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Symptoms of Peripheral Neuropathy You Should Not Ignore

Colloidal Silver: The Silver Bullet Against Antibiotic-Resistant Bacteria?

How to Make Your Water More Nutritious and Delicious!

7 Ways to Treat Toenail Fungus Naturally & Effectively

NEW WAYS TO GET NEUROPAHTY PAIN RELIEF

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Most people don't struggle with walking upstairs or staying awake because of a tingling pain, but those with peripheral neuropathy know the feeling all too well. The symptoms of peripheral neuropathy are usually obvious, painful and potentially debilitating. But if you are unsure whether you have this disorder or not, consider looking into any of the 12 symptoms of peripheral neuropathy you just shouldn't ignore.

If you identify neuropathy early, symptoms may disappear with proper treatment, such as improved blood sugar control or nutrients to treat infection or inflammation. One of the best treatments is an inexpensive, non-toxic vitamin. If you are currently suffering from debilitating nerve pain, Dr. Saunders knows the right nutrients to keep your nerves healthy to avoid the pain of neuropathy.

If you have diabetes, then take toenail fungus seriously. The first step is taking good care of your feet. If you do not have toenail fungus and want to keep it that way, we have a list of things you can do. There are antifungal creams available over the counter as a fingernail/toenail fungus treatment, but their efficacy is questionable. The secret to natural and effective toenail fungus treatment — and getting rid of it for good — you'll find in this month's issue of Home Cures That Work..

One topical treatment for toenail fungus is colloidal silver. Colloidal silver is a preparation that contains nanoparticles of silver in a colloidal base. It has been used since ancient of times for its antibacterial, antiviral and antifungal properties. While modern medicine may not espouse the benefits of colloidal silver just yet, more and more studies demonstrate that this preparation deserves a place in any natural-living enthusiast's medicine cabinet. Let's look at the many fantastic benefits of, and uses for, colloidal silver.

One underestimated medicine we all need is water. There is no substitute for good water and no getting around the realities of dehydration. One of the secrets to health and recovery from chronic disease is drinking a lot of healthy water loaded with strong healing agents. When we add the right substances to our water and then drink plenty of it, we enhance its healing power. Miracle water brings miracles to our health. Here's how to make your drinking water taste better, while boosting its ability to heal.

For your health,

Cheryl Ravey
Editor
Home Cures That Work



Neuropathy: New Ways to Get Pain Relief

BY DR. SCOTT SAUNDERS, M.D.

At first you have just a little burning in the toes or the ball of the foot. Then the tingling starts, soft at first, and only at night. The burning, deep itching, and pins and needles build to a crescendo preventing sleep, so you take sleeping pills. The doctor may give you pain medication or a nerve stabilizer, but it doesn't help, you still have almost constant discomfort.

Over a period of several years, it gradually diminishes as numbness sets in. It's hard to say what is worse, pain, or numbness.

At its most extreme, neuropathy can lead to difficulty standing or walking, as well as nonstop agony from dying nerves. Now, your feet get injured and you don't even know it. If an infection starts, it can become devastating before you even realize it's there, or you don't consult your doctor because it doesn't hurt. By the time you get to the doctor it's too late, the infection is in

the bone, and months of antibiotics don't clear it so they amputate your foot to save your life.

There are over 20 million people in the United States with neuropathy, and the numbers are increasing.[1] The scenario above happens all too often, and the most common reason for amputation is neuropathy. Nerves are very important for the function of every tissue in the body. When the nerves don't work, the blood vessels don't work either and tissues don't heal properly, so the body cannot fight infection. Like a forest with lots of dry underbrush, an infection spreads through the tissues like wildfire. Since the circulation is poor, antibiotics don't get where they need to be, and the infection can't be stopped, the only solution is amputation.

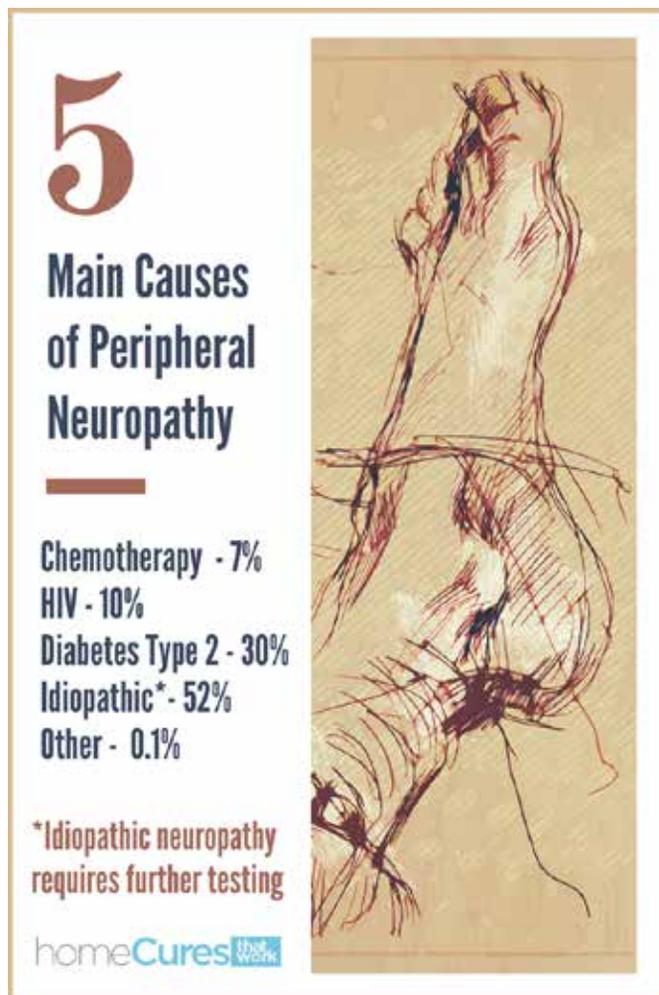
Modern research, however, has shown that this is preventable. Neuropathy can be stopped, and even reversed, but first we must find the cause.[2]

Causes of Peripheral Neuropathy

- Cancer Chemotherapy - 7%
- HIV - 10%
- Diabetes type 2 - 30%
- Idiopathic - 52%
- Other - 0.1%

Those things that cause damage to the nerves cause neuropathy. This would seem to be obvious, but, as you can see, most of the causes are "idiopathic." One of my professors at UCLA told us, "that means we're idiots." Actually, it means "unknown cause" or the cause remains mysterious. Idiopathic neuropathy would require further testing to look for:

- Heavy metals



- Nutrient deficiency
- Malabsorption/Leaky gut/Celiac disease
- Allergies and sensitivities
- Other infections such as Epstein-Barr Virus, or Lyme disease
- Autoimmune disorders
- Cancer
- Nerve impingement (pinched nerves)

Finding the cause of neuropathy is so complex that most doctors just label it "idiopathic" and give medications to try to relieve the pain. Treating the pain without finding the cause, however, can allow the disease to progress, leading to severe consequences – disability and death. In the long run, it's so crucial to find the cause so the problem can be reversed. Today, our technology has advanced to the point that we can easily find most causes of neuropathy.

Diabetic Neuropathy

By far the most common single cause of neuropathy is diabetes. The reason the nerves die is fascinating!

Nerves are in constant communication with our central nervous system. Communication signals are transmitted to and from the central nervous system (brain and spinal cord) to the distant (peripheral) parts of the body, such as the hands and feet.

Neuropathy occurs when the peripheral nerves become damaged—as a result of diabetes... or a less commonly recognized issue (see above). A person with diabetes has high blood sugar, which damages cells lining the blood vessels that transport nutrients and oxygen to body cells, which in turn harms nerves. Those impaired nerves send pain or pins-and-needles tingling sensations...or they can fail to transmit physical signals altogether, leading to numbness or muscle weakness. There's also the risk for injury when damaged nerves prevent you from feeling pain in dangerous situations.

Insulin resistance weakens the walls of the small blood vessels (capillaries) that supply the nerves with oxygen and nutrients, thus preventing sugar from getting into cells. Nerve cells are especially sensitive to a lack of sugar because they need a constant supply to function. The fact is the nerves are STARVING for sugar. Even if the blood has ten times the normal amount, diabetes prevents all that sugar from getting into the cells. Without sugar those cells can't make energy, so there is a structural breakdown of nerves, producing neuropathy.

Drugs don't decrease insulin resistance. In fact, most diabetes drugs increase the insulin causing more insulin resistance. Thus, drug

treatments, including injections of insulin, increase the problem of neuropathy! [3] If you use drugs to treat diabetes you will need more drugs to treat neuropathy, and then more drugs to treat the infections and problems of neuropathy. We can easily see how people come to take so many drugs for one illness, because the drugs don't address the cause.

The answer to diabetic neuropathy is simple. We know the cause to be insulin resistance so all we need to do is improve insulin sensitivity and we can avoid, or reverse, diabetic neuropathy. There are several possible reasons for being insulin resistant, and since the ways of reversing it are all good for you, it isn't necessary to know which you have. I recommend simply doing all of them.

DR. SCOTT SAUNDERS'

4 Tips for Reversing Insulin Resistance



1. Exercise
2. Don't eat sugar in any form
3. Fast a little at a time
4. Take cinnamon, chromium, vanadium, selenium, vitamin D3, and vitamin K2

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4 Tips for Reversing Insulin Resistance

1. Exercise. Any kind of exercise decreases the need for insulin, allowing the cells to take up sugar. All exercise is good. More is better. Do what you can, and increase gradually.
2. Don't eat sugar in any form. Some say that honey, agave nectar, coconut sugar, fruit, or maple sugar is good for diabetes. But they all increase insulin resistance. They are all sugar. Even artificial sweeteners increase insulin resistance. We were told that we could have as much STEVIA as we want because it has no calories or carbs, but in some people, it increases insulin resistance. The rule of thumb is: DON'T EAT ANYTHING THAT TASTES SWEET.
3. Fast a little at a time. You become sensitive to insulin when your stomach is empty. Start by not eating after 6 PM and fast for 12 hours, until 6 AM. You can gradually increase this until you can go a whole day without eating. The most important thing, however, is to go to sleep on an empty stomach. This allows the release of human growth hormone (HGH) that will repair your stomach, intestines, and nervous system.
4. Take cinnamon, chromium, vanadium, selenium, vitamin D3, and vitamin K2. Each of these is essential to the efficient function of sugar in your body; a deficiency in any of them will make you more insulin resistant. I recommend a supplement called CinnaChroma which contains all of them together.

Barton Publishing has a [Diabetes Reversed book that you can get purchase through their online store](#) which explains each of these tips in more detail.

Other Causes of Neuropathy

Just like with diabetes, it is essential to know what is causing your neuropathy if you want to reverse it. For example, if you have lead toxicity, you must get the lead out. It won't help you to take supplements for nerve repair if you continue to have lead toxicity. Also, if you have a deficiency of vitamin B12, which is quite common, you must get that nutrient. It won't help to take a vitamin D supplement if you need vitamin B12. Thus, you can work with your doctor to find the underlying cause first, and then the natural treatment will present itself.

Drugs

Chemotherapy drugs are known to cause neuropathy, but there are many others. Heart disease and high blood pressure are sometimes treated with drugs that can induce peripheral neuropathy. Amiodarone, for example, a drug used to treat cardiac arrhythmias can damage the nerves causing neuropathy. Neuropathy is a main side effect of other drugs used to treat arthritis or gout.

It's important to know if nerve damage is possible from these toxic medications because you may need to get off of the drug in order to heal. Recovery may be slow, but it is possible once off these drugs. This may mean switching to a less toxic alternative, or simply finding a way to get off the drug, which may also help the neuropathy.[4]

Malabsorption

When the intestines don't absorb nutrients well, this can damage the nerves due to a lack of nutrients. Most of the problems with absorption come from inflammation in the gut.

There are many causes of inflammation in the intestines that can trigger malabsorption that leads to neuropathy. About 1-3% of all people in the United States have celiac disease, a reaction to gluten found in wheat, barley, and rye. Other causes include “leaky gut,” infections, bacterial overgrowth, or food sensitivities. While most people are unable to believe that they could be nutritionally deficient or malnourished, it’s very likely that this is one of the major causes of peripheral neuropathy.

Vitamin B12 malabsorption is probably one of the MOST common nutritional causes of idiopathic neuropathy. Vitamin B12 deficiency can result from dietary factors, the diabetes drug Metformin, and several other drugs that decrease Vitamin B12 Levels.

When people have neuropathy, the first thing I do is give them a shot of vitamin B12. If they come back with, “That shot really helped!” I know they need more, and I give them a series of about 10 shots, one per week, as well as an oral supplement.

Toxicity that Leads to Neuropathy

The most common toxin, aside from drugs, I find in people with neuropathy is mercury. [5] While many people have mercury in their teeth, I don’t find a strong correlation with the amount of mercury in the teeth and neuropathy. In fact, most of the mercury toxicity I’ve found is from fish. Research has shown that people who eat a lot of high-mercury fish frequently can experience nervous system damage and can suffer from neuropathy. [6] Now, I’m not saying that everyone should avoid fish, but try to find fish low in mercury.

Another heavy metal toxicity that can cause neuropathy is lead. Lead toxicity in the general population is uncommon, unless a person has a problem with detoxification, or excessive exposure. One young girl who was not growing well was found to be highly lead toxic. Investigators found a very high level of lead in the dirt where she played in her backyard. Many years before, it had been near an auto repair shop and apparently, they had dumped the battery acid out in the dirt.

Most lead still comes from old paint, and people who were exposed to leaded gasoline before it was banned.

I had one patient with over 50 times the toxic level of lead because he had been a metal cutter for over 30 years. He was diagnosed with all sorts of illnesses, such as Alzheimer’s, and gout, but it was all just neuropathy caused by lead toxicity. Once we got the lead out, he became a normal man with no health issues. Industrial, automobile, chemical workers and farmers are often found to be at increased risk of inadvertent lead exposure that leads to peripheral neuropathy.

Pesticides are another toxin that I commonly see. Those exposed to ORGANOPHOSPHATE pesticides are at risk for Parkinson’s disease, ALS (Lou Gehrig’s disease), and other neuropathies.[7] These are reversible also, but usually require intravenous glutathione treatments over time. The best way to avoid this is to eat organic vegetables and fruit. (And, don’t live near a farm that sprays this toxic stuff! Paralysis for dinner anyone?)

Natural Neuropathy Treatment

After determining the cause of neuropathy, healing the nerves is the next step. While obviously wanting to prevent further disability, there is more to healing than just removing the source. Helping the nerves heal is more delicate than healing the skin. Skin cells grow back fast. Nerve cells require time, and a lot of extra help.

Multiple studies have shown that two little-known nutrients can make a big difference in repairing nerve damage.[8] [9] [10]

- Alpha Lipoic Acid - An anti-inflammatory improves insulin sensitivity and defends against neuropathy.
- Benfotiamine - A form of the B vitamin thiamine has been used to treat peripheral neuropathy and alleviate pain caused by diabetes.

But it turns out that for repairing nerves enough may not be enough. Research shows that pharmacologic dosing is needed to repair nerves. There are three ways to dose supplements:

Supplemental dosing just adds a little to what you have in your diet so you can get enough.

Physiologic dosing gives your body enough, no matter how much you eat in your diet.

Pharmacologic dosing may be two to ten, or even one hundred times the amount you normally need.

In the case of healing neuropathy we need large doses of three nutrients:

1. Alpha Lipoic Acid
2. Vitamin B1 in the form of benfotiamine
3. Vitamin B12 in the form of methylcobalamin

Alpha Lipoic Acid is a natural nutrient

found in plants. WebMD states: “Many foods contain alpha-lipoic acid in very low amounts. They include spinach, broccoli, yams, potatoes, yeast, tomatoes, Brussels sprouts, carrots, beets, and rice bran.” [11]

“PHARMACOLOGIC DOSING MAY BE TWO TO TEN, OR EVEN ONE HUNDRED TIMES THE AMOUNT YOU NORMALLY NEED.”

Alpha lipoic acid is a potent and protective antioxidant that is both fat and water-soluble. That means it can penetrate virtually all of the body’s tissues, including the brain and nerves. In addition, it acts as a heavy metal chelator, helping the body rid itself of toxic metals like lead and mercury.

Several studies suggest alpha-lipoic acid also helps lower blood sugar levels. Its ability to kill free radicals may help people with diabetic peripheral neuropathy get rid of pain, burning, itching, tingling, and numbness in arms and legs from nerve damage.[12]

The key to healing neuropathy is to get this nutrient in large amounts – pharmacologic dosing. It’s best to have about 1200mg per day for 60 days, then about 600mg per day.

Benfotiamine is a form of vitamin B1 that is absorbed much more easily than the normal thiamine found in food and vitamin pills. The dose to heal nerves starts around 150mg per day for 60 days, then dropping to 75mg per day.

Methylcobalamin in large doses decreases inflammation around the nerves. I usually do this separately, and not with other supplements

in case there is a problem with absorption. I start with shots of one to five mg per week. There is a limit to how much B12 can be absorbed, no matter how much you take orally. Also, I find the shots work very quickly to relieve pain, burning, and even numbness. However, this is usually temporary, the other two nutrients are still needed for healing.[13]

The supplement formula I recommend is NERVALA, because it is high quality and contains the right amounts of both benfotiamine and ALA. Use as directed on the label. If you have diabetes, do yourself a favor and take NERVALA in conjunction with the program outlined above. [Both CinnaChroma and NervalA can be taken together without interactions.](#) I would recommend the diet program above for anyone with neuropathy. It will still help heal the nerves, even if the neuropathy isn't caused by diabetes.

Remember, healing nerves takes time. Finding the cause to prevent further damage, and then using the best program for repair can actually reverse the damage done to the nervous system. Work the program, and DON'T GIVE UP!



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Sources: [1] <http://www.healthcommunities.com/neuropathy/overview-of-neuropathy.shtml/> [2] <https://www.foundationforpn.org/research/research-registry/current-status/> [3] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2014359/> [4] <http://www.livestrong.com/article/171430-drugs-that-cause-peripheral-neuropathy/> [5] <http://emedicine.medscape.com/article/1175560-clinical> [6] https://www.researchgate.net/publication/51517872_Recognizing_and_Preventing_Overexposure_to_Methylmercury_from_Fish_and_Seafood_Consumption_Information_for_Physicians [7] <https://www.cdc.gov/niosh/nioshtic-2/00238157.html> [8] Benfotiamine relieves inflammatory and neuropathic pain in rats. Gabriela M.Sánchez-Ramírez. [9] Winkler G, Pal B, Nagybeganyi E, Ory I, Porochnavec M, et al. (1999) Effectiveness of different benfotiamine dosage regimens in the treatment of painful diabetic neuropathy. *Arzneimittelforschung* 49: 220–224. [10] *Rev Diabet Stud.* 2009 Winter; 6(4): 230–236. Published online 2010 Feb 10. doi: 10.1900/RDS.2009.6.230 [11] www.ncbi.nlm.nih.gov/pubmed/20421656 [12] <https://www.ncbi.nlm.nih.gov/pubmed/20421656> [13] Effectiveness of vitamin B12 on diabetic neuropathy: systematic review of clinical controlled trials; Y Sun, MS Lai, and CJ Lu.; Review published: 2005.



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Make Your Water More Nutritious and Delicious!

BY AMANDA PIERCE

Can water really be improved upon? Yes, it can - very much so! The main complaint I get from those who don't drink much water, is they don't like the taste. I find this ironic because water really doesn't have a taste. Unfortunately, society has bombarded us with sugary flavored drinks that have caused our taste buds

to dislike the very essence of life: pure water. Fortunately, there are ways to not only improve the taste of water, but also add nourishment!

See below for our recipes for natural, healthy and homemade kefir water, berry water, probiotic water plus a video on how to add nutrition to your daily water intake.

The Vitamin Water Hoax

One of the biggest money makers right now in the beverage industry is vitamin water. It is touted as a nutritious drink that gives you all the vitamins you need. The truth is that most of these vitamin “waters” aren’t really waters at all. They are just hyped up sports drinks under the guise of being water. Most contain a ton of sugar and synthetic vitamins. I recommend two healthy alternatives.

Coconut Water

This is the water contained inside of young coconuts. It’s gaining more and more popularity as a healthy sports drink alternative. I began drinking it several years back during my pregnancy. Its high potassium and magnesium levels helped my pregnancy induced tachycardia and restless legs. I also brought it to my son’s birth to drink after labor. I raved about it to my midwives and they now keep it on hand for new mothers instead of Gatorade! This is nature’s TRUE vitamin water! It contains nothing synthetic, just nature’s creation.

Homemade Vitamin Water

Making your own flavored waters is very easy to do and incredibly delicious. When you infuse your water with herbs and different fruit combinations, you are infusing it with natural vitamins and minerals. This

is fantastic for those who hate the taste of plain water. Below are some of my most favorite homemade vitamin water recipes.

Note: Many people are making their vitamin water in a quart size mason jar. I use a larger sun tea jar. If you do this be sure and increase your ingredients. Anything glass works. Recipes are designed for 1-quart servings.

Homemade Natural Kool-Aid

RECIPE

- 1 quart fresh filtered water (not distilled)
- 2 cups of organic mixed berries (you can use frozen)
- 1 sliced orange
- 2 hibiscus tea bags
- Stevia to taste

homeCures

Cucumber, Lemon, and Mint Water

Probably the most popular homemade vitamin water combo is cucumber, lemon and mint. I like to mix it up a bit and use basil for a refreshing nutritious drink. Cucumber and lemon lend a great flavor, and also help detoxify the body! Mint soothes the stomach, as well. Directions:

- 1 quart fresh filtered water (not distilled)
- 2 chopped cucumbers
- 1 sliced lemon or lime
- A few leaves of mint or basil (Don’t go overboard. Less is more with herbs.)

Berry Berry Delicious Water!

I’m a huge berry fan, so this water has been my favorite. You can add several drops of stevia to sweeten it if you like, as it can be a tad tart. This tastes the closest to a natural Kool-Aid, so your kids will most likely enjoy it.

- 1 quart fresh filtered water (not distilled)
- 2 cups of organic mixed berries (you can use frozen)
- 1 sliced orange

- 2 hibiscus tea bags
- Stevia to taste

Stress Busting Pineapple Water

This homemade vitamin water combines anti-inflammatory pineapple with Tulsi (or Holy Basil) which is known for its stress-reducing properties.

- 1 quart fresh filtered water (not distilled)
- ¼ of a pineapple cut into small triangles
- 4 bags of Tulsi tea

Place all your ingredients into your glass container and place into the fridge. The flavor is best after 6 hours, so I recommend making it in the morning. These recipes stay fresh for about 2 days.

Probiotic Water

One of the best ways now to get your daily dose of healthy probiotics is from water kefir! I even prefer water kefir to kombucha. Both contain a good amount of life giving bacteria, but water kefir has a much milder flavor. Kombucha can taste slightly vinegary. Water kefir has no vinegar taste. Plus, you can have delicious homemade water kefir in a matter of 2-4 days, whereas kombucha can take a couple of weeks.

Kids seem to really enjoy water kefir as well. Its fizziness lends itself to tasting more like soda. I actually call it our “pop.” Because my children don’t drink soda, they believe they are getting quite the treat! Drinking kefir water can help with your digestion, fight bacterial and fungal infections, improve your immune system, and improve your overall health and well-being! Making kefir water is more tedious than making vitamin water, I must admit. But, once you get into the process of making it and feeling its benefits, you will see that it is a nutritious drink well worth the process. And

it literally costs only a few cents to make!

[Here is a step-by-step instruction video on how to make water kefir at home over the course of a few days.](#)

Water Kefir Recipe

The first thing you have to do is get a hold of some water kefir grains. Milk kefir grains will not work! Ask around to your friends first. With kefir’s growing popularity, one of your friends may know of someone looking to give away some of their grains. Otherwise, here are some great places to buy some grains from. Once you get started, you shouldn’t ever have to purchase grains again. They multiply rapidly and you’ll be giving them away to your friends! [Buy your grains HERE](#). If you buy these, you will have to rehydrate them. Follow the directions on the package.

The 2 Step Fermentation Process

Making water kefir is a 2-step process. There are 2 separate ferments. One with the grains, and one after the grains are removed.

The First Fermentation

You will need a glass gallon jar. If using a quart, reduce by ¼. You will also need:

- ¾ gallon of fresh filtered water (not distilled)
- ¾ cup of rapadura or sucanat sugar
- ½ cup of kefir grains
- ½ eggshell or 4 drops of trace mineral (optional)

First, dissolve your sugar in about 2 cups of hot water in your jar. After it’s dissolved, add your remaining water. Let it cool to room temperature. Then add your grains. Hot water can kill your grains; so don’t put them in too early! Finally add a rinsed, free-range eggshell (not crushed, just a half) or 4 drops

of trace minerals. The kefir grains thrive off the minerals from the eggshell or the drops. Cover the jar with a paper towel, cheesecloth, or cloth, and secure with a rubber band. Let it sit on the counter for 1-3 days until it is at your desired level of sweetness. The longer it sits, the less sweet it will be.

The Second Fermentation

Strain out your grains and toss out your eggshell. Store your grains in a glass container in a small amount of the liquid in your fridge for future use. We go through our water kefir so quickly that I typically start on another batch right away! Next, you start adding your flavoring! This is where you can get really creative! Some fun add-ins include:

- 1 cup of peach, grape or pomegranate juice
- 1 cup of real fruit like watermelon, strawberries or raspberries
- 6-10 slices of fresh ginger and 3 slices of lemon (this makes kefir ginger ale!)

The combinations are endless. Many of my friends are even adding herbs to the mix and making combinations like strawberry basil.

If you like to experiment with your food, you'll love making water kefir. Once you have added your flavors, you can pour it into smaller jars or bottles. If your lid is metal, wrap the top in plastic wrap first. The metal can interrupt the fermentation. For extra

fizz, a bottle work best. I have used old champagne and wine bottles. Many people are using Grolsch beer bottles, as well.

Allow the bottles to sit out for another 24 – 48 hours to continue fermentation and produce natural carbonation. If using a bottle, be sure to leave an inch or so at the top so it has room to expand. Don't let it go beyond 48 hours on your counter or it could explode!

Put it into the fridge and drink at your leisure. It will continue to ferment, but at a much slower rate. Drink the water kefir within a week. Wait much longer and it will start turning into alcohol!

Making your own water beverages can be fun and delicious. Water kefir is one of the best nutritious drinks to get beneficial bacteria without having to consume a dairy product. Remember, these healthy bacteria strains build your immune system and combat many stomach and intestinal issues. It is the only "soda" that is truly healthy!

There is truly no such thing as plain ol' boring water anymore! Making homemade vitamin water can improve your health in a very tasty way with these easy recipes! You really can improve your water, from coconut water and berry water to probiotic kefir water!

Cheers to tasty, delicious water and healthy hydration!



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.

SYMPTOMS OF PERIPHERAL NEUROPATHY YOU SHOULD NOT IGNORE



BY SUSAN PATTERSON



“**D**oc, this pins and needles thing in my hands and feet is starting to get really annoying. It starts in the morning and persists all day long. I am constantly shaking my hands and wiggling my feet in an effort to get the feeling back. I can’t sleep, I toss and turn all night long. Am I being a baby, or is there actually something wrong with me? Could I have peripheral neuropathy?”

Sound familiar?

If you’re like many others, you probably grew up being told to “just walk it off,” to just “suck it up” and move on after an injury. That may be why most adults are under the impression

that when it comes to pain, the best thing to do is to ignore it and hope that it goes away. While that may have prevented unnecessary trips to the doctor when you were a child, as an adult, it’s usually not the best idea.

There are some pains and other symptoms that should be addressed as quickly as possible, and never ignored, so that you can live the highest quality life possible – that’s especially true when it comes to these symptoms of peripheral neuropathy, which can develop slowly over months, or even years.

1. Aching, burning or sharp pain in your feet or legs.

For example, one patient diagnosed with diabetic peripheral neuropathy noted that symptoms began with pain in one leg, and the sensation of the limb not working properly. That progressed to constant pain in the left foot, and a “pins-and-needles” feeling in the left leg, as well as shooting pain that alternated

between the big toe and other toes.

2. Weakness and loss of balance and coordination.

As your motor nerves control voluntary movement of muscles, such as those used for walking, when they're damaged, you may experience weakness, loss of balance and coordination. It can make something as simple as a walk around the grocery store or buttoning a shirt tough.

3. A decreased sensation of touch.

You may experience the sensation that you're wearing gloves when you aren't, or if you accidentally cut yourself, there is little to no pain from the injury.

4. Extreme sensitivity to touch.

Sometimes the opposite is experienced, with a slight touch causing the sensation of pain.

5. Gradual onset of numbness or that pins-and-needles feeling.

This symptom can also result in having difficulty walking or performing other simple tasks as it typically affects the feet or hands, sometimes spreading upward into the legs and arms.

6. Heat intolerance.

Do you find yourself being unable to tolerate the heat? That may be because peripheral neuropathy can cause an inability to sweat, which leads to overheating.

7. Sleep disturbances.

Your sleep can be affected in a number of ways – sometimes the sensation of being hypersensitive to touch, especially in the feet and legs, can make it difficult to fall asleep, or stay asleep. When trying to sleep, your perception of pain can increase, also making it difficult to get a good night's rest.

8. Dizziness or lightheadedness.

These symptoms can occur due to changes in blood pressure.

9. Loss of bladder control.

Nerves that don't work properly can lead to bladder control issues and incontinence.

10. Loss of muscle mass in the legs, hands or feet.

You may notice your muscles beginning to shrink and your limbs becoming weaker, or not being able to function as they normally would.

11. Muscle twitching or cramping.

Your muscles may twitch at strange times and even cramp, causing pain.

12. Frequent falls.

If you fall frequently, it may be due to a loss of coordination, another peripheral neuropathy symptom.

Mainstream medical doctors often treat peripheral neuropathy with pharmaceutical drugs, but they all have serious side effects, including dizziness, sleepiness, dry mouth, blurred vision, weight gain, nausea, headache and in serious cases, allergic reaction and confusion, among others.

Given the problems with pharmaceuticals, we asked Dr. Scott Saunders, a regular contributor to Home Cures That Work, to find out about natural approaches to the problem. He says the natural substance with the longest record for helping neuropathy is alpha lipoic acid, a powerful antioxidant that scavenges many harmful free radicals. To further reduce nerve irritation, Dr. Saunders often prescribes a B complex. To prevent further damage, Dr. Saunders recommends treating your nerves with [NERVALA](#) to keep them healthy.



7 Ways to Treat Toenail Fungus Naturally & Effectively

BY **ROB FISCHER**

Summer is upon us. That means a lot more people are wearing sandals and flip-flops and showing a lot more toe. If you're a woman, your feet are supposed to be cute. If you're a man—well, they're just supposed to look manly. But if you've got toenail fungus, your feet will neither look cute, nor manly!

Sure, you could just hide your feet in socks

all summer, but we've got a better solution.

Toenail fungus is a fungal infection that specifically attacks the toenail. This condition is fairly common, so if you have it, you're by no means alone. Its technical name is onychomycosis (on-ih-koh-my-KOH-sis). When it first appears, it's a white or light-yellow spot under the tip of your toenail. If left untreated, toenail fungus can discolor the whole nail. The nail may also thicken, become brittle and begin to flake off on the end.

You can contract toenail fungus by coming into

contact with someone else who has it, or in a locker room, pool or hot tub area, or by wearing the same grungy shoes day-in and day-out[1]. With continual warm, moist conditions, your shoes can become a hothouse for fungal growth!

You're more prone to contract toenail fungus if:

- You're older or sedentary with decreased blood flow to your feet
- You perspire heavily
- You're male with a family history of fungal infections
- You work or play in a humid or wet environment
- You wear socks and shoes that don't breathe
- You live with someone who has toenail fungus
- You walk barefoot in communal areas: swimming pools, hot tubs, shower rooms, locker rooms
- You have athlete's foot
- You have a minor cut or injury that makes you susceptible to infection
- You have diabetes, circulation issues, or a weakened immune system

Sometimes toenail fungus is merely unsightly and may emit a foul odor. But it can become painful and even cause permanent damage to your toenails. If left untreated, toenail fungus can lead to other health issues and infections that attack other parts of your body.[2]

Toenail Fungus Prevention

Here are 7 common-sense precautions you can take to avoid toenail fungus:

1. Stay active, especially as you grow older.

This will help your circulation and keep blood flowing to your feet, which removes bacteria and fungus. Regular aerobic exercise also helps

keep your immune system in good order.

2. Maintain a strong immune system. In addition to regular exercise, eating nutritious, whole foods that are good for your gut is extremely important. Also, take a probiotic to aid in maintaining a healthy gut. The lactobacillus bacteria in most probiotics secrete a substance that kills fungi.[3] Also, reduce your stress level by maintaining healthy relationships and by purposeful living.

3. Facilitate treatment for someone you live with who has toenail fungus. If you notice that your spouse, child, or roommate has toenail fungus, help them with treatment and avoid direct contact with their infected area. Take extra care in keeping common areas clean.

4. Wear breathable shoes and change your socks daily. If your job or activities require you to be on your feet a lot, consider wearing socks made from wicking material to keep the moisture away from your feet. Also, when you get home, take off your shoes and socks and let your feet air out. Wash them daily.

5. Wear flip-flops or aqua-shoes in public areas. If you frequent the pool, locker room, or some other public place, avoid walking barefoot in those areas.

6. Treat athlete's foot right away. If you do contract athlete's foot, treat it immediately to avoid toenail fungus and other spread of infection.

7. Attend to cuts and scrapes on your feet at once. Any open wound on your foot provides a gateway for fungal infection or bacterial infections. Cleanse wounds with antiseptic and protect the injured area.

An ounce of prevention may be worth a

pound of cure, but what if you or someone you know already has toenail fungus? I'm glad you asked! If you go to your doctor for treatment they may suggest any of the following treatments or combination thereof:[4]

- Oral antifungal drugs, usually taken for six to 12 weeks. Caution: "Oral antifungal drugs may cause serious side effects ranging from skin rash to liver damage." [5]
- Medicated nail polish applied for as long as one year
- Medicated antifungal nail cream combined with thinning your nails through use of a urea lotion and nail file
- Removal of nail surgically so that a new nail can grow in its place

But of course, at Barton Publishing we always encourage the more natural, home-remedy path whenever possible. Fortunately, in the case of toenail fungus, there are a number of effective treatments you can apply, some of which you may already have in your pantry.

7 Home Remedies for Toenail Fungus

1. Essential oils – All of the following essential oils have powerful antifungal properties: tea tree oil, lavender oil, oregano oil, and turmeric oil. Dr. James Duke recommends blending two or more such oils together. Researchers have concluded that "combinations of the antifungal essential oils increased their activity remarkably." [6] Mix essential oils with an organic carrier oil and apply with a cotton swab three times daily until the fungus clears up.

2. Teas – Both chamomile tea and lemongrass tea contain antifungal compounds. Dr. Duke recommends both drinking the tea and applying it to the infected area. If you're using a tea bag, you can simply use the spent tea bag to dab the infected area. Do this two to four times daily until the fungal infection is gone. [7]

3. Apple cider vinegar – This natural home remedy is counterintuitive because we tend to think of apple cider vinegar (ACV) as being acidic and acid promotes yeast infections. However, when consumed, ACV turns alkaline. [8] Therefore, as with teas, you can take ACV internally and apply it topically to your toes. For a drink, mix two tablespoons of organic ACV and 8 ounces of warm water. Add a teaspoon of honey to make it tasty. You can use equal parts ACV and Epsom salts mixed with six parts hot water to make a therapeutic footbath. Soak your feet two times a day for at least 30 minutes until symptoms are gone. [9]



**7 HOME
REMEDIES
FOR TOENAIL
FUNGUS**

**ESSENTIAL OILS
TEAS
APPLE CIDER VINEGAR
HERBS
BAKING SODA PASTE
EXTRACTS
CORNMEAL PASTE**

Begin fighting fungal infections today with one of the above natural home remedies and check out our site!

homeCures that work

4. Herbs – Any herb that contains Berberine is a potent antifungal. Some of these herbs include: goldenseal, Oregon grape, and yellowroot. Again, as with essential oils, it's best to mix these herbs into a paste to apply to the affected area. "The research is quite clear: Mixtures of antifungal herbs almost always work better than single herbs." [10]

5. Baking soda and sodium borate paste – Sodium borate is a naturally occurring mineral. Both of these substances are alkaline and therefore powerful antifungals. When blended together in equal parts and mixed with enough water to form a paste, they create a hostile environment for toenail fungus. Apply this mixture twice daily to infected toenails and continue for two weeks after the fungus has gone. [11]

6. Extracts – Extracts or tinctures are different than essential oils in the way they're extracted and bottled, often in alcohol. Examples of antifungal extracts are: snakeroot extract, olive leaf extract, and licorice extract. Licorice extract alone contains at least 25 antifungal

compounds! [12] Again, we recommend that you use them in combination with each other.

7. Cornmeal paste – Although this natural remedy seems the most unlikely, it may be one of the most popular natural approaches to killing toenail fungus. For eons, gardeners have used cornmeal to kill fungus in flowerbeds and on lawns. Its antifungal properties appear to work on toenail fungus as well. In a container suitable for a footbath, mix equal parts of organic corn meal and warm water and let sit for about an hour. Then add enough warm water to submerge your whole foot and let soak for an hour. With a clean towel dry off your foot. Repeat often until you see results. [13]

Toenail fungus can be significantly more serious than finding yourself embarrassed to wear sandals. If you or your loved one has toenail fungus, begin fighting it today with one of the above natural home remedies and let us know about your success.

Here's to good looking and healthy feet!

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Colloidal Silver: The Silver Bullet Against Antibiotic-Resistant Bacteria?

BY **ROB FISCHER**

Colloidal silver may well be one of the most controversial remedies of the 21st century. According to the National Center for Complementary and Alternative Medicine (NCCAM), “Colloidal silver is not safe or effective for treating any disease or condition.”[1],[2]

The NCCAM comments further, “There is no scientific evidence for effectiveness and a severe risk for serious side effects from colloidal silver.”[3]

But the story doesn’t end there. Interestingly, the NCCAM refers to colloidal silver as “a replacement for conventional medical care.” Yet, for nearly 6,000 years, silver has played a significant role as a known antibiotic in conventional medical care. This has been true even into the 20th century during which the medical community relied on silver’s effectiveness in preventing and treating bacterial infections.[4]

In fact, a review of the medical literature led Dr. J. Wesley Alexander of the Department of Surgery at the University of Cincinnati College of Medicine to conclude, “Silver has been used for at least six millennia to prevent microbial

infections. It has been effective against almost all organisms tested and has been used to treat numerous infections and noninfectious conditions, sometimes with striking success.”[5]

Silver apparently ceased to be a part of conventional medical practice, not because of its ineffectiveness, but because of the introduction of antibiotics during the 20th century.[6] So, why the current upsurge in interest about colloidal silver today?

Ironically, colloidal silver is again gaining popularity as an antimicrobial because the overuse and misuse of antibiotics has resulted in new strains of antibiotic-resistant bacteria. The ineffectiveness of antibiotics against these superbugs is so well recognized that a spokesman for the US Centers for Disease Control and Prevention has declared this, “The end of antibiotics.”[7] While that statement may be going a bit too far, you get the picture.

Healing Powers of Colloidal Silver

Recent research has demonstrated that colloidal silver can destroy antibiotic-resistant microbes like MRSA.[8] In addition to colloidal silver’s innate antibacterial properties, it has been found to render antibiotics up to 1,000 times more effective against resistant bacteria.[9]

“In the 1980s, Larry C. Ford, MD documented over 650 different disease causing pathogens that were destroyed in minutes when exposed to small amounts of silver.”[10] Unlike antibiotics, because of the way colloidal silver works, the organisms that it kills are unable to become resistant to it.

Additionally, colloidal silver is a potent anti-viral, anti-fungal and anti-inflammatory. Colloidal silver has been shown to be

an effective treatment against ringworm, eczema, pink eye, ear infections, HIV/AIDS, pneumonia, herpes, shingles and warts.[11]

What of the Dangers of Colloidal Silver?

As a supplement, silver may come in three common forms:

- Ionic silver
- Silver protein
- Colloidal silver

Both ionic silver and silver protein are cheap substitutes for the real thing, because they’re less expensive to manufacture. But true colloidal silver is the only preparation recommended by healthcare professionals, and then only under supervision by a qualified health practitioner.[12] The most commonly cited warning about taking silver internally is argyria, which permanently turns the skin a blue-gray color. This problem does not occur with recommended dosages of true colloidal silver.[13]

However, logic prompts me to ask two questions about ingesting colloidal silver:[14]

- Silver is a “heavy metal”. Do I knowingly want to introduce a heavy metal into my body? However, apparently colloidal silver is not classified as a toxic heavy metal. As with any substance—even oxygen or water—there is a level of toxicity. So too with colloidal silver. But when used properly, it has not been shown to be dangerous, only beneficial.[15]
- Since silver kills bacteria, what about the good flora in my gut? Will silver kill the good microbes too (like antibiotics do)? Perhaps if I was fighting an antibiotic-resistant bacteria, I would risk taking colloidal silver to rid myself of such an infection. Many people do,

apparently with no ill-effects. And those who find that colloidal silver depletes their good flora simply supplement with probiotics.[16]

5 HEALING POWERS OF COLLOIDAL SILVER
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1
APPLY COLLOIDAL SILVER TOPICALLY TO A WOUND TO PREVENT OR HALT INFECTION.

2
USE A SPRAY BOTTLE TO MIST A BURN, SUNBURN, OR INSECT BITES FOR RELIEF AND TO AVOID INFECTION.



3
COLLOIDAL SILVER CAN STOP PINK EYE, ATHLETE'S FOOT, YEAST INFECTIONS, TOENAIL FUNGUS, AND SHINGLES.

4
USE COLLOIDAL SILVER AS A NATURAL HAND DISINFECTANT AT HOME OR IN PUBLIC.

5
COLLOIDAL SILVER ALSO WORKS AS A DISINFECTANT FOR YOUR KITCHEN AND BATHROOM.

mineral. Therefore, I cannot see drinking colloidal silver as a routine supplement like one might take vitamin D or fish oil.

However, many people love colloidal silver and its varied applications. Below are 5 ways you might benefit from colloidal silver:[17]

1. Apply colloidal silver topically to a wound to prevent or halt infection.
2. Use a spray bottle to mist a burn, sunburn, or insect bites for relief and to avoid infection.
3. Colloidal silver can stop pink eye, athlete's foot, yeast infections, toenail fungus, and shingles.
4. Use colloidal silver as a natural hand disinfectant at home or in public.
5. Colloidal silver also works as a disinfectant for your kitchen and bathroom.

Colloidal Silver Dosage

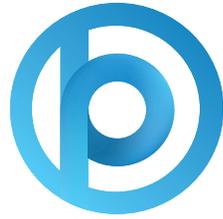
Experts recommend never using colloidal silver for more than 14 consecutive days. Recommended dosage is as follows:[18]

- For topical skin issues, apply 2-5 drops directly on affected area.
- For immune support, take 1 eyedropper-full orally.
- For pink eye, apply 1-2 drops into eyes.
- For disinfecting a wound, apply 1-2 drops onto a Band-Aid.
- For sinus infections, place 5 drops into a neti pot or spray directly into the nose.

When it comes to other colloidal silver applications, just think "antibiotic, anti-viral, or anti-fungal."

As antibiotics become less and less effective, we will have to turn to other means for battling bacterial infections. Perhaps colloidal silver will be that "silver bullet?"

But on a daily basis, the body does not need silver. Silver is not an essential



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