

NOVEMBER 2016

# Home Cures *that work!*

WEIGHT CONTROL • SPIRITUAL WELLNESS • HEALTHY RECIPES • LIVING HEALTHY

The Freedom  
of Truth Telling

8 Ways to  
Treat Sciatica  
Naturally

Healthy  
Cauliflower  
Recipes

12 Home  
Remedies for  
Toothaches



**The 10-Minute  
Plan to Control  
STRESS**  
A SIMPLE PLAN FOR  
THE MOST HECTIC SCHEDULE  
by Dr. Scott Saunders, M.D.

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Dr. Saunders sees a lot of dark circles under the eyes of the patients who come into his practice. He runs an integrative medical practice with patients who typically come in with a wide variety of nagging symptoms. They always feel tried, overwhelmed and unable to get to the bottom of their to-do lists. Dr. Saunders finds a common diagnosis: chronic stress. The irony is we all need some stimulation to be healthy. But a body showing symptoms of chronic stress needs to learn how to shift from chaos towards rest and recovery. Dr. Saunders has created a 10-minute plan that can help you manage responding to stress so you can experience life to its fullest once again.

Sciatic pain doesn't have to be devastating. With the right exercise tactics and combination of therapies, you can recover from many aches – and keep future back troubles at bay. Rob Fischer puts natural sciatic remedies all out on the table – so you can avoid the surgery table!

Toothaches are also at the top of the list for serious pain. Cavities, loose fillings, a cracked tooth, an abscess, or a sinus condition can all bring on the dreaded toothache pain. Before you go see the dentist, these home remedies can provide toothache relief.

Cauliflower is one of those vegetables that many pass over on the smorgasbord. Its subtle flavor is often lost in boring veggie and dip plates. But what is lacking in color is made up in nutrition. This cruciferous vegetable is loaded with vitamins, minerals, antioxidants and fiber. It has even been well-studied for its power to lower the risk of cancer. Read on to learn more about cauliflower's strengths. One recipe here creates cauliflower "rice" that pairs well with just about anything. Pass the anti-cancer rice please!

Don't let stress or pain cut short your quality of life. Dr. Saunders can help you thoughtfully prepare to make each day easier. Make cauliflower, a nutritional powerhouse, a place of honor at your dinner table to discourage cancer and promote vibrant health. And don't let that painful toothache ruin another meal. Our kitchen secrets can send a painful toothache packing. When it comes to sciatica, there's no shortage of treatments. We have what works....Home Cures That Work.

For your health,

Cheryl Ravey  
Editor, Home Cures That Work

## LETTER FROM THE EDITOR

A close-up photograph of a woman's face. She has dark hair pulled back and is looking directly at the camera with a concerned expression. Her hands are resting on her head, with her fingers partially hidden in her hair. The lighting is soft, and the background is a plain, light color.

BY DR SCOTT  
SAUNDERS MD

# 10

## MINUTE PLAN TO CONTROL STRESS

**S**tress is change. But for health purposes, stress is the body's response to change.

Levels of stress depend upon our personal needs. The greater the change, the greater the stress.

We all have a foundation upon which we rest. Our foundation may consist of our money, home, abilities, job, people, family, and so forth. Whatever we choose to put our rest in needs to be unchanging. For example, if we have always had a mother who loves us, we can count on that – no matter what! Even if we make mistakes and end up in jail, we still have a mother who loves us. These kinds of things that we rely on are our foundation. If the foundation changes, it literally rocks our world. The instability causes a great deal of stress.

Changes outside our foundation create little stress. For example...

- If a friend's mom dies, it may have little impact on us. But if our mom dies, it will feel like a tragedy and create a lot of stress.
- If we depend upon our physical abilities, and have a stroke, it will be stressful to a great degree. But if we depend upon our mind, the loss of physical ability will create a smaller amount of stress.

Besides the bedrock that protects us from the harmful effects of stress, the other important aspect of stress is control. When we are in control of change, there is little stress. It is when we have no control over aspects of our life that stress becomes a problem. When scientists want to study stress in animals, they give them a puzzle

to solve. But the options are, "Damned if you do. Damned if you don't." The animal has no way out and becomes stressed.

People who suffer from losing control are continuously in a heightened state of stress. The crux of the problem is the demand for certainty in a world that is always tentative and uncertain.

Change is an inevitable part of life. Therefore, stress is natural and normal. Moreover, most of the changes we face are not in our control. Things happen in spite of all we do to control them. People change, people die, things break down and disasters happen. We cannot control everything, but we can manage our response to these stressful situations.

### **Good stress**

Not all stress is created equal. The changing nature of the world can generate a constant supply of good stress. Cycles of fortune and poverty, feast and famine, allow us to grow and learn. Instead of being harmful and detrimental to the body, it has been proven that good stress can actually create growth and enhance and improve cognitive brain function

The body gains huge benefit from regular instances of good stress. After a brief period of worry, bad stress can be turned into good stress with the euphoria of a given task completed. Relax and learn to go with stress and grow from it.

Physical stress can be very good. In fact, it is necessary. Astronauts in the International Space Station must take a great deal of time out of their work to stress their muscles. They use large rubber bands, exercise routines and equipment to strengthen their

muscles. With no gravity to push against, their bones and muscles can become weak. For every week a muscle is not stressed, it will lose 4% of its strength.

Likewise, we need physical stress. If I go to the gym and stress my muscles, I am actually breaking down muscle fibers. The body will build them up again – stronger. Stress makes us strong. Bones receive strength in the same manner. Many who have osteoporosis believe they can take a drug to make their bones stronger. But what they really need is to stress the bones with weight-bearing exercises like running, walking or lifting weight. The right stress can keep the body in good physical condition.

Another example of good stress is found in family. It is emotionally stressful to be married and have children. Family responsibilities can be demanding. And it's hard when you have no control over daily changes. However, as we work through the emotional stressors, we grow in love.

I believe there is no better way to learn to love than to have and raise a family – in spite of all the stress it causes.

### **Bad stress**

There is also, however, stress that destroys:

- Being in a car accident that stresses the bones too much causes fractures and does damage.
- Too many toxins create stress on the liver that can cause disease or death.
- Emotional stress can cause people to become depressed and anxious.

Bad stress tears us down, and doesn't rebuild. This happens when there is too much stress in a single place.



**SIGNS OF TOO MUCH STRESS**

**.....**

**Weakened immune system**  
**Frequent infections**  
**Autoimmune diseases**  
**Adrenal fatigue**  
**Disruptive sleep**  
**Trouble healing from injuries**  
**Inflammation**  
**Low pain tolerance**  
**Digestive difficulties**  
**Reproductive problems**

**.....**

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Sometimes the healing ability of the body is not sufficient for the stress we create. Infections, for example, can overwhelm the immune system and cause permanent damage, or death. This can be true of psychological stress as well. Many who have been in the heat of battles have become damaged from the trauma beyond the ability of the mind to heal and move on. It has been called many things, such as Post-Traumatic Stress Disorder (PTSD), Gulf-War Syndrome, and various others. It was even noted by doctors after the US Civil War.

Stress requires an intervention to achieve some measure of healing. It is not just a case of managing stress. For example, broken bones often require the expertise of a surgeon to prevent permanent disability. This may be true of all forms of bad stress. It creates lasting problems that don't go away on their own. Required resources to effectively deal with stress may be beyond what is immediately available.

## Managing stress

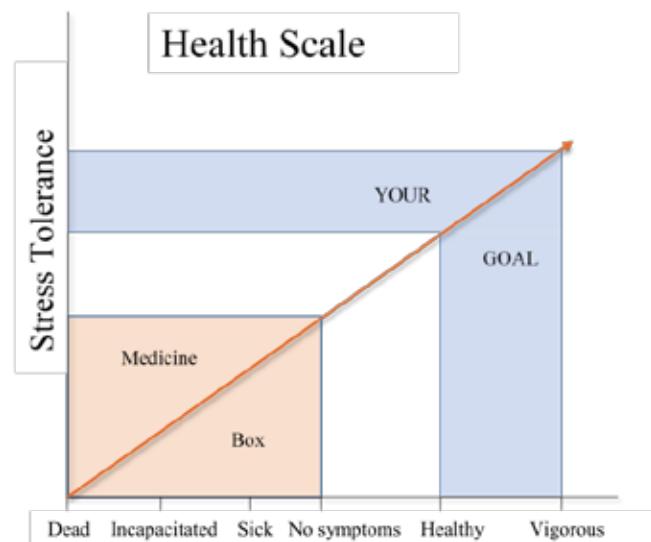
Long-term stress damages our bodies. Under stress, our bodies produce stress hormones. These stress hormones affect:

- Our immune system, allowing infections and autoimmune diseases like adrenal fatigue
- Sleep
- Healing from injuries
- Inflammation
- Pain control
- Digestive and reproductive systems
- And every other system in our body

Research has also linked chronic stress to ailments including depression, heart

disease, memory loss and weight gain. Chronic stress causes obesity because it makes us resistant to insulin and leptin. Chronic stress can be devastating! Preventing the effects of stress isn't just a good thing to do... it's ESSENTIAL!

Since stress is ever present, we learn how to deal with it by managing it, not by avoiding it. The best way to do this is to be prepared for stressful times. If we are prepared to handle changes in our lives, we will not become stressed. For example, if we are healthy, and then get the flu, we can handle it. However, if we're sick already, incapacitated, or severely ill, we could die from the same illness – not being able to handle the stress of the flu. What we get from being healthy is stress tolerance. The scale looks something like this:



The "Medicine Box" is what we get from medical care and where our current health care system will keep us. The optimal place to be, as taught in medical schools today, is sick without symptoms. For instance, if you have diabetes, then you are given

medications that will keep you dependent on the doctor. You will never get well by following this protocol. The symptoms may be gone, but the disease is still there. It is the same with hypertension, cholesterol, heart disease, depression, and all chronic illnesses. However, all medications are toxic and actually produce low stress tolerance. If we want greater stress tolerance, then we need to get away from the idea of symptom relief and seek vigorous health. If possible, we need to break out of the “medicine box.”

This scale works in all areas of life. Consider the benchmark of wealth. If you are barely living on a fixed income and the car breaks down, you have few options. You cannot tolerate the added expense, and it leaves you broke - dead broke. But what if you were very wealthy? A broken-down car is no added burden.

Emotionally, you can be very healthy and tolerate the death of a loved-one. Whereas if you are emotionally incapacitated, it could be devastating to your psyche. Having little spiritual reserves leaves you without a foundation to stand on. If we haven't built our house on the Rock, then we won't have the ability to tolerate the major stress of crisis when it hits.

The key to managing stress is to become healthy in all areas of life. If we prepare to manage stress, then we will not fear. Anxiety is such a large part of stress because we are not prepared to handle it. When we live sick, but symptom-free because of medications, we will be anxious for our health. We know that any added stress could send us to the hospital – or worse!

### **Stress relief**

Many believe that if they could avoid

stress, they would be better off. But we know there is no way to avoid stress. Even lying in a hammock on a beach in Tahiti could be stressful at some point. Things happen that are outside of our control. If you have a great deal of stress right now, then it is essential you learn the “Serenity Prayer” by Reinhold Niebuhr:

*God grant me the serenity to accept  
the things I cannot change,  
Courage to change the things I can,  
And wisdom to know the difference.*

This prayer is answered as we live in the “now.” Those who live in the past have no control over their own lives. They become centered on things that they cannot change. They dwell on that which they have no possibility of making different. Remember, this is stress – a no-win situation, or being stuck with no way out. Those who keep their minds on those things they can control will lower stress levels.

“Wisdom” means acting on truth. When we do things we can do, we find ways to relieve the stresses of life, and improve our own lives and those around us. This is real stress relief.

### **Don't forget Love**

It is said that love is the answer. I believe this to be true. As I observe many people in very stressful situations, I find that love is the answer to all problems. Love relieves all stress.

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**LOVE RELIEVES  
ALL STRESS.**

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Love is the sacrifice we make in order to grow. When we love ourselves, we give up things we want in to improve or grow. We may have to give up television to read a good book. We may have to give up ice cream to be fit and trim. These are the ways we love ourselves. We love others when we sacrifice for them. Giving our time and effort is all we have, though giving money or possessions also demonstrates love. The key to love is that our sacrifice must benefit the other person.

The daughter of a family I was treating had gotten into drugs. The father, a wealthy retired banker, was spending a great deal of money to get her well. He spent hundreds of thousands on rehabilitation programs, to no avail. After the stock market crash of 2008 he lost most of his retirement and had no more resources. He went to his daughter and told her she was on her own. He hoped she would choose to change. She did. She quit drugs, got a job, and got married. Now she has a child that she loves very much. I don't believe that the money the father spent on rehab programs was wasted. I think the daughter understood his sacrifice. When she was free to choose, she had the background of love from which to actually make the changes. His love demonstrated his sacrifice for her, and when she was given the freedom she was able to choose wisely.

## **Freedom**

Freedom is completely non-stressful. Freedom is true relaxation. Freedom is control. Freedom is ability. When we are free, we can find creative ways out of even the most aggravating situations. Stress comes when we don't have freedom. In fact, being trapped with no way out causes stress.

**"BY BEING PROACTIVE,  
OR CHOOSING ACTION,  
WE GAIN CONTROL  
OVER OUR LIVES,  
AND PREVENT, OR  
RELIEVE, STRESS."**

*Dr. Scott Saunders, M.D.*

## **Be Proactive**

When we choose to do something, we alleviate stress. It is things that happen to us outside of our control that create stress. By being proactive, or choosing action, we gain control over our lives, and prevent, or relieve, stress. Some people try to control everything and everyone around them to avoid stress. Most often, these efforts end in worsening stress because those around them become stressed in their presence. Others don't like the stress of being controlled. The object is not to control others to prevent stress, but rather to be in control of oneself. This is the best way to prevent and relieve stress.

## **Be Prepared**

The Boy Scout motto, "Be Prepared" is a valuable demonstration of reducing stress. While we cannot be prepared for everything that comes along, we can use our basic preparation skills to diminish the stress of common changes in life. The most important areas of life that require preparation include:

- Financial
- Physical
- Spiritual
- Emotional

I once had a patient who was using Xanax daily because of constant anxiety. She went to counseling and started taking some supplements and was able to get off of the medication. However, she carried one pill with her “just in case” she had a panic attack. Because she had the pill, she was able to calm herself. It was a great comfort just knowing that she had something to calm her if she had to use it. She never did need to take that pill! Likewise, we can have reserves that allow us to feel a measure of security, and give us more stress tolerance.

## **Finances**

Financial reserves are important. Are you prepared for a financial setback? Having a cash fund that can be used in case of an emergency is essential to lowering stress. It takes much of the fear out of life to have a significant sum in a bank account in case of an emergency. Preparation in this area is simple:

- Spend less than you earn.
- Save a little every day, week, or month.

## **Disaster preparation**

What about a natural disaster? Having a “72-hour kit” ready in case of a problem can mean the difference between life and death.

## **Health**

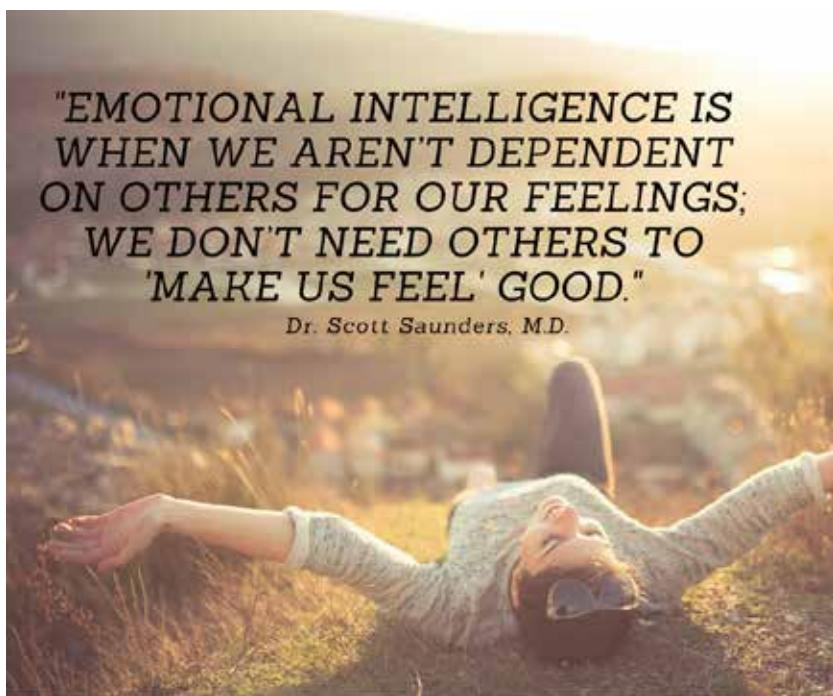
Health is the greatest wealth. Keeping your body strong can prevent stress in case of illness or injury. For example, if you are on the edge of illness (in the “medicine box” above) and require surgery, recovery will be more difficult – creating stress. The principles of physical health are also simple.

- Eat nutritious food: high-nutrient, low-calorie (fruit and vegetables); avoid processed food.
- Eat less than you need, fast 4 days per month with water only.
- Exercise daily for 10 to 30 minutes.

## **Spirit**

Spiritual stability comes from knowing God. Each person needs to individually turn to the Lord for counsel and guidance. When we know how to receive instruction, and understand our dependence on Him, we can “build our house on the rock.” Each of us has one lifetime to come to know God. When the crises come you will ride them out to be better, stronger and more content to be the person that Christ called you to be! The way to spiritual maturity is simple:

- Pray daily. Pray continuously. Counsel with the Lord in everything.
- Read the Bible every day. Reading even just a few verses daily gives us access to light and knowledge of truth.
- Forgive everyone of everything. Why ruin your life for something that you can’t control?
- Help others. Look for one opportunity every day to help someone else.



## Emotions

Emotional preparation means being independent. Emotional intelligence is when we aren't dependent on others for our feelings; we don't need others to "make us feel" good. This also takes time. There are two things that give us confidence and self-esteem. The first is to develop loving relationships. Love is the ability to sacrifice for the benefit of another. Parents give up a lot for their children out of love. Spouses sacrifice for each other. Friends will be available in times of need. Living in multiple loving relationships gives a person some stability.

The second is to have control of your thoughts. Allowing thoughts of all that is bad in our lives and in the world creates anxiety. We gain control over our emotions when we control our thoughts. Control relieves stress, even when the storms of life whirl around us.

Seek the good in every situation. Don't get caught up in speaking about how awful things are in your life, or in the world around you. Think about good things always. And be a friend to others. Look for opportunities to serve those around you. Helping others seems to buffer the negative effects of stress on our well-being.

## Simple acts – “The Ten-Minute Plan”

Benjamin Franklin was not a stressed man. He retired at age 42 from the printing business, and spent his time learning and experimenting. In his autobiography, he tells his son that what made the difference in his life was a daily checklist of ways he could grow and learn. Each day he would make a mark in his journal next to a quality he wanted to develop, or a weakness he wanted to remove. He thought it would only take a little while, but found over the

years he needed to continue the practice. The little things didn't seem to change in the short-term, but he became powerful over his long, happy, and productive life.

It's never too late to prepare. Begin now. Make the changes you need to. It doesn't mean having \$10,000 in the bank now, it means putting some away, even if you can only save \$1 per day – start there. The little things we do on a daily basis add up to a lot over time. But if we don't change, then nothing will change.

All improvement requires directed effort. Make a plan for improvement. A ten-minute plan is simple, and can fit into even the most hectic schedule. This is a simple program. Take ten minutes for each of the following, then check the boxes each day as you do them:

- Pray
- Plan your day.
- Exercise
- Read from the Bible.
- Write in a journal three things you are thankful for.
- Make your own healthy food, instead of eating prepared or restaurant food.
- Read ten pages in a good book (see the list below).
- Slow down your driving.
- Keep a record of income and expenses for the day.
- Write a text or email expressing gratitude or admiration for someone.

It starts with 10 minutes a day with the list on the right and in a little time we have relieved most all the stress in the world. When life seems overwhelming, it is essential to break everything down into little pieces.

# THE 10-MINUTE PLAN

## To Reduce Stress Every Day

Take ten minutes for each of the following, then check the boxes each day as you do them:

- Pray.
- Plan your day.
- Exercise.
- Read from the Bible.
- Write in a journal three things you are thankful for.
- Make your own healthy food, instead of eating prepared or restaurant food.
- Read ten pages in a good book (see the list below).
- Slow down your driving.
- Keep a record of income and expenses for the day.
- Write a text or email expressing gratitude or admiration for someone.

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No matter where you are in life, no matter how much, or how little stress you have, keep a checklist of 10-minute activities. Do them daily to both relieve stress, and help you prepare for stressful events.

No matter where you are in life, no matter how much, or how little stress you have, keep a checklist of ten-minute activities. Do them daily to both relieve stress, and help you prepare for stressful events.

Every individual's checklist will be different. But it is important to start simple and check it off every day. When you make your daily checklist, keep in mind that you don't want to add to your stress by creating difficult or lengthy tasks. It should be done in 10 minutes. But it should include those things that will both relieve stress, and prepare you for future stressors.

Checking boxes of simple tasks makes a huge difference over time. We will feel better immediately just because we are seeing that we can do things, but in a year we will find great

healing, and in five years we will be strong in all areas. We will be living in the present, and finding our abilities to be adequate. We will be in control, able to change what we can, but also, we will have the confidence to accept those things we cannot change – especially the past. Thus, our stress tolerance will be greatly increased. We will be able to counsel and help others, giving us more confidence, self-esteem, and joy.

### **Recap of stress reduction:**

- Be proactive – prepare for stressful situations that will inevitably happen.
- Turn bad stress into good stress by seeking growth.
- Keep a positive outlook. Don't seek the bad (there's plenty out there already).
- Stay in "learning mode" always.
- Use a checklist of daily ten-minute stress-relievers

- to keep you in control.
- Live in the present, not dwelling on the past, nor worrying about the future.
- Love someone every day.

### **Reading list for stress-reduction:**

- *How to Win Friends and Influence People* by Dale Carnegie
- *The Slight Edge* by Jeff Olson
- *The Power of Now* by Eckhart Tolle
- *Financial Peace University* by Dave Ramsey
- *The Four-Hour Work Week* by Tim Ferris
- *The Seven Habits of Highly Effective People* by Stephen Covey
- *The Autobiography of Benjamin Franklin*
- *Margin—Restoring Emotional, Physical, Financial, and time Reserves to Overloaded Lives* by Richard A. Swenson, MD

Sources:[1] <http://jid.oxfordjournals.org/content/195/5/621.full> [2] <http://www.cdc.gov/zika/transmission/> [3] "Guillain-Barré Syndrome Fact Sheet". NIAMS. June 1, 2016. Retrieved 13 August 2016 [4] [https://en.wikipedia.org/wiki/2015%E2%80%9316\\_Zika\\_virus\\_epidemic](https://en.wikipedia.org/wiki/2015%E2%80%9316_Zika_virus_epidemic) [5] <http://www.usatoday.com/story/news/nation/2016/07/08/1st-death-related-zika-virus-seen-continental-us/86879204/> [6] <http://www.cdc.gov/zika/intheus/florida-update.html> [7] <http://www.nbcnews.com/storyline/zika-virus-outbreak/study-removes-any-doubt-zika-virus-causes-birth-defect-n649536> [8] <http://www.scientificamerican.com/article/list-of-possible-zika-birth-defects-grows-longer/> [9] [https://en.wikipedia.org/wiki/Zika\\_virus](https://en.wikipedia.org/wiki/Zika_virus) [10] <http://www.webmd.com/vitamins-supplements/ingredientmono-1108-lemon%20eucalyptus.aspx?activeingredientid=1108&activeingredientname=lemon%20eucalyptus>



Dr. Scott D. Saunders, M.D. is a practicing physician, specializing in preventative health care, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine. View natural remedies with Dr. Saunders at: <http://drsaundersmd.com>



# 3 Surprisingly Creative Recipes for Cauliflower

Don't let this understated vegetable fool you. It's bursting with culinary potential and nutritional oomph.

by Rob Fischer

Thanks to the midnight sun, Scott Robb from Palmer, Alaska, grew the world record cauliflower in 2003 weighing in at an impressive 35.8 pounds! (The average head of cauliflower at the grocer weighs about 2 lbs.) But you don't need a giant cauliflower to benefit from its colossal inventory of nutrients.[1]

Cauliflower, a member of the brassica family (cruciferous vegetables), is one of the most nutrient-rich vegetables on the planet. It ranks among the top 20 of the healthiest foods.

Just some of cauliflower's most notable nutrients include:

- Vitamin C
- Vitamin K
- Folate, B6, B3, B2 and B1
- Choline
- Pantothenic acid
- Fiber
- Omega-3 fats
- Manganese
- Phosphorus
- Biotin
- Potassium
- Magnesium
- Sulforaphane
- Indoles and isothiocyanates
- Numerous antioxidants

## 5 Benefits from Cauliflower

Cauliflower with its bland, white appearance may not grace your plate, but it can certainly

improve your health. (Actually, you can find cauliflower in more vibrant colors such as: purple, green and orange.) Here's what cauliflower can do for you.

**1. Prevents, inhibits and fights cancer.** Like other cruciferous vegetables, cauliflower has a slight sulfur smell attributed to the compound sulforaphane. This compound and two others: indoles and isothiocyanates kill cancer cells. In particular, cauliflower has been shown to reduce the risk of prostate, breast, colon, bladder, liver, lung, and stomach cancers.[2]

**2. Improves the health of the gut.** Most people don't realize that a healthy gut is the key to a strong immune system. Cruciferous vegetables and in particular cauliflower contributes to a healthy digestive system thanks to sulforaphane, glucosinolates, and high fiber content. This combination of compounds protects the stomach lining, assists in detoxification and nutrient absorption, and promotes the removal of waste. They also help inhibit the growth of unwanted bacteria in the intestines.[3]

**3. Reduces inflammation.** Research has revealed that inflammation is the culprit behind almost all chronic diseases today. Heart disease, stroke, diabetes,

Alzheimer's, Parkinson's and many other diseases result from inflammation. Eliminate inflammation and you greatly reduce your risk of contracting these diseases. Cauliflower boasts a long list of unpronounceable antioxidant phytonutrients that serve to reduce oxidative stress and free-radicals in the body.[4] In other words, eating cauliflower reduces inflammation in the body.

**4. Boosts brain function.** Cauliflower is rich in choline, a B vitamin known for its ability to improve cognitive function and memory. Choline is especially important for pregnant women as this nutrient promotes the baby's brain development in the womb. [5] Eat a head of cauliflower and benefit your head!

**5. Treats infertility.** You may not have seen this health benefit coming! Pesticides and other pollutants are responsible for an increase in infertility among males. This is due to the fact that these chemicals mimic estrogen, the female sex hormone.[6] Vitamin B6 is often recommended as a natural treatment for infertility as it counters this estrogen effect. Cauliflower stands at the top of the list as the best source for this nutrient. Therefore, men, eat your cauliflower!

I could go on and on about the health benefits of this super-vegetable, but few people will eat something they don't like. So let's take a look at some of the delicious ways to prepare this amazing cruciferous vegetable.

## Cauliflower Recipes

Raw cauliflower can give you all the benefits of its nutrients without the hassle of cooking. In raw form, cauliflower is great with ranch dressing or other dips. But not everyone enjoys raw cauliflower. As with most vegetables, cooking cauliflower will deplete some of its nutrients. In order to minimize this effect, use as little water as possible and cook it for just a short time.

Fortunately, even though cooking reduces the nutrients available in cauliflower, cooking actually increases our body's ability to absorb these nutrients.<sup>[7]</sup> So don't give up on cooking cauliflower. Some of my favorite ways to cook cauliflower include:

### GRILLING

Lightly sprinkle olive oil over quartered florets and season them as desired. Grill over medium heat until they reach the consistency you like. Turn them frequently to avoid burning them.

### SAUTEING

Pour a few tablespoons of olive oil or broth (of your choosing) in a frying pan, bring this to medium heat and sauté quartered and seasoned cauliflower florets uncovered until done. You can experiment with a variety of seasonings, or merely use salt and pepper.



### ROASTING

Preheat oven to 375 degrees. Cover the bottom of a large cookie sheet with parchment paper. Spread quartered cauliflower florets on the parchment paper and sprinkle with olive oil and seasonings. Roast in the oven for 15 to 20 minutes or until done to your liking.

We've found that these three methods of cooking are superior to boiling or steaming in their ability to retain the nutrients. These methods also enhance the flavor of the cauliflower.

Cauliflower is an extremely versatile vegetable in the ways it can be cooked and the purpose for which you use it in a meal. For instance, there are numerous ways to use cauliflower to substitute for a starch or carb with far fewer calories and all the healthy nutrients. Cauliflower rice is one such example.[8]



Since cauliflower's in season and plentiful this time of year, now's the time grab a head or two and try out one of these recipes. It might be exactly what the doctor ordered. Whether you're a soup lover, a vegetarian, or a comfort-food fanatic, versatile cauliflower offers something for everyone. It's hearty enough to command the Thanksgiving table with a delicious recipe like these.

# Cauliflower Rice

**Hint: no rice is used in the making of this dish!**

## Ingredients

- 1 large head of cauliflower (serves four)
- 3 Tbsp olive oil
- Sea salt
- Black pepper
- A splash of half and half

## Directions

1. Remove base stem and leaves from cauliflower head. Using the fine side of a box grater, grate the cauliflower florets finely. (A food processor tends to shred it instead of grate it.)
2. Heat olive oil in a deep frying pan over medium heat.
3. Add the grated cauliflower and add salt and pepper to taste. (You can also add turmeric or other seasonings.)
4. Sauté for about 5 minutes, stirring occasionally. You want the cauliflower to have the consistency of cooked couscous or rice.
5. When done, stir in a splash of half-and-half to give it a creamy, moist texture.
6. Serve as a starch, a vegetable, or add cooked meat, sauces or whatever else you might do with rice.

Cauliflower has roughly 1/3 of the carbs of potatoes so this recipe is ideal if you want to cut back on carbs without sacrificing flavor. Total prep and cook time approximately 25 minutes.[9]



# Cauliflower “Mashed Potatoes”

## Ingredients

- 1 large head of cauliflower, cut into florets
- 1 Tbsp olive oil
- 1 clove garlic, smashed
- 1/4 cup grated Parmesan cheese
- 1 Tbsp cream cheese
- 1/2 tsp kosher salt
- 1/8 tsp freshly ground black pepper

## Directions

1. Use a steamer insert in a saucepan and fill with water just below the steamer. Bring water to a boil and add cauliflower. Cover and steam until tender, about 10 minutes.
2. Meanwhile, heat olive oil in a small skillet over medium heat. Sauté garlic, stirring occasionally until softened (about 2 minutes) and remove from heat.
3. Place half the cooked cauliflower to a food processor; cover and blend on high. Add remaining cauliflower florets one at a time until the mixture is creamy. Blend in garlic, Parmesan cheese, cream cheese, salt and black pepper.



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.

# Cauliflower Gratin

This recipe takes 20 minutes to prepare and 30 minutes to bake and yields 4-6 servings.

## Ingredients

- 1 large head of cauliflower, cut into large florets
- Kosher salt
- 4 Tbsp unsalted butter, divided
- 3 Tbsp all-purpose flour
- 2 cups hot milk
- $\frac{1}{2}$  tsp freshly ground black pepper
- $\frac{1}{4}$  tsp grated nutmeg
- $\frac{3}{4}$  cup freshly grated Gruyere, divided
- $\frac{1}{2}$  cup freshly grated Parmesan
- $\frac{1}{4}$  cup fresh bread crumbs

## Directions

1. Preheat oven to 375 degrees F.
2. Boil cauliflower florets in a large pot of salted water for 5 to 6 minutes until tender but still firm, and drain.
3. Meanwhile, melt 2 Tbsp butter in a medium saucepan over low heat. Add the flour, stirring constantly with a wooden spoon for 2 minutes. Then add the hot milk into the butter-flour mixture and stir until it comes to a boil. Boil, whisking constantly for 1 minute or until thickened. Remove from heat and add 1 tsp salt, pepper, nutmeg,  $\frac{1}{2}$  cup Gruyere, and the Parmesan.
4. Pour 1/3 of the sauce on the bottom of an 8 x 11 x 2 inch baking dish. Place the drained cauliflower on top and spread the rest of the sauce evenly on top. Combine the bread crumbs with the remaining  $\frac{1}{4}$  cup of Gruyere and sprinkle on top. Melt the remaining 2 Tbsp of butter and drizzle over the gratin. Sprinkle with salt and pepper.
5. Bake for 25 to 30 minutes until the top is browned. Serve hot or at room temperature.[10]



You can do 101 things with cauliflower and we haven't even mentioned soups and salads! If you don't have any trusty cauliflower recipes, then you're missing out on the powerful benefits of this seemingly bland cruciferous vegetable. Eating cauliflower, which is loaded with disease-fighting nutrients and phytochemicals, may help defend you against life-threatening diseases such as heart disease and cancer.

With all its health benefits, its versatility and great taste why not pick up a nice firm head of cauliflower today and begin experimenting with one of the recipes provided here.

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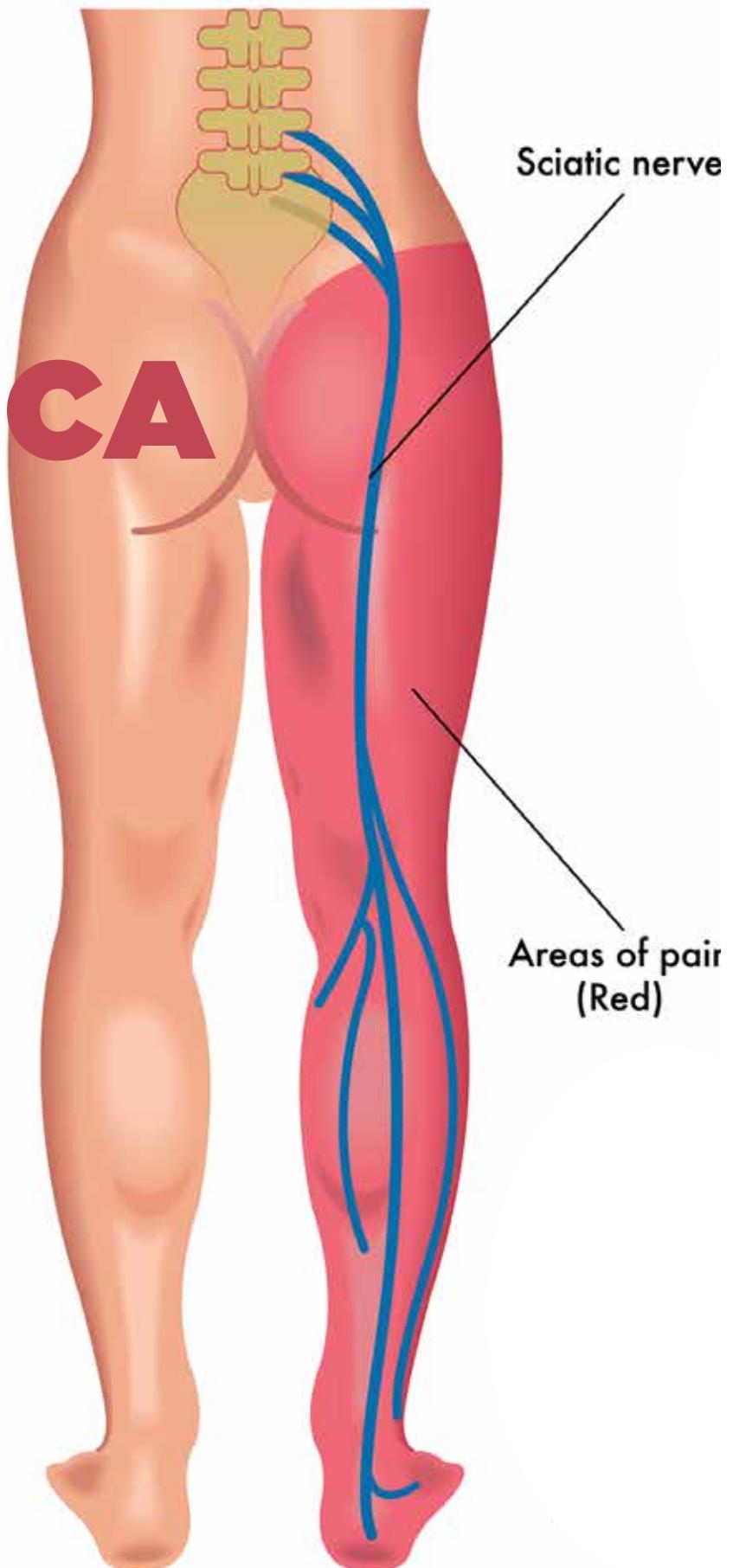
# SCIATICA

by Rob Fischer

## 8 Ways to Treat **SCIATICA** **NATURALLY**

How to Relieve  
Sciatic Nerve Pain

Sciatica is one of the most common forms of back pain afflicting as many as **40%** of adults at some point in their lifetime.



**A**lthough sciatica originates in the lower back, the sciatic nerve travels through the buttocks and down each leg to the foot. So the pain may be worse in the buttocks and leg than in the back. But wherever the pain shows up it can be excruciating!

Common symptoms can range from a dull ache to sharp pain. You may also experience numbness, weakness, or tingling.

The pain may worsen as a result of:[1]

- Prolonged sitting
- Standing up
- Coughing or sneezing
- Twisting one's torso
- Lifting
- Straining

## Causes of Sciatica

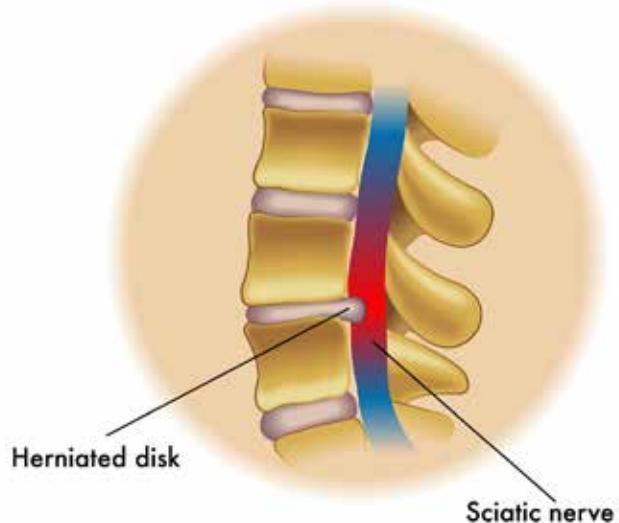
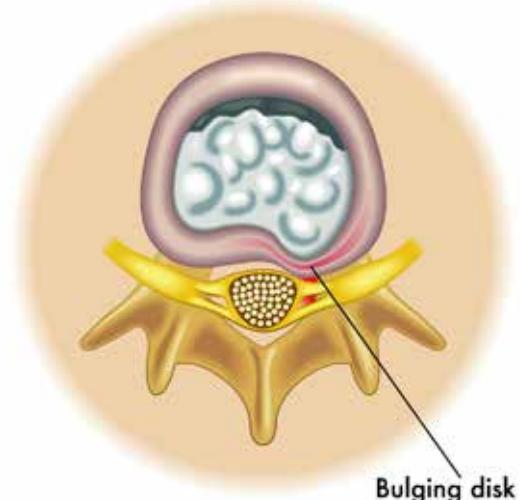
The most common cause of sciatica is a herniated disk. The injured disk bulges into the spinal column and pinches the sciatic nerve.[2] Often people don't know how they even injured their back when the pain comes on.

Some of the causes of such an injury, or conditions that make one more prone to injury include:[3]

- Improper lifting
- Prolonged sitting
- Lack of exercise
- Being overweight
- Poor posture
- Deficiencies in vitamins D and K2
- Smoking
- Insufficient sleep

Sciatic symptoms can also start with spinal stenosis. This is the narrowing in one or more areas of your spine. By age 50, most people's spines show at least some signs of wear and tear of the disks and spinal (facet) joints. Because of this, spaces between the vertebrae narrow and bony growths or disk bulges may form, which can compress sciatic nerve roots.

The most common cause of sciatica is a bulging disk or herniated disk



As they say, "Prevention is always better than the cure!" So awareness of the above causes and conditions can help you avoid back pain and sciatica. But once the pain comes on all you can think about is getting rid of it.

Naturally, the first thing most people think of when suffering with sciatic nerve pain is taking medication to relieve the pain. Over-the-counter pain relievers may help, but if the pain is severe enough, people often go to their doctor for a prescription

for something stronger. Usually, in such cases, opioid drugs are prescribed. But these drugs are highly addictive, often abused and now rank higher in fatal drug overdoses than heroin or cocaine![4]

In addition to the above, drugs—even over-the-counter ones—are not good for you long-term and can lead to many other health problems. One of the most well-known risks of painkillers is liver damage from acetaminophen.

Taking ibuprofen and naproxen doesn't pose as great a risk to liver function as acetaminophen. However, some damage to the stomach lining is a possibility, which can lead to blood loss from the irritated area, stomach pains (gastritis), and even ulcers. This is also true of aspirin.

That's why we encourage more natural approaches for relief from sciatic nerve pain. These natural methods can be very effective without the dangerous side effects of drugs.



# 8 Natural Ways to Relieve Sciatica

Without the dangerous side effects of drugs

TO HELP PREVENT OR STOP SCIATICA PAIN

## 1. Chiropractic Manipulation

A 2010 study in the Journal of Manipulative and Physiological Therapeutics found that 60 percent of people with sciatic pain experienced the same degree of relief from spinal manipulation as those who eventually had surgery.[5] The study involved 120 people who began with three chiropractic visits a week for a month, then tapered off to once a week, and finally discontinued visits when they felt better.

## Massage and #4 Rolfing

Both of these methods involve deep manipulation of the soft tissues of the body. This opens muscles, improves blood flow and relaxes affected areas. Both have been shown to relieve sciatic pain. Rolfing was developed by Dr. Ida Rolf in the mid-20th century. Rolfing is also known as structural integration and seeks to realign the myofascial structure of the body to achieve balance.[9] This type of deep tissue massage and anatomical alignment can resolve discomfort and pain from sciatica.

## 2 Acupuncture

This is a traditional Chinese medical practice that involves the use of very tiny, nearly pain-free needles. These needles are strategically placed in the body to release the body's natural flow of energy. Acupuncture helps reprogram the muscles to stay relaxed. It actually makes your body capable of healing itself. The FDA has approved acupuncture as a treatment for back pain and sciatica.[6] Some people begin feeling relief after the first treatment, but it usually takes about 12 sessions to experience more permanent relief.[7]



## 3. YOGA AND STRETCHING

Strengthening the abdominal and back muscles support your back and relieve back pain due to sciatic nerve. Flexibility releases your tight muscles to help get relief from sciatic pain. Initial stretching of the affected area may actually temporarily increase your pain.[8] Take care to follow gentle yoga and stretching techniques. Proper stretching does not involve "bouncing," but should be slow and deliberate.. There are a wide variety of yoga poses and stretching exercises easily available through a Google search.

## *Inversion Therapy*

5. Inversion therapy uses gravity to realign the body and provide relief of sciatic pain. The most common approach for inversion therapy today is the inversion table. This is a piece of equipment that you lie down on. It clamps your feet in place and then you slowly lower yourself backward



so that you are nearly hanging upside down. This method is as old as Hippocrates (400 BC). By allowing gravity to pull your body in the opposite direction it decompresses your spine. This relief of pressure on the spine offers relief from the sciatic pain as well.[10] Some years ago my wife was suffering from lower back pain. After repeated visits to the chiropractor, he recommended an inversion table to her. We purchased one and she began using it from time to time as pain would flare up. The inversion table brought her relief and eliminated her need for the chiropractor!

## Ice or heat

These treatments can't repair what's deep within the body, but they can provide temporary relief. Apply either hot or cold to the area in pain for 15 minutes.[11] Always take care to protect your skin from hot or cold burns with a towel or other soft cloth.

Your back or leg pain will probably scream at your initial attempts to exercise. But exercise is one of the best things you can do to alleviate sciatic pain and prevent future occurrences. When you don't exercise or move your body enough, the muscles get weakened. This weakening of muscles leads to back injury and strain, which then causes pain. Exercising also keeps your spinal discs healthy. If you don't move them enough, they will not be able to circulate fluids as well as nutrients that help them stay healthy and prevent pressure on the sciatic nerve. Exercise as simple as walking can help realign your spine, warm up your muscles, get your blood flowing, reduce inflammation, and release endorphins—your body's natural pain killers.[12] Start slowly and gradually increase duration and intensity.

**8. Topical preparations** – Dr. Tieraona Low Dog, MD, director of the fellowship at the Arizona Center for Integrative Medicine recommends St. John's wort oil for nerve pain. Apply this anti-inflammatory oil on the affected area two or three times a day.[13] Cayenne pepper cream is another option for relieving inflammation due to sciatic nerve pain. Dr. Low Dog prescribes the chile patch Qutenza for severe cases of pain.[14]

Normally, sciatic pain subsides within six weeks of conservative care.

But with persistent sciatic nerve pain, some people opt for surgery. If symptoms remain debilitating, if muscle weakness begins and loss of bladder or bowel control is present, then surgery can be a viable option. This is especially true with sciatica caused by progressive spinal stenosis. But keep in mind that it's not necessarily permanent.[15] If you decide to go the route of surgery with your doctor's recommendation, you will want to take preventative measures afterward to ensure that injuries and pain don't recur.

Meanwhile, check with your doctor and try one or more of the above natural remedies for sciatica. You'll kill two birds with one stone by relieving your sciatic pain and conditioning your body against future attacks.

6

## 7. Exercise





# 12 HOME REMEDIES FOR TOOTHACHES

SAFE. EFFECTIVE. NATURAL.



Although, there are many over-the-counter toothache cures, they all have some side effects. Today, home remedies for a toothache are becoming quite popular. My Dad used to tell me (jokingly) to down some Whiskey when I had a toothache!

## Home Remedies for a Toothache

The best home remedy is to take good care of your teeth! So, always rinse your mouth regularly, especially after meals; brush and floss to remove morsels sticking between the teeth; and generally follow good oral hygiene. However, if you do get saddled with a toothache, opt for a toothache home remedy instead of over-the-counter medication. The home remedy is safer and effective. Let's see what they are.

**T**he cavity is deep. The crack is wide. The gum is infected. For whatever reason, you have a toothache! Or, maybe your child or grandchild has a significant painful toothache! Preventing cavities is possible, necessary and the only natural sane next step. But for now, your tooth is throbbing and making your life miserable. The intense and unbearable pain won't let you sleep, eat, drink or even draw in cold air through the mouth because of your tender tooth!

Generally, toothache is caused when tooth decay invades or is about to infect the pulp chamber, which contains nerve endings and tiny blood vessels. This occurs because compromised enamel allowed material into the center of your tooth, otherwise known as demineralization. But, the good news is the human body has a remarkable capacity to heal itself. We fight off colds and flu, repair fractured bones and heal cuts and scrapes. Teeth are no different. They are not simply passive or inert, but will actively remineralize areas of decay. This is a proven fact, and has been known since before the 1930's.

### 1. Oil of Cloves

Take a small piece of cotton ball or gauze pad and put 1 to 2 drops of clove bud oil on it. Stick the cotton ball or gauze pad directly on the hole. The piece should be large enough to fit into the hole snugly without falling out. Or, use clove oil (2-4 drops) in 1/4 glass of water for a mouthwash. Clove has a numbing effect and kills bacteria.

## 2. Oil Pulling

Swish coconut oil or extra virgin olive oil in the mouth and through the teeth for 5 to 10 minutes before spitting out. Practice oil pulling daily.

## 3. Garlic

Placing a clove of garlic with little rock salt on the affected tooth helps relieve or even cure the pain.

## 4. Activated Charcoal

Activated charcoal can also help draw out the toxins. Mix a teaspoon of activated charcoal powder with enough water to make a paste. Place some of the paste on a small piece of gauze, put the gauze on the sore area and bite down so that the paste surrounds your tooth. Leave it on for up to 5 minutes, then remove the gauze and excess paste and rinse your mouth with water. You can use this remedy 3 or 4 times a day, as needed.

## 5. Blackstrap Molasses

Holding organic blackstrap molasses in your mouth for a couple of minutes or smearing some of the molasses on the gums may help to push the pain back for several hours (unless blackstrap molasses' sugar content makes it impossible to put on or near your painful tooth). Blackstrap molasses is full of magnesium and calcium, the minerals teeth need to repair and regenerate.

## 6. Colloidal Silver

Once per day, spray the infected area with 2 squirts of colloidal silver, 10 ppm.

## 7. Hydrogen Peroxide

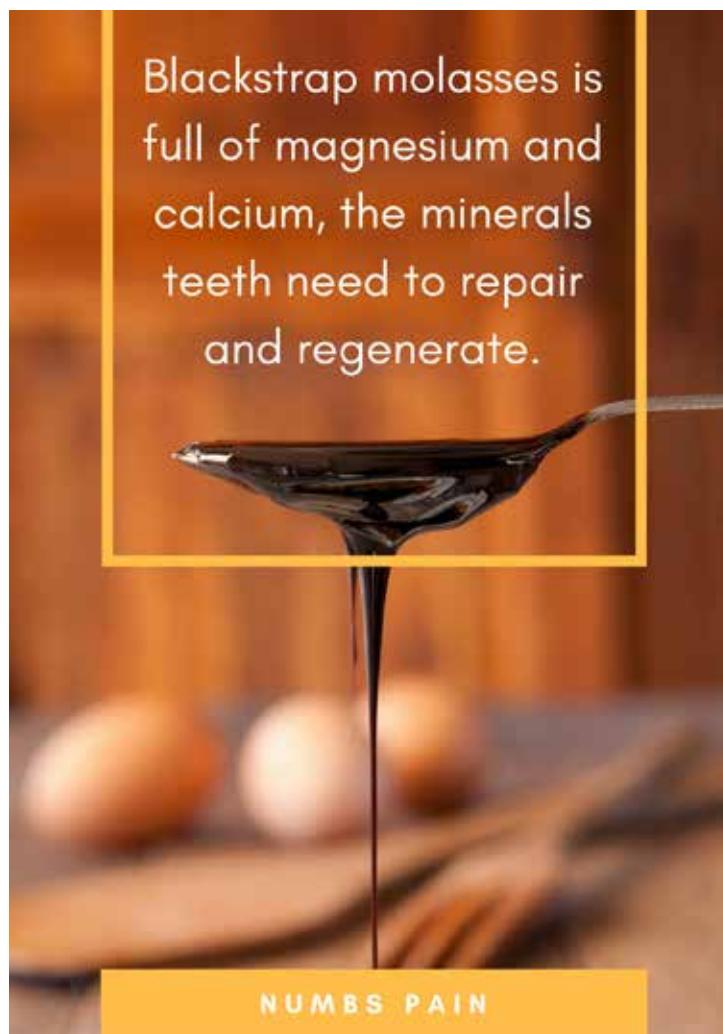
Floss first, then swish a mouthful of a 3% solution of hydrogen peroxide in your mouth for a few seconds. Let it stay in your mouth for about a minute, then spit it out and rinse thoroughly with water. Do this once a day for 2 to 3 days in a row. Don't swallow the peroxide and don't use more than 3 days.

## 8. Echinacea and Aloe

Open 2 capsules of echinacea and mix the contents with enough aloe gel to form a paste the consistency of toothpaste. Dab the paste on the gum next to the aching tooth and let it dissolve. Use as often as needed. The aloe will reduce the pain, while the echinacea will battle any infection causing the toothache.

## 9 .Magnesium Citrate

Take 1 teaspoons of magnesium citrate for 3-4 days for natural toothache pain relief.



This will help with any sensitivity from sweet or very hot/cold foods and beverages. I've made this remedy part of my daily routine and hope to discover more health benefits of this great mineral.

## 10. Liquor

One of the best quick-fix home remedies for a toothache is, of all things, a good strong drink of liquor. Squeeze a wad of cotton soaked in brandy or vodka against the affected tooth. This will help numb the pain. You can also make the gum numb by taking a swig of Whiskey and holding it over the painful tooth. (My Dad was right!!!)

## 11. Black Tea

If you don't have time to go to a health food store and pick up items like charcoal, cloves or echinacea, put a black tea bag over the toothache and the tannins will help draw the toxins out of the tooth or gum.

## 12. Magic Tincture

This remedy is strictly for pain in the jaw or tooth. Pack this around the tooth that is giving you problems. If you can cover the tooth up

it will generate heat. That will remove the pain faster than any toothache remedy.

### Ingredients:

- 3 tablespoons charcoal
- 1/2 teaspoon clove oil
- 1/3 teaspoon cayenne pepper
- 1/2 teaspoon olive oil (enough to make a paste)
- 1 teaspoon of golden seal

### Directions:

Mix the ingredients into a thick mixture, about the consistency of natural peanut butter. You want to be able to mold it around the tooth, so that it will stick. You will feel the heat, but let it work its magic before you wash your mouth out. If you are in a lot of pain the heat is comforting. The pain of the poultice drawing is less than the throbbing of the toothache.

A toothache can strike without warning and once it does, you can't ignore it. So, if you're prepared to tackle this menace with a homemade toothache remedy, you can be sure of natural, quick and effective relief.

# — to remedy tooth pain — MAGIC TINCTURE

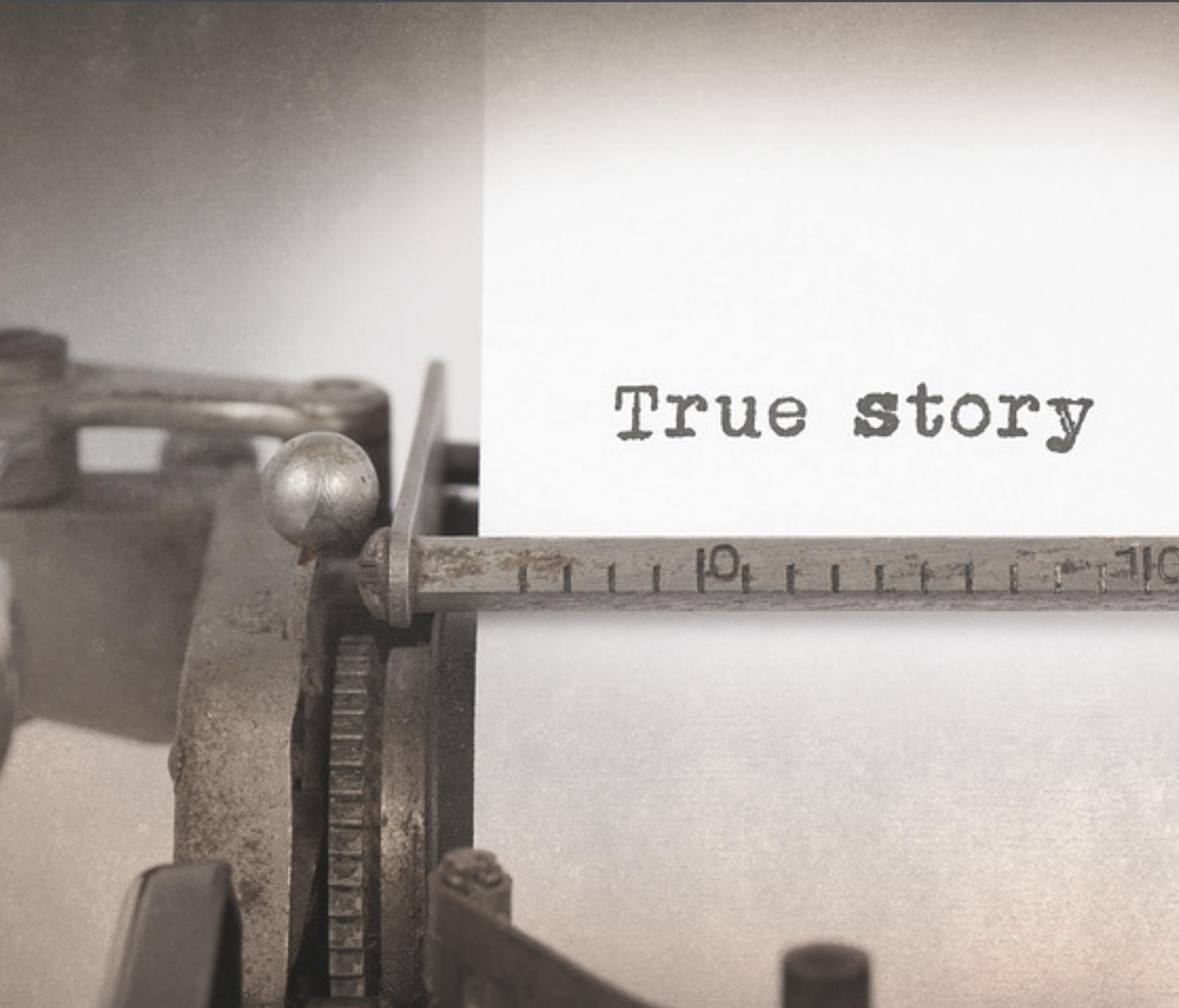
**1** 3 tablespoons charcoal  
1/2 teaspoon clove oil  
1/3 teaspoon cayenne pepper  
1/2 teaspoon olive oil  
1 teaspoon of golden seal

**2** Mix the ingredients into a thick mixture. You want to be able to mold it around the tooth, so that it will stick.

**3** You feel the heat, but let it work its magic before you wash your mouth out. The pain of the poultice drawing is less than a throbbing tooth.



# THE FREEDOM OF TRUTH TELLING



True story

I vividly remember a television show entitled “To Tell The Truth” being on TV when I was a child. There was a panel of celebrities who would determine which of the three “experts” was telling the truth about their identity. In fact, only one was telling the truth, while the other two were imposters trying to fool the panel. After all three answered several questions, the host would say, “Will the REAL [Joe Schmoe] PLEASE STAND UP!” After a moment of jockeying, the truth telling expert would stand to his or her feet.

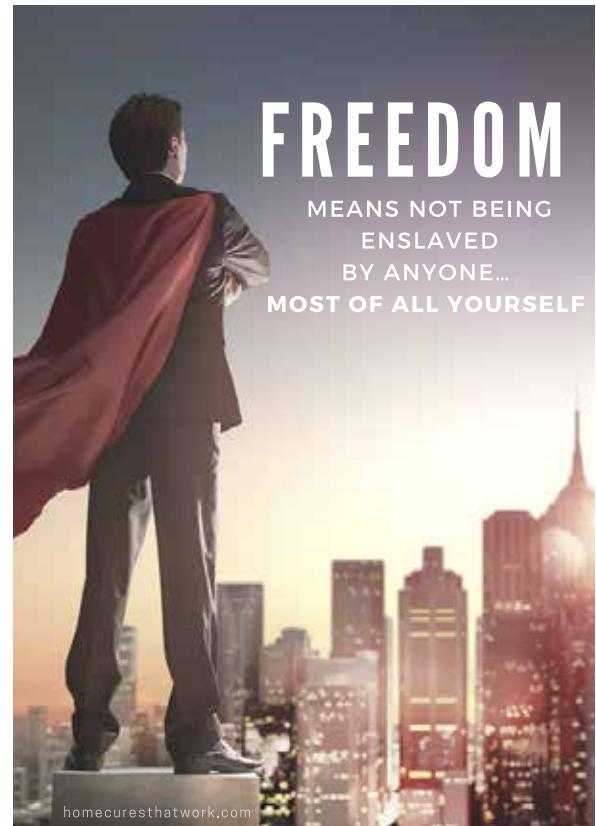
Here's the take away: eventually, the truth always surfaces—always! Even though truth has become a rare commodity in our culture, at some point, even the most convincing liar is found out.

**My ultimate role model, Jesus, once said, “And you shall know the truth, and the truth shall make you free.” (John 8:32, Amplified) Friends, the ONLY thing that can possibly ensure freedom is the truth! Let me explain.**

If you are a liar, your life is a façade; you must continue to cover your tracks and protect each lie you tell so that you are not exposed. I cannot imagine anything more stressful, or time consuming, than trying to validate something that was never valid initially. That is the antithesis of freedom, isn't it? Here is the most disturbing part of all—people offer more grace for liars than they do for truth tellers!

I will never forget a speaking engagement in Beaumont, Texas, where I addressed a large group of people at a worship event. When I was finished speaking, a man approached me, visibly angry. He looked at me and said, “Did you have to be so unapologetically honest?” At first, being so shocked by his question, I hesitated. Then I answered, “Would you have felt more at home if I offered a mild deception, sir? The truth NEVER demands an apology!”

Remember, Jesus was crucified because He claimed to be the Son of God. Those who sent Him to the cross didn't believe He was the Son of God! Jesus was crucified because He only told the truth ... because He IS the truth. By telling the truth, Jesus undermined the corrupt Roman government and the “pharisaical” religious system that used its power to extort money from the people. Imagine the despicable stories our current mainstream media might have concocted to make Jesus out to be a liar, while praising the corrupt Roman system that supported them!



Yes, history always has a way of repeating itself. Believe me, dear friends, being a truth teller will not make you popular, but it will make you FREE! Freedom means not being enslaved by anyone ... most of all yourself. If you're not true to yourself, you'll be false to everyone else. If being a truthful person frustrates your friends, find some new friends! Here is a phrase to keep you honest,

"This above all: to thine own self be true

And it must follow, as the night the day

Thou canst not then be false to any man."

- William Shakespeare

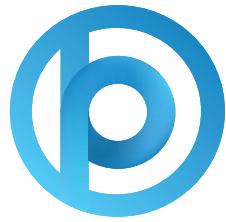
A few years ago, I felt the need to study my family history. After I had my genealogy traced, I got my first look at our family coat of arms, seven crosses and a sable lion. Beneath the Tyrrell name was this inscription: "Truth, the only way to life." A "lie" is not a "life." It is missing the essential letter, "F," to make it work. For me, that "F" represents Freedom, which has a price tag.

"Truth, the whole truth, and nothing but the truth ... so help me God."

**This above all; To thine own self be true.**  
**-William Shakespeare**

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.





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## OUR MISSION

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