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Are E-cigarettes Safe?

by Dr. Scott Saunders, M.D.

Arsenic—Like it or Not, You're Getting a Daily Dose!

Vitamin D: Effectiveness, Benefits and Safety

Natural Remedies for Healthy Pets

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There's a good chance you've seen people "lighting up" an e-cigarette. What looks like a small electronic cigarette still produces a puff, but it is odorless. These electronic nicotine delivery systems are gaining popularity, with stores popping up in strip malls across America. But there is widespread disagreement about their safety or any benefits they may have. Dr. Saunders separates fact from fiction and addresses a few misconceptions you might have about electronic cigarettes.



If nicotine doesn't have you worried, then arsenic should. This heavy metal has become pervasive in our diets. You are exposed to this toxin through municipal water supplies used for drinking and cooking, as well as through common foods, such as rice. The potential for harm and health risks from overexposure to arsenic includes lung, kidney, skin and bladder cancers. Aside from eating fewer foods containing arsenic, Rob Fischer provides a few tricks you can use to significantly lower arsenic levels in your body and food.

One of the most misunderstood subjects in the world of dog ownership has to be that of vaccinations. Most pet owners rely on their veterinarians to provide the information needed to make the correct decision with regards to this very important subject. As a naturopathic doctor and a breeder of Weimaraners, Amanda Box can educate you on pet immunology and what every pet parent needs to know about vaccines. She also knows dozens of supplements, herbs and nutritional theories to help keep your pet happy and healthy for years to come. She's come up with a long list of tried-and-true holistic tips that have worked for her pets and will for yours.

There is no doubt that our bodies need vitamin D. It helps regulate the absorption of calcium and phosphorus in our bones, helps our cells communicate with each other, and helps strengthen our immune system. But can vitamin D supplementation really offer additional health benefits? The findings will probably come as a surprise to people who have held skeptical views about the effectiveness of vitamin D...

If you are looking for some peace and quiet in the stressful world today, then you might find some underappreciated strength in humility. Humility doesn't top the list of popular virtues these days, but it may lead you where you want to go...

Humbly yours,

Cheryl Ravey
Editor, *Home Cures That Work*



ARE E-CIGARETTES SAFE?

Have you ever wondered what's in that smoke?
Did you wonder how it might affect you?

by Dr. Scott Saunders, M.D.

Picture the following scene: A young man with a scraggly beard and dreadlocks comes out of a smoke shop on Main Street. He's holding a small electronic device to his mouth, sucks on it and a light goes on at the tip. He then exhales from his nose and mouth what looks like smoke, which swirls around his head. This man is "vaping," or smoking an electronic cigarette.

Have you ever wondered what's in that smoke? Perhaps someone nearby was using such a device and the smoke blew in your face. Did you wonder how it might affect you?

Electronic cigarettes, or e-cigs, have gone from an oddity used by hippies to mainstream. We now see them everywhere. Even Walmart has a variety of them on the shelf! Besides the requirement that purchasers and users be over 18, electronic cigarettes aren't regulated by the FDA. Nor is there any state regulation of e-cigs.

Electronic cigarettes contain nicotine suspended in a fluid that includes water, propylene glycol, and flavors. A battery-operated heater vaporizes the liquid in an e-cig, allowing the smoker to breathe it into the lungs.

The stated purpose of these electronic devices is an alternative to smoking cigarettes. E-cigs contain varying levels of nicotine, mostly around one-tenth to one-half of the level of nicotine found in tobacco cigarettes. At first, they were only found in smoke shops, produced by local manufacturers. But now, e-cigs have become big business, and tobacco companies are proud to produce them.

E-Cigarette Statistics [1]	Data
Percent of people using e-cigarettes that quit smoking within 6 months	29 %
Total number of smokers in the U.S.	45,000,000
Total number of e-cigarette smokers	2,750,000
Percent of U.S. adults who have tried e-cigarettes	6.7 %
Percent of high school students who have tried e-cigarettes	12 %
Percent of U.S. adults who are using e-cigarettes	3.7 %
Sales in 2015	\$2,875,000,000

Many websites, such as those put out by the California Department of Public Health,[2] Consumer Reports,[3] and even the American Lung Association[4] contain little more than propaganda demonizing the devices in order to garner public support for FDA regulation. Rather than science, they use fearmongering. Most news agencies are also reporting on fears instead of facts. So, let's look at the facts in more detail.

The Food and Drug Administration (FDA) keeps statistics on health-related issues with the devices, reporting about 70 complaints on e-cigarettes between the end of 2006 and November 2013, including:

- 32 respiratory problems, some related to second-hand smoke exposure

- 12 hospitalizations involving blood-pressure abnormalities, disorientation, pneumonia, seizures, and other health problems, and two reported deaths
- 10 heart problems, including heart-rhythm abnormalities and congestive heart failure
- 10 allergic reactions, including some with rashes or related to nicotine toxicity
- 4 exploding e-cigarettes, three reportedly involving burns[5]

These connections may not be causative and are better statistics than any drug on the market, including over-the-counter drugs. Even so, with only about ten "minor" complaints per year out of over 2.5 million users, the FDA has not seen fit to regulate the industry... until now.

There is a new ruling within the FDA that

they can regulate these products. Beginning on August 8th, 2016 the industry will have two years to show proof that they are safe and better than tobacco products.

Announcing the new regulations for e-cigarettes recently, the Food and Drug Administration claimed, "FDA is taking this action to reduce the death and disease from tobacco products." Though they often contain some nicotine, e-cigs aren't really a tobacco product. But are e-cigs safe?

What about EXPLODING e-cigs?

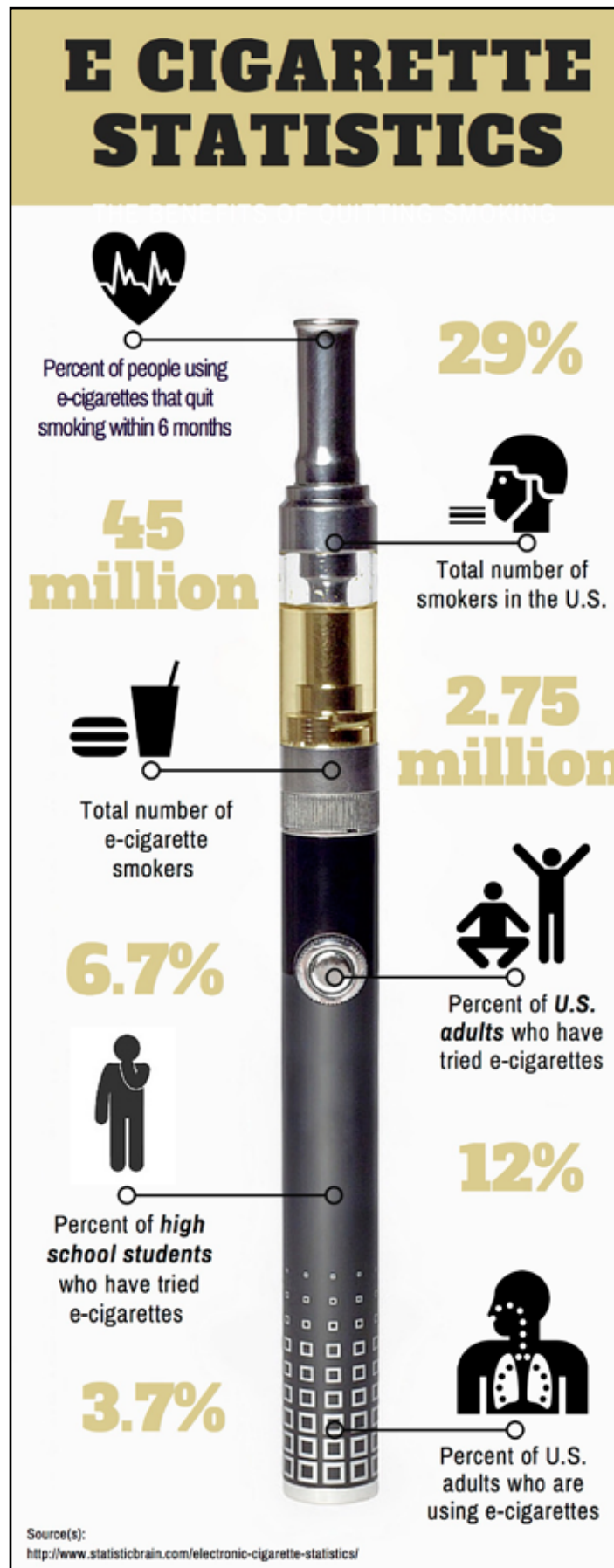
The U.S. Consumer Product Safety Commission (CPSC) maintains a National Injury Information Clearinghouse database that has 29 reports of fires and serious injuries caused by exploding e-cigarettes. It isn't the device itself, or the fluid or vapor that explodes. It's the batteries. Lithium-ion batteries are known to explode if not handled properly. Some who use the devices use the wrong charger, or take out the battery and create a short circuit. Some of them have exploded during use from a malfunctioning device, causing burns to the face.

A report from the U.S. Fire Administration found 25 e-cigarette injuries between 2009 and 2014.[6] It noted that the shape of the e-cigarette causes the exploding battery to eject flames out the front and back openings, which may cause facial burns.

The explosions can be avoided if e-cig smokers use and maintain the batteries properly. Use the right charger and tape the contacts if you remove the battery. Understanding this could protect people from most harm and injury.

Can you get too much nicotine?

Nicotine is a common chemical found in plants. Gardeners have used home-made mixtures of tobacco and water as a natural pesticide to kill insect pests.



The highest concentrations of nicotine are found in the family Solanaceae (nightshades). It takes about 100g of nightshade fruit (tomato, potato, pepper, eggplant) to get one microgram of nicotine. By contrast, tobacco, also a nightshade, contains 0.5 to 4 milligrams of nicotine per 100mg of dried leaves.[7]

Substance	Nicotine
Tomato	0.05 mg/g
Eggplant	0.1 mg/g
Potato	0.015 mg/g
Tobacco leaves	10mg/g
Cigarette	5-20 mg/cigarette
E-cigarette	Variable: 0 - 0.215mg/500ml puff

It would take about ten puffs on a high-dose e-cigarette to get the equivalent amount of nicotine as found in one tobacco cigarette. The advantage of an e-cig is controlling the dosage of nicotine in the “vaper” by lowering the level of nicotine in the refill cartridge.

In high concentrations nicotine is extremely toxic. It’s not a normal part of the body and affects many receptors. Nicotine:

- Increases adrenaline
- Stimulates muscles, and acetylcholine receptors in the brain (at first)

- Produces a calming effect over time as tolerance develops

Do e-cigs cause cancer?

Many have reported cancer-causing agents in e-cigarettes. However, in reality, all poisons are based on dose. A very high dose of water, oxygen, or any food is poison if dosed high enough. An independent study in New Zealand showed that e-cigs contain tiny amounts of NITROSAMINES, a substance found in tobacco linked to cancer.[8]

This translates to electronic cigarettes containing LESS of these cancer-causing nitrosamines than tobacco cigarettes and about the same as the FDA-approved nicotine patch.

Product	Nitrosamines
Electronic cigarettes	9
Camel	7450
Skoal	9290
Marlboro	11190

The presence of a substance does not make it toxic, only the dose. Other substances, such as formaldehyde, can also be found in very small amounts in e-cigarettes. But none of these tiny doses will be toxic, nor are they likely to contribute significantly to cancer. However, in spite of this, some people have allergic or other reactions to the presence of these chemicals. As with any sensitivity, these people should stay away from e-cigarettes.

Do people start with vaping, and move to smoking?

Many have feared that vaping could become a “gateway” for youth to begin smoking. It is considered a “safer” alternative, and has even been touted in some media as “good!”

WebMD reported on one study that found this is not a real problem. "Use of e-cigarettes by people who don't smoke is very rare. Furthermore, there is no evidence to support arguments that e-cigarettes are a gateway to smoking tobacco." [9] There may be several reasons for this. One such reason is those who take up e-cigs may choose it instead of smoking. This is actually better because they aren't getting all the tars and chemicals from the tobacco smoke.

What about second-hand smoke?

A study reported by the FDA concluded second-hand smoke from e-cigarettes contained negligible quantities of nicotine and other substances. Once the vapor is breathed out, the amount of substances, compared to the original vapor, is very low. Having said that, some people who are reactive to the substances found in e-cigs should avoid the vapor. Chemical sensitivities of the body may cause reactions to any amount of a chemical. Aside from sensitivities, it would not be possible to get enough nicotine, or other toxins by breathing second-hand smoke to make them dangerous. [10]

Do e-cigarettes work for those who want to quit smoking cigarettes?

As noted above, up to 30% of people who switch to e-cigs are able to quit their tobacco habit. Replacing smoking with an e-cig habit resolves a number of issues including:

- Return of the sense of smell
- Return of the sense of taste
- More energy
- Improved circulation
- Less irritable
- Improved digestion
- Improved sleep

Besides this, vaping is less expensive. Cost may be the primary reason people actually switch from smoking to e-cigs. [11]

As an alternative to smoking cigarettes, vaping is an improvement. However, vaping still isn't healthy and I wouldn't recommend people take it up as a habit. Neither does the FDA. The medical establishment running a smear campaign against vaping isn't helpful, since the switch to vaping would significantly lower the risk of problems normally associated with smoking.

Sources: [1] <http://www.statisticbrain.com/electronic-cigarette-statistics/> [2] http://stillblowingsmoke.org/?gclid=CjwKEAjwku7BRCf64DNtfDupgoSJAA_0LOogaa7aGiQM1gNhD6YmPYWYuSbK7LVdSIYOo_SeKtw5hoC90_w_wcB#health [3] <http://www.consumerreports.org/cro/health/e-cigarette-guide/index.htm> [4] <http://www.lung.org/stop-smoking/smoking-facts/e-cigarettes-and-lung-health.html?referrer=https://www.google.com/> [5] <http://www.consumerreports.org/cro/news/2014/03/biggest-e-cigarette-complaints/index.htm> [6] <http://www.nbcnews.com/business/consumer/what-s-causing-some-e-cigarette-batteries-explode-n533516> [7] <http://www.sciencedirect.com/science/article/pii/S187853521000211X> [8] Safety Report on the Ruyan® e-cigarette Cartridge and Inhaled Aerosol by Dr. Murray Laugesen - Health New Zealand - October 30th, 2008 Synopsis - Full Report - Source: Health New Zealand [9] <http://www.webmd.com/smoking-cessation/news/20140730/benefits-of-e-cigarettes-may-outweigh-harms-study-finds> [10] <http://www.sciencedirect.com/science/article/pii/S187853521000211X> [11] <http://reason.com/archives/2016/05/11/the-fdas-deadly-e-cigarette-regulations>



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Are You Eating **ARSENIC**

— In Your Food?

by Rob Fischer

If you enjoy British suspense fiction, you probably associate arsenic with an Agatha Christie murder mystery. And while this article is anything but fiction, it still contains a fair amount of mystery and intrigue!

Why so much mystery surrounding arsenic? We'll get to that, but first a little background.

Arsenic is a heavy metal occurring naturally in soil, rocks, water, and air. Arsenic is also introduced to the environment through mining, pesticides and other industrial applications.

There are two categories of arsenic: organic and inorganic. While inorganic arsenic is usually associated with long-term health issues, both forms of arsenic are found together in soil and ground water. And that is how arsenic finds its way into our food.

When arsenic is present in the soil or ground water, plants that are growing in that soil and

water take it up. As a result, anything that is grown can potentially contain arsenic. Rice is particularly prone to absorb arsenic due to the fact that it grows in standing water. Ground water leeches arsenic from the soil and rocks through erosion and often contains higher levels of this heavy metal and is more easily absorbed by plants. But there are other key factors too.

For instance, due to the former use of arsenic-based pesticides in the US, rice grown here typically has higher concentrations of arsenic than rice grown in Southeast Asia or India. Many of our present day rice fields in the South were once cotton fields where arsenic-based pesticides were used to kill the boll weevil.

Another factor is that arsenic settles in the germ of a grain. Because of this, brown rice (that still contains the germ) has higher levels of arsenic than white rice. Fruit juices also present a known source of higher levels of arsenic.

The above example of brown rice begins to reveal some of the intrigue and mystery

around arsenic. While whole grains are typically healthier for us than refined grains, if we're just looking at arsenic levels, the opposite could be true!

Also, while most of us would choose organic over non-organic grown vegetables, in the case of arsenic, unfortunately there is no difference. Organically grown foods can contain just as much arsenic as non-organically grown foods.[1]

Why Is Arsenic Dangerous?

Arsenic was the favorite poison employed by Agatha Christie murderers, and for good reason. High doses of arsenic are deadly and long-term exposure to this heavy metal is known to cause lung, kidney, skin and bladder cancers.[2]

Lower levels of arsenic can cause nausea and vomiting and upset the production of red and white blood cells in the body. Arsenic can bring on abnormal heart rhythms, cause damage to blood vessels, and cause a pins-and-needles sensation in the hands and feet.[3]

Arsenic may also cause problems with pregnancy, such as miscarriage and low birth weight and affect brain development in young children.[4] A 2004 study showed that children had lower IQ scores who were exposed to arsenic in drinking water at levels above 5 ppb. [5]

“AS MANY AS 56 MILLION AMERICANS LIVING IN 25 STATES DRINK WATER WITH ARSENIC AT UNSAFE LEVELS.”

~ THE NATURAL RESOURCES DEFENSE COUNCIL

Arsenic, like other heavy metals, remains in the soil for many years after its introduction

through natural or human means. Due to its chemical makeup, plants readily absorb it as though it were a nutrient.[6] Arsenic hangs around in our bodies too. It settles in the keratin our bodies use to create nails and hair.[7]

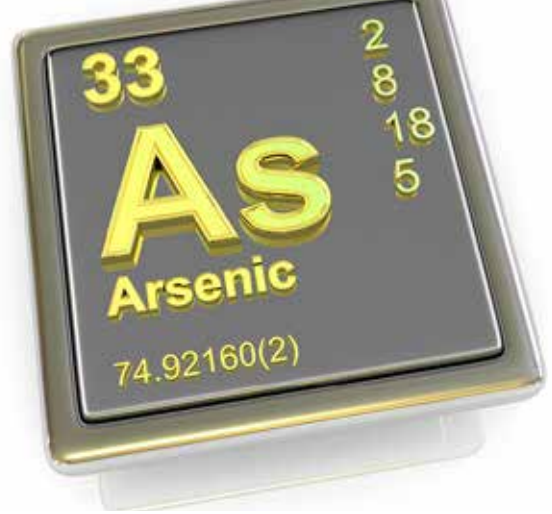
Another thing that makes arsenic dangerous is the ease with which we consume it. A recent study of 850 people by Dartmouth University revealed that food is likely the main source of arsenic intake.[8] Virtually every plant can contain arsenic. Ironically, the leafy green vegetables and cruciferous vegetables that are so good for us nutritionally hold higher concentrations of the heavy metal than other vegetables.[9]

Unregulated private water wells are also a common source of arsenic. Dark-meat fish like tuna, mackerel, salmon, and sardines may also contain higher levels of the arsenic toxin. Chicken and poultry are often given drugs that contain arsenic. This leads to higher levels of arsenic in the meat.[10]

While it is believed that low levels of arsenic in foods don't cause immediate health problems, the truth is, we just don't know. Also, while health problems are usually linked to inorganic arsenic, wherever inorganic arsenic is found, organic arsenic seems to be present also. So the jury is out on that verdict as well. You can see now why there's so much mystery around arsenic.

Here's yet another intriguing tidbit: "The Environmental Protection Agency assumes there is actually no 'safe' level of exposure to inorganic arsenic." [11] Yet arsenic has been used in very small amounts in medicine for at least 2000 years.[12]

As a homeopathic remedy, arsenic has been used to treat a wide variety of issues from digestive disorders to allergies to depression. [13] In fact, although considered a carcinogen,



arsenic is effective in treating some forms of leukemia.[14] Clinical trials are underway to consider using arsenic as a first-line of treatment against leukemia where chemotherapy (also a known toxin) has been used in the past.

It is wise to note, however, that most present cases of arsenic overdose occur when taking homeopathic remedies. If people followed dosage recommendations they'd be okay, but many think that more is better and poisoning occurs.

How Much Arsenic Is Dangerous?

Experts estimate that we ingest between 12 and 50 micrograms of arsenic per day through our food and water.[15] But we know so little about arsenic that the trace amounts found in our food may even be beneficial. If so, we still don't know its function. Ironically, WebMD lists 12-25mcg/day as a suggested dietary requirement.[16]

If we can trust that standard, begin looking at your diet. Since rice is one of the culprits with higher levels of arsenic, let's look at a few samples.[17]

- Lundberg California white basmati, the lowest US grown rice comes in at just 1.3-1.6 mcg per ¼ cup uncooked.
- Carolina whole grain brown rice on the other hand boasts 6.4-8.7 mcg of arsenic per ¼ cup uncooked.
- Archer Farms organic basmati (India) contains 1.3-2.2 mcg per ¼ cup uncooked.

Clearly, it matters where the rice is grown. Check out Consumer Reports and search "Arsenic in your food" for a more complete list of rice and other foods and their levels of arsenic. At the end of this article, we've provided a recipe for reducing the levels of arsenic in your rice.

While the FDA has established standards for allowable levels of arsenic in public water

systems (10 ppb), no such standards have been set for food. However, in public water systems where fluoride is added, it is commonly contaminated with arsenic as well.[18]

The reason for this is that the added fluoride is not pharmaceutical grade, but rather diluted fluorosilic acid, which is a by-product of the fertilizer industry! As a result, "the Natural Resources Defense Council estimates that as many as 56 million Americans living in 25 states drink water with arsenic at unsafe levels." [19] No wonder many are up in arms about the fluoridation of public water.

The FDA does monitor the arsenic levels in certain foods and continues to study its impact on our health. But so far they have not established guidelines for allowable levels of arsenic in foods.

What Should You Do to Minimize Your Risk for Arsenic Poisoning?[20]

- If you live on a private well, have it tested for arsenic. Public water is already tested and regulated for contamination.
- If you are on public water, obtain a water quality report from the EPA. If arsenic is present, purchase a high-quality water filtration system. Either carbon-based or reverse osmosis systems work well.
- Cut back on foods known to harbor higher amounts of arsenic. Some of these include: rice, fruit juices (especially apple, grape and

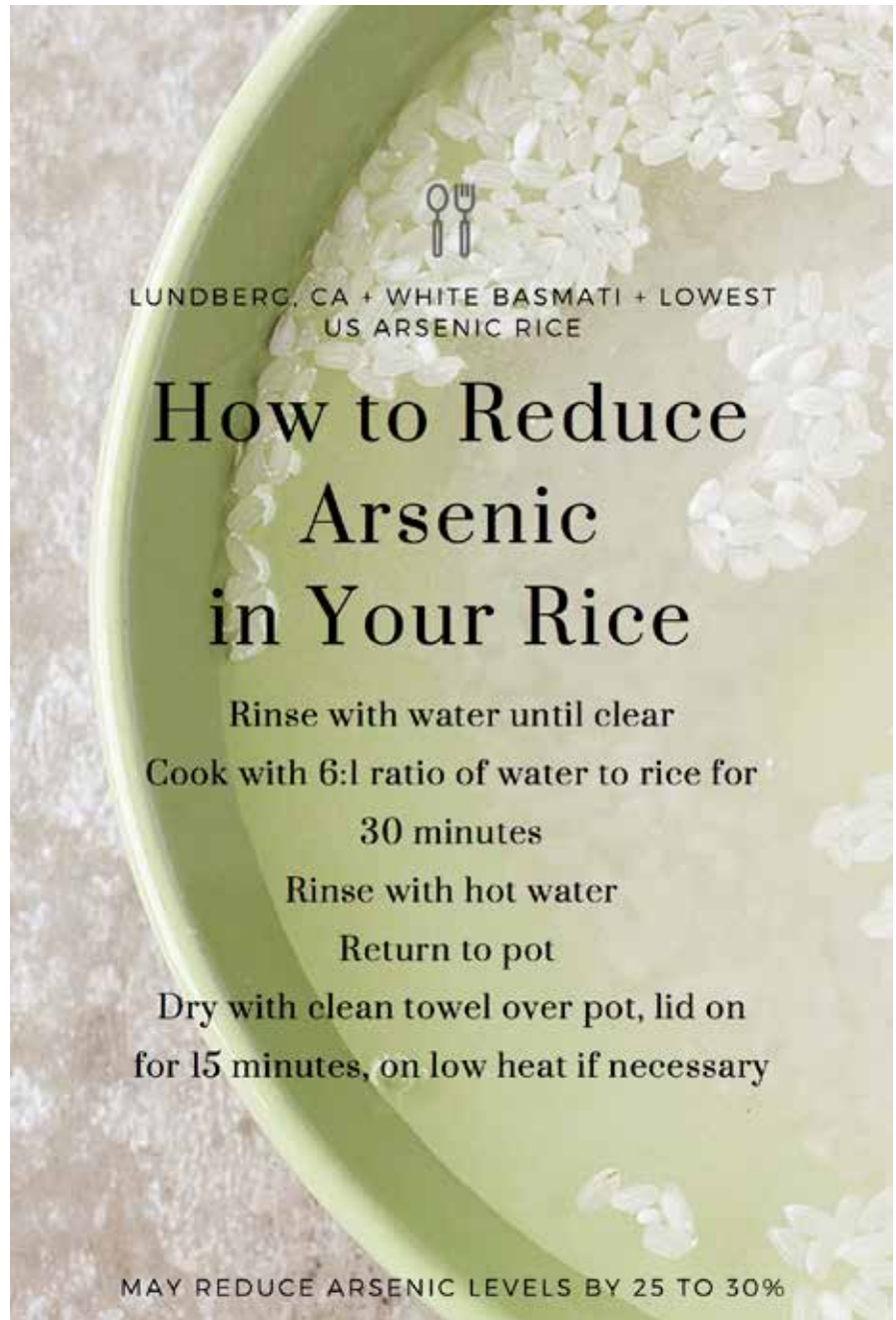
pear), cruciferous and leafy green vegetables, seafood, non-organic poultry, wine and beer. There's no need to remove these foods from your diet, just eat them less frequently.

- Rinse rice well before cooking. This can remove about 30 percent of the arsenic.
- If you use homeopathic remedies that contain arsenic, make sure that you purchase them from a reliable source and that you take only the recommended dose.

How to Reduce Levels of Arsenic in Your Rice

As stated above, choose your rice from a good source. Arsenic levels tend to be significantly lower in rice grown in Southeast Asia and India, but California grown rice is also a great choice. Then follow the directions here.[21]

Due to the fact that we know so little about the long-term effects of exposure to arsenic, this is a topic we should come back to often for updates on more recent research. Meanwhile, follow the recommendations above to minimize your risk.



LUNDBERG, CA + WHITE BASMATI + LOWEST US ARSENIC RICE

How to Reduce Arsenic in Your Rice

Rinse with water until clear

Cook with 6:1 ratio of water to rice for 30 minutes

Rinse with hot water

Return to pot

Dry with clean towel over pot, lid on for 15 minutes, on low heat if necessary

MAY REDUCE ARSENIC LEVELS BY 25 TO 30%

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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.



NATURAL REMEDIES

FOR HEALTHY PETS

BY AMANDA BOX

Do you consider your pet a part of the family? I sure do. I am not only concerned with what I put in my children's body, but what goes in my dog's body, as well. Would you serve you kids the leftover parts from a butcher shop, give them pesticides or chemicals to ingest? Many times we don't even consider what we are actually feeding our pets. Just because it is labeled for pets, doesn't mean it is actually GOOD or healthy for them.

As a naturopathic doctor and a breeder of Weimaraners, I know about holistic pet care. The health of our dogs is of utmost importance to us, so we use only natural foods and therapies for our dog and puppies. Our dogs are healthy, vibrant and full of life. I strongly believe that

your pet's health and lifespan are directly affected by what you put into their bodies. It's important to know about your options in pet care in order to make the best decisions for your pet's health and well-being. I believe that "standard" care is causing more harm than good, so in this article I'll cover natural remedy therapies and alternative pet care. Most animal diseases and problems can be avoided and treated naturally.

Finding a Holistic Vet

A typical veterinary office is similar to a regular doctor's office, which essentially practices "Western Medicine" on animals. Drugs, antibiotics and pesticides are their "medicines" of choice. These treat only the symptoms and do nothing to correct the underlying problem of your pet.

The first and most important thing to do for the health of your pet is to find a holistic vet in your area. Even if it is a bit of a drive, the natural treatments for your animals are well worth it, especially when it comes to more serious diseases like cancer. I was lucky enough to find a fantastic holistic vet nearby who

has taught me much of what I know today about holistic pet care. She changed our dog's life after having a bad experience with a standard vet.

You can find a holistic vet in your area by going to the American Holistic Veterinary Medical Association website here:

<http://www.holisticvetlist.com/#search>

The Vaccination Myth

If you take your dog or cat to a standard vet, the first thing they are going to want to do is get them up-to-date on their vaccinations. However, holistic veterinarians believe that these yearly vaccines can assault your pet's immune system, bombarding them with a whole host of potential problems and diseases. Holistic veterinarians state, and science has proven, that most vaccines are completely unnecessary.

Dr. Ronald Shultz, a Veterinary Immunologist and professor at the University of Wisconsin School of Veterinary Medicine, pioneered the vaccine schedule that most holistic vets follow today. He backs his recommendations with over 25 years of vaccine research. Dr. Shultz states that most vaccines given after a dog's first year have little or no value and don't offer significant protection.

Additionally, these unneeded vaccines can cause many adverse side-effects. Dr. Shultz's research shows, that if your puppy gets vaccinated at 12 weeks with a booster 4 to 6 weeks later, then he/she is likely immune for life! There's no need for future vaccinations.

The Holistic Vaccine Protocol

According to Dr. Shultz's Research, there are only 3 vaccines that are necessary for your dog.

Recommended Vaccines for Every Dog

- Distemper
- Hepatitis
- Parvovirus

The holistic vaccination schedule recommends your dog's first vaccinations of distemper, hepatitis and parvovirus at 12-14 weeks with a booster of each 4 weeks later. Most likely no other vaccinations will be needed for the life of your dog. However, your vet can administer a titer test later to measure your dog's antibodies to see if additional boosters are necessary.

I also recommend giving your dog the homeopathic, Thuja, to counteract the vaccines side-effects. Give them a 30C dose of two pellets 30 minutes before and after the vaccination. Follow that with 2 pellets twice a day for the following 3 days. This will help detoxify your dogs system from the potential dangerous ingredients and their side-effects.

Your Pet Is Already Vaccinated. Now What?

If you already have a pet that has been vaccinated several times, you are probably wondering what you should do now. Most likely, they have all the necessary antibodies for those diseases. If it makes you or your vet more comfortable, you can have your pet's blood tested to make sure. Most vaccines, including the rabies vaccine, will keep your pet immune for at least 8 years.



The Rabies Secret

Most holistic veterinarians believe the rabies vaccine is one of the most harmful vaccines to a dog's system. However, it is required by law. The rabies vaccine is available in both one and three year doses.

Here is a little helpful secret. The 3 year vaccine is not any stronger and is the exact same dosage as the one-year. Choosing the 3 year rabies vaccine will not only save you money, but will save your dog from the dangers of being overly vaccinated.

Treating Pet Problems Naturally

Even if you feed your dog or cat natural food and avoid over-vaccinating, they can still develop health problems with age, or simply because of a genetic disposition. I have seen our dog overcome her genetic health predispositions with just a few supplements. If you are fed up with conventional pet care therapies not working, then this is for you. Just like our bodies, an animal's body is designed to heal itself. Natural supplements help facilitate that healing.

Immune System and Allergies

Our dog's breed, like many dogs and cats, is prone to allergies. When your pet has allergies, it is an immune system issue. The best way to combat it is not with anti-histamines, but with a good immune booster. There are several amazing immune boosters for pets. My favorites include:

- Colostrum: Just 1 pill a day cured our dog's allergies. It is easy to sprinkle on their dog food and has no risk of overdose.
- Probiotics: Be sure to buy a pet-specific probiotic. These are not only good for the immune system, but for upset tummies. They are also a must following an antibiotic to replenish their good bacteria.
- Echinacea: Purchased in herbal or

homeopathic form, this is a great anti-viral and immune booster. Add 1-10 drops to your pet's food, depending on weight.

- Vitamin C: Buy the non-acidic calcium ascorbate form so it doesn't upset their stomach. Add 50-500 mg into their dog food, again depending on their weight.

Good natural pet food is essential for a compromised immune system, as well. Many dogs are sensitive to grains like corn and wheat, so avoid them. By-products and chemical ingredients in their food can also lower their immune system.

“...MOST VACCINES GIVEN AFTER A DOG'S FIRST YEAR HAVE LITTLE OR NO VALUE AND DON'T OFFER SIGNIFICANT PROTECTION.”

~ DR. RONALD SHULTZ, A VETERINARY IMMUNOLOGIST AND PROFESSOR AT THE UNIVERSITY OF WISCONSIN SCHOOL OF VETERINARY MEDICINE

Also, make sure your dog is getting some sun. They make vitamin D from sun exposure too, which is essential therapy for the immune system. I give my big 80-pound dog a teaspoon of cod liver oil in the winter months to give her some extra vitamin D. Smaller dogs would need less, of course.

Anxiety

Many dogs suffer from anxiety. Sometimes it is from separation or maybe certain situations like a car ride make them anxious. There are some great natural remedies on the market for pet anxiety. Here are my pet care favorites:

- Bach Rescue Remedy: Squirt a couple drops in the mouth of a smaller dog, or use a full dropper for larger ones. Rescue Remedy is a

blend of non-toxic flower essences that help calm and relax. It is great for humans, too!

- **Healthy Calm by Renew Life:** This flavored chew is a tasty treat packed with calming herbs like lemon balm and hops. It also has amino acids GABA and L-Theanine, which promote relaxing brain activity.
- **Wholetones:** The right music can help ease dog anxiety. Or, if your dog is scared of fireworks and storms, Wholetones music can really help them to relax. These 7 songs with 7 different frequencies have been specifically arranged to cultivate calm and a sense of peace. Seeing is believing when your pet is stressed. [Click here to calm your pets and hear songs for free!](#)

Flea Repellents and Heartworm Alternatives

Keeping your animal flea- and tick-free is extremely important. However, most collars, powders and even the longer lasting repellents like Frontline, are essentially chemical pesticides. These chemicals can soak through their skin and cause your pet health issues like seizures and respiratory distress. More importantly, you and your kids can also be exposed to those toxic chemicals by simply hugging or petting your pet! In my opinion, if it says it is dangerous to ingest, then it is dangerous to apply to their coat, as well.

I have been using natural repellents with great results. You can make your own using essential oils or purchase one already made. Here is the blend I make for my dog.

Natural Flea and Ticks Repellent Recipe

Mix equal parts water and white vinegar in a spray bottle. Add the following essential oils.

- 15 drop of citronella

- 10 drops of pennyroyal
- 10 drops of germanium (this is specifically for ticks)

Shake before using. Spray your pet down every 2-3 days or before they go into a wooded area.

Neem is another fantastic natural repellent. I have used Ark Naturals Neem Protect Spray with great results.

Heartworm Prevention

You may have good intentions giving your dog heartworm meds, but these tablets are just another chemical pesticide. This “medicine” is packed full of potential side-effects, including death!

The cause of heartworms is mosquitoes; so using the repellent above can help tremendously. However, you can also prevent heartworms with a blend of herbs that is also designed to kill intestinal worms and parasites. I give my dog an herbal blend of garlic, clove, black walnut and wormwood. I put several drops in her dog food a few times a week during the warmer months. No need for parasite or heartworm meds with this powerful blend!

Natural Pet First Aid Kit

Lastly, I want to list some natural remedies I feel are important to have on hand for natural pet care. This is essentially your pet’s “first aid” kit:

- **Colloidal Silver:** This natural antibiotic is good for bacterial infections, stomach problems (from eating bad pet food), cuts and scrapes and eye infections.
- **Purification Oil by Young Living:** Dab on your pet’s collar for bug repellent or use on skin irritations and bug bites. This oil dissolved a large cyst that was on my dog’s ear in just 5 days. It is an amazing blend.
- **Activated Charcoal:** This is what vets

use when a dog or cat eats something poisonous because it absorbs toxins. It's Also great in a smaller dosage for diarrhea and upset stomachs.

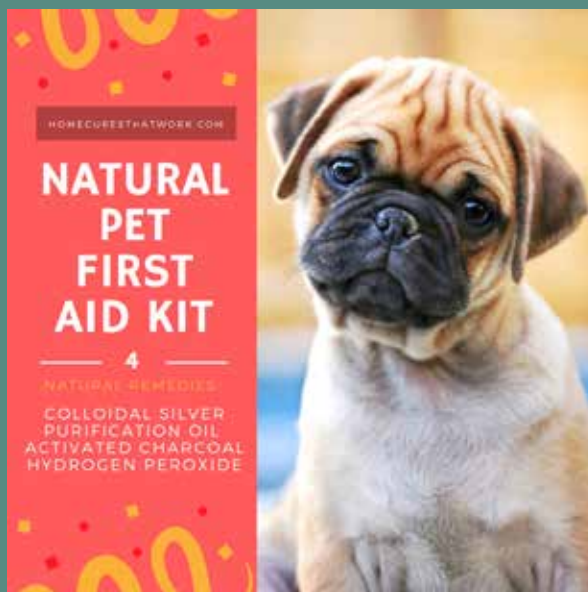
- Hydrogen Peroxide: I learned about this when one of our puppies ate mouse poison at a friend's house. Making them drink hydrogen peroxide is a natural way to cause them to vomit. Use only in extreme circumstances, of course! Having this on hand can save your pet's life!

Natural Health for Longer Life

I hope I've inspired you to take a closer look at what you do for your pet's health. Knowing how to keep your pet naturally healthy can save you thousands of dollars in vet bills. It can also greatly extend the life of your pet. Not only that, better health equals better quality of life. As for me, I want my dog healthy and around as long as possible.



Amanda Box is a Traditional Naturopath and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 12 years and currently practices naturopathic consulting in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic practitioner to turn to for your personal needs, Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at <http://amandabox.blogspot.com/> for contact info.





Vitamin D

SUPPLEMENT EFFECTIVENESS, BENEFITS AND SAFETY

Vitamin D is a steroid hormone, a group of fat-soluble prohormones, which encourages the absorption and metabolism of calcium and phosphorous. There are two major forms of vitamin D: D2 (ergocalciferol) and D3 (cholecalciferol).

People who are exposed to adequate of sunlight do not need vitamin D supplements because sunlight promotes sufficient vitamin D synthesis in the skin. Aim for 15 minutes in the sun without sunscreen! Expose your face, arms and hands at least twice a week. And wait to wash off the sun! It takes up to 24 hours to absorb vitamin D through the skin.

Vitamin D3 is produced naturally in human skin exposed to ultraviolet B light and occurs in some animal products, such as cod liver oil, and, in smaller amounts, in other fatty fish such as herrings, mackerel, sardines, and tuna. Vitamin D3 is the most common form found in dietary supplements and is the form

generally used to fortify foods such as milk (which naturally contains a small amount of vitamin D3), orange juice, cereal and yogurt.

Why do we need Vitamin D? Vitamin D:

- Regulates the amount of calcium and phosphorous in the body, partly by controlling their levels of absorption
- Treats and prevents rickets in children and osteomalacia (bone softening) in adults
- Helps reduce inflammation in the airways caused by asthma
- Regulates the immune system
- Arms the immune system against infections
- May keep the brain working well in later life
- Is probably linked to maintaining a healthy body weight.
- Reduces the risk of developing rheumatoid arthritis in women
- Can protect the body against damage from low levels of radiation
- Lowers risk of developing cancer
- Reduces risk for heart attacks, congestive heart failure, peripheral arterial disease (PAD), strokes, and the conditions associated with cardiovascular disease, such as high blood pressure and diabetes.
- Provides protection against

- Parkinson's disease
- Lowers risk and severity of depression
- Reduces risk of allergy in children and adolescents
- Taken with calcium, vitamin D can help decrease post-menopausal bone loss and prevent osteoporosis (loss of bone density), as well as improve tooth retention in the elderly.
- Increases bone density significantly in girls ages 9 to 13

Approved Vitamin D Product List

An independent lab tested 21 Vitamin D supplements, but only 18 products passed. Three Vitamin D supplements were found UNSAFE for consumption due to incorrect labeling. These three are:

- County Life Bone Solid contained its claimed amount of vitamin D, but did not contain its claimed amounts of Vitamin K.
- Shaklee OsteoMatrix was found to contain much more vitamin D than listed. There are potential risks with getting too much vitamin D from supplements.
- Hero Nutritional Yummy Bears for children provided only 89% of the total vitamin D promised.

Among products that were approved, those with the lowest cost to obtain 400 IU of vitamin D were the following:

- Vitamin D only for less than 1 cent per day:
 - Source Naturals Vitamin D-3
 - Swanson' High Potency Vitamin D-3
 - Simply Right (Sam's Club) Vitamin D-3
- Vitamin D and Calcium: Dollar General provides 800 IU vitamin D-3 and 600 mg calcium for 6 cents.
- Vitamins D and K: NOW Vitamin D-3 & K-2
- Children's Vitamin D: Carlson® Super Daily D3 costs only 3 cents per 400 IU drop.
- Children's Vitamin D and Calcium: Bayer Flintstones Healthy Bone Support Calcium and Vitamin D3

The following are approved and safe vitamin D supplements:

- Bluebonnet Earth Sweet® Chewable Vitamin D3 5000 IU
- Garden of Life® Vitamin Code® Raw D3™ 5000 IU
- GNC Vitamin D-3 1000
- Jamieson™ D
- Life Extension® Vitamin D3
- Metagenics® D3 1000™
- Nature's Bounty® Super Strength D-2000 IU
- Nature Made® Maximum Strength Vitamin D 2000 IU
- Rite Aid® Pharmacy Vitamin D-3
- Simply Right™ Vitamin D-3
- Source Naturals® Vitamin D-3
- Swanson High-Potency Dry Vitamin D-3
- TwinLab® D3 Dots - All Natural Tangerine Flavor
- Whole Foods™ Vitamin D3





The Role of Vitamin D in Your Body

Immune System Regulation

Arms the immune system against infections



Helps reduce asthma inflammation



Keeps the brain working

Prevents Rickets

Reduces rheumatoid arthritis in women

Protects against radiation

Assists Weight Loss

Supplementation aids weight loss and enhances the beneficial effects of a reduced-calorie diet.



Regulates calcium and phosphorous absorption

Improves tooth retention

Prevents bone softening



Lowers cancer risk



Lowers Disease Risk

For heart attacks, congestive heart failure, peripheral arterial disease, strokes, cardiovascular disease, high blood pressure and diabetes.



Protects against Parkinson's

Lowers depression



When taken with calcium, prevents osteoporosis



Reduces allergies

<http://www.homecuresthatwork.com/columns/product/vitamin-d-effectiveness-benefits-and-safety/>

The absorption of Vitamin D aids in building strong bones and teeth and may protect the body from osteoporosis, autoimmune diseases, hypertension and cancer. Vitamin D deficiency may cause osteomalacia, which not only results in weak bones, but weak muscles as well. When you buy a health product, you want to make sure that it's the best one for you and reading our reviews will help you discover all the benefits of Vitamin D and more information on how it can help you fight disease.

How Much Vitamin D3 Do I Need?

Most Americans do not get sufficient sun exposure to produce the levels of vitamin D3 that they need. Also, if you use sunscreen to protect your skin, unfortunately it also blocks the sun's rays that enable you to make vitamin D.

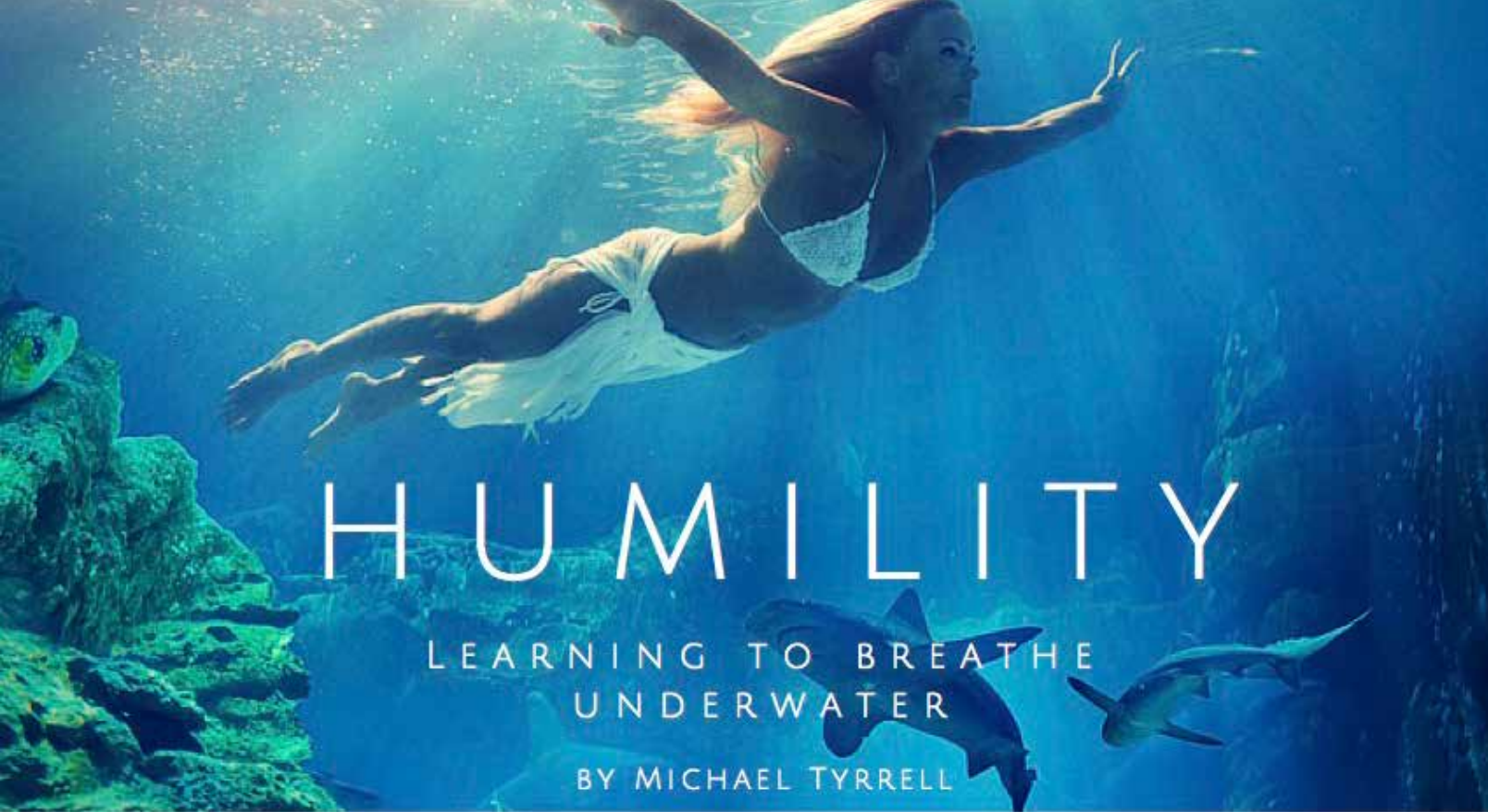
Dr. Saunders' daily recommended levels for vitamin D3 supplementation:

- 50,000 IU once per week for adults
- 20,000 IU for per week children

“AIM FOR 15 MINUTES IN THE SUN WITHOUT SUNSCREEN! EXPOSE YOUR FACE, ARMS AND HANDS AT LEAST TWICE A WEEK.

WAIT TO WASH OFF THE SUN! IT TAKES UP TO 24 HOURS TO ABSORB VITAMIN D THROUGH THE SKIN.”

Note: Take vitamin D supplements with your biggest meal of the day (and one that contains most fat and oils) as this can increase absorption by as much as 50%!



Have you noticed that every single day a plethora of blogs, articles, radio and television shows, medical journals, and news venues focus on one topic: stress?

It blows my mind that stress is the sniper hiding behind most of the diseases diagnosed by doctors. Yet there haven't been a lot of remedies that make a true difference. That's why we are so pleased with what we're hearing from you about how Wholetones Frequency Healing Music is impacting your lives. Years ago, my wife, Lillian, had an amazing dream. In the dream, Lillian was swimming in the ocean when suddenly, the sky turned black and a huge tsunami wave was heading her way. Lillian looked to her right and saw a little girl who had gotten separated from her parents. Lillian quickly grabbed the little girl. But the wave was coming in so fast she couldn't get to the shore before it hit. Unexpectedly,

Lillian heard a voice that said, "Go under the wave." So Lillian and the little girl dove deep beneath the monstrous wave. Much to their surprise, it was quiet, calm, and peaceful, and they could breathe ... underwater!

There is a priceless truth embedded in this dream. When the storm is screaming and the odds are heavily stacked against you, go under. Those of us who are driven tend to see everything as a mountain to climb, another battle to fight, etc.

One of my favorite scriptures is James 4:10, "Humble yourselves before the Lord, and he will lift you up." Sometimes, your *over* may come by going *under*.

To "humble oneself" is a most difficult exercise. Yet it yields an intoxicating upgrade to the human character. True humility empowers us to go under, lose our selfish pride, and stop demanding our own way or feeling entitled.

What about stress? Let's ask King David as he engages in the battle of his life:

Psalm 23 (NIV)

"The Lord is my shepherd, I lack nothing.

He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.

He guides me along the right paths for his name's sake.

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.

Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever."

Believe it or not, David wrote Psalm 23 on a battlefield. When David was leading the Israelites in a fierce battle, he heard a voice tell him to "lie down." Yes, sometimes in the heat of the battle, in the midst of the storm, you too

might hear that same voice tell you to "go under" or "lie down." It might be the most difficult thing in the world for you to do. But remember, that voice cannot lie. If you humble yourself, He will lift you up. If He exalts you, peace will come. If peace comes, stress goes. If stress goes, healing comes!

If I am talking to you today, take a deep breath, quiet your mind, and listen for that still, small voice that knows where you are and what you're facing. Obedience is greater than sacrifice; humility makes it possible. The ones who always end up on top are the

ones who were first willing to go under.

I will leave you with a testimony I received tonight as I was writing. Coincidence? I don't think so :)

"I could not seem to relax and had a terrible time falling sleep. After night after night of tossing and turning I knew I had to do something. When I saw the advertisement for Wholetones on my computer screen I decided to give it a try. From the very first day of my listening to Wholetones I was able to relax, fall asleep quickly, and wake up refreshed the next morning. It was like a miracle! From that time on Wholetones became part of my life.

Listening to Wholetones has had other benefits too. In the summer of 2014 I saw my eye doctor for an annual check-up. He told me that my eyes had the beginning of cataracts, and I would need surgery possibly next year but definitely in two year's time. I was horrified. Last year (summer 2015) I reluctantly went in for my annual eye exam. After examining my eyes my doctor said, "What have you been doing? Your eyesight is much better than a year ago, and I see no evidence of you ever having even a trace of cataracts." At first I said that nothing had changed, but then I remembered Wholetones. When I shared my use of Wholetones, the doctor immediately asked how he could find more information about the program.

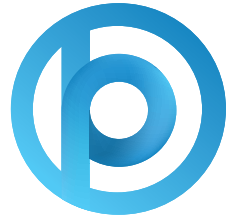
As silly as it may sound my cat loves to listen to Wholetones too! She sits on the edge of my bed with her eyes partially closed every time I play a disk. Again, about a year ago, she developed pancreatitis, a disease that can turn deadly, especially in an older animal. Every night she sat quietly near the CD player and obviously listened to the music. Within a week, when we returned to the vet's office for another test, her pancreatitis was gone! Needless to say, I told our veterinarian about Wholetones too.

My daughter-in-law has a very stressful job. I sent her a copy of the Wholetones program (complete with your book), and she began reading and listening. She continues to listen, especially on her way home from work, and told me that the music has been a blessing in controlling her stress. She also commented about the accompanying book and how useful it was in understanding the program.

I have and continue to spread the word about your marvelous program. It is amazing!" - K. Hall

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 to see the whole story and discover the secret to wellness through music.





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Depression	High Blood Pressure	Ulcers
Diabetes	Hypothyroidism	Urinary Tract Infection
Erectile Dysfunction	Irritable Bowel Syndrome	Wholetones Frequency Music
Fat Loss	Joint Pain	Yeast Infection

OUR MISSION

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