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WEIGHT CONTROL • SPIRITUAL WELLNESS • HEALTHY RECIPES • LIVING HEALTHY

## Turning Chores into Your Workout

The Amazing  
Power of Selenium

Gratitude Is  
the Attitude  
That Determines  
My Altitude

How to  
Balance  
Food  
Cravings

Omega-3 Fish  
Oil Supplement  
Review



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How would you like to slow the aging process, reduce your chances of getting cancer, and prevent cognitive decline? A landmark study and many years of experience treating patients have led Dr. Saunders to the conclusion that selenium supplementation may be the key to those amazing gains. But don't just run out and buy a selenium supplement. Find out why selenium is so vital to your health and how much of this precious supplement you should take.



**LETTER  
FROM  
THE  
EDITOR**

Omega-3 fatty acids are also widely popular for reducing inflammation with a wide variety of healthy benefits. But how do you choose the best product for your needs? Home Cures That Work helps you find the perfect omega-3 supplement that has been tested for purity and concentration. Looking for an economical omega? We provide you with choices best suited for your wallet.

Would you like to save money on gym membership? Depending on your weight and how hard you work, you can burn up to 250 calories an hour doing housework, and even more when gardening or shoveling snow. Another benefit of housecleaning is that it exercises all the major muscle groups. Think of the money you'll save when you don't have to buy a gym membership! Discover how your daily chores can help you stay active and healthy.

Whether it's bread and pasta or chocolate and cookies you crave, Home Cures That Work gives you 3 easy ways to take control of your sugar habit — and your health. If you think your habit is out of control, take a step back, analyze how you feel, and figure out what's at the root of your cravings. You can fight this battle and win!!

“If the only prayer you say in your life is ‘Thank you’ that would suffice.”  
- Meister Eckhart

As Michael Tyrrell just discovered, gratitude can transform your life. Being grateful is a game changer; it elevates you right out of the hole you've dug for yourself with the shovel of self-pity. Don't wait until Thanksgiving to start practicing gratitude. Read on for all the ways gratitude can make your life better.

And as always, I'm grateful for YOU!

For your health,

Cheryl Ravey  
Editor, *Home Cures That Work*



# THE AMAZING POWER OF **SELENIUM**

**A SINGLE  
NUTRIENT THAT  
HOLDS GREAT  
POWER FOR THE  
PREVENTION OF  
DISEASE AND  
DISABILITY**

by Dr. Scott Saunders, M.D.

**A** remarkable study on Selenium was published in The Journal of the American Medical Association in 1996. It reported a group of 1312 people in Arizona who were not deficient in selenium. Half were given 200 micrograms of selenium per day. After only five years, compared to those not given the supplement, there were:

- 17% fewer deaths overall
- 52% less cancer deaths
- 37% less cancer, especially lung, prostate and colon – each of which was cut by about 50%[1]

This is dramatic and impressive, considering that no other nutrient or treatment can boast such numbers. Not even chemotherapy!

Selenium is a micronutrient that gets little attention. Since the Recommended Daily

Allowance is only 55 micrograms per day, it is thought that Americans get enough in the diet. Indeed, The National Health and Nutrition Examination Survey (NHANES III) reported that over 99% of US participants had sufficient blood concentrations. It suggests selenium supplementation is not needed.[2] Thus, nutrition professionals and physicians may not recognize any need for selenium supplementation.

Low levels of selenium are present in meat and seafood. Selenium is not found in plants unless it is in the soil. Plants will include selenium in their proteins only if they are grown in areas where the mineral is abundant. But, soils depleted of selenium are not replenished because selenium isn't necessary for the plant to grow, or bear fruit. Thus, the intake of selenium from food is highly dependent on the place it is grown, and not on the type of food.

## **What Does Selenium Do?**

Selenium is part of a group of proteins that regulate three known actions:

- Activating thyroid hormones

- Regenerating glutathione, the “king of anti-oxidants”
- Regulating immune function

Though it is needed in tiny amounts, each of these actions has a very large effect on your body.

### **Selenium to Stay Young All Your Life**

Many of the diseases we face in the modern world are due to inflammation, including cancer, heart disease, arthritis, and diabetes. Selenium can improve function and prevent degeneration, or aging by lowering inflammation. We are told that it is normal to “get old” and have memory loss, diabetes, arthritis, or even heart disease. Actually, we don’t have to decline in function; we can continue to improve if we care for our bodies well.

By removing inflammation inside the cells, they function better, and are more able to regenerate, preventing aging. Selenium even prevents the peroxides in hair cells that cause us to get gray hair. Getting adequate selenium is an important part of any anti-aging program.

### **Selenium for the “Big C”**

Selenium has a very big effect on cancer. Not only can it help prevent cancer, as noted above, but it can also treat an already existing cancer. Cancerous cells reproduce indefinitely. But selenium programs them to die. This is called apoptosis, essentially triggering a suicide gene in the cancer cell. Control is taken away from the cancer cell by blocking the protein that protects the cancer cell.[3]

Selenium supplementation should be included in any cancer regimen.

### **Selenium for BRAIN health**

As we age, we believe it is normal for the brain to degenerate. We accept memory loss and

an inability to think clearly as a natural result of aging. This, however, does not have to be the case. We can continue to function all our lives if we know how to take care of the brain.

One of the most important ways to prevent degeneration of the brain is GLUTATHIONE. This powerful anti-oxidant is found everywhere in the body. As cells use energy, oxygen free-radicals are produced. A large supply of anti-oxidants needs to be available to prevent damage to DNA and tissues.

This is especially true of the brain, since it uses 20% of the energy of our body. Glutathione is the most important anti-oxidant in the brain, preventing or reversing diseases such as:

- Dementia
- Parkinson’s disease
- Alzheimer’s disease
- Epilepsy
- Multiple Sclerosis
- Huntington’s disease
- Lewy-body dementia

Selenium is part of an enzyme used to regenerate glutathione, or glutathione peroxidase. As selenium levels drop, so do the levels of glutathione peroxidase. As a result, inflammation causes degeneration of the brain. Keeping selenium up is important to protect brain cells from damage over time.

Take selenium to prevent loss of brain function as you age.

### **Selenium for Thyroid Blues**

A very important part of the function of selenium is to help us convert the inactive T4 thyroid hormone to the active T3 thyroid hormone. The thyroid gland makes T4, but tissues use T3 for metabolism.

Interestingly, T4 is the only component of most prescription thyroid medications. In cases of selenium deficiency, conversion of T4 to T3 is impaired and leads to hypothyroid symptoms.

Increasing the medication won't help either, because we still can't use it. Adding selenium will improve the function of thyroid medications, and may even allow you to discontinue them entirely.

Moreover, because of the antioxidant properties of selenium, it prevents and treats Hashimoto's thyroiditis. This is an autoimmune thyroid disease where people make antibodies against an enzyme in the thyroid gland.[4] One study concluded that three out of four trials with selenium supplementation for Hashimoto's thyroiditis showed a decrease in auto-antibody levels.[5]

Selenium needs to be a part of treatment for any thyroid problem.

### **Selenium for Arthritis**

A disease in China called Kashin-Beck is caused by low selenium, and includes breakdown of the joint cartilage. Studies done on children in Tibet and parts of China that contain low levels of selenium in the soil have shown improvement in the condition with supplementation.[6] Osteoarthritis is a major problem in the United States, as well as other developed countries.

There are no specific studies, but it would be a good idea to be sure you have enough selenium to repair the joints, or prevent inflammation that can further damage them.

### **Selenium for Infections**

Chronic infections are becoming epidemic. Millions in the United States are suffering from:

- HIV
- Coxsackie virus

- Lyme disease
- Candida
- Epstein-Barr
- Fibromyalgia
- Chronic fatigue syndrome

Selenium is an important part of both the immune system function. It increases the cellular immune response by increasing T-cells production. The T-cells will help remove chronic infection, as well as decrease inflammation that can result from such infections.

Selenium deficiency causes immune system dysfunction in both the T-cell immunity and antibodies. Studies on HIV show that selenium alone can prevent the progression of HIV in those who are deficient.[7] Individuals who were positive for Hepatitis B, were given selenium, and followed for eight years. Those given selenium had a 35% decrease in liver cancer.[8]

Selenium needs to be part of treatment for any infectious disease.

### **Selenium Toxicity**

Selenium is a very important trace mineral, but it can be toxic in large amounts. It is easy to take too much selenium because it is only needed in very small amounts. Less than 1 milligram per day is enough to cause the symptoms of selenium toxicity, including:

- Hair and nail brittleness and loss
- Gastrointestinal disturbances
- Skin rashes
- Garlic breath odor
- Fatigue
- Irritability
- Neurologic disorders[9]

Most supplements are 200 micrograms (mcg), or less, so there is little chance of overdosing. Also, the studies on supplementation for cancer and deficiency generally use a dose of

200 mcg per day with no evidence of toxicity. Symptoms of toxicity are found in areas where there is a lot of selenium in the soils. In these cases, blood levels correspond to as little as 850 mcg per day of selenium intake. Some is good, but more is not better in the case of selenium. You can determine whether you have a selenium deficiency with a simple blood test.

### **Recommendations:**

Everyone who lives in areas of low selenium, including United States, Europe and parts of China, should take:

- 200 micrograms of selenium per day for at least 90 days
- Then take 200 micrograms per week

An alternative is to use nutritional yeast, which contains selenium. Two tablespoons contains from 50 to 200 mcg of selenium, depending on the manufacturer.

The only food that has consistently shown to have sufficient selenium is Brazil Nuts. They contain anywhere from 20 mcg to 100 mcg per nut. Thus, just a couple of Brazil Nuts per day, or several per week, is sufficient that you wouldn't need any pills.

I add selenium (pills, yeast, or Brazil nuts) to the supplement list of all of my patients for several reasons.

Patients come in with a problem, usually related to inflammation, and need selenium.

I test almost everyone and find deficiency of selenium is common. Unlike the NHANES III study quoted above, in my experience, only those who already have a selenium supplement are sufficient, in my experience.

As noted above, selenium is more powerful for the prevention of disease and disability than any other supplement.

And, last of all – it's cheap! People are spending hundreds of dollars per month on questionable supplements to prevent cancer and other diseases when they could get much more "bang for the buck" with a tiny dose of selenium.

Take selenium to live a longer, healthier life.

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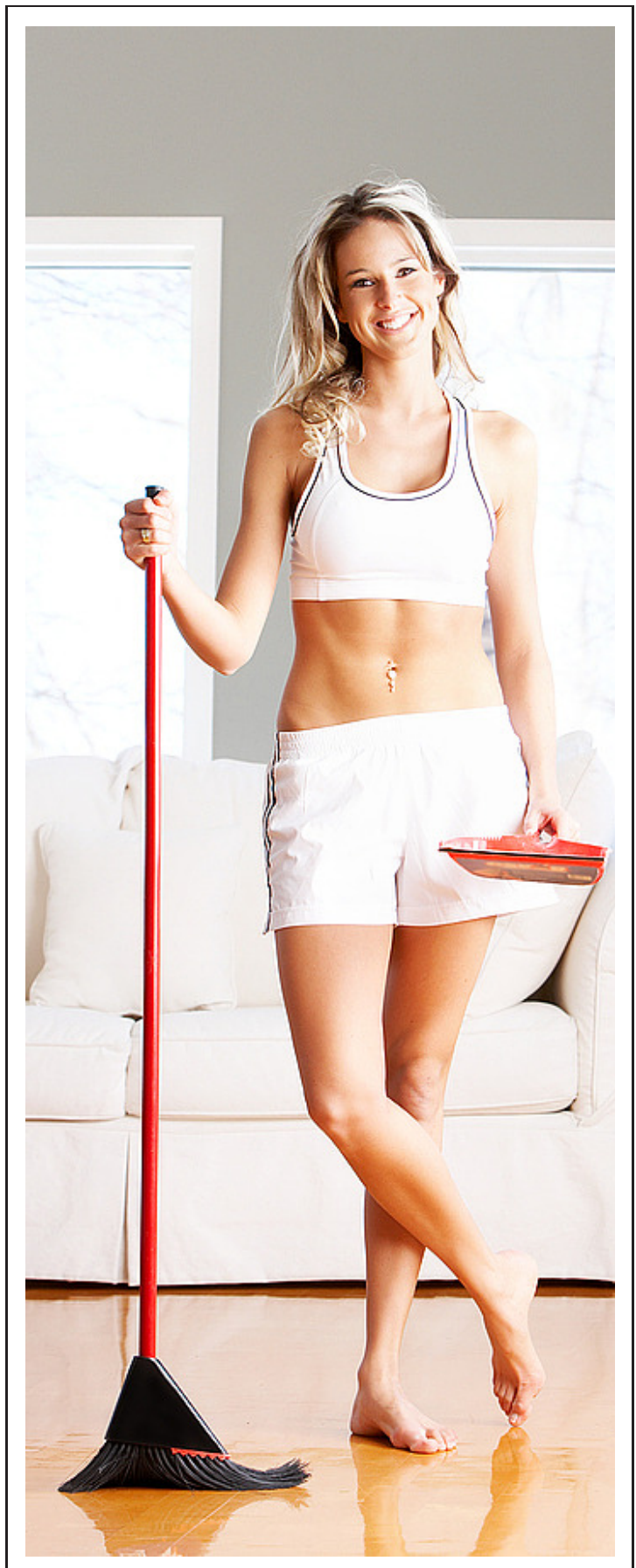
# CHORE WORKOUT

TO BURN CALORIES

## 7 TIPS TO BUILD MUSCLE LOSE WEIGHT STRENGTHEN AND STRETCH YOUR BODY

WHILE DOING HOUSEWORK  
BY ROB FISCHER

[www.homecuresthatwork.com](http://www.homecuresthatwork.com)



Now there is no excuse to be out of shape with a dirty house.

I confess that I'm a bit of a fitness fanatic. Depending on the time of year, between five and six times a week you'll find me hiking, biking, snowshoeing, or cross-country skiing.

I also include a strength-building workout with these exercises. But there are times when I replace those exercises with a different kind of workout.

I'm talking about chores. The beauty of letting chores double as your workout is that you accomplish two very important things at the same time. You're completing that much needed chore and you're doing your body a huge favor by exercising it.

From a health standpoint, the 21st century lifestyle marked by affluence and convenience hasn't done our health any favors. We've become sedentary and overweight and it's killing us—literally!

The health benefits of physical exercise are numerous—even when we consider chores as exercise. Exercise can help you:

- Maintain a healthy weight
- Strengthen muscles
- Metabolize food better
- Sleep better
- Relieve stress and anxiety
- Improve your mood
- Strengthen your bones
- Lower your blood pressure
- Improve brain function
- Lower bad cholesterol
- Keep your cardiovascular system in good working order
- Oxygenate your blood
- Improve your complexion

- Keep joints flexible and strong
- Improve insulin receptivity
- Prevent colds, flu, and many more serious diseases

Wow! In short, your body needs exercise. Even though you may not feel like it at times, your body was designed to move.

### **Three Key Types of Exercise**

Let's consider three different kinds of exercise as you transform your chores into workouts. The three types are aerobic, strength-building, and stretching. All three offer vital contributions to staying fit. The best fitness plan combines all three.

Without getting too technical, aerobic exercise gets you breathing more heavily and your heart beating faster. Aerobic exercise is important for your cardiovascular system, burns the most calories, and offers many of the benefits listed above.

Strength-building puts good stress on your muscles that increases their mass. Strong muscles translate to strong bones and make daily tasks easier to perform. You can achieve strength-building in two ways. Weight or resistance is one way to build muscle. And by the way, your body can serve as that weight. For instance, climbing up and down a ladder to wash windows or perform some other task exercises your arms and legs using the weight of your body.

The other way you build strength is through repetition of lighter duties. For instance, trimming a hedge with a manual hedge-sheers is repetitive work. Each motion exercises your arms, shoulders and back without putting heavy strain on them. But you're building strong muscles!

Stretching is important for two primary

reasons. First, stretching can help prevent injuries while you're working out or doing chores as exercise. Stretching does this by warming up your muscles and flexing muscles and joints in a controlled manner. Second, stretching provides you with greater flexibility, range of motion, and agility.

## Other Contributing Factors

When doing chores as exercise, you will want to consider a number of factors in terms of gauging their effectiveness as a workout. Some of these factors include:

- Your age
- Your fitness level
- Whether you are overweight
- The duration of the activity
- The intensity with which you engage in the activity
- Whether it's hot, or cold (if working outside)
- And there are many other factors

For instance, if you're in your mid-to-late fifties, significantly overweight and it's hot outside, mowing the lawn with a push mower may be quite a strenuous exercise for you. The good news is that you'll probably benefit more from such a workout than someone who is very fit.

You'll find apps and websites that list calories burned for a specific chore and length of time. I'll provide some for you here as well. These may be helpful, but I wouldn't focus too much on them. They are average numbers that don't necessarily take all the above factors into account.

Of course one of the biggest factors to consider is the chore itself. So let's look at some chores that can double as workouts.

## Chores that Double as Workouts

To some extent, nearly any chore can become

a workout, but not all chores are created equal. Let's take gardening for example. Transplanting a few flowers into standing pots will provide an entirely different workout than hand-tilling, cultivating, planting and weeding a large vegetable garden. Keeping that in mind, below are a few outdoor chores that could make great workouts. When available, I've provided approximate calories burned.[1], [2], [3]

- Mowing the lawn – burn 400 calories per hour
- Weed-whacking – burn 272 calories per hour
- Edging the grass along a sidewalk – burn 272 calories per hour
- Heavy gardening – burn 272 calories per hour
- Window washing – burn 136 calories per hour
- Car washing – burn 136 calories per hour
- Power-washing your house – burn 272 calories per hour
- Trimming a hedge, trees or shrubs – burn 204 calories per hour
- Raking leaves – burn 204 calories per hour
- Hauling, chopping, and stacking firewood – burn 500 calories per hour
- Laying sod – burn 272 calories per hour
- Putting in a sprinkler system or repairing one – burn 204 calories per hour
- Cleaning out your gutters – burn 272 calories per hour
- Shoveling snow – burn 400 calories per hour

While indoor chores tend to be lighter, some can still offer a good chore-workout:

- Washing dishes – burn 100 calories per hour
- Vacuuming – burn 170 calories per hour
- Cleaning windows – burn 200 calories per hour
- Doing laundry – burn 100 calories per hour
- Sweeping floors – burn 156 calories per hour
- Scrubbing on hands and knees – burn 190 calories per hour
- Painting rooms – 136 calories per hour

## Tips for Enhancing Your Chore-Workout

When working out in a gym, jogging, doing yoga, and their like, we tend to pay more attention to our bodies and what we're doing. In a good workout we pay attention to our form, try to achieve full range of motion for a particular exercise, and we usually count repetitions. We also monitor our breathing and heartrate to some extent and think about how many calories burned.

When doing chores, however, we don't typically concern ourselves with those issues. In fact, we tend to use our bodies as economically as possible. While that makes the chore easier, it also minimizes its impact as a workout.

## 7 Tips for Turning Chores into a Workout[4], [5]

1. Stair stepping – When carrying the laundry downstairs (or doing some other task), instead of just making one trip, make multiple trips up and down the stairs to enhance your workout and build muscles.
2. Planking – Planking is a great way to build your core and firm up your middle. When you're on the floor scrubbing, take a few minutes to plank.
3. Curls – If you're weed-whacking, carrying a bucket, or using some other weighty tool, stop every few minutes and do curls using the weight of the item to augment your chore-workout.
4. Stretching – Got a broom or mop? Grab it

with both hands, raise it above your head and slowly stretch down to touch your left foot with your right hand. Then raise the broom above your head again and slowly stretch down to touch your right foot with your left hand and repeat multiple times.

5. Squats – When unloading the dishwasher or reaching for something on the floor, instead of bending over, keep your back straight and slowly lower your body using your thigh muscles. Then raise yourself back up again using the same leg muscles. Repeat multiple times for strength-building.
6. Stay hydrated – It's easy to become dehydrated while doing chores. Experts recommend drinking 8 ounces for every 15 minutes of a workout.[6]
7. Work to the beat – You don't have to be Mary Poppins to have fun while doing chores! Enhance your chore-workout with music. Doing a chore to the beat of a song can invigorate and make the chore more fun.

Think about the household chores before you today. Following the above tips, how can you leverage that chore into a workout, build muscle, stretch and burn calories? What steps could you take to get the most out of your chore-workout?

Chores can double as workouts to help keep you fit and healthy. And when you turn your chore into a workout, you're benefiting twice with little more effort! Why not start today?

Sources: [1] California Casualty Insurance, "Home Maintenance: Turn it into a Work-Out," March 2016, <http://mycalcas.com/wp-content/uploads/2016/03/home-maintenance-infographic1.jpg>. [2] Calorie Lab, "Calories Burned: Home Activities," nd, <http://calorielab.com/burned/?mo=se&gr=05&ti=home+activities&q&wt=150&un=lb&kg=68>. [3] Sophie Breene, "9 Ways to Strength Train Outside the Gym," Greatist, July 11, 2013, <http://greatist.com/fitness/9-ways-strength-train-outside-gym>. [4] Jason Anderson, "Turn Spring Cleaning into Spring Training," Spark People, nd, [http://www.sparkpeople.com/resource/fitness\\_articles.asp?id=1470](http://www.sparkpeople.com/resource/fitness_articles.asp?id=1470). [5] Charlotte Andersen, "16 Ways to Lose Weight Doing Chores," Shape, nd, <http://www.shape.com/fitness/workouts/16-ways-lose-weight-doing-chores#slide-2>. [6] Gina Shaw, "Water Tips for Efficient Exercise," WebMD, July 7, 2009, <http://www.webmd.com/fitness-exercise/water-for-exercise-fitness>.



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.

## Gratitude Is the Attitude That Determines My *Altitude*

### How to Let Gratefulness Transform Your Life

**H**ope all is well in your world! I am writing to you from 35,000 ft., which gives me a higher perspective to address you from!

I recently had the privilege of spending a few days with some amazing people in at the Consumer Health Summit. We experienced the exhilaration of being in a room with 82 dynamic individuals who are changing the world, each through their own expertise. Nothing is more encouraging than meeting others who are dedicated to helping people improve their lives!

Weeks before attending the Summit, the organizer asked each of us to submit one word that meant something to us. I chose the word, grateful. When we arrived at the venue, we were presented with a bracelet engraved with the word we chose!

On boarding the plane home today, I noticed the cockpit door was open, so I took a peek. Out of all the dials, switches, and gauges, two of them instantly caught my eye: the attitude indicator and the altimeter. I made my way to my seat and as I buckled in, I noticed my new bracelet and

said aloud, “Grateful. Yes, I am so grateful to God for this amazing life He gave me.” Then it hit me...

The attitude indicator shows the pilot where the plane is relative to the Earth’s horizon. The altimeter shows the pilot the plane’s elevation. I couldn’t wait to write you and share my heart concerning this little revelation!

You see, life operates on principles similar to that airplane.

- My attitude is a good indicator of how I appear to others.
- My attitude affects my altitude—it can lift me up or bring me down. When we are genuinely grateful, we shine!
- When we look good, we feel good, happy, and in tune.

Now, maybe you’re saying, “Well, that’s easy for you to say. I’ve had a hard life.” I would respond that most of us have had a hard life. But the ones who succeed are the ones who embrace the pain and thank God for each breath. Why?

Because gratitude is the attitude that determines your altitude!

Being grateful is a game changer; it elevates you right out of the hole you’ve dug for yourself with

the shovel of self-pity.

If my words can't exhume you from a rut of dejection, [please take 10 minutes to watch this video after you finish reading this.](#)

Many of you have purchased [Wholetones](#) and it has made a difference in your life. I am thankful for you. I am so thankful for you that I also pour out of my heart these words that are infused with love to encourage you to live a legendary life.

I often dream that I could create a button that when I pushed it, would fix everybody's problems. But then, I awaken to the knowledge that doing so would only enable entitlement. It wouldn't make you a better person, but would only remove from you the very device necessary for you to become a better person on your own—trials. It is only when one overcomes trials with a grateful heart that radical and permanent transformation is achieved.

“Praise the LORD, my soul! Praise his holy name, all that is within me. Praise the LORD, my soul, and never forget all the good he has done: He is the one who forgives all your sins, the one who heals all your diseases, the one who rescues your life from the pit, the one who crowns you with mercy and compassion, the one who fills your life with blessings so that you become young again like an eagle.”  
Psalm 103: 1-5 [By David]



An accomplished author, speaker, and well-known musician, Michael S. Tyrrell began developing Wholetones: The Healing Frequency Music Project after a visit to Israel yielded an unexpected but divine event. Michael met a piano player who gave him what appeared to be a simple manuscript. Inside that manuscript was the music that would change Michael's life forever. As he began working with it, he discovered 7 hidden musical frequencies that had the power to heal the mind, body, and spirit. This is what makes Wholetones unlike anything else of its kind. Since its release in November, 2014, thousands of people are feeling better than they have in years and they've flooded Michael with letters to say Wholetones is the reason. Please visit [wholetones.com](http://wholetones.com) to see the whole story and discover the secret to wellness through music.



# Omega-3 Fish Oil Supplement Review

TESTING AND FISH OIL  
RANKING



**T**aking omega-3 supplements can help reduce inflammation in your body. Mostly comprised of fish oils, the important components of omega-3 supplements are EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) and are more widely known as fatty acids. These fatty acids from fish oil are polyunsaturated (“good” fat) known to:

- Lower the risk of heart disease and cholesterol levels
- Produce prostaglandins to treat and lower your risk of rheumatoid arthritis
- Help depression, bipolar disorder and schizophrenia
- Reduce the risk of premature delivery, as well as encourage fetus development
- Treat menstrual cramp flare-ups
- Decrease symptoms of bowel disease (Crohn’s, IBS, ulcerative colitis)
- Assist Lupus patients

- Decrease chance of developing disease of retina
- Reduce the risk of the colon/rectum and breast
- Prevent weight loss during chemotherapy

## **Role of Omega-3 on Mental Health Depression**

The EPA content of omega-3s has shown promise in treating major depressive disorder. Depression can be characterized by low levels of omega-3 in blood cells. An EPA-rich supplement can restore omega-3s in the blood thereby lifting episodes of depression. It is thought that omega-3s increase white matter in the brain in the areas associated with depression. To lift your mood and your spirit, take 4 g of omega-3 a day that provides 1,600 mg of EPA and 800 mg DHA.

## **Suicide**

An analysis of blood samples from 1,600 military personnel showed those who committed suicide had, prior to suicide, significantly lower blood levels of DHA than personnel who did not commit suicide. DHA is the most abundant fatty acid in the human brain, and is clearly critical to mood, memory, and other mental functions.

## **Anxiety**

A study of U.S. medical students revealed those receiving omega-3 showed a 20 percent reduction in anxiety compared to the placebo group. Treated students also had a 14% decrease in a marker of inflammation. The study intentionally used concentrated fish oil high in EPA because of its role in reducing the level of cytokines in the body, compounds that promote inflammation. Reducing cytokines is a big plus in dealing with the overall health of people at risk for many diseases...and now anxiety.

## **Stress**

Omega-3 oils keep stress hormones under control while also regulating adrenaline. Reduce heart rate and nervous tension with 9 g of omega-3 daily.

## **Alzheimer's**

Mood and mental function are inextricably linked with depression impairing cognitive ability. In fact, Alzheimer's disease and other dementias often first appear as changes in outlook and personality. Not surprisingly, deficiency of omega-3 fatty acids has also been implicated in cognitive impairment, whereas diets supplemented with omega-3 fatty acids appear to benefit cognitive function. Further studies suggest that dietary supplementation with DHA may protect against the type of brain damage seen with Alzheimer's disease. Some scientists also believe that a diet rich in omega-3 fatty acids may help prevent Alzheimer's disease and other dementias and that they may be of modest benefit in some patients with mild Alzheimer's disease.

## **Testing and Fish Oil Ranking**

With the growing importance of omega-3s, scores of supplements now fill the shelves of stores that sell natural products. Choice is great, but it can also be confusing.

Because toxins such as mercury, dioxins

and PCB are possible contaminants in fish, which naturally contain these important fatty acids, the regulation and testing of omega-3 quality is very important.

Furthermore, rancid fish oil can produce bad breath and reduce effectiveness. If the fish oil is encapsulated, absorption may be hampered due to poor breakdown, and with hindered absorption its effectiveness is compromised.

An independent testing lab reviewed and examined a large number of omega-3 fatty acid supplements (see below). Two products, in particular, failed to label correct amounts of EPA and DHA. These omega-3 supplements would NOT be recommended for consumption:

- Ocean Blue® Minicaps® Omega-3
- Metagenics® OmegaGenics™

Below are categories of tested omega-3 supplements according to concentration. Follow manufacturer guidelines for appropriate dosage. Please note that if you adjust the dosage, you can achieve the same levels of EPA and DHA from high and low concentration supplements.

These categories should help you compare the cost of products and determine those that offer the best value.

- Fish oil in softgels are the least expensive way to get good-quality EPA and DHA. The cost per 100 mg of these omega-3's can be as little as 1 cent from a product like Kirkland Signature Natural Fish Oil 1000 mg, or just 2 or 3 cents from several other brands.
- Fish oil liquids, e.g. from bottles, can also be relatively inexpensive -- as little as 2 cents per 100 mg from Vitamin Shoppe Omega 3 Fish Oil.
- Enteric-coated softgels, intended to deliver their contents in the small intestine rather than the stomach to

help avoid “fish burp,” typically cost a bit more than regular softgels, but we found one that met all quality standards (including a check that they enteric coating worked) and costs only 1 cent per 100 mg Simply Right (Sam’s Club) Triple Strength Fish Oil.

We are happy to offer a very high omega-3 concentrated supplement that comes recommended by the independent testing lab:

- Minami Nutrition MorDHA OMEGA-3-I.Q. High DHA Formula + Lemon Flavor (64 mg EPA and 465 mg DHA per softgel, 1 per day)

Only 1 softgel per day and you have the perfect combination of omega-3 and omega-6 fatty acids! <http://www.homecuresthatwork.com/omega3>

### Concentrations of EPA + DPA in Tested Fish oil/Omega-3 Supplements

<b>Very High (65-79%)</b>	<b>High (45-55%)</b>	<b>Moderate (26-34%)</b>	<b>Low (17-23%)</b>	<b>Very Low (8%)</b>
Life Extension® Super Omega-3	Ariix Omega-Q	Barlean’s Organic Oils Fresh Catch® Fish Oil	New Chapter® Wholemega®	Omega Infusion Shot - Delicious Peach Mango
Minami Nutrition MorDHA OMEGA-3-I.Q. High DHA Formula + Lemon Flavor	Centrum® ProNutrients® Omega 3	CVS/pharmacy Fish Oil	Pure Alaska Omega™ Omega-3	Dr. Mercola® Krill Oil
NutriGold® Triple Strength Omega-3 Gold	Nordic Naturals® Ultimate Omega®	Finest Nutrition Fish Oil	Nature Made® (Burp- less) Fish Oil	NutriGold® Double Strength Krill Gold
Ocean Blue® Minicaps® Omega-3	NutriGold® Triglyceride Omega-3 Gold	Kirkland Signature Natural Fish Oil 1000 mg	Up & Up (Target) Adult Gummy Omega-3 Vitamin	

<b>OmegaBrite®</b>	<b>Solgar® Omega 3</b>	<b>NOW® Omega-3</b>	<p>Sources:  <a href="http://www.nature.com/mp/journal/v17/n12/full/mp2012116a.html">http://www.nature.com/mp/journal/v17/n12/full/mp2012116a.html</a>  <a href="http://www.ncbi.nlm.nih.gov/pubmed/21903029">http://www.ncbi.nlm.nih.gov/pubmed/21903029</a>  <a href="http://www.ncbi.nlm.nih.gov/pubmed/21784145">http://www.ncbi.nlm.nih.gov/pubmed/21784145</a>  Cole GM, Frautschy SA. Docosahexaenoic acid protects from amyloid and dendritic pathology in an Alzheimer's disease mouse model. Nutr Health. 2006;18(3):249-59.  Saugstad LF. Are neurodegenerative disorder and psychotic manifestations avoidable brain dysfunctions with adequate dietary omega-3? Nutr Health. 2006;18(2):89-101.  Pinilla FG. The impact of diet and exercise on brain plasticity and disease. Nutr Health. 2006;18(3):277-84.  Cole GM, Frautschy SA. Docosahexaenoic acid protects from amyloid and dendritic pathology in an Alzheimer's disease mouse model. Nutr Health. 2006;18(3):249-59.  Saugstad LF. Are neurodegenerative disorder and psychotic manifestations avoidable brain dysfunctions with adequate dietary omega-3? Nutr Health. 2006;18(2):89-101.</p>
<b>Nature's Bounty® Mini Fish Oil 1290 mg</b>	<b>Trader Joe's® Omega-3</b>	<b>Nutrifii Omega-Q</b>	
<b>Vital Oils 1000</b>	<b>USANA® Biomega</b>	<b>Rexall® Omega-3</b>	
<b>Dr. Sears' Private Label Primal Force Ultra Omeganol</b>	<b>Vitacost® Mega EFA® - Strawberry Flavor</b>	<b>TwinLab® Omega-3</b>	
	<b>GNC Triple Strength Fish Oil 1500</b>	<b>Xtendlife Omega 3/ DHA Fish Oil Premium</b>	
	<b>Natural Factors Maximum Triple Strength RxOmega-3</b>	<b>21st Century® Fish Oil</b>	
	<b>Simply Right (Sam's Club) Triple Strength Fish Oil</b>	<b>The Vitamin Shoppe® Omega 3 Fish Oil</b>	
		<b>Schiff MegaRed® Omega-3 Krill Oil</b>	
		<b>Lane Labs EcoOmega</b>	



THREE STEPS TO OUTSMART  
YOUR CRAVINGS



by Christopher  
Allison

# HOW TO BALANCE FOOD CRAVINGS



**W**e've all heard a young child demand, "I want it! I want it! I want it!" We may chuckle and feel for the child's parent who must deal with their child's outburst. But what happens when an adult has a voice inside that starts insisting, "I want it! I want it! I want it!"?

Cravings are a challenge that many of us have experienced. Cravings may show up as a relentless calling from a certain food that consistently beckons you to be eaten. Or maybe you just find yourself standing in front of the open refrigerator looking for something to fill an inner hole. This craving often runs contrary to what you know is good for you. Yet... there it is. Somehow, you just want it. But if a craving is there, what does it mean and what are you to do about it?

In order to win over the temptation to eat foods that aren't that healthy, it's helpful

to understand where your cravings come from and what you can do to create balance and alleviate a craving.

## **Possible Cause of Food Cravings Is Imbalance**

Some would say cravings are a sign of your body's need for certain nutrients. They say you should give in to those cravings to rebalance and give your body what it "needs."

There is some truth to the idea that if you are craving a food, then your body needs something to rebalance. Certainly some food or nutritional supplement would likely help fill the void - temporarily. Unfortunately though, the craving itself comes from an imbalance. For true healing and freedom from cravings, we will need to address the underlying issue that created the imbalance.

For example, if a person is craving chocolate and they go to the internet, they will find that chocolate has magnesium in it. So, they think they need to eat chocolate to satisfy their need for magnesium. Whether they have a magnesium deficiency or not

this becomes their justification for satisfying their chocolate craving. But more than likely, something in their body is out of balance.

You want to ask yourself, “If I am craving something, what part of my life is out of balance?”

### **Role of Comfort Foods**

You have probably heard the term comfort foods. The term is used for a reason. These foods often have nutrients that affect neurochemicals that help create a feeling of safety or warmth. Comfort foods can increase serotonin or dopamine--two neurotransmitters that help us feel satisfied and happy.

It may be comfort foods that keep enticing you, reminding you of the happy times you’ve enjoyed with that food in the past. There is definitely an emotional aspect of food that not only changes brain chemistry, but reinvigorates positive memories.

### **How to Cure Cravings**

In searching for answers why you crave, ask yourself the following questions:

- Have I been eating to support my body’s energy needs?
- Have I been eating foods that support my body’s nutritional needs?
- Have I been eating foods that support the building blocks of my body?

You need to feed your body properly for it to perform optimally. If you don’t, you may get away with it for a while, but you’re only surviving on youth and hormones. Eventually, overdoing it backfires and you’ll be unable to maintain health and balance. At that point you start to crave sugar, carbs, salt, certain fats and other comfort foods for a quick fix.

### **Physical and Emotional Root Causes**

Instead of giving in to temptation, ask yourself, “What is going on in my life?”

- Am I going through a difficult time in general?
- Am I stressed about family, job, finances or some other major issue?
- Am I sleeping the amount my body truly needs, or just eking by?
- Have I been skipping meals or waiting too long between meals?
- Am I moving, starting a new job, getting married, divorced, or going through some other major transition?

Underneath any craving is a bodily system that is calling out in need of some support. Maybe a food fix can help temporarily - but it is only going to be temporary. If your life is out of balance, your body will be out of balance. Then your body’s craving is telling you that something needs to change in your life if you are to be healthy.

### **Temporary Fixes**

In some cases, you may be going through a short-term, temporary life event that requires supporting the body differently. This short-term requirement changes your body’s need for different foods, but isn’t really a craving.

For instance, if you are perspiring and working hard packing for a move, the short-term need for salt and carbohydrates is real. You have lost electrolytes and need energy from food to compensate for all the energy used up moving stuff around. It is important to remember that when you are done with the move your body’s need for increased carbohydrates is over. At that point, if you continue to supply excess carbohydrates you will create an imbalance of insulin and then cortisol. The continued increased consumption of carbohydrates will start a craving for sugar and is a very common pattern for people.

In another example, during longer periods of stress, the need arises for protein and fat. The protein compensates for the catabolic tendencies of the stress hormones. Plus, it meets the need for an additional source of slow-burning energy from fats. If you are not getting additional protein and fat, you will tend to catabolize muscles and start craving fast-burning carbs and sugar. This will inevitably add to your fat mass, produce insulin resistance and begin a real craving based on the imbalance of carbohydrates.

Our bodies need a dietary change based on emotional challenges and physical exertion, and even the climate we live in. An example of climate-based needs may be the difference between Inuit Eskimos and Amazonian natives. The Eskimo diet of lots fish and whale blubber would be disastrous for an Amazonian native. And of course the high plant and fruit based diet of the native Amazonian would be disastrous to the Inuit.

### **Pass on the Cravings**

If you remain mindful of your body's balances and how your life experiences are affecting you, then you can support yourself with the food you need to maintain balance. And when you're in balance, you won't crave food. You change your foods to meet the needs of your environment.

If you reach for comfort foods or commercially prepared foods, then your body will respond with cravings. These cravings are a result of the influx of chemicals and imbalanced insulin and nutrition. Given the opportunity, your body creates a cycle of metabolic distress from improper nutrition. Then, you'll begin to hear those foods you shouldn't eat calling to you from the pantry or freezer. They may even "drive" you to the grocery store.

If you continue to give in to the calling from

an imbalanced diet, the call will get stronger and stronger and harder to ignore.

If you support your body's needs, the cravings disappear. Healthy food tastes great and you'll live a longer, happier, healthier life.

So what should you do?

### **Three Steps to Outsmart Your Cravings**

First, eat to supply energy to your body when it needs it. If you don't, you'll respond with an adrenalin surge. The extra adrenaline:

- Forces a release of stored energy as sugars, proteins and fats
- Leads to insulin swings
- Causes tiredness in the afternoon
- Disrupts sleeping patterns (difficulty getting to sleep and staying asleep)

If you want to maintain a strong body as years go by, then eat for your body's structural needs. Your body is made of protein, structural fats and minerals. If you focus on eating a nutrient-dense diet full of these compounds, then you'll have stable energy and fewer cravings.

Second, to supply your body with energy, reset the fight or flight response through meditation. My favorite is the body scan meditation process. Another individual guides you through focusing on differing parts of your body from the head to toes. Both UCLA and Harvard have found this leads to better autonomic system integration, less stress, and fewer cortisol, blood sugar and insulin swings. By bringing your attention and awareness to different regions of the body, you reduce anxiety and depression. This practice is particularly good for people who have a hard time clearing their minds. The guided meditation allows you to focus and receive all the benefits of renewed energy.

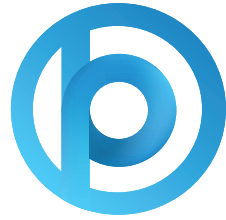
Third, if you find you're in a stressful situation, remember to breathe from your belly. As you do, not only will you get more oxygen, but you will also massage an important nerve called the vagal nerve. The vagal nerve supports your digestion and balances your fight or flight response. As a result, cortisol exposure is reduced as well as cravings as time goes on.

Following the above steps and guidelines, you can end those destructive cravings and set your body on a path of health and balance.



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.





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