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WHAT IS YOUR DOG EATING?

Are there quality ingredients in *your* pet's food?

7 REASONS TO START ADDING COLLAGEN TO YOUR DIET

+ 3 Ways To Do It

CANDIDA: The Root To Many Healthy Problems



CANNABIDIOL OIL AND MEDICAL MARIJUANA: Will they help you or hurt you?

by Dr. Scott Saunders, M.D.

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I'm excited to present you with the September 2016 issue of Home Cures That Work! We've got an interesting and varied lineup of articles designed to promote your health, naturally.

Whether you're familiar with collagen or not, Susan Patterson's article provides you with seven solid reasons to make collagen one of your standby supplements. She definitely convinced me! What other supplement can help you: lose weight, repair your gut, rejuvenate your skin, strengthen your joints, promote hair and nail growth, improve your sleep, and boost athletic performance? Susan even provides you with a couple of great recipes to add collagen to your diet in fast, easy ways.



Moving on from collagen to Candida—do you know what sinus problems, urinary infections, digestive issues, joint pain and acne all have in common? They're all signs of chronic Candida. While Candida is relatively easy to test for, most people don't know they have it because it manifests itself in other ailments. However, we introduce you to a simple at-home questionnaire that can help you determine whether you suffer from Candida.

But we don't just leave you stranded without a remedy! Follow the steps outlined in this article to rid yourself of Candida.

If you're a dog owner, you'll love the article "What Is Your Dog Eating?" by Rob Fischer. Dogs will eat just about anything and they seem to enjoy whatever they're eating. Because of that we often assume that if our dog likes its food, it must be good for them. Unfortunately, that's not necessarily true. You'll be appalled to find out some of the additives that go into your pooch's food!

In fact, just changing your dog's diet can radically impact its health, prolonging its life and vigor. In this article, we provide you with five tips for choosing high quality pet food and some practical ways to supplement your dog's commercial food with other natural foods.

Okay, here's an article you probably didn't expect to see in a Barton Publication: "CANNABIDIOL OIL AND MEDICAL MARIJUANA: Will they help you or hurt you?" by Dr. Scott Saunders. But Dr. Saunders' article is well-timed as numerous states seek to legalize marijuana. Add to that the increased use of marijuana for medical purposes and you've got a fairly hot topic. You'll learn about its health claims as well as its dangerous side-effects.

You've no doubt heard the age-old argument about whether marijuana is addictive. Dr. Saunders also speaks to that issue. Furthermore, he reveals two major forms of cannabis and explains the significant difference.

For your health,

Cheryl Ravey
Editor, Home Cures That Work



Cannabidiol Oil and Medical Marijuana

WILL THEY HELP YOU OR HURT YOU?

BY DR. SCOTT SAUNDERS, M.D.

Down the street from my house is a very ordinary-looking house. The yard is well-kept by weekly gardeners. We have never seen anyone moving in or out, so we didn't know who lived there. Nothing seemed unusual.

Then, one day there was a ton of activity. "Los Federales" (the DEA) surrounded the house with black Navigators and Chevy Caprice cars with dark-tinted windows. Men in military uniforms or in black suits with sunglasses came out with guns drawn. They knocked down the doors and raided the house. What they found inside the house right in our neighborhood was amazing!

The entire house was gutted. All the walls on the inside were taken out. The windows were blackened so no light could show through. The garage was sealed and a complete hydroponic system for growing marijuana was installed. The entire house had 24-hour grow lights for maximum growth. The police estimated that the growers had made millions from the harvest in

the several years they had been operating.

Many people believe marijuana is legal in Washington and Colorado. Actually, Federal law still prohibits the sale and possession of marijuana. It's illegal even in the 25 states that have a "compassion use" law for recreational use of marijuana.

But in 2014, Congress passed a law prohibiting the DEA from arresting people using it for medical purposes in states that allow it. Doctors are still not allowed to prescribe it for their patients because it is a "Schedule 1" drug. This means it can only be used for research with permission from the DEA.

The "drug" in question is called tetrahydrocannabinol, or THC. THC can be obtained directly from the plant by eating or smoking it. Most dispensaries are selling the oil extract, hash oil, or THC oil.

The Magical Weed

Over the years, this plant has had many names and uses. It has been both knighted and vilified by the same people. Just about

any health benefit and injury has been attributed to marijuana. The short list of things it has been thought to help, includes:

- Anorexia
- Nausea
- Vomiting
- Pain
- Inflammation
- Multiple sclerosis
- Heart disease
- ADHD
- Neurodegenerative disorders
- Epilepsy
- Glaucoma
- Osteoporosis
- Schizophrenia
- Cardiovascular disorders
- Cancer
- Obesity
- Metabolic syndrome
- PTSD

Indeed, there seems to be nothing that this amazing plant cannot do. It is even claimed that the widespread use of marijuana could bring WORLD PEACE, and not just by John Lenin.

Trouble in Paradise

On the other hand, there are many troubling side-effects to the use of marijuana or THC. These occur, depending on the person, amount of use, and method of use:

- Impaired coordination
- Attention deficit
- Impaired learning
- Impaired memory
- Delusions
- Paranoia
- Depression
- Schizophrenia
- Panic Attacks
- Heart attacks
- COPD (impaired lung function)

- Lack of motivation
- Psychosis
- Cancer
- Physical addiction
- Irritability
- Sleeplessness
- Anxiety
- Impaired Appetite
- Aggression

Obviously, the first thing we will notice is the contradictions in these lists. Does it cause cancer or treat cancer? Does it help schizophrenia or cause it?

Because many states are legalizing marijuana, it is important to distinguish between truth and hype. I have people in my office frequently asking if they should be using it. Here is the truth I provide them.

Addiction or Dependence

Many are saying that there is no addiction to marijuana use. The problem with this thinking is defining addiction. Is it addiction if marijuana causes a person with ADHD to function normally?

The problem is ADHD. Marijuana merely relieves the symptoms of the problem. When you stop marijuana, the problem returns. This isn't addiction, as much as marijuana not solving the problem. Marijuana only relieves the symptoms temporarily. Others experience a worsening of ADHD symptoms, including paranoia.

The human psyche is not fixed or static. Each of us is constantly changing according to our experiences. We are also different in so many ways. At this time, there is no way to predict who is going to react badly to marijuana and who will respond favorably. The fact is, this weed is psychoactive, changing the way people think and feel. It is a change, however, that is unpredictable.

The underlying principle is that if we are dependent on a substance to think, act, or feel a certain way, it is generally only useful for a short period. This principle applies equally to sugar, alcohol, heroin, caffeine, or prescription drugs. When we become dependent on the drug, we lose our own freedom to choose

Most don't understand that the brain is malleable. It is changing constantly and can improve over time like anything else. We easily understand that exercise will build muscle, and that eating calories will make us fat. But we don't understand that we can change how we think, act, and feel. Our brain responds to everything we think, eat, say, and do. When we feed the brain the right nutrients, it works better. When we choose to think about growth and improvement, we improve.

One German study on college students showed that by learning to juggle, an MRI scan could reveal the specific areas of growth in the brain. Demosthenes put rocks in his mouth to teach himself how to speak clearly. He overcame a speech impediment to be one of the greatest orators Rome ever had. Such examples are abundant since the beginning of time.

Thus, it is imperative to consider the reason for the use of marijuana. The questions to ask are:

- Will marijuana build me up?
- Will marijuana help me improve?
- Or will marijuana foster dependence?

I would recommend staying away from dependence and instead seek growth and improvement.

The other marijuana – CBD oil

Most don't know that the cannabis plant has two different oils. The first is tetrahydrocannabinol, or THC.

THC is the oil that causes the "high" feeling and is psychoactive. This is the drug that is so controversial.

The other oil is cannabidiol, or CBD. This oil is not psychoactive so it doesn't have the effects of THC. CBD may have many of the benefits for pain, nausea, cancer, and so forth. CBD has a stimulating effect on the brain. It creates alertness, but doesn't have any sedating effects. CBD also doesn't have the problems with psychosis, delusions, or paranoia.

There is no Federal or state restrictions on the use of CBD oil. In the world, only Canada has restrictions on its use. It is considered an herbal extract and can be sold over-the-counter.

Wild hemp produces both types of oil. However, breeding has now produced different strains. Some hemp is bred for high THC, while others are bred for CBD. There are strains now that produce only trace amounts of THC, while making large amounts of CBD. This oil can be obtained on the internet, but I would be careful to source it well. There are many "watered-down" versions, or those that contain too much THC.

What's most amazing is that this form of cannabis can help people who have the negative effects from THC. CBD can help treat addiction and even the lack of motivation that comes from marijuana use.

The list of CBD benefits continues to grow with more research. The benefits of CBD are numerous.

- CBD has anti-inflammatory effects.
- It has been shown to improve heart function and speed healing after a heart attack (in rabbits).
- It is also helpful for inflammatory bowel diseases and possibly cancer.
- However, it shows more promise for certain



neurological conditions such as epilepsy, schizophrenia and Alzheimer's disease.

- It also has protective effects on the brain, including strokes.
- Those who use CBD oil after a stroke have less damage, and recover faster, recovering more function as well.

There is more research to uncover to see all the benefits of CBD oil. However, the same issues apply as with any drug or herb. It may help some cases, or some people, with these specific problems. But others will not benefit at all. Personally, I have found few that CBD oil has helped. My cancer patients who take it still have nausea and lose weight. Those with bipolar disorder still get depressed. And, people with chronic pain syndromes still have pain.

While CBD seems promising, it isn't the panacea reported on the internet. People who sell things will generally try to relieve your pain. One of the best movie lines comes from The Princess Bride: "Life is pain, Highness. Anyone who says differently is selling something."

What I've stated so far stresses the importance of seeking the cause of suffering, not just relief from symptoms. Those looking for a "quick fix" or an answer to all their problems will not find it in "loco weed."

On the other hand, CBD has none of the bad side-effects noted above for THC. Thus, it is more like other herbal remedies that may help and won't do any harm.

Recommendations

In spite of the dangers and cautions I've listed above, I cannot deny that some people might be helped with marijuana. When used with judgment and skill, it can relieve symptoms and help the body heal. But this is not an herb that people should just randomly try for any ailment. I recommend consulting with a health practitioner who is knowledgeable and skilled in the use of this plant.

As I have researched, I have found potential uses for CBD. Primarily, problems with the brain that are inflammatory and not genetic seem to respond well. For example, patients with neurodegenerative problems like strokes and injuries to the nervous system or brain could try CBD oil. Again, only under the guidance of a health practitioner with the skill in using CBD oil. Preserving the nervous system has great short- and long-term benefits.

Over time, we will gather more information. As the magical side of the hype wears off and reality sets in, research and experience will tell us how to use this herb to our benefit and health.

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7 REASONS YOU NEED TO START ADDING COLLAGEN TO YOUR DIET

+ 3 WAYS TO DO IT

BY SUSAN PATTERSON
CERTIFIED BIBLICAL HEALTH COACH,
CERTIFIED METABOLIC TYPING ADVISOR

I tried something new this past month: an addition to my morning coffee elixir. My latest ingredient is collagen. Although I am sometimes skeptical of alternative health fads, this one was worth my time. Collagen has now become a permanent addition to my morning coffee and has a prominent place on my supplement shelf.

If you're plugged into the latest trends about alternative nutrition, then you've probably heard about bone broth. Bone broth is a stock made primarily from the bones and connective tissue of animals or fish. Part of the reason for its popularity is because it contains collagen.

Collagen is primarily composed of the amino acids glycine, proline, alanine, and hydroxyproline. These amino acids are found in our bones, muscles, skin and tendons. Collagen is the most abundant protein in the body. It

is what gives skin its strength and elasticity, as well as help replace dead skin cells.

When collagen breaks down, it becomes gelatin. For example, making bone broth releases an abundance of collagen from inside the bones. As the bones cook, the collagen-rich broth breaks down into gelatin.

While this may not sound appetizing, you don't have to drink bone broth to enjoy the benefits of collagen. Collagen can be found in a powder supplement, referred to as collagen peptides. This makes me happy because I am not overly fond of the taste of bone broth.

But why should you add collagen to your diet? Here are just a few reasons why I quickly became sold on the value of collagen peptides.

Better digestion and a healthier overall gut

In ancient times, our ancestors used every part of an animal. But today, we primarily use

just the muscle meat and skip the bones! As a result, our modern diet is significantly lacking in collagen. If you suffer from digestive issues like IBS, ulcerative colitis, leaky gut or Crohn's, then you'll want to add collagen to your diet. Collagen will help heal your gut by:

- Breaking down proteins and soothing the lining
- Healing damaged cell walls and infusing them with amino acids.

It also keeps things moving in the digestive tract by helping with the absorption of water.

It's good for your skin

Starting around the age of 25, the body begins to produce less and less collagen. We tend to lose about 1% every year, and by the time we reach 50, we don't produce much at all. When collagen levels in your skin drop, the skin begins to droop, wrinkle and look dull. I noticed this starting to happen as I neared my 35th birthday. My skin started to get drier and had more pronounced lines and wrinkles despite the fact that I eat an ultra clean diet, exercise, don't drink or smoke.

Some have referred to collagen as the ultimate new anti-aging product. For younger, healthier looking skin, collagen helps to:

- Regenerate skin cells
- Improve elasticity
- Regulate skin moisture level
- Provide smoothness and suppleness

Similar to a bowl of Jello, collagen helps keep the skin buoyant. It has also been found that collagen taken daily reduces cellulite. This is something else I have struggled with, even when I am in awesome shape.

Stronger joints

We need at least ten grams of glycine (one of the amino acids in collagen) a day for basic metabolic processes. Glycine plays a part in the formation of collagen, promoting the growth and function of joints, tendons and ligaments.

Approximately one-third of collagen is composed of glycine. Collagen is crucial for forming connective tissue that keeps joints flexible and able to withstand shock. That's why if you exercise and put a lot of pressure on your joints, supplementing with collagen helps to improve resilience.

As the collagen level reduces with age, the results are brittle bones, aching joints

and worn-out cartilage. Our joints may swell or feel stiffer, and it may not be as easy to move ligaments and tendons as it used to be.

By taking collagen, you'll not only help get those joints moving easily again, but you'll lessen your risk of joint deterioration and reduce joint pain. One study out of the University of Illinois College of Medicine at Chicago found that taking collagen was useful for treating osteoarthritis and other joint problems.

It promotes hair and nail growth

Hair and nails consist mostly of keratin, a fibrous protein, which requires amino acids to grow. That's why many people take collagen to achieve longer, stronger hair and nails. If your body doesn't get the amino acids it needs, it can result in weak, brittle and slow-growing hair and nails.

Weight loss

Collagen is a great source of protein. Consuming more protein helps one to reduce overall food intake. Protein promotes a feeling of satisfaction and fullness, which in turn, can boost weight loss.



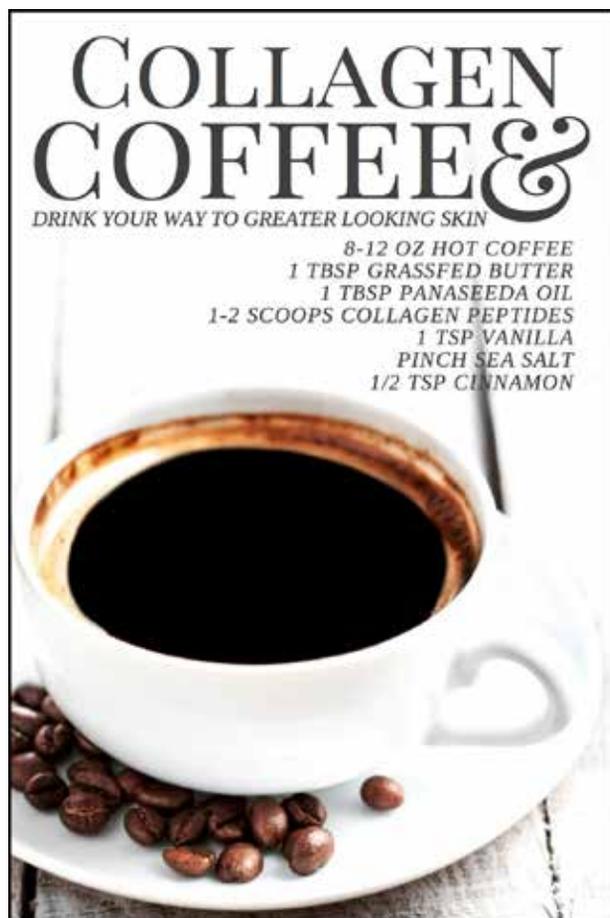
Studies have shown that collagen peptides consumed at breakfast are 40% more satiating than other proteins like whey or soy. It is also linked to a 20% reduction of food intake at lunch. Collagen supports weight loss in other ways.

- High levels of collagen can boost the metabolism, helping one to burn more calories.
- Collagen aids in muscle development. More muscles burn more calories.

Promotes restful sleep

Glycine, abundant in collagen, is known to promote sleep and reduce feelings of stress. Take the recommended dosage an hour before bed to enjoy a better night's rest.

It's also known to reduce daytime sleepiness and help improve memory during waking hours. I am hopeful that after I take collagen for a while, I will actually be able to find my keys!



Human studies have found that 3 grams of glycine taken before bedtime helps improve the quality of sleep.

Boosts athletic performance

The amino acids glycine and proline help to:

- Reduce inflammation
- Repair tissue
- Shorten recovery time after exercise
- Speed healing of sports-related injuries

Research has found that by supplementing with collagen peptides, athletes experienced a reduction of risk for ligament, tendon and muscle injuries. Collagen's glycine and arginine content also helps to improve athletic performance as well as to aid in restoring and maintaining muscle mass. Arginine stimulates the release of growth hormone from the pituitary gland, a process known to increase muscle mass.

Now that you know why you should add collagen to your diet, look for 100% grass-fed, hormone-free, pesticide-free, GMO-free collagen peptides. Collagen can be added to smoothies, coffee, tea, and practically anything else. It dissolves quickly and easily, and you won't even know it's there.

My Personal Test

As mentioned earlier, my favorite way to enjoy it is in this rich and tasty morning energy coffee drink. Just as a side note, collagen doesn't taste like anything or add any real texture to whatever you are mixing it with.

Morning Coffee Elixir

Ingredients:

- 8 to 12 ounces fresh-brewed, hot coffee
- 2 tbsp grass-fed butter or ghee
- 1 tbsp Panaseeda oil
- 1 to 2 scoops Vital Proteins Collagen Peptides
- 1 tsp pure vanilla extract

- Pinch sea salt
- 1/2 tsp cinnamon to garnish

Instructions:

1. Add all ingredients except cinnamon to your blender. Blend on high speed for 30 to 60 seconds until frothy.
2. Sprinkle cinnamon on top and enjoy.

My Results

For the past month, I have been enjoying my collagen-infused coffee daily. There have been several things I have noticed:

- My fingernails are stronger and longer. They look healthy and don't break as easily.
- I have reduced pain in my knee (I tore my ACL playing basketball in college many years ago). There seems to be less stiffness and reduced swelling.
- I have substantially more mental clarity. Yes, I no longer call my children by my dog's names.
- I swear I look ten years younger. Well, maybe not ten years, but my skin appears softer, smoother, and more vibrant.

Takeaway: All in all, I am very impressed with what the addition of collagen has done for me. My plan is to continue to use it with the anticipation of more good things to come.

Some More Great Ways to Enjoy Collagen

If coffee isn't your thing, that is not a problem. Here is another great way that you can get your daily allowance of collagen.

Green Collagen Berry Smoothie

I have tried this smoothie and it is delicious, especially to replenish post-workout.

Ingredients:

- 1 banana
- 1/4 cup water

- 1/2 cup frozen berries
- 1 tablespoon collagen peptides
- 1/2 cup coconut milk
- 1 cup baby spinach or kale
- 6 – 8 ice cubes, optional

Instructions:

1. Add all ingredients to a blender. Blend to combine.
2. Add ice cubes if you prefer a thicker, more dessert-like texture.

In a hurry? While the recipes are simple, there are easier options too. If you don't have a blender handy, just mix it into your coffee, tea, or even soups and stews.

I was also excited to find that if you are short on time or travelling, you can actually purchase a premade drink infused with collagen. Although I came across a few options one in particular caught my eye. NeoCell® Beauty Infusion is available on Drugstore.com and appears to be a good option for on-the-go collagen and also includes hyaluronic acid, biotin, alpha linoleic acid and vitamin C, all of which are useful ingredients for strong hair and nails as well as healthy skin.

Bottom Line

The bottom line is that we need collagen and as we age we lose it. As a result, we don't quite function as efficiently as we used to. For me, adding a couple of scoops to my daily smoothies, soups, coffee or juices is a great way to reap all the benefits of this valuable nutrient.

I encourage you to pick up a container of collagen and try for yourself!

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What is Your Dog Eating?

Are there quality ingredients in your pet's food?



Recently, our daughter came home to find their dog Boo with his head fully immersed in a 2-pound bag of Sour Patch Kids candy. Their daughter had left the bag where the dog could get it. Boo had consumed all two pounds of the candy and was licking the sugar from the bottom of the bag when they found him!

Fortunately that night, Boo regurgitated all two pounds of the Sour Patch Kids—many of them still intact. (I don't even want to know why our granddaughter had a 2-pound bag of Sour Patch Kids!)

Unfortunately, the problem is that dogs being what they are will eat just about anything. And we easily make the mistake in thinking that if our dog rushes to its food dish at mealtimes then what we're feeding them must be good for them, right? Wrong!

Because we live with the same dilemma when it comes to human food, it should come as no surprise that many pet foods are full of unhealthy additives.

Dog Food Additives

BHT (butylated hydroxytoluene) and BHA (butylated hydroxyanisole) – These are chemical preservatives that have been linked to cancer risk in various animal trials.

- Menadione – This is a synthetic form of vitamin K also referred to as vitamin K3. In reality, dogs need very little vitamin K and most of what they need is produced by bacteria in their own intestines. This additive may cause liver toxicity and damage to cell membranes.

- Meat byproducts – These can include animal organs, blood, bones, fat, and beaks—and not much meat. While it sounds gross, these are not necessarily unhealthy for a dog, but the muscle meat has been removed. Also, when the word “meats” is coupled with “byproducts,” there may be other less savory ingredients included from the meat industry including out-of-date meat, restaurant grease, and diseased meat.
- Corn products – This often appears as “corn gluten” on ingredient labels. This is typically feed corn scraps and cannot provide your dog with the nutrition it needs.
- Sweeteners – Sugars of all kinds are addicting and not good for you or your pet. You’re more likely to see sugar, fructose, glucose, corn syrup and the like in poor quality dog foods because dogs like the sugar.
- Ethoxyquin – This is a chemical preservative used in pet food that can cause liver problems.
- Artificial colors and flavors – These aren’t any better for dogs than they are for humans.
- Grains – Grains are not bad for your pet, but when grain is the main ingredient in their food this is evidence of inferior food and your dog is not getting all the nutrients it needs. “They will survive, but they won’t thrive” on grain-laden foods.

Does Your Dog’s Diet Reflect Yours?

Often referred to as “the Standard American Diet” or SAD, the typical American eats a lot of processed food high in sugars and low in nutrients. This has made us obese and has brought on diseases such as: diabetes, arthritis, cancer and heart issues.

Unfortunately, we’ve passed our poor eating habits on to our pets. As a result, most dogs and cats are overweight and developing diabetes, cancer, and heart problems just like us. And many veterinarians can’t help us when it comes to good nutrition for our pets. We’ve all heard the disturbing news that medical doctors receive little or no training on nutrition. The same holds true with veterinarians.

The daily nutritional needs of dogs and other pets are not altogether different from humans. They need a variety of proteins, vitamins and minerals. However, the big difference with dogs is that we typically feed them the same food for every meal, every day. For this reason, nutrition is all the more important in the food we give them.

Our daughter’s dog, Boo, serves as a good example of this. They were feeding him what most would consider a higher end dog food, but it still contained lots of grains and fillers. As a result, over the course of time, Boo developed diabetes. He lost a lot of weight, so that all his ribs were showing. He grew lethargic, drank water all day long and became incontinent. The vet wanted to put him on insulin shots twice a day.

Our daughter did some research and instead of going the route of daily insulin shots, she simply changed his food to a high protein, truly natural dog food. Within the space of a few months, Boo gained his weight and energy back and is no longer incontinent! He’s nine years old now and is as spunky as ever.



Other Pet Food Options

Similar to the logic behind the Paleo diet for humans, many are turning to raw pet food. The reasoning is that dogs in the wild would never be eating cooked or processed food. Raw pet food consists of various raw meats, fruits and vegetables. Some of these raw food preparations are also fortified with vitamins and minerals.

However, there is a danger of bacterial poisoning with commercially prepared and even homemade raw dog food. Some dog owners have begun making their own raw dog food using meat, poultry, fish, fruits and vegetables. But vets also warn that making it yourself does not guarantee that your dog will get the nutrients they need. Nutritional deficiencies appear more readily with dogs and cats than with humans because pets' diets are less varied.

One good option to ensure your pet is getting what they need is to feed them a high quality commercial dog food and supplementing it with carrots, meat, or any green leafy vegetables you might be cooking for yourself. Canned pet food also typically contains more meat than dry food and is generally better for your pets.

5 Tips for Choosing Quality Pet Food

1. Select a food that has a "nutritional adequacy statement." Pet food manufacturers earn the right to display this statement based on nutritional standards set by the Association of American Feed Control Officials.

2. Switch pet foods every few months. Varying their diet like this can ensure that your pet is getting all the nutrients it needs.
3. Buy grain-free foods. These foods are more expensive because they're made with higher quality ingredients. These foods are also more filling, so your pet will probably eat less of them.
4. Read the ingredients and beware of promotional gimmicks. Be sure what your pet is getting. What byproducts, fillers, sugars, artificial additives, etc. are listed in the ingredients? Use the same care that you would buying food for your own consumption. Remember, words like "natural" mean absolutely nothing in advertising.
5. If you choose to go raw, learn how to handle it. Raw food can be great for your pet if stored properly and used within a safe time period. But you can also unwittingly poison your pet if raw food becomes spoiled.

Would you like more help? Go to www.dogfoodadvisor.com/best-dog-foods/ for seven criteria and their choice of the ten best dog foods.

Dogs and cats can be wonderful companions and provide us with much joy. Make sure your pet is getting the nutrition it needs to thrive and live a long and happy life!

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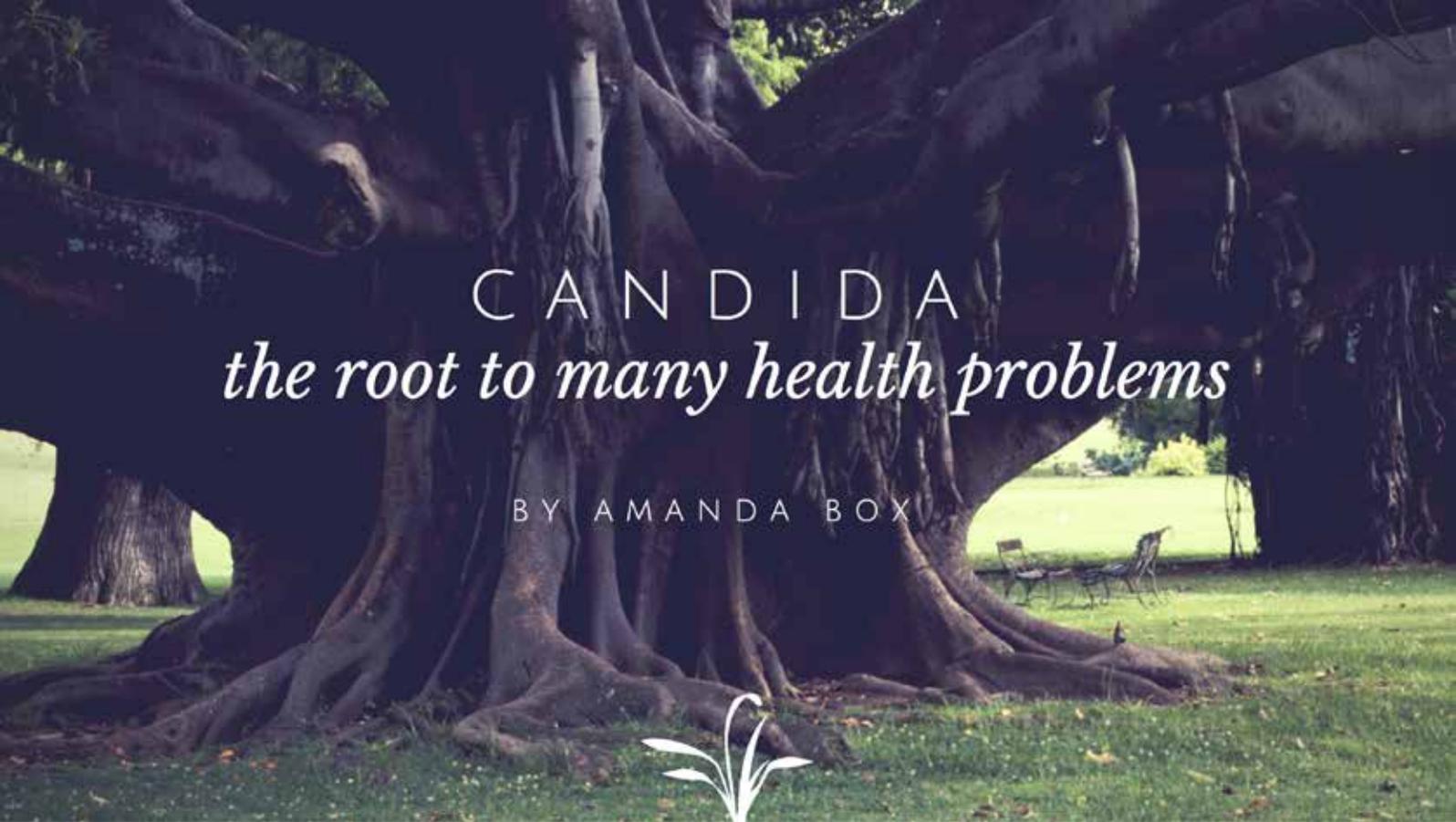
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CANDIDA

the root to many health problems

BY AMANDA BOX

Candida is enemy #1 for me.
It has been my personal health battle for years.

I was like so many of you, struggling with health issues that no doctor could figure out. I was constantly bloated, constipated, exhausted, my brain was foggy and all I wanted to eat was sugar and carbohydrates. It took me a few years to diagnose myself, even after entering the world of natural health. I was experiencing all the telltale signs of systemic Candida.

Once getting rid of the Candida, my symptoms disappeared and I felt like a new person. However, if I am not diligent and spend a weekend eating desserts, Candida tries very hard to sneak back up on me. But you too can find the root of your Candida problem. By getting rid of the plaguing Candida symptoms, you will feel like a new person again.

The Silent Epidemic

One in three Americans have systemic Candida. But most have absolutely no idea what is causing their wearying symptoms. I have a file full of clients that struggle with Candida. Women are the majority of those who deal with Candida, but many men do, as well. I have actually gotten to the point where I am surprised when a client doesn't have Candida. Truly, it has become nothing short of an epidemic and, unfortunately, a silent one.

Do you suffer from any of these symptoms?

- Sinus issues
- Urinary infections
- Digestive problems
- Joint pain
- Acne

Chances are very real that you may struggle with Candida, a chronic yeast infection.

Candida is rarely talked about in mainstream medicine. Unless it manifests as a vaginal yeast infection or thrush (a rash on the tongue, mouth or throat), you may not know that you have a Candida infection. But Candida is often a source of other health issues, causing everything from weight gain to migraines.

What is Candida Exactly?

Candida starts out in the body as a simple sugar fermenting yeast. It is naturally found in the human intestine in small amounts. It aids with nutrient absorption and digestion when in proper levels in the body. But in some people it can grow out of control. If given the right conditions, it can turn into a fungus that produces something called rhizoids.

Rhizoids are long, root like structures that can penetrate the intestinal walls, allowing particles, bacteria, and yeast (including Candida) to pass through from the gut into the bloodstream. This releases by-product toxins and other toxins from your system, causing leaky gut syndrome.

Typically, our friendly bacteria keep Candida in check. However, antibiotics, birth control pills, sugar, and even stress can throw the whole intestinal flora system out of balance. Candida is most prevalent in the vaginal canal, gastrointestinal tract and your mouth.

How do you know if you have a Candida infection? It's important to know because now scientists are linking Candida to all kinds of conditions and diseases. This is far more serious than most people think.

The good news? If you test positive, there's a natural strategy you can use to cure yourself of this scourge.

Identifying whether or not you suffer from Candida is a great first step on the road to overcoming your health issues.

Let's get started.

How to Know if YOU Have Candida

Candida can be found several ways. The first is via lab work on your saliva, feces and hair.

In my practice, I offer both saliva and feces kits that test for an overgrowth of Candida. I also use hair mineral analysis, which tests the ratios of minerals present in the tissues. An imbalance of certain minerals can be a sign of Candida.

Honestly, I feel like these tests are rarely necessary. With the prevalence of Candida and its easy-to-identify symptoms and causes, it's not hard to spot a Candida candidate.

There are two very simple and easy ways to check for Candida.

1. Candida questionnaires
2. The spit test

Candida Questionnaire

There are many questionnaires you can take that will give you an idea whether or not you are a candidate for Candida. However, these questionnaires are not foolproof. You could fail the questionnaire and still have Candida. If you need further confirmation, then you'll want to use lab work.

Dr. William Crook, author of the famed book, [The Yeast Connection](#), created one of the shorter, but still very accurate questionnaire tests.

- Have you taken repeated or prolonged courses of antibiotics?
- Have you been bothered by recurrent vaginal, prostate or urinary infections?
- Do you feel “sick all over,” yet the cause has not been found?
- Are you bothered by hormone disturbances, including PMS, menstrual irregularities, sexual dysfunction, sugar cravings, low body temperature or fatigue?
- Are you unusually sensitive to tobacco smoke, perfumes and colognes, and chemical odors?
- Are you bothered by memory or concentration problems? Do you sometimes feel spaced out or in a brain fog?
- Have you taken prolonged courses of prednisone or other steroids, or have you taken birth control pills for more than three years?
- Do some foods disagree with you or trigger your symptoms?
- Do you suffer with constipation, diarrhea, bloating or abdominal pain?
- Does your skin itch, tingle, or burn; or is it unusually dry; or, do rashes bother you?
- Do you have regular headaches or migraines?

If you answered yes to many of these questions, then you are most likely to be struggling with Candida.

The Spit Test

Many practitioners recommend the “spit test” to get an idea of whether or not someone has Candida. It only requires a glass of water and saliva.

1. Fill a clear glass with clean water and place it beside your bed at night.
2. In the morning, immediately spit in the glass before brushing your teeth or drinking or eating anything.
3. Note how the saliva looks.
4. Check back in 2 minutes and again in 3 minutes.

CANDIDA TEST

A QUESTIONNAIRE that will give you an idea whether or not you are a candidate for Candida.



Healthy saliva will float on the top and eventually dissolve into the water without any cloudiness or sinking. There may be some bubbles and foam.

Candida saliva may have strings that go down the glass, cloudy saliva that sinks or cloudy specks that float.

The Battle for Overcoming Candida

Although you can't totally eliminate Candida in your body, you can keep it under control.

I have concluded that once someone struggles with Candida, they must always be careful. I have a file full of personal testimonies to prove it. Candida is not something that you get rid of and continue eating sweets and carbs. Candida will be fed by bad habits, eventually multiply and take over.

2 Steps: Starve it and Kill it

The best way to get rid of Candida is to both to starve it and kill it. Just starving Candida takes too long. Trying to kill Candida while still feeding it is pointless. You must do both.

The Candida diet is the best way to starve Candida. Essentially, it is a diet that cuts out the main foods that feed Candida: carbohydrates and fermented foods. The

Candida diet consists of:

- No sugar of any sort
- Limited grains
- No fermented foods or drinks

My favorite website for the diet is www.thecandidadiet.com. It also contains great recipes that won't leave you feeling so deprived.

Following this diet is often the most difficult thing for people in their journey to get their health back from Candida. The results are amazing

and make it worth the challenge. The first 3-5 days are typically the most challenging. Candida is starving and tells your body it NEEDS to be fed. But once those first few days are over, you will begin to feel a new sense of well-being. You have essentially begun to take your body back!

Crucial Supplements in Killing Candida

Natural antifungals work best at keeping the Candida fungus under control. Thankfully, there are many to choose from. Here's a list of my favorite Candida-killing natural antifungals.

- Caprylic acid: A medium chain fatty acid found in butterfat, coconut and palm oil and human breast milk. The time-release formula works best because it slowly releases throughout the entire intestinal tract.
- Oregano oil: One of the strongest natural antifungals. It works at killing the most stubborn cases of Candida.
- Grapefruit seed extract: This nontoxic antifungal works well for many Candida sufferers.
- Garlic: Garlic is great for combating Candida and very easy to come by!
- Pau d'arco tea: I suggest drinking this as a tea daily to keep Candida at bay.

Many companies have taken the best herbs and supplements for fighting Candida and put them into one product. In my opinion, this is the most convenient solution. My absolute favorite combo product is CandiGONE by Renew Life. I believe this is one of the strongest natural anti-Candida products on the market. I have successfully used it and recommend it often.

Don't Forget the Probiotics!

Last, but definitely not least, don't forget to replenish your friendly flora. Probiotics are good bacteria that help keep Candida at a controllable level.

Unfortunately, eating a cup of yogurt does not give you enough good bacteria for Candida treatment or prevention.

I typically recommend a very strong probiotic like Renew Life 50 Billion Vaginal Support (designed for yeast/Candida sufferers). Men may be turned off by the name, but it will work for their Candida as well.

Once your Candida is under control, you can take less intense probiotics for maintenance. For this step, I recommend one with around 15 billion live organisms and several different bacteria strains. Be sure to read the label as many probiotics are quite weak and won't do much good.

First Steps to a New Life

It took a lot of diligence on my part to get rid of Candida, but it worked. I followed the natural Candida diet while taking a strong probiotic and completing two rounds of CandiGone. This worked miracles! My digestive issues disappeared and my focus and concentration improved. I also lost my craving for sweets. Now, I would rather have a nice savory snack over dessert any day. Before, when I had Candida, I could hardly go two hours without sugary sweets! The recommendations I listed worked for me and I've heard the same from testimonies of hundreds of others. With hard work and determination, you too can be a testimony to great health!

It may seem daunting, but finding out that Candida is what is causing your health problems can be a relief! Now you know what to do – freedom from your symptoms is around the bend! I am a totally different person than I was 12 years ago because I found the root to my health problems: Candida.

SUPPLEMENTS TO

Kill CANDIDA

CANDIDA KILLING NATURAL ANTI-FUNGALS

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CAPRYLIC ACID
A medium chain fatty acid found in butterfat, coconut and palm oil. This works best because it slowly releases throughout the entire intestinal tract.
- 

OREGANO OIL
One of the strongest natural anti-fungals. It works at killing the most stubborn cases.
- 

GRAPEFRUIT SEED EXTRACT
This non toxic anti-fungal works well for many Candida sufferers.
- 

GARLIC
Garlic is great for combating Candida and very easy to come by!
- 

PAU D'ARCO TEA
Drink daily to keep Candida at bay.

Source: Home Cures That Work



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Diabetes	Hypothyroidism	Urinary Tract Infection
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Fat Loss	Joint Pain	Yeast Infection

OUR MISSION

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