your body's resources will be funneled away from digestion and toward the fight or flight response.

This is another reason to live life in peace, particularly while eating. Take a moment, breathe, slow your mind and bring your awareness to the moment. Then your digestive tract will be more responsive to digestion and you'll get the nutrients you need.

Losing Too Much Iron Each Month

If you are a woman and your menstrual cycle is heavy, you may be losing more iron every month than you are able to reabsorb through your diet. For many women, a heavy menstrual cycle is related to hormone imbalance. Therefore, it would be important to make sure everything that influences hormones is in balance.

That would include the stress hormones epinephrine, norepinephrine, and cortisol along with insulin. Once these stressors are stabilized, the menstrual cycle regains its hormone balance.

Of course, all women lose a certain amount of iron every month while menstruating. The key is maintaining a healthy hormone balance and a normal menstrual flow to not lose too much iron.

What if you eat in peace, chew your food thoroughly, take no stomach-acid-lowering medications and have healthy cycles, yet your iron is still low?

In that case, we want to take a look at any potential inflammatory issues in your digestive tract.

Inflammation and Iron Absorption

As it turns out, over the last 30 to 40 years, commercial agriculture has considerably altered our food. There are chemicals sprayed on our food and genetically modified into our food.

This means modern agriculture has not only introduced new and unhealthy chemicals that challenge our intestinal flora, but many of these compounds are

bound to the structure of the food itself.

The job of your immune system is to protect you from dangerous things. It detects the chemicals bound to your food and decides to attack them as foreign invaders.

This attack can lead to cortisol and blood sugar swings, as well as inflammation.

This inflammation can lead to something called leaky gut. A leaky gut allows toxic chemicals to enter the bloodstream from the digestive tract. At the same time, the inflammation reduces the absorption of nutrients like iron you desperately need from your food.

The Good News

Fortunately, your body is designed to find a healthy equilibrium. It is up to you to provide the opportunity for your body to do that.

In the case of dietary iron, it takes good digestion, absorption, controlling stress and hormonal balance, low inflammation and eating enough of the foods that have iron in them.

When that isn't enough or if you would like to supplement until these other issues are taken care of, it's a good idea to supplement with easy-to-digest and bioavailable iron.

Of course, you can also get iron from the foods you eat. Some of the foods that are classically the highest in iron are:

- Red meat
- Liver
- Pork
- Poultry
- Seafood
- Beans
- Dark green leafy vegetables, such as:
 - Spinach
 - Beet greens

- Dandelion greens
- Collards
- Kale
- Chard
- Dried fruit, such as raisins, apricots and prunes
- Molasses

In supplemental form, iron bisglycinate is the easiest on the stomach and is therefore nicknamed “Gentle iron.” You can increase absorption by taking it with vitamin C. Supplemental iron dosage starts from 10 mg and up to 50 mg per day (if you are really low).

Too Much of a Good Thing?

With everything iron can do for you it may seem that everyone should take it. But with all its goodness, some people may accumulate too much iron.

There is a condition called, “hemochromatosis.” In these cases, as iron stores to extreme, it causes toxicity and free radical damage.

It is easy to check your iron with your doctor. A simple blood test will do.

How Much Iron Should We Have?

As we learn more about nutritional optimization, there are doctors who consider some ranges in the blood to be too wide. They may

consider the low side of normal to be not quite good enough. These doctors would suggest that you maintain levels that are close to the center of your blood test.

The goal is to have enough iron to efficiently carry the oxygen to your tissue, but not so much that you create too many free radicals and tissue damage.

To keep your immune system and muscles strong, your blood healthy, enjoy eating iron-rich foods. If you’re experiencing some of the symptoms listed above, it’s a good idea to have your iron level checked. And try to determine the cause of your low iron. Finally, to be on the safe side, ask for a blood test before supplementing.



Chris Allison DOM is formally trained as a Doctor of Oriental Medicine and is licensed as an Acupuncturist. His love of helping people took him into Functional Medicine, Hormone Balancing, Neurochemistry and Endocrinology. As a young adult he learned the interaction between our mind, body and spirit and teaches how they are all interconnected and influence the experiences we have in life. With the diverse training Chris has, he can take complex symptom patterns and explain in easy to understand terms just what is going on and how to rebalance in a way that takes care of the core reasons we feel the way we do. Many people who have been to numerous MD’s and holistic practitioners are able to finally get the answers they need to become balanced and fit again.



by Jessica Thiefels

Why Everyone Should Eat More Avocados

They're creamy, they're fatty, and the best part: they're good for you.

Avocados are a naturally nutrient-dense food and contain nearly 20 vitamins and minerals. They are a great source of vitamins C, E, K, and B-6, as well as riboflavin, niacin, folate, pantothenic acid, magnesium and potassium. They also provide lutein, beta-carotene and omega-3 fatty acids. Avocados can act as a "nutrient booster" by helping increase the absorption of fat-soluble nutrients like Vitamins A, D, K and E.

Health professionals have known for a long time that avocados fit within a balanced diet, but their naturally high fat content may have you wondering whether they are in fact healthy.

Luckily, that high fat content, along with a variety of other attributes, make avocados a great food to consume regularly. Here's

the proof that you need, along with a few fun recipes, to buy a few avocados on your next trip to the grocery store.

Types of Avocados

Avocados come in many shapes and sizes, the most common of which is the Hass.

Different varieties are best for different uses:

Hass is a creamy, nutty-flavored avocado that has become the standard by which most Americans now judge avocados.

Gwen is slightly larger than the Hass, but shares many of the same texture and taste qualities. However, it has a slightly smoky flavor, somewhat akin to that of chipotle chiles. It has a silky flesh and is delicious on its own or spread on bread like butter.

The Pinkerton has a longer, thinner "neck" and high oil content. It also has a richer, fuller flavor than the Hass. Unlike a Hass avocado, the Pinkerton skin does not turn black when ripe!

The Reed has firmer flesh, making it better for cutting. Its flesh has a good quality with a nutty

taste. All you need is a sprinkle of sea salt and a spoon to scoop out its creamy goodness.

The Benefits of Avocado

These days, the avocado has become an incredibly popular food among health conscious individuals. It is often referred to as a superfood... which is not surprising given its health properties.

High Fat Content

Yes, this is a benefit. Fat is necessary for the body. Fat helps protect organs, keep your body warm, increase energy, and support cell growth. In fact, fat provides more ATP (energy) for your body than proteins or carbohydrates.

In fact, 75%-80% of the calories in avocados come from fat. The bulk of these fats are healthy and what your body needs more of. More than two-thirds of the fats found in avocados are monounsaturated. Monounsaturated fat helps reduce LDL (bad) cholesterol in your blood, reducing your risk of heart disease and stroke. Fear not the fat in avocados!

Naturally Sodium and Cholesterol Free

It seems as though these two things—sodium and cholesterol—are a constant topic of conversation in the health world, and for good reason: high levels of sodium can be found in even the healthiest foods, like nut butter or pre-made soup. But avocados are sodium-free.

Avocados contain cholesterol-smashing beta-sitosterol that reduces the amount of cholesterol absorbed from food. The combination of beta-sitosterol and monosaturated fat makes the avocado an excellent cholesterol buster.

Swap your peanut butter for avocado on your toast one day a week to reduce sodium intake. Top your toast with tomato slices or salt and pepper for a bigger flavor punch and even more healthy nutrients.

High Potassium Levels

Potassium is a crucial nutrient, playing key roles in muscle strength, nerve function and heart health. And if you don't get enough—4,700 mg a day—it could lead to a deficiency, complete with fatigue, muscle cramps, heart palpitations and dizzy spells.

The banana has been king of potassium for a long time, but not anymore. A single avocado has 975 milligrams of potassium, while a large banana offers 487 milligrams. Even if you only eat half an avocado, you're still getting the equivalent potassium of a whole banana. Avocados offer a good way to give your body a different, and significant, source of potassium.

High Protein Levels

Avocados are technically a fruit. But as such, they have the highest protein content of any fruit—4 grams. In comparison to



Deconstructed Guacamole

5 small avocados
2 medium-sized roma tomatoes, chopped small
1 red onion, chopped small
1 tablespoon cumin
1 teaspoon salt
1 teaspoon pepper
1/2 cup black beans
1/4 cup cilantro
1 teaspoon lime juice (add more as needed)

chicken or fish, this may be a small amount of protein per serving. But avocados provide all 18 essential amino acids necessary for the body form a complete protein. Unlike the protein in steak, which is difficult to digest, the body readily absorbs avocado protein because it contains fiber.

Protein is a critical macronutrient for repairing muscles and helping you focus, among other things. Thus, getting a little protein with every meal and snack is important. For a protein-packed breakfast, make a smoothie made from avocado, blueberries and sunflower seeds.

As with anything, it's important to eat avocados in moderation. While they have a variety of amazing health benefits, they are high in calories. Stick with a 1/2-avocado serving size to reap the benefits without loading on the calories.

It's time to start thinking of avocados as a regular diet supplement. Get them into your daily diet in salads, on sandwiches or just plain guacamole. Here are a few ways you can get more avocados in your diet.

Deconstructed Guacamole

Serves 5-10 people

Ingredients:

- 5 small avocados
- 2 medium-sized roma tomatoes, chopped small
- 1 red onion, chopped small
- 1 tablespoon cumin
- 1 teaspoon salt
- 1 teaspoon pepper
- 1/2 cup black beans
- 1/4 cup cilantro
- 1 teaspoon lime juice (add more as needed)

Directions:

1. Cut all avocados in half and remove seed.
2. In a medium-sized bowl, gently mix all other ingredients together.
3. Situate avocados on a tray, and fill seed holes with the tomato mixture

Creamy Asparagus Soup

Serves 2-4 people

Adapted from CookEatPaleo.com.

Ingredients:

- 6 large bunches of asparagus
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 2 cups broth (chicken, vegetable)
- 1 medium-ripe avocado, cubed
- 3 tablespoons lemon juice
- Salt and pepper to taste

Directions:

1. Prep asparagus, toss with olive oil, salt, pepper and minced garlic, and place on a sheet pan.
2. Roast at 400 degrees for 10-15 minutes.
3. Blend finished asparagus with the rest of the ingredients in a food processor until smooth.
4. Add water or more broth if needed, and heat over stove before serving.

Farro Salad With Avocado Dressing

Serves 1

Farro salad ingredients:

- 1 cup farro
- 3 cups broth or water
- 1 teaspoon salt, pepper, cumin
- 3 cups kale, ripped into large pieces
- 1 tablespoon olive oil
- 1 cup grape tomatoes, sliced in half
- 1/2 cup chickpeas

Dressing ingredients:

- 1/4 medium avocado
- 1/4 cup balsamic vinegar
- 1/3 cup olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder

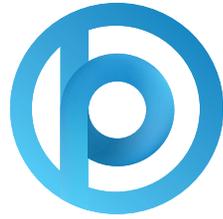
Directions:

1. Add raw farro to 3 cups water or broth adding half the salt and pepper, and all of the cumin. Cook uncovered, over medium heat for 30 minutes.
2. While that cooks, add kale to a sauté pan, toss with olive oil and the rest of the salt and pepper, cooking until kale leaves have wilted.
3. Add the tomatoes and chickpeas. Remove when tomatoes have blistered slightly.
4. Put all dressing ingredients into a food process and blend until smooth.
5. Add 1 cup of cooked farro to a bowl or plate, top with the kale mixture, and drizzle with the creamy dressing.

Avocado is not only good for you, but has seemingly endless applications in the kitchen. Try a few of these recipes and experiment to see where avocados fit into your daily diet. With extra protein, healthy fat and plenty of potassium, you'll love these little creamy treasures of nature.



Jessica Thiefels is the head trainer and owner of HonestBodyFitness. When she's not teaching group classes or working one-on-one with clients, she's writing and marketing for various businesses. Follow her on Facebook and Instagram.



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OUR MISSION

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