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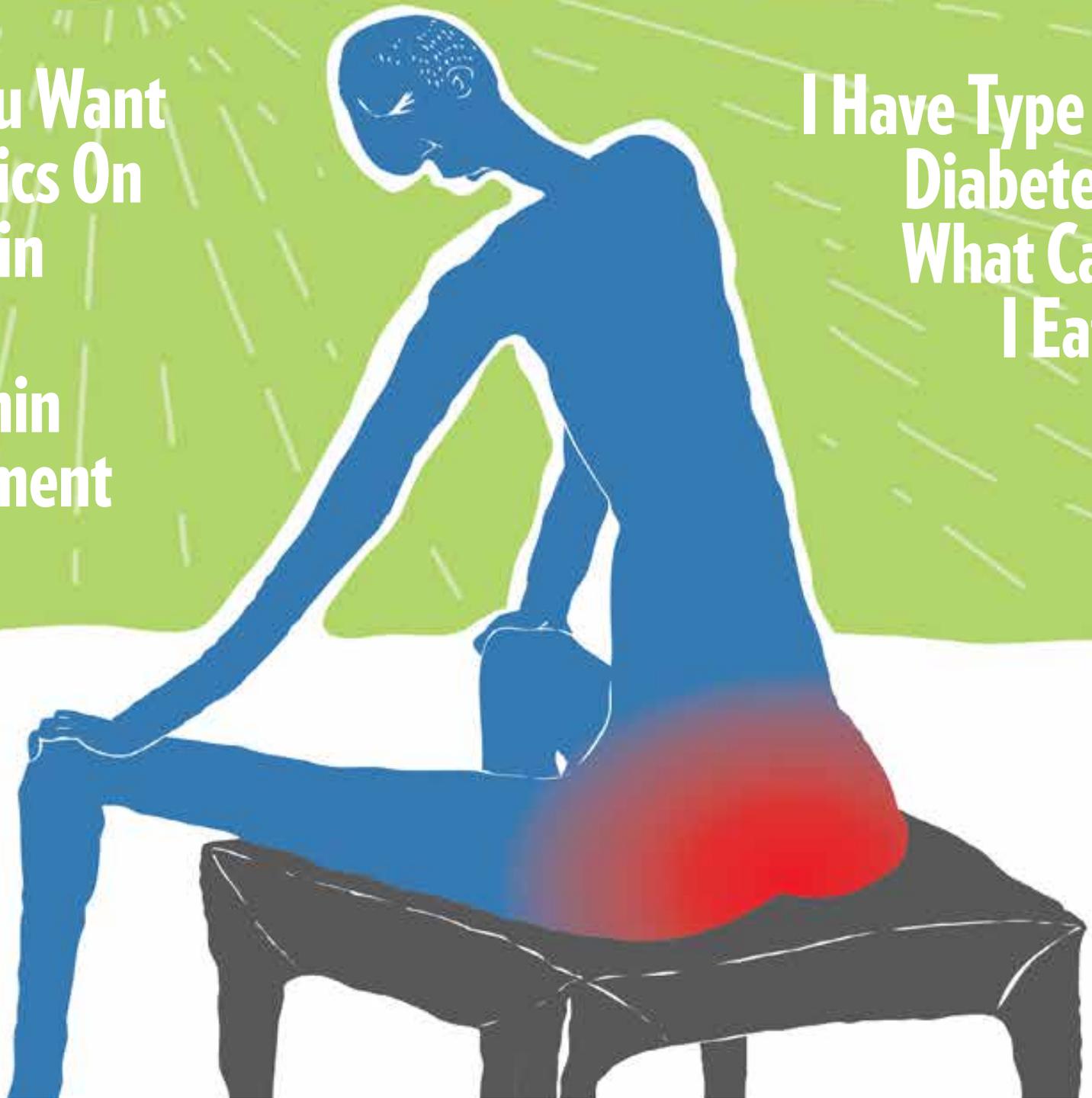


## Is “Natural Flavor” Unnatural?

### Why You Want Probiotics On Your Skin

### Melatonin Supplement Review

### I Have Type 2 Diabetes: What Can I Eat?



**ASK DR. SAUNDERS** **How to Relieve  
Hemorrhoid Pressure Naturally**

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# Health Rules to Live By

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You have may have seen “natural flavors” listed on food labels. This can be confusing because these flavors are essentially chemically created but originally natural. Discover for yourself how natural flavors compare with artificial flavors and any potential health concerns from either.

While any wellness expert might not agree with questionable ingredients, you can be sure they all agree probiotics are essential for good health. But your gut is not the only important place that’s brimming with good bacteria. Your face is, too! Your body’s microbiome is an important factor in your overall wellness and your complexion. This might explain why the new healthy face frontier just might be featuring probiotics in your skin care products.

Balancing your gut may also improve and heal hemorrhoids. Affecting both men and women, hemorrhoids are the result of inflamed, swollen veins “down there” that can provoke pain and discomfort. You aren’t the first person -- and you won’t be the last -- to have hemorrhoids. You don’t have to suffer. Get tips from an expert!

Basically, becoming your healthiest self means making more of an effort to put a variety of foods on your plate that keep you energized, full, and happy. You wouldn’t put contaminated fuel in your prized car, right? The same goes for your body—and because of those decisions, you’ll be running smoothly for years to come. If you have type 2 diabetes, you’ll find a list of foods that can help you reverse your type 2 diabetes.

Many health problems are caused by lack of sleep. Our body naturally produces melatonin to make us sleep better. Unfortunately, as we age or sleep with lights on, we tend to lose this ability. Did you know melatonin can give you more than just a good night’s sleep? Melatonin benefits may have equally impressive effects on other aspects of your health and wellness?

Treat your body right and you’ll sleep better, reverse type 2 diabetes and heal hemorrhoids with Home Cures That Work.

For your health,

Cheryl Ravey  
Editor  
Home Cures That Work



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Probiotics can actually make you more attractive! A lot of people take supplements for digestive health to keep their microbiome in balance and their immune system strong. But did you know that adding probiotics to your skincare routine can boost glow and overall skin health?

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Various foods have been found to reverse the slide into diabetes, and you won't find them at the pharmacy — they're in your neighborhood grocery store. Keep reading to discover the best foods for beating type 2 diabetes – recipes included!

### 24 MELATONIN SUPPLEMENT REVIEW

The main function of melatonin is to regulate our internal clocks to help us sleep better and obtain the benefits of a good night's rest. But there are other health benefits as well. The problem is, many of us do not produce enough melatonin and need to supplement. Which are the best melatonin supplements? We just published our latest review, based on laboratory tests and comparisons of more than 20 popular melatonin supplements of all types.



# RELIEVING HEMORRHOID PRESSURE NATURALLY

You'll be happy to know that there are many effective home remedies for hemorrhoids and numerous prevention tips. So why not go natural when searching for hemorrhoid treatment?

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By Dr. Scott Saunders, M.D.

**P**reparation H is one of the most stolen items from stores. The funny nature of this statistic causes people to try and guess why. One theory is that people are too embarrassed to admit they have hemorrhoid problems.

So rather than face the store clerk, [they just steal it](#). Another theory is that hemorrhoids are so common that the cream is easy to sell on the "grey market." Even companies that sell remedies for hemorrhoids sweep this prevalent problem under the proverbial rug.

If you have hemorrhoids, read on! You'll not only find out why you have them, but also what to do about them so you don't have to face another store clerk with that tube of relief.

People often seek relief from any discomfort before looking for the cause of the problem. After all, we just want to be out of pain! This is why pain is so important. Pain tells us if something's wrong and motivates us to do something about it. If I had a broken leg, I would avoid walking on it, allowing the bone to heal. Why are hemorrhoids so different? People suffer with hemorrhoids for years without fixing

the problem. But why continue to seek pain relief without understanding the cause?

## HEMORRHOID ANATOMY

First stop: The anatomy of the rectum. The rectum probably has the lowest regard of any part or organ of our body. But it's so important to our health – just ask anyone who has a colostomy bag! There are several important parts of its anatomy.

Essentially, hemorrhoids are like having varicose veins of the rectum. The veins in the rectum enlarge for the same reasons people get varicose veins in their legs: pressure, inflammation or lack of nutrition.

From outside the rectum to about an inch inside, there is normal skin with nerves. The skin is important because it explains why certain things happen. The skin near the anus has nerves so it can have

itching, burning, and pain. But the skin is also tough so it protects the veins from bleeding. However, deeper inside the rectum there is no skin, just the normal lining of the intestines. This lining:

- Stretches easily
- Has no sensory nerves (except some pressure nerves)
- Is very flimsy, allowing the veins to get damaged and bleed

Thus, internal hemorrhoids (deeper inside) bleed but don't hurt. External hemorrhoids (near the anus) burn and itch, but don't bleed.

Hemorrhoids are predominately caused by poor diet. However, there are other factors involved like pressure and inflammation.

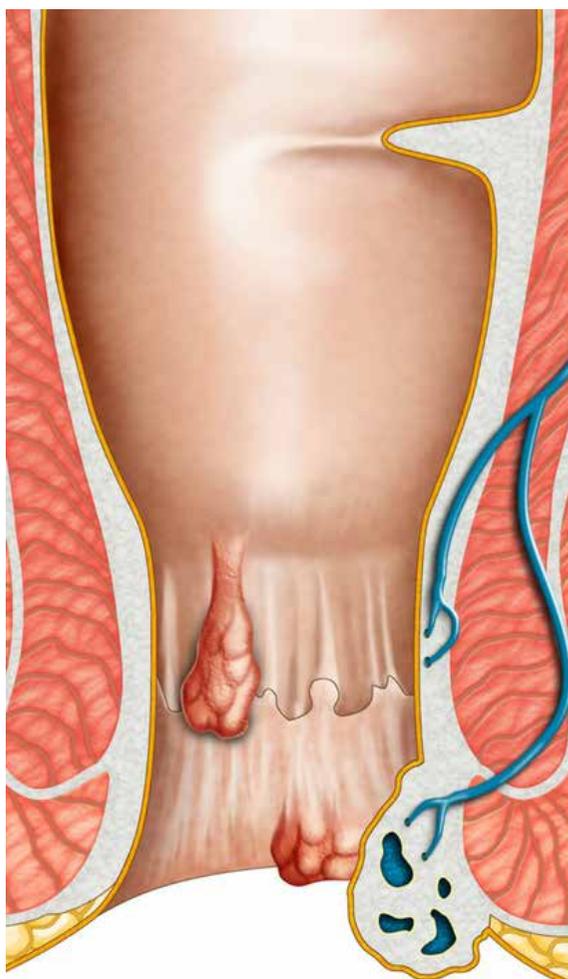
Pressure on the veins over a long period

causes the veins to swell. This pressure comes from different sources, such as:

- Sitting for long periods (truck drivers frequently have this issue)
- Constipation (HARD stools)
- Pregnancy
- Obesity
- Stress

Besides pressure, inflammation from various sources causes swelling and pain. Inflammation comes from:

- Trauma – such as anal intercourse, which can increase the enlargement of the veins
- Bacteria – Good bacteria reduce inflammation. The right kind of bacteria in the colon produces butyrate and other substances that heal and calm the rectum. Bad bacteria increase inflammation by increasing the acidity of the lining.
- Infections - such as colitis
- Food allergies



There are two types of hemorrhoids:

**INTERNAL HEMORRHOIDS**  
occur just inside the anus, at the beginning of the rectum

**EXTERNAL HEMORRHOIDS**  
occur at the anal opening, and may hang outside the anus

homeCures that work

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## HEMORRHOID PREVENTION AND TREATMENT

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Fiber is essential – this is the sine qua non of all treatments for the rectum. If you want to care for your rectum, you need fiber. Fiber comes from fruit, vegetables and whole grains. Fiber does so many good things for our colon and rectum because it:

- Keeps the rectum clean
- Keeps the stool soft
- Grows good bacteria
- Prevents enlargement of the colon
- Prevents constipation
- Prevents diverticulosis
- Prevents and heals hemorrhoids

If you have hemorrhoids, a good diet must include plenty of fruit and vegetables, as well as whole grains. A small amount of meat in your diet is okay, as long as it is accompanied with vegetables. Keep increasing the amount of fruit and vegetables until you have soft stools. Sometimes I have found this requires the removal of certain foods. Milk seems to be a big offender. I have had more than one person give up cheese in order to have normal bowel movements. Processed grains, especially pasta and white bread, may also contribute to hard stools.

The foods that have fiber also contain bioflavonoids. Bioflavonoid foods show antiviral, anti-allergy, anti-inflammatory



and antitumor abilities. Bioflavonoids help keep the veins healthy, both in the rectum, and in the legs.

Foods that are rich in bioflavonoids include:

- Hot peppers
- Strawberries
- Citrus fruits
- Broccoli
- Brussels sprouts
- Kale and spinach
- Red onions
- Rutabaga
- Watercress

- Green tea
- Garlic

Some herbs have a good content of the major bioflavonoids. These include fresh oregano, parsley, peppermint and thyme.

The key is to always have soft stools. Whether you have a bowel movement every three days, or three times a day, is less important.

One patient in my office was dealing with chronic hemorrhoids so we dramatically changed his diet. He reported that he was feeling much better, but that he was now having diarrhea. For several months I tried to help him with his “diarrhea” before asking the exact nature of it.

Doctor: “How many times per day?”  
Patient: “Once or twice.”

D: “That’s normal... is it watery?”

P: “No. Just soft.”

D: “That’s perfect! What’s the problem?”

P: “I have to wipe!” When I had hard stools I didn’t even have to wipe. Now I need baby wipes to clean myself!”

D: “Well then, your choice is to have hemorrhoids, or carry around baby wipes.”

He chose the latter.

Soft stools are especially important during pregnancy. Ingest more oils—olive oil, avocado oil, and flaxseed oil, sesame oil—because they’ll make your stool softer and then it’s less painful to push. Pushing hard can cause hemorrhoids.

If you sit for long periods, such as driving, you can obtain a “donut” seat cushion to take the pressure off the anus.

Aside from constipation, stress can cause increased tension in the muscles around the anus, blocking the flow of blood. Consider also your own stress, and [practice relaxation of your anus](#) to allow the blood to flow easily through the veins.

A word about enemas. Don’t put anything in the rectum. People will often say that they need to clean the colon with colonics. This may have an immediate effect by washing out the hard stool, but in the long run, it doesn’t improve hemorrhoids, and may affect the good bacteria in the colon. What we eat is so much more important.

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## 7 HOME REMEDIES FOR HEMORRHOIDS

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Avoiding hemorrhoids also means the rest of your colon will be healthier. Thus, these measures are good for your intestinal health, and will improve your general feeling of health and vitality.

1. Eat lots of fiber, with few calories, until you have soft stools.

2. Drink plenty of water to avoid dehydration.

3. Fast periodically, at least one day per month with water only.

4. Avoid foods that cause constipation, or inflammation.

5. Don’t sit for long periods, get up and move around, or get a “standing desk” for your work.

6. Lose weight by eating less.

7. Practice relaxation.



# IS “NATURAL FLAVOR” UNNATURAL?

WHAT THE AVERAGE CONSUMER NEEDS  
TO UNDERSTAND ABOUT NATURAL  
FLAVORS!



by Rob Fischer

**A**retha Franklin sang, “You make me feel like a natural woman.” The film, *The Natural*, followed Roy Hobbs’ amazing rise to baseball fame by means of his natural talents. We also admire the *Seven Natural Wonders of the World*.

From these examples, one would think that the word natural refers to things in nature that are untouched, or intrinsically good. When it comes to ingredients in food, most of us would choose a natural ingredient over an artificial one. After all, anything natural is good for you, right? Unfortunately, this is not always the case when it comes to food.

In the eyes of the FDA, the terms natural flavors and natural flavoring are somewhat loosely regulated. Natural flavoring consists of, “the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof, whose significant function in food is flavoring rather than nutritional.”[1]

In layman’s terms, natural flavors are extracted from or engineered from something that was originally found in nature – and added back into the food. This is what distinguishes natural flavors from artificial ones. Artificial flavors have been manufactured or synthesized in a laboratory using chemicals. Artificial flavors are man-made, test-tube flavors.

How widespread is the use of natural flavorings? In the database of over 80,000 processed foods, natural flavoring is the

fourth most commonly listed ingredient. It’s only surpassed by: salt, water, and sugar.[2]

A key to understanding natural flavors is to recognize that they’re only found in processed foods. There’s no natural flavoring in a banana, an apple, an egg, or a carrot. Any whole food like those listed are free of such additives. But even a processed food labeled “organic” can have natural flavoring in it as long as the natural flavoring is derived from an organic food source.

In the labeling of organic natural flavors, you might find: “natural blueberry flavor,” or “natural vanilla flavor,” etc.

can contain “solvents and preservatives.” But we’re assured that the amounts of these are too miniscule to cause any health issues.[5]

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#### WHY ADD NATURAL FLAVORS AT ALL?

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We consumers are largely to blame for the fact that natural flavoring has found its way into so many of our processed foods. The reason for this is that we favor flavor. We like good taste. And consistency of flavor is important to us.

Orange juice is a good example of this. If you were to purchase two organically grown oranges in the grocery store,

The question I have is who was the person who was originally crazy enough to taste a secretion from a sac near a beaver’s butt?!

Natural flavoring, by itself, is a catch-all term. If you see it on the ingredient label of a food item, you don’t really know for sure what you’re eating. On the other hand, you can be sure that the flavoring originally came from something “natural.” Still, David Andrews, PhD, and senior scientist at the Environmental Working Group, explains that even a natural flavor could contain anywhere from 50 to 100 ingredients.[3]

Oddly, natural flavors in a processed food may have nothing whatsoever to do with that particular food, like wine that is flavored with the byproducts of fish or eggs.[4]

Another issue is that natural ingredients

the flavor of the two oranges may vary slightly. While we tend to tolerate those variations in whole foods, we’ve come to expect and desire consistency when we pick up a bottle of orange juice. Manufacturers maintain that consistency of flavor by adding natural flavoring.[6]

Another subtle issue with natural flavorings is that they’re often added to processed foods to enhance an existing flavor. The danger of such flavor enhancement is that it may cause cravings for that food that can lead to over-eating. This is one of the problems with processed foods like breakfast cereals and many snack foods.

Yet another reason we find natural flavorings in processed foods is that they

replace or restore real flavor that was lost in the processing of that food.

Similarly, natural flavorings offer an enticing aroma and a spike to the taste buds that leave us wanting more.[7]

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#### WHAT ABOUT GROSS NATURAL FLAVORINGS?

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If you research natural flavorings on the web, you'll no doubt see articles referring to castoreum. What is castoreum? It's a secretion extracted from the castor gland near the anus of a beaver! You read that right. The truly crazy thing is that it apparently smells...and tastes really good (so I've been told) and has been used to enhance raspberry, strawberry and vanilla flavoring in food items.

The question I have is who was the person who was originally crazy enough to taste a secretion from a sac near a beaver's butt?!

The FDA considers castoreum a "generally-recognized-as-safe" food additive. But don't get freaked out over the possibility of eating beaver tush in your yogurt. While there is a Swedish schnapps called baverhojt that's flavored with castoreum, castoreum is too rare and expensive to add to our everyday foods.[8]

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#### GRAS FOOD ADDITIVES

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GRAS is an acronym for "Generally Recognized as Safe" and

much of what goes into natural flavorings falls into the GRAS category. Around 3,000 food additives come under the umbrella of GRAS. As long as natural flavorings are in the GRAS listing, food manufacturers are not required to disclose these ingredients. Hence the use of the generic term natural flavorings.[9]

What we don't know and what the FDA has not studied is the long-term impact of consuming many of these GRAS ingredients in conjunction with each other. The Government Accountability Office, an investigative arm of Congress, does not believe that the FDA's processes adequately "ensure the safety of all new GRAS determinations," nor "the continued safety of current GRAS substances." [10]

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#### WHAT ARE WE TO DO?

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Perhaps those reading this article fall into several categories:

- The purists who don't want anything to do with either natural or artificial flavors
- The cautious, who read labels and are picky about which natural flavorings they consume
- The skeptics, who might argue, "Natural flavors haven't hurt me yet!"
- The carefree, who throw caution to the wind and enjoy their food laden with natural flavors!

Whatever group you align yourself with, I hope you take your health and that of your loved ones to heart. So, here's a simple 5-point strategy:

### **1. Eat whole foods.**

To the extent possible, eat only whole foods. Whole foods contain no food additives, so you never wonder about the ingredients and what you're putting into your body.

### **2. Avoid processed foods.**

Again, to the degree possible, stay away from processed foods. These are the foods laden with natural flavors as well as a host of other unwholesome ingredients.

### **3. Find organic processed foods.**

This your "out" from the previous strategy. If you must eat a processed food, try to find an organic version. This ensures that if there are natural flavors, at least they too are organic.



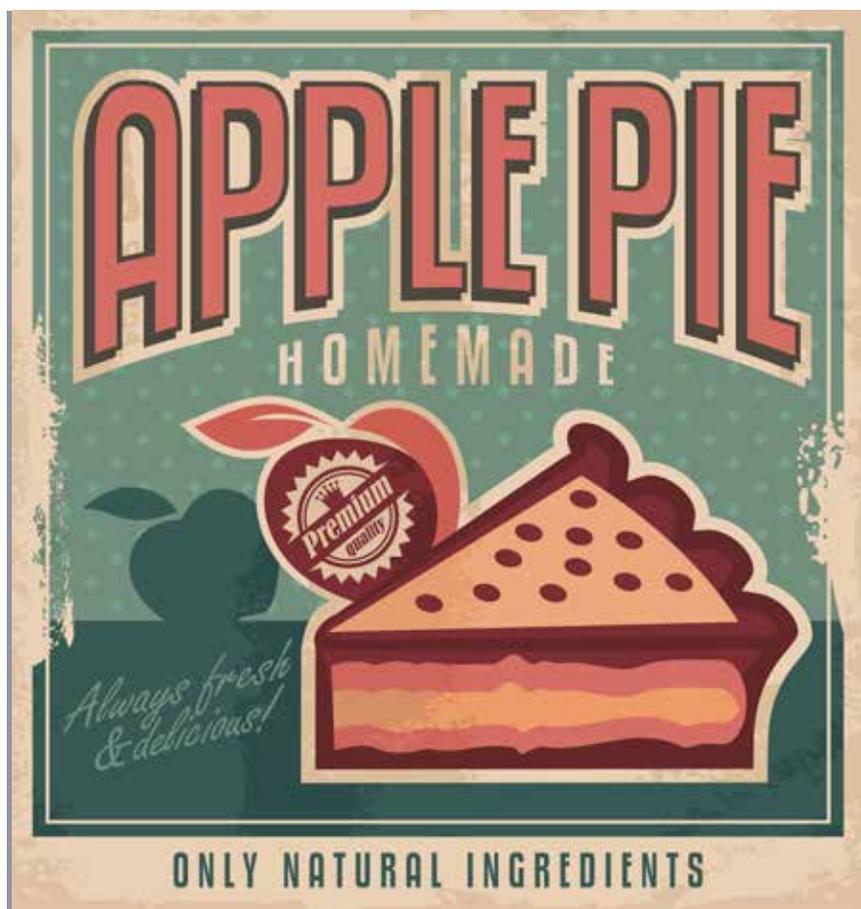
#### 4. Fast regularly.

Fasting (abstaining from food) regularly helps remove toxins from the body and pushes the “reset” button on your system. (If you haven't read [Dr. Scott Saunders' article on fasting in Home Cures That Work](#), you'll want to do so!)

#### 5. Exercise regularly.

A regular exercise routine, like fasting, helps eliminate toxins from the body, helps strengthen our bodies against disease, and balances our health if we've been remiss in our eating habits.

When it comes to natural flavorings, you don't necessarily have to clear out your pantry. But take these issues to heart and decide the best course of action for you. Remember, just like a beaver's butt, “natural” is not all it's cracked up to be.



Sources:[1] Angel Flinn, “The Gross Truth about Natural Flavors,” Care2, November 3, 2010, <http://www.care2.com/greenliving/reasons-vegans-read-labels-natural-flavorscastoreum.html>.

[2] Amanda Woerner, “Flavors, Really?” Daily Burn, January 7, 2015, <http://dailyburn.com/life/health/what-are-natural-flavors/>.

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[4] Casey Seidenberg, “What Does ‘Natural Flavors’ Really Mean?” The Washington Post, July 25, 2017, [https://www.washingtonpost.com/lifestyle/wellness/what-does-natural-flavors-really-mean/2017/07/24/eccdc47e-67f7-11e7-a1d7-9a32c91c6f40\\_story.html?utm\\_term=.5921f720a217](https://www.washingtonpost.com/lifestyle/wellness/what-does-natural-flavors-really-mean/2017/07/24/eccdc47e-67f7-11e7-a1d7-9a32c91c6f40_story.html?utm_term=.5921f720a217).

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[6] Amanda Woerner.

[7] Casey Seidenberg.

[8] Michaeleen Doucleff, “Does Beaver Tush Flavor Your Strawberry Shortcake? We Go Myth Busting,” NPR.org, March 26, 2014, <http://www.npr.org/sections/thesalt/2014/03/26/293406191/does-beaver-tush-flavor-your-strawberry-shortcake-we-go-myth-busting>.

[9] Casey Seidenberg

[10] Casey Seidenberg.

# WHY YOU WANT PROBIOTICS ON YOUR SKIN

By Cathy Goldstein



It is well known that probiotics are necessary for a healthy gut, brain function, and a healthy immune system. On a micro level, probiotics support microbiome balance.

Microbiome is the ecosystem of the bug world. It refers to the mix of bacteria, yeasts, and parasites that live on your skin, in your nose and trachea, and in your gut. The role of the microbiome impacts aging, digestion, the immune system, mood, and cognitive function.

A strong microbiome is the foundation of your immune system, protecting you from disease-causing yeasts/fungi, viruses and parasites. Your microbiome also balances pH and nutrients on the unique and fragile ecosystem of the skin. The pH of your skin is key in maintaining the microbiome. The nutrients to create and support the pH is vital in maintaining healthy microbiome.

Because research is proving the importance of the gut microbiome, many of us now understand how important it is to consume probiotic-rich foods. Probiotics from supplements and fermented foods help establish a healthy microbiome. Exposure to healthy microbes trains the immune system how to respond to different organisms. In this way, the immune system mediates the relationship between the body and the microbes it hosts. Harmful organisms are dealt with, helpful organisms exist in harmony and all contribute to good health overall.

Your body's microbiome dictates everything from how you digest food to your mental health and is an important factor in your overall wellness game. But the same thing applies to your complexion.

New research shows that keeping these microorganisms in balance may help protect skin from certain conditions. An imbalance of yeasts, fungi, and bacteria on your skin may cause:

- Acne (severe or mild) and other skin eruptions
- Rosacea
- Blotchy and dull skin
- Stinging, burning and dryness
- Rough skin texture
- Poor skin regeneration

Don't forget, what happens inside your gut can also show up on your skin.

Let's focus on probiotics and the good bacteria of our skin.

When a baby is born, it is coated in a white film called vernix caseosa, or in short, an oily probiotic. This protective coating on a new-born benefits the start of this little being's immune system.

Rather than cleaning the vernix caseosa off, leaving this protective coating on defends the new born against possible harmful bacteria through the birth canal and in the immediate environment after birth. The vernix caseosa essentially allows baby to pick up good bacteria from the mother and avoid overgrowth of bad bacteria, viruses and fungi/yeast. It is the first-line of defense against all of the bacteria, fungi and viruses each person brings with them as they welcome this adorable new family member.

As babies grow, their microbiome will develop quickly and change. Their 'good' bacteria help train the baby's immune system, teaching it to identify what is friend to be tolerated and what is pathogen to be attacked. By the age of 3, a child's microbiome possesses closer to 1000 species of microbes and begins to resemble the microbiome of an adult. A recent study states that the number of bacteria in the body may be very similar to the number of human cells in the body.

Your microbiome is constantly changing. The stronger it is, the better off you'll be. No part of the body's microbiome exists in a vacuum, which is why it is important to continue to understand the different parts of the biome and how they interact.

The skin is under constant assault from environmental agents, harsh cleansers and soaps, deodorants, and even medications and cosmetics. As a result, our obsession with cleanliness may be doing more harm than good for microbial balance on the skin.

Antibacterial hand and body soaps disturb our own natural protective microbiome that we have on our skin. The use of antibacterial soaps disrupts the natural flora of the skin and decreases our exposure to beneficial microorganisms. Essentially, we get too clean—and this leads to all sorts of common-day skin issues.

We still want to clean our skin from the daily bombardment of toxins and other infectious agents we are exposed to daily. But it seems like a really good idea to focus on eliminating harsh antibacterial soaps that kill the natural microbiome. Good bacteria on your skin are necessary for optimal functioning. So take care of what's living on your skin by treating the skin with probiotic ingredients.

Probiotics offer protection from skin infections, such as staph and other harmful

bacteria and infections. In fact, the entire microbiome protects against bad bacteria, fungi, yeasts, and parasites. (Viruses don't survival well on the skin). And a proper pH is required for all of this to function well. Support the health of your skin by daily applying skincare products with probiotics and nutrients designed to balance pH.

Many of us take probiotics, but few of us have ever thought of using a skin probiotic. Tru Energy has a line of products that are designed such that they don't interfere with the body's natural biome but help restore it.

Tru Energy's Protective Day Time Treatment has natural oat beta-glucan. Oat and its derivatives have a long history of safe use in both skincare products and dermatology. Beta-glucan is naturally abundant in oats and is capable of penetrating deep into the skin and delivering significant topical benefits. It also provides the skin with natural probiotics, which creates an environment for the healthy flora and beneficial bacteria to thrive.





The benefits of beta-glucan include:

- Wound healing for acne and other skin irritants
- Strengthening the skin barrier to reduce stinging, burning and dryness
- An anti-irritant to provide rapid relief from itching and pain
- Forming a film for added protection from UV exposure
- Smoothing fine lines and wrinkles
- A skin soothing agent
- Stimulating collagen synthesis for skin repair
- Moisturizing anti-aging action
- Immuno-stimulant activation through skin repair and collagen growth

The Protective Day Time Treatment from Tru Energy also contains olive squalane, which is a natural derivative from olives. It rapidly penetrates the skin and, once absorbed, it provides antibacterial benefits as well as repairing the skin mantle's natural pH balance.

Olive squalane will also help:

- Boost cell regeneration and oxygenation
- Prevent formation of age spots
- Heal chapped and cracked skin
- Permeate the skin at a rate of 2mm per second
- Prevent UV damage to skin
- Retain the skin's natural oils
- Speed the healing of skin

- Reduce the appearance of wrinkles
- Impart relief to dehydrated, and ultra-sensitive skin
- Soften the most rough-textured skin, leaving no oily residue
- Counteract conditions of eczema, psoriasis, and post-operative skin
- Resist oxidation

Once an afterthought, the microbiome has now emerged as an equally important piece of the healthy-skin puzzle. To achieve a healthier microbiome, it's not only important to focus on what kind of soap to avoid, but which body-care products create a cozy little bacteria community on your face. Tru Energy offers a proven way of getting that enviable radiance with topical probiotics.

# 7 Amazing New “Musical Tones” Found To Relieve Stress... Promote Healing... Break Negative Cycles... And Restore Sound Sleep... In Minutes



[www.wholetones9.com](http://www.wholetones9.com)

# I Have Type 2 Diabetes: What Can I Eat?

Eating to reverse diabetes is not boring, bland or difficult. Once you embrace whole, real foods you will never return to your old ways and your body will thank you.

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by Susan Patterson



**Y**OU HAVE JUST received news that you have type 2 diabetes and there is no shortage of thoughts running through your mind, most of them discouraging at best. Rest assured, you are not alone in your condition or your thoughts. Diabetes rates have been increasing at an alarming pace with no sign of slowing down.

According to 7th edition of the [Diabetes Atlas](#), 415 million adults (1 in 11 persons) worldwide have diabetes and this is expected to rise to 642 million by 2040.

Unfortunately, there is more bad news. The [American Diabetes Association](#) reported that in 2012 there were 29.1 million Americans with diabetes and of these 8.1 million were undiagnosed. Type 2 diabetes accounts for 90 to 95% of all diabetes cases in America.

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#### WHAT EXACTLY IS TYPE 2 DIABETES?

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When you eat, your body breaks down food into glucose (sugar) and other nutrients that are necessary for a myriad of bodily functions. The glucose and nutrients are absorbed into the bloodstream via the gastrointestinal tract and your blood sugar levels rise. In response, your pancreas makes a hormone known as insulin.

Insulin is very much like a key that works to unlock cell doors to allow glucose to enter. Cells need glucose for energy. When insulin does not work properly the glucose cannot get into the cells and remains in the blood. Over time, levels of sugar become dangerously high, leading to what is known as insulin resistance. High blood sugar may promote serious health problems such as cardiovascular disease, nerve and kidney damage.

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#### THE GOOD NEWS

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If you are one of the millions diagnosed with type 2 diabetes, there are some things that you really need to know. First of all, there is good news, this is not a life sentence by any means. Type 2 diabetes is 100% reversible through proper lifestyle choices. Namely, diet, exercise and stress reduction. Yes, you can really eat to reverse diabetes!

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#### WHAT CAN I EAT?

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You might be wondering, if I have type 2 diabetes, what changes do I have to make to my diet? Will it be bland? Will I have to give up everything I have eaten for years? Will I actually be able to enjoy food again? What does a type 2 diabetes diet look like?

The great news is that the changes you need to make to your diet will not only taste great but will allow you to fully enjoy wholesome and real food. Perhaps, for the first time ever, you will have a new concept of what the word “food” really means. Contrary to what you might think, you won’t have to eat cardboard the rest of your life.

What if we told you that you could enjoy delicious meals like Linguine with Creamy White Clam Sauce or French Onion Beef Tenderloin and still be healthy? It is so easy to enjoy even those delicious comfort foods when you are a diabetic.

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#### WHAT IS REAL FOOD?

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Real food contains the nutrients necessary for your body to rebalance and transport glucose (AKA energy) into cells where it can be used properly as fuel for important functional processes. Real food is not refined or complicated; it is simple and highly nourishing. And yes, real food does not taste like cardboard, but rather entices the senses and appeases the palate. Real food is often referred to as food that nourishes, sustains, or supplies. It is not artificial, not created in a laboratory and not a sum of parts but rather a whole within itself. Real food is the high-octane fuel that your body needs to look and feel its best. It is real food that you can eat to reverse diabetes.

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#### GAS VS. SODA

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Although the manufacturers of cars are coming up with some incredible prototypes that use a wide array of fuel types, there has yet to be one that runs on soda. When you pull into a gas station you fill your car with fuel in order that it can run as efficiently as possible between point A and B. If you were, let’s say, to put soda into your gas tank, how far do you think that the car would actually run? The obvious answer is that it probably would not run at all.

When it comes to the human body, real food is the gas that is necessary for optimal performance. Anything less (like soda) will result in drastically reduced efficiency and put a terrible strain on all of your bodily systems.

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#### REAL FOOD IS FOR THE WHOLE FAMILY

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Real food can be fun and is not just limited to those with diabetes. Everyone in your home will benefit and even come back for seconds on many delicious breakfasts, lunches, and snacks you can easily prepare. Often, all



it take is a few simple modifications to make your favorite family meals healthy for everyone.

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#### CONVENTIONAL METHODS OF HEALING

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Conventional methods of treatment for type 2 diabetes often include the use of a pharmaceutical drug. Drugs, however, are much more of a Band-aid approach rather than a solution. It is now being discovered that diabetes drugs don't work well because they consider diabetes a malfunction with blood sugar rather than an insulin problem. A typical drug used for type 2 diabetes is focused on fixing the symptom of elevated blood sugar rather than addressing the underlying condition. This can lead to a host of other medical problems and side effects.

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#### THIS IS WHERE IT ALL BEGINS

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Your journey to wellness and recovery from type 2 diabetes begins with the most powerful medicine on earth, food. By removing the foods that disrupt the glucose-insulin response system, namely those that are processed and refined, and replacing them with whole foods such as vegetables, nuts, seeds, organic meat, wild caught fish, coconut oil and avocado oil, you are out of the starting gate and well on your way to achieving optimal health.



# Linguine with Creamy White Clam Sauce

*Ripe tomato and fresh basil give this quick recipe tons of flavor. Serve this healthy pasta dinner with steamed green beans.*

## INSTRUCTIONS

- 1 Bring a large saucepan of water to a boil. Add pasta and cook until just tender, about 8 minutes or according to package directions. Drain.

Meanwhile, drain clams, reserving 3/4 cup of the liquid. Heat oil in a large skillet over medium-high heat. Add garlic and crushed red pepper and cook, stirring, for 30 seconds. Add the reserved clam liquid, lemon juice and salt; bring to a simmer and cook until slightly reduced, 2 to 3 minutes. Add tomato and the clams; bring to a simmer and cook for 1 minute more. Remove from heat.

- 2 Add the reserved clam liquid, lemon juice and salt; bring to a simmer and cook until slightly reduced, 2 to 3 minutes. Add tomato and the clams; bring to a simmer and cook for 1 minute more. Remove from heat.
- 3 Stir in basil and cream (or half-and-half). Add the pasta and toss to coat with the sauce. Garnish with more basil, if desired.

## NUTRITIONAL INFO

Serving size: 1 1/4 cups

Per serving	382 calories 15 g fat(3 g sat) 9 g fiber 46 g carbohydrates 20 g protein 18 mcg folate 50 mg cholesterol 4 g sugars 0 g added sugars 681 IU vitamin A 10 mg vitamin C 65 mg calcium 4 mg iron 371 mg sodium 205 mg potassium
Nutrition Bonus	Iron (22% daily value)
Carbohydrate Servings	3
Exchanges	2 1/2 starch 1/2 vegetable 1 1/2 lean meat 2 1/2 fat

## INGREDIENTS

- 8 oz. brown rice linguine
- 1 16-oz container. chopped clams (thawed if frozen)
- OR
- 2 10-ounce cans whole baby clams
- 3 TBSP extra-virgin olive oil
- 3 cloves garlic cloves, chopped
- 1/4 tsp crushed red pepper
- 1 TBSP lemon juice
- 1/4 tsp salt
- 1 large tomato, chopped
- 1/4 cup fresh basil, chopped
- 2 TSBP heavy cream or half & half



# French Onion Beef Tenderloin

*We took the comforting flavors of French onion soup and turned them into an easy bistro-style steak dinner. Tender filet mignon gets smothered with sweet caramelized onions and topped by a crispy, Swiss cheese-covered crostini. To double this recipe use 2 large skillets and prepare one 4-serving recipe in each. Serve with green beans or salad.*

## INSTRUCTIONS

- 1 Sprinkle steaks with dried onion, 1/4 teaspoon salt and pepper. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the steaks and reduce the heat to medium. Cook, turning once, until desired doneness, 3 to 6 minutes per side for medium-rare. Transfer the steaks to a plate and tent with foil.
- 2 Position a rack in upper third of the oven. Preheat broiler.
- 3 Add the remaining 1 tablespoon oil to the pan. Add onions and sherry, cover and cook over medium heat, stirring occasionally, until the onions are tender and golden brown and the liquid has evaporated, 10 to 12 minutes. Sprinkle flour over the onions and stir to coat. Add broth, thyme and the remaining 1/4 teaspoon salt; cook until bubbling and thickened, about 1 minute more.
- 4 Remove from the heat and return the steaks and any accumulated juice to the pan. Pile up some of the onions on top of the steaks. Top each steak with a slice of gluten-free baguette and some cheese (if so desired). Transfer the pan to the oven and broil until the cheese is melted and bubbling, about 2 minutes. Serve the steaks with the onions and sauce.

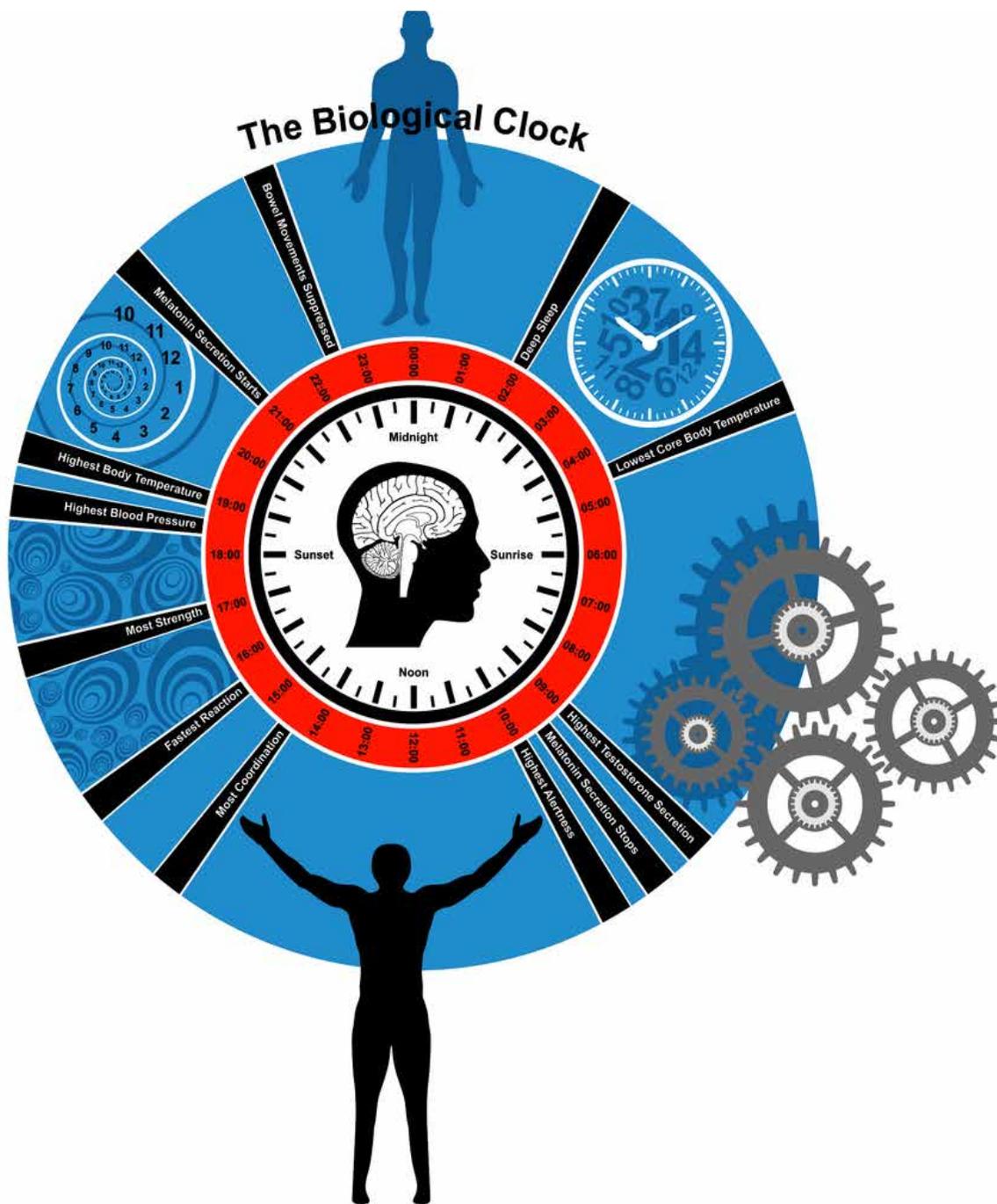
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**W**ORK DEADLINES AND general busy-life grind fill your calendar. Time seems to slip away with busyness – as does sleep. But there is one thing you can control, it is the quality of your sleep. Quality sleep is essential for bringing your best every day. That is where melatonin comes in.

Melatonin is a natural hormone that helps nudge your body into sleep mode. Even though melatonin is produced by our body, aging, stress levels, diet, exercise and even exposure to our electronics can affect how our bodies produce it.

By adding melatonin in supplement form, you could drift off faster – instead of thinking about your to-do list – and actually rest once you do start snoozing. Here is how melatonin helps you fall asleep faster, stay asleep longer and wake up feeling refreshed.

Melatonin is a hormone secreted by the pineal gland (part of the endocrine system) and has been widely studied for its ability to produce sleep. The body produces melatonin in response to darkness, causing sleepiness and to help regulate the body's natural wake-sleep cycle.

How and when your body creates and releases melatonin is contingent upon light exposure in the day and the gradual onset of darkness in the evening. Levels start to rise from early evening, remain

# SUPPLEMENT REVIEW

# MELATONIN

The Best Melatonin Supplements and How to Use Them

Updated October 2017

high and steady throughout the night, and begin to drop off in the early morning hours. Healthy levels give you the ability to fall asleep quickly, reduce or eliminate sleep interruptions, and wake easily at consistent times.

When exposure to light decreases, melatonin increases. Conversely, when light exposure increases, melatonin decreases. The darker it is, the more melatonin your body releases. Any sort of light can interfere with normal melatonin production and negatively affect sleeping patterns. Streetlights, nightlights, and ambient light from cell phones, TVs, computers, and other electronics disrupt melatonin output. If you're thinking that covering your eyes will solve this, think again. It turns out that light falling on any part of the body will inhibit the hormone. Turn off all lights, turn your alarm clock away from you and close the blinds.

Besides helping with sleep, melatonin is also a powerful antioxidant. It can scavenge free radicals throughout the entire body due to its ability to penetrate cell membranes and navigate the blood-brain

barrier. Melatonin is both water- and fat-soluble, which allows this neurotransmitter to reach almost every cell in the body. These attributes suggest this hormone may improve the health of your immune system.

Studies show melatonin has a hand in:

1. Immune function
2. Jet lag recovery
3. Headache reduction (particularly cluster headaches)
4. Easing pain associated with irritable bowel syndrome
5. Managing sleep cycle disruption due to night or shift work
6. Controlling sleep disorders associated with autism, cerebral palsy, blindness, and ADHD
7. Reducing withdrawal symptoms after quitting smoking
8. Medication or pharmaceutical induced insomnia
9. Reducing the side effects associated with chemotherapy
10. Helping fight certain types of cancer (particu-



larly brain, breast, colon, lung, and renal)

11. Reducing the impact and instance of tinnitus

12. Improvement of tardive dyskinesia

13. Protection from radioactivity

14. Prevention of gallstone development

15. Improved fertility

Melatonin may also help with sleep problems in people withdrawing from sleeping medications. It has been shown to improve sleep in people with diabetes, schizophrenia, Alzheimer's disease, Parkinson's disease and in those who are hospitalized.

Most melatonin supplements are synthetically manufactured but chemically identical to the melatonin produced in the body. Supplements are required to list their source of melatonin if made directly from plant or animal sources. An independent lab tested melatonin supplements to determine if they contained their listed amounts of melatonin.

The melatonin supplements selected for testing all passed in relation to their claimed amounts of melatonin. They also properly broke apart during digestion and were found to be lead-free.

The following 23 melatonin supplements are safe for consumption and treating sleep disturbances in alphabetical order:

- CVS Health™ Melatonin 5 mg
- Emergen-C® Emergen-Zzzz® Mellow Berry
- H-E-B® Super Strength Melatonin
- Herbatonin® 0.3 mg Plant Melatonin
- Jarrow Formulas® Mellow Tonin®
- Kroger® Melatonin 10 mg
- Life Extension® Melatonin 300 mcg
- Life Extension® Melatonin 3 mg
- Member's Mark® [Sam's Club] Timed Release Melatonin
- Natural Factors® Melatonin 10 mg
- Nature's Bounty® Melatonin 5 mg
- Natrol® Liquid Melatonin — Raspberry Natural Flavor
- NOW® Liquid Melatonin
- Pure Encapsulations® Best-Rest Formula
- Rexall® [Dollar General] Melatonin
- Solgar® Melatonin 5 mg
- Source Naturals® Vegan True® Melatonin
- Sundown Naturals® Melatonin 5 mg
- Swanson® Melatonin
- Trader Darwin's™ Chewable Peppermint Flavored Melatonin
- Twinlab® Melatonin Dots™ 3mg
- Well at Walgreens Quick Dissolve Melatonin 3mg
- Zarbee's Naturals Children's Sleep Natural Grape Flavor

Because melatonin is a hormone, begin supplementing with lower dosages. For some people, as little as 0.5 mg may be sufficient to aid sleep.

- For falling asleep: it's typical to take a dose of 2-3 mg of melatonin one half-hour to one hour before bedtime, although recommendations vary from 0.5 to 5 mg
- To prevent cluster headaches: take 10 mg before bedtime
- As a sleep aid during chemotherapy: take 10-50 mg daily
- For IBS: take 3 mg at bedtime

There are lots of additional options and substitutes for getting the most delicious sleep. [These dietary guidelines listed here will help](#) in the manufacture of melatonin and other bodily chemicals to balance and promote the best sleep. Here are some foods that contain natural minerals that can help you rest:

- oranges
- bananas

- oats
- pineapples
- tomatoes
- cherries
- sweet potatoes
- brown and wild rice
- barley
- pumpkin
- winter squash
- corn and potatoes



Studies have shown that taking supplements of melatonin, the “sleep hormone” that our bodies produce less of as we age, can increase the amount of REM sleep you get.



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P U B L I S H I N G

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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.