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a barton publication

**What Is
Intermittent
Fasting
and Is It Safe?
IT CAN HELP REVERSE
DIABETES!**

**ARE YOU
DEFICIENT IN
VITAMIN
K?**

SIBO
**Small Intestinal
Bowel Overgrowth**

Naturally Clean Your Small Intestines to Heal

**HOW TO
SPRING CLEAN
YOUR HEALTH**

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Small intestine bacterial overgrowth (SIBO) is a chronic digestive ailment in which the number of naturally occurring intestinal bacteria multiplies significantly as a result of a lack of movement in the small intestine. The small intestines ordinarily sweep food wastes and excess bacteria toward the colon for excretion. When this mechanism fails or is insufficient, SIBO can result.

Unlike the large intestine or colon, which is extraordinarily rich in bacteria, the small intestine is supposed to be free of bacterial organisms altogether. SIBO damages the intestinal lining and creates a state of mild to severe digestive symptoms that can lead to major health complications. Dr. Saunders has a 4-step program to reverse the chronic illness so you can have a healthy digestive system, free of painful symptoms.

Eating too much too often is the biggest contributor to SIBO. Unfortunately, many health specialists recommend eating 5-6 small meals a day. However, doing so does not allow the small intestine to clean itself and bacteria begin to grow, causing SIBO..

Intermittent fasting, on the other hand, turns on certain genetic repair mechanisms that boost energy and promote longevity. In short, intermittent fasting is one of the most powerful modalities for your health and healing. Find the rhythm that works for you in this month's article from Rob Fischer.

Even diabetics can benefit from intermittent fasting. Insulin competes for the mechanism that repairs tissue, provides energy and tames inflammation. Scientists have discovered that intermittent fasting also triggers the regeneration of key pancreas cells.

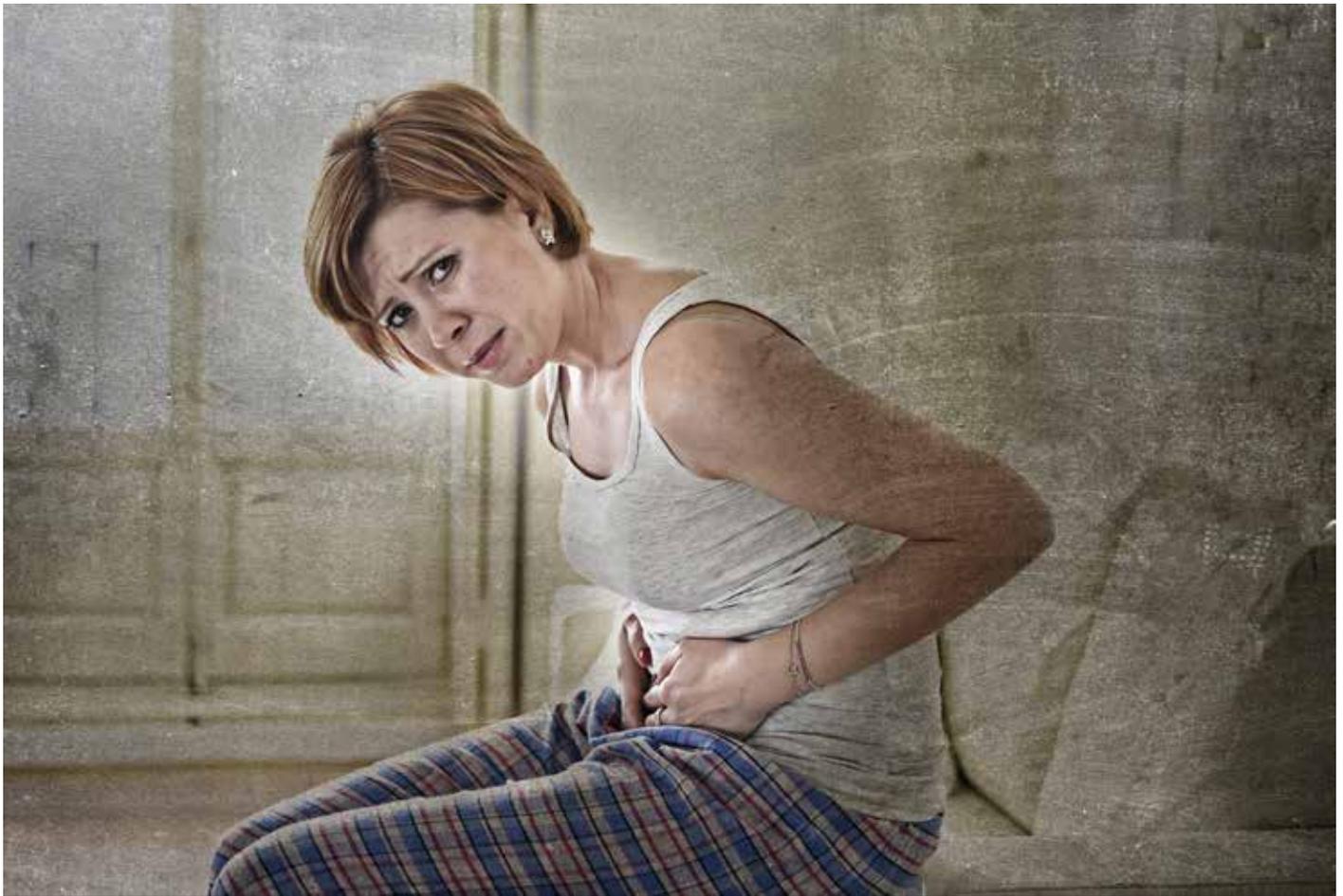
The detoxing benefits of food scarcity should be motivation to make intermittent fasting a stand part of your lifestyle... or at least once this spring

Don't forget your vitamin K! The vast majority of our society is deficient in vitamin K2 due to lack of fermented food consumption and the epidemic of gut disorders. It is always preferable to get as much of any nutrient from dietary sources as possible, as opposed to supplements. One food, in particular, can provide all the vitamin K2 you need. Eat it up in this month's issue!

Boost your health with intermittent fasting! It will heal your gut, reverse diabetes and slow your aging...but you won't hear that from Big Pharma or Big Food. You heard the truth first from Home Cures That Work.

For your health,

Cheryl Ravey
Editor
Home Cures That Work



SIBO: Small Intestines Bacterial Overgrowth

How to Naturally Clean Your Small Intestines of Bacteria

BY DR. SCOTT SAUNDERS, M.D.

Have you ever heard of SIBO? It sounds like a new video game on the Internet. Actually, it's an intestinal problem that's been around for a long time. SIBO is an acronym that stands for Small Intestine Bacterial Overgrowth, or too much bacteria in the intestines.

Aren't the Intestines Normally Full of Bacteria?

We often consider the intestines to be full of bacteria. Truthfully, bacteria are only found in the large intestine. Our stool consists of about 50% bacteria, and only about 15% is the "roughage" or fiber we eat in our food. The rest is water and soluble material.[1] There are trillions of different kinds of bacteria in every bowel movement.

Which is why it is so easy to think our bowels are filled with them.[2] However, amazingly, the small intestine is clean, so clean, in fact, it's considered "sterile." [3] There are more bacteria on your hands after you wash them with "anti-bacterial" soap, than there are in your small intestines – by 1000 times! Only the colon, or large bowel, is filled with bacteria.

Why Is the Small Intestine Sterile?

When we are digesting and absorbing our food, we don't want to have to compete with bacteria. These bacteria are very small, thousands of them can fit into one of our cells, but they can grow fast. For example, E. coli bacteria can reproduce very fast. If you had one E. coli bacteria in your small intestine, fed it all the food it wants, and took away all its waste, the colony would be as big as the Earth in only 48 hours! No kidding! This is hard to compete with! The point is you digest food, break it down into component parts and as a result provide exactly what growing bacteria need.

As a result, you have to sterilize your small bowel so you can absorb the nutrients first. Then you send the waste, the stuff you don't want, or can't digest, into your large bowel, where the bacteria can feast on the leftovers.

How Does the Small Intestine Get So Clean?

This is such an important concept. We can't avoid the bacteria in our food in our mouth, in our saliva, and so forth. it.

- We have stomach acid as a barrier preventing bacteria from entering the intestine.

- In addition, there are enzymes that break down the proteins in our food. These enzymes also destroy the proteins of the bacteria.
- Next, our immune system is continuously monitoring the intestines, and secreting antibodies to disable and destroy bacteria.
- And, last, the small intestines are washed-out after every meal. Every millimeter is scrubbed with "anti-bacterial soap" (see below). All the food residue and bacteria are then washed down into the large bowel, or large intestines.
- At the bottom of the small intestines there is a valve, the ileocecal valve. This valve lets fluid into the large intestine at the right time. But it also prevents anything from going backwards into the small intestine from the large bowel.

With All This Cleaning, How Can SIBO Happen?

Several factors can lead to SIBO:

1. The wrong kind of bacteria (bad bacteria) is in our food.
2. The stomach isn't working to make acid and enzymes.
3. The small intestine doesn't clean out after a meal.
4. The immune system isn't killing the bacteria that aren't supposed to be there.
5. The ileocecal valve doesn't work, letting bacteria up into the small intestine.

By far, the most common reason of SIBO is eating too frequently. We have been told that we should be eating 5 small meals per day. This way, our stomach never gets empty, our sugar never drops low, and we never get overly hungry. However, eating throughout the day

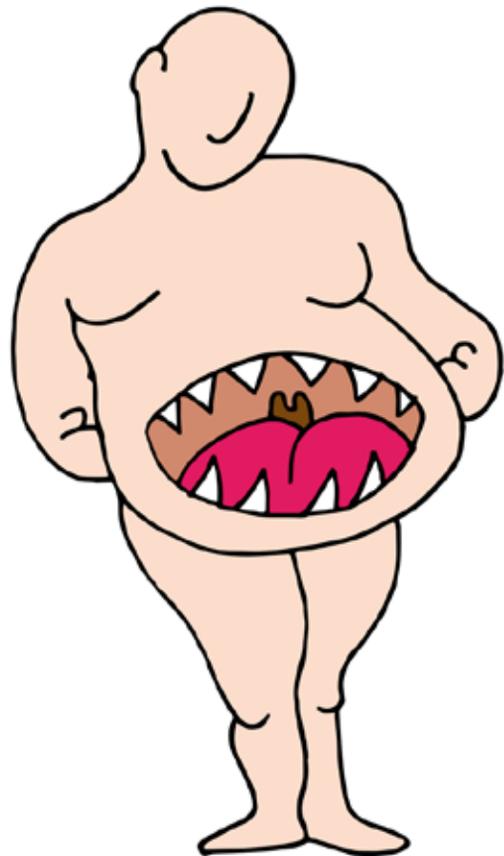
for our health a myth! If the stomach is always full, then food is constantly sent into the small intestines, and there is never time to clean the small intestines out.

Have you ever heard your stomach growling when you're hungry? This is the small intestine "cleaning house." It doesn't happen while there is food in the intestines waiting to be absorbed. Many people think when they hear the gurgling it means they need to eat. Actually, it would be better not to eat. Instead, it is better for your health to wait an hour or so until your intestines are all clean. A better diet would be to have at least 4 hours between meals. This allows your intestines to absorb all the food and clean itself out.

What Happens When A Person Gets SIBO?

A progression of the symptoms include: [4]

1. Gas
2. Bloating
3. More bloating
4. Feeling of fullness
5. Pain
6. Diarrhea and/or constipation
7. Nausea
8. Bloating
9. Vomiting
10. Malnutrition
11. Weight loss
12. Joint pain
13. Fatigue
14. More bloating
15. Rashes
16. Acne
17. Eczema
18. Asthma
19. Depression
20. Rosacea



“ HAVE YOU EVER HEARD YOUR STOMACH GROWLING WHEN YOU’RE HUNGRY? THIS IS THE SMALL INTESTINE ‘CLEANING HOUSE’... MANY PEOPLE THINK WHEN THEY HEAR THE GURGLING IT MEANS THEY NEED TO EAT. ACTUALLY, IT WOULD BE BETTER NOT TO EAT. INSTEAD, IT IS BETTER FOR YOUR HEALTH TO WAIT AN HOUR OR SO UNTIL YOUR INTESTINES ARE ALL CLEAN.”

People with SIBO will typically say, “Every time I eat, I feel bloated — no matter what I eat!” Some have belching, but they do not pass gas from the rectum. The other symptoms and problems are associations due to inflammation or malnutrition.

Why All the Bloating?

Bacteria digest sugar from your food to make gas. Normally, we absorb all the sugar, only giving bacteria in the colon fiber to eat. This fiber is broken-down into sugar in the colon, so the average person passes gas fourteen times per day. However, when the gas is in the small intestine, there is nowhere for it to go so we just bloat and feel horrible.

Which Bacteria Cause SIBO?

The same bacteria that normally inhabit the colon can start growing in the small intestine and produce the associated problems. These bacteria are found in the food we eat, or come up from the colon. In the colon, they don't do any damage, but in the small intestine the bacteria can be devastating.

The type of bacteria is very important. Some bacteria will digest fats, leading to fat malabsorption (including fat-soluble vitamins) and diarrhea. Other bacteria digest carbohydrates and produce gas. Still other bacteria make toxins that can cause leaky gut or celiac disease, preventing absorption of nutrients.[5] Almost all of them take the nutrients we need, and give back only waste products that can hurt us.

How Can I Treat SIBO?

Since you already know how and why it happens, the treatment will be obvious.

1. Fix the stomach acid
2. Fix the intestinal cleaning
3. Get rid of the bacteria
4. Block inflammation

How Do I Increase My Stomach Acid?

We normally produce stomach acid with each meal. The truth is, your stomach must be highly acidic to break down the food you're consuming and for proper absorption. However, we have a problem in modern society of too much food. We are told to eat 5 small meals per day, and never reset our stomach. With food always in the stomach, the acid-producing cells (parietal cells) make low levels of acid. Acid in the stomach functions to kill bacteria (and help absorption). But if the balance of stomach acid is low, bacteria is allowed to pass through the stomach into the small intestines.

The key, then, is to eat fewer meals. An empty stomach resets all the digestive mechanisms. An empty stomach allows for proper acid production for the next meal. It is a good idea to allow at least 4 hours between meals. Give your stomach time to be empty, and reset the parietal cells.

What Can I Do to Have Cleaner Intestines?

If you have ever heard your stomach growling, that is the cleaning process. The intestines will produce lots of cleaning fluid, and the normal gas will gurgle through as the intestines are

HOW TO TREAT SIBO

(SMALL INTESTINE BACTERIAL OVERGROWTH)



Treating SIBO successfully involves major dietary and drinking changes, as well as a rotation of natural antibiotics.



DIET

- Start with DETOX elimination diet
- Consider a cleanse.
- Eat 2 or 3 meals per day.
- No snacks between meals.
- Don't eat 3 hours before bed.



DRINK

- Do not drink liquid with meals.
- Drink only water between meals to stay hydrated.



FAST

- Fast for 24 hours once per month.
- Fast for 12 hours every night.



NATURAL ANTIBIOTICS

- Oregano
- Berberine
- Wormwood
- Lemon balm
- Colloidal silver
- Raw garlic
- Indian barberry root

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scrubbed. This process requires enough fluid, so drinking water is helpful. It also requires an empty bowel, so not eating is the most important part. It isn't necessary to eat when your stomach is growling. In fact, it's better to wait until the cleaning process is finished.

Can't I Just Take an Antibiotic and Kill Those Bad Bacteria?

There are several antibiotics used to kill the bacteria. However, if you consider the problem, it is obvious why there is a high recurrence of SIBO when you take antibiotics. Low stomach acid and faulty valves will re-populate your small intestine with all new bacteria even after you've taken antibiotics.

Moreover, there are studies to indicate that herbs are just as effective at controlling the overgrowth of bacteria in the small bowel. The following are examples of antibacterial herbs:

- Oregano oil
- Berberine extract
- Wormwood oil
- Lemon balm oil
- Indian barberry root extract[6]

Colloidal silver and raw garlic can also be used as effective antibacterial agents.

What Causes the Inflammation?

Sometimes the bacteria produce toxins, as noted above. But there are other sources of inflammation that we can control. Avoiding foods that we are sensitive to will go a long way to getting rid of SIBO. Many have reactions to wheat, grains, or dairy. Others

are sensitive to nuts, seeds, and nightshades. I generally start people out on a DETOX program that eliminates all these foods. Then, when they're better, we begin adding in each one, one at a time, to see if there is any reaction. It is amazing how people find what they're sensitive to through this simple process.

There are many great DETOX programs. Dr. Mark Hyman has a 10-day program that I can recommend. I mostly use a 21-day program from Standard Process. For SIBO, I find it takes a few weeks to clear the bacteria and heal the intestines. Sometimes, I even add a CLEANSE (broth cleanse, or juice cleanse) for up to 2 weeks after the DETOX. A cleanse is a modified fast to help those who are especially having problems with intestinal motility (cleaning the bowel).

SIBO Treatment

- Start with DETOX elimination diet.
- Consider a cleanse.
- Eat 2 or 3 meals per day.
- Do not drink liquid with meals.
- No snacks between meals.

- Drink only water between meals to stay hydrated.
- Fast for 24 hours once per month.
- Don't eat 3 hours before bed.
- Fast for 12 hours every night.

Use a rotation of natural antibiotics:

- Oregano
- Berberine
- Wormwood
- Lemon balm
- Colloidal silver
- Raw garlic
- Indian barberry root

It is possible to completely clear the bacteria in SIBO, and heal the intestines. Restoring function to your intestines is the best way to get the nutrients that are vital to your health and longevity. Do not neglect this essential activity or it will lead to all sorts of illness, disability, and even death!

Sources: [1] J Med Microbiol. 1980 Feb;13(1):45-56. The microbial contribution to human fecal mass. Stephen AM, Cummings JH. [2] <http://www.livescience.com/10501-scientists-examine-100-trillion-microbes-human-feces.html> [3] Am J Surg. 1979 Dec;138(6):845-50. Microflora of the human small intestine. Thadepalli H, Lou MA, Bach VT, Matsui TK, Mandal AK. [4] <https://draxe.com/sibo-symptoms/> [5] Small Intestinal Bacterial Overgrowth A Comprehensive Review Andrew C. Dukowicz, MD, Brian E. Lacy, PhD, MD, Gary M. Levine, MD [6] Glob Adv Health Med. 2014 May;3(3):16-24. doi: 10.7453/gahmj.2014.019 Herbal therapy is equivalent to rifaximin for the treatment of small intestinal bacterial overgrowth. Chedid V1, Dhalla S2, Clarke JO3, Roland BC4, Dunbar KB5, Koh J6, Justino E7, Tomakin E8, Mullin GE9.



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>



How to Spring Clean Your Health

Refresh Your Health in Just One Day!

BY **SUSAN PATTERSON**

Spring is just around the corner, and you know what that means - it's time for spring cleaning! Of course, that doesn't only mean cleaning up your home, it's a perfect time for spring cleaning your body too!

While many people think about detox diets or cleanses when it comes to kicking off better health, there are an array of unhealthy diets out there that won't do you or your waistline any favors. The Lemon Detox diet, for example was voted the worst fad diet in

the world by over 50 nutritionists as part of a survey conducted in 2011 by the Dietitians Association of Australia. One look at that diet and it's easy to see why - all it includes is drinking a concoction of lemon juice mixed with cayenne pepper and maple syrup six times a day for 10 days. Definitely not something you want to do to your body or your mind!

But the good news is that spring cleaning your health doesn't and shouldn't mean following an unhealthy trend. Instead follow this guide for getting on the right path to health and wellness.

Eliminate Toxins and Focus on Whole, Raw Foods

One of the best things you can do to kick-start better health, and support weight loss, is to follow a diet focused on raw foods and plenty of water. Ideally, you should follow it every day for seven days, and then continue it once a week over the long term. If there is just no way you can follow it for a full week, you can still experience a significant difference in health and well-being by incorporating it into your diet routine one day each week. Just be sure to eliminate the junk!

By “junk,” we mean alcohol, caffeine, sugar and processed foods. That means eating blueberries, actual raw blueberries, and not a blueberry muffin. Choose ingredients you can easily recognize and pronounce, such as those you might use to make a homemade version of a dish in your own kitchen.

Try to keep meal ingredients to a minimum, and include a source of lean protein and healthy fats at each meal. Think wild-caught salmon over a bed of kale leaves drizzled with extra-virgin olive oil. Or, a couple of eggs scrambled with spinach that’s paired with apple slices coated with a little almond butter.

No matter how you decide to spring clean your body, it’s time to rethink your drinks. Not only should you eliminate alcohol, but soda too. Soda is loaded with sugar, and diet soda is no better, with its artificial sweeteners and host of chemical compounds. Replace sodas with water. You can add lemon, lime, orange or cucumber slices to your water for a refreshing twist.

Get in Touch With Your Gut Instincts

Detoxing by getting rid of the junk and flooding the body with nutrients helps you to get in touch with your “gut instincts.” This will help you stop eating when you aren’t truly hungry. And, you’ll develop a natural hunger for the right foods - colorful, raw fruits and veggies you enjoy.

To retrain your gut to understand when it’s really hungry, drink a glass of water at the first stomach growl. You may also want to add a teardrop of food-grade, 35-percent hydrogen peroxide for every two ounces of water. This is to kill anything that may be lying dormant in your body, such as fungus, yeast and radiation residue.

Wait for about 15 minutes after drinking the water, and then make a green veggie juice. Some of the most beneficial greens include spinach, dandelion and kale. Others additions may include pears, apples, celery, beets fennel and Jerusalem artichokes. Make a quart using a combination of those fruits and veggies, and slowly sip it for as long as possible. Or, sip it until you feel the urgent need to run to the bathroom, a sure sign poisons have been released from body’s cells and are trying to get out. This is just what you want to have happen during a cleanse.

Flushing Juice Recipes

Here are a couple of my favorite flushing juice recipes. Not only are they tasty but they are loaded with nutrition and will encourage a natural detox.



Green Ginger Delight

Place all ingredients in a juicer and drink chilled.

- 2 stalks celery
- 1/2 cucumber
- 2 cm ginger piece
- 1/2 cup fresh parsley
- 1/2 lemon
- 1 green apple
- 2 cups spinach

Tropical Burst

Place all ingredients in a juicer and drink chilled.

- 2 stalks celery
- 1/2 cucumber
- 2 cups spinach
- 3 cups mint leaves
- 1 cup cubed pineapple
- 1/2 lemon

Solid Foods

When you hit a hunger wall and need something solid to eat, choose foods that nature has provided, such as raw fruits and vegetables. The longer you can go without solid food, however, the faster your body will be able to eliminate those toxins. Just be sure to drink plenty of water. Coconut water, too, can assist it in detoxing through sweat, urine, etc.

While it can be challenging to eat this way at first, by getting creative it can be done, and can even be satisfying. The most important thing is to be sure that it's all raw. If you can't tolerate raw foods, you might steam some vegetables with spices, or make a big salad with spaghetti squash and beets or avocado. Tossing a handful of nuts on top adds a satisfying crunch and healthy fats that can help you feel fuller longer.

The Benefits of a Limited Caloric Intake

A raw food/juice cleanse like this automatically leads to a lower caloric intake. Often, much lower than you'd normally eat. And there has been a significant amount of research that has suggested limited caloric intake offers health benefits. Much of that may be because insulin is released when food is consumed. When you aren't eating, there is less insulin secretion. That results in less fat being stored, and more being burned. Many people also feel more clear-headed during a fast, which means it may provide other physical and mental benefits as well.

A two-year trial, with results published by the National Institute of Aging, showed that restricting calories can even lead to a longer lifespan. Happy Spring Cleaning!



Intermittent Fasting – Boost Energy, Vitality and Longevity

What Is Intermittent Fasting and Is It Safe For You?

BY **ROB FISCHER**

Fasting—or cessation from eating for a specific period of time—has gotten a bad rap! For millennia, Judeo-Christian traditions have recommended fasting for drawing closer to God. Unfortunately, many perverted the purpose of fasting to attempt to bend God’s will, make a public show of piety, or punish oneself for sins committed. None of those are valid

reasons to fast and have given fasting a bad name.

As a result, for many years here in America, fasting has been a lost practice. But recently, as a result of numerous clinical studies, interest in fasting for health reasons is on the rise. In particular, the term “intermittent fasting” (IF for short) is gaining popularity. But there are still skeptics out there and once again, fasting in this context is stirring some controversy.

If you conduct an internet search on intermittent fasting, you will discover sites that warn

against the “dangers of intermittent fasting.” We read something like that and tend to throw “the baby out with the bathwater.”

But let’s get real. What about the dangers of eating? Whether we’re talking about fasting or eating, if we abuse either one—then of course there are dangers! All one need do is stand on a downtown street corner in any city in America and observe people to recognize the dangers of eating. We consume way too much food ... and generally we eat the wrong stuff.

According to the National Institutes of Health, nearly three-quarters of our population are overweight![1] As a result, our eating habits and sedentary lifestyle have brought on an epidemic of chronic diseases such as:

- Diabetes
- Coronary heart disease
- Alzheimer’s disease
- High blood pressure
- Fatty liver disease
- Some types of cancer
- And others

Given the above health issues, it’s no wonder that intermittent fasting is gaining popularity.

What Is Intermittent Fasting?

Strictly speaking, intermittent fasting (IF) is not a diet. Diets typically restrict what you eat. Intermittent fasting lets you control when you eat.

Also, in a very real sense, whether you knew it or not, you already practice intermittent fasting. Since fasting is the cessation of food intake, then going to bed at night signals the beginning of your daily fast. And if you

eat breakfast, that morning meal “breaks your fast” (hence the name, “breakfast”).

While most of us unwittingly practice intermittent fasting in this way, what we don’t realize is that we hold the key to unlocking some pretty impressive health benefits. Fasting while we sleep is a good start, but we need to take this practice just a little bit farther to enjoy all those health benefits.

What Are the Health Benefits of Intermittent Fasting?

Before we talk about specific ways to leverage intermittent fasting to improve your health, let’s look at some of IF’s health benefits.[2], [3], [4], [5]

1. Weight loss.

This is a no-brainer! When you fast intermittently, you reduce your calorie intake. We’ll see later that the length of your fast is significant when it comes to weight loss and experiencing some of the other benefits. When we eat non-stop, or eat too much, our bodies cannot keep up with the influx of energy, so we store it as fat.

2. Lowers blood sugar and insulin levels.

Every time you eat, you add sugar to your blood stream and your pancreas produces insulin to deal with it. Intermittent fasting allows your cells time to actually burn the glucose stored in them. This improves insulin sensitivity, allowing insulin to do its job. This is a huge benefit to those who suffer from diabetes.

Dr. Mark Mattson, Chief of Laboratory Neurosciences at the National Institutes

of Health highly recommends intermittent fasting as a means for preventing and treating diabetes.[6]

3. Helps repair cells.

When you fast, you give your cells a break. They go into a mode called autophagy, which allows them to do cellular maintenance and repair. During this phase, cells discard unusable proteins and other “trash.”

4. Increases human growth hormone (HGH).

Fasting greatly increases the amount of HGH in your body when you fast. This helps you burn fat, gain muscle, maintain optimum fitness and slows the aging process.

5. Recalibrates your ghrelin levels.

Ghrelin is the “hunger hormone.” Fasting helps bring it back to normal so that you feel satisfied sooner when you eat.

6. Reduces inflammation and damage from free radicals.

Inflammation is a major contributor to many chronic diseases. As a result, Dr. Mark Mattson states that intermittent fasting is a great way to help treat diseases such as: diabetes, cancer, rheumatoid arthritis, Parkinson’s, and Alzheimer’s disease.[7]

7. Improves brain function.

When you fast, your brain increases neurotrophic factors, which improves cognitive function. Many who fast intermittently describe that they can think more clearly as a result. I’ve experienced this personally.

8. Decreases blood pressure and resting heart rate.

Long heralded as the “silent killer,” high blood pressure is a major contributor to heart attack and stroke. If you can control your blood pressure with intermittent fasting, you’ve

saved yourself time, money, the dangers of statin drugs, and the consequences of high blood pressure.

9. Helps simplify your life.

Most diets involve detailed record-keeping, purchasing expensive foods, counting carbs and calories, taking those special foods with you when eat away from home, etc. Intermittent fasting is simple. You simply refrain from eating during a time period of your choosing. That’s it! There are no special foods to buy, nothing to count or record.

Why Intermittent Fasting Works

First, as we’ve already stated, intermittent fasting is effective because it reduces your calorie intake. This factor alone will help you lose weight, give you more energy, and help you experience many of the benefits listed above. This makes perfect sense. When you’re fasting, you’re allowing your body to burn excess sugar. And when that’s depleted, you burn fat, which is stored energy.[8]

Every day, your body is either in a state of being fed, which increases sugar, insulin and fat, or your body is in a state of fasting, which burns sugar, lowers insulin and burns fat. Unfortunately, most of us live out-of-balance in this regard, so that our “fed-state” far outweighs our “fasting-state.”

The second key element that makes intermittent fasting so powerful is the duration of your “fasting-state.” Because sleep provides a natural way to fast, you probably already fast around 8 hours, plus any hours before bed or after you rise during which you don’t eat.

Researchers have discovered that when you fast



INTERMITTENT FASTING PLANS

This 12 to 16 hour fasting window is crucial for your body to experience the amazing health benefits.

THE 16:8 PLAN

1

This refers to daily fasting 16 hours, leaving yourself an 8-hour window for eating. For instance, many who follow the 16:8 plan establish their feeding window between noon and 8pm. But you can move those start and stop times around however you like as long as you keep the duration the same.

THE 24-HOUR FAST

2

This plan has you fasting for 24 hours, but only once or twice a week. Some call this the 5:2 fast. The way many people follow this plan is by eating three meals on a particular day, then skipping breakfast and lunch the following day, but eating again at supper that day. This provides a 24-hour fast.

THE 36-HOUR FAST

3

This is exactly how it sounds. You simply refrain from eating one whole day. Thus the duration between supper on day 1 and breakfast on day 3 is about 36 hours.

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from between 12 and 16 hours, your glycogen (sugar) becomes depleted and your liver starts converting fat into ketones. Your body does this in order to provide your various bodily functions with the energy they need. This puts your body into a fat-burning state called ketosis.[9]

This 12 to 16 hour fasting window is crucial for your body to experience the amazing health benefits listed above. There are a variety of ways you can implement IF to meet your personal lifestyle.

Intermittent Fasting Plans[10]

The 16:8 plan.

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The 24-hour fast.

This plan has you fasting for 24 hours, but only once or twice a week. Some call this the 5:2 fast. The way many people follow this plan is by eating three meals on a particular day, then skipping breakfast and lunch the following day, but eating again at supper that day. This provides a 24-hour fast. This is the way I typically fast and I find it fairly easy to do.

The 36-hour fast.

This is exactly how it sounds. You simply refrain from eating one whole day. Thus the duration between supper on day 1 and breakfast on day 3 is about 36 hours.

Cautions About Intermittent Fasting

As we've pointed out in this article already, you already fast intermittently when you sleep or skip a meal. Any danger associated with IF comes into play when the following conditions occur. If you don't fall into any of the categories below, make sure you ease into IF and don't overdo it. Know your body and listen to it.

The following individuals should generally not engage in IF, unless supervised by a physician:[11]

- Children under the age of 18
- Pregnant and nursing women
- Those underweight, or who have suffered an eating disorder

If you are on prescription medication, or have type 1 or 2 diabetes, or gout, consult your doctor before you fast intermittently (longer than you normally would while you sleep).

One More Important Note About IF

When fasting, fast from foods, sugars and sweeteners, and dairy products, but not from water. Feel free to drink coffee or tea, but without anything added. However, it's especially important to stay hydrated by drinking plenty of water. You'll also find that water helps relieve any temporary hunger pangs you may feel while fasting.

Intermittent fasting may be a great way for you to lose weight, control or reverse your type 2 diabetes, improve your overall health, and even slow the aging process.

Take the IF challenge and engage in intermittent fasting for one month and see what benefits you experience!

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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.



How Intermittent Fasting Can Help Reverse Diabetes

The “Fast Cure” for Diabetes

BY **ROB FISCHER**

Though we may not like to admit it, type 2 diabetes is a disease chiefly brought on by our lifestyle choices.[1] Yes, genetics come into play too, but when it comes to type 2 diabetes, you are not a slave to your gene pool. You have the power to even alter your genes.[2]

According to the American Diabetes Association, type 2 diabetes is increasing worldwide at an alarming rate due to obesity and a sedentary lifestyle.[3] So, let’s say that you (or someone you know) became overweight, were less and less active, and finally one day at a routine doctor visit, your doctor announced that you have type 2 diabetes and put you on medication to lower your blood sugar.

Perhaps you’ve been taking diabetes meds for years now and the idea of reversing

your diabetes seems far-fetched, even fanciful. Maybe your doctor doesn't believe that type 2 diabetes is reversible. That has been the traditional medical thought greatly influenced by the pharmaceutical companies who want to push their expensive drugs.

But a new day has dawned and many doctors are seeing their patients reverse their type 2 diabetes. One effective way people reverse their type 2 diabetes is by intermittent fasting. Dr. Jason Fung, MD, writes, "While many consider type 2 diabetes (T2D) irreversible, fasting has been long known to cure diabetes." [4] Wow, "cure" is a strong word coupled with diabetes and spoken by a medical doctor!

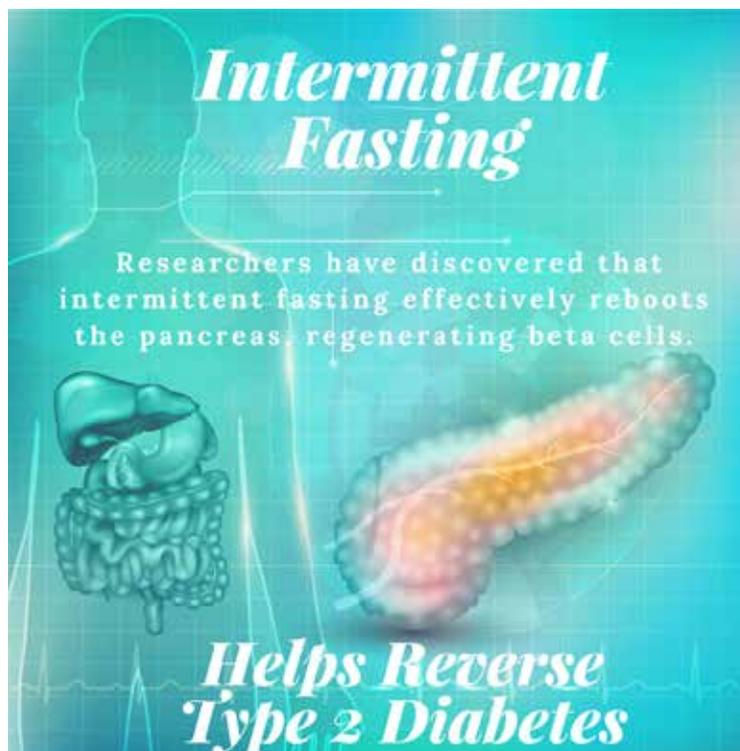
Harvard University is home to the famous Joslin Center for Diabetes. The center is named after Dr. Elliot Joslin, one of the greatest specialists in diabetes of all time. In 1916, Dr. Joslin wrote an article in the Canadian Medical Association Journal about fasting for the treatment of diabetes. Based on his experience, he was convinced that all in the medical field would acknowledge the benefits of fasting for the treatment of diabetes. [5] I'll let you speculate as to why this simple treatment has only recently been "rediscovered."

Perhaps you already read our other article on intermittent fasting (IF) in this month's issue of Home Cures That Work. There you saw that IF

is not a starvation diet. In fact, IF is not really a diet at all. In the true sense of the word, "diet" refers to a plan that restricts what you eat. By contrast, with intermittent fasting you choose when, not what, to eat.

There are many ways to practice intermittent fasting. Here are just a few:

- The **16:8 plan** has you fasting for 16 hours each day and eating only during an 8-hour window of your choice. Tip: incorporate the hours you sleep as part of the 16-hour fast.
- The **5:2 plan** describes a 24-hour fast. Eat supper on day one, then fast until supper the following day. You do this twice (or once) a week.
- The **36-hour plan** is a 36-hour fast in which you simply refrain from eating one whole day. You could follow this plan once a week or less frequently. (E.g., you eat supper on day one, on day two you don't eat at all, and on day three you eat again.)



And there are many other variations of IF that people use based on their personal schedules, physical and psychological makeup. But it's important to note that when you fast intermittently, you're refraining from eating any food during the period that you choose. This includes sugar, sweeteners and creamers in coffee or other beverages.

What about breakfast? Isn't breakfast the "most important meal of the day"? And yet some of these IF plans has you skipping breakfast. Dr. Mark Mattson, MD, debunks that myth as well as the myth that we should be eating four or five smaller meals a day.[6]

Stay Hydrated When You Fast!

What you DO WANT to DO when you fast is continue to drink plenty of water. This will keep you hydrated, can help eliminate toxins from your body and also helps minimize or eliminate hunger pangs.

Obviously, when you come off a fast, you don't want to gorge yourself "to make up for lost time"!

There are many other benefits to intermittent fasting that our other article covers, but here we want to focus on diabetes. If you're still skeptical, check out the following case study monitored by Dr. Jason Fung:

Consider this real life example. "A lady in her mid 60's was injecting 120 units of insulin daily along with 2 grams/day of metformin (a type of medication used for T2D). She had T2D for 27 years and had been progressively using higher and higher doses of insulin in an effort to control her blood sugars. However, things were getting worse.

In desperation, she was referred to the Intensive Dietary Management Program. We started her on a regimen that included fasting under strict medical supervision. We started with a full week of fasting and immediately reduced her medications. When she was feeling well, she continued for a second week, then a third. By that time she was off

her insulin. We then switched to a LCHF diet along with alternate daily fasting. It's been over a year now, and she continues to be off all insulin and medications with a HbA1C of 5.9%. Technically, she is no longer diabetic (defined by an A1C of less than 6%).

She feels terrific – with more energy now than she has had for over a decade. Her husband was so impressed that he also started our program and has recently come off all his insulin, too." [7]

6 Ways Intermittent Fasting Helps Reverse Type 2 Diabetes

While some of the reasons for IF's effectiveness are rooted in complex science, other reasons are simply common sense. Consider the following:[8], [9], [10]

1. Lowers blood sugar – Every time you eat, your blood sugar rises. That's simple science. So, when you're not eating your blood sugar is lower. The magic of intermittent fasting is that you're fasting at least 12 to 16 hours. This enables your body to use up the glucose in your system.
2. Increases insulin receptivity – Because your cells are no longer overloaded with sugar, insulin can do its job and move the sugar out of your blood.
3. Decreases insulin levels – Due to the fact that cells are now receptive to insulin, your pancreas produces less insulin.
4. Regenerates your pancreas – The pancreas is where insulin is produced. When a person

has type 2 diabetes, the pancreas has to work overtime to produce insulin sufficient to deal with the overload of sugar in the blood. Researchers have discovered that intermittent fasting effectively reboots the pancreas, regenerating beta cells.

5. Helps you lose weight – Often, simply losing weight can reverse type 2 diabetes. Intermittent fasting has been shown to help people lose between 3 and 8% of body weight in three to 24 weeks.
6. Increases your metabolic rate – This translates into more calories burned, helping facilitate some of the above benefits of intermittent fasting.

them this is something you want to try, but you want to do it safely. No doubt they will want you to closely monitor your blood sugar while you fast to ensure that your blood sugar does not drop too low.

Also, if you're taking medication for diabetes, you'll want to be under medical supervision anyway so your doctor can reduce your medication as your blood sugar levels fall.

Finally, as we pointed out in the other article, you already fast daily when you sleep. So extending that period for a few hours is not such a big deal. Decide on an intermittent fasting plan that will work for you and experiment with it for a month. If you're not getting the results you want, change your plan until you do. Intermittent fasting may be the key to beating diabetes!

Getting Started with Intermittent Fasting

If you are on medication to lower your blood sugar, please consult your doctor before fasting. Warning: some doctors may pushback, so tell

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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.



Are You Deficient in Vitamin K?

Vitamin K is for Blood “Klotting” and Bone Health

BY DAVID KEKICH

According to Dr. Cees Vermeer, one of the world’s top researchers in the field of vitamin K, nearly everyone is deficient in vitamin K—just like most are deficient in vitamin D.

Most people get enough K from their diets to maintain adequate blood clotting, but NOT enough to offer protection against some health problems.

Vitamin K comes in two forms, and it is important

to understand the differences between them before devising your nutritional plan of attack.

Vitamin K1

Found in green vegetables, K1 goes directly to your liver and helps you maintain a healthy blood clotting system. It is also K1 that keeps your own blood vessels from calcifying, and helps your bones retain calcium and develop the right crystalline structure.

Vitamin K2

Bacteria produce this type of vitamin K. It is present in high quantities in your gut, but unfortunately is not absorbed from there and passes out in your stool. K2 goes straight to vessel walls, bones, and tissues other than your liver.

You can obtain all the K2 you'll need by eating 10-15 grams of natto daily, which is half an ounce.

The next best thing is a vitamin K2 supplement. Remember to take your vitamin K supplement with fat, since it is fat-soluble and won't be absorbed without it.

Although the exact dosing is yet to be determined, Dr. Vermeer recommends between 45 mcg and 185 mcg daily for adults. Use caution with higher doses if you take anticoagulants. Even though the risk of increased blood clotting tendencies may be small, it is real.

In 2004, the Rotterdam Study, which was the first study demonstrating the beneficial effect of vitamin K2, showed that people who consume 45 mcg of K2 daily live seven years longer than people getting 12 mcg per day.

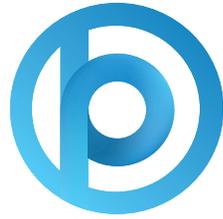
Vitamin K and vitamin D work together to increase MGP, or Matrix GLA Protein, which

is the protein responsible for protecting your blood vessels from calcification. And the results of human clinical studies suggest that concurrent use of vitamin K2 and vitamin D may substantially reduce bone loss. We may be seeing just the tip of the iceberg when it comes to vitamin K and its many valuable functions in your health.

“ YOU CAN OBTAIN ALL THE K2 YOU’LL NEED BY EATING 10-15 GRAMS OF NATTO DAILY, WHICH IS HALF AN OUNCE.”



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.



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