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Health Rules to Live By

Home Cures That Work is full of experts invested in your success.

You can rely on the recipes and expertise of Home Cures That Work. Our team of exceptionally skilled and admittedly obsessive health enthusiasts spends every day solving the health problems that plague all of us. After all, they're in it for good health, too! Like all of us at Barton Publishing, our Home Cures That Work writers are invested in your success with health and they've got some advice to share.

Here are just a few of the excerpts you'll find in this month's issue.

- "The vitamin C in pumpkin promotes collagen production, boosts immunity and fights free radicals. One cup of cooked pumpkin contains nearly 20% of the daily recommended allowance of collagen." (pg 15)
- "Maca root offers a great way to replenish exercise-induced mineral depletion. Improve your energy naturally and say goodbye to caffeine jitters and crashes with a daily dose of maca!" (pg 20)
- "Dr. Seyfried and other doctors suggest that a ketogenic diet may be more effective than chemotherapy for treating cancer. There's no argument that a low-carb diet is a far healthier approach to cancer treatment." (pg 12)
- "Thousands of veterans returning home were prescribed Seroquel to treat PTSD, anxiety, depression and sleep disorders....and some even died in their sleep while taking Seroquel." (pg 8)
- "Many animals taking a joint supplement no longer require a pain reliever." (pg 24)

We love sharing our passion for health with you. Here's to partnering together for a beautiful and healthy you!

For your health,

Cheryl Ravey

Editor

Home Cures That Work



IMPROVING MOOD AND BRAIN FUNCTION NATURALLY TO AVOID NEUROLEPTICS

Antipsychotic meds are skyrocketing. The range of mental disorders treated with these medications in practice has broadened. For many, the side-effects of antipsychotics are worse than the symptoms they're meant to treat. Is there a better way? It shouldn't come as a surprise that the answer to this question is clear.



AN OVERVIEW OF THE KETOGENIC DIET

A ketogenic diet is well known for being a low carb diet to force your body into the metabolic state of ketosis. We don't do this through starvation of calories, but through starvation of carbohydrates. Then your body begins to burn ketones as the main energy source and weight loss becomes evident. Learn more about a myriad of benefits of the ketogenic diet.



WHY PUMPKIN IS A FALL SUPERFOOD FAVORITE

Pumpkin: It's yummy and it's seasonal. And we're in the middle of a full-on flavor takeover. There's pumpkin in your bagels, beer and coffee. While most pumpkin-flavored treats should be added to the once-in-a-while list, pumpkin itself (not to be confused with artificial pumpkin spice flavoring) is actually one of the healthier foods of the season. Here are five reasons it's OK to be totally obsessed with this season's superfood.



WHY YOU WANT MACA IN YOUR KITCHEN

Everybody needs a little maca in their life. Maca is an adaptogen. It helps us cope and better manage stress. As a result, it can also up our libido, improve hormonal balance, and stabilize our mood and energy...and everything else in our body finds balance. Get some maca in your diet with these easy recipes.



MACA ROOT
healthy eating

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PET JOINT SUPPLEMENT REVIEW

There's a lot of crazy info out there when it comes to canine joint health and mobility. Arm yourself with the evidence from a trusted source of reliable data, Home Cures That Work.

Improving Mood and Brain Function Naturally to Avoid Neuroleptics

Dennis was twenty-three when his mother brought him into my office. She was leading him by the hand, as he walked haltingly, and sat him down in the chair. He was drooling, his mouth open, staring straight ahead. He could answer, but only “yes” or “no.” His mom said his condition was now worse than when he was having hallucinations and was totally paranoid and had to be admitted to the psychiatric hospital. I asked him if he still had hallucinations, and he slowly responded, “yes.” Then I asked him if he was paranoid, and he slowly said, “yes.” He was still having symptoms, but was unable to respond to them because of the sedating effects of the medications.

We did some tests and found he had some nutrient deficiencies, so we put him on a regimen to correct them while slowly weaning him off the drugs. Within months he was off all medications and was doing much better. He no longer had hallucinations and was not paranoid. He got a dog, and a fish, and began playing the fiddle (he was an accomplished Irish fiddler) at a couple of the nursing homes in town.

Neuroleptics, or antipsychotic medications like those given to Dennis, are drugs that suppress the nervous system. There are many different types, but they all have similar effects... and side-effects.





by Dr. Scott Saunders, M.D.

Symptoms of Psychosis

The word "psychosis" refers to a range of conditions that affect the mind, in which there has been some loss of contact with reality. A person with psychosis is, at times, unable to tell the difference between what is real and what is just in their minds.

Psychosis is characterized by significant changes in a person's perceptions, thoughts, beliefs, and behaviors.

- A person may experience hallucinations (hearing, seeing, tasting, smelling and feeling things that actually aren't real) and delusions (unshakable belief in something that is not true and that others do not share).
- Hallucinations and delusions are very real to the person and can be distressing and frightening.
- There can be other changes in thought processes, mood, sleep, and behavior.
- The experience of psychosis varies greatly from person to person. Each person may have very different symptoms.

Psychosis can result from a number of different causes and can occur in a variety of mental and physical illnesses.

Antipsychotic medications are often prescribed for treating psychosis in efforts to reduce or stop the frequency and intensity of psychotic symptoms. Common

brands of antipsychotics include Haldol, Abilify, Clozaril, Geodon, Invega, Risperdal, Seroquel, Zyprexa (Olanzapine) and Fanapt (Iloperidone).

Do Antipsychotic Meds Work?

The effectiveness of neuroleptics for even schizophrenia is questionable. One analysis of multiple studies showed the effectiveness only slightly better than placebo.[1] What's most interesting is that the placebo worked about a fourth of the time. The medications worked less than half the time.

Many are using antipsychotics to "head off" or prevent the onset of psychosis in those who seem to be at risk. But there is no evidence of mental-stabilizing properties. In fact, the evidence seems to show that they don't prevent psychosis. [2]

While these medications may decrease the symptoms of psychosis in a minority of people, they don't seem to be able to improve the function of the brain. They merely mask the symptoms by causing sedation so the patient doesn't respond to the psychosis, as was the case of Dennis, above.

The Biggest Problem with Neuroleptic Medicines are Side-effects

John is in his fifties and has a great deal of anxiety. He has been to many different doctors and has tried many medications for anxiety, but none of them worked. They either didn't help or they made him drowsy so he couldn't function. His psychiatrist decided to give him a neuroleptic medication, Iloperidone. He immediately started gaining weight due to uncontrollable hunger. Even right after eating two cans of beans each with a plate full of rice he was still hungry. Also, he was suddenly unable to sleep, staying up all night, and unable to function in the morning. After more than a month he had gained almost twenty pounds and didn't remember sleeping at all. He went to his doctor, who took him off the medication, but the problems persisted.

After more than a year without the medications he still has constant hunger, doesn't sleep, and now has diabetes. It's a constant struggle just to get some sleep. Sleeping pills have not helped. His calcitonin hormone levels are still high, and fat makes up almost half his blood volume. He has been in the hospital for these issues, but none of the medications he is given are helping his problems. The damage seems to be permanent.

One of the big issues with all the neuroleptic medications is that they can cause permanent neurological and metabolic injury. A partial list of side-effects include:

Sedation (sleepiness)
Hypotension (low blood pressure)

Anticholinergic Effects:

- Dry mouth
- Blurry vision
- Constipation
- Drowsiness/sedation
- Hallucinations
- Memory impairment
- Difficulty urinating
- Confusion/delirium
- Decreased sweating

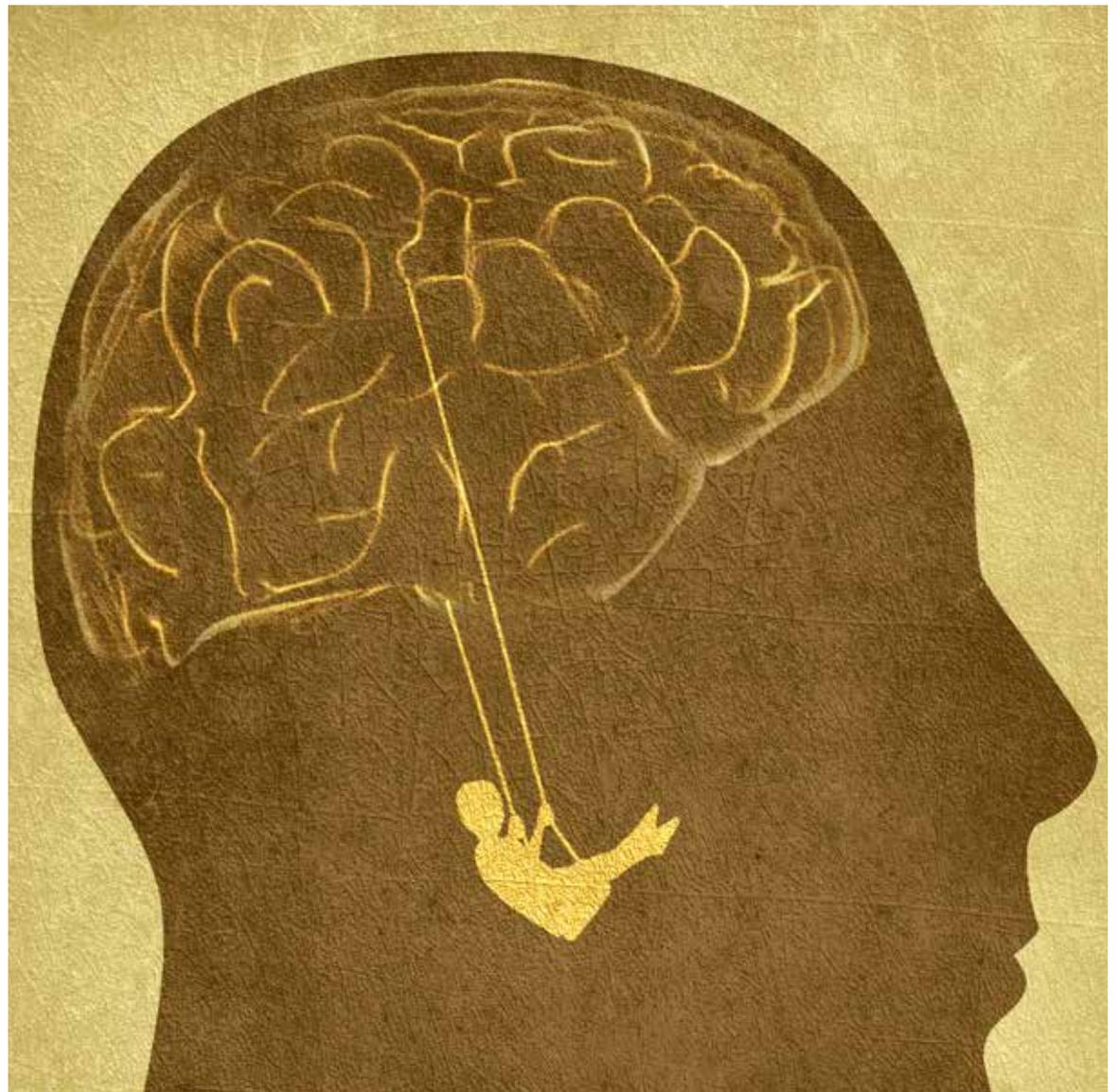
Extrapyramidal (nerve/motor) Symptoms

- Acute dyskinesia (muscle movement problems)
- Dystonic reaction (spasms)
- Tardive dyskinesia (chronic involuntary movements)
- Bradykinesia (slowed movement)
- Tremors
- Parkinsonism
- Akinesia (no movement, or use of muscles)
- Akathisia (lack of sensation)
- Neuroleptic malignant syndrome (severe reaction, sometimes fatal)[3]
- Hyperprolactinemia (pituitary hormone tumor)

Sexual Dysfunction

Agranulocytosis

(inability to make white blood cells)



Cardiac Arrhythmias

(heart disease, prolonged Q-T interval)

Seizures

Metabolic Syndrome Issues

- Dyslipidemia (high fat in the blood)
- Diabetes Mellitus, type 2
- Obesity

Death in Older Patients (“Black Box” warning)

These effects are not rare, but are very common. In one international survey of 353 patients taking antipsychotic medications, more

than half had side effects, but fewer than 25% reported them to their doctor.[4] Too often, the doctors aren’t even getting feedback from their patients that they are having problems. So, the doctors believe the neuroleptic medications are working and the patients don’t have any side-effects. This leads to more prescriptions of the same. Any doctor with a couple of patients like John would be much more careful in prescribing such medications.

Moreover, the effects, once a person gets them, last for life, or cause an early death.

For all of these reasons, the current guidelines urge caution in prescribing antipsychotics for patients who don’t have psychosis. [5]

Many who don't have psychosis are prescribed antipsychotics

Sherry works in the movie industry. She spends all day on movie sets, and is constantly stressed. She usually eats sandwiches, cookies and snacks from the catered food. She has weeks of high-stress, followed by months of nothing (no income, high-stress). Because she was dealing with anxiety and depression, her doctor put her on Olanzapine. It worked to keep her calm in her high-stress environment, but she started gaining weight. She became diabetic and came to see me. After testing, it was clear she had some metabolic disturbances from the medication, but she was unwilling to stop it. She is on a careful diet, but remains about fifty pounds overweight. She also remains at risk for the complications of diabetes such as heart disease, amputations, Alzheimer's disease, blindness and dialysis.[6]

There is an explosion of antipsychotic prescriptions for people who aren't psychotic. Several studies show that more than half of all prescriptions are for diseases that the medications are not approved to treat. In other words, they are most often given to treat problems for which they have not been studied.[7]

Antipsychotics are prescribed for a host of conditions, including:

- Dementia
- Depression
- Obsessive-compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)
- Sleep disruption
- Generalized anxiety disorder

- Borderline personality disorder
- Tourette's syndrome
- Anorexia nervosa
- Substance abuse[8]

Because the symptoms above are very common, the neuroleptic medications are being used more frequently, which leads to so many more people with the side-effects.

In the years from 1995-2002, one study found that there were nearly 6 million outpatient visits to health care providers by children between the ages of 2 and 18, during which antipsychotics were prescribed. The Children's Hospital of Philadelphia recently found that 19% of children who were newly diagnosed with Type 2 diabetes were being treated with the new antipsychotics. Thousands of veterans returning home were prescribed Seroquel to treat PTSD, anxiety, depression and sleep disorders...and some even died in their sleep while taking Seroquel. [9] These military families deserve an explanation!

There Are Many Other Options to Antipsychotic Drugs

I prefer to find the underlying cause of these various brain dysfunctions and fix them. While this is not always possible, there are a few simple places to look.

For example, a deficiency disease known as pellagra is a vitamin B3 (Niacin) deficiency. The symptoms of pellagra are: headaches, sleep disturbance, hallucinations, thought disorders, anxiety and depression. Relative deficiencies

can happen with any nutrient in the body.

Another common disturbance causing all the symptoms for which antipsychotics might be prescribed is a methylation deficit. Vitamins B6, B9 (folic acid) and B12 are the primary methylators in the body. When there aren't enough of these, or they aren't working well, energy systems get blocked, and toxins can build up. One prescription antidepressant, Deplin, is simply an activated form of vitamin B9, and works very well alone, and also improves the benefits of antidepressant drugs.

Supplements for Improving Mood and Brain Function

To test if the supplements help, start with the dosages below. If they make a difference, the dose can be adjusted according to the need. Decrease dosages until you notice the symptoms return, then return to the next higher dosage.

Vitamin B12

1 mg per day by injection. Injection is best because vitamin B12 doesn't absorb easily, even under-the-tongue, or in creams.

Vitamin B9 (Folic Acid)

15-30 mg per day, best taken as L-methyl folate, folinic acid, or 5-MTHF.

Vitamin B6

100 mg per day, best taken as P5P.

Zinc

20 mg every other day. Alternate with copper 1 mg every other day.

Magnesium

400 mg per day best taken as magnesium glycinate.

Omega-3 oils

Take 1g per day.

Probiotics

Try different ones according to the label. They work differently in different people.

For Dennis (above) and Marilyn (below) I prescribed a compound called EmPowerPlus by Truehope. This formula was made specifically for improving brain function in those who have multiple deficiencies. I have found it helpful for getting most people off antipsychotic medications.

Marilyn was almost sixty years old and had been on an antipsychotic medication for about eighteen years. She has had no side-effects but wanted to get off the medication. Because of the length of time she had been taking it, we decided to increase the nutrients to her brain first and then very slowly wean her off the high dose she was taking. Over many weeks, she was able to become completely drug-free, and feel normal for the first time in decades. She asked, "Does that mean I didn't need the medication in the first place?" We cannot say. Perhaps tending to proper brain nutrition would have helped if she hadn't ever started on the medication. We'll never know. But now, she is doing well, and is happy to be "normal" again.

It is essential that you work with your doctor if you want to lower or stop one or more antipsychotic medications. As described above, the reactions can be severe – both ways.



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AN OVERVIEW OF THE KETOGENIC DIET

High in fat, low carbohydrates, with adequate protein intake: this diet changes the way your body uses energy—burning fat instead of carbohydrates—which translates to a sustainable weight-loss plan and lifestyle for many people.

While it sounds similar to the popular Paleo Diet, among other low-carb fad diets, the Ketogenic diet has one key feature that distinguishes it from the rest: carb intake. On the Paleo diet, active people should aim for 100 to 150 grams of carbohydrates per day, while most other non-active people aim for 80 grams per day. This is not the case with the Ketogenic diet. Learn more before you hop on board.

Defining the Ketogenic Diet

Descriptions for this diet are filled with unusual words and medical terms. Knowing the three most important ones will help you understand the basics a little better. Some terms to know:

Ketones: When there isn't enough insulin in your body from sugars (carbs), the body breaks down fat for energy and ketones are made.

Ketosis: The process in which fat is burned instead of carbohydrates. After time your body begins to burn and fuel only from fat; this is called keto-adaptation; it's also the main goal.

Ketostix: Product used to measure your ketone levels. This helps you



understand where you're at in the process, and ensures you stay on track.

The diet was originally designed in 1924 by Russell Wilder, who found it to be an effective treatment for epilepsy. It has existed in a variety of other forms ever since and has gained in popularity over the years as a weight-loss solution.

It's important to distinguish that ketones present in the blood or urine without being on a ketogenic diet is negative, and can be a sign or cause of diabetes. However, on this diet, having a body high in ketones is a positive side-effect.

9 Benefits of a Ketogenic Diet

The benefits of the ketogenic diet outline what every person on a weight loss journey wants, which is why it has become so popular in the fitness world.

1. Offers maximum weight loss

Low carb diets are known to rid excess water from the body (a common source of excess weight). And, because insulin levels are lowered, your kidneys are able to rid the body of excess sodium, which leads to quick weight loss within the first few weeks. Also, a ketogenic diet is one of the best ways to lose weight around your abdomen, which is super important in terms of warding off heart disease and type 2 diabetes.[1]

2. Satiates your appetite

The majority of your daily calories come from fats and protein on this diet, which means that you feel full longer.

3. Reduces fat

When you eat carbohydrates, your blood sugar spikes, which increases insulin levels. When this happens, your body is told (by the insulin) to store the broken-down carbohydrates—which are now sugars—as fat. However, people on the ketogenic diet fill up on little to no carbohydrates, keeping blood sugar levels low and steady and fat storage to a minimum.

4. Lowers triglycerides

High triglycerides are a major risk factor for heart disease. On a ketogenic diet, triglycerides decrease because you're eating few sugars (carbs).[2]

5. Manages or even reverses type 2 diabetes

Reducing carbohydrate consumption is key to managing and even reversing type 2 diabetes. Reducing carbs means lower glucose levels and insulin levels in the bloodstream.[3]

6. Prevents and treats cancer

While this may sound far-fetched, the ketogenic diet has been used for years as a successful treatment in children with epilepsy. Also, it is well-known that cancer cells thrive on sugar. Cut out sugars (carbohydrates) and you starve the cancer cells. Dr. Thomas Seyfried is a leading researcher in the field of treating cancer nutritionally and has been studying this approach at Yale University and Boston College for 25 years.[4] Seyfried debunks the myth that cancer is hereditary and demonstrates the clear connection between what we eat (and other life style factors) and cancer. His recommendation: if you have cancer, get on a low-carb, ketogenic diet.[5] In fact, Dr. Seyfried and other doctors suggest that a ketogenic diet may be more effective than chemotherapy for treating cancer.[6] There's no argument that a low-carb diet is a far healthier approach to cancer treatment.

7. Improves brain function

The ketogenic diet has been shown to be an effective treatment against Alzheimer's disease, autism, schizophrenia, bipolar disorder, and depression.[7]

8. Increases HDL cholesterol

Your HDLs are the "good" cholesterol in your bloodstream. Increasing HDLs lowers your risk of heart disease.[8]

9. Lowers blood pressure

Given all the other benefits, blood pressure tends to drop as well. High blood pressure is a known risk factor for heart disease, stroke, kidney failure and other diseases.[9]

How to Start the Ketogenic Diet

The first step in adapting your lifestyle to the ketogenic diet is familiarizing yourself with the different variations. Note that the suggestions made in this article and in most other reference information are based on the standard version.

THE STANDARD KETOGENIC DIET

Benefits include quick weight loss and fast entrance into ketosis. However, many complain that this version leaves them feeling too tired to workout at their usual level. The standard diet is also often hard to stick with—everyone likes a piece of toast every once in a while, right?

What you need to know:

- 60 percent of calories from fat, 35 percent from protein, 5 percent carbohydrates; 7 days a week.
- Carbs limited to 50 grams per day; 20 grams in the first few weeks. (Being strict from the start will help you enter ketosis faster.)

THE TARGETED KETOGENIC DIET

This variation is ideal for people looking to maintain a gym regimen. This adaptation is for casual exercisers, not for heavy weight-lifters or those who perform high impact cardio.

What you need to know:

- 60 percent of calories from fat, 35 percent from protein, 5 percent carbohydrates; on days you don't workout.
- Eat 20 to 25 more grams of carbs on days you workout to help fuel your session.

With intermittent periods of carb-loading—to re-up your depleted stores from the week—you're able to reap the fat loss benefits while still building muscle via high-intensity workouts—strength and cardio. Aim to keep intense workouts to just three days a week.

What you need to know:

- 60 percent of calories from fat, 35 percent from protein, 5 percent carbohydrates; Monday through Friday.
- Follow the standard Ketogenic diet Monday through Friday; increase complex carb intake to 50 to 70 percent of your calories on the weekends. The actual gram amount is different for every person, and you'll fall out of ketosis if you eat too much, so test this personally. You should eat only as many carbs on your two carb-loading days as you need for your weekly workouts.

Eat only complex carbs on your carb-loading days: squash, brown rice, oatmeal, lentils, etc.

Ketogenic Diet Tips

- Avoid residual carbohydrates. These are the carbs you don't even know you're eating like nuts, seeds and fruit.
- Remember that performing low reps with heavy weights, sprinting or circuit workouts (think CrossFit) qualify as high intensity workouts, and should be done only three days a week on the cyclical diet; you may not be able to do these workouts on either of the other variations. On the other hand, yoga, jogging, long-distance running and high-rep, low weight workouts count as low intensity workouts, which you can do on both the standard and the targeted diets.
- You can eat vegetables, but always choose low-carb vegetables like spinach, cucumber, asparagus, radishes and bean sprouts. Choose healthy fats as well—see this list of fatty foods you should be eating to choose the best ones.

The Ketogenic diet, though similar to the Paleo and other low-carb diets, is actually much different. With greater carb restriction and high fat intake, dieters experience rapid weight loss and maximum results. Before you try the next fad diet, give this one a try—it just might turn into a lifestyle.



Sources:[1] Kris Gunnars, BSc, "10 Health Benefits of Low-Carb and Ketogenic Diets," *Healthline*, January 28, 2014, <https://www.healthline.com/nutrition/10-benefits-of-low-carb-ketogenic-diets#section1>.

[2] Kris Gunnars.

[3] *Daily Health Post*, "This Diet Kills Cancer, Improves Mental Health & Promotes Weight Loss," November 2, 2016, <https://dailyhealthpost.com/ketogenic-diet-benefits/>.

[4] Dr. Joseph Mercola, "The Benefits of a Ketogenic Diet and Its Role in Cancer Treatment," June 16, 2013, <https://articles.mercola.com/sites/articles/archive/2013/06/16/ketogenic-diet-benefits.aspx>.

[5] Dr. Joseph Mercola.

[6] *Daily Health Post*.

[7] *Daily Health Post*.

[8] Kris Gunnars.

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Why Pumpkin is a Fall Superfood Favorite

by Amanda Pierce



NOTHING SAYS FALL better than a beautiful orange pumpkin. But pumpkins aren't just for decoration or making Jack-O-Lanterns, they are extremely healthy for you and Fall's superfood!

Pumpkin is packed full of:

- Beta-carotene – Prevents aging and infections, and plays a role in cancer prevention. Plus, food sources of beta-carotene seem to help more than supplements – even more reason to enjoy some pumpkin in one of the recipes below.
- Vitamin C – Promotes collagen production, boosts immunity and fights free radicals. One cup of cooked pumpkin contains nearly 20% of the daily recommended allowance of collagen.
- Potassium – Prevents onset of cardiovascular disease and hypertension.

- Vitamin A – A fat-soluble vitamin that is essential for vision. It is also needed for a healthy immune system and assists with the proper functioning of your heart, lungs and kidneys. Just one spoonful of pumpkin puree can provide over a third of most people's daily vitamin A requirements.
- Fiber – Great for constipation or indigestion, as well as regulating cholesterol and blood sugar levels. A 1-cup serving contains 7 grams of fiber.

Pumpkin makes a great "diet food" to help you get rid of those extra few pounds because it is fat-free and very low in calories. One cup of pumpkin has only 50 calories! Yet, this humble, backyard fruit is still packed with an abundance of disease-fighting nutrients.

Crunchy and delicious pumpkin seeds are really good for you too. They are very high in essential minerals such as zinc and magnesium. Pumpkin seeds are highly recommended to arrest prostate enlargement because of their high zinc content. Pumpkin seeds are rich in the amino acid tryptophan. This amino acid is important in production of serotonin, one of the major players when it comes to our mood. A handful of roasted pumpkin seeds may help your outlook stay bright.





PUMPKINS ARE THE PERFECT HEALTHY FALL TREAT

Not only is pumpkin good for you, it's delicious! I admit, I have a weakness for anything pumpkin. From soup, to pie, to lattes...if it's got pumpkin in it, I'm sure to love it. I'm not a huge carrot fan, so I get most of my beta-carotene from pumpkin.

Beta-carotene is an anti-oxidant that converts into vitamin A. Most people know that vitamin A is really important for our eyes and vision. However, vitamin A is also very important for building our immune system. It has an important role in the production of white blood cells and helps regenerate the intestine mucosal barrier that keeps infection out of the body. With flu season right around the corner, getting enough vitamin A is really important for its immune-boosting properties.

One of the pitfalls of eating pumpkin is that most foods made with pumpkin are also packed with sugar and refined flour. I am going to share with you my 3 favorite healthy pumpkin recipes. Each delicious pumpkin recipe is free from white sugar and white flour.

The first recipe for pumpkin muffins uses a process called soaking. Whenever I make something with wheat flour, I like to use soaked recipes. Soaking essentially "predigests" your flour making it easier for you to digest. It also ferments out the phytic acid, which can upset your digestion and block your body from absorbing important minerals and nutrients.

SOAKED PUMPKIN MUFFINS

Ingredients

- 1 2/3 cup whole-wheat flour
- 1 cup pureed pumpkin
- 3/4 cup water + 2 Tbsp organic buttermilk or plain yogurt
- 1/2 cup melted organic butter or coconut oil
- 1 cup sucanat or natural granular alternative
- 2 eggs
- 1/4 tsp baking powder



Pumpkin's vitamin and nutrient-rich flesh and seeds can improve your outlook on life, promote weight loss, smooth out your skin and balance your blood sugar. Pumpkin — minus the pie — can provide some serious health perks. Awesome, right?

- 1 1/2 tsp baking soda
- 3/4 tsp salt
- 2 tsp of pumpkin pie spice
- Optional: You can also add in raisins, nuts, cranberries or whatever sounds good!

Preparation

1. Cool butter slightly.
2. Mix together flour, pumpkin, water, buttermilk/yogurt and butter. Cover with a plate or towel. Allow this mixture to rest (soak) at room temperature overnight.
3. When ready to bake, add remaining ingredients and mix until just combined.
4. Pour into muffin cups and bake 45 minutes at 325 degrees F.

5. Muffins will be more moist than usual when checking doneness with a toothpick. Do not overbake!
6. Remove from oven and let muffins rest for 5 minutes. Remove muffins from pan and cool on wire racks.

DELICIOUS PUMPKIN SOUP

Whether you're getting ready for trick-or-treating or you're simply enjoying a late fall evening, this easy pumpkin soup is sure to tempt all ages. Pumpkin is such a beloved superfood that there are some who even follow a pumpkin diet! This recipe is dairy free and instead uses coconut milk. Coconut milk is a great dairy alternative and contains fatty acids that are very good for you. These fatty acids promote normal brain development and contribute to healthy bones. These fatty acids also have important anti-carcinogenic and anti-pathogenic properties and are less likely to cause weight gain than polyunsaturated oils.

Ingredients

- 2 1/2 cups fresh pumpkin
- 1 medium onion, sliced
- 3-4 garlic cloves
- 1 can whole-fat coconut milk
- 2 cups chicken or vegetable stock
- 1 green chili, halved and seeds removed (optional)
- 1/2 tsp cumin
- 1 tsp salt
- Fried bacon crumbled or toasted salted pumpkin seeds

Preparation

1. Cut the pumpkin into a few big pieces and boil it in water for around

5 minutes or until it becomes soft. Cool completely or until comfortable to the touch. Cut off the skin and put pumpkin flesh into a blender/food processor.

2. Meanwhile, roast the whole garlic cloves for about 10 minutes at 400 F in the oven.
3. Heat up some coconut oil in a frying pan and fry the onions till they brown slightly and get nicely caramelized.
4. Add peeled roasted garlic cloves and the onion into the blender along with the pumpkin flesh and blend it for a moment till you get a smooth paste. You can add a drop of water if needed.
5. In a soup pot, mix together 2/3 of coconut milk and about 2 cups of chicken/vegetable stock. Add the pumpkin puree and green chili halves and bring mixture to a boil. Let it simmer for a little bit, see if you need to add more water. Season it with salt and pepper to your liking and just before it is done, mix in the rest of fresh coconut milk.
6. Just before serving, garnish with fried bacon pieces or roasted pumpkin seeds (optional).

HEALTHY PUMPKIN SPICE CREAMER

This last recipe is the newest in my pumpkin collection. I absolutely love pumpkin flavor in my coffee! I'm not even a big coffee drinker, but if it has pumpkin in it, I love it! Coffee shops use a sugar-based syrup for their pumpkin spice lattes, but there is nothing nutritious about it! It doesn't even contain real pumpkin! The store-bought creamers are packed full of sugars, bad fats, fake ingredients and can contain up to 50 grams of sugar! Leave that all behind,

save a few bucks, and have some fun being your own barista this fall with our recipe below.

This delicious recipe calls for real pumpkin. The recipe is also made with healthy fats in the dairy-free version with coconut milk and the antioxidants of cinnamon, nutmeg, and ginger (spice found in pumpkin spice) and tastes like the real thing. If you're a flavor genius, play with ingredients like vanilla bean, cloves, and cinnamon sticks to make it your own. Give our Pumpkin Spice Latte a try—you'll love it!

Ingredients

- 1 cup whole organic milk
 - 1 cup organic cream
- or
- 2 cups whole-fat coconut milk
- PLUS
- 3 Tbsp canned pumpkin
 - 1 tsp pumpkin spice
 - 1 tsp vanilla extract
 - 4 Tbsp maple syrup

Preparation

1. Whisk everything except the vanilla over medium heat in a saucepan.
2. When steam begins to form, remove from heat and stir in the vanilla.
3. Strain through a mesh sieve (optional).
4. Store in a glass container in the refrigerator.

Remember, adding more pumpkin to your diet will help boost your immune system

and increase your regularity! I've also found that pumpkin foods always seem to put me in a cheery state of mind.

I don't know about you, but eating pumpkin always gets me in the mood for the holidays. There is nothing quite like the aroma of pumpkin spices to get you excited about the coming holiday season!

Not only is fall's signature squash versatile, it also packs some powerful healthy perks — like keeping heart health, vision and waistlines in check, as long as you take it easy on the pie, that is. Skip the sugar-laden pumpkin pies and pumpkin breads and try these nutrient-packed and delicious pumpkin recipes instead! With so many health benefits, you won't regret taking advantage of this fall's superfood: pumpkin!

Delicious food that is good for you? I'm not complaining and I'm sure you won't either.





WHY YOU WANT MACA IN YOUR KITCHEN

by Rob Fischer

In the harsh environs of the Andes Mountains of Peru, the hearty maca plant grows serving as the staple food for an equally robust people. At elevations of 11,000–14,000 feet, the severe climate is marked by high winds, bright sun and huge temperature swings. It's a wonder that maca thrives there.[1]

Maca root, a cruciferous vegetable, has provided sustenance and healing for the high altitude inhabitants of the Andes Mountains for thousands of years. In its own right, this vegetable, with its high protein, carbohydrate and nutrient count, earns the status of a superfood.[2]

Maca root grows like a beet or radish, producing a small, plump tuber. It has a light, nutty flavor and comes in a variety of colors: black, red and yellow, each with special nutritional properties.

Natives of this area have eaten it raw, cooked or boiled leading to its implementation as an everyday staple. What qualifies maca as a superfood is its wealth of minerals, vitamins, enzymes and all of the essential amino acids.[3]

Maca root is also classified as an adaptogen, meaning that its nutritional makeup helps us combat stress and normalizes our physiological functions. [4] Interestingly, maca—able to grow under such extreme conditions—also helps us cope well in the stresses of life. Maca is often recommended to those with adrenal fatigue as it nourishes them and reduces stress hormones.

Maca Root Nutritional Value

Maca root boasts:[5]

- 8 essential and more than 12 other amino acids
- 20 free-form fatty acids
- Vitamins B1, B2, C and E
- Calcium
- Magnesium
- Potassium
- Copper
- Zinc
- Manganese
- Phosphorus
- Selenium
- Sulphur
- Sodium
- Iron
- Fiber
- Rich source of phytonutrients

5 Health Benefits of Maca Root

The claimed health benefits of maca root are many, but 5 of the most common ones include:

1. Improves sexual function, fertility and libido.

Maca root has earned the names “Peruvian Ginseng” and “Nature’s Viagra” for its qualities as an aphrodisiac.[6] A double-blind, randomized study of maca root in 2008 provided clinical evidence for these claims. [7] Maca root also has the ability to increase the quality and quantity of sperm in men who produce lower than normal levels.[8] As a result, maca is used as a fertility enhancer and known for improving libido and sexual function, especially in men.

2. Balances hormones by supporting the endocrine system.

This is due to maca root’s properties as an adaptogen. Many women in menopause have found relief by supplementing with maca root. As such, maca root improves mood and decreases symptoms of PMS and menopause.[9] Maca root has been shown to reduce the frequency and severity of hot flashes and raise energy levels.[10] People also report relief from hormonal induced acne and other skin problems.[11]

3. Increases energy and stamina.

Athletes have begun supplementing with maca root to give them a natural edge without stressing their adrenals.[12], [13] Over the years, maca root has been given to people with “tired blood” (anemia) and to those suffering with chronic fatigue syndrome.[14] As a food source rich in minerals, maca root offers a great way to replenish exercise-induced mineral depletion. Improve your energy naturally and say goodbye to caffeine jitters and crashes with a daily dose of maca!

4. Enhances mental clarity and boosts memory.

In particular, black maca showed improved memory and learning results in experiments with mice. Researchers believe the presence of polyphenolic compounds in black maca root lend it these memory-enhancing properties.[15]

5. Improves the immune system.

Maca root increases blood circulation, oxygenation of the blood, and works as a natural antioxidant. Maca root improves glucose tolerance, helps maintain proper cholesterol levels, and therefore reduces inflammation.[16]

Available Maca Root Forms and Doses

Maca root is readily available in powdered form, which has been a common mode of preparation by the indigenous peoples of the Peruvian Andes. Maca root also comes in capsules as a supplement. Although maca root is also available in gelled form, this is not recommended due to the heating process that kills its enzymes.

Always shop for maca that has been certified by an accredited organic certification body. This will have been prepared from maca that's cultivated using only natural fertilizers, such as maca leaves (from the previous year's crop), sheep and alpaca manure, and without the use of banned pesticides.

In powdered form, maca can be added to many of your favorite recipes. Some ideas include adding maca powder to:

- Hot chocolate (1 tsp)
- Hot or cold cereal (1-2 tsp)
- A smoothie (1 tsp)
- No-bake recipes (See No-bake vegan macaroons)



POWER OF NATURE
maca root

As a food, the recommended dosage is one tablespoon per day. There are no known side effects or dangers associated with maca root. However, some people report upset stomach from eating maca root, so you may want to start out with ½ teaspoon per day.[17] The dosage for maca root capsules is typically 500mg, twice daily.[18] Not enough is known about any impact on women who are pregnant or breast-feeding, so it's advised for them to avoid maca root.[19]

Maca is an extraordinary tonic for overall health and wellness. Whether you want to increase your potency, improve your fertility, stabilize your hormones, or enhance your athletic performance, maca is a safe and effective addition to your daily diet. Purchase some maca root powder and work it into your diet or supplement plan and let us know how it works for you!

Source: [1] Julie Morris, "Warm Up with Hot Maca," Mind Body Green, December 9, 2011, <http://www.mindbodygreen.com/0-3627/Warm-up-with-Hot-Maca.html>. [2] Dr. Axe, "Top 5 Maca Root Benefits and Nutrition (No. 4 Is Best)," nd, <http://draxe.com/top-5-maca-root-benefits-and-nutrition/>. [3] Kim Evans, "Benefits of Maca Root: Find More Energy and Hormonal Balance," Natural News, December 24, 2009, http://www.naturalnews.com/027797_maca_root_hormone_balance.html. [4] Dr. Axe, "7 Adaptogen Herbs to Lower Cortisol," nd, <http://draxe.com/7-adaptogen-herbs-to-lower-cortisol/>. [5] Dr. Axe, "Top 5 Maca Root Benefits and Nutrition (No. 4 Is Best)." [6] Kim Evans. [7] Dording, CM, et al, "A Double-Blind, Randomized, Pilot Dose-Finding Study of Maca Root (L. Meyenii) for the Management of SSRI-Induced Sexual Dysfunction," PubMed, Fall 2008, <http://www.ncbi.nlm.nih.gov/pubmed/18801111>. [8] Herbwisdom.com, "Maca," nd, <http://www.herbwisdom.com/herb-maca.html>. [9] Dr. Axe, "Top 5 Maca Root Benefits and Nutrition (No. 4 Is Best)." [10] Herbwisdom.com. [11] The Maca Team, "Maca Benefits," nd, <http://www.themacateam.com/maca-benefits>. [12] Herbwisdom.com. [13] The Maca Team. [14] WebMD, "Maca," 2009, <http://www.webmd.com/vitamins-supplements/ingredientmono-555-maca.aspx?activeingredientid=555&activeingredientname=maca>. [15] Nutrient Journal, "Maca Improves Learning and Memory in Animals," October 13, 2013, <http://nutrientjournal.com/maca-improves-learning-and-memory-in-animals/>. [16] Dr. Axe, "Top 5 Maca Root Benefits and Nutrition (No. 4 Is Best)." [17] Kim Evans. [18] Herbwisdom.com. [19] WebMD. [20] "Green Smoothie with Maca Powder," AllRecipes.com; <http://allrecipes.com/recipe/244915/green-smoothie-with-maca-powder/>. [21] "Maca Bliss," BioBalance, <https://www.biobalance.co.nz/kitchen/maca-bliss/>.

Maca Powder Smoothie Recipe

.....
This green smoothie with maca powder gets high marks![20]
.....

INGREDIENTS

- 2 cups** chopped frozen pineapple
- 1 cup** fresh spinach
- 1 frozen** chopped banana
- 1/2** avocado
- 2 TBSP** almond butter
- 1 tsp** maca powder
- 3 cups** water

INSTRUCTIONS

In a blender, layer the pineapple, banana, spinach, avocado, almond butter, and maca powder, then pour in water and blend until smooth. Enjoy!



Maca Snack Bliss

.....
This delightfully healthy snacks look and taste wonderful![21]
.....

INGREDIENTS

- 1 1/2 cup rolled oats
- 1 1/2 cup pitted medjool dates
- 1 TBSP organic maca powder
- 1 tsp vanilla extract
- 1/2 tsp cinnamon mixed with shredded coconut for coating

INSTRUCTIONS

- 1 Place all ingredients in a food processor and blend until the mixture sticks together.
- 2 With wet hands, roll the mixture into balls about 1 1/2 inches in diameter.
- 3 Roll the balls in the shredded coconut and cinnamon mix to coat.
- 4 Store in the fridge or freezer.





WHETHER YOUR DOG is old and stiff or young and spry, you need to protect your pet's joint health. To ensure mobility and prevent arthritis, hip and joint problems, Home Cures That Work has recommendations for canine and feline joint supplements.

Supplements containing glucosamine and chondroitin are often used in cats and dogs and appear to work very well in support of joint health.

Glucosamine provides the building block of cartilage. Chondroitin also is one of the components necessary for the production of cartilage. Glucosamine plus chondroitin work better together than either ingredient alone.

Glucosamine and chondroitin supplements are used to slow the progression of osteoarthritis (degenerative joint disease), which is the deterioration of cartilage between joint bones common in older dogs and cats. Many animals taking a joint supplement no longer require a pain reliever.

The market is littered with supplements for joints that do nothing to prevent joint problems. It is imperative that you choose only those that have been proven effective. When it comes to supplements, Home Cures That Work is concerned with two things: safety and efficacy. An independent lab conducted research into the contamination and variability of joint supplements. Labels can be confusing, so we have taken out the guesswork and show you which products actually work.

SUPPLEMENT REVIEW

PET JOINT SUPPLEMENTS

Approved for Quality Standards and Long-term Treatment of Joint Problems

Hopefully, these will give you an idea of what to give to your beloved pooch or cat.

Unfortunately, 3 pet products failed to meet quality standard requirements for safe consumption. The three glucosamine and chondroitin pet products to AVOID for joint problems are the following:

1. VetriScience® Glyco-Flex® Stage 2
2. Joint Max® Liquid for Cats
3. Nutra Paws Osteo-Pet™ Total Joint Care — Bacon Cheese Flavor

Most dogs and cats can safely stay on a joint supplement for the rest of their lives. Once the product has provided pain and joint support for 6-8 weeks (the action of

glucosamine and chondroitin can be slow to start), the dose can often be reduced with very few side-effects. The safety of the following three joint health supplements are approved for quality standards and the long-term treatment of joint problems:

- Cosequin® Joint Health Supplements for cats
- Cosequin® DS Professional Line Maximum Strength Plus MSM (for dogs)
- K-10+® Glucosamin

Cosequin® DS Maximum Strength Plus MSM remains one of the most trusted supplements for dog joints primarily for its excellent combination of three powerful

ingredients that are known to improve joint health, facilitate cartilage remodeling and regeneration, and alleviate some of the symptoms associated with arthritis. It contains methylsulfonylmethane or MSM, glucosamine, and chondroitin, all working to provide your dog with optimum joint health. The formulation comes in chewable tablet form, so administering it to pets shouldn't be that difficult.

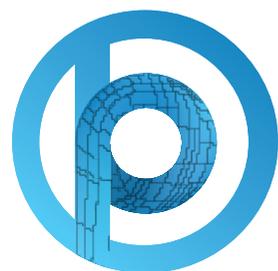
Four-legged joint problems are a great concern because they affect the level of comfort and mobility and significantly impair their ability to bond and socialize with you and other dogs. Giving your dog the right joint supplement should help prevent the rapid deterioration of their health while promoting optimum mobility and overall quality of life.

Before starting your pet on any supplement for joint pain, consult a veterinarian to be sure of the diagnosis. Conditions caused by rheumatoid arthritis, infection, damaged blood supply, gout or other diseases would be inappropriate for treatment with glucosamine or chondroitin

Give your four-legged friend a longer, healthier, happier life by supplementing with glucosamine plus chondroitin. But make sure you use one of Home Cures That Work approved supplements.



Giving your dog the right joint supplement should help prevent the rapid deterioration of their health while promoting optimum mobility and overall quality of life.



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Diabetes	Irritable Bowel Syndrome	Wholesome Frequency
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OUR MISSION

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