

WEIGHT CONTROL • HEALTHY RECIPES • SPIRITUAL WELLNESS • LIVING HEALTHY

## **HOME CURES FROM THE KITCHEN TO REDUCE HIGH BLOOD PRESSURE**

Key Ingredients From Nature with Healing Properties

OSTEOPOROSIS NATURAL TREATMENTS THAT WORK

Not a Calcium Deficiency: What One Doctor Has to Say

12 SIGNS THAT YOU MAY BE INSULIN RESISTANT

**NO STRAIGHT LINE**

How God Takes Your World, Turns it Upside Down, and Turns You Back Around



**IS CONCIERGE MEDICINE THE WAY OF THE FUTURE?**

An Unconventional Approach to Fix What's Broken in Modern Medicine

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**The doctor will see you ASAP.** A number of doctors are starting to offer the concierge model of personalized healthcare. Among the perks is the ability to contact your physician at any time. In return for this enhanced service, patients pay an annual or monthly fee. . .so the doctor can get to know all about you. Building a relationship with your doctor is one selling point of this direct-pay model. If you're exasperated with long waits, or if enhanced preventive screenings will help you sleep better, concierge service like Dr. Saunders offers may be for you.

**What can you do to avoid blood pressure?** Eat a healthy diet, rich in nutrient-dense natural foods that are low in refined carbs and sugar. Don't smoke. Don't drink too much. Exercise. Practice mindfulness. Maintain a healthy weight. Get enough sleep.

**But what do you do if you already have high blood pressure?** This month you'll find a list of kitchen remedies that may help you lower it. There are some you may actually have in your kitchen right now.

**It's time to take control of your bone health.** It is never too early to be concerned about the health of your bones. Osteoporosis, a condition characterized by severely reduced bone mass and brittle bones, is often thought to only concern older women. This is only partly true. Osteoporosis can affect both men and women. Many people think that bones only lose calcium if they don't get enough calcium in their diet. But Dr. Saunders and other health and nutrition experts believe otherwise. There are many other factors that affect the health of your bones such as diet, exercise, and how your body digests food. Here are 7 main strategies you can take to improve your bone mass.

**Lately, it seems like almost everyone has problems with their blood sugar.** If you are insulin resistant, then it can lead to heart attack, stroke, fatty liver, obesity and other complications. Clearly we need to do something different. Change often starts with information and inspiration. Learning the root causes of the problem and real solutions to correct those causes can motivate action. Find out if you are at risk for the development of prediabetes or full diabetes.

**God never wastes our pain.** Only we do that. God has a plan for great purpose and a beautiful future for all who believe in Him. He is the foundation of a purpose in life that we could never imagine. Your life can be proof of the life-changing power of Jesus, if you trust Him. To learn more about how you can experience life to the fullest, read on from Michael Tyrrell.

May this month's issue of Home Cures That Work profoundly impact your life!

For your health,

Cheryl Ravey  
Editor  
Home Cures That Work



# Is Concierge Medicine the Way of the Future?

An Unconventional Approach to Fix What's Broken in Modern Medicine

BY DR. SCOTT SAUNDERS, M.D.

**F**or hundreds of years people have paid for insurance to offset the catastrophic costs of unforeseen problems.

- We buy life insurance to cover the costs of an untimely death.
- We buy auto insurance to cover accidents.
- And we buy health insurance in case of illness.

These life events can be very costly and we cannot predict when they will happen. We do not know when we'll die, get in an accident, or get sick. For these reasons, we buy insurance.

But health insurance has become a large problem. We've all read the headlines:

- A Major Insurer Just Pulled Out of Obamacare[1]
- Health Insurance Premiums Skyrocket[2]

- Uncertainty of Obamacare[3]
- Health insurance costs are skyrocketing[4]

As health insurance costs have increased and services have decreased, those with insurance are paying as much or more for healthcare as those without insurance.[5]

## The Health Insurance Issue Nobody Talks About

### Insurance Rules

Doctors who take insurance are often pressed for time because insurance pays them less.[6] Many doctor's offices have a policy that allows a patient only one complaint or symptom per visit. This necessitates numerous visits and months or years to address multiple issues.

In some cases, doctors take this rule to the extreme:

"Bruce Angus says his wife Samantha, 60, died of a heart attack two weeks after she complained to a doctor about back pain in Selkirk, Manitoba. When she tried to speak of her heart problems, the doctor interrupted her and told her she'd have to make another appointment: 'One appointment. One problem.' That's not good medicine." [7]

### Added Patient Expenses

Patients also have more expenses with insurance. While many receive government subsidies for health insurance, those who don't find their healthcare expenses have increased dramatically. According to the Kaiser Foundation, whether we have

insurance or not, we have about the same out-of-pocket expense for healthcare, about \$3,000 per year. But those who are paying for insurance have the added expense of premiums, which can be considerable.[8]

It's no wonder that so many doctors and patients are opting out of insurance for their regular care.

## Why Physicians and Patients are Choosing Concierge Medicine

The word "concierge" elicits visions of fancy hotels and expensive restaurants. Indeed, concierge medical practices charge from \$3000 to over \$40,000 per year – and they bill insurance on top of that. But they offer services that you couldn't get from a doctor who only takes insurance.

- Concierge practices include longer visits, home visits, and phone access.
- And if you need specialty care, then your concierge doctor might fly with you to the best place in the world for treatment.
- While Medicare doesn't include an annual physical exam, concierge doctors often include an "executive physical" that includes tests.

## Direct-Pay – A New Way Forward

Another option for affordable healthcare is direct-pay. Many doctors going to direct-pay models are able to care for people better. These doctors generally don't take insurance so they aren't under any constraints for time

or paperwork. They are usually less expensive than doctors who accept insurance. In addition, some doctors who do take insurance will discount their prices for direct-pay patients.

The way the direct-pay model works is that the doctor charges a monthly fee that covers basic, primary care services. When a direct-pay patient comes to the doctor, there are no additional fees within the scope of their coverage.[9]

Direct-pay doctors often have phone services, and even basic laboratory and radiology included. Many offer email consultations, or even home visits. The focus is on extraordinary customer service with high value on the patient. It also improves care for patients who are NOT in the office.

The price for direct primary care could be anywhere from \$50 to \$200 per month, depending on the services provided and patient needs. A big advantage is that there is no deductible or co-pay for visits. Many patients actually spend less on their healthcare because co-pays and deductibles have risen sharply. Also, there is significant cost savings by switching to a high-deductible plan over a “no deductible” plan. This could easily offset the cost of the doctor. This way, you receive better care for less money.

## **Direct-Pay Provides Better Patient Care**

While some direct-pay doctors practice standard medicine, most are moving to a functional model. Standard medicine has “a pill for every ill.” Standard medicine treats each symptom separately. But functional medicine seeks to find the root cause of symptoms. Once the cause is removed, all the symptoms go away, and the medications become unnecessary.

For example, there are over 25 different causes of “arthritis.” The standard medical practitioner would relieve the symptom with an anti-inflammatory drug taken for life. But the functional doctor would ask, “Why is there inflammation in your joints in the first place?” After discovering that it’s due to a toxin, nutrient deficiency, or metabolic problem, for example, the cause may be reversed, and the arthritis often goes away.

You can apply this functional model to most of the issues that afflict people. Functional medicine changes the conventional disease-centered focus of medical care to a more patient-centered approach that addresses the whole person instead of merely isolated symptoms.

The direct-pay model is often equated to ancient Chinese medicine:

“Another fundamental notion of Chinese Medicine is the prevention of disease and maintenance of health. Historically, a Chinese Medicine doctor was paid a retainer to keep their patients healthy. If a patient became sick, the doctor would not be paid until the patient’s health returned. In a similar vein, a doctor that resorted to surgery was considered an inferior doctor. If he/she did their job correctly and helped their clients stay healthy, there would be no need to perform surgery.”[10]

The insurance doctor gets paid by, and thus works for, insurance companies. But the direct-pay doctor gets paid by and works for you. If you aren’t getting the results you need, then you can move on and take your money somewhere else. Moreover, the incentive for the direct-pay doctor is to keep you well. The insurance doctor only gets paid for sick people, so it’s in their best interest to keep their patients sick.



## 10 Reasons Why Direct-Pay Healthcare is Better for Doctors and Patients

### *The doctors get:*

- Fewer administrative hassles
- Less paperwork
- More time with patients
- Focus on patient's needs, instead of insurance
- Practice healthcare, instead of just writing prescriptions

homeCures that work

### *The patients get:*

- Better care - treating the problem, instead of the symptoms
- More access - phone, email, and text
- Not rushed - taking care of multiple issues at a time
- Personal - you choose the doctor you are most comfortable with
- A doctor who works for you, instead of the insurance company

Think about it: When does an insurance doctor get you off blood pressure medications? How long will you be taking that cholesterol medication? They have a client for life.

On the other hand, the direct-pay doctor is most relieved of a burden when you no longer need any medications, when you're well! It's easier to care for a thousand well people, than a hundred sick people. Therefore, most direct-pay doctors use a functional medicine model – removing the cause instead of just treating symptoms.

Some direct-pay doctors work online, using media like Skype or Facetime, as well as email and text. Thus, a person can choose a doctor literally from anywhere in the world. People who can't take off a half-day of work to go to the doctor or who don't drive will find these options very convenient. The online doctors find they can handle a large majority of problems, and will be able to triage to help you determine if it's necessary to go to urgent care or the ER. Many people just want to be able to contact someone they can trust who knows if they need urgent treatment. When chronic pain and other recurring health issues keep dragging you down, you'll be glad to know there is someone who can lift you back up.

All things considered, a direct-pay model is better for both doctors and patients for many reasons.

The doctors get:

- Fewer administrative hassles
- Less paperwork
- More time with patients
- Focus on patient's needs, instead of insurance
- Practice healthcare, instead of just writing prescriptions

The patients get:

- Better care – treating the problem, instead of the symptoms
- More access – phone, email, and text for simple questions are often included
- Not rushed -- taking care of multiple issues at a time, instead of only one per visit
- Personal – you choose the doctor you are most comfortable with
- A doctor who works for you, instead of the insurance company

## Is Direct-Pay Right for You?

Only you can say for sure, but the way to decide is only partly based on the financial benefits. Let's look at some numbers as an example:

For my family, a standard Blue Shield policy cost is:[11]

- Bronze: \$1475.00 per month premium (\$75 visits and \$12,600 deductible)
- Gold: \$2169.00 per month premium(\$30 visits and no deductible)
- Platinum: \$2789.00 per month premium (\$15 visits and no deductible)

If we look at the annual cost:

- Bronze: \$17,700 + \$12,600 = \$30,300 (total if we meet the deductible)
- Gold: \$26,028
- Platinum: \$33,468

Conventional full coverage insurance plans can be catastrophically high! Even a no-deductible plan can be awfully expensive!

But an "expensive" direct-pay doctor would be

the financially advantageous option over getting a Gold or even Platinum health insurance plan.

## Direct-Pay FAQ:

Can the monthly payments to the doctor count towards the deductible? No.

Can the monthly payments to the doctor be paid by an HSA or FSA? Yes.

The doctor can give a receipt that can be submitted to your insurance. It may then reimburse a portion of covered visits, which would then apply to your deductible.

However, the bigger issue is your health, because that's why you have health insurance.

The direct-pay doctors generally give much better service, allowing you to take care of health issues sooner. Moreover, if you chose a doctor that has knowledge and will teach true principles of health, helping you restore normal body functions, the value is immensely greater than the insurance that only covers drugs and surgery to treat symptoms. When it comes to your health, "an ounce of prevention" is worth way more than "a pound of cure!"

Are you tired of being rushed through your medical visits? Not having your complaints listened to? Never really feeling as good as you want to feel? Not getting answers to your medical problems? Then it's time to take a closer look at direct-pay healthcare, where your health and well-being are the only focus.

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# Home Cures From the Kitchen to Reduce High Blood Pressure

## Key Ingredients From Nature with Healing Properties for Blood Pressure

BY **ROB FISCHER**

**I**n the classic horror novel, *Dracula*, author Bram Stoker introduced the idea that garlic repels vampires. Thankfully, vampires only exist in the imaginations of fiction writers!

But in the real world, there is a menace, a silent killer, just as deadly. And it so happens that garlic

actually does help repel this threat. That menace is high blood pressure. (Of course if there were vampires, sucking a little blood out of someone might also lower their blood pressure—but the side effects would be undesirable!)

Back to the real world; the American Heart Association estimates that one in three adults over 20 suffers with high blood pressure (HBP).[1] We often refer to HBP as the “silent

killer” because most of the time there are no symptoms. But left untreated, HBP damages your circulatory system and contributes to heart attack, stroke and other health issues. Complications resulting from HBP also include heart disease, kidney disease, hardening of the arteries, and eye damage.

Blood pressure is measured with a blood pressure cuff and anything 140/90 and higher is considered high. Normal is in the 120/70 range. Anything between normal and high is called hypertension. The American Heart Association views HBP as a major public health concern.

## High Blood Pressure Drugs Aren't the Answer!

To a great extent, HBP results from our lifestyle choices. That being the case, it doesn't make sense to try to reverse the damage with a pill. Unless we change our lifestyle, drugs are merely addressing symptoms, not the cause. But there are even more compelling reasons not to reach for a pill.

Recently, the University of Alabama conducted a study following 26,785 people with high blood pressure for 6.3 years. The participants all took blood pressure medication in order to lower their blood pressure below 140/90. 4,090 of those people could not get their blood pressure under control with meds.[2]

But that's not the most disturbing part. By the end of the study, more than 820 participants had suffered a stroke. The study indicated that taking blood pressure medicine actually increased a person's risk for stroke by two-and-a-half times![3]

Research team leader, Dr. George

Howard explained, “Relying solely on [medication] is going to come at a dear price of people's lives.”[4]

Instead, Dr. Howard and other health professionals recommend five “proven approaches” to prevent and/or treat HBP.[5], [6]

- Lose weight if you're overweight.
- Exercise regularly.
- Decrease your stress.
- Eat a diet rich in fruits, vegetables, whole grains and legumes.
- Reduce salt intake while increasing potassium intake.

We'll save those first three approaches for another article and focus on the last two. In fact, I'm going to begin with approach #5: Reduce salt intake while increasing potassium intake.

In recent years, it would have been pretty hard to miss the emphasis in our culture on lowering your sodium (salt) intake. Everything from soups, cereals, and many snack foods now display, “Low Sodium” emblazoned across their packages.

The irony of the current low sodium kick is that restricting sodium intake alone does not lower blood pressure in most people. Numerous studies have shown that reducing your salt intake is a worthless measure unless you increase your potassium intake at the same time.[7]

In fact, a diet high in sodium and low in potassium is usually typical with someone who has HBP. Conversely, someone who follows an eating plan low in sodium but high in potassium will lower their blood pressure. And by far, the best way to increase your potassium levels is to eat foods that are naturally high in potassium.

These include: fruits, vegetables, whole grains, legumes and fish.

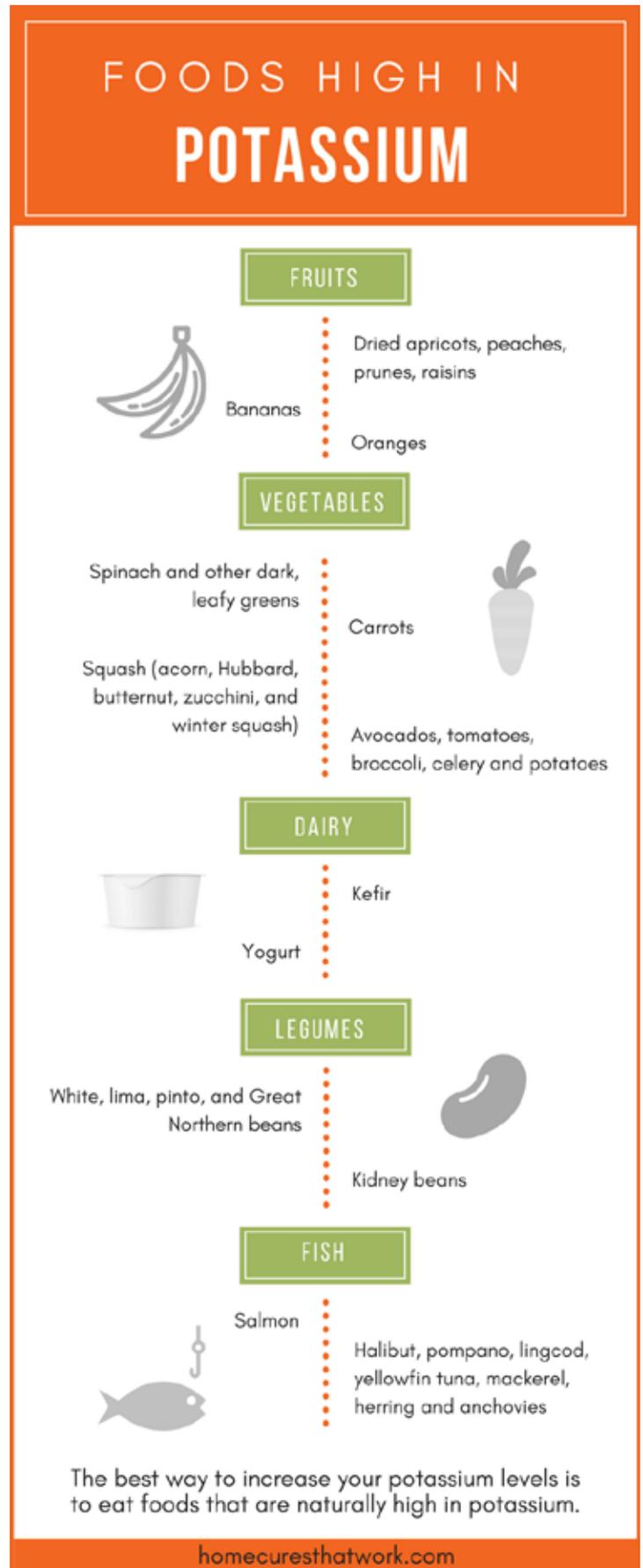
## Foods High in Potassium

- Bananas
- Dried apricots, peaches, prunes, raisins
- Oranges
- Spinach and other dark, leafy greens
- Potatoes
- Squash (acorn, Hubbard, butternut, zucchini, and winter squash)
- Yogurt and kefir
- Avocados, tomatoes, broccoli, celery and carrots
- Mushrooms (white, portabella, brown, Enoki, Shiitake, and Maitake)
- Legumes (e.g., white, lima, kidney, pinto, and Great Northern beans)
- Fish (salmon, halibut, pompano, lingcod, yellowfin tuna, mackerel, herring and anchovies)

Cereal grains also have a high potassium-to-sodium-ratio. In fact, the Institute of Medicine recommends a 3 to 1 ratio of potassium to sodium in a given food for it to have the desired health benefits of lowering blood pressure.[8] Whole grain flour of most grains is high in potassium. Some of these grains and pseudo-grains include:

- Brown rice (not white, because the potassium is in the bran)
- Wheat germ
- Amaranth
- Quinoa
- Rye
- Hulled barley
- Wheat

Obviously, if you suffer from high blood sugar or other health issues, you'll want to pick and choose from that list.



Cooking has little effect on potassium. However, potassium is water soluble. Therefore, if you cook something that's high in potassium and then discard the water after cooking, you've probably thrown away much of the potassium. [9] For this reason, a baked potato is better than boiled, for example. Look for ways to cook potassium-rich foods that retain its potassium.

Looking back over the above lists of foods high in potassium, you might conclude, "If I ate like that, I'd be eating a diet rich in fruits, vegetables, whole grains and legumes." Of course, that was our fourth recommended approach to preventing and/or treating HBP!

Although it may not be the season for soup right now, a vegetable or minestrone soup is one very healthy way to lower blood pressure. In fact, Dr. James Duke, author of *The Green Pharmacy*, likes to call minestrone soup, "Medistrone," because it's so medicinal in its effect on HBP.[10]

In addition to all those great fruits, vegetables and other healthy foods, you can also spice up your food to help lower blood pressure.

## Spices and Herbs that Lower Blood Pressure

Far from merely making things taste better, many herbs and spices contain powerful compounds that not only help lower blood pressure but provide other important nutrients as well. Consider these herbs and spices that are known to lower blood pressure:[11]

- Garlic
- Onions
- Saffron
- Valerian
- Fennel

- Oregano
- Black pepper
- Basil
- Tarragon

## Omega-3 Fatty Acids to Normalize Blood Pressure

Remember various kinds of fish on our list of high potassium foods above? Another great reason to eat fish is for their omega-3 fatty acids. If you're not a fish-lover, there are some other great ways to get omega-3 fatty acids in your diet. Research gathered from 70 different clinical trials revealed that people who consume omega-3 fatty acids lower their blood pressure significantly.[12]

Omega-3 fatty acids are known to support brain function, reduce inflammation, and improve cardiovascular health. Here are some of the foods highest in omega-3 fatty acids:

- Flaxseed oil
- Fish oil
- Chia seeds
- Walnuts and walnut oil
- Caviar (for the more discriminating palate!)
- Fish (fresh, canned or cured): salmon, sardines, cod, herring, mackerel, tuna, trout, halibut, and swordfish
- Mussels: clams, oysters, squid
- Spinach

Let's put some of these healthy foods together into a couple of tasty summer recipes aimed at lowering blood pressure.

# GRILLED CEDAR PLANK SALMON

## — Ingredients & Directions —

### INGREDIENTS

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- A cedar plank about 6" x 18" (or long enough for your salmon filet)
- 1 large wild salmon filet
- 1 medium onion
- 3 garlic cloves
- Avocado oil
- Black pepper

### DIRECTIONS

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1. Soak cedar plank in fresh, clean water for 2 hours prior to using. (Hint: for a few dollars, you can buy an untreated cedar fence board at a local hardware store and cut it into the desired lengths. Be sure it is untreated!)
2. Preheat gas, pellet, or charcoal grill to medium-high heat.
3. Rinse and pat salmon filet dry with a paper towel. Lay salmon filet, skin-side-down on the plank and slather its topside with avocado oil.
4. Slice the onion and distribute the rings on top of the salmon.
5. Slice, dice or crush the garlic and sprinkle over the salmon.
6. Pepper to taste.
7. Lay cedar plank with salmon on it directly on the grill grate and close grill. Cook for about 20-30 minutes, or until done. Serve salmon hot, right off the plank!



# Mixed Summer Salad

This delicious salad is like the non-soup version of minestrone. It serves 4 and complements your cedar plank salmon.

## Ingredients

- 1 – 8 oz. bag of fresh organic spinach
- 1 avocado, peeled and cubed
- 2 fresh Roma tomatoes diced, or about 16 cherry tomatoes
- 1 small zucchini sliced, then quartered
- 2 medium carrots peeled and sliced
- 1 cup sliced white mushrooms
- Several leaves of fresh basil, chopped
- Balsamic vinegar
- Olive oil

## Directions

1. Prepare and toss all vegetables, basil and mushrooms.
2. Dress with olive oil and balsamic vinegar and toss.

If you have high blood pressure, don't wait until HBP takes its toll on your body. Help prevent or treat HBP now by eating foods high in potassium and omega-3 fatty acids. Eating delicious foods like this will probably help you lose weight too!

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# 12 Signs That You May Be Insulin Resistant

## Natural Ways to Prevent Diabetes

BY **SUSAN PATTERSON**

**I**nsulin is the hormone that facilitates the transport of glucose, or blood sugar, from the bloodstream and into the body's cells to use for energy. After eating a meal, in response to the normal increase in blood sugar, the pancreas secretes insulin into the bloodstream. If you become insulin resistant, the normal amount of insulin

that's secreted isn't sufficient enough to carry blood sugar into the cells, so to compensate the pancreas continues to increase the amount of insulin secreted to help maintain adequate glucose movement into the cells, and a healthy blood sugar level.

If that sounds a bit too complicated, it can be summed up simply by saying, when insulin resistance occurs, your blood sugar level rises.

# The Problems with Insulin Resistance

While most people connect diabetes to the word insulin, problems with insulin can result in multiple different conditions in those with normal blood sugar levels, including:

- Heart attack
- Stroke
- Fatty liver
- Obesity
- High cholesterol
- High blood pressure

Being insulin resistant can also lead to the development of prediabetes or full-on diabetes.

Prediabetes typically occurs in those who are already insulin resistant – while the condition alone doesn't cause type 2 diabetes directly, it can set the stage for the disease due to the high demands it places on cells that produce insulin. When one has prediabetes, their cells are no longer able to produce enough insulin to overcome insulin resistance, resulting in blood glucose levels that are higher than normal.

Once someone has prediabetes, the continued loss of that proper cell functioning typically leads to type 2 diabetes, and over time, that can cause serious complications like stroke, heart disease, kidney failure, lower limb amputations and blindness.

## 12 Signs You May Be Insulin Resistant

Obviously, no one wants to be insulin resistant, but frighteningly one in three Americans are said to be affected by this condition, which

happens to correlate with the country's dismal rates of obesity – currently at 34.9 percent.

By being aware of the signs of insulin resistance, you can take action now, before it's too late.

### 1. Obesity

Obesity, as noted, and especially abdominal obesity is a sign of being insulin resistant. That's because as your waist gets larger, insulin isn't able to work in the body as it should, ultimately causing levels of this hormone to rise.

### 2. Sleepiness after a meal

As insulin is unable to do its job properly, your cells aren't receiving the fuel they need, resulting in fatigue and sometimes extreme sleepiness especially after eating.

### 3. Craving carbohydrate-rich foods

If you're insulin resistant, you may feel hungry constantly, and as carbs tend to be especially satisfying to an insatiable appetite, this is what you crave most often.

### 4. Brain fog

If you have an inability to focus, or trouble thinking, insulin resistance could be the cause. That's because cells in the brain known as "microglia" release inflammatory messages when you have the condition, creating a vicious cycle of brain fog that not only muddies the thoughts but can destroy brain tissue.

### 5. Complexion problems

If you have acne and large pores on your face, it could be because being insulin resistant promotes higher levels of testosterone and increased sensitivity of the face to the male hormone, which makes you more susceptible to acne.

### 6. High blood pressure

Many people with hypertension are either pre-

diabetic or diabetic, and have higher insulin levels due to insulin resistance as one of the insulin's effects is to control arterial wall tension.

### **7. Elevated blood sugar levels**

Having a fasting blood glucose level over 95mg/dL indicates insulin resistance. Studies have shown that those with a fasting blood sugar level in the upper limit of normal range (95 to 99mg/dL) were 2.33 times more likely to develop type 2 diabetes than those who tested at less than 85mg/dL.

### **8. Polycystic ovarian syndrome**

This common endocrine system disorder among women of reproductive age is often linked to higher insulin levels.

### **9. Male pattern hair loss in women**

Rendering insulin ineffective affects multiple body processes, including hair growth. A study published in the European Journal of Cardiovascular Risk found that women with some markers of insulin resistance have a greater risk for androgenic alopecia or female pattern baldness.

### **10. Swollen ankles**

Because insulin sends a message to your kidneys to hold onto water and sodium, you'll look puffier, and may notice swolleness in the ankles as well the fingers, face, abdomen or other parts of the body.

### **11. Increased blood triglyceride levels**

While having high triglycerides doesn't cause diabetes, it does indicate insulin resistance, and that your system isn't working properly when it comes to turning food into energy. When your cells don't let insulin into your cells, both glucose and triglycerides build up in the blood.

### **12. Depression**

Depression can be due to a "deranged

metabolism" that results from insulin resistance.

## **What To Do Now If You Are Insulin Resistant**

If you're insulin resistant, the good news is that you can take control by addressing it now.

### **Lose weight.**

Even a small amount of weight loss can help to reduce insulin resistance. By following the diet and exercise tips that follow, weight loss is often a natural result.

### **Change your diet.**

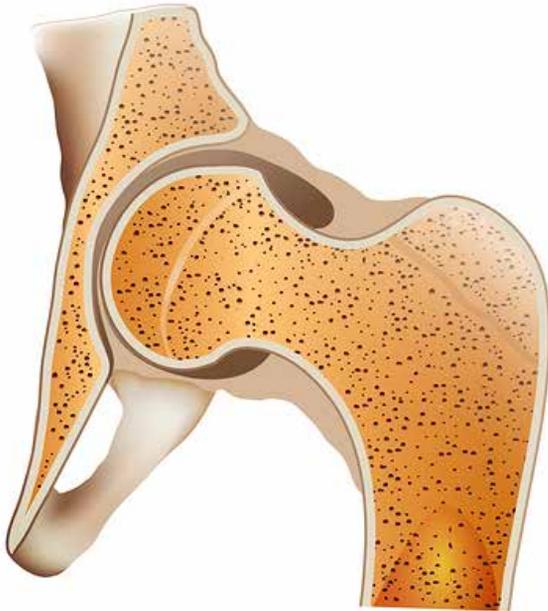
Restrict your carbohydrate intake by eliminating processed and fast foods. Instead, focusing on getting your carbs from nuts and seeds, vegetables and small amounts of fruit. Include moderate amounts of healthy fats, from sources like avocados, coconut oil, extra-virgin olive oil and nuts instead of following a strict low-fat diet. You should also include cold-water fish like wild-caught salmon, which is high in omega-3 fatty acids that can help combat the pro-inflammatory effects of insulin improving the cells' response to the hormone.

### **Get regular exercise.**

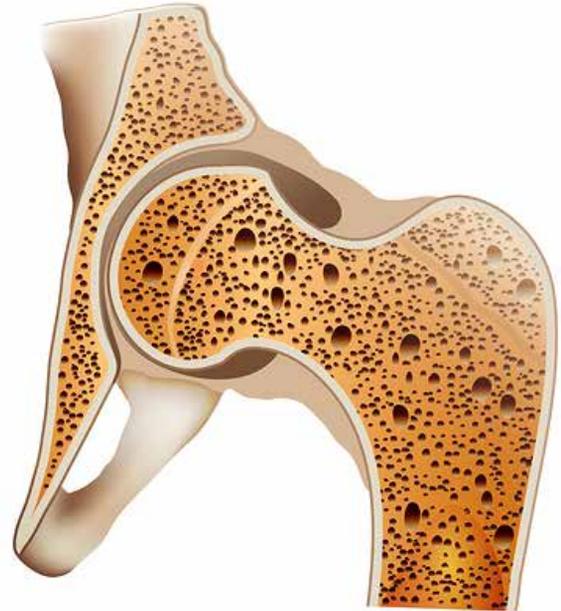
Getting regular exercise is a must for a healthy body and mind, as well as combatting insulin resistance. Vigorous cardio exercise helps to decrease the cells' resistance to insulin. Aim for 30 minutes per day, but if you haven't been exercising, you'll need to slowly work up to that amount. Also, don't forget the value of resistance training. It all matters and will make a huge difference in how your body looks and feels.

# OSTEOPOROSIS

NORMAL BONE



OSTEOPOROSIS



## Osteoporosis Natural Treatments That Work

Osteoporosis is Not a Calcium Deficiency:

BY DR. SCOTT SAUNDERS, M.D.

“Grandma fell and broke her hip,” is the fateful news we hate to hear. Even with a hip replacement, we know it is going to be downhill from here. A broken hip is often the beginning of the end for a senior.

Both history and DNA repeat themselves, and since grandma broke her hip, we have our own bone density tested. The doctor seals

our fate and says the same thing is going to happen to us if we don't take certain medication. Famous actors on TV ads confirm just how crucial it is to take osteoporosis medication.

There is a whole culture of fear surrounding the aging process. We fear that it's going to strike us – and we never know when and where to expect it. Out of fear we take calcium and bisphosphonates (prescription drugs) to ward off brittle bones. After all, you don't want to end up like Grandma! But, everything you've heard about osteoporosis is wrong!

# Osteoporosis History: Rickets

The reality of osteoporosis is very different. Osteoporosis is not a disease of aging, but of the Industrial Revolution, hardly appearing on the scene before then. Prior to the Industrial Revolution, people lived, worked and traveled outdoors in the sunshine. But since that time, several changes have occurred:

- Work moved indoors under artificial lighting.
- Cities became polluted with soot that prevented the ultraviolet light that makes vitamin D from reaching the people.
- People started bathing more often.
- Children among the wealthy class were kept indoors without exercise since cities were dangerous places. As a result, these children became more susceptible to rickets because they didn't have enough calcium.

Many may remember the storybook (and movie) of Heidi. Her friend, Klara, lived in the city and was in a wheelchair, becoming weaker and weaker. But when Klara went to visit Heidi in the mountains, she gained strength and was miraculously able to walk again. Her recovery was attributed in the story to the clean mountain air. Truth be told, Klara had a disease called "rickets." The "clear mountain air" that supposedly healed her was actually the sunshine that made vitamin D she was getting for the first time in her life.

By the middle of the 20th Century, everyone knew what rickets was and how to prevent it. My mom even lined up her kids for a dose of Cod Liver Oil, rich in vitamin D, specifically for that purpose.

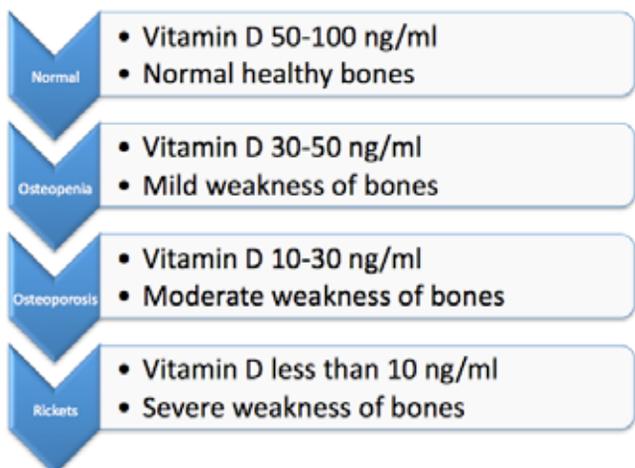
# Modern Day Osteoporosis

In our modern society things have only gotten worse! We forgot about rickets and stopped thinking about getting enough sunshine. Not only do we work indoors all day, the dermatologists are now telling us to avoid the sun at all costs. We use sunscreen; we wear hats and clothing, we stay indoors or stay shaded from the "cancer-causing sunshine." (This is the topic of another discussion.)

Moreover, we bathe every day. One patient of mine was a beach volleyball player. He was out on the beach without a shirt or sunscreen every day and he was still in the "osteopenia" range of vitamin D. It turns out that every time he finished playing he would go take a shower, washing all his vitamin D down the drain. Did you know it takes over 24 hours to absorb vitamin D through the skin?

Vitamin D helps us absorb and use calcium. Without a constant supply of vitamin D, our body takes the calcium out of our bones to make our muscles and nerves work. Osteoporosis is just a mild form of rickets. Osteopenia is a little milder, and so forth. The scale looks like this:

## Osteoporosis Drugs



Warning: Prescription drugs for osteoporosis are poison and should be avoided at all costs.

- They kill bone cells, inflicting permanent damage.[1]
- They cause a disease called “osteopetrosis,” which is thick, brittle bone, as well as necrosis (death) of bone, especially of the jaw, after a tooth extraction, for example.[2]
- They also damage the lining of the esophagus, stomach and intestines.[3]
- They should be treated like toxic waste (which is where they came from, i.e., made from E. coli). [4]

Read the package insert that comes with this pharmaceutical drug and it will tell you why they're so dangerous.[5] This is the first kind of medication I remove from every patient who comes in my office.

### **Calcium supplements**

If you take calcium supplements, then you cause imbalances in other areas such as magnesium. If you don't have a good balance of nutrients, then the calcium deposits in your body cause bone spurs, kidney stones and hardening of the arteries.[6] It is a mistake to take more calcium to build the bones because the food we eat has plenty. What we need is balance and proper usage

### **Achieving balance**

The nutrients that work together to build bone are complex and should be derived from food. Vitamin D supplementation is essential for all the reasons we discussed. In many years of testing hundreds of people, I have only had two patients in the normal range. One was going to a tanning booth twice per week, and the other had just gotten back from an extended stay in Hawaii. If you aren't sure about your vitamin D levels, every doctor now has access to testing.

Vitamin D works with vitamin K and vitamin A as well. Moreover, there must be adequate magnesium to build bone, which is found in green vegetables, whole grains, nuts and seeds. Since Americans don't live on these, but rather eat them occasionally, it's common for people to be deficient in magnesium.

## **Build Bone with Exercise**

You cannot build bone without exercise.

I repeat: If you don't stress the bone, you can take all the supplements you want, but you won't increase the strength of your bones.

I cannot emphasize enough the value of regular (3-5 times per week) weight-bearing exercise.

Walking is OK. Running is better.

Most will have to start slowly and gradually increase to a one-mile jog. Jack LaLanne-style calisthenics at home are also a great idea. (Besides, it's the BEST way to stay out of a nursing home!!!) I want to encourage this because we have a tendency to think we can take a pill instead of exercise. Don't even think about it! Exercise first!

## **Strong Bone Recommendations**

- Exercise regularly.
- Eat plenty of vegetables and fruit. Potassium, magnesium, vitamin C and beta carotene (found in fruits and vegetables) have been associated with higher total bone mass.
- Take Vitamin D3 – 50,000 IU once or twice per week. In my experience, one time a week gets people into the

50-70 range, and two times a week gets them to around 80. Test if you aren't sure.

- Take Vitamin K2 – about 2 mg per week (The best source of vitamin K-rich foods are dark leafy green vegetables.)
- Take Vitamin A (natural form of mixed retinoids and carotenoids) – 50,000 IU per week.
- Take Magnesium – 400 mg in the evening before bed. Better yet, eat more green vegetables, whole grains, legumes, nuts and seeds!
- Continue exercising 3-5 times per week – FOR LIFE! Try weight-bearing activities, such as walking, weight training and calisthenics. Try to do at least 30 minutes of exercise most days of the week.

The easiest way to create strong bones and avoid osteoporosis is to take vitamin D, exercise and eat whole foods.

This would be adequate not only to build bone, but improve your strength, stamina, energy and immune system, as well. Moreover, your chances of getting cancer would drop by over 50%!

## Stamp Out Osteoporosis

Studies in nursing homes where patients never see sunshine or the light of day show that there is much more to vitamin D than just building bones. Those who were given vitamin D also had fewer falls, more strength, better agility and more mental clarity. Using the above method of curing and/or preventing osteoporosis will give you many, many other benefits.

Sources:Sources:[1] [http://www.totalhealthsecrets.com/ENGLISH/resources/articleDetail.php?articles\\_id=71](http://www.totalhealthsecrets.com/ENGLISH/resources/articleDetail.php?articles_id=71) [2] <http://articles.mercola.com/sites/articles/archive/2006/06/17/why-take-an-osteoporosis-drug-that-kills-your-bones.aspx> [3] <http://www.health.harvard.edu/blog/starting-an-osteoporosis-drug-heres-what-you-need-to-know-201604189463> [4] <https://www.betterbones.com/osteoporosis/forte-bone-drug/> [5] <https://www.drugs.com/pro/boniva-tablets.html> [6] <http://www.herbalab.com/herbacoral-bone-spurs.asp>



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://drsandersmd.com>



# No Straight Line

How God Takes Your World, Turns it Upside Down, and Turns You Back Around

BY MICHAEL TYRRELL

**A**s one examines nature, one finds very few straight lines in its creation. This is a subject of debate, but more often than not, the spiral or nautilus shape is the center point of nature's organic structure.

Whenever you pass a field of majestic sunflowers, closer observation would

confirm this spiral, spherical, template. Some would say, what about trees, they look pretty straight? Yes, until one is cut down and its spherical growth rings are made visible to the eye.

The BIG picture is this: like nature, most of the time, your journey is anything but a straight line! How many times can you honestly say that your life followed a perfectly straight line from point A to point B? Truthfully, life is

often an unpredictable meandering, rife with unforeseen twists and turns, false starts, and cyclic diversions that appear to deter one from their visionary objective. You have undoubtedly heard the old maxim, “You can’t get there from here.” Nobody knew that better than the wilderness pioneers, the children of Israel.

Think about it. When Moses led the Israelites out of their bondage in Egypt, their destination, measured by a straight line, should have taken them roughly two weeks! Instead, though, they wandered aimlessly in the desert for forty years! Maybe you are asking yourself the million-dollar question, “Why?” Because, dear friend, when it comes to the delays that are rarely denials, there is ALWAYS a method in what we view as God’s madness.

You see, our journey, complete with its seasons of running in circles and chasing our tails, is never for naught, but instead, a life lesson to be learned. God is the master of using what we view as inconveniences or failures as priceless opportunities to arrive at our destination as different people!!!

Like us, the children of Israel had some issues. Their forty-year desert experience is precisely what it took to get them out of Egypt and to get “Egypt” out of them! Forty

years to change a corrupt mind into a heart of integrity is worth the delay, if arriving in two weeks meant they learned nothing from their journey and remained a corrupt people living in The Promised Land on schedule.

Sometimes, God has to “mess up” our life just long enough to change us, so that our life is one worth living. Here is my question: would you rather have what you want when YOU want it? Or would you rather get what you want when you’re actually READY to receive it?

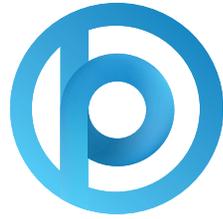
Your answer will speak volumes if integrity is your ultimate goal. When you arrive at the place of understanding that God is smarter than you, and knew everyday of your journey before you were even created, you will embrace every frustrating failure, each unforeseen twist and turn, and every hardship as an opportunity to become everything you always desired to be. Then, and only then, will you possess the character that it takes to carry the blessings you desired and hold on to them forever.

May this be your legacy ... I promise, it will be worth the wait! The most economical path between two points is a straight line, but unfortunately dear friend, that only works on a GPS!

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





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