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**CALCIUM:
IS MILK A
GOOD
SOURCE?**

**6 TIPS
TO IMPROVE
YOUR
DIGESTION**

**NATURAL METHODS FOR
CONTROLLING
BLOOD SUGAR**

**NATURAL
PAIN
RELIEF
WITHOUT
OPIATE
DRUGS**

**7 Reasons Your Gut Will Love
Probiotic Rich Kefir
KEFIR – Great Health in a Glass!**

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They're potent, they're dangerous – and they could be in your medicine cabinet. Every year, MILLIONS of painkillers such as vicodin, oxycontin and morphine are prescribed. When used improperly, these legal opioid drugs can present some of the same risks as illicit heroin sold on the street. But you don't have to live on the streets to be addicted to painkillers. The consequences of abusing these drugs can be deadly. If you or someone you know is struggling with an addiction to prescription painkillers, Dr. Saunders will help you escape the trap of addiction and get your life back – free from pain.

Most Americans drink milk because it's high in calcium, which leads to strong healthy bones. Shockingly, however, studies have shown a positive correlation between milk consumption and bone fractures. If this isn't enough to cut milk out of your diet, surely it raises suspicion. So how do you get more calcium without milk? Rob Fischer says you have nothing to worry about if you are doing this...

I am not a fan of kimchi and don't find sauerkraut all that appetizing. But because the key to a healthy life is a healthy gut, I like to get my probiotics from an easier – and tastier way: kefir. Kefir can also reduce allergies, promote weight loss and enhance your immune system. I like to think of kefir as a "bionic tonic." In this month's recipe article, you'll find a recipe for making your own dairy-free water kefir. You can also check out our recipe for making coconut milk kefir.

Your digestive system helps balance your mood, fight illness and absorb nutrients. Drinking kefir is one way to keep your digestive system healthy. But there are many other ways that are completely free. Here are 6 tips that provide enormous benefits to your digestive process.

Kefir can also help regulate blood sugar. A diet centered around foods with a low glycemic index can help keep blood sugar under control for diabetes. You don't have to suffer from diabetes to experience the benefits of regular, balanced blood sugar. A diet centered around foods with a low GI value can help keep blood sugar under control, which is help for preventing cardiovascular disease and cancer. This month's issue gives you a list of drug-free options for managing blood sugar.

Winter is almost over. But many struggle with winter in their souls. We all know life isn't fair or predictable, and when tough things come up we have to rely on the strength of our spirit. Michael Tyrrell will walk you through how to surrender to your spirit and walk in blessings. Take care, spring is around the corner – inside and out!

For your health,

Cheryl Ravey
Editor,
Home Cures That Work



Natural Pain Relief Without Opiate Drugs

Are You Taking Too Many Pain Pills?

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

Dr. Bell had an office near mine, and always had plenty of patients. People came to see him from all over the Western United States because he was the best pain doctor around. One day, I got a frantic call from the administrator of a nursing home, “We need you now to take all the

patients of Dr. Bell. He was just brought into custody by the DEA and his patients don’t have a doctor!” I agreed to take over, and soon found out the story. Dr. Bell was prescribing large doses of multiple opiate medications.

Opiates are drugs that bind to the same receptor as opium, a chemical derived from the seeds of a poppy long known for its pain-numbing

properties. More than relieving the physical pain, which it does, it also relieves the emotional pain.

Heroin is derived from opium. It was named heroin because it was supposed to be the “hero” to replace morphine as a non-addictive substitute. Within twenty years, however, there were even more people addicted to heroin than morphine. By 1920 heroin addicts numbered almost 200,000 in the U.S. alone, causing Congress to make it illegal, and federally regulating all opiates.[1] Doctors are not allowed to prescribe heroin at all; it can only be used for research purposes.

Dr. Bell was prescribing the maximum dose of different kinds of opiates. Opiate drugs are those that are derived, either naturally or synthetically, from the opium plant. They differ in strength and length of time they work. The synthetic forms are also very similar to the natural opiates (endorphins, which I will discuss later) made by our own body and brain.

The Difference Between Opiates and Opioids

Opiates are processed from naturally occurring alkaloids in the opium poppy. This includes a wide range of drugs, all of which are known for their pain relief and euphoria-producing capabilities.

Types of Opiates that Come Directly from the Opium Poppy Include:[2]

- Codeine
- Morphine
- Oripavine
- Thebaine
- Heroin

Opioids, on the other hand, are synthetic, created in a laboratory from naturally occurring

alkaloids in the opium poppy. Although man-made, opioids act like opiates when taken for pain due to their molecular similarities.

Types of Synthetic Opioids Include:

- Demerol
- Dilaudid
- Fentanyl (The strongest of them all)
- Methadone
- Buprenorphine
- Naltrexone
- Naloxone

Semi-synthetic opioids are made from natural opiates:

- Oxycodone (Percocet)
- Oxymorphone
- Hydromorphone
- Hydrocodone (Vicodin, Norco)
- Heroin

(For the sake of this article, I will use the term “opiates” for all forms of opium-related drugs.)

Dr. Bell was prescribing hydrocodone, oxycodone, and hydromorphone in large doses to the same people. Sometimes he would also give morphine. Various people were filling the prescriptions and selling the drugs on the black market. These medications aren’t safe; there were many ER visits, and several deaths from overdose attributed to these prescriptions.

Shocking News

Americans consume 80% of opiate drugs produced in the world, and represent only about 5% of the population.

If we add in Europe and Canada, we take in 95% of all opiate medications. The rest of the world uses them for temporary pain from an operation, injuries, or cancer. But in the U.S., anyone can get opiates for almost any reason.[3]

In the United States, many people abuse opiate medications. Hydrocodone (Vicodin, Norco) was the most prescribed drug in the United States until the Drug Enforcement Agency (DEA) changed the requirements. They now require that the patient see the doctor for each prescription, they can receive a maximum of one month's supply, and cannot have refills. Because of this, the number of prescriptions has dropped dramatically, making opiate pain relief medications harder to obtain.[4]

Opiate Side-effects

Opium, and both the natural and synthetic drugs derived from it, can cause a number of side effects when the drug is abused. These side effects can range from annoying to severe, but the most common of them can all be problematic in their own way, including:

- Physical and psychological dependence
- Constipation and gastrointestinal pain
- Nausea
- Overactive allergies
- Sleepiness and insomnia
- Respiratory depression
- Slow heart rate and dizziness
- Itchy rash
- Heightened pain sensitivity
- Changes in temperament
- Liver injury
- Slowed healing
- Death by overdose
- Opiates Impair Healing

Opiates Impair Healing

Not until recently have we studied the effects of opiate medications on healing. Ironically, it turns out that opiates slow healing in many ways. Researchers have discovered:

- The use of morphine slows wound healing.[5]
- Morphine inhibits the immune system leading to longer healing times and an increased chance of infection.[6]
- Also, the use of opiate pain medications for fractures causes weakening of the new bone, as well as slower healing.[7] This is important to know if you have injuries or surgery causing pain. In some cases it might be wise to use other means of pain relief.

Ineffectiveness of Opiates for Chronic Pain

Pain problems are associated with long-term use of opiates. Evidence of long-term efficacy of opiates for chronic pain is limited.[8]

Over time, the body becomes accustomed to having the medication, which then becomes the new "normal." Thus, when people have less of the medication, they feel pain. This makes them more sensitive to pain of any kind, emotional, psychological, physical, and so forth. They will only feel normal on the medication. Some develop serious symptoms when they stop taking opiates. Those who are withdrawing from opiate medications most often describe the feeling as "the worst flu you could ever experience." These symptoms may include congestion, diarrhea, and pain all over. Ironically, the more we use opiate medications for pain, the more pain people experience.

“THUS, WHEN PEOPLE HAVE LESS OF THE MEDICATION, THEY FEEL PAIN. THIS MAKES THEM MORE SENSITIVE TO PAIN OF ANY KIND, EMOTIONAL, PSYCHOLOGICAL, PHYSICAL, AND SO FORTH. THEY WILL ONLY FEEL NORMAL ON THE MEDICATION.”



Opiate Addiction Dangers

Melanie was a promising teen in high school with insulin-dependent diabetes. I had been taking care of her parents for many years, but she was seeing a specialist for her diabetes. Since she had access to a large supply of needles, some kids who were using heroin befriended her. As a result, Melanie became addicted to heroin, starting a heartbreaking odyssey for her parents. She would disappear for days at a time. Once she called her father from Los Angeles saying she lost his car, and he drove over two hours to pick her up. He paid tens of thousands of dollars for rehab programs, none of which had any lasting effects. Finally, the stock market crashed and her father had no more funds to help her. He was forced to leave her to her own devices. Finally, Melanie cleaned herself up, got a job, started managing her blood sugars well, went back to her doctor, got married and has a child. She now avoids all opiate medications.

It turns out that many of the drugs prescribed to patients by doctors end up on the street sold to addicts. Counterfeit and street versions of

opiates are an ever-present danger. The longer you use and obtain drugs illegally, the better chance you have of encountering one of these altered versions of the drug, opening yourself up to all the risks and dangers that come with them.

Along with the immediate risks of overdose, allergic reaction or bad drug interactions, counterfeit and street versions of opiates can also result in mistreatment on the part of doctors in an emergency situation. If someone is believed to be overdosing on a known opiate, but has actually taken a counterfeit or street version of the drug, doctors may be unable to correctly treat the patient.

Dr. Bell was arrested because the prescriptions he was writing were found by law enforcement officers in another state. The DEA got involved to look for the source, and traced the contraband to him. The large amounts of opiates he was prescribing ultimately ended up in the illegal hands of abusers. However, even doctors who prescribe them judiciously can contribute to the supply of street drugs.

Debbie's Natural Pain Relief Solution

Debbie had been a patient of mine for several years. She had chronic pain, so I would prescribe pain medication so she could function. She was the mother of a boy about the same age as mine, and her husband was a police officer. I occasionally saw her out on the soccer field when our children were playing. But she subsequently came into my office with a confession. She had been using heroin for over twenty years, and in between "hits" she would see doctors for pain medications, mostly to prevent withdrawals. She had twelve doctors so none of them would suspect that she was addicted. Now,

she was tired of it, and wanted out of the drug culture. Her son was growing up, and she didn't want him to get involved, and the lies to her husband and doctors were getting to her.

We immediately started with all the drugs available for addiction, but none of them worked. She would go into withdrawals and jones for days, finally giving in. She gave up trying to quit, and stopped coming to see me. Over a year later I went into one of the larger businesses in the area, and there she was, sitting behind the human resources desk. She smiled. After the usual pleasantries, I looked around and saw no one, so I asked her how she was doing. "Clean and sober for almost a year!" she beamed.

"Debbie, after all we tried, what finally worked?"

"Have you ever heard of a 'runner's high?'" she asked.

"Of course, I used to run long distance in college."

She explained that she was feeling the need for a hit, so she went out for a run and just kept going, pushing through "the wall" and coming out the other side with no more desire for heroin. "It was like a miracle!" she exclaimed. "So, when I need a hit, I just go out for a run, and it works!"

Natural Endorphins

Debbie found a natural source of opiates called "endorphins." Endorphin is a contraction of "endogenous morphine" meaning the neurotransmitters we make in our own brains that act like morphine. When we have pain, the brain and other tissues, release these endorphins that block the pain signals. These natural substances also work in the brain to create a sense of euphoria, or feeling good. There are

many things that may cause endorphins to be increased, some of which include:

- Running
- Hot peppers
- Meditation
- Childbirth
- Alcohol
- Acupuncture
- Massage
- Controlled breathing
- Ultraviolet light



When endorphins stimulate the opiate receptors, they are quickly broken-down to keep you motivated, upbeat and enthusiastic about activities of daily living. But the synthetic opiates, such as pain medications, can continue to

stimulate for hours, enhancing the negative side effects. Thus, your own natural endorphins have less chance of causing all the problems associated with opiate use.

Anything that causes stress or pain can bring on more endorphins. Endorphins are thought to be a product of ancient survival mechanisms, which ensured that when under stress, the fight for survival came first, and the pain and recuperation from injury came after the danger had passed.

People can get addicted to endorphins, and keep doing behaviors that make them, but some form of pain is generally required first. When asked why they hurt themselves, people have been heard to say, "It feels so good when I stop!" A runner's high, for example, is well-known, but you still must run for a long time, and push through "the wall" to get the "rush."

Also, it seems some people may like chili peppers because of the endorphins released when they are eaten. Capsaicin is the active compound found in peppers that makes them hot. Capsaicin via neurotransmitters, tricks the brain into thinking it is being burned. The brain responds by releasing another type of neurotransmitter known as endorphins.

One of the reasons some people can get addicted to alcohol is because a small amount of alcohol releases endorphins – without pain – though larger amounts of alcohol block this effect. People feel good with the first drink, and want more. One effective way to stop drinking behavior is by using an opiate blocker (Naloxone) so alcoholics don't get the "high" feeling when they drink.

How to Improve Pain Control with Less Medication

One of the reasons there are so many problems with opiate medications is because we look at pain as the problem. Pain is simply a way of telling you that something's wrong. If your hand is on a hot stove, pain tells you to remove it – NOW! It would be crazy to keep your hand on the stove and take a pill to relieve the pain, but that is exactly what we do when we take pain medications without knowing why it hurts. Pain is important.

People who are born without pain sensation generally don't live long because of injuries and infections that they aren't aware of. There are stories of biting off tongues and fingers, crawling over glass and burning themselves severely. If you have no pain, there is no reason to avoid injury. Pain is essential to life! So, instead of looking at pain as a problem, it would be more helpful to ask ourselves why we are experiencing pain. When we deal with the cause of pain, instead of just suppressing it, we prevent further damage, and get rid of pain forever.

Always seek the cause of pain, and remove it. If the cause is known, and it's just a matter of time to heal, there are other things besides opiate drugs to help relieve the pain.

All-natural strategies for pain relief include:

- Acupuncture
- DLPA (phenylalanine) a natural amino acid (see below)
- Exercising enough to sweat (if you can) – releases endorphins
- Meditation – improving your focus on things outside of the pain diminishes pain sensation

DLPA Dosing:

- Start with 1000mg twice per day for one week.
- Increase the dose, if needed to 1500 mg twice per day for one week.

- Increase again, if needed to 1500 mg three times per day.
- If you find relief, start decreasing by 500 mg per day until you experience pain. Then go back up on the dose to the minimum needed to achieve some relief.

The American Pain Foundation also lists these herbs for pain management

- Ginseng for fibromyalgia
- Kava Kava for tension headaches and neuropathic pain
- John’s Wort for sciatica, arthritis, and neuropathic pain
- Valerian root for spasms and muscle cramps[9]

As with all medications, it is essential that you weigh the risks and benefits of each treatment before starting. In some cases, the best thing to do is a very strong opiate, like morphine, to relieve the pain so healing can begin. For example, during and after surgeries painkillers are safe to enable you to move around and help heal. Severe pain limits movement and prevents patients from ever achieving healing and homeostasis. But with musculoskeletal and chronic pain, it is best to

avoid opiate medications so healing can begin.

Some prefer to try the natural pain relievers first; others will switch to natural pain relief later. Every person and every case is different. The way to judge is to start with information, the more you know, the easier it is to decide – ideally before you have pain.

Dr. Bell did serve time in a Federal prison for prescribing opiate medications. Since that time, the law has been changed, making it more difficult to prescribe such large amounts of opiates. Also, now there is a database of all narcotic (including opiate) prescriptions written, so pharmacies, hospitals, doctors, and government agencies can look at the prescribing habits of each doctor, as well as the opiate use of any patient.

You don’t have to take heroin or painkillers to feel good. If your life is healthy and you incorporate these strategies, you should feel good enough with natural highs from the endorphins your own body produces.

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7 Reasons Your Gut Will Love Probiotic Rich Kefir

Kefir – Great Health in a Glass!

BY **ROB FISCHER**

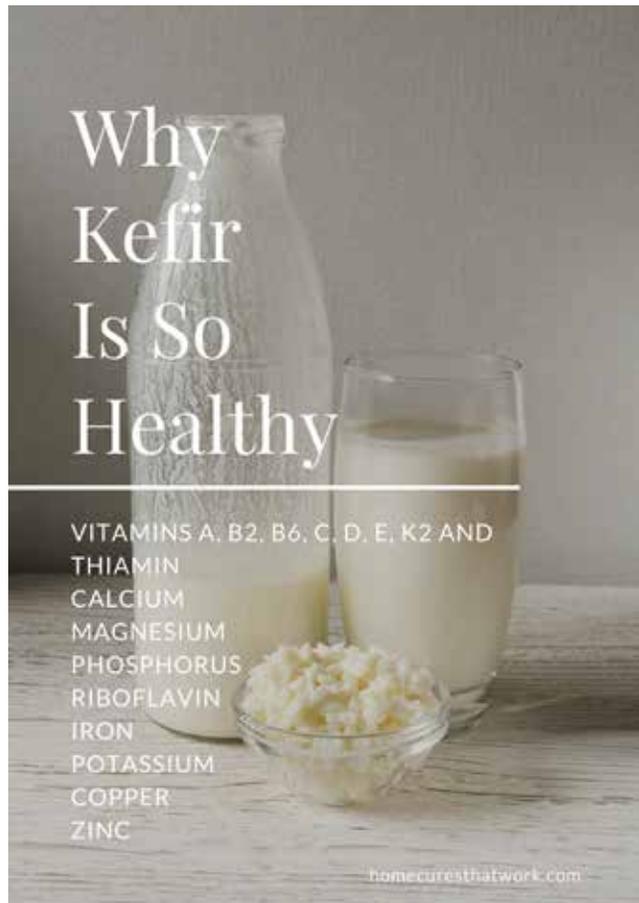
Kefir is a fermented milk drink originating untold centuries ago. Before refrigeration, fermentation was a common method of food preservation. But as we'll see, the fermentation process has far more to offer than mere preservation. The word "kefir" comes from the Russian language and means "pleasure drink."

Most kefir is made from cow, goat, or sheep milk, but you can also make it from coconut milk or even water. The process for fermenting milk involves placing kefir "grains" in a jar and then adding milk and letting it ferment over a period of hours. Kefir "grains" are not grains in the conventional sense, but consist of a complex mixture of good bacteria that work as a starter. These "grains" look like small cauliflower florets and can be used repeatedly.

Kefir tastes similar to Greek yogurt, but has a more fluid consistency so that it's drinkable. Although many people drink kefir plain, you

can add natural sweeteners like honey or maple syrup, or mix in fruit as you might with yogurt. You can also make a delicious smoothie with kefir, but more about that later.

- Magnesium
- Phosphorus
- Riboflavin
- Iron
- Potassium
- Copper
- Zinc



7 Benefits from Drinking Kefir

1. Creates a healthy immune system.

As we've already mentioned, good bacteria are crucial to a healthy immune system. Kefir "cleanses" the digestive tract and provides a healthy balance of the probiotics that you need to stay healthy. As such, kefir has been used to help patients suffering from AIDS, chronic fatigue syndrome, herpes and cancer.[2]

2. Relieves intestinal disorders.

Due to the healthy probiotics in kefir, regular use can help eliminate irritable bowel syndrome, diarrhea, constipation, and leaky gut syndrome. [3] Kefir also allows the body to digest lactose, relieving symptoms of those who suffer from lactose intolerance. Once again, kefir is a champion when it comes to creating a healthy microcosm in your digestive tract.

3. Assists with weight-loss.

When your gut flora is out of balance, you're more prone to weight gain. This is because your body is unable to absorb the nutrients it needs. As a result, you may be full, but your body still craves food because it's being starved of these vital nutrients. Kefir helps get your digestive tract running on all eight cylinders. You'll be able to absorb the nutrients you need and feel satisfied sooner.[4]

4. Helps maintain blood sugar levels.

If you suffer with type 2 diabetes, kefir may

Why Kefir Is So Healthy

Kefir is one of the most probiotic foods on earth, containing 29 different strains of good bacteria.

Why is this so important? Over 75 percent of our immune system is in our gut.[1] As the gut flora goes in our digestive tract, so goes our health.

Kefir is also loaded with important vitamins and minerals including:

- Vitamins A, B2, B6, C, D, E, K2 and thiamin
- Calcium

help you manage your blood sugar levels. Kefir's probiotics feed on sugar. So kefir lowers excess sugar in your gut before it gets into your bloodstream. By the way, this is not just theory, but has been demonstrated in a controlled study. The study concluded: "Probiotic fermented milk [kefir] can be useful as ... therapy in the treatment of diabetes." [5]

5. Kills pathogenic bacteria and fungi.

Kefir produces lactic acid that is an antimicrobial agent powerful enough to eliminate bacterial and fungal strains. These include: salmonella, various strains of streptococcus, shigella, proteus vulgaris, helicobacter, candida and others. [6]

6. Relieves the effects of allergies and asthma.

Once again, it all goes back to the gut! Kefir provides healthy intestinal gut flora that have powerful anti-inflammatory properties. [7] Many people who are lactose intolerant are able to drink kefir. However, if you are lactose intolerant, speak with your doctor before trying kefir milk, or try kefir coconut water or kefir water.

7. Increases bone density.

This has to do with the fact that the probiotics provided by kefir allow the body to absorb the necessary bone-building materials: calcium and magnesium. [8] Kefir is also an important source of vitamin K2, which plays a vital role in metabolizing calcium. Vitamin K2 has been shown to significantly reduce the risk of bone fractures. [9]

How to Make Milk Kefir

You can buy ready-to-drink kefir, but homemade is always better and it's so easy! Making kefir requires a starter culture or "grains" consisting of live, active yeast that creates the beneficial good bacteria. You can buy starter

cultures online, in the organic section of your grocery store, or at a natural foods store. Here's how easy it is to make kefir milk:

Ingredients

- 1 tablespoon of kefir grains
- 2 cups of organic whole, or raw milk at room temperature

Directions

1. Pour milk into a jar leaving about an inch at the top.
2. Mix kefir grains into milk.
3. Cover jar with a clean towel or lid and set in a dark, dry place at room temperature.
4. Check the kefir after about 12 hours. (Depending on conditions, it may take longer or shorter.) When it looks clumpy, it's ready. The longer it ferments, the tangier the taste will be.
5. Strain off the liquid and put the kefir grains in a jar and start over again.

Variations of Milk Kefir

You can do all kinds of things to add flavor and nutrition to your kefir. Milk kefir is not naturally sweet, but you can add: [10]

- 1 tsp. unrefined flax seed oil
- Natural sweeteners such as honey or maple syrup
- Spices like: cinnamon, nutmeg, or vanilla
- Fresh or frozen organic fruits: strawberries, raspberries, banana, kiwi, mango, etc.
- Other flavors or spices you'd like to experiment with

Other Healthy Applications of Milk Kefir [11], [12]

- Use kefir as a starter for sourdough bread.
- Substitute kefir for any recipe calling for

- buttermilk (pancakes, waffles, etc.).
- Use milk kefir as a base for soups, gravy, stews and salad dressings.
- Substitute kefir for recipes that call for sour cream, heavy cream or yogurt.
- Fortify mashed potatoes, casseroles, soups and more with kefir.

Coconut Kefir

Coconut kefir is made the same way as milk kefir. Start with organic coconut milk and follow the same process above. Coconut kefir tastes sweeter than milk kefir and actually begins to carbonate as it ferments. Coconut kefir has the same probiotic benefits as milk kefir, but is not as versatile in cooking.[13]

Water Kefir Recipe

Water kefir grains are called kefir crystals and are different from milk kefir grains. Water kefir crystals thrive on sugars rather than lactose. So with water kefir, you must add sugar or fruit juice. Water kefir has a milder taste than milk kefir and is not a good substitute in recipes because it lacks the tartness and consistency of milk kefir. Here is a water kefir recipe:[14]

Ingredients

- 2-4 tablespoons of water kefir crystals

- 4 cups filtered water room temperature
- 4 tablespoons cane sugar (white, brown, sucanat or raw)

Directions

1. Add the water to a glass jar.
2. Stir in cane sugar until dissolved. (Some sugars may require heating the water to get them dissolved. If you heat the water, be sure to wait until it is room temperature before adding the crystals.)
3. Add water kefir grains.
4. Cover jar with a clean cloth and secure with a rubber band.
5. Let sit on counter for 2-3 days until mixture becomes slightly cloudy and bubbly. It will have a mild sweet taste, but not as sweet as sugar water.
6. Strain off the water kefir and put the water kefir crystals in a new sugar mixture.
7. Your water kefir is ready to drink. Add lemon for flavor if so desired.

Go to Amazon.com and type in “kefir grains” for a wide selection of kefir cultures online.

Kefir milk is a highly nutritious, super probiotic that can help you get your immune system dialed in and functioning optimally. And with so many other health benefits, kefir milk is definitely something you’ll want to try!

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Rob Fischer has been writing professionally for over 35 years. His experience includes ghostwriting, creating curricula, study guides, articles, blogs, newsletters, manuals, workbooks, and training courses. He has written over a dozen books and serves as an editor for a nationally known copywriter.



Calcium – Is Milk a Good Source?

A Review of Calcium Supplements

BY **ROB FISCHER**

Calcium is an essential mineral required by our bodies. Calcium deficiency is one of the primary causes of osteoporosis. Milk is hailed as one of the best sources for calcium.

But if milk is a such good source of calcium, why is it that countries with the highest dairy consumption (most modernized, Western cultures) also have the highest rates of osteoporosis?[1] “According to the International Osteoporosis Foundation, the United States and Europe account for 51% of all fractures from osteoporosis.”[2]

The problem seems to be not with the amount of calcium in milk, but the fact that homogenized, pasteurized milk is rendered acidic by those processes. And it’s the acid levels of processed milk that are the culprit. When our body’s pH level drops too low from taking in too much acid (drinking milk contributes to this problem), our body looks for alkaline elsewhere in the body to maintain a healthy pH level. And the most likely place for the body to find alkaline substance is in the bones.[3]

Over time, this continual leaching of alkaline substance from the bones makes them weak and osteoporosis is one of the results. [4] So while milk does contain a high level of

calcium, milk's negative impact on our pH level counters any good it might have provided.

Calcium—an Essential Mineral

Calcium is the most abundant mineral in the body with 99 percent of it residing in our bones and teeth. The other 1 percent of this essential mineral is vital for:

- Blood clotting
- Helping muscles and blood vessels expand and contract
- Secreting important hormones and enzymes
- Sending messages through the cells and nervous system[5]

Calcium also helps:

- Regulate and lower blood pressure
- Lowers the risk of preeclampsia in pregnant women
- Lowers cholesterol
- Is used for treatment of Lyme's disease
- Prevents rickets (softening of the bones)[6]

We cannot live without calcium and sufficient amounts of this important mineral help determine our overall health.

We don't often realize that our bones are living tissue and are constantly in flux. The body uses our bones as the storehouse for calcium, so when calcium is needed elsewhere in the body, our body takes it from our bones.[7] The body cannot manufacture calcium, so we must bring it in from outside sources to replenish the stores in our bones. The best source of calcium is food because of our ability to absorb it.[8]

Foods Rich in Calcium

In light of what we said earlier about processed milk, raw milk retains its alkaline pH characteristic and can provide a good source of calcium.[9] Just 8 oz. of organic plain yogurt provides 42 percent of your daily need for calcium. While processed milk has that negative impact on our health, a major study conducted in Sweden found that fermented milk products (cheese and yogurt) have a positive effect on preventing bone fractures.[10]

Another reason to try raw milk is if you're lactose intolerant. Numerous individuals who are lactose intolerant have found that they do not react to raw milk.[11] If you cannot tolerate any dairy products, there are plenty of other foods that offer good amounts of calcium.

Other foods that contain good amounts of calcium include:[12]

- Orange juice fortified with calcium
- Sardines, canned in oil with their bones
- Salmon, canned with bones
- Cereals that are calcium fortified
- Kale and other dark green vegetables
- Almonds
- Chinese cabbage
- Broccoli



Intake of Calcium[13]

Age	Male	Female	Pregnant	Lactating
0–6 months	200 mg	200 mg		
7–12 months*	260 mg	260 mg		
1–3 years	700 mg	700 mg		
4–8 years	1,000 mg	1,000 mg		
9–13 years	1,300 mg	1,300 mg		
14–18 years	1,300 mg	1,300 mg	1,300 mg	1,300 mg
19–50 years	1,000 mg	1,000 mg	1,000 mg	1,000 mg
51–70 years	1,000 mg	1,200 mg		
71+ years	1,200 mg	1,200 mg		

Symptoms of Calcium Deficiency

Calcium deficiency is called hypocalcemia. Symptoms of hypocalcemia depending on severity and length of time can include:[14]

- Numbness or tingling in the fingers
- Muscle cramps
- Lethargy
- Poor appetite
- Mental confusion
- Skeletal malformations
- Dermatitis
- Delayed development in infants
- Osteoporosis
- Rickets

About 10 million Americans have osteoporosis, 80 percent of whom are women. Each year in the US, 1.5 million bone fractures occur due to osteoporosis, 300,000 of which are broken hips.[15]

Bone loss occurs as a natural part of the give and take of calcium in our bodies. But as we age, it becomes more difficult to replace the calcium we lose.

The extent of bone loss with an individual depends on their genetic makeup, lack of physical exercise, and decreased levels of hormones (estrogen in women, testosterone in men).[16]

Besides sustaining a healthy intake of calcium, regular physical exercise is one of the best things you can do to maintain strong, healthy bones. Weight-bearing, muscle-strengthening exercises are especially important.[17] Additionally, you may want to talk to your doctor about supplementing with bio-identical hormones.

In addition to post-menopausal women, other groups who are risk for calcium

deficiency include vegetarians and those who are lactose intolerant.

The Important Link between Vitamin D and Calcium

The body cannot absorb calcium properly without vitamin D. Vitamin D enables the formation of the hormone calcitriol. This hormone regulates the levels of calcium in the body and bones. Calcitriol is needed by the intestines for the proper absorption of calcium from the foods we eat. Calcitriol also limits the amount of calcium that we excrete, ensuring that our body retains enough.[18]

Dangers of Too Much Calcium

So many good things in life are good only when enjoyed in moderation. Calcium is one of those things. As important as calcium is, too much calcium has been identified as a risk factor for other problems. Some of these include: prostate cancer, kidney stones, constipation, interference with the absorption of iron and zinc in the body, and negative interactions with some medications.[19]

There are also certain forms of calcium that the body cannot absorb or that may be dangerous. Neither bone meal nor dolomite (a sedimentary rock comprised of calcium and magnesium) should be used as they may contain lead.[20]

Supplementing with Calcium

Most people who consume dairy products get sufficient calcium in their diet.[21] Getting

enough vitamin D for the body to absorb that calcium is probably a greater concern. Due to the dangers of too much calcium, speak with your healthcare provider about whether you need to supplement with calcium.

On the other hand, if you are a woman past menopause, lactose intolerant, or a vegetarian, there's a greater likelihood that you need to supplement with calcium. Many calcium supplements are fortified with vitamin D. There are two major forms of calcium available over-the-counter:

- **Calcium carbonate** is a main ingredient in antacid products like Tums and Rolaids. While this is an inexpensive source of calcium, calcium carbonate is not easily absorbed by the body.[22] There are also dangers associated with taking antacids habitually. As we age, the amount of stomach acid we produce to break down foods decreases. Regularly taking antacids will only worsen that problem.[23]
- **Calcium citrate** is absorbed much better by the body than calcium carbonate especially if you're over 50.[24]

When choosing a calcium supplement, make sure it's "purified" or has the USP (United States Pharmacopeia) symbol on the label. Avoid supplements made from unrefined oyster shells, bone meal, or dolomite that don't have the USP symbol.[25]

The recommended dosage as a supplement is 500 mg per day to begin with, adding more over time as needed. If you do take more than 500 mg per day, spread it out over the day, never consuming more than 500 mg at a time. This will allow for greater absorption.[26]

One other “free” source of calcium that you may not have thought of is egg shells. These must be ground to a powder for optimum absorption, but they do represent a good source of calcium. [27] One-half teaspoon of powdered chicken egg shell provides 90 percent of the DV for calcium. [28] But egg shell consists of calcium carbonate, so it’s not as easily absorbed by the body.[29]

Review of Calcium Supplements

Labdoor, Inc. offers the following recommendations from a quality standpoint in order of best quality first. We only list the top 10 that also contain vitamin D3.[30]

- Bluebonnet Calcium Citrate Magnesium and Vitamin D3
- Solgar Calcium Magnesium with Vitamin D3
- GNC Calcium Plus 1000 with Magnesium and Vitamin D3
- Kirkland Signature Calcium Citrate Magnesium and Zinc with Vitamin D3
- Swanson Calcium Citrate & Vitamin D3

- Citracal Calcium + D3, Slow Release
- Amway Nutrilite Cal Mag D Advanced
- Rainbow Light Calcium with Magnesium & Vitamin D3
- Schiff Super Calcium with Vitamin D3
- Nature’s Bounty Coral Calcium with Vitamin D3

As you shop for a calcium supplement, you’ll want to consider the value of each product as well. This has to do with milligrams per serving, number of servings per bottle, and cost.

No one knows your body better than you do. Based on your gender, age, genetic history, eating habits and other factors we’ve mentioned here, are you a candidate for a calcium supplement? If you want to be sure, have your doctor order a blood calcium test for you and take action accordingly. Then you’ll know whether you’re getting the calcium you need for strong, healthy bones and optimum health.

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STOP!! DIABETES! NOW!!



Natural Methods for Controlling Blood Sugar

Drug-free Key to Managing Diabetes

BY **ROB FISCHER**

Ten years ago, my brother was diagnosed with type 2 diabetes. His doctor sent him home with a prescription for metformin and a DVD to inform him about lifestyle changes he could make to lower his blood sugar.

Twice daily, my brother began taking the prescribed metformin. But he also chose

to watch the DVD. He took his diabetes seriously and decided to follow the dietary instructions provided in the DVD. He also religiously checked his blood sugar every day.

After three months, he had lost 30 pounds and reduced his metformin to once daily, because his blood sugar was dropping too low. Meanwhile, he continued following the dietary plan on the DVD.

After six months, my brother went back

to the doctor for a checkup. His doctor declared his diabetes reversed and took him off metformin altogether. For the past ten years, his blood sugar levels have tested normal due to the changes he made in his lifestyle and continues to follow.

Happily, he doesn't have to worry about all the terrible complications associated with diabetes and he isn't strapped with an ever-increasing monthly drug bill. He also doesn't have to deal with some of the nasty side-effects of taking diabetes medications.

Here are 10 ways to control your blood sugar naturally!

1.Reduce your carb intake.

If you do nothing else, do this! Carbohydrates are what drive blood sugar up. Your body turns carbs into sugar. This is not some fad diet, but real science! The link between carb intake and blood sugar has been established for a long time.[1] Our [Diabetes Solution Kit](#) takes the guesswork out of carb-counting and shows you exactly how much to eat through a three-phase plan. By reducing your carbs as a way of life, you're not just lowering your blood sugar to pass an A1c test, but lowering it long-term.

2. Lose weight.

Losing weight can help you control and lower your blood sugar levels.[2] In fact, for some people all they have to do is lose their extra pounds and their blood sugar levels drop for good. In some cases, losing weight works better than medications.[3] If you are overweight, but don't yet have diabetes, you can decrease your risk of getting type 2 diabetes by up to 58% just by losing 7% of your body weight.[4] Losing weight and keeping it off requires more than a crash diet. What you really need is some lifestyle changes—changes that will keep the pounds off for good. A number of actions in this list work

together to help you lose weight and keep it off.

3. Avoid high glycemic foods.

The glycemic index measures the impact of a carbohydrate on blood sugar. The higher the glycemic value, the greater that carb's impact on your blood sugar. Most vegetables, fruits, and all meat, dairy (unless it's sweetened), seafood, beans (legumes), nuts, and seeds have a low or very low glycemic value.[5] Carbs like white bread, white rice, potatoes, white pasta, white flour, etc. all have a high glycemic value. But here's the good news, you can replace those foods with whole grain alternatives: whole wheat bread, brown rice, whole wheat pasta, whole wheat flour, and sweet potatoes. You still have to watch how much of these you eat, but these whole grains contain a secret ingredient—fiber!

4. Eat more fiber.

Even though fiber is a type of carbohydrate, fiber doesn't raise blood sugar at all because the body can't digest it. Fiber also does not add calories. Foods that contain fiber include: fruits, vegetables, grains, legumes, nuts, and seeds. In fact, if you are counting carbs and a food item has 6 carbs and 3 grams of fiber, for instance, you can subtract the fiber from the carbs. Doing so will tell you how many carbs will actually affect your blood sugar.[6] Fiber is also very good for your gut and cholesterol. Eating lots of fiber may help you lose weight too, because it makes you feel full, but adds no calories! A clinical study demonstrated that people with diabetes who eat 50 grams of fiber a day were able to control their blood sugar levels better than those who ate far less fiber.[7]

5. Exercise regularly.

There are several ways in which exercise lowers blood sugar. Your muscles require energy during exercise. They rely on glucose (sugar) for that energy. So exercise helps deplete blood sugar. Exercise also increases

insulin sensitivity, so insulin can do its job getting sugar out of the blood and into the cells where it can be used. A workout can lower your blood sugar levels for 24 hours or longer because of its positive impact on insulin.[8] And, of course, regular exercise can help you lose weight! Engage in moderate exercise at least three times per week for 45 minutes. Find an activity or activities you can enjoy and that don't require a huge financial outlay or are a hassle to perform. Exercise with a friend to increase your enjoyment and accountability.

“CINNAMON MAY ALSO IMPROVE YOUR SENSITIVITY TO INSULIN AND HELP REGULATE YOUR BLOOD SUGAR. TAKE 1 TO 6 GRAMS OF CINNAMON PER DAY.”

6. Practice portion control.

This little trick can make a huge difference! Either grab a smaller plate, or just reduce your portion sizes—especially carbs. While you're at it, agree not to go back for seconds. Reducing your overall calorie intake can help you reduce carbs and lose weight.

7. Monitor your blood sugar.

It's true, "You can't manage what you don't measure!" If you don't monitor your blood sugar, you'll have no idea how certain foods, habits, exercise, or other factors are impacting your blood sugar. You won't know whether you're making progress. Be aware that everybody is different. What raises your blood sugar may not bother someone else and vice versa. Taking those daily readings can tell you a lot. Keep a diary or journal with your glucometer so you can record your body's response to various factors.[9]

8. Lower your stress level.

Stress is very hard on the body. When you're under stress, your body releases hormones like glucagon and cortisol. These hormones cause blood sugar levels to rise.[10] None of us can totally avoid stress, but we can minimize stress in our lives by making small adjustments like leaving for work earlier, putting money away in a savings account, and taking care of our bodies. Physical exercise is also one of the best ways to counteract the effects of stress on the body. Also try relaxation techniques.

9. Get plenty of sleep.

Lack of sleep raises blood sugar levels and makes it more difficult to control blood sugar. Not getting enough good sleep can actually increase insulin resistance and raises the levels of cortisol (a stress hormone) in your blood. This, in turn, induces a variety of stress responses that also elevate blood sugar. [11] Most people need seven to eight hours of sleep per night. You might think you can get by on less, but you're probably getting by with a sleep deficit. Establish a consistent schedule when you go to bed and when you get up. Maintain a good sleep environment in which to sleep. Avoid eating or drinking right before bed.

10. Try natural supplements.

The operative word here is "supplement." The following herbs and spices cannot take the place of the above lifestyle changes, but they can help complement them.

Try apple cider vinegar (ACV), which has been shown to improve insulin sensitivity. Take 2 teaspoons of organic, non-filtered ACV daily—either in 8 oz. of water, or in foods you eat.[12]

Cinnamon may also improve your sensitivity to insulin and help regulate your blood sugar. Take 1 to 6 grams of cinnamon per day.[13]

Berberine is another herb that can help lower blood sugar levels. Take 500 mg three times per day before meals.[14]

Try taking chromium. This is an essential mineral that also helps control blood sugar levels.[15] Take 500 mg twice daily.

When my brother gained control of his blood sugar through totally natural means, his doctor was amazed. But he wasn't amazed because these methods worked. His doctor was amazed because my brother actually followed his advice! His doctor told him, "People don't realize that if they'd just make these lifestyle changes they could lower their blood sugar naturally and avoid all the complications of type 2 diabetes!"

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6 Tips to Improve Your Digestion

How to Maintain a Healthy Gut for Optimal Health

BY DAVID KEKICH

Most people don't realize that about 70% of your immune system is located in your digestive system. That means a healthy gut is your major focal point, since you want to maintain optimal health. Remember, a robust immune system is your number one defense system against all disease.

Undigested food doesn't magically disappear. It passes into the colon where it is fermented by intestinal bacteria. Then a related reaction

called putrefaction emits a long list of toxins. As you know, indigestion can be awfully uncomfortable. How often did you feel bloated after a meal or get gas or abdominal pain? Here are six easy steps to improve your digestion:

1. Graze.

Eat small amounts spread over four to six meals a day instead of stuffing yourself two to three times a day.

2. Chew your food well.

3. Eat slowly.

The heaviest people tend to eat fast. Since it takes about twenty minutes for your brain to recognize you are full, the faster you eat, the more you overeat. Think of your meal as a series of first bites. You'll savor your food, improve your digestion and eat less. Eating slowly also tends to lower your blood glucose levels. Take small bites over a long period of time, and chew each mouthful of food at least twenty to thirty times. If your biggest meal takes you less than thirty minutes, you are probably eating too fast.

4. Don't wash your food down with a beverage.

Chew well, swallow and then take a sip of room temperature water, tea or maybe red wine. Stay away from ice cold beverages with your meals.

5. Relax while you eat.

6. Supplement with a high quality probiotic, a supplement containing friendly bacteria.

Without good gut bacteria, your body can't absorb certain undigested starches and sugars. And it doesn't absorb minerals and break down toxins efficiently. Normally, you don't need to take probiotics forever, but they can be incredibly helpful when you eat excess grains or sugar, or if you have to take anti-

biotics. Taking a high-quality probiotic for a month, every 30–60 days, will typically help your digestive system function efficiently.

“THINK OF YOUR MEAL AS A SERIES OF FIRST BITES. YOU’LL SAVOR YOUR FOOD, IMPROVE YOUR DIGESTION AND EAT LESS.”

You may not need probiotic supplements, though. Cultured foods like yogurt and sauerkraut are good sources of natural, healthy bacteria. And fermented foods, such as natto, can give your body the similar benefits of consuming a whole bottle of good bacteria, at a fraction of the cost.

As you can see, you can follow our guidelines and still enjoy eating. In fact, if you like to eat, you should have extra incentive to live longer. Just think—if you add only five years to your life—that means you get to eat at least 5,500 more meals.



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.



Discerning the Seasons

Following Your Spiritually Derived Intuition for Blessings

BY MICHAEL TYRRELL

Have you ever just known something without any natural evidence to corroborate your knowledge? The “old school” term for this phenomenon is the sixth sense, or in layman’s terms, an ability that exists outside of our 5 natural senses of taste, touch, sight, smell, and hearing. As you know, one of my passions in life is to “de-mystify” information in order to help others gain an understanding of topics shrouded in mystery.

Let’s start with a simple schematic of who we are. Each of us is comprised of three main parts: body, soul, and spirit. To be honest, most of us process information from only two-thirds of our triune nature, that is, the body and soul. The spirit, which is one-third of our divine capabilities (and the most important one!), is vastly misunderstood and rarely engaged. “The spirit of man is the lamp of the LORD, searching all his innermost parts.” Proverbs 20:27

You cannot truly know yourself by your body or soul alone, because your spirit is responsible for that revelation! Three important criteria drive proper utilization of information—wisdom, knowledge (revelation), and understanding. When you receive an impression, or in other words, when you simply know something in your “knower,” this is spiritually derived intuition.

Here is a definition of intuition: “intuition *ˌɪnt(ɪ)ˈʊʊˈiʃ(ə)nəl* noun: the ability to understand something immediately, without the need for conscious reasoning: we shall allow our intuition to guide us.”

I can think of no better example of spiritually derived intuition than [Wholetones](#) itself! Each project has been an exercise in getting out of God’s way and listening for musical direction, without cerebral premeditation or arranged charts. This allows each spontaneous note to have a divine purpose for being.

As we develop our spiritual life, we can begin to discern the seasons we are currently in,

entering, or exiting. Here is a quite literal example. This summer, I was in Minneapolis taking a walk with a dear friend. All of a sudden, I blurted out, "This is going to be a long, tough winter this season...and I wouldn't be surprised if ol' Punxsutawney Phil sees his shadow; just be prepared." Well, if you live up North, you realize that these words eventually proved accurate as that groundhog did indeed just see his shadow!

Remember, when I said this, it was a hot summer day, and I had no natural reason to say what I said. I had no research-based knowledge or information regarding the upcoming winter; my statement simply sprang from intuition. This is just a humorous example of spiritually discerning something before it happens. Obviously, this "gift" can be an amazing blessing in every area of your life.

As I mentioned earlier, my purpose is to help people grasp and utilize principles that are commonly misunderstood. In 1 Chronicles 12:32, the Bible mentions a group of people (the sons of Issachar) who had the ability to discern the times and seasons. These people understood that they were more than just body and soul; they understood that they also had a spirit within them and they heeded that spirit. Without a

spirit, man would not be able to perceive God!

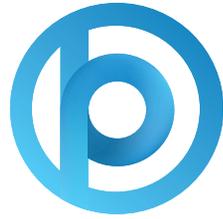
Sometime ago, my dear friend Joe Barton and I met with some very successful businessmen in Miami. During one of the sessions, I mentioned that it was amazing to me how these men became so successful utilizing only two-thirds of their potential. A wealthy man from Boca Raton, Florida, overheard what I had said and asked to speak with me. The man asked me what I meant by "two-thirds" of his potential. I replied, "Most of you have amassed great wealth without the most important third of your ability." He asked me what that one-third was, and I replied, "Your spirit."

The man wept as he said, "I didn't even know I had a spirit. Can we talk?" Dear friend, you too are one-third spirit and that makes ALL the difference in the world, believe me! Let me bring this week's musing to a close with a prayer from the Bible.

"And the very God of peace sanctify you wholly; and [I pray God] your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ." 1Thessalonians 5:23

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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OUR MISSION

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