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REWRITING THE LOW SALT RULES

WHY ARTIFICIAL SWEETENERS ARE WORSE THAN SUGAR

TIPS FOR BLOOD CLOT PREVENTION

Sleep Like a Dream

How to Structure Your Sleep Architecture for Deep Rest

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LETTER FROM THE EDITOR

Most of the time, blood clots are a good thing. When you get injured, you need your blood to solidify and clump together at the site to help stop bleeding. But sometimes clots crop up when they're not needed, and that can spell trouble—especially if they form in the deep veins near your muscles. It's important to recognize the symptoms of a blood clot before it is too late, so here's what to watch for in this month's article from Dr. Scott Saunders.

The artificial sweeteners found in diet soda, toothpastes and even vitamins have been linked to Alzheimer's, chronic fatigue, diabetes and many other chronic diseases. So before you tear open your next little yellow, pink or blue packet, read the full story from Rob Fischer about the sickly sweet artificial sweeteners.

If you don't have a sweet tooth, perhaps you prefer the taste of salty foods. But many believe salt is the hidden culprit behind the "silent killer" of high blood pressure. Here is why that advice can be costly to your health…

If you're concerned about keeping your heart healthy, a pure heart is priceless in health and healing. Michael Tyrrell shows you how a pure heart is available to everyone.

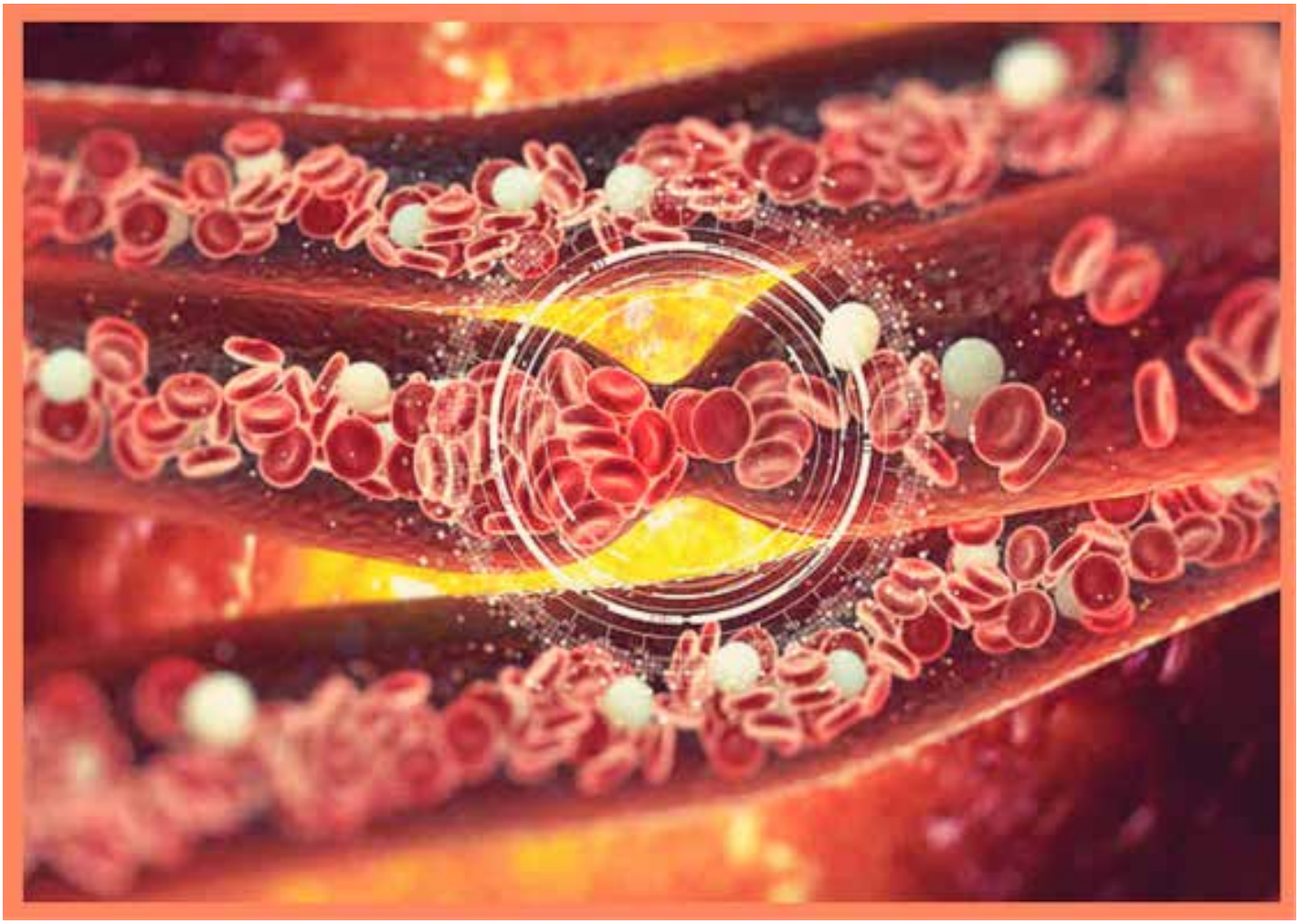
Do you toss and turn all night? Imagine how different your mornings would be if you woke up well-rested! Dr. Saunders has released a list of top 10 ordinary habits that destroy your chances of getting a good night's sleep. If only one of these takes you off the path of insomnia or restless sleep, then it's worth looking at this list.

Einstein said, "Imagination is more important than knowledge. Why? He certainly came up with brilliant answers. It might be the key to your health success. You decide what you feel. Why not? It's all you need to succeed from now on in this month's anti-aging article.

The simple steps in this issue of Home Cures That Work will help lift your spirit and generate the life and health you deserve.

For your health,

Cheryl Ravey
Editor,
Home Cures That Work



Tips for Blood Clot Prevention

Reduce Your Risk Of Blood Clots Without A Prescription

BY **DR. SCOTT SAUNDERS, M.D.**

Lacey loved to travel. Now in their retirement, she and her husband decided to take some trips. Their first trip was to Italy, but when she got there she was having trouble. One leg was swelling up, and cramping, it turned red, and hurt when she walked. She went to a doctor and found out that she had a blood clot in her leg, also known as DVT. She had to cut her trip short, start on blood thinners, and come home for treatment to prevent clots from getting into her lungs – which is potentially deadly.

Isn't the body filled with blood?

We often think of the body as filled with blood, but all the blood must stay in the blood vessels. Outside of the blood vessels, blood does damage – like bruising. So, if your blood doesn't clot, it will leak out every time there is a broken blood vessel. This happens a lot, even if it not visible to the naked eye!

For example, most rat poisons are just blood thinners. When the rat breaks a blood vessel it doesn't clot and the rat dies of internal bleeding. People can develop the same problem, such as in hemophilia, if their blood doesn't clot. The blood must clot – but not too much.

What happens if the blood clots easily?

There is a delicate balance between clotting off every broken blood vessel and shutting down blood vessels by over-clotting. If blood clots start forming in the veins where slow moving blood pools together, then impaired circulation can lead to swelling, pain, cramps, and other problems.

An analogy to this process is a slow moving river. Over time, weeds and algae start to accumulate along the banks of the river where slow water flows. Gradually, as the weeds multiply, they begin to invade the center of the river because they can withstand the pressure of the oncoming water flow. Likewise, a blood clot can form at the site of that rupture and can completely or partially obstruct the blood flow at that point.

The greatest risk of blood clots is DVT, or Deep Vein Thrombosis. Clots in the small veins under the skin can cause pain and swelling. But deep veins, the ones that run between the muscles deep in the thigh, can get clots that are deadly.

> "If these blood clots in the deep veins of your muscles break off and travel up to the lungs, they can plug up a large portion of the circulation and cause death. This is known as a pulmonary embolism, or PE."

Why do blood clots form in the veins?

When we get cut, the body creates an inflammatory response:

- Immune cells arrive to protect against infection
- Repair cells arrive to initiate repair
- Blood plasma brings protein "clotting factors"
- Platelets initiate a cascade of reactions to form blood clots and stop the bleeding

But there are several reasons why blood clots might happen when there isn't any bleeding:

- Genetic factors
- Inflammatory conditions
- Infectious diseases
- Damaged blood vessels
- Pooling of blood, or poor circulation

What are the genetic reasons for clotting?

Some people have a genetic disposition to blood clots because their body doesn't make the proper proteins that form or create clots. Inherited (genetic) disposition to form clots in the veins is common. Genetic disposition to clotting is mostly found in Caucasian people, and this condition is dominant. This means if one of your parents has it, you have a 50% chance of getting it. The significant types include:[1]

- Factor V Leiden – affects 7% of Caucasian people
- Factor II Prothrombin – affects 3%
- Protein C deficiency – Less than 1%
- Protein S deficiency – Less than 1%
- Antithrombin III deficiency – Less than 1%

However, even if you have the gene, it doesn't mean that you will get clots. More than 90% of people with Factor V Leiden, for example, never get blood clots or have clotting problems.

7 Factors that Promote Unwanted Blood Clots

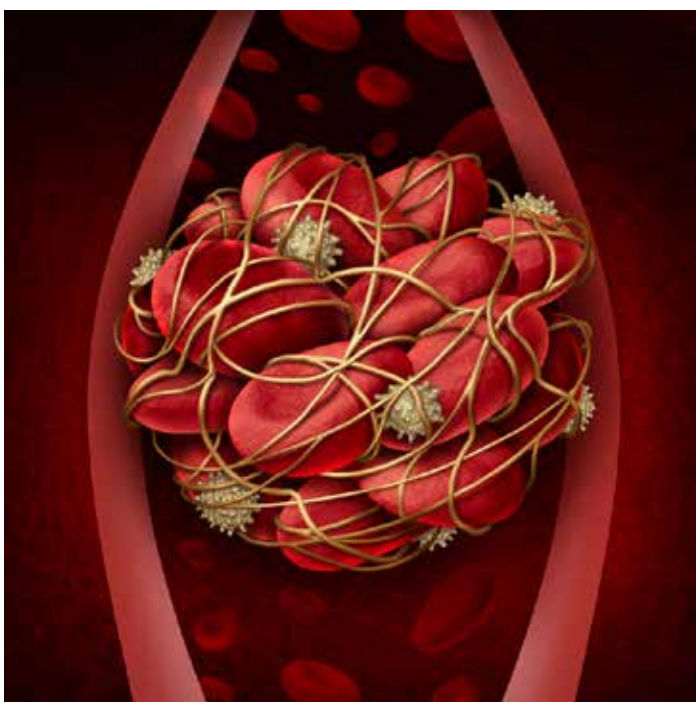
If the genes aren't the cause, what is? Our story of Lacey, above, illustrates several issues that cause most blood clots. All the real risk factors for blood clots are controllable, being lifestyle issues.

- Immobility, lack of exercise
- Smoking
- Inflammation
- Surgery
- Injuries
- Hormones
- Obesity

Let's discuss each one.

1. Immobility

Lacey had been on an airplane for twelve hours on the way to Italy. She got up to go to the bathroom a couple of times, but otherwise was immobile. The veins need motion to pump the blood back up to the heart; there is no heart in the feet to pump the blood. The muscles massage the veins, pushing blood up through them, and the movement of the body keeps the blood flowing. Long plane rides pose a bigger risk for blood clotting than genes. One study showed that flying only 4 hours increased the risk of DVT by 3 times.[2] Another systematic review indicated about 1% of people who fly



more than 6 hours get thrombosis. However, less than half have any symptoms.

This does not only apply to airplanes. Any time a person is confined in a small space, the blood can slow down, allowing clots to form. Even when you're stuck at your desk for a long period of time, blood can pool in your legs,

paving the way for a clot. If you have to sit for several hours — especially for longer than six hours — make sure you get up and move around as much as possible. While seated, raise and lower your heels and toes, to encourage circulation. Don't forget to drink plenty of fluids.

Besides long trips, people who don't exercise have an increased risk of clotting. Limb immobility increases the risk of blood clots because it slows the blood's circulation, increasing the likelihood it will pool. A static pool of blood offers an ideal environment for clot formation.

2. Smoking

Those who smoke increase their chances of blood clots because smoking damages the lining of the blood vessels. Remember, when there is any tissue damage, the body makes proteins that cause clotting to prevent excessive bleeding. Damage to blood vessels in any way will increase clotting.

3. Inflammation

Any form of inflammation increases the tendency to form clots. Inflammation is damage to tissues in any way. It can be caused by:

- Allergic reactions to the environment, including foods
- Infections such as viruses or bacteria
- Toxins such as homocysteine
- Deficiencies such as omega-3 oils
- Autoimmune diseases such as arthritis or [3]

4. Surgery

Remember that the factors for clotting are activated anytime there is damage to tissues. Surgery creates a lot of damage, and thus a lot of clotting factors. Those who are disposed to getting clots are much more likely to have DVT and PE following a surgery such as knee or hip replacement because these cause immobility – adding another blood clotting risk factor![4]

5. Injuries

One young man I saw was hit in the leg with a large rock while working on a construction site. He thought the pain would go away, but when his ankle started swelling, he came in. The ultrasound showed a clot in his veins. He had to be on blood thinners for three months until the clot completely dissolved. Major trauma that can cause internal bleeding also activates clotting factors. This is essential to prevent death from internal bleeding; however, it may also form clots in the veins.

6. Hormones

Lacey and her husband were both on the plane, but only she got a blood clot. Women are more likely to form clots. Even young women on birth control pills have a significant increased risk of DVT. Pregnant women have double the risk for blood clots because they have both sluggish circulation from the uterus pressing against the veins, and increased hormones, namely estrogen.[5]

7. Obesity

There are several factors that increase clotting in people who are overweight. Sluggish circulation is part of the problem, especially if one is sedentary. Another issue is inflammation because excess calories leads to increased inflammatory reactions.[6] A third is related to leptin production, which excels when more fat is produced. "Blood clotting begins from an interaction between leptin and the leptin-receptor that is on platelets."[7]

6 Ways to Reduce Your Risk of Blood Clots Naturally

DVT and PE are very dangerous, even life-threatening, but not very common. Most often, there is more than one risk factor involved before people get these. Awareness and prevention are key ways to determine your risk, and prevent blood clotting.

1. Test your genes – every doctor can do the simple tests for Factor V Leiden and Prothromin, if you have any family history or personal history of clotting.
2. Stop smoking – this is a no-brainer.
3. Lose weight – this will improve circulation and reduce leptin in your system.
4. Fast – one of the best ways to eliminate toxins and reduce inflammation in the body.
5. Exercise – this doesn't require body-building, just use your muscles daily.
6. Avoid hormones (birth control) if you have another risk factor such as obesity, smoking, or genetic. Otherwise, if you get hormone replacement, use bioidentical hormones, not birth control pills.

Which Supplements Help Prevent Blood Clots?

- Fish oil – Omega-3 fatty acids affect blood clotting by decreasing platelet aggregation, which modestly prolongs bleeding time. Take about 1 gram per day.
- Vitamin E – Vitamin E has antiplatelet and possibly also anticoagulant properties. Take 1200 mg per day.
- Turmeric is a great herb for lowering inflammation and decreasing clotting. One can safely take 1 tsp of turmeric powder a day. Two of the best ways to take turmeric powder are – Turmeric milk and Golden paste. Turmeric is poorly absorbed by the body and thus is best taken along with fats and black pepper.
- Nattokinase is an enzyme that dissolves clots for those who have clotting problems, or have other risk factors. I wouldn't use it for prevention unless you have some risks. The usual dosage is 2,000-4000 FU per day.

Diet Tips to Prevent DVT

Generally eating fresh, organic, raw vegetables, and avoiding processed foods will diminish your risk of inflammation, arthritis, and blood clots. There are some other ingredients found in nature that can help reduce the risk of blood clotting:

- Garlic - is probably the best of all foods that prevent blood clots from forming.
- Fish - has omega 3 fats. Omega-3 fatty acids act as a natural anticoagulant by altering the ability of platelets in the blood to clump together.
- Curry decreases inflammation and the main curative ingredient, curcumin, works on platelets to prevent blood clots from forming.
- Drink water to keep hydrated. Staying hydrated is said to help boost circulation while flushing out toxins that could cause clots. Drink about 1 quart per day for most people, increase if you exercise to sweat or live in a very dry climate.
- Kale and other greens keep clotting factors at normal levels.

What if I'm going to

travel?

If you have ever had clots in your veins, don't wait until there are symptoms to start prevention. The simple things make a big difference.

- If you are traveling, take a dose of turmeric (curcumin) before you go.
- Most doctors are recommending an aspirin before travel.
- Omega-3 oils and a dose of vitamin E will also be helpful.
- Also, be sure to exercise in your seat during the trip. Set an alarm to stretch your legs and move around every hour. The key to safe travel is to move around, especially your feet.

We can prevent blood clots when we know why they happen. However, the simple measures we discussed to prevent clots are great for general health anyway: eat good food, exercise regularly, decrease inflammation, decrease weight, stop smoking, and take some supplements to lower inflammation. Think about it! This isn't rocket science! Generally keeping your body healthy will prevent most of the problems of blood clots, DVT, and PE.

P.S. Two years later, Lacey still gets swelling in that leg, even though an ultrasound showed no more clots. This is because the valves in her veins were damaged.

Prevention is much better than treatment.

Sources: [1] https://www.stoptheclot.org/documents/fam_test.pdf [2] http://www.nytimes.com/2007/11/06/health/06clot.html [3] https://www.ncbi.nlm.nih.gov/pubmed/22006853 [4] http://www.webmd.com/dvt/news/20091204/post-op-blood-clot-risk-high#1 [5] http://www.everydayhealth.com/columns/health-answers/blood-clots-why-every-woman-should-put-her-health-first-this-valentines-day/ [6] http://www.webmd.com/dvt/obesity-dvt [7] http://www.healthcentral.com/obesity/c/276918/155337/obesity-blood/

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

Salt and Your Heart: Finding the Delicate Balance

Rewriting the Low Salt Rules

BY **ROB FISCHER**

February is American Heart Month. Salt has been cited as a primary culprit in causing high blood pressure resulting in heart disease and other cardiovascular issues. As a result, doctors and the media have been pushing a low-salt diet for decades now. But new findings reveal that salt's role in your heart's health may surprise you.

What is Salt?

Salt's makeup is approximately 40% sodium and 60% chloride. Processed table salt contains about 97.5% sodium chloride. The other 2.5% are chemicals like ferrocyanide, aluminosilicate, and iodine.[1] Processed table salt also goes through a high-heat cleansing

process that alters its chemical structure. By contrast, Himalayan salt and other unprocessed salts consist of about 84% sodium chloride. The other 16% is naturally occurring minerals.[2]

Salt—an Essential Mineral

You and I cannot exist without salt. Salt is crucial for numerous bodily functions. Salt:[3]

- Comprises a major part of blood plasma, lymphatic fluid, and extracellular fluid.
- Carries nutrients in and out your cells.
- Helps maintain proper body pH.
- Assists in proper brain function, especially creative thinking and planning.
- Is required for nerve function.
- Helps maintain and regulate blood pressure.
- Supports the adrenal glands.
- Aids in muscle function.

There is no controversy in the medical community about the vital role that salt plays in our health. We all need salt. The concern is over how much salt we are eating.

The average American consumes about 3700 mg of salt per day and this amount has remained constant for the past 50 years.[4] The American Heart Association recommends limiting our salt intake to no more than 2,300 mg per day with an ideal limit of 1,500 mg.[5]

Why the Concern over Too Much Salt?

Too much salt can cause water retention. This increases the amount of fluid in your blood vessels. And the additional fluid creates more pressure in the cardiovascular system raising blood pressure. High blood pressure is the number one risk factor in heart disease. One-third of adults in America have high blood pressure.[6]

The cause-and-effect of salt would seem to be pretty straight forward, but there's more to the story. Consider the following:

- About 77% of our salt intake comes from eating processed foods and only about 10% from the saltshaker. The remaining 13% comes from naturally occurring sodium in real foods.[7]
- The Japanese enjoy a lower occurrence of cardiovascular disease than most developed countries in the world. Yet their sodium consumption exceeds ours at 4650 mg per day.[8]
- An eight-year study in Europe followed 3,681 middle-aged healthy individuals. Researchers broke participants into three groups: those who consumed low salt, medium salt, and high salt. Over the course of the eight years, researchers tracked the mortality rates for each of the three groups. Fifty people died in the low-salt group; 24 died in the medium-salt group; and 10 died in the high-salt group.[9]
- Consuming too little sodium can result in hyponatremia (too low sodium) causing a variety of health issues, not the least of which is death.[10] Hyponatremia can occur after severe sweating during work or exercise, due to vomiting or diarrhea, or by aggressively restricting your intake of salt.[11]
- Tom and Dian Griesel, PhD wrote, "The optimal level of salt in our diets has been a controversial subject for at least 20 years. There is no disagreement that high blood pressure (even moderately high) is a risk factor for heart disease and stroke. However, salt consumption does not seem to have the same effect on everyone. In addition, there is

usually no distinction on the type of salt used. There are many naturally harvested salts that also contain many trace minerals, which undoubtedly have an effect. Medical literature on the salt consumption (like many other things) is inconsistent."[12]

The above points merely scratch the surface of the sodium controversy. *The Washington Post* reports:

A lack of conclusive evidence leads to disagreements among scientists over what constitutes threatening sodium levels in the diet. One group of scientists argues that the vast majority of Americans should lower their salt intake and calls for strict salt limits. Another group argues that most Americans are eating a healthy amount of salt and that lowering salt intake to the U.S. recommended levels actually increases the risk of cardiovascular disease.[13]

And Dr. Joseph Mercola, MD, boldly claims, "Twenty-five years of scientific evidence fails to show any benefit of a low-salt diet."[14]

So, let's draw several important points from what we read above.

- **Since 77% of our sodium intake comes from eating processed foods, processed foods are the primary culprit and not sodium**. If we stopped eating processed foods and only ate real food, we could still use the saltshaker liberally and be well within the recommended daily limits.

- **Studies on the impact of sodium on heart disease have failed to take other factors into consideration.** For instance, one of the major ingredients in processed foods is sugar. Sugar negatively impacts our health to an even greater extent than salt. Too much sugar causes insulin resistance, which in turn causes diabetes, heart disease, high blood pressure, kidney failure, and a host of other chronic illnesses.[15] The fact that the Japanese eat more salt than we do, but enjoy a lower occurrence of heart disease may be explained by many other factors. Some of these include: eating more fish, getting more exercise, and numerous other Japanese cultural practices. Another factor is where we live and how much exercise we get. Hot, humid climates that cause one to sweat more and rigorous exercise both deplete sodium in the body. People who experience those conditions need more salt.[16] Medications like aspirin, ibuprofen, and other non-steroidal anti-inflammatory drugs may reduce levels of sodium in the body.[17] Finally, there is a strong link between sodium and potassium in the body. When this delicate balance gets out of whack, our health can suffer. The best way to achieve this balance is by eating real whole foods and avoiding processed foods.[18]

- **The type of salt we use may be a contributing factor.** As mentioned above, refined, processed table salt contains chemicals not found in natural salts. Remember, Himalayan salt and other unprocessed salts consist of about 84% sodium chloride. The other 16% is naturally occurring minerals. We cannot discount the effect that these trace minerals may have on our overall health.[19]

Since the primary cause for concern over salt is high blood pressure, let's turn our attention to natural ways to lower blood pressure and maintain a healthy heart.

9 Tips for Lowering Blood Pressure Naturally

1. **Lose excess weight.** Carrying around extra pounds profoundly affects your health. Losing weight can lower your blood pressure, make it easier for your heart to do its job, lower your blood sugar levels, give you more energy, and help you look better, feel better, and sleep better.

2. **Exercise moderately.** Engage in moderate exercise three-to-four times a week for 45 minutes. The key here is to find an exercise that you enjoy and one that is easy to work into your schedule and circumstances. Find an exercise partner to help keep you accountable and to make the experience more enjoyable.

3. **Eat whole foods and avoid processed foods.** Doing this will "kill many birds with one stone." Eating only whole foods will help you lose weight, reduce your sugar and salt intake, and improve your gut and immune system. Whole foods are heart-healthy.

4. **Eat potassium-rich foods.** Remember that balance we talked about between sodium and potassium? Potassium lowers blood pressure. Some foods rich in potassium include: potatoes, sweet potatoes, tomatoes, oranges, bananas, kidney beans, peas, cantaloupe, honeydew melon, prunes and raisins.

5. **Reduce stress in your life.** Stress is one of the chief causes of high blood pressure in our culture. When under stress, your body produces stress chemicals that adversely impact your health. Simplify your life. Take a look at your calendar: if you're running from one thing to the next all day long, decide which things you need to eliminate from your schedule. Also, seek to reconcile broken relationships. Take a 20-minute nap each day. Pray daily.

6. **Get plenty of sleep.** Lack of sleep can cause or worsen high blood pressure. Adults need 7 to 8 hours of sleep per night. Getting plenty of sleep will also help reduce your stress.

7. **Limit your alcohol and caffeine intake.** Both caffeine and alcohol are stimulants that increase blood pressure. If you're already under stress, caffeine intensifies the effects of stress on your body, raising blood pressure. As you've probably heard, one glass of wine per day can actually lower blood pressure, but more than that has the opposite effect.

8. **Quit smoking if you smoke.** Nicotine raises blood pressure pure and simple. And inhaling smoke damages virtually every organ in the body.

9. **Listen to soothing music.** A regular routine of relaxing music has been shown to lower blood pressure. We invite you to try Wholetones to achieve this effect.

As we've seen, processed food is more the culprit than salt itself. Avoiding processed food and eating only whole foods is the key to maintaining proper amounts of sodium and potassium. This is heart healthy and can help you maintain normal blood pressure. [20], [21], [22]

Below are a couple of heart-healthy recipes. Eating meals like these aren't like taking a pill that will lower your blood pressure after 20 minutes. But eating a regular diet of whole foods can help lower your blood pressure over time. In fact, I challenge you to put the above tips into practice for 30 days and see what impact it has on your blood pressure.

Balsamic Glazed Salmon

Ingredients for four servings [23]

- 16 oz. salmon filet
- Black pepper
- ¾ cup balsamic vinegar
- 1 Tbsp extra virgin olive oil
- 1 Tbsp lemon juice
- 2 heads of broccoli
- 2 large or four small sweet potatoes or yams

Directions

1. Heat oven to 450 degrees.
2. Season salmon to your liking with pepper. Place on a cookie sheet or in a 9x13 baking dish and bake 10-12 minutes.
3. While the salmon is baking, prepare the following:

- Wash and cut broccoli into small florets and steam.
- Prick yams or sweet potatoes with a fork and microwave on high until done, testing with a fork.
- Combine balsamic vinegar, olive oil and lemon juice to make a glaze and mix well in a microwavable dish. Microwave at half-power for 1 minute, stir and microwave again for 1 more minute.

4. When all is ready, drizzle glaze over salmon and serve.

Chicken with Creamy Mushroom Sauce and Sautéed Greens with Pecans

Ingredients for the chicken with mushroom sauce for four[24]

- 10 oz. of baby bell mushrooms sliced. (Note: any combination of mushrooms can be used as long as you end up with about 12 cups uncooked.)
- 2 Portobello mushrooms, cleaned, halved and thinly sliced
- 8 oz. of sliced white button mushrooms
- 4 – 6 oz. skinless, boneless chicken breasts
- ¼ tsp Himalayan salt
- ¼ tsp ground black pepper
- 4 tsp coconut oil (divided)
- 1 tsp dried thyme
- ¼ cup water
- 1 Tbsp all-purpose flour
- ½ cup sour cream

Ingredients for the sautéed greens

- 2 tsp coconut oil (divided)
- 5 oz. baby kale
- 5 oz. baby spinach
- 1 tsp minced garlic
- 1/8 tsp salt
- ¼ tsp ground black pepper
- 2 Tbsp finely chopped, unsalted pecans
- 2 tsp white vinegar

Directions

1. Prepare all the mushrooms: wipe the baby bell mushrooms with a wet paper towel. Trim and discard the ends and thinly slice each mushroom. Clean the Portobello mushrooms by removing and discarding each stem. Use a spoon to scrape the black gills from the underside and discard gills. Slice each Portobello in half and then thinly slice each half vertically. Slice all mushrooms to about the same size.
2. Season chicken with salt and pepper. Add 2 tsp oil to a large non-stick skillet or large Dutch oven. Warm over medium-high heat and add chicken. Sauté until both sides of chicken

are golden, about 8 to 10 minutes. Transfer chicken to a plate and cover with foil.

3. Add remaining 2 tsp oil to the pan and continue cooking over medium-high heat. Add all the mushrooms, stirring often until mushrooms are softened. Stir in pepper, thyme, and water. Use tongs to place chicken back into the pan. Increase heat to high; when boiling, cover with a lid and reduce heat to medium. Cook until chicken is done (about 15 minutes).
4. Meanwhile, prepare the sautéed greens. Add oil into a large nonstick sauté pan and warm over medium-high heat. Add all the baby kale, stirring constantly until wilted, about 2 to 3 minutes. Repeat, adding spinach and garlic, stirring constantly until wilted, another 2 to 3 minutes. Stir in salt, pepper, and pecans. Remove from heat. Drizzle vinegar over the greens and transfer to a platter. Transfer cooked chicken breasts to the platter on top of the greens.
5. The mushrooms have been cooking. Now, increase the heat in the pan to high and add flour, stirring constantly as the mushroom liquid thickens slightly. Remove from heat and stir in sour cream until dissolved. Pour mushroom sauce over chicken and serve.

We challenge you to take an American Heart Month challenge by following through with the 9 tips for lowering blood pressure above. Take your blood pressure now, then after a month of adhering to those tips, check your blood pressure again and see the difference. Keep in mind that if you've got years of poor health practices behind you, it may take a while to make significant gains in your health, but you can do it!

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Why Artificial Sweeteners Are Worse Than Sugar

Sickly Sweet: What You Need to Know About Artificial Sweeteners

BY **ROB FISCHER**

Knowing that sugar is bad for us, many of us have opted for the blue, pink or yellow packets. We're even willing to put up with an odd aftertaste as long as we know we're cutting out calories. So, lower calories, no sugar – must mean these artificial sweeteners are healthier right? We'll let you be the judge…

The most common of these artificial sweeteners are:

- Aspartame (Equal and NutraSweet)
- Saccharin (SugarTwin and Sweet'N Low)
- Sucralose (Splenda)
- Stevia

These artificial sweeteners claim zero calories, while still appeasing our craving for sweetness. The food industry has pushed their artificial sweeteners claiming that they offer a great sugar substitute for those with diabetes and for those

wanting to lose weight. But after 30 years of research, we've learned that those claims are as artificial as the sweeteners they represent.

What's in Artificial Sweeteners?

Aspartame
Aspartame is the most widely used artificial sweetener in diet soft drinks and is used in many other food products. Aspartame consists of the chemicals: phenylalanine, aspartic acid and methanol. "Phenylalanine and aspartic acid directly impact brain and central nervous system functions."[1] As such, these chemicals affect mood disorders, memory problems and other neurological illnesses.

Methanol is wood alcohol. When metabolized, methanol transforms into formaldehyde (a.k.a, embalming fluid), a deadly neurotoxin. [2] The manufacturers of aspartame claim that methanol and its byproducts are quickly excreted from the body. "But research has found measurable amounts of formaldehyde in the livers, kidneys and brains of test subjects after ingestion of aspartame."[3]

Shockingly, over 75 percent of the adverse reactions to food additives reported to the FDA are attributed to aspartame.[4] More than 90 documented symptoms rise from its use: headaches, dizziness, seizures, nausea, numbness, muscle spasms, weight gain, rashes, depression, fatigue, insomnia and many more. Researchers have also found that many chronic diseases are either triggered by or worsened by aspartame, including: Alzheimer's, diabetes, multiple sclerosis, epilepsy, lymphoma, chronic fatigue syndrome and others.[5]

Whoa! This means your sugar-free soda, gum, chocolate, desserts, jelly, and even some tooth pastes and vitamins may be causing your headaches, fatigue and insomnia.

Sucralose
Sucralose (Splenda) has quickly become the number one selling artificial sweetener in America. Sucralose is created by combining a chlorine molecule with a sugar molecule. We can't metabolize chlorine, so this synthetic union prevents the body from metabolizing the sugar as sugar.

Duke University conducted a study in 2008 and found that sucralose "may cause weight gain, kill beneficial intestinal bacteria and block the absorption of prescription drugs."[6]

Those who use sucralose report problems including: headaches, muscle aches, stomach cramping, diarrhea, bladder problems, skin rashes, dizziness and inflammation.[7]

Unfortunately, not only some sodas, but many other sparkling beverages, milk drinks, yogurts, and other desserts are sweetened with sucralose. Anything sweetened with sucralose increases your risk of developing gut disorders. By all means, read labels and stick to products with ingredients you can trust.

Saccharin
The main ingredient in saccharin, is benzoic sulfimide, a sulfa-based sweetener. If you check the material safety data sheet (MSDS) on benzoic sulfimide, you'll find the following precautionary statement: "Harmful by inhalation, in contact with skin and if swallowed. Wear suitable protective clothing, gloves and eye/face protection."[8] (Note: synonyms for this chemical listed on the MSDS include "saccharin.")

Saccharin users also report the following harmful effects: diarrhea, skin problems, other allergic

reactions, and anyone allergic to sulfa may experience nausea.[9] Some health groups warn that saccharin should not be ingested by infants, children or pregnant women.[10]

Do you really want to put any of these chemicals into your body?

Even someone committed to eating organically will occasionally reach for a breath mint to avoid embarrassment, only to end up with a nasty dose of artificial sweeteners like saccharin.

3 Ways Artificial Sweeteners Are Worse for You than Sugar

Some reading this article may argue, "I've been using artificial sweeteners for years and have never experienced any of the negative side effects listed above. So what's wrong with using them as a weight-loss tool or as a substitute for sugar if I have diabetes?"

In recent years, countless studies have been conducted that challenge the effectiveness of artificial sweeteners to curb obesity and aid in lowering blood sugar. [11]

> "In fact, researchers are finding that artificial sweeteners actually promote obesity and raise blood sugar levels."

There are a couple of scientific reasons for this.

1. First, scientists found that artificial sweeteners raise blood sugar levels "by dramatically changing the makeup of the gut microorganisms."[12] The researchers were so surprised by the results of their tests that they repeated them multiple times, all with the same effect. In the tests, a control group was given sugar, while the other three groups consumed each of the three top artificial sweeteners. Each time, those consuming the artificial sweeteners experienced higher blood sugar levels than those who consumed sugar.[13] In fact, after eleven weeks, those consuming sugar were doing "fine," whereas those consuming artificial sweeteners "had abnormally high blood glucose levels."[14] Given that evidence, artificial sweeteners could actually bring on type 2 diabetes. The gut flora changed substantially in subjects consuming artificial sweeteners. "These different strains of bacteria are known to be present in those who are obese."[15] Artificial sweeteners "induce gut dysbiosis [microbial imbalance] and glucose intolerance in otherwise healthy people."[16]

2. Another way that artificial sweeteners work against you is that they fool your body. Receptors in your tongue and intestines register the taste of sweet and signal your body that it's receiving calories. But when the calories don't come, your body tells you that you need more calories. The result is that consuming artificial sweeteners causes you to crave more carbohydrates.[17] Overwhelming research over the past 30 years has demonstrated that artificial sweeteners: stimulate the appetite, increase carb cravings, "and produce a variety of metabolic dysfunctions that promote fat storage and weight gain."[18] In fact, as the use of artificial sweeteners has risen, so has the rate of obesity and type 2 diabetes.[19]

3. A third way that artificial sweeteners sabotage your health is the psychological effect they engender. Someone who is prone to overeating or has a weakness for sweets will drink a diet soda and then splurge by eating a dessert. The thinking goes like this, "The soda has zero calories, so I can afford to eat a few more by eating a dessert." But this practice produces a "double whammy" when it comes to diet and blood sugar levels. As we've already seen, it's not all about calories. The artificial sweetener in the soda creates an environment in the gut that promotes obesity and high blood sugar. Now, to top that off, we're adding more carbohydrates (calories) with little nutrition.

What about Stevia?

Most of the stevia products on the market are not pure stevia. Stevia is 250 times sweeter than sugar, so dispensing it in such small quantities becomes a challenge. In order to dispense stevia in small packets like sugar and artificial sweeteners, manufacturers have "bulked" stevia with other ingredients and this is where it gets downright misleading.

Truvia, Stevia in the Raw, and Pure Via represent three popular stevia products. They all claim to be "natural." This is an unregulated term by the FDA and means absolutely nothing. Stevia in the Raw and Pure Via both use dextrose as a bulking agent. Dextrose is sugar made from corn![20], [21] Truvia uses erythritol as its bulking agent. Erythritol is a sugar alcohol that passes through the digestive tract without being broken down.[22] Added to this, the FDA lets food manufacturers get away with calling a product "zero-calorie" if a portion size is fewer than 5 calories per serving.[23] So in fact, these are not no-calorie sweeteners.

There are a couple of pure stevia products on

the market including NuNaturals and SweetLeaf. But prepare for sticker shock and some difficulty dispensing this super-sweet, sugar alternative.

Dr. Scott Saunders, MD, explains that your intestines detect the presence of sweet and trigger the pancreas to make insulin as though you were eating sugar. In fact, he suggests that because stevia and other sugar substitutes are so many times sweeter than sugar, the effect is even greater than with sugar.[24]

The Skinny on Artificial Sweeteners

Perhaps after reading this you feel like I've pulled the rug out from underneath you leaving you no viable options. So let me offer you several practical tips.

- Choose a "real food" sweetener like honey, Turbinado sugar, or coconut sugar, but use it sparingly! Retrain and recalibrate your taste buds to enjoy things less sweet. This will take a few weeks, but you can do it. For instance, if you currently use a teaspoon (or its equivalent) of sugar in your coffee or tea, cut that amount in half.
- Avoid artificial sweeteners altogether for all the reasons listed above.
- Stay away from sodas, fruit juices, fruity

drinks, and sugary coffee drinks. Anything you drink, you metabolize faster than eating. Also, real food like an orange has much more fiber than orange juice—even if the pulp is still there. Drink lots of water and learn to drink coffee and tea without or with little sugar.

- Eat your fruit instead of drinking it. Our body often craves the taste of sweet because of the energy it gives us. Sweet foods straight from nature aren't dangerous when included in a healthy diet. So enjoy sweet fruits.
- Eat whole foods and refrain from buying processed foods and fast foods. Processed and fast foods are loaded with sugar.
- Avoid "fat-free" labels. When something is labeled "fat-free" it usually means that sugars have been added to help retain their flavor. Besides, your body and brain need good fats! (That's a topic for another article.)
- Read ingredient labels and be familiar with what you're eating.
- Stay clear of corn syrup, high fructose corn syrup, fructose, agave syrup, and their like. These sugars are metabolized in the liver instead of the intestines. As a result, the liver turns them into fat.[25]

Change is difficult. We've been told for so long that sugar is bad for us that we thought we were doing ourselves a favor by switching to artificial sweeteners like aspartame, sucralose or stevia. But we now have abundant proof that those artificial sweeteners are even worse for us than plain old sugar. Make a healthy change by avoiding artificial sweeteners altogether, whether you're overweight, suffering from type 2 diabetes, or in good health.

And if you're suffering from the ill-effects of artificial sweeteners, you can reverse those issues through fasting, probiotics, and simply getting into a new routine of eating organic whole foods.

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How To Get A Good Night's Sleep

A good night's sleep is not always easy to come by. The secret to feeling happy and rested is not a sleeping pill, or even a good nap. The challenge of stress, sleep apnea and hormones make "Goodnight Sweetheart" impossible. But, sleeping well is a tremendous investment in your health, outlook and productivity. The following treatments will help you schedule your energy cycle and sleep better consistently.

BY **DR. SCOTT SAUNDERS, M.D.**

Sleeping pills -- sedatives, hypnotics, tranquilizers

Alcohol used to be the "drug of choice" for sleep problems. However, you don't get restful sleep from passing out! Interestingly enough, most of the prescription "sleeping pills" work in the same area of the brain as alcohol and cause the same problem of crashing without getting a good night's sleep.

Over-the-counter sleeping pills available today are all antihistamines. They block the wake up neurotransmitter called “histamine” causing people to feel sleepy. One problem with sleeping pills of any kind is that they may knock people out, but they don’t generally provide good sleep. Some of them are even dangerous.

One of my patients who lived alone and was taking sleeping pills wondered if someone was getting into his house at night because he was very meticulous, but began finding tools in the garage moved, food on the kitchen counter and stuff on the floor. One day he woke up on the kitchen floor and realized that he was sleepwalking, eating and who knows what else! His medication Zolpidem caused this. Some have even been known to get in their cars and drive while sleeping

Another issue with sleeping pills is the danger of dependence. The threat is not that you have to use them to live and survive, but rather when you stop taking sleeping pills then you have more problems sleeping.

To get a good night’s sleep, avoid sleep-assisting drugs, if possible.

Stimulants

One of the more common problems I see in my clients with sleep problems is the use of stimulants.

- Amphetamines, like those for ADHD, destroy parts of the brain and can permanently interfere with sleep.
- MSG (monosodium glutamate) is notorious for causing sleep problems.
- Also, stimulants such as caffeine found in coffee, tea, yerba mate, and so forth, interfere with sleep patterns, even if they don’t decrease the time of sleep.

Today, I see many more sleep problems because of “energy drinks.” These are very high in stimulants, while at the same time adding taurine, an amino acid to calm the brain so people aren’t shaky and nervous. The effect of these energy drinks changes the brain in the same way that excessive stress does, bringing out the weakness of the individual yet disrupt sleep patterns.

To get a good night’s sleep, avoid:

- Coffee, tea, colas
- Sugar
- MSG
- “Pep” pills
- Energy drinks

Age

Keep in mind that the need for sleep declines with age. The average teenager needs ten hours of sleep per night, but it declines from there. One elderly man told me he went to bed at 9 PM and woke up at 2 AM and couldn’t get back to sleep. I asked him how he felt during the day and he said, “No problem!” He was never tired, didn’t fall asleep reading, driving, watching TV, or sitting in meetings, and didn’t take naps. I explained that the five hours was enough for him and that he didn’t need any sleeping pills. He became irate! His rhetorical reply was, “What am I supposed to do at 2 o’clock in the morning?!!!”

If you wake up early and can’t get back to sleep, remember that if you aren’t feeling tired during the day, then that amount of sleep is enough. If you are tired, then you will need to find out why you wake up.

To get a good night’s sleep, assess yo

Naps

Many people like to take naps during the day, whether it is habitual, emergency, planned or power napping. There is no problem with this, but remember, the total amount of sleep needed in a day doesn't change. So, if you find yourself unable to sleep at night, you might want to cut out the naps during the day.

To get a good night's sleep, remember naps are included in total daily sleep time.

> "Most of the time, losing weight is all they need to help them sleep through the night without losing their breath. Even those who aren't obese may benefit from losing weight to reduce or eliminate their sleep apnea."

Sleep Apnea

Steven is overweight, has diabetes and hypertension. He comes to the office complaining of being sleepy all the time. He says he could sleep ten hours and then still wake up tired. The biggest problem is that he's a truck driver and has had difficulty staying awake on the road.

The fastest growing sleep problem in the world is sleep apnea, which is when a person wakes up frequently at night because he stops breathing. This may happen hundreds of times every night, but the person isn't aware of it happening at all. Usually, when they are breathing, they snore loudly. Even though they may sleep long enough, they are always tired because they don't get enough deep sleep.

There are several sleep apnea treatments that are useful.

- There is a dental appliance that keeps the jaw forward so the airway remains open; this is helpful for some.
- Most people with sleep apnea are prescribed a CPAP (Continuous Positive Airway Pressure) machine. This is just a blower that keeps a little air pressure in the nose to keep the airway open. This works very well, but some cannot tolerate being connected to machinery all night and don't sleep well, as a result.
- There are also physical therapists that specialize in the mouth and tongue who have success in treating sleep apnea, as well.
- I don't recommend surgery for sleep apnea. My patients who have opted for surgery continue to have sleep apnea.

However, the best treatment strategy for sleep apnea is to lose weight. All of the other treatments work better if the patient loses weight.

Most of the time, losing weight is all they need to help them sleep through the night without losing their breath. Even those who aren't obese may benefit from losing weight to reduce or eliminate their sleep apnea. The problem is that sleep apnea also leads to obesity, which is a vicious cycle – so this weight loss must be taken very seriously.

If you want a good night's sleep, lose weight to treat sleep apnea.

Menopause

I have found many women age 40 and up have sleep problems because of the loss of hormones.

Julia was only 35 when she started having sleep problems. Now, over 6 years later, she was getting worse. She couldn't sleep because her mind wouldn't shut off early in the evening. Then, when she finally did get to sleep she would wake up burning up, sweating and kicking off the covers. She came in to see me looking for a sleeping pill, but instead found out that she had a hormone imbalance. She got natural progesterone to calm her mind and natural estrogen to stop the hot flashes, which had her sleeping like a baby again.

Though hormones are sometimes needed, there are many herbal preparations that work very well for helping you get a good night's sleep. Most contain black cohosh, red clover, and other herbs, as well as B-vitamins and minerals. Herbs work well for some; most need to try different ones to find which works best because everyone is different. Within two weeks of taking a preparation, you should notice a difference; if not, then try something else.

To get a good night's sleep, try:

- Herbal menopause supplements
- Magnesium, 400mg at night
- Progesterone cream – use in the evening

Restless legs

Mert was in his early seventies and was having trouble sleeping. He had tried many sleeping pills, but they didn't seem to work too well. It took a lot of questioning during several visits for me to find out that he had "Restless Leg Syndrome." He couldn't sleep because he had to move around and just couldn't keep still.

Restless leg syndrome is when people feel the need to move their legs at night and just can't relax. It is related to Parkinson's syndrome, which is a lack of dopamine. The medical treatment is to give dopamine precursors, but these can cause Parkinson's disease.

On the other hand, there are natural supplements that can be very useful and even diminish the chances of Parkinson's. Mert was put on these supplements that relieved his restless leg syndrome and helped him sleep.

Restless leg syndrome is bothersome and extremely real. Fortunately, real remedies exist. Here are four natural remedies to try from Dr. Scott Saunders from our January 2011 issue on Restless Leg Syndrome.

To get a good night's sleep, take the following before bed at night:

- Magnesium, 400mg
- Tryptophan, 500mg
- Tyrosine, 500mg
- Taurine, 500mg

Cramps

Night cramps is another similar problem to restless leg syndrome that prevents sleeping. These are most often treated with mineral supplements, which mostly seem to work well.

One patient, however, didn't respond to any of the treatments. She had suffered with night cramps for many years, trying everything

she could think of. I gave her large doses of calcium, potassium, magnesium, and amino acids, without benefit. I even gave her IV treatments in case she wasn't absorbing them – but that still didn't work. One day, her neighbor recommended she put a couple of bars of soap under the sheets of her bed about at the level of her legs. She did, and it worked! She has slept well ever since. When the effect wears off she just changes the soap, and it continues to work. (Many people swear this works, though we're not sure why.)

To get a good night's sleep:

- Use coral calcium, 1000mg per day
- Try magnesium 500mg per day, in the evening
- Eat more fresh fruit and vegetables
- Take tyrosine, 500mg at night
- Try the "soap trick"

Anxiety

Anxiety is often a culprit for difficulty sleeping. The adrenal glands make adrenaline when we are stressed which causes heart palpitations, shortness of breath and sleeplessness. The stress hormones actually change the chemistry of the brain, preventing long and deep sleep. The best way to treat this is to decrease stress. The following recommendations may be used together or individually to get a good night's sleep:

- Exercise every day
- Go to bed early, wake up at the same time every morning
- Eat nutritious food, avoid sugars and artificial sweeteners
- Write in a diary or journal
- Don't watch television after 8 PM
- Use ginseng, eleuthero, licorice root or other adaptogens
- Take melatonin, 1-6 mg in the evening
- Get acupuncture treatments
- Get a massage
- Try a hot bath or hot tub with lavender oil
- Use 5-HTP, 100mg twice per day

Circadian Rhythm

People who travel a lot often have a hard time sleeping because their sleep-wake cycles have been disrupted, which is often known as "jet lag." The natural hormone, melatonin, has been shown to restore a normal circadian rhythm. Use the least amount needed to get you to sleep because if you use too much, melatonin can cause grogginess in the morning.

Sleep architecture (stage and cycle components of our sleep) by design gives us more deep sleep and thus more rest in the evening, while we have more REM or light sleep in the morning. They both are needed, but if you feel tired during the day, you probably need more deep sleep. To get more deep sleep, go to bed early and wake up early. To establish this pattern, start by getting up at the same time every morning. Sometimes, this might require taking melatonin at 8 or 9 PM to change the deep sleep pattern.

To get a good night's sleep:

- Take melatonin, 1-6 mg before bed
- Go to bed early, wake up early

A good night's sleep

From the list above, you can see that there are many reasons we miss a good night's sleep. To restore sound sleep, find the cause of the sleep problem before initiating treatment.

For those unable to identify any specific reason for not sleeping, I would first recommend “sleepy-time” tea, which contains chamomile, hops, Kava kava, lemon balm, and other herbs. There are several good supplements for sleep such as CALM, a powdered magnesium supplement. Consider also acupuncture, which has been shown to give better sleep than Alprazolam, a common sleeping pill.

General recommendations for a good night’s sleep:

- “Sleepy Time” tea
- CALM (powdered magnesium supplement)
- Acupuncture
- Any of the above recommendations for anxiety can be helpful.

Sleep problems are complex, and you may need to try several things before finally beginning to sleep well. If you have tried the suggestions above without benefit, consider talking to a doctor about a “sleep study,” where you are monitored all night to determine where the sleep problem is. I rarely order these, but in selected cases they have been useful.

With the right treatment almost everyone can get a good night’s sleep. And, by the way, you’ve probably realized everything is easier when you’re well rested.

Imagination Always Trumps Willpower

Your Willpower May Not Be As Helpful as You Think

BY **DAVID KEKICH**

Willpower is the conscious part of you that you put to work when you are determined to do something. The sheer force of will can move mountains, at least in the short run. But used alone, willpower almost always fails.

Imagination puts your unconscious mind to work to transform your thoughts into reality. Virtually every major value sprang into existence only after it was first imagined.

How often have you heard the link between willpower and staying on a diet or willpower and sticking to a training routine? Unless you first anchor the willingness to eat properly or to stick to regular exercise to imagination, you will most likely fail. That's why most people gain weight back as fast as they lose it and why so many health club memberships go unused.

Here's all you need to do to succeed from now on:

See yourself as you want to be.

Imagine enjoying your ideal, lean powerful body.

See yourself as lovable, energetic, attractive and happy. Imagine being as fit as you want to be. Keep these images in your mind constantly. Visualize them just before you nod off to sleep and right after you wake up in the morning.

Monitor your thoughts.

If you notice a negative or unhealthy thought, immediately replace it with a positive, strong thought. Your mind will not be able to hold more than one thought at a time. When you think it does, it is actually jumping from one thought to another.

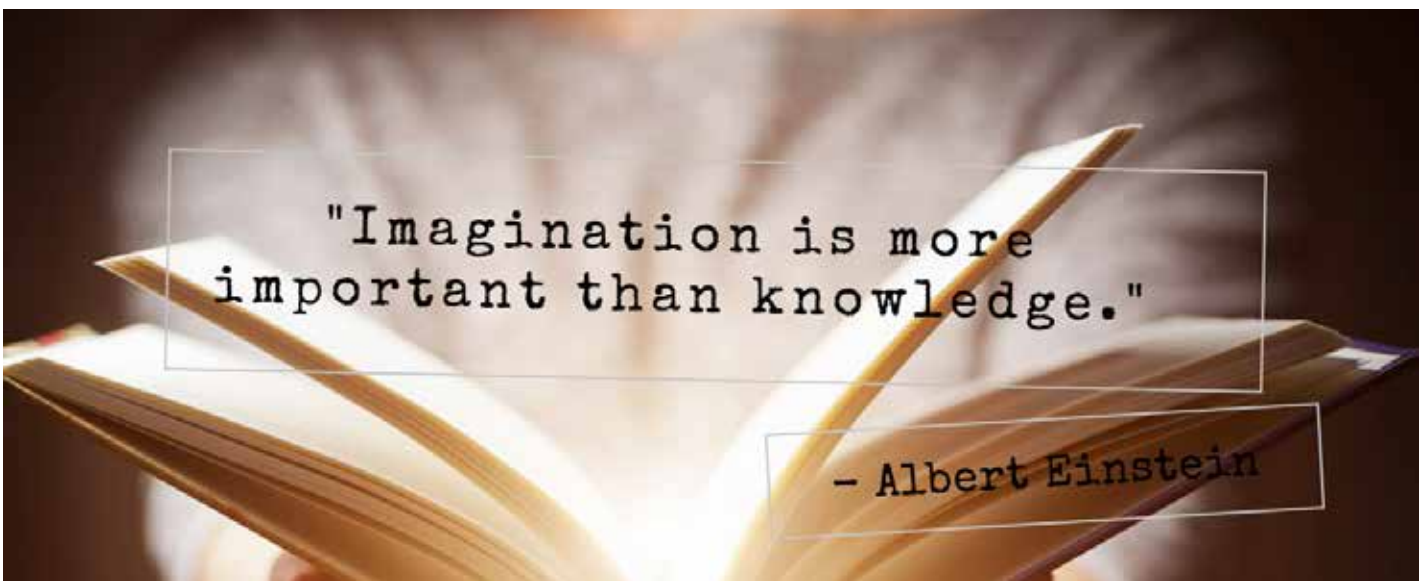
So put self-talk to work for you.

You are constantly talking to yourself. Your subconscious remembers every word and eventually transforms those words into reality.

What do you want your reality to be? If you want to eat well and if you want to stick to regular exercise routines, see yourself doing so, and imagine your ideal results. Once you permanently establish these pictures in your mind, you naturally gravitate to the activities and habits that deliver you your rewards.

You will see it from the outside, only after you see it from the inside. No stress. No mess. No willpower needed. Until you replace your old negative images with your new positive images, you will continue finding reasons to abandon your diet and to skip workouts.

If you don't believe me, listen to Einstein who said, "Imagination is more important than knowledge."



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. 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.

A Pure Heart

A pure heart is priceless and well worth any sacrifice needed in order to obtain it.

BY **MICHAEL TYRRELL**

I live in the country and my water comes from a well instead of city water. Whatever is in the well gets pumped to the house—good, bad, and ugly! Even though I have a deep well, there are things in the aquifer that are not optimum for human consumption.

Heavy metals, saltwater intrusion, and bacteria, just to name a few, corrupt the purity of the water. So before the water reaches my tap or shower, it runs through a sophisticated, dual reverse osmosis softening and hyper filtration system that renders it 99.6% pure! In the same way, all of us have a pump inside of us … our heart! This powerful organ, the heart, pumps blood throughout our entire body.

But here is the question of the week—what are we pumping? Like the well on my property, which is susceptible to corruption, so is the human heart.

"The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks." Luke 6:45

Impure thoughts, motives, and intentions

corrupt the integrity of our heart; thus, our "wellspring" contains impurities.

Have you ever heard the expression, "There was bad blood between them?" How did the blood become bad? Could it have started with thoughts? "As one thinks in his heart, so he is." You see, your mind and your heart work together to create purity just like my well pump and filtration system!

"Create in me a pure heart, O God, and renew a right spirit within me." Psalm 51:10

"With respect to your former lifestyle, you are to lay aside the old self corrupted by its deceitful desires, be renewed in the spirit of your mind." Ephesians 4:22-23

In other words, a change of heart will positively affect the mind, and a renewed mind will positively affect the heart! What good is a filtration system without a well? What good is a well without a filtration system? Is it any wonder that Jesus said: "Blessed are the pure in heart, for they shall see God?" Matthew 5:8

The Greek word used for "pure" in that passage is *katharos*. It means to be "clean, blameless, unstained from guilt." I can honestly tell you that living without guilt, shame, fear, or regret is the life fantastic, a gift more precious than gold.

A pure heart is priceless and well worth any sacrifice needed in order to obtain it. It is my prayer that our nation will have a change of heart. I pray that purity will overcome corruption. I pray especially that those of us who are committed to changing the world would first seek to change ourselves. And the purity of heart we need comes only from God and dependence on Him and not from ourselves. Remember, to the pure, all things are pure; it's time we take that to heart.

An accomplished author, speaker, and well-known musician, Michael S. Tyrrell began developing Wholetones: The Healing Frequency Music Project after a visit to Israel yielded an unexpected but divine event. Michael met a piano player who gave him what appeared to be a simple manuscript. Inside that manuscript was the music that would change Michael's life forever. As he began working with it, he discovered 7 hidden musical frequencies that had the power to heal the mind, body, and spirit. This is what makes Wholetones unlike anything else of its kind. Since its release in November, 2014, thousands of people are feeling better than they have in years and they've flooded Michael with letters to say Wholetones is the reason. Please visit wholetones.com to see the whole story and discover the secret to wellness through music.

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