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**When
Pesticides
Become
the Plague**

Stay Calm, Focused,
and Decrease Stress
with this Drink...

**OMEGAS:
The Simple
Fuel That
Drives Our
Engine**
*Eating the
Right Fats*

Treating Urinary Incontinence Naturally

by Dr. Scott Saunders, M.D.

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L-Theanine in green tea is a top-notch health drink.
Help the body stay calm, focused, and decrease stress.

Incontinence ranks up there as one of the most feared aspects of growing old. Few things could be more embarrassing than wetting oneself in public! But Dr. Scott Saunders explains that incontinence doesn't have to be part of your future.

Dr. Saunders calls incontinence "the forgotten stepchild of medicine." People are embarrassed to talk about it, so they don't tell their doctors. Those who suffer with it don't realize that there are four distinct types of urinary incontinence and that plenty can be done to avoid it and/or remedy it.

This is a must-read article for you if you want to grow old without fear of becoming incontinent.

Imagine your waiter coming over to your table asking, "Would you like some fresh-ground pesticide with your salad?" Sound absurd? It would be if it weren't for the fact that much of our produce is laced with pesticides. And in the US alone, over 1000 chemicals are currently used in a wide array of pesticides.

What's more is that these chemicals can have a profound impact on your health and well-being. You'll want to read on to find out how to eliminate or at least minimize your exposure to these toxic chemicals.

In recent years, the media and bad advertising have sold us "a bill of goods" when it comes to fats. Oh sure, some fats are bad for you, but without fats, you can't live! Fats are crucial for brain health and a strong immune system.

This article describes omega fats: how they support health; how to get them; and the delicate balance you want to achieve between omega-3 and omega-6 fatty acids. Hint: one of these omega fatty acids is extremely prevalent in our diet, while the other is not. Find out what you can do to get the right amount of the right fatty acids in your diet for optimum health.

I must confess that I had not heard of the amino acid L-theanine until reviewing the article I'm about to describe. Chances are if you drink tea—especially green tea—then you've consumed this amazing substance.

L-theanine has the ability to reduce anxiety and stress, improve brain clarity, and help you get a good night's sleep. This amino acid can help you relax without making you groggy or foggy-headed like the drugs that try to imitate its properties. Read on to find out how L-theanine can help you!

As you can see, this issue of Home Cures That Work is power-packed with helpful information to help you experience vibrant and amazing health through natural healing remedies!

For your health,

Cheryl Ravey
Editor,
Home Cures That Work



LETTER
FROM
THE
EDITOR



Controlling
when you have to go to the
BATHROOM
naturally

Treating Urinary Incontinence and Overactive Bladder Without Surgery.

Several years after her surgery, Marge began having frequent urinary tract infections.

Eventually, she had a cystoscopy. The surgeon looked into the bladder and found what she had feared – mesh. The plastic mesh placed to suspend Marge’s bladder had worn through the wall of the bladder, creating inflammation and infection. She needed surgery to remove the mesh. The problem, however, was that tissue had grown around the mesh. As expected, scar tissue formed to protect the body from the foreign material. The entire mesh sling was no longer a separate piece of plastic that

could be removed. It had become an integral part of the pelvic organs from the skin to the bladder, and even the uterus and ovaries.

After three surgeries she was better—for a while. But more mesh was found that had been missed. She continues to have chronic bladder problems.

It all started when Marge was having urinary incontinence and went to the doctor. They looked at the options. Medications weren’t very helpful, though they did improve the urgency to go. Finally, they settled on a surgical procedure called a sling that would pull the bladder up, so the tube (urethra)

wasn't "kinked." This procedure has been used for years with good success, and Marge wouldn't have to take medications. The sling seemed to be the simplest solution, but she didn't know the potential complications

Normal Urinary Function

The urinary system is a beautiful work of complex fluid mechanics and engineering. The kidney pushes urine into the bladder. Under pressure, the bladder stretches to fill like a balloon. Valves prevent urine from going back up into the kidneys. The bladder also has a sphincter to hold in the urine as it fills, preventing it from leaking urine. Normally, the bladder can hold up to 500 milliliters of fluid (about a pint).

The wall of the bladder itself is a muscle that actively contracts to push out the urine when we go to the bathroom. Sometimes it takes a few seconds to develop pressure to make the urine flow. This coordinates with the sphincter at the base holding in the urine, which needs to relax. Most of the time, the muscle in the bladder muscle wall is relaxed, allowing the bladder to fill, and the sphincter is tight, preventing leakage. These roles reverse for just a few seconds to let the urine out when we go to the bathroom.

4 Types of Urinary Incontinence

The word incontinence means the inability to hold urine. Sometimes the system doesn't function properly and urine leaks at unexpected times.

Urinary incontinence is the forgotten stepchild of medicine. Nobody wants to talk about it.

Most people who have it don't bring it to the attention of their doctors. They just assume that they are "getting old" and wear pads, pull-ups, or diapers. Most don't know that there are four distinct types of urinary incontinence.

- Stress incontinence
- Urge incontinence
- Overflow incontinence
- Functional incontinence

I am going to explain each type of incontinence, how you can know which type you have, and what you can do about it. I hope to spare anyone from having unnecessary surgery, and possible complications.

STRESS INCONTINENCE

Women have stress incontinence much more than men. Urine can leak out when a person laughs, coughs, sneezes, lifts something heavy, or strains in any way. When abdominal pressure pushes against the bladder, a weak urethral sphincter will leak urine.[1]

Its prevalence in women is probably due to pregnancy, which stretches, or tears, the muscles of the pelvis. The weakened muscles don't produce enough pressure to hold the urine in the bladder as it fills. Moreover, the pelvic muscles that normally hold up the bladder in the pelvis become weak and allow the bladder to "fall." Adding pressure from the abdomen during any kind of straining pushes the urine through the loosened sphincter.

The treatments for stress incontinence include surgery, such as a sling or bladder neck suspension, or devices to hold the urine in.

Women may be given a "pessary," a device

inserted into the vagina to hold up the bladder. Poise makes one called “Impressa.” Some use a “urethral plug” to stop the urine during exercise, for example.

There are several types of clamps for men that put pressure on the penis, closing the urethra to prevent leaking urine. There is also an “implantable artificial sphincter” for men who have incontinence from having the prostate removed. These should be used after consultation with a urologist.

Ultimately, tightening the pelvic muscles is the key to prevent and treat stress incontinence. Treatments to help strengthen muscle function include:

- Exercise
- Electrical stimulation
- Estrogen

Electrical stimulation is done with surgical insertion of electrodes. Or, there is a vaginally-inserted stimulator called Apex M that can help build the muscles. This could be helpful for women who are unable to do exercises regularly or properly.

Estrogen, in the form of vaginal creams or suppositories, helps improve the tone of the pelvic organs. This requires a prescription. I prefer to use ESTRIOLE (E3), a natural weak estrogen that works locally. But some women require ESTRADIOL (E2), a stronger natural estrogen.

Exercising is simple, and can be done anywhere. But these daily exercises require a few months before seeing results. You may have already heard of “Kegel exercises.”

Kegel exercises contract the pelvic muscles to strengthen them and tighten them. Stronger

pelvic muscles hold up the bladder and provide support around the sphincter. The exercises are easy, but should be done twice per day for about 3 weeks before seeing any results. The way to learn which muscle to exercise is simply to try to stop the flow of urine while you are urinating. That’s the muscle. The buttocks and pelvis should not move, and the abdomen should stay soft.

Once you learn how, start a schedule of alternating between quick contractions, as fast as you can for ten seconds, and then slow contractions, using more force, for thirty seconds.[2] Keep alternating these for ten minutes in the morning, and ten minutes at night. Or, you can do them anytime as you are sitting, at work, in the car, or in the waiting room in a doctor’s office, for example.

There are other exercises that help with incontinence. “Core strengthening” exercises such as abdominal, back, and thigh also improve the function of the pelvic muscles. Many people do PILATES or YOGA for good core strength. Simple calisthenics that we all learned in Jr. High school such as sit-ups, push-ups, and leg-lifts are all helpful. I have one patient who watches old Jack Lalanne videos for her private training sessions.

It is essential to have a daily program to see results. Occasional forays into a gym class won’t suffice.

URGE INCONTINENCE

“Overactive bladder” happens when the muscle in the wall of the bladder starts contracting before we’re ready and pushes urine out prematurely. This is a, “When I gotta go...I gotta go NOW!” problem. People who have this know where

all the bathrooms are on their route, because they can't hold it in.

Urge incontinence requires some skill to diagnose. Generally, the bladder contracts too much when it's irritated. This can happen for many reasons:

- Infection
- Inflammation, such as interstitial cystitis
- Allergies, usually to food, medications, or anything excreted in the urine
- Nervous system damage or inflammation

Most doctors will just give medications that relax the bladder to stop the spasms. The problem is that medications don't just affect the bladder. There are "side-effects" or toxicity from these medications, including:[3]

- Dry mouth
- Blurry vision
- Constipation
- Tachycardia
- Drowsiness
- Dizziness

And, over time, may contribute to Alzheimer's Disease.

I would avoid these medications, if possible.

Long-term treatment for overactive bladder depends on the cause.

Kegel and other exercises can be helpful in holding the urine

long enough to get to a bathroom, but may not solve the problem. Often, proper diagnosis requires the help of a doctor to see if you have infections, inflammation, toxins, allergies or nervous system problems. Once the issue is found, the treatment presents itself.

Over the years, I have found the first things to try are diet and exercise. Food sensitivities are a big issue causing inflammation. The "inflammatory mediators" or chemicals created by the food sensitivity reaction are excreted in the urine, sitting in the bladder, causing inflammation, and incontinence.

LEAKY BLADDER?

Restore normal urinary function with Dr. Saunders' natural solutions

+ no surgery required

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An “elimination diet” removes foods from your diet to which you might be sensitive for four weeks. Then, you add them back slowly to see if you react. The key is within a few weeks of removing the offending foods, the bladder problems should disappear. If they don’t, you need to try other foods, medications, or things ingested. The best way to start the elimination diet is to avoid:

- Gluten
- Dairy
- Nuts
- Seeds
- Nightshades (tomato, potato, peppers, eggplant)
- Sugar

Sometimes just avoiding these will eliminate inflammation and cure many symptoms besides overactive bladder.

Herbs that may help improve bladder function include:

- Angelica archangelica
- Uva ursi
- Pumpkin seed extract

OVERFLOW INCONTINENCE

When the sphincter is tightly holding the urine inside the bladder, but the bladder isn’t contracting or there is an obstruction preventing urination, the bladder may continually leak small amounts. The person usually leaks urine unaware. They just find they’re wet, dribbling all the time, but not able to produce a good urine stream or empty the bladder.

The reason this happens is the bladder is overfull because it isn’t draining. Any of the systems could be the cause. Sometimes it

is because the bladder wall muscles don’t contract, or the urethral sphincter doesn’t relax. This can happen for several reasons:[iv]

1. The nervous system isn’t controlling bladder emptying.
 - Diabetes can affect the nervous system.
 - Spinal cord injuries can destroy the nerves that control the bladder.
 - Multiple Sclerosis, or other disorders of the nervous system.
2. Medications either prevent the sphincter from relaxing, or prevent the bladder from contracting.
 - Sleeping pills
 - Allergy medications
 - Narcotic pain relievers
 - Incontinence medications
 - Blood pressure medications
 - Anti-depressants
3. There is an obstruction of the bladder outlet, or urethra.
 - Men often have prostate enlargement, the most common cause of overflow incontinence.
 - Women may have a “fallen bladder” or cystocele that “kinks” the urethra.
 - Tumors can cause obstruction of urine flow.
 - Sometimes constipation can push against the bladder sphincter, preventing urine flow.
 - Scar tissue from damage to the urethra, or surgery can also obstruct the urine.

Treating overflow incontinence requires that you first know the reason why. Each problem has a very different treatment. Some are as simple as stopping or changing a medication, while others require major surgery. Repairing nerve damage may be the most difficult to reverse. But there are ways now, including nutrients, physical therapy, and implanted nerve stimulation. Proper diagnosis usually requires the help of a urologist, a doctor who specializes in the urinary tract.

Men with prostate problems may take medications to relax the prostate and sphincter, allowing better urine flow. Sometimes surgery helps, but it's just as likely to cause stress incontinence. The best way to avoid this is to exercise, and reduce inflammation.

All of the core-strengthening exercises will be helpful in this. It is essential to remove belly fat for two reasons.

First, it changes your estrogen-testosterone ratio, which may increase the size of your prostate.

Second, it mechanically puts pressure on the bladder, which “kinks” the urethra against the enlarged prostate.

For women, sometimes, severe cases of cystocele, rectocele, and uterine prolapse just require surgery to correct. Minor cases may be helped by a pessary. Pelvic floor exercises can still be very helpful, and may eliminate surgery in more mild cases.

FUNCTIONAL INCONTINENCE

When people hold their urine for too long, not getting to the bathroom in time, they can lose all, or some, of the urine. This is more common in those who are debilitated in some way and don't make it to the bathroom in time.

Children may have this kind of incontinence when they try to hold the urine too long.

When I was five, my mother put me on a plane by myself to fly from Los Angeles to San Francisco to visit my grandma. I felt the need to urinate soon after the plane took off. But I couldn't even imagine a toilet on an airplane, so I held it... and held it... until I could hold it no longer. I wet myself, the seat, and everything around! It was VERY embarrassing! (Which is why I remember it so vividly.) That is functional incontinence.

People with dementia may “forget” to go to the bathroom until it's too late. These people are best put on a schedule to urinate every few hours. The caretaker doesn't ask if they need to go, they just go on a schedule to avoid “accidents.”



OTHER INCONTINENCE TREATMENTS AND OPTIONS

Physical Therapy – A physical therapist who knows how to do pelvic floor therapy can be very helpful for most types of incontinence. I refer everyone with this problem to a physical therapist, even if they are having surgery.

Biofeedback – Training with the various forms of biofeedback can be very helpful for the different types of incontinence. This is a process of becoming aware of your body, and how it functions, helping you to make it function properly.

Homeopathic Formulas – There are several homeopathic formulas for bladder problems. I’m not well-versed in them, but I do have patients who have used them successfully. I look at it like this: It can’t hurt, and it might help!

Heat – There are several new treatments that use heat to “injure” the pelvic tissues, causing a repair response that improves the pelvic area.

- Radiofrequency
- Laser

I have read about these heating therapies, and they seem to work well. But I don’t know if I could recommend them because, while the short-term studies and results are good, I don’t know of any long-term studies. I’m a little wary of damaging tissues to “fix” them.

If you have urine leaking you aren’t just getting old. It is most assuredly NOT inevitable. You do NOT need to suffer with this problem. There are good, safe, and effective ways to prevent and treat almost all the causes of urinary incontinence. It can be complex, and may require the assistance of a good specialist who will look for the cause, but don’t settle for toxic pills. You can improve and even cure your condition so you can have a full and active life. It’s worth the effort to stay continent all your life.

To this end, I have some simple recommendations for any who wish to avoid this problem:

- Exercise regularly, especially core-strengthening, consider Kegel exercises periodically, as well.
- Eat good food, avoid inflammatory foods (sugar, starch, bad fats).
- Don’t allow yourself to get too much fat in the abdomen. If you do, change your diet. to remove it. ([The Barton Publishing Diabetes Program works well for this](#)).

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How can we minimize or avoid exposure to pesticides?

Greek mythology tells the tale of the Trojan horse. The tale describes how the Greeks tricked the citizens of Troy with the gift of this wooden horse. But unknown to Troy, the horse was filled with an elite troop of Greek soldiers. The people of Troy wheeled the giant horse into their city thinking it a great prize. In the process, they unwittingly aided in their own destruction.

Today, commercially grown produce, grain, meats, dairy products, etc. are that Trojan horse. Every day we unwittingly eat foods that are tainted with pesticides. And these toxins are waging war on our health!

Pesticide is a generic term that refers to any chemical or agent used to destroy pests. Thus, “pesticide” may refer to insecticides, herbicides, fungicides, or anything used to kill whatever pests are present. These pests may be insects,

worms, molds, mildews, bacteria, weeds, and even mice, rats and gophers.

But think about it. If pesticides are designed to kill living organisms, what happens when we bite into an apple, plop a grape or strawberry into our mouths, or eat anything that has been sprayed with a pesticide? What happens to us? What effects are pesticides having on our health?

How Widespread Is the Use of Pesticides?

Unless you live in a more rural setting, you may not realize how widespread the use of pesticides has become. Virtually every crop that's commercially grown is sprayed or treated with some form of pesticide. This includes fruits, vegetables, grains, legumes, etc. According to Michael Crupain, M.D., M.P.H., Director of Consumer Reports' Food Safety and Sustainability Center, "We're exposed to a cocktail of chemicals from our food on a daily basis."^[1]

Just think, the seemingly healthy greens in your salad can also hide dangerous amounts of chemicals! In the US alone, we use more than a billion pounds of pesticide each year. Currently, there are about 20,000 products on the market with formulas that span more than a thousand chemicals.^[2] When tested, the average American contains residue from 29 different pesticides in our bodies.^[3]

Fortunately, since 1996, when Congress passed the Food Quality Protection Act, pesticide residue on produce has declined in the US.^[4] But the amount of residue and its potential impact on our health is still alarming. One problem is that over a third of all produce tested in the US has residue from two or more pesticides. The interaction of these chemicals within the human body is unknown.^[5]

How Pesticides Hurt Us

Various pesticides use different means to kill the pests they are targeting. Some use a nerve-gas-like chemical to disrupt the neurological function of the pest. One type of pesticide, organophosphates, was developed and used as nerve gas during World War II.^[6] Others throw a pest's key hormones into unbalance. And others prevent a weed from being able to absorb necessary trace minerals from the soil.^[7]



**DO YOU KNOW
WHAT YOU'RE EATING?**

The problem is that whatever pest is being targeted is generally mingled in with the crop that eventually lands on our table. This includes any and all commercially grown or processed foods that are non-organic. Pests also eventually adapt to whatever pesticide is being used and become resistant to it. So, new pesticides must be developed and applied, which compounds the chemicals bombarding our food and our bodies.

How Pesticides Affect Our Health

Pesticides enter and damage the human body through a variety of means: eating foods treated with pesticides; drinking water that is contaminated from runoff; through exposure to pesticides that come into contact with the skin; and by breathing in pesticide particles.

The CHAMACOS Study that was released a few years ago followed hundreds of pregnant women who lived in Salinas Valley, California, a rich agricultural area. Up to a half-million pounds of organophosphates have been sprayed on all of the crops of this valley each year.[8]

The study observed the pregnancies, births and development of these children through age 12 to determine the effects of pesticides on their health. So this was an extensive research project. The study revealed:

- Shorter pregnancies
- Poorer neonatal reflexes
- Lower IQs and cognitive function
- Increased risk of attention problems[9]

Research on Dursban, a pesticide widely used to control household pests in the 90s, also showed similar effects on children.[10] And these studies only represent two primary products. We lived in Texas during the 90s. I now remember (with remorse) buying Dursban to control fleas, fire ants and roaches in our yard. (That product never worked very well.)

In Argentina, where massive exposure to pesticide glyphosate in herbicide has occurred, miscarriages, infertility, and birth defects have skyrocketed. In the village of Malvinas Argentinas, the miscarriage rate is 100 times the national average and birth defects are the number one cause of death among children under one year.[11]

Also, much data is available from studies of farmworkers who handle pesticides regularly. The link between these serious health issues and pesticides is undeniable. Babies and small children are especially susceptible to the negative health effects of pesticides. Toxins remain in their systems longer than with adults and children are more vulnerable to these toxins because their organs are still developing.[12]

The President's Cancer Panel wrote a report in 2010 on the topic of environmental cancer risks. In that report they warned, "The entire U.S. population is exposed on a daily basis to numerous agricultural chemicals. ... Many of these chemicals have known or suspected carcinogenic or endocrine-disrupting properties." [13]

Studies on the effects of pesticide on human health have linked them to: [14], [15]

- Food allergies
- Alzheimer's and memory loss
- Diabetes
- Cancer (especially breast, prostate and ovarian cancer[16])
- Developmental disorders in children such as autism and ADHD
- Obesity (due to hormonal imbalances)
- Parkinson's disease
- Infertility in men and women
- Birth defects
- ADHD in kids
- Depression
- Immune system damage
- Low IQ in kids
- Respiratory problems

Use of pesticides year after year permeates our soil and enters our drinking water through runoff. Authorities warn that even miniscule trace amounts of these chemicals are harmful to humans. A

Where fruits and vegetables were grown is important in determining the relative safety of eating them due to types and concentrations of pesticides.

study that focused on the product Roundup was found to be “toxic to human DNA even when diluted to concentrations 450-fold lower than used in agricultural applications.”[17]

What’s even more disturbing is that some foods have been genetically modified to contain pesticides within their own DNA!

Also, follow the downstream effects of pesticides. A hayfield is sprayed with pesticide. When harvested, the hay is baled and fed to cattle. The cattle ingest the pesticide and pass it along to us in the form of meat, milk, cheese, and so on. The same can be said for pork, chicken, and a host of other food products.

How Can We Minimize or Avoid Exposure to Pesticides?

There are several things you can do to avoid or minimize your exposure to pesticides. And these measures are especially important if you are pregnant or have children at home.

1. Eat organic fruit, vegetables, dairy and meats.

By definition, organic foods must be free from use of synthetic or chemical pesticides and are non-GMO (genetically modified). Most grocery stores stock organic foods nowadays. True, organic food is more expensive, but it’s not as costly as it once was. And considering the alternative health problems, eating organic foods is much cheaper.

Local farmer’s markets and specialty markets also offer great selections of organic foods. And finally, why not grow your own? Veggies and herbs grown in the backyard or on the windowsill connect you with nature’s bounty — and you can create healthy, clean, and inexpensive food sans pesticides. Then you know exactly what you’re getting.

2. Avoid the “Dirty Dozen!”

Some of your favorite smoothie staples could contain a serious dose of pesticide Not exactly the healthy drink you were going for. As of this year, strawberries have officially dethroned apples (which have ranked number one for the past five years) as the dirtiest piece of produce.

The Environmental Working Group has identified a list of produce that routinely contain more pesticide than any others. The 2016 list in order of contamination includes:[18]

- Strawberries
- Apples
- Nectarines
- Peaches
- Celery
- Grapes
- Cherries
- Spinach
- Tomatoes
- Sweet bell peppers
- Cherry tomatoes
- Cucumbers

Unfortunately, the use of these pesticides that make it onto our plates is totally approved by the USDA. So if you want to avoid them entirely, your best bet is to stick to exclusively organic fruits and veggies. (Did you know that organic fruit also has more antioxidants?)

4. Wash your produce.

While peeling or washing produce may remove some pesticide residue, it cannot remove all of it. At the same time, washing produce well under running water is a good practice. Using a vegetable brush on harder produce like carrots and potatoes will help too.

5. Pay attention to the country of origin.

Where fruits and vegetables were grown is important in determining the relative safety of eating them due to types and concentrations of pesticides. Studies measuring the amount of pesticide residue are available to help us determine the safest countries to buy from. For instance, for low pesticide residue buy apples grown in New Zealand and asparagus, cabbage and broccoli from Mexico or the US. By law, produce stickers must divulge the country of origin.[19]

6. Look for natural substitutes for getting rid of pests.

This applies to your personal home applications of pesticides. There are numerous more



natural and viable methods for getting rid of unwanted pests than reaching for the chemicals. Some of these are as simple as cutting some herbs and placing them on your window sill.

Across America, confusion reigns in the supermarket aisles about how to eat healthfully. One thing on shopper's minds: the pesticides in fruits and vegetables. Spinach, grapes and strawberries are some of the worst pesticide offenders. Other regular items in your shopping cart such as tomatoes, apples, celery and peaches have all been found to contain a variety of killing chemicals.

And what do you put on your salad? It's a chemical cocktail of pesticides. The most important thing is to eat a variety of fruits and vegetables, eating organic whenever possible. Organic is always the best choice because it is better for your health, the environment, and the people who grow our food. Hopefully this article can help you save money while still looking out for your well-being.

So, now that this culinary Trojan horse has been exposed what will you do? The above list of nasty side effects associated with exposure to pesticides should serve as a wakeup call. Are you still skeptical? Then eat only organic foods for the next 30 days and see if you don't feel better.

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OMEGA FATS

The Simple Fuel That Drives Our Engine

by Jeffrey Saunders

A guide to eating the right fats

Life without fat is about as enjoyable as air without aromatherapy.

Why?

Because like a whiff of Yankee Candle makes the air we breathe a little fresher, so fat can make our edibles a little tastier... and it's healthy for you!

Well, not ALL fat...

Trans and saturated fats—and what I call, “conversion fats” are bad for you. Conversion fats mutate into that damnable fat stored in the jiggly rolls of your stomach, thighs, and chin(s) among other unflattering areas. These three bad fats, like refined sugars, grains, and starches—drain you of your health like chubby little vampire bats sucking the life out of cattle in the night...

So yeah... you'll do much better

without those fats for sure...

But you will almost certainly experience chronic illness if you overlook the importance of taking in the now legendary fat, omega-3. Omega-3 fatty acids are crucial to our health and wellbeing. In fact, we can't live without them!

You see dear reader, your brain (mine too), your central nervous system, and your very cells are built with omega-3 fatty acids.

These little guys also form the foundation upon which our [hormonal and immune systems develop](#). In short, we would not be here enjoying each other right now (assuming you're enjoying me) without the presence of these miraculous fats.

But even omega-3s are not enough... because for your ultimate health (AND beauty, I might add), your body needs omega-3's heroic first cousin...

Yes it's... Omega-6!

But here's the kicker—your body does NOT produce either one on its own.

Bummer.

Which is why they're called EFAs or, Essential Fatty Acids (clever, right?).

Now, omega-6s are all over the place. They're in nuts, whole grains, avocados, cereals and virtually all of your cooking oils.

But what's interesting is that omega-3s are not nearly as common. You have to work to get omega-3s. And let me tell you—if you don't have a near perfect balance of 3s to 6s, you could find yourself in a world of hurt.

An imbalance can bring on: cancer, Alzheimer's, cardiovascular disease, rheumatoid arthritis, and diabetes... to name but a few.

So...

Wherefore Art Thou Omega-3?

You'll find omega-3s hanging out in chia, flax, and pumpkin seeds... and of course cold-water fish.

Walnuts, krill oil, eggs, and peanut butter also contain a fine dose of these healthy little goodies.

For a more complete list of omega-3s, [check out this WebMD page](#)...

Omega-6 and -3 fats rely on the same enzymes for their synthesis, and since they work on a first come, first served basis, if there is an excess of omega-

6s the result is an overproduction of arachidonic acid in the cell membrane.

What... did I lose you?

Okay. Without using any more scientific jargon, let's just say this is how Chronic Inflammatory Disease begins.

But you see, our paleo ancestors didn't get that memo...

Because they were blessed with living off the organic fat of the land with a 1:1 ratio of omega-6s to omega-3s. Whatever they could hunt and gather seemed to keep their omegas in check. But the average ratio in our western diet today is 16.7:1 and as high as 30:1... YIKES!

That is no good, my friend.

It's due to the overuse of omega-6s in vegetable oils and grain fed meat.

Our ancestors may have also dined on game, fowl and fish but they were acquiring their omega-3s through the natural diet of the animals they ate, whereas today the majority of farm raised fish, chicken, cattle, and hogs are using grains as the primary source of feed.

So in essence we are what our food ate!

What do you do?

In short, you make sure that what you eat ate right!

Grass-fed beef... free range chickens and hogs... and of course, wild-caught, cold-water fish.

If the label says farm raised (usually followed by two skin crawling words: “color added”), walk away. It’s a bit more expensive for the “real” stuff, but well worth it.

And speaking of expensive...

Even shopping at Whole Foods requires a keen eye on most of what they offer.

Use discernment.

You will continue to be inundated with foods from the “do not eat list.” You will undoubtedly fall from omega fat’s grace and into the world of saturated and trans fats periodically at best, or maybe even daily if you eat at restaurants.

It happens so innocently: an ice cream cone here... a cheeseburger there... a little fried chicken-n-French fries. The amount of dangerous creatures in the vast sea of bad fats seems infinite...

Why Do They Use Them?

Trans fats improve texture and convert liquids to solids at room temperature, and as I said earlier—can add a ton of flavor. But the trade-off is diabetes, heart disease, and obesity.

Can you hear me now?

Now hear this... the good old USA is the only country that has not banned the sale of products that contain trans fats. They are still for sale on your neighborhood grocer’s shelves.

Trans fats appear most prominently in the form of cupcakes, frosting, cookies, microwave popcorn,

margarine, donuts and candies.

And about that “veganise” and Earth Balance stuff?

Uh-huh.

These are loaded with pure, Omega 6 polyunsaturated vegetable oil!

So be sure to have your discernment radar on and locked-in!

Here’s a little list so you can easily remember the dos and don’ts for your best chance at optimal health:



EAT This—Your Body Will Use These Fats to Rebuild and Repair:

- Grass-fed meats
- Wild caught fish/seafood
- Fresh fruits
- Fresh vegetables
- Eggs
- Nuts
- Seeds
- Healthy oils (olive, walnut, flaxseed, macadamia, avocado, coconut)

Please DON'T eat these or else eat them in serious moderation (should be on your discernment radar) because your body will store them as fat:

- Cereal grains
- Grain fed beef/chicken
- Farm raised fish
- Dairy
- Refined sugar
- Potatoes
- Processed foods
- Overly salty foods
- Refined vegetable oils
- Candy/junk/processed food

If you have any questions about your omega-6 to omega-3 ratio... or you feel unsure about what to eat for balance, [read what omega 6:omega 3 ratio Dr. Saunders recommends](#). You can also talk to your doctor, or much better yet—a nutritionist (the average doctor gets less than a day's worth of nutrition training!).

In summary...

Saturated fats are in butter, dairy, beef, chicken, cheese, lard and can accelerate heart disease, atherosclerosis (hardening of the arteries) and increase your insulin resistance, priming the pump for diabetes and high cholesterol.

Worse are trans fats... they're made in a lab by pumping liquid oils full of hydrogen gas (hence, hydrogenated oils... EVIL!). This inevitably alters the oils' naturally occurring state.

Being that your body is “naturally occurring,” when you ingest chemically altered, unnatural fat you simply cannot synthesize it and it turns into a gunky,

cloggy, fat-churning mess inside you.

And that's BAD.

Omega 3s and 6s are EFAs (Essential Fatty Acids), but your body doesn't make 'em, so you have to carefully choose foods to eat that contain these building blocks of life.

Why carefully?

Because you need to have a 1:1 ratio of 3s to 6s for optimum health and beauty (yeah... I said it—in the immortal words of Fernando Lamas, Billy Crystal, YOU look mahhhhvelous, darling!)

Omega 6s are nearly everywhere you look... so look wisely and be sure to eat enough foods that contain Omega 3s. For help, please refer to the “Eat and Don't Eat list above.

And that's GOOD!

With a few simple steps and a little dietary discernment, you could be armed to the teeth (no pun intended) to enjoy a healthier and, in many cases, a more delicious life.

We harp about the dangers of processed foods all the time here at Home Cures That Work... as you can see, it's for a very, very good reason!

Hungry for more?

[Click here for a list of 10 more common foods that are just plain bad...](#)

Until we meet again, watch your fat ratio: good fats up and bad fats down. Use dietary discernment and keep your motor running... darling!



Help the body stay calm, focused, and decrease stress

L-theanine may sound unfamiliar, but there's a good chance you have consumed it before. For example, in the last cup of green tea you drank.

Researchers are studying L-theanine, a type of amino acid, and its beneficial effects for those suffering from anxiety, stress, poor brain health, and sleep disorders.

In this article, we'll explore some of the potential benefits of taking L-theanine for your anxiety.

L-theanine is an amino acid that stimulates the production of dopamine and serotonin. These are neurotransmitters responsible for boosting mood and enhancing memory, thus

helping with improved concentration. Not only that, these chemicals fight depression, stabilize moods, and calm you down. Looking for increased clarity during the holidays? Since green tea is a great source of L-theanine, you might want to try green tea to help achieve that calming effect.

L-Theanine for Stress and Anxiety

L-theanine is proven to help you relax without sedating you.[1] This is important when you want to relieve stress without going to sleep. Also, L-theanine is non-addictive and carries none of the nasty side-effects of Xanax or Klonopin, pharmaceutical copycats of L-theanine.[2]

Recommended dose is 50–200 mg for therapeutic benefits.

L-Theanine for Brain

Dr. Anna Nobre at the esteemed *Oxford University* conducted brain scans before and after a single 50 mg dose of L-theanine.[3]

As you can see, L-theanine caused the subjects' brains to go from dull to bright with the key memory and focus centers of the brain lighting up and becoming active. "These data indicate that L-theanine, at realistic dietary levels, has a significant effect on the general state of mental alertness or arousal." [4]

Just think of what you could accomplish with a brighter, more active brain!

L-Theanine for Better Sleep

Whether you hurt too much, worry too much, or your leg sometimes has a mind of its own, certain nutrients can help you keep these common problems from stealing your slumber. For starters, if you're feeling stressed or anxious, you'll want to take one of my favorite calming nutrients: L-theanine.

Researchers in Japan found that subjects were able to achieve pre-sleep relaxation with L-theanine. That's because L-theanine raises levels of serotonin and GABA in your brain. This allows it to boost alpha waves in your brain and promote relaxation.

Relaxation is a very important precursor to being able to fall asleep. The researchers also concluded that L-theanine enabled participants in the study to obtain a better night's sleep. They woke up feeling refreshed and fully rested.[5]

A total of 400 mg, 200 mg of L-theanine in the morning and 200 mg again in the afternoon, was found to significantly improve sleep quality. [6]

The best part about L-theanine is that you can

often feel a difference in a matter of minutes, not days or weeks. Have a cup of green tea to feel less anxious... you don't have to leave your desk to feel its calming effects.

Safe L-Theanine Products

L-theanine is a supplement worth trying. It's inexpensive, you can find it anywhere, and it works quickly. The following L-theanine supplements have been tested for quality, purity, contamination and solvability. All are approved and safe for consumption:

- Bluebonnet L-Theanine 150 mg
- Country Life® L-Theanine 200 mg
- GNC L-Theanine 200 mg
- Jarrow Formulas® L-Theanine 200 mg
- LifeExtension® L-Theanine 100 mg
- NOW® L-Theanine Double Strength 200 mg
- Puritan's Pride® L-Theanine 100 mg
- Solgar® L-Theanine 150 mg
- Source Naturals® L-Theanine 200 mg
- Swanson Ultra® Suntheanine 200 mg
- Thorne Research Theanine 200 mg
- TwinLab® L-Theanine Dots – Natural Tangerine Flavor 50 mg

Naturalists would recommend drinking tea over taking supplements for a number of reasons. Primarily, tea contains more than 200 bioactive compounds. Also, the body is able to assimilate L-theanine more rapidly in liquid form (tea).

The tea with the highest levels of L-theanine depends less on the tea and more on the leaves. Young tea buds contain the highest concentration of L-theanine. But use only organic whole-leaf green tea. Oolong is the variety highest in L-theanine. In general, high quality green tea is described as "delicate," or "sweet." Sweetness is attributed to amino acids, especially L-theanine. Put another way, tea that tastes sweet and fresh will be L-theanine rich.

Steeping leaves for a minute or two extra will ensure you're getting the most L-theanine you can in each cup of green tea. But leave out milk or cream as it lowers L-theanine content.

Whether taken as a supplement or in cups of green tea, L-theanine is safe and helps many people reduce stress and anxiety. Research shows that L-theanine induces relaxed thinking states, reduces your fight-or-flight response to stressful events and helps protect the mind from stress-linked thinking and memory deficits.

L-theanine, the amino acid in tea, may be just what you need to feel less anxious, more alert, and get a good night's sleep.

Sources: [1] Examine.com, "Theanine," nd., <https://examine.com/supplements/theanine/>. [2] Sean Russell, "How to Use L-Theanine to Crush Anxiety Naturally," MenImprovement.com, August 3, 2013, <http://www.menimprovement.com/l-theanine-bye-bye-anxiety/>. [3] PubMed, "L-theanine, a natural constituent in tea, and its effect on mental state," 2008, <https://www.ncbi.nlm.nih.gov/pubmed/18296328>. [4] PubMed. [5] Terri Mitchell, "Theanine," Life Extension Magazine, January 2006, http://www.lifeextension.com/magazine/2006/1/report_theanine/page-01. [6] <http://www.altmedrev.com/publications/16/4/348.pdf>.



The infographic features a yellow background with a white circular frame at the top containing a blue pill bottle with a red and white capsule. Below this, the title "L-THEANINE" is written in large, bold, black letters, followed by "SUPPLEMENT REVIEW" in smaller, all-caps letters. A horizontal line separates the title from the text "Tested for quality, purity, contamination and solvability." Below this, four supplement brands are listed in a 2x2 grid, each with a small pill icon: Swanson Ultra® Suntheanine, Puritan's Pride® L-Theanine, LifeExtension® L-Theanine, and TwinLab® L-Theanine Dots: Natural Tangerine Flavor. The central text "HELP THE BODY STAY CALM, FOCUSED, AND DECREASE STRESS WITH L-THEANINE" is in bold, all-caps. To the left of this text is a purple warning triangle icon with an exclamation mark. To the right is the text "For Stress & Anxiety Proven to help you relax without sedating you". Below this is the text "For Brain Health Activate memory and focus for brighter, more active brain" next to a purple brain icon. At the bottom left is a purple circle icon with three dots, followed by the text "For Better Sleep Wake up feeling refreshed and fully rested". At the very bottom, it says "For a full list of approved supplements, visit homecuresthatwork.com".

L-THEANINE
SUPPLEMENT REVIEW

Tested for quality, purity, contamination and solvability.

Swanson Ultra® Suntheanine Puritan's Pride® L-Theanine

LifeExtension® L-Theanine TwinLab® L-Theanine Dots: Natural Tangerine Flavor

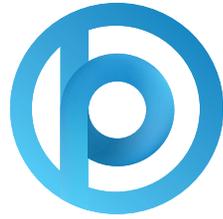
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Diabetes	Irritable Bowel Syndrome	Wholesome Frequency
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OUR MISSION

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