

Treating Vertigo:  
Balancing Fluid In the Ear

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Diabetes-Friendly Meals for  
the Whole Family

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Treating Fibromyalgia  
with Chocolate



Top 14 Benefits of  
**Apple Cider Vinegar**  
+ Recipes

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*Think healthy - be healthy.*

Healthy is contagious. I recently read a quote on Facebook from Bill Johnson, Pastor of Bethel Church in Redding, CA. He said, "When I live out of discipline, I'm admired. When I live out of passion, I'm contagious."

The Holiday season is winding down and many are moving towards disciplining themselves in the New Year. January first of each year the gym is packed with all of us that make the promise to lose weight and get healthy. Sadly, by the end of each week, fewer and fewer of us are showing up.

This is the year to change that! So how about making a New Year's resolution that will help increase your own passion?

Michael Tyrrell will help you decree what to expect this year and experience in the next 365 days. Even if you start small, believe what you say!

Make a commitment to you and your family to be the best in life. And if you have diabetes, your whole family can benefit from eating meals together. Sticking to your own healthy habits and choices will have a healthy impact on your family. Now that is something you can be passionate about!

In the medical community, apple cider vinegar holds promise for lessening symptoms of obesity and diabetes. A passion for health must include apple cider vinegar, for these additional 13 reasons!

Believe it or not, if you have a passion for chocolate, you can use it this year to relieve inflammation, reduce anxiety, improve energy and promote well-being. Discover how you can indulge in the pleasure of chocolate.

While many strive for balance in the New Year, Dr. Saunders is setting those straight who suffer from dizziness or vertigo. Balance is a problem common among older adults and is one reason people fall, often leading to further complications. The solution is easy and should do the trick.

Don't wait until tomorrow to find your passion. There is no perfect moment to start. David Kekich shows you how to experience the wondrous benefits of creating and living your passion.

It's your turn to share your passion with the world and your health will be contagious!

For your health,

Cheryl Ravey  
Editor,  
Home Cures That Work

# TREATING

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by Dr. Scott  
Saunders, M.D.

## Balancing Fluid in the Ear to Reverse Your Inner Ear Dizziness

**P**eter is a young man in his mid-forties without any health issues. He has three children, and he and his wife have been married for over twenty years.

His job isn't unusually stressful. He plays tennis every week, and has no problem keeping up with the ball. However, he came into the office with several months of dizziness and nausea. It comes and goes, and seems

to happen mostly at night when he lies down, or in the morning when he wakes up. Sometimes dizziness will wake him up at night. He can work all day, including exercise without any symptoms.

Vertigo is often confused with dizziness. Let's look at all the different types of dizziness.

1. Dizziness – the general term for feeling movement when there is none.
2. Lightheadedness – what we feel when standing up too fast; a “head rush.”
3. Giddiness – the sensation you get when you are at the top of the Empire State Building, and you look straight down.
4. Presyncope – the feeling of almost passing out, usually including vision and hearing changes, or numbness and tingling.
5. Disequilibrium – a lack of strength or stability from peripheral muscles and nerves.
6. Anxiety – panic, a sense of impending doom.
7. Vertigo – a specific feeling of spinning or movement in a certain direction, such as after being on a merry-go-round, and continuing to feel the spinning after stopping.

One of the problems is that these symptoms can overlap, so there isn't a way to distinguish them well.

## Vertigo

There are two primary types of vertigo. “Peripheral” or a problem with the fluid balance in the ear.

“Central” or a problem with the nervous system, like the brain.

### **PERIPHERAL VERTIGO**

A sensation of spinning can happen from the “vestibular system” in the inner ear.

This is an amazingly tiny system of three circular canals that have fluid in them. As the fluid moves, a signal is sent to the brain that the body is moving.

This tiny sensory apparatus is absolutely brilliant in its simplicity and effectiveness! There are three little tubes in a circle that are oriented in three different directions. One is up-down, another is side-to-side, and the third is front-back.

Thus, any direction you move will cause the fluid inside the tubes to move. The fluid then moves a cluster of little sand crystals that push against hairs attached to nerve fibers that send a signal to the brain: “We're moving in this direction!”

There are many different sized hairs in each – longer hairs trigger easier, while shorter hairs require more pressure. Thus, we can know if there is a little movement, or a lot. Moreover, the combination of impulses from the three canals can indicate any direction.

However, when the tiny amount of fluid in these canals changes and you are not moving, your brain still registers motion. When it happens in only one canal, it is usually a feeling of spinning. This is vertigo.

The best way to tell if vertigo is from the inner ear is if the sensation happens with a specific movement. Typically, someone might say, “Every time I turn to the left, I feel like I just got off a merry-go-round.” It may take anywhere from seconds to several minutes for the sensation to diminish or go away.

A note about nausea...some people get nausea when they have sensations of movement and they aren't moving. This is the basis for seasickness and other motion sickness. On the boat, everything looks stable so the eyes

are sending a message of no movement. But the inner ear, the vestibular system, is telling the brain that you're moving. This conflict often results in sickness. Some people are very sensitive to the eye-ear connection, and others can tolerate more conflict.

Thus, when some people get even tiny amounts of vertigo, even riding a roller-coaster, Ferris wheel, or merry-go-round, it can elicit nausea and vomiting. Some people with vertigo will do anything to stop it because they feel sick every time it happens. Thus, they will only turn their heads very slowly, or only in one direction.

## Causes of Peripheral Vertigo[1]

Anything that changes the nature or movement of the fluid in the inner ear can cause peripheral vertigo. This fluid is connected to the "cochlea" or the organ that translates sound waves into nerve impulses. Peripheral vertigo can be caused by:

- Loud noises that vibrate the fluid in the inner ear, producing a sensation of movement.
- Inflammation of any kind changes the nature and amount of fluid in the canals, or affects the crystals.
- Injury from head and neck trauma or tumor growths can create vertigo symptoms.
- Viral infections, such as herpes, or shingles are common, causing fluid shifts and inflammation.
- Bacterial infections such as syphilis were a common cause of peripheral vertigo, but are now rare since we use antibiotics.
- Fluid shifts – the balance between the cells that make the fluid and the ones that reabsorb it.
- Changes in the vestibular apparatus, such as plugging of the canal with calcium deposits,

or the calcium crystals sticking together. It is thought that sometimes the crystals get "stuck" against the hair trigger of a nerve, causing it to be jammed in the "on" position.

## Vertigo Treatment

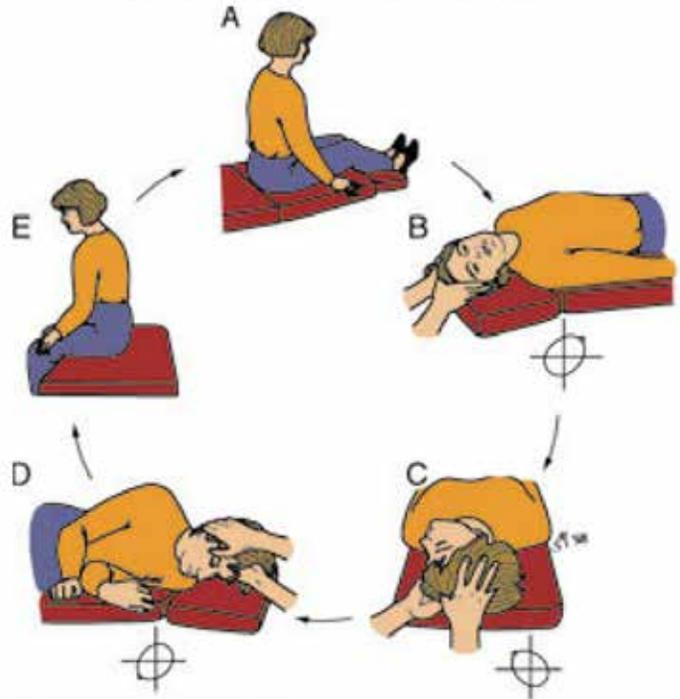
Of course, the treatment of vertigo will depend on the cause. The most common cause called BPPV or Benign Paroxysmal Positional Vertigo seems to be caused by a displaced crystal in the inner ear. The treatment for this is called "Epley Maneuvers," named after the doctor who developed it. These movements intend to relocate the crystals in your inner ear back to where they belong and are effective in about 90% of patients with BPPV.[2]

## Epley Maneuvers[3]

The following sequence of positions describes the Epley maneuver:

- Begin in an upright sitting position on a table with the legs fully extended and the head rotated 45 degrees towards the side that causes dizziness.
- Keeping your head rotated 45 degrees towards the dizziness side quickly lie down backwards with a pillow under your neck and shoulders. The pillow causes your neck to extend about 30-degrees with your head titled back.
- Remain in this position for approximately 1–2 minutes. If BPPV vertigo is present, eye twitching will occur.
- Now, rotate your head 90 degrees to the opposite direction so that the opposite ear faces the floor, all while maintaining the 30-degree neck extension.

# EPLEY MANEUVER to heal VERTIGO



- Remain in this position for approximately 1–2 minutes.
  - Next, keeping the head and neck in a fixed position relative to the body, roll onto your shoulder. This will rotate your head another 90 degrees in the direction that you are facing. You are now looking downwards at a 45-degree angle.
  - Remain in this position for approximately 1–2 minutes.
  - Now, sit up, while maintaining the 45-degree rotation of the head.
  - Hold the sitting position for up to 30 seconds.
  - The entire procedure may be repeated two more times, for a total of three times.
- During every step of this procedure you may experience some dizziness, which is normal.

You can [watch a simple video](#) to illustrate this procedure.

Following this procedure, it has been recommended to limit movement for one day, but it isn't clear that this improves outcomes. The treatment is more than 90% effective for removing the cause of Benign Paroxysmal Positional Vertigo (BPPV).

## OTHER CAUSES OF VERTIGO

When dizziness comes from the brain the symptoms may be the same, but the possible causes are very different. The symptoms of central vertigo[4] are rarely associated with position or movement. The most common cause is blood flow limitations such as migraine headaches.

Other causes of vertigo include:

- Tumors – one tumor found in the bony canal that connects the ear to the brain can put pressure on both the vestibular nerve and the auditory nerve causing both dizziness and hearing loss. Other

tumors that may cause vertigo could be found in the cerebellum or thalamus.

- Arterial disease – this can be clogging of the arteries, strokes, or “vascular dissection” (splitting of the artery) in the brain.
- Ménière’s disease --This is a disease of the inner ear associated with vertigo, tinnitus, and hearing loss in one or both ears.[5]
- Multiple Sclerosis – this is a progressive degeneration in the central nervous system that can cause any sort of neurological symptoms, including numbness, weakness, pain, or loss of function of any sort.

Medical doctors have several different ways to distinguish different types of vertigo. I find it more useful to understand only two things:

Is it benign (BPPV)? ...something I can take care of myself?

Or, is it something else and I need to begin searching for the cause?

The key to benign causes of vertigo that you can treat is the clear effect of position. If it only happens when you are in a certain position, such as lying down, turning your head to one side, and so forth, and it only lasts a short time, such as a couple of minutes, it's likely to be benign. However, if the vertigo comes on randomly, is constant, or lasts for hours, even if it only happens with certain movements, it may be central vertigo.

Consult with a professional if the symptoms include:

- Headaches
- Pain in the ear
- Vomiting without nausea
- Hearing changes such as ringing (tinnitus), or loss of hearing – especially only in one ear.
- Numbness
- Weakness
- Difficulty walking
- Shaking, tremors

It is important to find the cause of central vertigo because it may not be benign. It's not that these are "bad signs," however you just need to know the cause. Migraine headaches, for example, are a common cause of central vertigo, and aren't a threat. The treatment of central vertigo will entirely depend on the cause.

Peter has a classic case of BPPV, which only happens when he is lying down, and lasts for only a few minutes. In his case, a simple series of Epley Maneuvers fixed the problem and he could go on with his busy life.

As you can see, vertigo is a symptom with many different possible causes, and treatments. However, by far, the most common causes of vertigo are not dangerous or worrisome. Moreover, the treatment for the most common cause is simple to do at home, and brings permanent relief most of the time.

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by Rob Fischer



## 14 EXCITING BENEFITS OF APPLE CIDER VINEGAR

Wonder how ACV can help you? Here are 14 reasons to add apple cider vinegar to more than just your salad dressing - plus a recipe to make your own!

**T**he holidays are behind us, and many of us are now regretting the fact that we indulged in all those delicious yule tide delicacies! Perhaps you've had to loosen your belt a notch, or maybe you just feel bloated and sluggish. You know you've got to change your eating habits, but you're also looking for a little help.

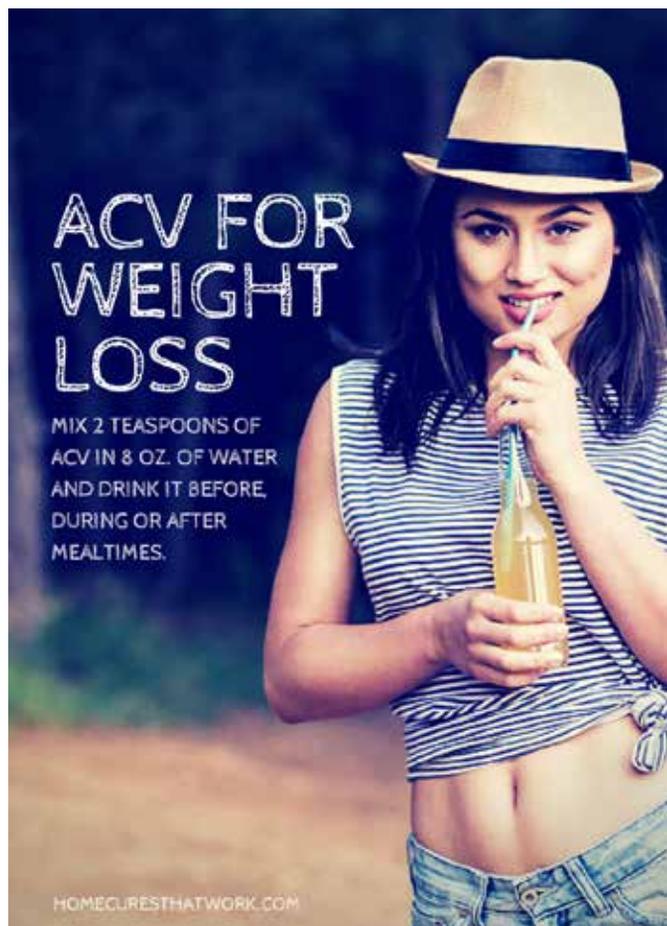
While there's no magic weight loss pill, here's a tip for you from an unexpected source: apple cider vinegar (ACV). Among other important components, apple cider vinegar contains acetic acid. This unique compound is what gives apple cider vinegar its sour taste.

But acetic acid has other even more exciting talents. One of those is its ability to increase your level of satiety. Translated that means that you feel full sooner so you eat less. In one test, volunteers drank a small amount

of vinegar in addition to eating a high-carb meal. The result was that they consumed 200 to 275 fewer calories throughout the rest of the day.[1] Maintaining that pace each month would equate to losing 1.5 pounds per month or 18 pounds per year![2]

A study conducted in 2009 revealed that subjects who drank ACV for three months during the study lost significant body weight, abdominal fat, waist circumference, and lowered their triglycerides.[3]

For weight loss (as well as other benefits), mix 2 teaspoons of ACV in 8 oz. of water and drink it before, during or after mealtimes.[4]



**WARNING:** with apple cider vinegar, more is not better! We recommend always diluting vinegar when taking internally as full-strength vinegar could be unpleasant or even harmful due to its acidity.[5]

## ACV Helps Lower Blood Sugar

One of the most solid pieces of evidence on apple cider vinegar is its effect on blood glucose levels.[6] Maintaining balanced blood sugar levels is one of the biggest keys to unlocking better overall health

and is the secret behind losing weight and keeping it off. Scientists aren't exactly sure why it works; they just know that it does.

In one study 19 percent of participants with type 2 diabetes found that ACV lowered their blood sugar. In the same study 34 percent of participants with prediabetes experienced lower blood sugar when taking apple cider vinegar.[7] Other studies have revealed lower blood sugar levels following a meal when subjects drank a mixture of apple cider vinegar and water before the meal.[8]

## Drink ACV for Improved Digestion

And while we're on the subject of eating, many Americans suffer from digestive issues often brought on by eating too much, or by consuming rich foods and alcohol. Once again, apple cider vinegar comes to the rescue.

Contrary to popular belief, problems like upset stomach and acid reflux result from not enough acid rather than too much. You can improve the amount of acid in your stomach by supplementing with ACV. Also, due to its antibacterial properties, apple cider vinegar can kill harmful bacteria like E.coli and salmonella. And the pectin in ACV may relieve spasms.[9] Apple cider vinegar may also help with constipation.[10]

Furthermore, improving the health of the gut has been found to reduce low level inflammation and may even help prevent obesity. One study, published in the Journal of Clinical Investigation, suggests that it may be possible to use probiotic bacteria to treat obesity and other chronic diseases, while other research found that obese people were able to reduce

their abdominal fat by nearly 5%, and their subcutaneous fat by over 3%, just by drinking a probiotic-rich beverage for 12 weeks.[11],[12]

You know what's a great probiotic-rich drink? That's right ... apple cider vinegar!

These three issues: weight loss, high blood sugar and digestive problems are common on the minds of people going into the new year. It's exciting that something as inexpensive and available as apple cider vinegar can bring such relief! Consume it regularly to enjoy better gut health and all the benefits that brings – from weight loss to better digestion and so much more! Keep reading!

## A Little Background on this Amazing Brew

The use of vinegar dates back to around 5000 BC. Back then, it was used primarily as a solution with which to preserve vegetables—a practice we still use today. The fact that vinegar emerged as a preservative hints at the fact that it contains strong antimicrobial properties. But it also boasts powerful antioxidants, probiotics and other beneficial compounds. Very early on, ACV also became known for its powerful medical and health benefits.[13]

You can make vinegar from any fruit or vegetable that can be fermented, but apples are most commonly used. The fermentation process is long and slow, which renders a rich array of bioactive elements: acetic acid, gallic acid, catechin, epicatechin, caffeic acid, and others.[14] Additionally, ACV is high in potassium, magnesium, phosphorus, calcium and other minerals.[15]

The fermented, unfiltered, unpasteurized vinegar

looks cloudy due to the amino acid bacteria and other substances. This phenomenon is commonly referred to as the “mother” of vinegar and may even look “stringy” or “cob-web-like.” Apple cider vinegar in this murky, unfiltered state is the best kind for consumption. At the end of this article, we'll share some of the best brands of ACV that contain the “mother” and an old recipe for making your own apple cider vinegar.

## 11 Additional Exciting Benefits of Apple Cider Vinegar

There are literally dozens of applications and health benefits for ACV. We've already talked about using it to: assist in weight loss, relieve heartburn and improve digestion, and lower blood sugar, but let's look at some other common uses.[16], [17], [18], [19]

### 1. SKIN CLEANSER

Both the acid for normalizing pH levels and the antibacterial properties of ACV make it a great skin cleanser and treatment for acne. Mix ACV with water in a 1:4 ratio and apply with a cotton pad. Rinse with clean water after 10 minutes. Do this 3 times daily.

### 2. HAIR TREATMENT

ACV works well for rinsing product buildup and unwanted oil from hair. Use 1/3 cup ACV to 4 cups water. Also, as a remedy for dandruff, spray your scalp with a 1:1 ratio of ACV and water.

### 3. ALL-PURPOSE CLEANER

In a spray bottle mix 1 part ACV with 1 part water and add a few drops of your favorite aromatic essential oil.

#### **4. SORE THROAT GARGLE**

Due to its anti-bacterial and anti-inflammatory properties, a 1:1 mixture of ACV with warm water can serve as an effective mouthwash and gargle for combating a sore throat.

#### **5. MUSCLE CRAMP RELIEF**

Leg cramps often come on due to a deficiency in potassium. To relieve leg cramps, mix 2 tablespoons of ACV in a cup of water. Add a little honey to cut the bite of the vinegar if you like.

#### **6. NATURAL WEED KILLER**

To get rid of weeds in the cracks of your driveway or sidewalk, mix ¼ cup salt and 1 teaspoon dish soap with ½ gallon of ACV. Pour or spray solution on weeds.

#### **7. TOXIN DETOX**

The compounds in ACV help cleanse the body of toxins, improving circulation and purging lymph nodes. For a detox cocktail, mix 2 teaspoons of ACV in 8 oz. of water.

#### **8. SUNBURN RELIEF**

For relief of itchy skin due to sunburn, insect bites, poison ivy or jellyfish stings, use a 1:4 ratio of ACV to water.

#### **9. WART REMOVER**

Soak a cotton ball with ACV and secure on the wart with a bandage or surgical tape overnight. Continue this process each night until the wart falls off.

#### **10. CANDIDA REMEDY**

Yeast infections are common and can

cause bad breath, deplete energy, and promote urinary tract infections and digestive issues. The probiotics and acid in ACV can help kill candida. Take 1 tablespoon of ACV in a glass of water 3 times daily.

#### **11. pH REGULATOR**

Although ACV is acidic, its effect on the body is alkaline, which helps put your body in a balanced pH state. This can help reduce your risk of cancer and other chronic illnesses as well as boost your energy. Add 2 teaspoons of ACV to a glass of water and drink daily.

### **Vinegar's Sweeter Side**

As you can see, apple cider vinegar masters 101 uses due its amazing health properties. But you may turn up your nose at the thought of actually drinking ACV, even when diluted. There are plenty of other ways to introduce ACV into your diet that are pleasant and tantalizing. So here we turn to apple cider vinegar's "sweeter" side: its delicious culinary applications. Use apple cider vinegar to:[20]

- Can, preserve, and pickle cucumbers, onions, beets, carrots, beans and more.
- Create delicious salad dressings.
- Marinate and tenderize meats and fish.
- Help bread rise by adding 1 tablespoon of ACV to every 2 ½ cups of flour.
- Substitute milk for buttermilk by adding 1 tablespoon of ACV to a cup of milk.
- Enhance the flavor of pies and pastries by adding 1 tablespoon of ACV to the recipe.
- Make fluffier rice by adding a teaspoon of ACV to the water.

Yet another more pleasant way to enjoy the benefits of ACV without having to endure its bite is with the array of new vinegar drinks available.



These are referred to as “drinking vinegars.” For example, Bragg sells a 16 oz. Organic Apple Cider Vinegar All Natural Drink with Concord Grape Acai juice, found even in Walmart!

These tart and tangy drinks seek to offer the benefits of apple cider vinegar in a palatable mixture of fruit juices and herbal flavors. [21] But as with any bottled drink, be sure to read the labels to find out what you’re actually getting. Better yet, make your own vinegar drink by adding ACV to a smoothie, fruit juice or other herbal preparation.

## Buying Apple Cider Vinegar

While you may be put off by the cloudy appearance of ACV that still contains its “mother,” this is by far the healthiest form for consumption. If you’re using ACV for cleaning, then filtered vinegar is fine. But know that clear vinegar is also pasteurized, which kills the healthy living bacteria, enzymes and other nutrients in ACV that are so beneficial.[22], [23] So for cooking and consumption, always look for “cloudy” ACV. A few of the best brands of organic,

unpasteurized, unfiltered apple cider vinegar include: Bragg, Eden, Viva, and Vermont Village. [24] Again, always look for “cloudy” vinegar that is organic and contains the “mother.”

If you’re the independent, adventurous type, then you may want to try your hand at making your own apple cider vinegar.

## How to Make Apple Cider Vinegar

Actually, you’ll be amazed at how easy and inexpensive it is to make your own ACV. This recipe comes from The Settlement Cook Book, printed in 1943.[25] Your home environment and other factors are too many to predict how long this process will take, so be patient and follow the directions.

Using overripe, but not spoiled apples, wash them thoroughly and place peelings and cores in a wide-mouthed jar or stone crock. (Use the rest of the apples for making a pie, some other delicious dessert, or applesauce.)

Cover apple parts with cold, clean water. Cover jar or crock, but NOT with an airtight lid! Gases must be able to escape during the fermentation process.

Add more apple peelings and cores from time to time and keep apple parts covered in water.

A “scum” will form on top that will gradually thicken. This is the “mother.” When this forms, you can perform a taste-test to determine the strength of the vinegar. The longer you let it ferment, the stronger the vinegar. (This may take days or weeks.)

When your apple cider vinegar tastes sufficiently strong, strain the mixture first through a colander,

then through cheese cloth. Bottle and seal.

Apple cider vinegar is truly one of God's gifts to mankind! Its health benefits and uses for cooking and homecare are unrivaled. Check your pantry or purchase some organic ACV and begin enjoying its countless benefits today!

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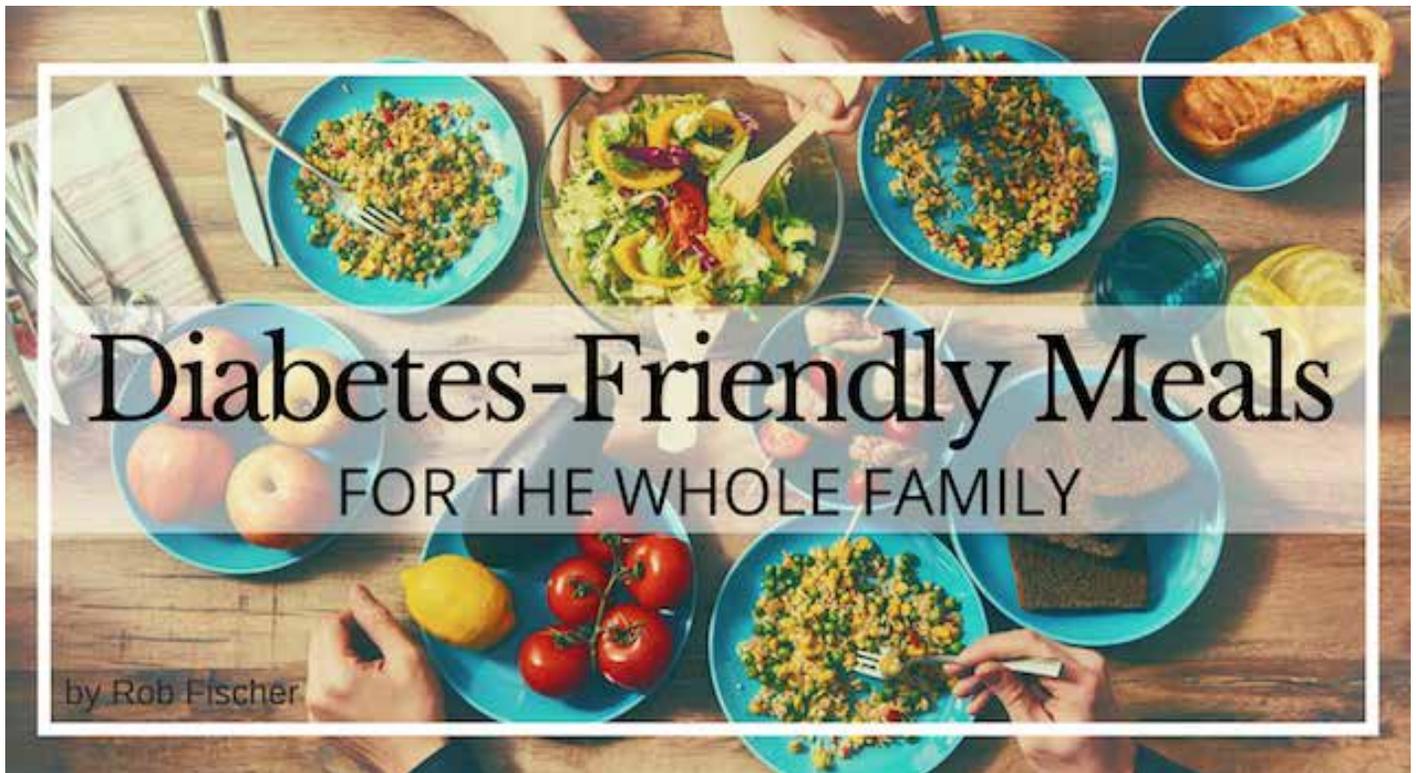


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- 1 Using overripe, but not spoiled apples, wash them thoroughly and place peelings and cores in a wide-mouthed jar or stone crock.
- 2 Cover apple parts with cold, clean water. Cover jar or crock, but NOT with an airtight lid! Gases must be able to escape during the fermentation process.
- 3 Add more apple peelings and cores from time to time and keep apple parts covered in water.
- 4 A "scum" will form on top that will gradually thicken. This is the "mother." When this forms, you can perform a taste-test to determine the strength of the vinegar. The longer you let it ferment, the stronger the vinegar. (This may take days or weeks.)
- 5 When your apple cider vinegar tastes sufficiently strong, strain the mixture first through a colander, then through cheese cloth.
- 6 Bottle and seal.

You'll be amazed at how easy and inexpensive it is to make your own ACV!



**Cooking for diabetes never tasted so good...and the whole family will benefit from healthier eating.**

Contrary to popular opinion, eating diabetes-friendly foods does not consign you to a life of bland, boring meals. Instead, let's look at how you can win with both good nutrition and great tastes for the whole family.

If you do suffer with type 2 diabetes, by eating diabetes-friendly foods you can control your blood sugar levels and even reverse your type 2 diabetes![1] And even if you're not a type 2 diabetes sufferer, here are some compelling reasons for eating as though you were.

## 5 Great Reasons You Should Eat Diabetes-Friendly Foods

1. You may have type 2 diabetes and not know it! According to the US Centers for Disease Control and Prevention, 1 out of 4 people with type 2 diabetes don't know they have the disease. And chances are even greater that you have prediabetes and don't know it.[2]
2. You may be genetically prone to type 2 diabetes. If you have a family history of type 2 diabetes, you're at greater risk for contracting the disease.[3]
3. Eating diabetes-friendly foods is healthier for you. Even if you never get type 2 diabetes, eating a diet prescribed for those with the disease can improve your health and help you stave off other chronic illnesses like: cancers, heart disease, Alzheimer's, and more.[4]
4. You're helping those with diabetes eat right.

Imagine how hard it would be for someone with diabetes to eat the right foods if they look over at your plate and feel deprived because of what you're eating! Give them a break and improve your own health at the same time.

5. You're teaching your kids and grandkids how to eat right. You have tremendous influence on your kids and/or grandchildren. By modeling how to eat right, they will follow your example and enjoy a healthier life.

## One More Major Obstacle to Topple

Before we continue, we've got one more major stumbling block to remove. Many people, whether they have type 2 diabetes or not, think that their shopping choices are limited to that "special" small aisle in the grocery store reserved for diabetic foods.

But allow me to let you in on a little secret: you don't even have to visit that "special" aisle! Instead, you can shop the whole store and find countless items that are good for you whether you have type 2 diabetes or not.

Now that we have those issues settled, let's get on to the good stuff—the food!

### WHAT YOU CAN EAT

I'm going to assume that the grocery stores where you live are similar to those where I live. So, let's take a little tour, but we're going to stay primarily on the perimeter of the store. There we find:

- All kinds of delicious fresh vegetables: bell peppers, asparagus, cucumbers, carrots, onions, garlic, celery, lettuce,

cabbage, cauliflower, broccoli, green beans, snap peas, spinach, kale, beets, artichokes, yams, squash, sweet potatoes, mushrooms, fresh herbs, etc.—you get the picture!

- An amazing assortment of organic dairy products: milk, half-n-half, whipping cream, butter, all manner of cheeses, cottage cheese, cream cheese, yogurt, and so forth! All in many different forms and flavors.
- A vast array of meats and seafood: beef, pork, lamb, chicken, turkey, duck, Cornish hens, tuna, salmon, tilapia, cod, halibut, shellfish, shrimp, sausages, salami, jerky, pepperoni, bacon, and more!
- A wonderful selection of fresh fruits: apples of all kinds, oranges, tangerines, nectarines, peaches, star fruit, bananas, grapefruit, white and red grapes, raspberries, strawberries, blueberries, kiwi, and other exotic fruits from around the world!
- A wide variety of nuts and seeds: cashews, almonds, walnuts, pecans, brazil nuts, hazel nuts, pistachios, peanuts, sunflower seeds, pumpkin seeds, flax seeds, poppy seeds, chia seeds and more!



All of these foods are diabetes-friendly foods. But wait, there's more. In the middle of the store, if you know where to look, you'll find some other great diabetes-friendly foods. Some of these include:

- Oatmeal and other whole grains
- Whole grain breads and pastas
- Brown and wild rice
- All kinds of frozen fruits and vegetables
- Dried and canned legumes of all kinds
- Canned organic tomatoes and other veggies
- Pickles, pickled beets, pickled artichokes, pickled asparagus, etc.
- Dark chocolate (yes, in moderation it's very good for you!)
- And too many other items to list here!

Tip: always read the labels when buying food in a box, bag, can or jar. Avoid anything with additives, preservatives, sugars, corn syrup, or other sweeteners.

As you can see, the choices are huge and when you start thinking about all the ways you can combine those various items in a recipe or meal, the options are endless. So, what is it that you shouldn't eat?

## NON-DIABETES-FRIENDLY FOODS

The following foods are not diabetes-friendly because they spike your blood sugar, make you gain weight, and pose a host of other health problems.

- Processed foods: breakfast cereals, pizza, many ready-to-eat meals, boxed entrees, canned meals, and the like.
- White carbohydrates: white bread, rolls, white rice, pasta, etc.
- Sweets: cakes, donuts, muffins, scones, candy, etc.
- Sugar and artificial sweeteners: yes, artificial

sweeteners also spike your blood sugar and many have nasty side effects.[5]

- Sugary or sweet drinks. This includes fruit juices, soda pop (even diet), and sweet coffee beverages. Because these are in liquid form they enter your bloodstream much more rapidly, spiking your blood sugar.

Notice that while I haven't listed everything under the "Non-Diabetes-Friendly" category, this list is much shorter than the "good" list. And many of the processed foods like pizza you can learn to make yourself from ingredients that aren't bad for you.

## Other Basic Eating Tips

Here are some other eating tips that will help you eat diabetes-friendly:

- **Reduce your intake of carbs!** If you do nothing else, do this.[6] An over-abundance of carbohydrates is what makes our cells insulin resistant. So cut back on carbs in general. Our Diabetes Solution Kit shows you exactly how to do this.
- **Get plenty of fiber!** When you eat a carbohydrate that has lots of fiber in it, like a sweet potato, the fiber slows down the sugar that's released into your system, helping stabilize your blood sugar.[7] That's why whole grain foods are healthier, because they contain lots of fiber. Note: nutrition labels include the fiber count in the carb count. But you can't digest fiber, so in figuring total carb count, subtract the fiber grams from the carbohydrate grams.[8]
- **Eat a protein with a carb.** When you eat a protein with a carb it also slows the way sugar is released into your bloodstream.
- **Boil, broil, grill, or bake your food.** There are two problems with frying: one is that fried food is often breaded, adding carbs. The other problem is that food is often fried in oil that is

saturated fat and/or trans-fat, neither of which are good for you. If you must fry something, use a mono-unsaturated fat like olive oil, avocado oil, coconut oil, or peanut oil.

- **Stick to whole foods.** Whole foods are those that are not processed. It's hard to go wrong when you eat a food the way God made it! Just eat it in moderation!
- **Practice portion control.** Consciously scale down the amount of food you put on your plate. Also, take note of the individual food items and eat fewer carbs. Resist going back for seconds.

## More Info on Low Carbs

As stated above, the amount of carbs you eat has the most profound impact on your blood sugar levels. By controlling your carbs, you control your blood sugar. Everyone is different, so there's no standardized carb count that applies to everyone. However, keeping your carbs to 20 percent or below of your daily calorie intake has been shown to produce effective results.[9] This equates to 70-90 grams of total carbs.

If you're testing your blood sugar regularly, it's easy enough to determine what your personal carb count needs to be to keep your blood sugar down. If you have type 2 diabetes and you want to reverse it, you can do so by following a stricter regimen on carbs. For more information on how to get total control of your blood sugar by reducing carbs, check out our Diabetes Solution Kit. Remember, fruit, vegetables, nuts, berries and whole grains all contain high fiber and are therefore the best kinds of carbs to eat. Below is a sample of diabetes-friendly meals you might eat in a day.

## Sample Menu for a Day for the Entire Family

### BREAKFAST

- 2 eggs cooked in Kerry Gold butter (1 gram of carbs)
- 1 slice buttered whole wheat toast with ½ Tablespoon Simply Fruit Strawberry jam (16 grams of carbs)
- Coffee or tea with or without cream (0 grams of carbs)
- Total carb count: 17 grams

### LUNCH

- A large apple (14 grams of carbs)
- ¼ cup mixed, dry-roasted nuts (6 grams of carbs)
- 4 oz. cottage cheese (4 grams of carbs)
- 3 oz. baby carrots (6 grams of carbs)
- Total carb count: 30 grams

### SUPPER

- 6 oz. roast chicken (0 grams of carbs)
- ½ cup steamed asparagus (2 grams of carbs)
- 4 oz. baked (or microwaved) sweet potato with Kerry Gold butter, salt and pepper (20 grams of carbs)
- 1 cup romaine lettuce salad with oil and vinegar dressing (1 gram carbs)
- Total carb count: 23 grams

**Total carb count for the day: 70 grams**

## Diabetes-Friendly Recipes

In our [Diabetes Solution Kit](#) we offer a large selection of low-carb meals and recipes! There are also a number of websites that offer countless low-carb recipes that are diabetes-friendly. AllRecipes.com is one such site.

As you can see by the ingredients and manner of cooking, diabetes-friendly meals are not only good for you they taste amazing too! Why not begin the New Year on the right foot and establish a pattern of eating diabetes-friendly. You can get and keep your blood sugar in check and live healthier

## PACE CHICKEN

This has been a family favorite of ours for years and it's super easy to put together! Serves 4.

### Ingredients

- 4 boneless, skinless chicken breasts
- 1 - 16 oz. jar of mild Pace Picante Sauce
- 1 cup brown rice

### Directions

1. Place chicken breasts in a crockpot and pour the whole jar of Pace Picante Sauce over them. Turn crockpot on low for 6 hours or on high for 3 hours. (Tip: you can make this ahead of time and reheat if you like.)
2. When you're ready to eat, cook 1 cup brown rice according to package instructions.
3. When rice is done, serve Pace Picante chicken over a bed of rice.
4. Add a side vegetable or salad to enhance the meal.

## GRILLED PORK CHOPS

We just had this a few nights ago and it's really good! Of course you can substitute other vegetables for those listed. Serves 4.

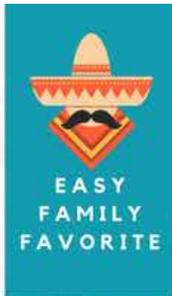
### Ingredients

- 4 pork chops of a size and thickness desired
- ¼ cup balsamic vinegar
- 1 tsp minced garlic
- 2 Tbls Kerry Gold butter
- 2 medium yams
- 1 lb. petite green beans

Directions (pork chops, yams and green beans cooked separately)

1. Mix the balsamic vinegar with the minced garlic and marinate the pork chops for 30 min.
2. Meanwhile, wash petite green beans and place in a large skillet with ½ cup water and 2 Tbls. butter. Cook covered over medium heat until they reach desired texture.
3. Grill pork chops about 5 min. per side or until done to liking.
4. While pork chops are grilling place whole yams in microwave and cook on high for 5 min. Check with a fork to determine tenderness. Continue cooking until the fork goes in easy, then cut yams lengthwise in half, yielding 4 halves. Top with butter, salt and pepper.
5. If chops are done early, tent under aluminum foil on a platter.
6. Serve!!

Sources: [1] Dr. Scott Saunders, MD, "Diabetes Reversal Talk," 2014, [https://watch.diabetesreversaltalk.com/drt15?subid=brtn\\_drt\\_14-0401a](https://watch.diabetesreversaltalk.com/drt15?subid=brtn_drt_14-0401a). [2] Centers for Disease Control and Prevention. [3] International Diabetes Federation, "Risk Factors," 2015, <http://www.idf.org/about-diabetes/risk-factors>. [4] Peter Whoriskey, "Nation's Top Nutrition Panel: the American Diet Is Killing Us," The Washington Post, February 19, 2015, [https://www.washingtonpost.com/news/wonk/wp/2015/02/19/nations-top-nutrition-panel-the-american-diet-is-killing-us/?utm\\_term=.1fd252661847](https://www.washingtonpost.com/news/wonk/wp/2015/02/19/nations-top-nutrition-panel-the-american-diet-is-killing-us/?utm_term=.1fd252661847). [5] Dr. Mercola, "Sweet' Isn't All There Is to Aspartame and Other Artificial Sweeteners," nd, <http://www.mercola.com/Downloads/bonus/aspartame/report.aspx>. [6] Dr. Scott Saunders, MD. [7] Mayo Clinic, "Dietary Fiber: Essential for a Healthy Diet," 2012, <http://www.mayoclinic.org/fiber/art-20043983>. [8] University of California, San Francisco, "Understanding Fiber," nd, <https://drc.ucsf.edu/living-with-diabetes/diet-and-nutrition/understanding-carbohydrates/counting-carbohydrates/learning-to-read-labels/understanding-fiber/>. [9] Fanziska Spritzler, RD, CDE, "A Guide to Healthy Low-Carb Eating with Diabetes," Authority Nutrition, nd, <https://authoritynutrition.com/low-carb-diet-for-diabetes>



# PACE CHICKEN

## DIABETES FAMILY FRIENDLY RECIPE

- 4 boneless, skinless chicken breasts
  - 1 - 16 oz. jar of mild Pace Picante Sauce
  - 1 cup brown rice
  - Side vegetables
- 1** Place chicken breasts in a crockpot and pour the whole jar of Pace Picante Sauce over them. Turn crockpot on low for 6 hours or on high for 3 hours. (Tip: you can make this ahead of time and reheat if you like.)
  - 2** When you're ready to eat, cook 1 cup brown rice according to package instructions.
  - 3** When rice is done, serve Pace Picante chicken over a bed of rice.
  - 4** Add a side vegetable or salad to enhance the meal.

FOR MORE DIABETES FRIENDLY RECIPES  
VISIT [HOMECURESTHATWORK.COM](http://homecuresthatwork.com)

# Pork Chops



## DIABETES FAMILY FRIENDLY RECIPE

### ingredients

- 4 pork chops of a size and thickness desired
- ¼ cup balsamic vinegar
- 1 tsp minced garlic
- 2 Tbls Kerry Gold butter
- 2 medium yams
- 1 lb. petite green beans
- Serves 4

### directions

- Mix the balsamic vinegar with the minced garlic and marinate the pork chops for 30 min.
- Meanwhile, wash petite green beans and place in a large skillet with ½ cup water and 2 Tbls. butter. Cook covered over medium heat until they reach desired texture.
- Grill pork chops about 5 min. per side or until done to liking.
- While pork chops are grilling place whole yams in microwave and cook on high for 5 min. Check with a fork to determine tenderness. Continue cooking until the fork goes in easy, then cut yams lengthwise in half, yielding 4 halves. Top with butter, salt and pepper.

FOR MORE RECIPES, VISIT [homecuresthatwork.com](http://homecuresthatwork.com)



TREAT  
FIBROMYALGIA  
FATIGUE  
WITH

*Dark  
Chocolate*

**C**hocolate can help fibromyalgia sufferers by reducing inflammation, increasing energy and promoting alertness.

Let the rejoicing begin! Eating a small chocolate bar every day helps fight exhaustion! What?! You mean chocolate is good for your health!? Absolutely!

Many people who have fibromyalgia crave chocolate. One reason for this is chocolate's high magnesium content. And magnesium is something that most fibromyalgia patients lack.

Studies show that fibromyalgia sufferers are deficient in nutrients such as calcium and magnesium. Raw cacao contains both of these, and thus can help you restore those nutrients in your body.

Calcium and magnesium both help regulate your muscles so you can overcome muscle spasms and relax.

Scientists have also discovered that eating DARK chocolate (60-85% cacao) can help relieve the chronic pain and cognitive issues associated with fibromyalgia. Fibromyalgia leaves sufferers exhausted with neurological problems, but they can feel better after eating dark chocolate.

Did you say chocolate?

Chocolate cravings are nothing new, but we've always been told chocolate is bad for us because it contains too much sugar. The truth is too much refined sugar can worsen inflammation and pain in fibromyalgia sufferers (or for anyone). However, dark chocolate with higher cacao content and less milk and sugar than milk chocolate can actually improve your health.

Here is why:

- Cacao helps your body produce nitric oxide, which is important for blood flow and blood pressure, promoting a healthy circulation.
- Cacao also contains many flavonoids (called

flavanols), which possess high antioxidant properties. Flavonols relieve inflammation and prevent wear-and-tear damage on your cells.

- Dark chocolate also contains tryptophan and cannabinoids. These compounds can help reduce anxiety and promote relaxation.
- Theobromine, caffeine, tyramine and phenylethylamine (PEA) are stimulants in cocoa that can improve the energy level of the fibromyalgia sufferer.
- The cacao in dark chocolate may also promote the production of natural opiates in the brain. These can help relieve pain and promote a feeling of well-being.

This doesn't mean that we should all binge on chocolate regularly -- we do still have to worry about the sugar and calories! However, we only need about 0.2 to 0.5 ounces of dark chocolate a day to get the desired benefits. Dark chocolate therapy seems to work best in the morning.

One woman claimed that by eating an ounce of cacao-rich chocolate every morning she was able to relieve her fibromyalgia symptoms. She said it helped her with muscle pains, migraine headaches, and was able to go off all her "fibro meds." In fact, she was so convinced of the healthy aspects of natural cacao that she opened a chocolate shop dedicated to pure dark chocolate. She recommends eating a serving of 85% cocoa dark chocolate slowly, savoring the taste and making the most of its pleasurable benefits.

These days, there are dozens of choices of dark chocolate, and you can spend hours poring over the cacao percentages and exotic

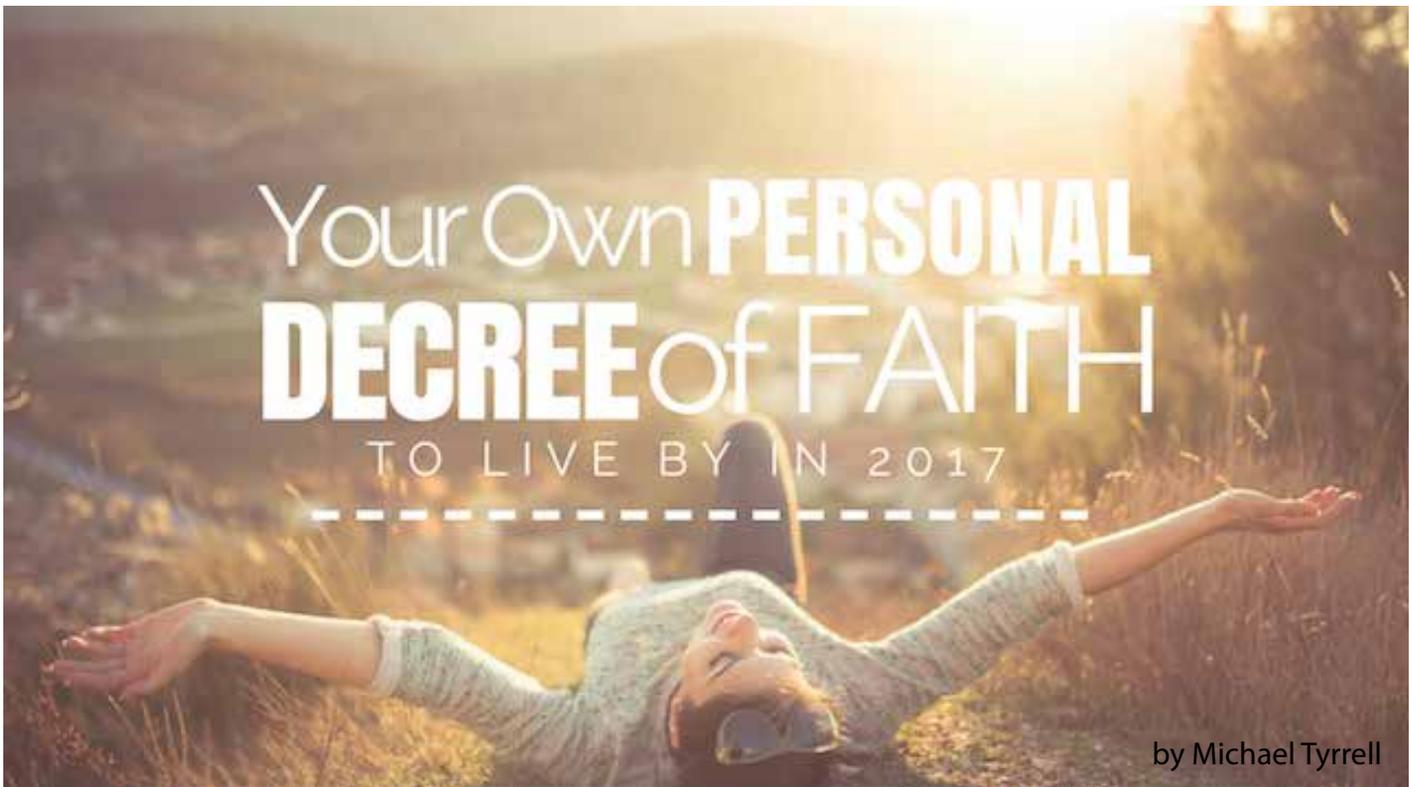
provenances on the labels. You can pay a lot more, too. But does any of it really matter and how do you choose a good dark chocolate?

Darker chocolates, with higher cacao percentages are less sweet, but are still probably located in the candy aisle. The cacao percentage on the label of a dark chocolate bar is a total that includes both cacao solids and cocoa butter—meaning that different chocolates can have different proportions of each and still share the 60 percent dark cacao designation.

Does the chocolate with the most cocoa butter make the best tasting chocolate? Not always. Sometimes, the lowest fat chocolate bars are the richest, creamiest dark chocolates to savor. Here are some recommended brands for fibromyalgia sufferers (or anyone!) that are the best balance of cocoa butter, cacao solids and sugar:

- Callebaut Intense Dark Chocolate, L-60-40NV (60%): Intense rich chocolate with an espresso flavor and caramel aftertaste, nice balance of sweetness and bitterness, complex favor, creamy and thick
- Ghirardelli's Bittersweet Chocolate Baking Bar (60%): Balanced chocolate flavor with smoky and fruity undertones, glossy and creamy
- Michel Cluizel Noir de Cacao Dark Chocolate (60%): Nice eating chocolate that is creamy and not bitter, earthy

For some there is therapy, but for the rest of us there is chocolate.



**I** believe that ringing in the New Year is like a declaration or decree that sets the tone for what we will experience throughout the following 365 days. At the “head” of the year, it is paramount that you determine what you expect... and give voice to it! This is a sound biblical principle Mark 11:22-24 (NLT)

Then Jesus said to the disciples, “Have faith in God. I tell you the truth, you can say to this mountain, ‘May you be lifted up and thrown into the sea,’ and it will happen. But you must really believe it will happen and have no doubt in your heart. I tell you, you can pray for anything, and if you believe that you’ve received it, it will be yours.”

The way I see it, the difference between wishing and believing is knowing. Being sure of something before there is any tangible

evidence of it is the definition of faith. True faith on its own merit is genuine substance!

## **Hebrews 11:1-3 (MSG) Faith in What We Don’t See**

The fundamental fact of existence is that this trust in God, this faith, is the firm foundation under everything that makes life worth living. It’s our handle on what we can’t see. The act of faith is what distinguished our ancestors, set them above the crowd. By faith, we see the world called into existence by God’s word; what we see created by what we don’t see.

Fact: everything that IS visible was created by that which WAS invisible.

What do YOU want to see manifested in YOUR life in this new year of endless possibilities?

The sky is the limit. The only thing that can hold you back is you! If you truly believe that “nothing is impossible for them that believe,” it’s time to put your faith to work. The only time you see faith coming before works is in the dictionary. The phrase “taking a leap of faith” means that your first step, or action, is the evidence that you believe what you cannot yet see (faith). When you step out, faith manifests.

For some of you, this may sound a little farfetched or unreal, when in actuality, it is the ultimate reality of how God’s “upside down” Kingdom principles operate. Truth be told, I have been living by faith for over thirty years. Faith speaks. When I say what I believe and believe what I say, amazing things begin to happen. Wholetones is a result of faith, and since you are receiving my weekly emails, you already have the tangible evidence of my faith playing in your home!

Many years ago, I read something that changed my life: Romans 1:17, “For the gospel (good news) reveals the righteousness of God that comes by faith from start to finish, just as it is written: “The righteous will live by faith.”” In other words, an upright or good man or woman lives by faith. I can personally attest to this truth.

If someone truly cares for you, they desire to see you live your life to the fullest. Together, we stand in the vestibule of a brand new year, a veritable blank chalkboard awaiting our words to frame the parameters of our destiny. Let’s write a few lines together, then take the chalk in your hand to finish your own personal decree of faith to live by in 2017. Here we go!

“This year I will see what was previously unseen, I will know that which was formerly unknown to me. I will love the unlovable, become light for those in darkness, befriend the friendless, help the helpless, and thoroughly enjoy the fruit of my labor as I endeavor to live abundantly faithful instead of hopelessly faithless.”

Now it’s your turn ... say what you believe, believe what you say. I have great expectations for you!

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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.





## Think healthy—be healthy.

**D**o you find yourself waiting for the “perfect moment” to start? Maybe the time to start will be “tomorrow.” Then ask yourself this question. Was there ever a time when you let an opportunity slip by when you could have taken action—but didn’t? I know I have. And it hurts. Now remember a time when you went for it and succeeded. Exhilarating, wasn’t it? So why don’t we unleash empowering action more often? Why do we procrastinate and pretend there is plenty of time? Fittingly, in this case, procrastination will cost you time. It will cost you the extra years of youth that [Smart, Strong and Sexy at 100?](#) promises you. Your life. Your time. Your choice.

How many times have you started on a new diet or exercise program only to end up back to where you started, or worse? Was motivation the missing element? The hardest part of any new program is the insidious mental resistance that sabotages us. Well, I’ve got good news for you. Once you start [Longevity Express’ seven-step program](#), you will want to continue, naturally and unforced. You’ll love the process as well as the results. It will be enjoyable instead of work. It will become as much a part of you as getting dressed in the morning, regardless of your age or fitness level.

Ride the Express to a destination where staying healthy, strong and fit stops becoming “what you do” and turns into being “who you are.” See yourself congratulating yourself when you reach this exhilarating point of freedom. See yourself as healthy, fit and happy. Be patient.

Mastery takes time. You’ll use regular motivation during the journey, but you won’t depend on

it forever. The longer you ride the Express, the easier and more enjoyable the ride becomes. Soon, you will love the process and break free from the pro-aging habits that used to ruin your life and pointed you to an early grave.

Vibrant, youthful life is simply a superior alternative. You'll get to the point where not doing what you should be doing to maintain your vitality and longevity will be much more painful to you than just doing it will be. You won't need to depend on willpower and discipline except to create your original rituals. Then you'll be on auto-pilot.

Think about it. Once you learn to read, would you ever revert to illiteracy? Learning to read is transformative. You'll never go back. It's the same with learning to control your wellness and longevity. Once you learn how and experience the wondrous benefits, turning back will simply be unthinkable. You don't need more discipline. You need more rituals.

We don't like it when our actions conflict with our thoughts. That makes us very uncomfortable and makes us prone to change our actions. Think healthy—be healthy.

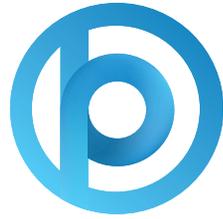
However, if you know you should book a seat on the Express but it doesn't connect enough with you to start seriously, simply don't do it. Just make sure you completely understand what you are passing up. The Express could easily transport you from an ugly premature death to an era where suffering and aging are left far behind—to an era where you could enjoy open-ended youth, strength and vitality.

Here are a few mental tricks to help get you there: Remind yourself of your successes. Visualize your future. Think about what means most to you. Make your plans realistic.

- Think about things that energize you.
- Give yourself compliments.
- Expect the best.
- Realize change is possible.
- Imagine yourself aging more slowly—or even growing younger.
- Feel in control, trust yourself.
- Live consciously.
- Accept what comes your way and deal with it.
- Forgive yourself and others.



David Kekich (Living Healthy to 120: Anti-Aging Breakthroughs) is President/CEO of Maximum Life Foundation that focuses on aging research, a 501(c)(3) corporation dedicated to curing aging-related diseases. For more information, visit: [www.MaxLife.org](http://www.MaxLife.org). David contributes to our column Living Healthy to 120: Anti-Aging Breakthroughs. MaxLife is helping to make the anti-aging dream a reality with cutting edge Bio-Engineering research and products.



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P U B L I S H I N G

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Back Pain	Hair Loss	Sinus Infection
Bad Breath	Herpes	Sore Throat
Cholesterol Secrets	High Blood Pressure	Ulcers
Depression	Hypothyroidism	Urinary Tract Infection
Diabetes	Irritable Bowel Syndrome	Wholesome Frequency
Erectile Dysfunction	Joint Pain	Music
Fat Loss	Kidney Stones	Yeast Infection
Fibromyalgia		

## OUR MISSION

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