

WEIGHT CONTROL • HEALTHY RECIPES • SPIRITUAL WELLNESS • LIVING HEALTHY

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**SATISFY
YOUR
SWEET
TOOTH
WITHOUT
SUGAR**

Not a Drinker?

**Liver Disease Could
Still Affect You**

**Why You Need
ASTAXANTHIN:
The Most Powerful
Antioxidant on Earth**

The Do's and Don'ts of
**Blood Sugar
Management**

**10
Surprising
Benefits of
Eating More
Ginger
+ 2 Healing Recipes**



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LETTER FROM THE EDITOR

Millions don't realize the urgency of liver risk. But liver fat buildup is a ticking time bomb. That's because non alcoholic fatty liver disease (NAFLD) is silent. Millions might already have it. But that's about to change. Most cases of NAFLD are caused by poor diet. And what most doctors won't be telling you is, "Forget the drug." In fact, drug toxicity contributes to liver failure. But Dr. Saunders will tell you a few simple steps you can do to avoid fatty liver and still enjoy life.

Cellular inflammation has been shown to be the underlying marker in nearly every major health problem. Fortunately, God gave us an incredible ability to heal and regulate abnormal cells from a nutritional perspective. Ginger is one food that has an amazing array of health benefits that go well beyond its nutritional value. It has powerful anti-bacterial, anti-viral, anti-fungal, anti-parasitic properties. "It can even fire up your body's own inborn ability to destroy cancer cells! There are even more compelling reasons to start stocking ginger in your pantry and fridge!

Another powerful secret to health and healing is astaxanthin. Studies have shown astaxanthin's antioxidant capacity to be 65 times more powerful than vitamin C! Astaxanthin also has the unique ability to cross the blood brain barrier, which means it helps protect the brain and eyes from inflammatory damage. This remarkable antioxidant offers powerful protection for your DNA. And we have a list of great sources you'll find extremely helpful.

And if like to sweets, but need to stay clear of sugar, then we offer some few fantastic dessert recipes with natural sweeteners. These can help satisfy your sweet tooth and get you through the year or summer without those extra pounds! They would even make a fantastic healthy dessert for diabetics!

Putting the right food on your plate can help you make choices to manage blood sugar and ward off diabetes. Food can save your life! Here are a few foods to say "yes" to and a few to keep off your plate to stay clear of any health disaster.

This month's issue features integrative medical expert tips to ward off sickness. Make these simple changes and keep yourself healthy!

For your health,

Cheryl Ravey
Editor
Home Cures That Work



Not a Drinker? Liver Disease Could Still Affect You

How to Protect Your Liver From Non Alcoholic Fatty Liver Disease (NAFLD)

BY DR. SCOTT SAUNDERS, M.D.

What?!? I'm not even fat! How can I have a "fatty liver?!"

Ronald was surprised. He had always been a physical person who loved sports and exercise. He was feeling frustrated, however, because he was getting fat around the waist, even though he was doing more abdominal workouts.

Non-alcoholic fatty liver disease (NAFLD) is the build-up of extra fat in liver cells that is not caused by alcohol. Fatty liver is quite common. Up to one third of Americans have evidence of it, making it the most common cause of abnormal liver tests.[1] Most people don't know they have it because there are no symptoms until it is very advanced and permanent damage is done.

What Causes Liver Fat?

One of the primary functions of the liver is to store energy - or fuel - for the body. But the liver can only store a limited amount of that energy in the form of glycogen. Once full, excess glucose must be turned into fat. Normally, very little fat is stored in liver cells, because the fat can be used by the rest of the body for energy. But if the body isn't able to use it, then the fat begins to accumulate in the liver, waiting for a time when it can be used. "Fatty liver" means that excess fat builds up (accumulates) in liver cells.[2]

In the past, the most common cause of fatty liver was alcohol. Alcohol is always toxic to the liver. Every sip of alcohol damages liver cells, but they regenerate quickly and most people don't notice any ill effects. Chronic alcoholism, however, can continuously damage liver cells faster than they can regenerate, causing fatty liver, and even progressing to cirrhosis. Besides toxicity, alcohol is a carbohydrate that disrupts the normal energy cycle of the liver.

Today, there is a new disease that is taking over alcoholic fatty liver by far – NAFLD (Non-Alcoholic Fatty Liver Disease). NAFLD results from the accumulation of too much fat in the liver in the absence of excessive alcohol consumption. NAFLD is strongly associated with anything that disrupts the energy of the body, such as obesity, diabetes, and metabolic syndrome and toxins.

The risk factors for developing NAFLD include:

- Genetic factors
- Drugs
- Malnutrition
- Inflammation
- Infections
- Toxins

Genetic Factors for NAFLD

Some people have a genetic predisposition to NAFLD. We often worry about our genes as if they determine who we are, or what illnesses we will get. Genes account for about 10 percent of human disease.[3] Genes only provide the potential for disease; they don't guarantee anything. There must be additional factors present. For example, there are indigenous Americans who are very susceptible to fatty liver and diabetes, but it only happens if they eat a high carbohydrate diet. If they live on their traditional diet of wild game and garden vegetables, they never have any of these problems. The genes only tell us what is possible. We create the problems by how we live.

In short, there is a full range of factors that influence our health. If genes cause less than 10 percent of disease, it follows that our diet, lifestyle, and environment drive the remaining 90 percent. Genes may load the gun, but our lifestyle pulls the trigger.

Drug Induced NAFLD

Many medications that can damage the liver and cause fatty liver include:[4]

- Corticosteroids (cortisone analogs)
- Antidepressants (Elavil, Trazodone, Prozac, and so forth)
- Antipsychotic medications (Haldol, Abilify, Remeron, and so forth)
- Diabetes medications (insulin, and those that increase insulin)
- Tamoxifen (used for breast cancer)
- Amiodarone (for arrhythmias of the heart)
- Methotrexate (for arthritis)
- Valproic Acid (for seizures)

These medications are primarily metabolized in the liver. Or, there is an increased risk of liver toxicity associated with use of this medication. There is usually another problem, such as a nutrient deficiency or genetic abnormalities that allows toxicity of drugs.

Diabetes medications mostly increase insulin, and thus insulin resistance, which leads to worsening of fatty liver. Fatty liver is well-known as a precursor to type 2 diabetes, but maintaining a healthy weight through diet and exercise can help keep your liver in tip-top shape (and can help manage your diabetes if you've already got it).

NAFLD Caused by Malnutrition

Lack of nutrients can slow energy production or detox mechanisms in the liver. There are several vitamin and nutrient deficiencies that can lead to fatty liver. The most well-known are:

- Vitamin D - A fat-soluble vitamin, Vitamin D relies on the liver for conversion to its active form
- Vitamin E - Vitamin E is an antioxidant, meaning it helps to reduce inflammation
- Vitamin B12 - Over 50% of total body reserves of B12 are stored in the liver, recycling it for efficient use
- Vitamin A - A massive 50% to 80% of your body's total vitamin A source is stored in the liver
- Folic Acid - assists with liver de-congestion

As we have seen, liver problems are not something that only boozers have to worry about. Instead, you can get fatty liver disease even if you're a teetotaler. But researchers

have recently discovered that there's a simple step you can take to improve fatty liver — and if you've already jumped on the Paleo bandwagon, you're going to love this.

All you have to do is eat more protein! A lack of protein may also contribute to fatty liver disease, as the liver requires amino acids to detox. Another common problem is a deficiency of omega 3 oils such as those found in fish oil, or flaxseed oil.

Inflammation and Fatty Liver Problems

There are a variety of causes of inflammation and chronic inflammation may block energy in the liver. Celiac disease is a reaction to wheat that can cause fatty liver. Other food sensitivities can bring "leaky gut," which allows toxins into the blood, increasing the burden on the liver.

Certain Infections and NAFLD

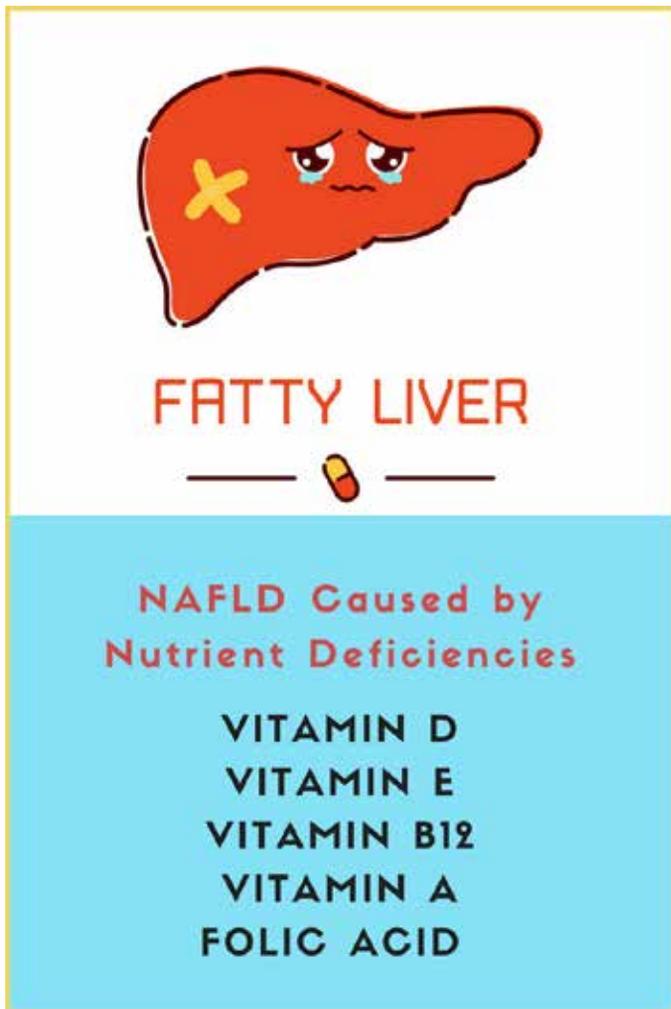
Diseases such as hepatitis and HIV can cause damage to the liver.

NAFLD Risk from Toxins

Besides alcohol and drugs, there are many toxins that can contribute to fatty liver. Cleaning fluid, if ingested is just one toxin that can cause fatty liver. However, these ingestions are rare. The most common liver toxin — by far — is something we willingly and happily ingest every day, namely, fructose.

Fructose Connection with NAFLD

Fructose is a toxin that is creating a large stir in the health community. We love fructose because it's the sweetest of all the natural sugars. Scientists have learned how to take the glucose from corn and convert it to fructose so it's sweeter — creating High-Fructose Corn



Glucose, the sugar we use for energy, goes right through the liver to be used directly by our cells, but the cells of our body cannot use fructose until it is processed by the liver. So all fructose must go to the liver for processing. In the liver, fructose is made into glycogen for storage, and then into fatty acids for storage, which isn't a problem until there is too much, causing fatty liver.

Where is fructose found?

Fructose is in many foods such as fruit and vegetables, but only in small amounts. Also, in nature it's found mostly with other sugars such as glucose. It is when we concentrate fructose and use it in large amounts that it becomes toxic.

Common foods and the percent of sugar that is fructose:

- High-Fructose Corn Syrup (HFCS) is now called "fructose," "corn sugar," or "Natural Sweetener" on the labels of your ingredients. 40-90%
- Sugar (Sucrose) is the common table sugar such as "cane sugar" or "beet sugar." 50%
- Honey 40%
- Agave nectar 70-97%
- Maple sugar/syrup 66%
- Black strap molasses 11%

Thus, while people want to villainize High-Fructose Corn Syrup as the cause of all our problems, all the sugars we eat may contribute to the problem of fatty liver.

Toxicity isn't found in the chemical itself, but rather in the amount. People have died from water intoxication by drinking too much water. Likewise, fructose is not a toxin at all in small amounts. In fact, it's very healthy, providing energy for all our cells. It's when we eat it every day that we begin to have problems

Syrup (HFCS). HFCS can be anywhere from 40-90% fructose. Moreover, fructose maintains its sweetness, even when your taste buds get cold. (The sweetness of sucrose, or table sugar, decreases as the tongue gets colder.) This is why food manufacturers prefer fructose in cold things such as ice cream and soft drinks.

The downside is that fructose stimulates fat in the liver.[5] In fact, fructose is a primary stimulant of inflammation in the liver that can cause fatty liver and progress to hepatitis and cirrhosis.[6] Large amounts of fructose act like alcohol in the liver, doing damage to the energy systems, and causing fatty liver.[7]

6 Steps for A Healthy Liver

There are a few simple things we can do to avoid fatty liver and still enjoy life:

1. Eat sugar occasionally, not daily.

Go on a sugar-fast for a month, or a year. It will change your life.

2. Drink alcohol occasionally, not daily (if at all)

3. Take your vitamins.

Vitamins keep your liver detox mechanisms functioning. If you take vitamins on a weekly basis, instead of every day, you will get enough, without getting too much, or interfering with your normal metabolism. Besides, it will save you lots of money, and you still get all the benefits!

4. Eat your vegetables

Fresh, raw vegetables are so important for getting nutrients into your liver. Eat a salad, or snack on carrots, celery, cucumber, or peppers.

5. Avoid unnecessary drugs

Sometimes it's necessary to use a drug that may affect the liver to prevent other problems. In these cases, if you are doing the program above, keeping your nutrient levels up, and avoiding other toxins, you have a much better chance of preventing damage to your liver.

6. Intermittent Fasting

When we don't eat, we allow our cells to use up the glycogen, and the fat in the liver. This can reverse fatty liver all by itself, for the most common causes. The other days we can eat sensibly and not have to worry

6 STEPS FOR A HEALTHY LIVER

BY HOME CURES THAT WORK

According to Dr. Scott Saunders, M.D., there are a few simple things we can do to avoid fatty liver and still enjoy life.

- 1 RARELY EAT SUGAR**
Go on a sugar fast for a month, or a year. It will change your life.
- 2 LIMIT ALCOHOL**
Drink alcohol occasionally, not daily (if at all).
- 3 TAKE VITAMINS**
Vitamins keep your liver detox mechanisms functioning. Take them on a weekly basis, not daily.
- 4 EAT VEGETABLES**
Eat fresh or raw veggies in a salad, or snack on carrots, celery, cucumber, or peppers.
- 5 AVOID DRUGS**
Avoid drugs and other toxins, you have a much better chance of preventing damage to your liver.
- 6 TRY TO FAST**
When we don't eat, we allow our cells to use up the glycogen, and the fat in the liver.

about counting calories – just eat good food. There are several ways to fast, all of which have been studied extensively. Fasting is the only thing proven to reverse fatty liver disease, improve health, prevent diabetes, heart disease, strokes, and lengthen life.[8]

- A 24-hour fast, one day per month is a minimum with no food and water only.
- Two days of fasting every week with about 300 Calories.[9]
- 5 days per month with 300-500 Calories.[10]
- A 12-hour fast every night, not eating within 3 hours of sleep, (7pm-7am).[11]

Epilogue: Ronald had some tests and found that he was taking too much energy into his liver. He was trying so hard to build muscle that he was having large shakes with lots of protein and sugar after every workout. We changed this to a protein shake without sugar only once per day, and he was still able to put on muscle, but lost the belly fat – and the fatty liver.

Fatty liver today is more a problem of overeating, especially sugar. You can easily prevent fatty liver by avoiding toxins and getting the nutrients your liver needs to function well. The liver has enough of a burden detoxing the whole body 24-7 – we don't need to add to its burden by taking in more toxins. We also help the liver by giving it a rest periodically. Keep your liver happy, and your liver will keep you happy

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10 Surprising Benefits of Eating More Ginger + 2 Healing Recipes

10 of the Most Compelling Reasons to Start Embracing this Potent, Flavor-Packed Root on a Regular Basis!

BY **ROB FISCHER**

Ginger may be the queen of spices when it comes to health benefits! The use of ginger for medicinal purposes reaches back well over 4,000 years. Ginger is a plant that is cultivated in warm climates

throughout Southeastern Asia, Africa, Australia, around the Mediterranean and more recently in Mexico and South America.

Ginger (*Zingiber officinale*) belongs to the same plant family as turmeric and

cardamom. The rhizome or bulbous root is the part of the plant that contains its most important component, Gingerol. Due to its lengthy history as a medicine, ginger may be one of the most studied spices or herbs.

For years in our medicine cabinet, my wife and I have kept ginger for relief of indigestion and upset stomach. But as you'll see, ginger also possesses powerful properties for numerous other health conditions. In fact, James A. Duke, PhD, the world's foremost authority on healing herbs, lists more than 40 health benefits of ginger in his book, *The Green Pharmacy*. [1]

In general, ginger with its gingerols boasts strong antioxidant, anti-inflammatory, anti-fungal, anti-bacterial, anti-viral, and anti-parasitic properties. [2], [3] Thus, ginger offers immune- and energy-building benefits. Additionally, ginger is a good source of vitamin C, magnesium, potassium, copper, and manganese. [4] I can't think of another herb or spice with such a wide array of effective therapeutic applications! And unlike many other herbs and spices, you can enjoy ginger in a wide variety of forms.

10 of Ginger's Most Well-Known Health Benefits

1. Reduces gas and soothes the intestinal tract.

Ginger is a carminative and an intestinal spasmolytic, and these properties provide relief for intestinal distress. Perhaps you ate too much for dinner, or that late night snack didn't settle well. Chew some candied ginger for almost immediate relief! [5]

2. Prevents and treats nausea.

For centuries, ginger has been used to prevent and stave off seasickness and other kinds of

motion sickness. Studies have demonstrated that ginger may be more potent than Dramamine against such discomfort. Many women with morning sickness during pregnancy have also found safe relief through ginger. More recently, ginger is being used to curb nausea following surgeries and chemotherapy. [6]

3. Lowers blood sugar.

In 2015, a study involving 41 individuals with type 2 diabetes revealed that taking 2 grams of ginger powder per day lowered their fasting blood sugar by 12%. [7] Ginger aids in the release and action of insulin and improves carbohydrate metabolism. Ginger also helps protect the body from complications due to diabetes. [8]

4. Relieves inflammation.

Several studies have shown that ginger reduces inflammation and muscle soreness following exercise, during women's menstrual cycles, with migraine headaches, and in people suffering with osteoarthritis and rheumatoid arthritis. And ginger does this without the harmful effects of non-steroidal inflammatory drugs (NSAIDs). [9]

5. Combats cancer.

In clinical studies, ginger has been shown to be effective in killing cancer cells in patients with prostate, colorectal, ovarian, lung, breast, skin and pancreatic cancer. Ginger extracts possess antioxidant, anti-inflammatory and anti-tumor effects on cancer cells. [10], [11] [12]

6. Fights bacterial infections.

A study published by the *Journal of Microbiology and Antimicrobials* in 2011 compared ginger's effectiveness with conventional antibiotics against *Staphylococcus* and *Streptococcus pyogenes*. Ginger was actually more effective in fighting these hospital-borne bacterial infections. [13]

7. Boosts the immune system.

Drinking ginger tea (see recipe below) is a great preventative measure and treatment for common colds and flus. Dr. Duke explains that ginger's effectiveness is due to its numerous (nearly a dozen) antiviral compounds. [14] [15]

8. Kills fungal infections.

Fungal infections are difficult to fight because they have become increasingly resistant to conventional drugs. But when Carleton University evaluated 29 herbs and their ability to kill fungal infections, ginger emerged as the winner. You can take ginger internally or apply it topically on affected areas. [16]

9. Aids in healing stomach ulcers and GERD.

In a study published in the journal, *Molecular Nutrition and Food Research*, scientists found ginger to be six-to-eight times more effective than Prevacid, a prominent drug used to treat GERD. [17]

10. Eradicates parasites.

Whether you're a world traveler, a back-packer, or someone who likes sushi or cerviche, it's very possible that you will have to contend with parasites or worms at some time in your life. The anisakis worm, for instance, is common in raw fish and is a dangerous invader. Because of its prevalence, the Japanese routinely eat pickled ginger along with their sushi to stave off these worms. One study showed that ginger extract was effective in arresting 90 percent of anisakis larvae within 4 hours and destroying them within 16 hours. [18]

Ginger's Various Forms

One of the great things about ginger is that you can use it in so many different ways effectively. And some of these ways are downright delicious!

- **Raw** – Cut a thumbnail slice of raw ginger and add it to your favorite smoothie or to make tea.
- **Tea** – Steep two ½-inch slices of fresh ginger in a cup of hot water to settle your stomach or aid in cold relief or for other applications. The ginger will even reduce inflammation! You may wish to add some honey or lemon for flavor.
- **Essential Oil** – This is by far the most potent form of ginger and like other essential oils you use very little of it. You can add a few drops to a glass of water or other beverage, inhale its vapors, or mix it with a carrier oil for topical applications for athlete's foot, or a muscle-rub.
- **Powdered** – You can obtain powdered ginger for cooking and baking recipes or in capsule form to take as a supplement.
- **Crystalized** – This is also called candied ginger. This is a very tasty treat and a pleasant way to get the benefits from ginger! We keep a bag of these in our medicine chest to treat upset stomach or sometimes simply to enjoy as a healthy "candy."
- **Ginger Beer/Ale** – This is generally a non-alcoholic beverage that has a strong, but pleasant flavor. Whenever I had the flu as a child, my mom would buy ginger ale for me to sip to ease a stomach ache. But you can appreciate ginger beer/ale simply as a refreshing beverage over ice on a hot day.

Ginger Recipes

An article on ginger would not be complete without a couple of recipes. Want to know what goes together like chocolate and peanut butter or apple and cinnamon? The earthy-sweet combo of coconut and ginger. Here the two join forces to create the creamiest bowl of richly spiced oatmeal sure to warm up your morning routine. Go ahead, try it for breakfast. [19]

OVERNIGHT OATS

WITH COCONUT AND GINGER

INGREDIENTS

- $\frac{3}{4}$ cup old-fashioned oats
- $\frac{1}{4}$ teaspoon ground ginger
- $\frac{1}{4}$ to $\frac{1}{2}$ cup coconut milk
- 1 tablespoon maple syrup or honey

TOPPINGS

- $\frac{1}{4}$ cup toasted raw coconut flakes
- 2 tablespoons candied ginger, chopped

DIRECTIONS

- In a 1-pint mason jar, mix the oats with the ground ginger to combine.
- In a small bowl, mix the coconut milk with the maple syrup or honey.
- Pour the coconut milk mixture into the jar. Screw on the lid and refrigerate overnight, about 8 hours.
- In the morning, top the oatmeal with the coconut flakes and candied ginger.
- Eat immediately or screw the top on and take it on the go.



Tahini Ginger Quinoa Bowl

Directions

Ingredients

- 2 1/2 Tbsp tahini
- 1 Tbsp peeled and finely grated ginger
- 1 tsp pressed garlic
- 2 1/2 Tbsp raw honey
- 1 Tbsp water
- 3 Tbsp tamari
- 1/2 cup toasted sesame oil
- 1 cup quinoa
- 1 1/2 cups small cubed sweet potato
- 1 cup chopped kale
- 2 cups fine chopped purple cabbage
- 1 Tbsp olive oil
- 1 cup finely chopped onions
- 1 Tbsp chopped green onion
- Sesame seeds to garnish
- Turmeric powder to garnish

1. Rinse and cook 1 cup of quinoa in two cups of water by bringing the quinoa and water to a boil then reducing heat and covering, allowing to simmer for 15 minutes.
2. Peel sweet potato or yam. Cut into 1" pieces either in small triangles or squares—just make sure they are the same size. Add potato into steamer and steam for 4 minutes. Then add purple cabbage and steam for another 4 minutes. Add kale at 8 minutes, stir well, and leave in for another 2 minutes. Remove from heat and mix with quinoa.
3. On medium heat, warm olive oil in a medium sauté pan and add onions. Once onions are translucent (about 6 minutes), reduce heat and add tahini sauce. Heat for one minute then toss with quinoa and vegetables.
4. Top with green onions, sesame seeds, and a pinch of turmeric to serve. [20]

Ginger is one of the most versatile spices for use as a natural remedy and in recipes. We hope you enjoy these recipes and experience vibrant and amazing health as you add ginger to your medicine chest!

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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.



Satisfy Your Sweet Tooth Without Sugar

Deliciously Sweet Treats Low in Sugar

BY AMANDA JO PIERCE

The average American gains 7-12 pounds a year! Although this is incredibly disappointing, the culprit is easily identified! No, it's not the turkey or the ham that is packing on the pounds. This weight-crashing devil is the deliciously sweet vice of millions: SUGAR!!

I remember having the most terrible sweet tooth! Growing up addicted to sugar, both my teeth and my health suffered. I later realized after studying natural health, that I had systemic candida. Once I used natural methods to get the candida under control, I no longer craved sweets. It isn't that I don't enjoy the taste of sugar anymore. I just don't like how it makes me feel tired, sluggish, and nauseated.

My dislike of sugar has created a bit of a problem in my home. This is because my family LOVES sweets. From baked goods to chocolate, they love it all! I have stood my ground and refused to compromise and make sugar-filled treats. I want my children to grow up free from sugar addiction. They are allowed small sugar treats occasionally, but not often enough to create an addiction.

Instead, I have experimented with many recipes, looking for the most deliciously sweet treats that are also low in sugar. Many people create “sugar-free” desserts and still use ingredients I don’t personally approve of. Some of those include:

- Artificial Sweeteners (aspartame, sucrose, etc). These are linked to intestinal imbalances, neurological disorders, and even cancer!
- Commercial Honey. Although healthier than white sugar, honey still contains both sucrose and fructose like sugar. Therefore, its effects on blood sugar levels and candida are nearly the same as white sugar.
- Turbinado Sugar: Otherwise known as raw sugar, it is cane sugar that isn’t as highly processed as white sugar. It is technically healthier than white sugar because it still retains some nutrients that white sugar lacks. However, the body treats it the same as it does plain white sugar.

The natural sweetener that I believe to be the safest and healthiest on the market today is stevia. You may have tried stevia already and disliked it’s aftertaste. I too have had that experience. However, there are companies now producing stevia that tastes amazing and can more than satisfy your sweet tooth! My current favorite is Nu Naturals. Nu Naturals also makes

a stevia baking blend that can be substituted 1:1 in any of your baked goods that contain sugar!

Another natural sweetener that is quite safe is xylitol. It does not affect glucose levels in the body, but has the consistency and same measurement as white sugar. It is a sugar alcohol that has also been found to benefit the teeth by inhibiting the growth of cavity-causing bacteria.

Often times I use a mixture of a more natural sugar like honey, maple syrup, or sucanat (even less refined than turbinado) with stevia. This is because stevia alone doesn’t always taste good in baked goods. Especially if you aren’t accustomed to it. If I want it to be completely sugar-free, I mix xylitol and stevia.

The first recipe I am going to share with you is completely sugar-free. It is a decadent chocolate dessert that is both gooey and moist. And it is also gluten-free, which is another bonus! Being sugar-free makes them extremely low in carbohydrates, just 4.5 carbs per cake! This would make a fantastic healthy dessert for diabetics!

Sugar-Free, Gluten-Free Chocolate Lava Cake*

Ingredients:

- 1 cup of organic butter
- 8 ounces of 85% broken up dark chocolate
- 5 eggs
- 1 cup of xylitol
- ½ tsp of Nu Naturals stevia powder
- 4 tsp of your favorite gluten-free flour

Preparation:

Preheat oven to 450 degrees Fahrenheit.

Set out eggs to bring to room temperature. Section out 3 chocolate bars into seven pieces each, so you can measure out the ounces (each piece is .5 ounces). Chop up chocolate. Melt butter and chocolate together over medium heat, stirring constantly.

Whisk together eggs. Add beaten eggs, xylitol, and stevia to chocolate mixture. Stir in the gluten-free flour. Pour into 12 silicone muffin cups and bake for about 14 minutes (check at 12), or until puffed up and still a bit moist looking on the tops. Do NOT overbake. Let cakes sit in muffin pans for one minute, and then invert cakes onto individual serving dishes. Top with fresh whipped cream (made with stevia) and berries, if desired. Consume immediately while warm and gooey!

High Protein Low-Sugar Peanut Butter Cookies*

These cookies are a great way to enjoy getting more protein in your diet. They use natural sweetener stevia are very low in sugar and contain 3.5 grams of protein per cookie!! See the recipes on the next page

Summer Fun Without the Guilt

Hopefully these recipes can satisfy your sweet tooth and get you through the year or summer without those extra pounds. Remember, sugar is the biggest contributor to weight gain. If you typically bake during this time of year, try experimenting with natural sweeteners like stevia or xylitol in your baked goods. You never know, you could come up with your own spectacular low-sugar dessert!

What is your favorite sweet treat? Have you ever considered a low-sugar version? Comment below and tell me about it!

*Recipes adapted from Healthy Indulgences



Amanda Jo Pierce is a Traditional Naturopath and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 12 years and currently practices naturopathic consulting in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit.

High Protein Low Sugar Peanut Butter Cookies

Ingredients

- 6 T. organic butter, softened
- 11 packets Nu Naturals stevia
- 1/2 cup (4 oz) sucanat
- 1/4 t. fine sea salt
- 1/2 t. vanilla extract
- 1 yolk from a large egg
- 1 c. all natural, no sugar added peanut butter
- 1/2 c. plus 2 T oat flour
- 2 T. (.5 oz) whey protein powder OR 2 T. coconut flour
- 1/4 t. baking soda

Directions

1. Beat peanut butter, softened butter, stevia, sucanat sugar, sea salt, vanilla, and egg yolk in a mixer until creamy.
2. Add oat flour, whey protein, and baking soda. Mix until incorporated.
3. Form 20 dough balls and place on parchment paper lined cookie sheet. Press balls flat. Use a fork to make criss-cross marks on each cookie.
4. Bake 12-14 minutes, or until cookies are slightly browned at edges. Let cool on baking sheet a couple minutes. before removing to a wire rack. Cookies will firm as they cool, 10-20 minutes.

You can use 5.5 T. of coconut oil in place of butter to make these cookies dairy-free.

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Do's and Don'ts of Blood Sugar Management

6 Healthy Eating Rules Any Diabetic Can Live By

BY SUSAN PATTERSON

You've heard it from a young age "you are what you eat!" "eat your greens" and other sayings along those lines. While eating a healthy diet is the first essential step towards a healthier lifestyle, it's even more important for people with diabetes. Food can affect your blood sugar in an

instant, so you have to be incredibly careful about what you put in your body.

If you're still eating tons of refined carbohydrates and unhealthy saturated fats, stop now! If you dive for that donut you see gleaming in all its sugar-laden glory from the display case, then you are going about it all wrong.

Even just a few small changes in your diet can have a monumental effect on your life and the way you manage your diabetes. We're going to

look at some foods that are on an immediate blacklist, these foods are horrible for your body and raise your glucose levels, not to mention that they're just plain gross! But, there is a flip-side. We're also listing some foods that don't affect your blood sugar and are great choices to improve your health and happiness.

Don't eat - Pasta.

If you haven't already cut pasta out of your diet, do it now! This ridiculously unhealthy food is filled with empty carbs, loads of hidden sugar and no nutrition whatsoever. There are lots of other options besides refined flour pasta: brown rice noodles, spaghetti squash, bean threads and kelp noodles to name a few.

Do eat - Leafy greens.

Greens are such a huge part of any healthy lifestyle and great news for a person who lives with diabetes; they don't affect your blood sugar at all. They're the powerhouse vegetable of the food world. They are filled with tons of vitamins and minerals that promote a healthy lifestyle and provide high energy throughout the day.

Don't eat - Sweets.

Okay, this one is a no-brainer, and it covers an exceedingly broad category of food that we all have a weakness for. Try to resist the temptation! Sweets of any kind wreak havoc on your blood sugar, this includes ice cream, cakes, puddings, cookies, pastries, and candy. Processed sugar is your worst enemy here, avoid it at all costs. Turn instead to natural sweeteners like dates, figs and raw honey. You will be surprised at how "real" they really taste.

Do eat - Avocados.

These little green gold mines are just fantastic for your health. They are filled with healthy fatty acids Omega 3 and 6 and a multitude of essential vitamins and minerals. Avocados are so delicious, soft, and easy to prepare. Eat them plain as a snack, chop some up to top off your salad or even blend them into a smoothie.

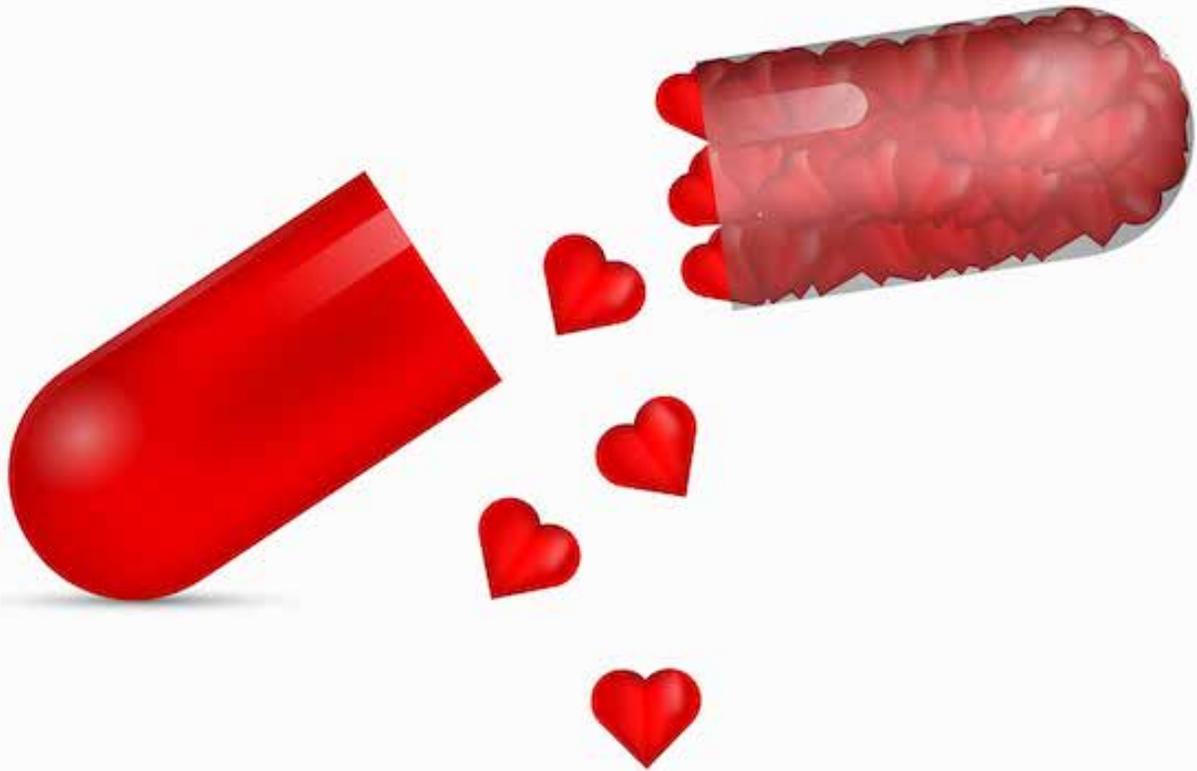
Don't eat - Fast-food

Once again, hopefully, you've already cut fast-food out of your diet. This greasy fare is as bad as it gets. Fast-food is chock full of unhealthy fats, deep fried in gross oils, and jam-packed with additives, sugar, and horrible chemicals. Fast-food is an addictive drug that is designed to keep you coming back for more. If you really love french fries, make your own at home using coconut oil. Once you try these, you will never eat a fast-food fry again... promise!

Do eat - Coconut

By now you're probably aware of the tropical superfood coconut. Whether you're eating the meat or unrefined organic oil, you are getting tons of health benefits from this powerhouse nut. Ditch other unhealthy oils and if you're cooking or baking, turn straight to the coconut oil. Coconut doesn't mess with your blood sugar at all and you can eat it worry-free. You can even eat the coconut meat plain for all the same benefits.

Once you get the hang of what is real food and the impostors, you will be better able to keep your blood sugar in check.



Why You Need Astaxanthin - The Most Powerful Antioxidant on Earth

How to Fight Dangerous Free Radical Overload and WIN

BY DAVID KEKICH

Scientists long ago discovered that carotenoids held powerful antioxidant properties that are crucial for your health. These are the compounds in your foods that give you that vibrant cornucopia of color — from green grasses to red beets, to the spectacular yellows and oranges of bell

peppers—as well as all of the beautiful flowers in your garden.

Recently, one particular carotenoid jumped to the front of the line in terms of its status as a “supernutrient,” becoming the focus of a large and growing number of peer-reviewed scientific studies. This carotenoid is called natural astaxanthin and is now thought to be the most powerful antioxidant found in nature.

There are only two main sources of astaxanthin—the microalgae that produce it, and the sea creatures that consume the algae (such as salmon, shellfish, and krill).

What Makes Astaxanthin So Special?

There are many properties that make this carotenoid unique. Here are the main differences:

Astaxanthin is by far the most powerful carotenoid antioxidant when it comes to free radical scavenging. It is 65 times more powerful than vitamin C, 54 times more powerful than beta-carotene, and 14 times more powerful than vitamin E.

Astaxanthin crosses the blood-brain barrier and the blood-retinal barrier (beta carotene and lycopene do not), which brings antioxidant and anti-inflammatory protection to your eyes, brain and central nervous system and reduces your risk for cataracts, macular degeneration, blindness, dementia and Alzheimer's disease.

- Astaxanthin is soluble in lipids, so it incorporates into cell membranes.
- It's a potent UVB absorber and reduces DNA damage.
- It's a powerful natural anti-inflammatory.
- It protects your cell membranes and DNA from oxidative damage.
- It improves visual acuity and depth perception
- It improves sun tolerance and reduces your tendency to sunburn.

- Astaxanthin improves strength and endurance.

There is some evidence that astaxanthin may have anti-inflammatory properties in adults with rheumatoid arthritis. One well-known University of Memphis study found that astaxanthin eased discomfort even after strenuous exercise.[1] Another study in the Journal of the American College of Nutrition reported reduced pain and greater mobility among people with joint pain after taking astaxanthin for only eight weeks.[2]

Astaxanthin not only helps protect your skin from sunburn, it can also reverse years of damage relatively quickly.[3] One of the ways it works is by protecting the skin's outermost layer against oxidative stress. This enhances cell repair and collagen production, thus increasing skin moisture, reducing wrinkles and providing for firmer, more youthful looking skin.[4,5,6]

Here are some general dose ranges: 3-12 mg.

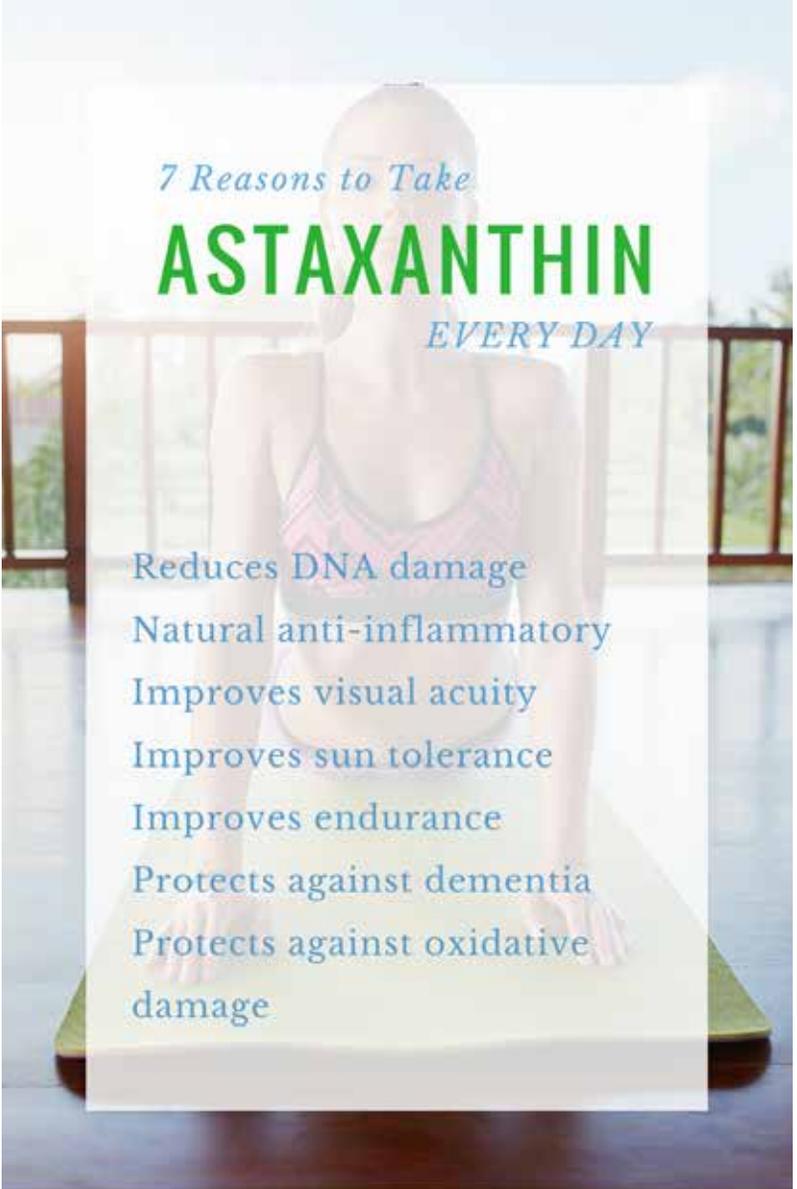
Astaxanthin supplements can be relatively expensive. The cost to obtain 4 mg of astaxanthin can range from just 15 cents to more than 3 times that amount. Considering that a daily serving can be around 12 mg, products cost as much as \$2 per day.

Our top astaxanthin supplement picks are:

- BioAstin Hawaiian Astaxanthin, which is the lowest cost source of astaxanthin, provides 12 mg of astaxanthin per gel cap for 48 cents. It also provides a small amount of vitamin E (10 IU). Its label suggest a daily serving of one gel cap
- Jarrow Formulas Astaxanthin and The Vitamin Shoppe Astaxanthin are also low-cost, quality products, etc. providing 12 mg of astaxanthin per softgel for just over 50 cents.

- If you prefer a capsule with a smaller dose, Trunature Astaxanthin (Costco) is also lower in cost and provides 6 mg of astaxanthin per soft gel for 25 cents. The astaxanthin in this product has been used in at least 2 clinical studies.

So why just cross your fingers and hope your cognitive skills stay strong as you age? Astaxanthin protects you from the oxidative damage that contributes to fatigue and weakness, can protect from within, help you stay clear and focused, plus keep joints flexible and comfortable. Feel the difference...with astaxanthin!

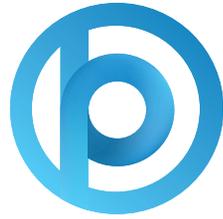


7 Reasons to Take
ASTAXANTHIN
EVERY DAY

- Reduces DNA damage
- Natural anti-inflammatory
- Improves visual acuity
- Improves sun tolerance
- Improves endurance
- Protects against dementia
- Protects against oxidative damage



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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Diabetes	Irritable Bowel Syndrome	Wholesome Frequency
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