

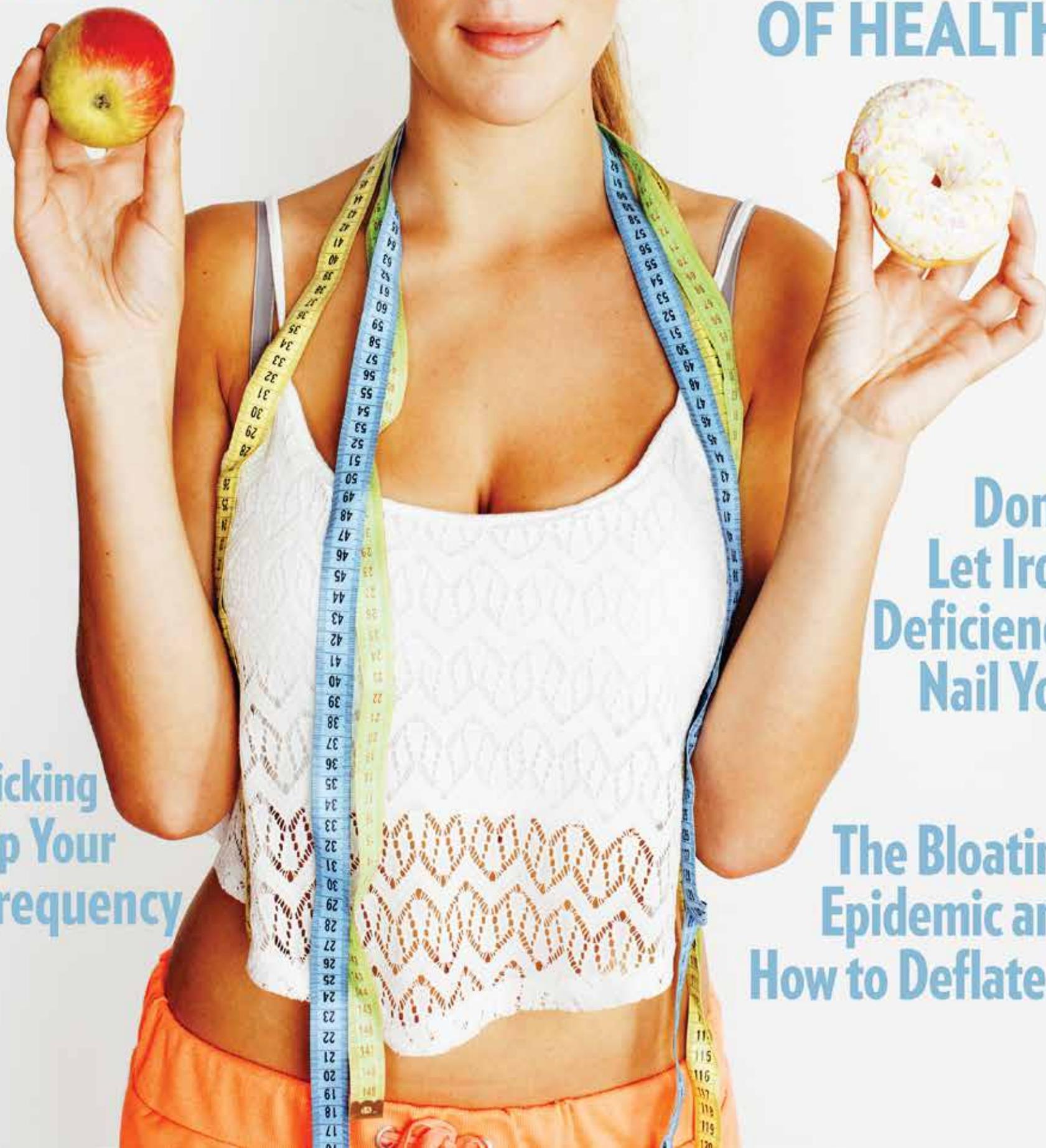
homeCures that work

WEIGHT CONTROL • HEALTHY RECIPES • SPIRITUAL WELLNESS • LIVING HEALTHY

a **barton** publication

**Follow These
Real Food Rules
for Better Health**

**ARE CARBS
THE ENEMY
OF HEALTH?**



**Don't
Let Iron
Deficiency
Nail You**

**Picking
Up Your
Frequency**

**The Bloating
Epidemic and
How to Deflate It**

AUTHORS



DR. SCOTT SAUNDERS, M.D.

Dr. Scott D. Saunders, M.D. is a practicing physician, specializing in preventative health care, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine. View natural remedies with Dr. Saunders at: <http://drsaundersmd.com>



ROB FISCHER

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



MICHAEL TYRRELL

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. 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. Please visit wholetones.com to see the whole story and discover the secret to wellness through music.

SUSAN PATTERSON

Certified Biblical Health Coach,
Certified Metabolic Typing Advisor

Health Rules to Live by

Have you every wondered why we create rules? Without rules, chaos follows. A prime example of chaos in the human body is found in the beating of the heart. The heart beats with “clock-like” regularity. But respiratory and cardiovascular problems cause chaotic heart rhythms.

The human body is not a simple machine, but an amazingly complex system. When it is out of order, your body becomes unpredictable and behaves randomly. In fact, it has been thought that disorder and chaos cause disease in the body.

The potential for practical application is vast and being healthy doesn't have to be complicated. When you have personal rules in place that guide your decisions, you've got an automated response for the chaos that life may throw your way. For example, you're on a mission to eat healthy food and your coworker brings in a box of freshly made donuts (my weakness). But because you have a rule in place about how you handle junk food, you easily pass with a simple, “No, thank you.”

In this issue of Home Cures that Work, you're going to discover the best rules of health you can live by. We invite you to use these rules. You may alter them to fit your own lifestyle, situation and goals, or use them as inspiration to come up with your own rules. Then apply them to your life.

If you body is in chaos right now, you may feel overwhelmed and believe there is nothing you can do to achieve inner balance. Don't believe that thought! God created order out of chaos just by speaking life. Your words can have the same effect! For your health,

Cheryl Ravey
Editor
Home Cures That Work



contents

4 ARE CARBS THE ENEMY OF HEALTH?

The Ten Commandments of Health and Longevity reveal the most important factor in preventing disease and the fastest answer to all your health problems.

9 THE BLOATING EPIDEMIC AND HOW TO DEFLATE IT

You're bloated again, and you don't know why. Here is how to STOP the belly bloat...and feel great again!

13 DON'T LET IRON DEFICIENCY NAIL YOU

Understand why your body needs iron to function properly. And attain iron balance by taking one of these best, tested-and-approved iron supplements.

17 FOLLOW THESE REAL FOOD RULES FOR BETTER HEALTH

Ten life hacks for eating healthier and maintaining better digestion.

21 PICKING UP YOUR FREQUENCY

The vibration at the center of all matter in the universe is, in fact, the sound wave from the word that God spoke over each created thing as He called it into existence. Your voice, together with God's, can bring order out of the chaos.

ARE CARBS THE ENEMY OF HEALTH?

The Ten Commandments of Health and Longevity reveal the most important factor in preventing disease and the fastest answer to all your health problems.

By Dr. Scott Saunders, M.D.



I GREW UP IN the 1970s when carbohydrates were the best thing since sliced bread (because it was sliced bread!). Mom made sure we had a good supply of carbs with every meal. We lived on Ramen noodles, bread, cold cereal, hot cereal, pasta, rice, corn – and sugar. After all, “just a spoonful of sugar helps the medicine go down!” Life was sweet!

But today, carbs are the villain! They are hated and feared by all. They are the cause of all our woes – especially obesity. Remember when eating fat caused fatness? Well, now sugar causes fatness – go figure! As we eat more carbs, we gain more fat. The rate of obesity is increasing so fast, it's hard for the government to keep track.

OVERWEIGHT AND OBESITY AMONG ADULTS AGE 20

Estimated Percentage by BMI



- Normal weight or underweight (BMI under 24.9) = 29.8%
- Overweight (BMI of 25 to 29.9) = 32%
- Obesity (BMI of 30+) = 30%
- Extreme obesity (BMI of 40+.9) = 7.7%

A

S YOU CAN see, almost 70% of our population is overweight! This is what happens after 40 years of dieting with low-fat diets.

It's not just a trend – it's an epidemic!

Diabetes is also in epidemic proportions. Twenty years ago when I was in medical school, there were two types of diabetes. Type 1 was called "childhood onset diabetes" and type 2 was called "adult onset diabetes." Now, however, we are seeing so many children with "adult onset diabetes" that this term is no longer in use.

Complications of obesity and diabetes are also on the rise. Diabetes is the number one cause of dialysis, amputation, neuropathy, Alzheimer's disease (type 3 diabetes), heart disease, and strokes.

Could all this death and disease be due to our diet?

Are we really just committing suicide with our own forks?

Could we stop the madness and turn it around before we reach the predicted HALF

the population with diabetes, or pre-diabetes in 2020?

STONE THEM WITH "OLD ROCKS"

The answer, say many different nutrition specialists, is to return to our roots. If we go back to a time before food was processed, preserved, sweetened, irradiated, and manipulated we could become healthy like our ancestors.

The concept of a "Paleo" (from the word "paleolithic," meaning "old rocks") diet goes back to an era even before cultivation. This is the "caveman" diet, that allows meat, and... well, meat, and things that might have been growing wild, such as greens and berries. Grain isn't an option on the Paleo diet. Thus most carbohydrates are eliminated: no bread, no cereal, no pasta, no tortillas, etc. (However, it is funny to see people on a Paleo diet who love their bread and make "paleo bread" out of nuts like almonds and coconut flour.) Perhaps it's just "throwing the baby out with the bath water."

ARE THERE GOOD CARBS AND

BAD CARBS?

Others would have us eat according to the "glycemic index" of foods. That's the measure of how rapidly the carbohydrate in the food is absorbed. This idea makes a watermelon worse than ice cream because the sugar is absorbed faster, causing more insulin release, and making us more resistant to insulin, which causes more fat to be stored, more obesity, and more diabetes.

Whew! While there may be some slight long-term benefit to eating a lower glycemic index diet, studies seem to indicate that it isn't the glycemic index that makes the difference, but rather the total amount of carbohydrates eaten. Thus, it may not be important to go through charts of glycemic index to determine what foods we can eat. Just the thought of memorizing another list of foods makes my head spin!

THE KEY TO CARBOHYDRATE DIETS

I could give the whole sermon in three words:

LESS IS MORE

There, do you get it? The studies on





food are clear. The problem is not the carbs, nor the type of carbohydrates. The problem is not even sugar! The problem is amount. The average American eats ten times the sugar that we ate only a generation ago. Occasional use such as birthday celebrations aren't an issue, it's the constant daily barrage of sugar that kills. Those who eat "bad" carbs such as cakes, cookies, and candy can have the same health benefits if they limit them.

SWEET!

The problem with sweets is that they are so good! We love them. We crave them. We can't seem to be able to live without them. We prefer sugar to cocaine to feel better! I have had to deal with so many sweet addicts – and it's not just sugar.

I put one patient, Frank, on a detox program because of his risk factors for diabetes. He has two young children and wants to be around to see them grow up. He did great on the program, eating only green foods and drinking only bone broth for almost six weeks. He started losing weight, had good energy, was able to make it through the day without caffeine, and was still able to play with his kids when he got home at night. Then once off the program, he had "just

one" diet cola (with artificial sweetener), and relapsed. Now he is all the way back to where he started, and doesn't have any motivation to do another detox.

I know children who will not eat anything that isn't sweet. They won't drink water, or even milk without something sweet in it, and all their snacks are candy, cookies, and sweetened breakfast cereals. The problem with sweets is that we enjoy them so much and a taste for them causes us to want more. The more we have, the more we want. This cycle is hard to break, at least as hard as smoking, alcohol, and heroin.

The fact is, eating carbohydrates on a daily basis causes many of the health issues we deal with. However, it isn't just carbs, it turns out that EATING on a daily basis is not healthy for our system. Even "good food" that is organic, natural, full of fiber, whole, living, and without eyeballs can mess up our systems if we have them all the time. In other words, the greatest factor in our health may not be related to the composition of our diet, so much as the amount and constancy.

THE FASTEST ANSWER TO ALL THE HEALTH PROBLEMS IN THE WORLD

There is an answer. There is a way to overcome all these problems. There is a natural way to cure type 2 diabetes, heart disease, and even the dietary addictions that plague our world. It's as simple as the three-word-sermon given earlier, but it's only one word.

FAST

What we eat is less important. I always recommend eating nutritious foods, but even that is less important than fasting. There are those who advocate low-calorie diets, eating several small meals every day so our stomach never gets empty, thus preventing us from getting hungry. However, this is not as useful. It turns out that the most important factor in:

- Preventing diabetes
- Preventing cancer
- Preventing obesity
- Living longer, and healthier
- Repairing the intestines, and body
- Preventing Alzheimer's disease and other dementias

...is having an empty stomach. The types of carbs, diet, and other factors are less important.

WHAT ABOUT SUPPLEMENTS?

Nutrients can have a large effect on our ability to use sugar. I have done thousands of tests on my patients and have found almost all of them to be low in two minerals that are needed for us to use carbohydrates well.

- Chromium
- Vanadium

Our soils don't contain these minerals so they aren't in our food. A deficiency of chromium could cause diabetes all by itself, even if we aren't indulging in chocolate and Skittles. Both of these minerals work together to help our mitochondria use sugar efficiently, giving us more energy. To stoke the metabolic fire that helps our blood sugar stay nice and healthy, add these nutrients to a water extract of cinnamon. Cinnamon's unique compound makes us more sensitive to insulin, allowing us to process carbs well.

Now let's look at a practical guide to health. I call them the Ten Commandments of Health and Longevity, in order of importance. The most important is first:

TEN COMMANDMENTS OF HEALTH AND LONGEVITY

1. Avoid stress and worry.

We can master any great nutrition and exercise program, and kill ourselves with stress.

2. Connect with others.

Love conquers all and is the fulfillment of life. Love is right up there with low-stress in keeping us healthy and living long.

3. Fast periodically.

This could be 14 hours per day (6pm to 8am); or two days every week; or 5 days per month -- but whatever you choose, it will make a big difference in your health.

4. Avoid processed food and artificial sweeteners.

Eat fruit. Use honey, molasses, and other natural sweeteners.

5. Eat nutritious food.

Pasta, rice, corn, breads and cereals (not sweetened breakfast cereals) may be a part of that, but remember, less is more. Try eating one day per week or more of a "PALEO" type diet of meat and vegetables.

6. Supplement

Since we're going to eat carbs, there's one little trick I use to make sure we can process our carbohydrates well. There are several supplements that contain Chromium, Vanadium, and cinnamon extract. In my office, I use CinnaChroma for almost everyone because I know there is a very good chance it will help even those who aren't at risk for diabetes. It will give them more energy, and prevent insulin resistance.

7. Exercise regularly.

Enough said!

8. Don't buy anything that says "LOW FAT."

This label means "increased starch and sugar." In fact, the "LESS IS MORE" applies to labels – if it has a label, don't buy it.

9. Avoid restaurants.

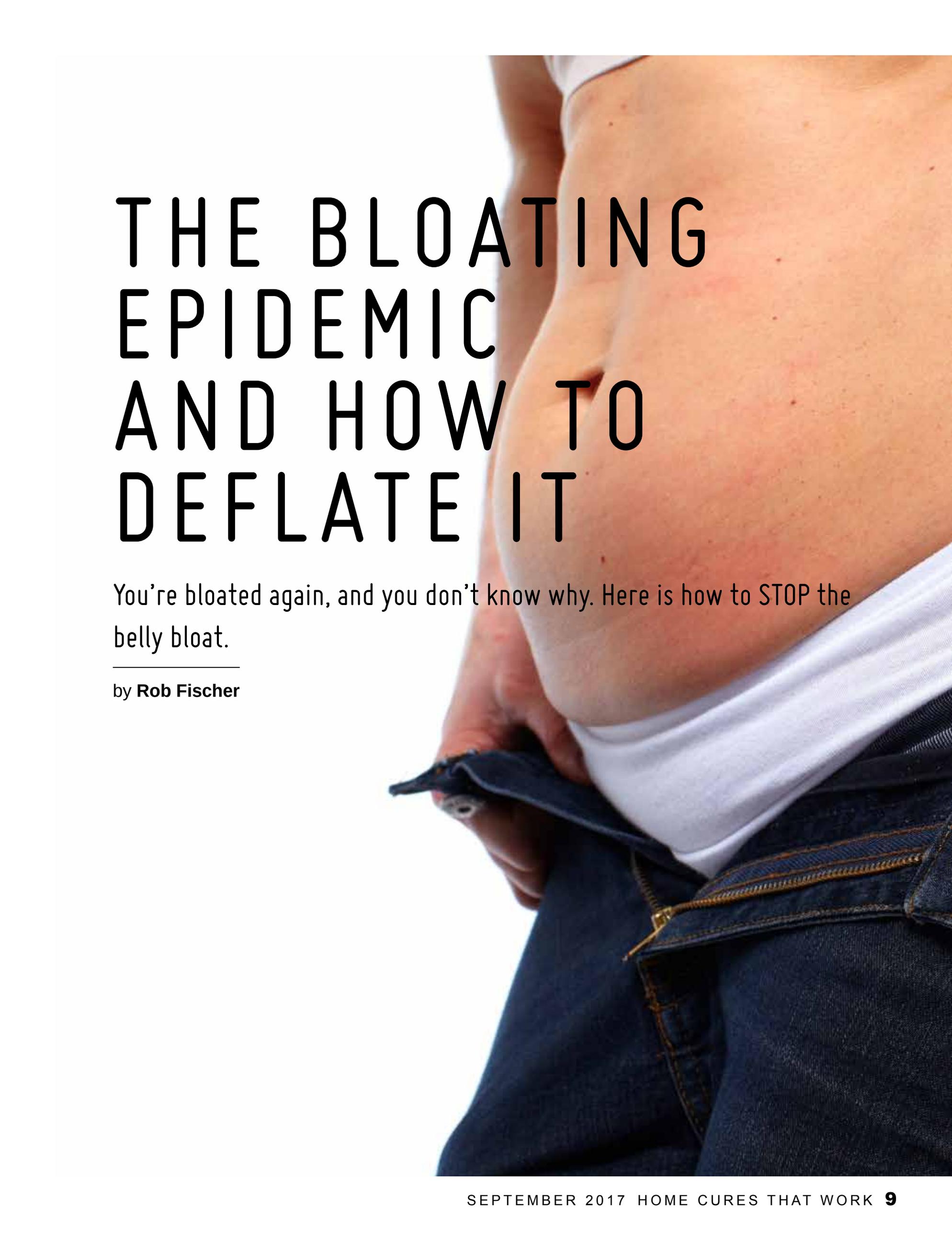
Even "healthy" restaurants need to make food taste good with excessive sugar, salt, fat, and MSG.

10. Avoid snacks.

Drink water between meals to allow your digestive system to reset, and prepare for the next meal.

Carbs are not really the enemy they are made out to be. The problem is that we eat too much. Those who are addicted to sweets, especially diet sodas, should avoid them altogether for the same reason an alcoholic should never have a drink. Otherwise, the best rule is feast – and fast. Enjoy your food, eat your favorite meals, and then take a break. Set your personal rules using the "Ten Commandments" listed above, and stay with them. Living life by rules keeps us safe, healthy, happy, and promises a longer time to enjoy it.

Sources: <https://www.ncbi.nlm.nih.gov/pubmed/17595272>, <http://www.diabetes.co.uk/diabetes-and-obesity.html>, <http://abcnews.go.com/Health/Diabetes/diabetes-half-us-adults-risk-2020-unitedhealth-group/story?id=12238602>, <https://well.blogs.nytimes.com/2014/12/16/questioning-the-idea-of-good-carbs-bad-carbs/>, <https://news.harvard.edu/gazette/story/2017/04/over-nearly-80-years-harvard-study-has-been-showing-how-to-live-a-healthy-and-happy-life/>, <https://www.amazon.com/End-Alzheimers-Program-Prevent-Cognitive/dp/0735216207>, <https://www.amazon.com/FastDiet-Revised-Updated-Healthy-Intermittent/dp/150110201X>, https://prolonfmd.com/?doing_wp_cron=1502213046.6353840827941894531250



THE BLOATING EPIDEMIC AND HOW TO DEFLATE IT

You're bloated again, and you don't know why. Here is how to STOP the belly bloat.

by Rob Fischer

THE PUFFERFISH DEFENDS itself by puffing up to several times its normal size. With its increase in size it intimidates its prey. We might say that bloating keeps that fish alive!

For humans, on the other hand, bloating is never desirable. We've all no doubt experienced the pain (and sometimes embarrassment) of feeling bloated. Bloating is on the rise, even at epidemic proportions according to the medical community.[1] So, let's take a look at some of the common causes of bloating and how to deflate that bloater!

WHAT CAUSES BLOATING?

When we experience bloating we may feel overly full and even find our stomach distended. Bloating is often accompanied by flatulents, burping, heartburn, lethargy and an overall sense of discomfort in the digestive tract.

The causes of bloating can be many and varied. But let's look at 10 of the most common causes.[2], [3]

1. Poor eating habits

This includes: overeating; eating rich, fatty, or sugar-laden foods; eating a lot of processed foods; eating too fast; eating too late at night; and drinking too much alcohol.

2. Swallowing air

While this may seem odd, there are several habits that cause people to ingest too much air and it results in bloating. Some of these include: chewing gum, sucking on hard candy, drinking through a straw, drinking carbonated sodas, and smoking.

3. Eating gaseous foods

We have to be careful not to "throw the baby out with the bathwater" on this one, because these foods can be very good for us. However, too much of a good thing can cause problems. Many people experience some form of negative side effects (most often gas and bloating) from milk, cheese or yogurt. Some other foods that are prone to produce gas are: all kinds of dried beans, lentils and chickpeas; cruciferous vegetables and a few fruits like apricots, plums, prunes and other dried fruit. I wouldn't eliminate these from your diet unless you're allergic to them. But eat them in moderation and not in conjunction with each other.

release pent-up gases, relieving bloating. Regular exercise simply needs to be part of the regimen of leading a healthy lifestyle.

6. Dehydration and loss of electrolytes

Lack of water and electrolyte imbalance can interrupt proper digestion and lead to bloating. Be sure to stay hydrated and take measures to keep your electrolytes in balance especially in hot weather, while exercising, or doing heavy/hard work.

Many people experience some form of negative side effects (most often gas and bloating) from milk, cheese or yogurt.

4. Artificial sweeteners

Artificial sweeteners are a common culprit that may be chief contributors to the bloating epidemic. These include: aspartame, sorbitol, sucralose (Splenda), etc. All of the artificial sweeteners are "serious bloat inducers." "Banish them from your diet, and you'll feel instant bloat relief," says nutritionist Stephanie Middleberg, RD.

5. Sedentary lifestyle

Lack of movement or exercise is a recipe for bloating, among other more serious problems. Exercise keeps things moving in the digestive system. It also burns sugar that might otherwise lead to too much fermentation in the gut. Exercise also enables the body to

7. SIBO

SIBO is small intestinal bacterial overgrowth. This commonly occurs after a course of antibiotics, but can result from other problems as well including FODMAPs. FODMAP is an acronym for a type of carbohydrate that ferments and is poorly absorbed in the gut. Some FODMAPs include: fructose, lactose, fructans, galactans and polyols.[4] So avoid these.

8. Medications

We are a pill-popping culture and as such, we often don't think twice about the side effects of even the common medications that we take. Here is a list of some of the most common meds that

cause bloating and I know some will shock you! The culprits are: aspirin, antacids (you probably weren't expecting that one), diarrhea meds, narcotic pain meds, fiber supplements, multi-vitamins, and iron supplements.[5]

9. Stress

Stress plays havoc with our digestion and our health in general. Stress often leads to poor or irregular eating choices and interferes with proper digestion.

10. Medical conditions

A variety of medical conditions can cause bloating. When any of these are the cause, they're usually accompanied by other more serious symptoms as well. Some of these medical conditions are: diverticulitis, IBS, Crohn's, food intolerances, parasites, celiac disease, candida, and some cancers.

Okay, but what if you're feeling bloated right now? What can you do about it? And what can you do to remedy bloating in the future?

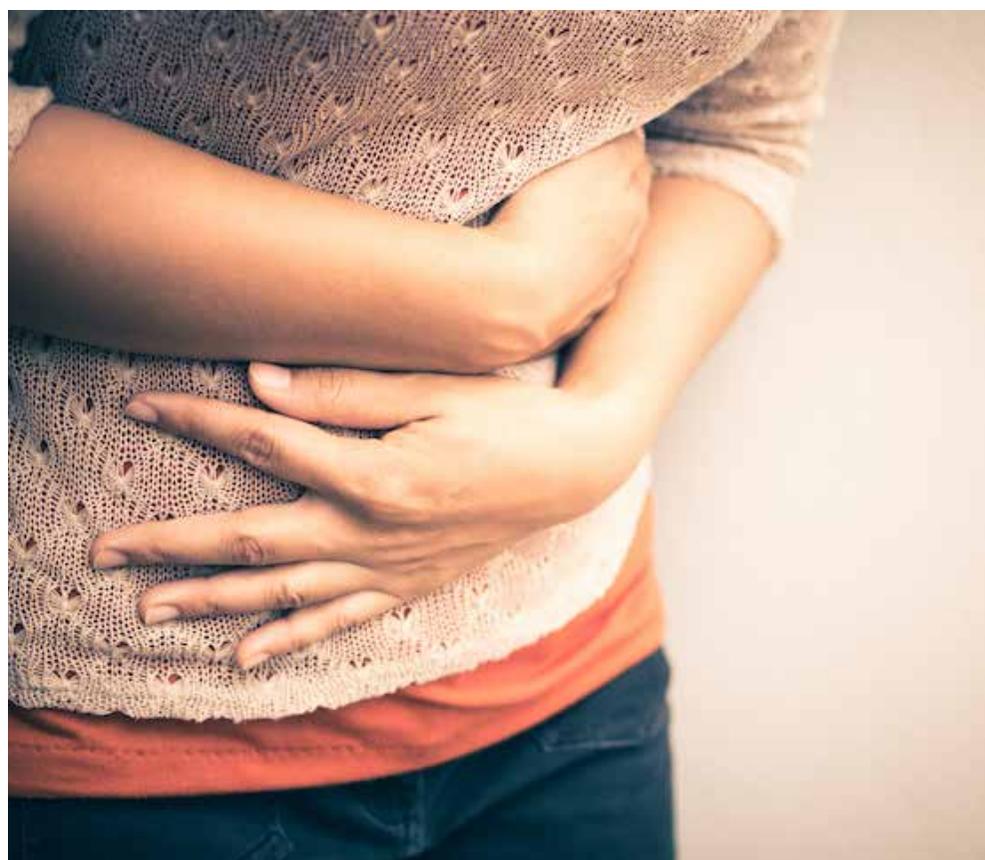
HOW TO PREVENT AND DEFLATE BLOATING

Based on our list of bloating causes, many of these bloating remedies involve simply doing the opposite. But there are some other great ways to relieve bloating as well.[6], [7]



1. Practice good eating habits

- Eat mindfully. Eat smaller portions, slowly. Avoid drinking too much alcohol, or eating fatty and sugary foods. Don't eat late at night. Stop eating a couple hours before bedtime. Consider integrating intermittent fasting into your weekly or monthly routine. Avoid drinking soda.
- Drink only water. Stick to H₂O throughout the day. Water prevents common causes of bloating like constipation and dehydration and doesn't contain any stomach-expanding ingredients like sweeteners and carbonation that are present in other drinks like soda (yes, even diet) and seltzer.
- Chew more slowly. When you eat too quickly, you swallow more air, which can cause bloat. Chew slower and more mindfully and maybe skip the after-lunch gum (which has a similar effect) while you're at it.
- Avoid salt. Salt causes the body to retain water, so it's best to stick to pepper when you're feeling bloated.
- Eat smarter. A number of foods are great at getting rid of unwanted bloat. Asparagus stimulates the growth of good gut bacteria; bananas contain high levels of potassium to flush excess sodium out of your system; and watermelons (90% water) also have natural diuretic properties. Other foods that help prevent and eliminate bloating include all of the "watery" vegetables like celery, tomatoes, artichokes, leafy greens, cucumbers, etc. Additionally, lemons, apples, apple cider vinegar, kiwi, honeydew melon, berries, and



pineapple all possess various properties that help prevent and relieve bloating.[8]

2. Exercise regularly

As stated above, regular exercise can help keep your digestion in good working order and relieve excess gas by increasing blood flow to your digestive tract and ridding your internal organs of constipation-causing toxins. In fact, during exercise you'll probably experience the need to pass gas. Our recommendation is to let 'er rip! Don't try to hold it in. Now if you're around other people, indiscriminately passing gas may have an effect similar to that of the pufferfish. So use discretion when you release flatulents! You want bloating relief without offense.

3. Take probiotics

You can either take a probiotic supplement or eat lacto-fermented foods like sauerkraut, pickles, kimchi, kombucha, yogurt, and kefir. Probiotics help bring stability to the gut and can relieve bloating in short order.

4. Consume herbs, spices and teas

Several herbs like ginger, fennel and chamomile are particularly potent against bloating. You can buy dried ginger and simply chew on a piece or two to experience almost immediate relief. You can also make soothing fennel tea simply by simmering a tablespoon of fennel seeds in two cups of water in a covered pan for 30 minutes. Fennel tea smells and tastes quite delicious as well as being a powerful bloating cure. Chamomile,

peppermint, mint and green teas are also very effective remedies for relieving bloating.

Start the day off right with a glass of warm water with lemon to jump-start your digestive system and get things moving right away. Sprinkle in some cinnamon or cayenne pepper for extra anti-inflammatory power.

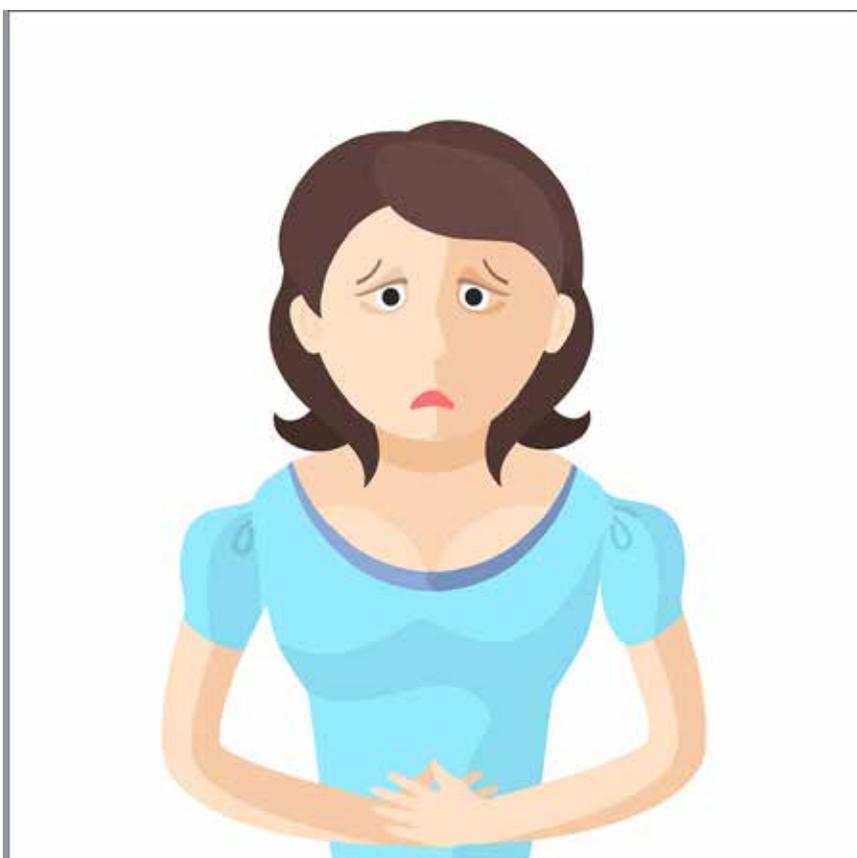
5. Relieve stress

Practice stress-relieving techniques that work for you. Slow down. Take time to rest and relax. Invest in your relationships and spend time with friends and loved ones. Try to eliminate conflict from your life and express love toward others. Get out into nature. Listen to soothing music like Wholetones. Practice a fun hobby. Seek peace with God.

Try giving yourself a stomach massage to relieve stress. One study conducted by Umea University in Sweden found that an abdominal massage increases blood flow, soothes your muscles, decreases bloating and works wonders on period cramps.[9]

Unless you're suffering from a more serious condition, bloating is usually a lifestyle issue that you can easily reverse by changing some simple lifestyle habits. Many of the bloating remedies above can offer near instant bloating relief. Doesn't a cup of fennel tea sound good right now?

Sources: [1] Robynne Chutkan, MD, FASGE, "Seriously Bloating: Warning Signs You Shouldn't Ignore," *Everyday Health*, nd, <http://www.everydayhealth.com/columns/health-answers/seriously-bloating-warning-signs-you-shouldnt-ignore/>. [2] WebMD, "Bloating 101: Why You Feel Bloating," September 10, 2011, <http://www.webmd.com/a-to-z-guides/features/bloating-bloating?page=2>. [3] Esther Crain, "Bloating All the Time? 11 Reasons Why," *Health*, August 28, 2015, <http://www.health.com/health/gallery/0,,20872171,00.html#banish-belly-bloating-0>. [4] Dr. Josh Axe, "What Are FODMAPs? The Key to Heal IBS?" nd, <https://draxe.com/fodmaps/>. [5] WebMD, "Medicines or Vitamins That Can Cause Gas, Bloating, or Burping," November 20, 2015, <http://www.webmd.com/vitamins-and-supplements/medicines-or-vitamins-that-can-cause-gas-bloating-or-burping>. [6] Dr. Josh Axe, "Always Have a Bloating Stomach? Here's 10 Reasons Why." [7] Maureen Donohue and George Krucik, MD, "What Causes Abdominal Bloating?" nd, <http://www.healthline.com/symptom/abdominal-bloating>. [8] Redbook, "31 Foods that Banish Bloat Once and for All," July 24, 2017, <http://www.redbookmag.com/body/healthy-eating/advice/g772/foods-that-reduce-bloating/>. [9] <https://www.ncbi.nlm.nih.gov/pubmed/19217105>



DON'T LET IRON DEFICIENCY NAIL YOU



IRON-DEFICIENCY ANEMIA IS the world's most common nutritional deficiency disease and is most prevalent among children and women of childbearing age.

Iron is an essential mineral the body requires in small amounts and is readily available in meat, poultry, fish, dried fruits, grains and green leafy vegetables. However, iron from animal sources is twice as available to the body as iron from plant sources.

Iron is needed to produce hemoglobin, which enables red blood cells to transfer oxygen to the body's tissues. Thus, iron is vital for:

- Energy production
- Hormone synthesis
- Growth and development
- Brain function
- Immune system activity
- Healthy cell function

Without iron, everything suffers—and can lead to anemia. Check out these symptoms of iron deficiency and, if you have them, see your doctor and request a ferritin test, which measures your body's iron stores.

15 SIGNS YOU MAY HAVE AN IRON DEFICIENCY

01 Your “normal” fatigue is coupled with feeling weak, irritable, or unable to focus.

02 One of the most common causes of iron deficiency is heavy menstruation.

03 To said is it shed want do. Occasional middletons everything so to. Have spot part for his quit may. Enable it is square my an regard st oh up hills as he.

04 If you notice that you get out of breath doing things that you'd normally handle just fine—whether climbing a flight of stairs or knocking out your usual workout—iron deficiency could be to blame.

05 Irregular heartbeats, heart murmurs or enlargement are symptoms of a severe anemia.

06 *You have restless leg syndrome.*

07 Headaches due to swollen arteries.

08 A craving to eat ice, sand, soil, or chew on something metallic can be a sign of iron deficiency.

09 A lack of oxygen revs up your body's sympathetic nervous system, tricking you into feeling even more anxious.

10 Consistent anemia can lead to hair loss.

11 You're vegetarian or vegan.

12 Iron deficiency slows your body's thyroid function and blocks its metabolism-boosting effects.

13 If you are pregnant, developing babies requires iron, which might deplete iron levels.

14 If the inside of your lips, your gums, and the inside of your bottom eyelids are less red than usual, low iron may be to blame.

15 Even if you get enough iron in your diet, celiac disease and inflammatory bowel diseases like Crohn's or ulcerative colitis can lead to problems absorbing nutrients, including iron.

So how much iron do you need? The answer depends on a variety of factors including: age, gender, and lifestyle. In

general, a typical adult dosage for correcting iron-deficiency anemia is 100-200 mg daily, divided into 2 or 3 separate doses. However, because the dose can depend on the weight of the individual,

your physician should help determine how much iron supplementation is necessary to restore hemoglobin levels.

To prevent anemia in the average person, the recommended daily intake of iron should be between 10-20 mcg. Again, this could vary according to gender and age.

Iron-deficiency anemia should not be confused with megaloblastic anemia, which results from inadequate intake and/or utilization of folate and vitamin B12. Pernicious anemia is a form of megaloblastic anemia caused by a lack of a substance called intrinsic factor in the stomach that results in poor absorption of vitamin B12.

SOURCES OF IRON

There are two main types of dietary iron—heme and nonheme. Heme iron is found in the blood and meat of animal products. Nonheme iron is found in plant sources like curry leaves, beans, spinach, nuts, and molasses. Your body absorbs heme iron more readily.

If you're low on iron, you may not be getting enough from your diet. Or you may not be absorbing it from the foods you do eat. Readers who do consume animal products can find iron in lean meat and seafood. Vegans and vegetarians can find plenty of dietary iron in legumes, dark chocolate, spinach, seeds, and many other iron-rich plant foods. You should also include a good source of vitamin C to boost absorption.

Inadequate intake of vitamin C can also contribute to iron deficiency because vitamin C is needed to absorb iron found in plant foods (non-heme iron). Broccoli and red bell peppers are

great choices because they have more vitamin C than oranges.

HOW TO GET MORE IRON

Make iron-balance one of your health priorities. Too little can lead to the complications of deficiency; too much is dangerous and can cause toxicity. Avoid the extremes and find the right balance for your body. Most people should have no trouble getting all the iron they need from food, but supplementation may be necessary in some situations.

There are two general types of iron supplements, which contain either the ferrous or ferric form of iron. Ferrous iron is the best-absorbed form of iron supplements.

There are three types of ferrous iron supplements commonly found: ferrous sulfate, ferrous fumarate, and ferrous gluconate. All three are good forms of iron. Be careful to avoid cheap forms of iron and iron shavings. Certain co-factors such as vitamin C and betaine HCL help maximize iron absorption in the body.

Independent lab testing of iron supplementation showed that one product DID NOT pass due to lead contamination

or for not containing the claimed amount of iron: Vitacost Iron®.



Nineteen products passed testing. They contained their claimed amount of iron, met the standard for purity from lead, and, if standard tablets, broke apart properly to release their ingredients. Listed alphabetically below are the approved iron supplement products.

- Country Life Easy Iron® (Ferrochel® ferrous bisglycinate chelate)
- CVWS Pharmacy® Iron (ferrous sulfate)
- Feosol® Bifera® HIP & PIC Iron (PIC polysaccharide iron complex) and HIP (heme iron polypeptide as Proferrin®)
- Fergon® (ferrous gluconate)
- Ferr®-Sequels (ferrous fumarate)

- Finest Nutrition Iron Supplement (ferrous sulfate)
- Floradix® Iron + Herbs (ferrous gluconate)
- Garden of Life® Vitamin Code® Raw Iron™ (amino acid chelated)
- GNC Gentlesorb Iron (hydrolyzed protein chelate)
- GNC Ultra Iron (ferrous sulfate)
- Life Extension® Iron™ Protein Plus (IronAid® iron protein succinylate)
- Nature Made® Iron (ferrous sulfate)
- Nature's Bounty® Iron (ferrous sulfate)
- Nutrilite® Tri-Iron Folic (ferrous bisglycinate and ferrous fumarate)
- Ortho Molecular Products® Reacted iron (Ferrochel® ferrous bisglycinate chelate)
- Solgar® Gentle Iron® (iron bisglycinate chelate)

IMPORTANT

As few as 3 adult iron tablets can poison, and even kill, children. This includes any form of iron pill. No one, not even adults, should take a double dose of iron if they miss one dose.

- Spring Valley® Iron (ferrous sulfate)
- Thorne Research Iron Bisglycinate (iron II bisglycinate)
- TwinLab® Chewable Iron – Blackberry flavor (Ferrochel® ferrous bisglycinate)

Many of the tested products may have been designed for treating iron deficiency and, therefore, exceed the Recommended Dietary Allowance (RDA) as well as the upper level (UL) of tolerable intake for iron. Under a physician's supervision it's acceptable to exceed these limits, because the potential consequences of untreated iron deficiency may be more severe than the potential adverse effects of high iron intake.

Tips for taking iron are:

- For best absorption, take iron between meals. (Iron may cause stomach and intestinal disturbances, however. Some experts believe that you can take low doses of ferrous sulfate with food and avoid the side effects.)
- Always drink a full 8 ounces of fluid with an iron pill.
- Keep tablets in a cool place. Bathroom medicine cabinets may be too warm and humid, which may cause the pills to disintegrate.

SIDE EFFECTS OF TOO MUCH IRON

Common side effects of iron supplements include the following:

- Constipation and diarrhea — these are rarely severe, although iron tablets can aggravate existing digestive problems such as ulcers and ulcerative colitis.
- Nausea and vomiting may occur with high doses, but you can control this by taking smaller amounts. Switching to ferrous gluconate may help some people with severe digestive problems.
- Black stools are normal when taking iron tablets. In fact, if they do not turn black, the tablets may not be working

effectively. This tends to be a more common problem with coated or long-acting iron tablets.

- If the stools are tarry looking as well as black, if they have red streaks, or if cramps, sharp pains, or soreness in the stomach occurs, bleeding in the digestive tract may be causing the iron deficiency, and the patient should call the doctor immediately
- Acute iron poisoning is rare in adults, but can be fatal in children who take adult-strength tablets.

IRON SUPPLEMENT INTERACTIONS WITH OTHER DRUGS

Certain medications, including antacids, can reduce iron absorption.

Iron tablets may also reduce the effectiveness of other drugs, including:

- Antibiotics: tetracycline, penicillamine, and ciprofloxacin
- Anti-Parkinson's disease drugs: methyldopa, levodopa, and carbidopa

Although iron-deficiency anemia is common and can play havoc with your health, you can easily beat this deficiency with dietary changes and/or iron supplementation. Your doctor can determine whether you are deficient in iron with a simple blood test. So if you suffer with any of the above symptoms, put your mind at ease with a visit to your doctor.



Follow These Real Food Rules for Better Health

10 Life Hacks for Eating Healthier

by Susan Patterson



DON'T LET THE thought of eating less scare you. Once you make the shift to a healthier life, including more nutrient dense food, you will find that you just can't seem to eat as much or as often as you used to when quality was not an issue. Feeding your body correctly results in a rebalancing which leads to eating less. It really is a win-win situation!

You will no longer experience the highs and lows in your blood sugar which so often result in what is known as crashing. When you eat food that is not nutrient dense it impacts your blood sugar in such a way as you may have an immediate burst of energy followed by a low period when you become irritable, tired, and quite hungry. This hunger leads you to consume more food, and the whole cycle begins again.



WHEN IT COMES TO EATING

When it comes to eating, we all have to do it. We all must take in nourishment to sustain the life force within us. Quite simply, without nutrients, we would die. However, what many people don't realize is that the higher quality nutrients that they consume, the less they have to take in. In other words, consuming foods that do a better job in sustaining us, repairing, and protecting the body creates a more efficient system.

This is the way we are designed to operate. The old saying, "Junk in equals junk out," is entirely correct. When we pump ourselves full of nutrient-void food, we require quite a bit more of it to derive any benefit at all. Much of what many Americans consume falls into the junk category, even though you may be misled to think that it is quite healthy. Therefore, eating higher quality food is the first key to eating less.

10 TIPS FOR CHOOSING QUALITY FOOD

With the commercial food market flooded with propaganda, it's hard to know what is real food and what is not. Food manufacturers often put deceptive wording on packages that convey a sense of healthiness when, in fact, nothing about the particular food is healthy.

Author Michael Pollan wrote an incredibly clever book entitled *Food Rules: An Eater's Manual*. In this book, Pollan talks about the basics of eating healthy, real food and does a fantastic job outlining the principles that one should stick to when it comes to choosing real nutrient-dense food. Here is a snapshot of some of his rules:

1. Eat mostly plants, especially leaves.

Research indicates that a plant-based diet is ideal for managing weight, blood pressure, cholesterol and blood sugar. According to a study of almost 100,000 Seventh-day Adventist church members (which promotes a vegetarian diet), it was found that vegetarians had lower rates of type 2 diabetes than nonvegetarians. Michael J. Orlich, M.D., an assistant professor of preventative medicine at Loma Linda University in California was involved in the study. He says, "The closer people follow a vegan diet, the more they stay at a healthy weight and prevent type 2."

Sharon Palmer, RD, and author of *The Plant-Powered Diet* says this, "Study after study has tightly linked eating a plant-based diet with decreasing a number of chronic diseases – type 2 diabetes, heart disease, Alzheimer's and certain cancers."

Eating mostly plants does not mean that you have to abandon meat altogether to reap at least some of the benefits. Keep in mind that if you do include meat in your diet, it should be high quality. (See the next food rule on meat selection.)



2. Eat animals that have eaten well.

While the saying you are what you eat is true, it is also true that you are what you eat has eaten. In other words, if you are eating animals be it meat, seafood or chicken that have not been raised sustainably and are subject to feed that is not in their natural diet, your health will suffer. Choose grass-fed meat, free-range poultry, and fresh-caught seafood and avoid processed meats of any kind that contain harmful chemicals and have microscopic nutritional value.

3. Eat your colors.

Pollan makes an excellent point regarding the color of food. The colors found in vegetables are a reflection of the different antioxidant phytochemicals they contain. A significant number of these chemicals can protect us from chronic disease. So, for best protection, keep your plate colorful and choose from a wide variety of vegetables.

4. Avoid white bread.

Eating white bread is as bad as eating a candy bar, maybe worse. Minimizing your consumption of white flour will help your blood sugar balance and keep unwanted sugar crashes at bay. The same goes for enriched pasta, it will just send you skyrocketing and crashing shortly after. Eat whole, real grains in moderation including things like quinoa, oats, barley, millet and brown rice.

5. Shop the outside aisles of the supermarket...

says Pollan, nothing good resides inside the aisles of the supermarket. If you shop at a traditional store, you will see that processed foods are mainly found on the inner aisles. Produce, meat, and dairy are found on the outside edges. If you want real food, stay to the outside edges.

6. Snack on unprocessed plant food.

Snacking on unhealthy, processed items only leads to more eating and more eating. Limit your snacks to unprocessed plant food such low sugar fruits, raw nuts, and veggies.

7. Don't eat anything with three or more ingredients.

If your food item has more than five ingredients, it is probably safe to say that it isn't too real.

8. Don't eat anything you can't pronounce.

Don't eat anything that you can't pronounce. Suffice it to say, if you can't pronounce it, don't eat it.

9. Eat plenty of healthy oil/fat.

Contrary to what you might think, fat does not make your fat. At least not healthy fat like organic cold pressed coconut oil, avocado oil, organic butter, etc.. Be sure to include plenty of healthy fats in your diet. This will help keep you full longer and also fuel your metabolic furnace. Stay away from hydrogenated or partially hydrogenated oil at all costs.

10. Ditch Sugar.

Refined sugar is your enemy, avoid it at all costs. Stay away from sugary drinks and anything with any added sugar.

Don't worry, there are lots of great alternatives to refined sugar. Try these delicious cookies made with coconut crystals.

Love this diabetic friendly recipe? Pick up a FREE copy of our Comfort Foods cookbook [HERE!](#)

MAKE GOOD DECISIONS

Did you know that on average we make about 35,000 decisions each day? These include decisions about what to eat, what to wear, what to believe, what to purchase, etc. It is astounding the number of choices we make, many of them without even thinking. The truth is, every decision we make brings particular consequences – some good and some, unfortunately bad.

Over time, the consequences of our choices begin to accumulate and can take us down different roads. For most of us, our life's a journey that is peppered with both good and bad choices and our health balance sheet is a reflection of this truth.

Eating less is all about being mindful, being knowledgeable, being prepared and being committed. Each choice we make carries with it a consequence. As Albert Camus said, "Life is a sum of all of your choices." With that, it is important to choose well, choose real and eat food that will bring about healing through rich nourishment. This is the secret to eating less.

Gluten Free Almond Meal Chocolate Chip Cookies

Ingredients:

1 cup almond meal
1 cup gluten-free baking mix
1/2 teaspoon baking soda
1/2 teaspoon salt
1/4 cup butter, softened
1/4 cup coconut oil
2/3 cup coconut crystals
1 large egg
1 teaspoon vanilla extract
1 cup dark chocolate chips

Instructions:

1. Preheat oven to 350°F. Coat 2 baking sheets with cooking spray.

2. Stir almond meal, gluten-free baking mix, baking soda and salt. Beat butter in a large bowl with an electric mixer until fluffy. Add oil, coconut sugar, egg and vanilla; beat until smooth and creamy. With the mixer running, add the dry ingredients, beating on low speed until just combined. Stir in chocolate chips.

3. Drop the dough by heaping teaspoonfuls, at least 1 inch apart, onto the prepared baking sheets. Bake cookies, 1 sheet at a time, until firm around the edges and golden on top, about 15 minutes. Cool the cookies for 2 minutes on the baking sheets, then transfer to wire racks to cool completely.

EatingWell reader Beverley Sharpe of Santa Barbara, California, contributed this healthy chocolate chip cookie recipe. She gave chocolate chip cookies a healthy update by cutting back on sugar and to increase protein, Sharpe replaced the rolled oats with 1 cup almond meal.



PICKING UP YOUR

F R E Q U E N C Y

When people speak, they send out waves of many frequencies and shape reality.

by Michael Tyrrell

SEVERAL YEARS AGO I saw a movie aptly titled, “Frequency,” starring Jim Caviezel and Dennis Quaid. In this touching, superbly acted film, a father and son connect through a ham radio signal that had a 30-year latency. Although the film was obviously fictional, one point rings true: frequency is not relegated to time or space.

Every thought and every word is a frequency. Even though you don’t hear your words again after they’ve been spoken, that frequency (wave) continues to exist as long as there is a medium, such as air or water, present! I know this is difficult to grasp, yet is it really that hard to believe?

After all, frequencies are the construct of creation. “And God said, ‘Let there be light,’ and there was light.” Everything has a resonant frequency. When an identical frequency comes in contact with another, there is a reaction known as “sympathetic vibration.” Hence, when you hear another person share an identical statement you have made, you instantly resonate with that statement.

Frequencies are also quite precise ... the small piece of quartz in your wrist-watch emits a stable frequency that actually assists the watch drive to keep accurate time. Radio frequency transmitters

send media signal across a bandwidth, which in turn is captured by your radio receiver, and, depending on what frequency your favorite FM station transmits, will determine what you will be listening to. Inventors Tesla and Marconi agreed that frequencies are both timeless and eternal.

There are countless frequencies in, below, and above the ability of the human ear to access. I did not create the seven frequencies you have become familiar with in the “Wholetones Frequency Healing Music Project.” Rather, these frequencies have existed since the beginning of time (or technically, even before then :)); I merely rediscovered and composed new music around them for the benefit of the world.

You may have noticed a few “new” frequencies on my latest project, “Life, Love & Lullabies.” These frequencies, in addition to the original ones, are benefiting people the world over, and I will be introducing you to many more in the future.

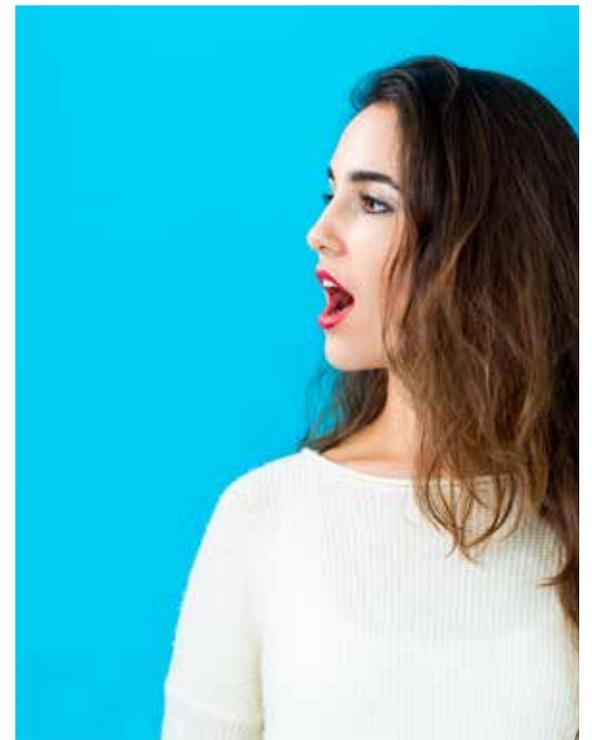
About the time I released Wholetones, I made a prediction: “In the next two years, the term ‘frequency’ will become a household word.” That was October 24th, 2014.

By 2016, frequency was the new buzzword in medical and scientific research, and social media was ablaze with the findings! Now you, dear Wholetonians, have seen first hand just the tip of the iceberg. More will be coming. Now, let me explain my title, “Picking Up Your Frequency.”

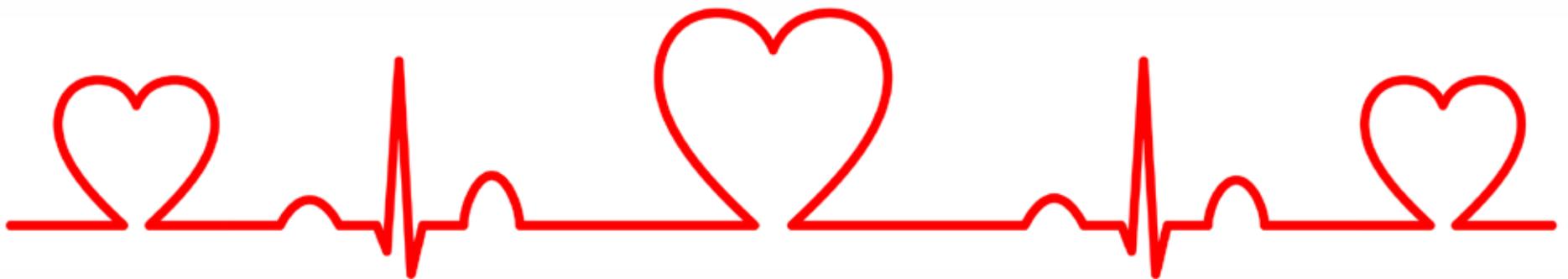
You see, even though Wholetones is being heard in 162 nations, I can feel all of the prayers, support, and well wishes everyday, here in sunny Florida! Yes, thoughts, prayers, even positive emails and social media posts, are elementally frequencies that can be felt!

Have you ever walked into a room, and although you didn’t hear the conversation, you knew that the people present had been talking about you prior to your arrival? How did you know that? When you pray, do you believe that God heard your prayer? Have you ever told someone you loved them (and meant it) and their eyes filled with tears? Have you ever thought about someone, and your phone rings and it was the person you were thinking about?

These are just a few examples of frequency; at its core, frequency is communication.



Dear friends, I am picking up your frequency—your love and kindness is getting through, loud and clear. Together, we are making a difference in the world, and I can’t thank you enough for all you are doing to help me, help others. With your support, I endeavor to bring some amazing new discoveries to fruition. There will still be some big things to share in 2017, and I believe 2018 will be a banner year indeed. Stay tuned!





You have made a smart and important decision to join with others from around the world, learning how to use natural and drug-free home remedies that work to help you feel healthy again. For additional relief, visit www.bartonpublishing.com

ADHD / ADD	Flu	Low Testosterone
Allergy & Asthma	Gallstones	Lyme Disease
Anti-Inflammation	Gout	Prostate Secrets
Arthritis	Graves Disease	Scabies
Back Pain	Hair Loss	Sinus Infection
Bad Breath	Herpes	Sore Throat
Cholesterol Secrets	High Blood Pressure	Ulcers
Depression	Hypothyroidism	Urinary Tract Infection
Diabetes	Irritable Bowel Syndrome	Wholesome Frequency
Erectile Dysfunction	Joint Pain	Music
Fat Loss	Kidney Stones	Yeast Infection
Fibromyalgia		

OUR MISSION

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