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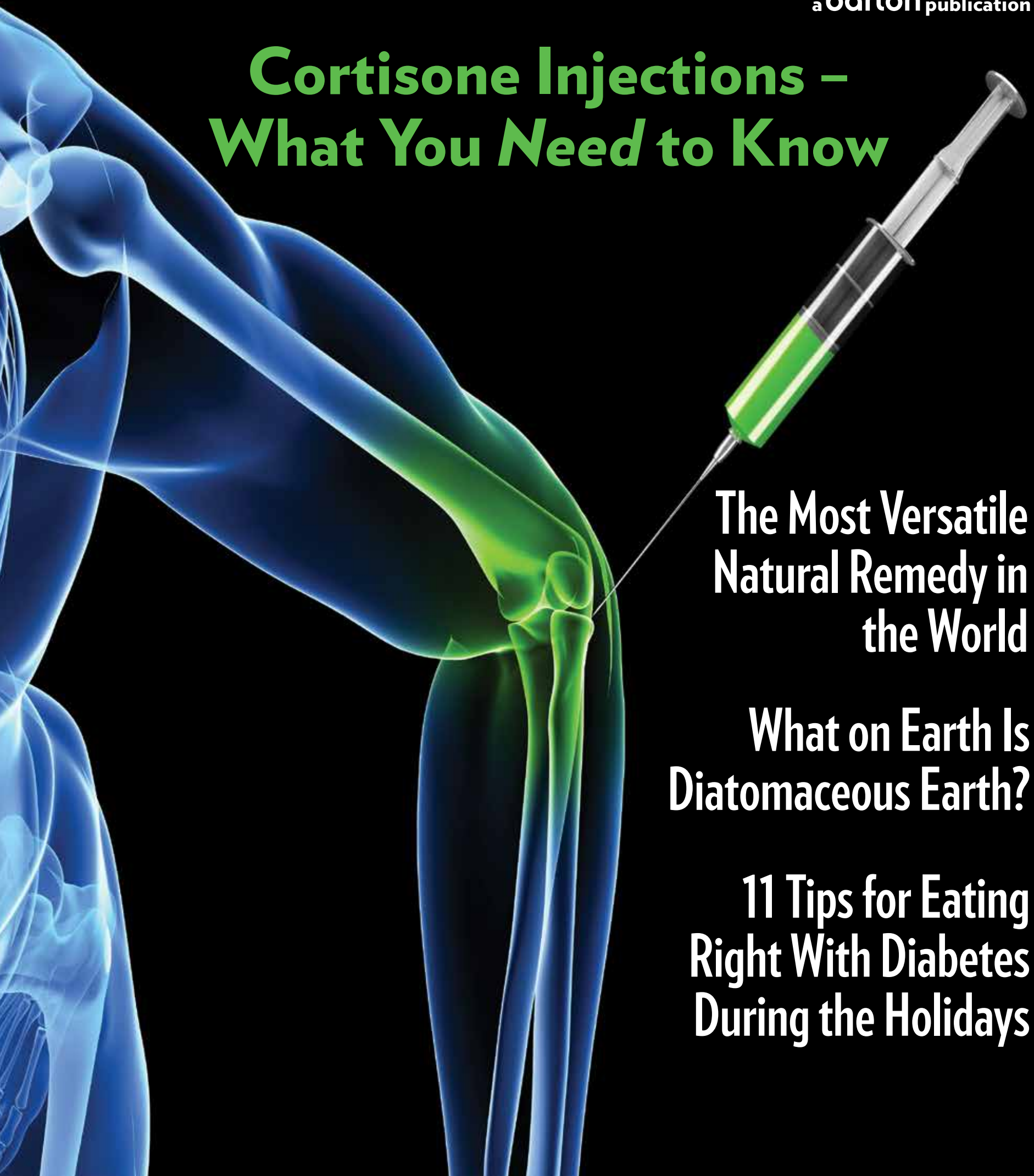

Cortisone Injections – What You *Need* to Know

The Most Versatile Natural Remedy in the World

What on Earth Is Diatomaceous Earth?

11 Tips for Eating Right With Diabetes During the Holidays

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Health Rules to Live By

There are a few things that make my blood boil. One of them is the medical industry pushing a procedure that contains risks that outweigh the benefits. I am talking about steroid shots.

Physicians around the country inject high-dose corticosteroids in joints like it's holy water. Unfortunately, they make patients feel better for a while, but over time they likely cause more long-term harm than good, including diabetes, obesity and tissue damage. Dr. Saunders debunks harmful medical tradition of cortisol injections and replaces those with safe, natural remedies.

But it is nice to know nature does provide us with many avenues of healing. We are talking about serious medicine when we talk about sodium bicarbonate. Baking soda (sodium bicarbonate) lives up to the image on the Arm and Hammer's box. It is the ultimate heavyweight workhorse medicine that every person should be knowledgeable about and routinely use.

Healthy eating is also essential if you want to look and feel great at all stages of life. But knowing how to put healthy eating into action during the Holidays isn't always easy – especially if you have diabetes. Our guide to healthy eating isn't just for those with diabetes; it provides useful tips and expert advice to empower anyone to take control of their health.

One unexpected health tip in this month's issue comes from diatomaceous earth. It has so many applications and uses for your health and your home. It's natural, safe to use and easy to integrate into your daily regimen. Give it a try in one or more of these incredible ways and watch how it makes all the difference!

Home Cures That Work provides practical skills to help you find health, joy, peace and contentment in your life this Holiday season – not make your blood boil!

For your health,

Cheryl Ravey
Editor
Home Cures That Work

contents

BY D.R. SCOTT SAUNDERS, M.D.

CORTISOL INJECTIONS WHAT YOU NEED TO KNOW

ISAAC HAD SURGERY ON HIS SHOULDER, BUT IT WASN'T SUCCESSFUL. HE STILL HAS WEAKNESS AND IS UNABLE TO LIFT HIS ARM PAST 90 DEGREES ON THE SIDE. THE SURGEON SAID THE TORN TENDONS OF THE SHOULDER ARE NOT REPAIRABLE BECAUSE THEY ARE TOO SOFT. THERE ISN'T ENOUGH STRENGTH IN THE TENDONS TO HOLD THE SUTURES NEEDED TO REPAIR IT. HIS ONLY OPTION NOW IS TO HAVE A GRAFT FROM AN OUTSIDE TENDON. READ ON TO FIND OUT WHAT CAUSED ISAAC'S CONDITION.

IS CORTISONE A PANACEA?

Cortisone in a powerful hormone produced in the adrenal glands. It is a natural substance essential for the body to function – without cortisone we will die. This hormone signals almost every cell in the body to know what to do. It tells the cells to wake up during the day. Then cortisone reduces itself at night to bring on sleep, and rest. We need it to be there when we need it, but go away when we don't need it.

One of the greatest functions of cortisone is to suppress inflammation, pain, redness, itching, tenderness, or damage caused by injury, infection, or allergic reactions.

Since inflammation is the primary cause of aging and disability, cortisone should be the best thing to happen to mankind. It is so good that all of the following problems could be treated with cortisone:

- Arthritis
- Allergies
- Eczema
- Ulcerative colitis
- Addison's disease
- Lupus
- Trauma
- Shock
- Psoriasis
- Asthma
- Rheumatic conditions
- Cancer
- Brain swelling
- Autoimmune diseases
- Reactions
- Infections[1]

Reading this list can make people believe that cortisone is a cure-all and that it can fix anything. Indeed, inflammation is a big cause of disease. Cortisone suppresses inflammation, therefore it should be very useful.

TROUBLE IN PARADISE

However, not all is rosy with this very powerful hormone. Yes, cortisone suppresses inflammation to reduce pain, redness, tenderness and heat. BUT, this effect is temporary. The long-term effects of suppressed inflammation include the inability to heal, an increase in chronic pain and problems later. This is because cortisone is a catabolic hormone, meaning it breaks down tissue.

One study showed both the lack of blood vessels and other signs of healing after a cortisone injection into a shoulder joint, as well as evidence of toxicity that destroys the tendons.[2] Another study showed that tendon cells no longer reproduce (in other words, cannot heal) with a tenth of the normal dose of a common synthetic cortisone called Triamcinolone. The normal dose caused irreversible death of the tendon cells.[3]

The fact was, Isaac's surgeon was unable to repair his shoulder because of too many cortisone injections in the past. His tendons were breaking-down and were too weak to even be stitched together.

In fact, the list of problems associated with the use of cortisone, especially injections includes:[4]

- Joint infection
- Nerve damage
- Thinning of skin and soft tissue around the injection site
- Temporary flare of pain and inflammation in the joint
- Tendon weakening or rupture
- Thinning of nearby bone (osteoporosis)
- Whitening or lightening of the skin around the injection site
- Problems with vision
- Swelling
- Rapid weight gain
- Severe depression
- Unusual thoughts or behavior
- Seizures (convulsions)
- Bloody or tarry stools
- Coughing up blood
- Pancreatitis
- Low potassium
- Dangerously high blood pressure
- Buzzing in the ears
- Anxiety
- Confusion
- Chest pain
- Shortness of breath
- Uneven heartbeats
- Sleep problems (insomnia)
- Acne, dry skin
- Bruising or discoloration
- Slow wound healing
- Increased sweating
- Dizziness, spinning sensation
- Changes in the shape or location of body fat
- Increase in blood sugar
- Memory lapse

CORTISONE AND DIABETES

Cortisone is a glucocorticoid hormone. In other words, it is a steroid hormone that regulates blood sugar. Here is how it works. We release cortisone under stress, which increases our blood sugar and gives us quick energy. Cortisone makes some cells more resistant to insulin. This is so the heart and brain cells can have more energy. This may sound like a good idea, but over time it wreaks havoc on our metabolism. Cortisone changes the ability of our cells to make energy.

People who use cortisone or its derivatives become increasingly insulin resistant. This leads to obesity, diabetes, and fatigue. Those who have just one cortisone injection may have a transient increase in blood sugar, but long-term use may make it permanent.

CORTISONE AND OBESITY

Cortisone causes obesity by the same mechanism. The cells are resistant to insulin, causing the blood sugar to rise, which tells the pancreas to put out extra insulin. This extra insulin tells the fat cells to store more fat, and obesity is inevitable. Worse, it isn't just storing more fat. Excess cortisone causes leptin resistance that tells the body to eat more, while at the same time causing a craving for carbohydrates. These factors in combination are deadly! There is no way out. After a while, even if excess cortisone is stopped, the insulin will remain high and the obesity cycle will continue.

CORTISONE AND PAIN

Cortisone increases a receptor in the tissues called glutamate, which mediates pain sensation. After a cortisone injection, the tissues may continue to feel pain, even though there is no inflammation. Some end up with chronic pain because of the cortisone.

CORTISONE AND TISSUE BREAKDOWN

Because it is a catabolic hormone, cortisone breaks down tissue. As with Isaac's example above, cortisone kills the cells that repair the tissues. This causes the tissues to weaken. Which is why surgeons do not want to operate on shoulders that have had multiple cortisone injections. The tendons are too weak to hold sutures.

A common side effect of cortisone is thinning of the skin. Usually damaged skin cells release factors that recruit healing. Inflammation is a temporary result while collagen and protein heal injured tissue. But extra cortisone shuts down the healing process, leaving skin friable and easily damaged. Furthermore, those taking cortisone also have slow healing because the cells are not growing or producing. The result is that the weakened tissues stay in the weakened state for a longer period of time. Cortisone compromises the integrity of your skin.

CORTISONE AND BRAIN DYSFUNCTION

Even a single shot of cortisone can affect the brain and all forms of cortisone are included. Some people get euphoria, while others may get hallucinations and delusions. It seems to cause depression in about 40% of people. Many also have insomnia when taking cortisone. The worst effect of cortisone on the brain is atrophy. The hippocampus and amygdala, where memory and emotions originate are the primary areas of shrinking, leading to possible Alzheimer's disease.[5]

THE MESSAGE

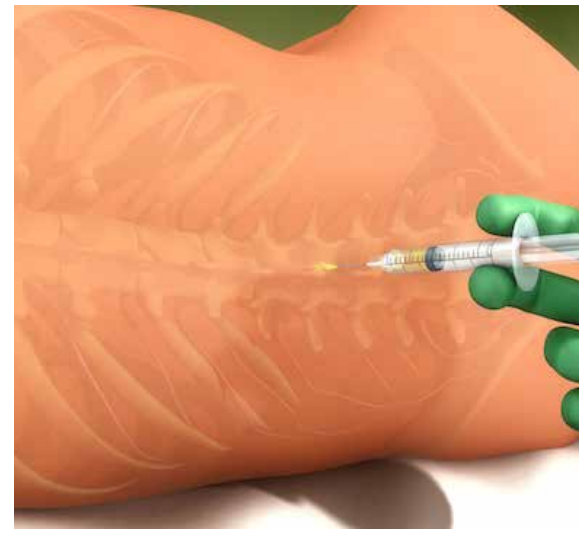
I have told you how amazing cortisone is to save lives. Cortisone can remedy a case of an acute reaction, get rid of terrible pain or treat skin rashes. Yet we read all the side-effects and wonder why anyone would ever use this hormone.

This is why treatment of health issues is an art rather than an exact science. The wise and judicious use of this very powerful hormone can be a real benefit. It should be understood and used with caution, good judgment, and skill. It should be used where it will provide a long-term benefit, not just relieve a symptom temporarily.

HOW TO PROPERLY USE CORTISONE

A man came in with a rash on his shoulder that was round, scaly and itchy. I gave him a cortisone cream, which cleared the rash. But when he stopped using it, the rash returned. He came back and I gave him a stronger cream, but the same thing happened. We then had to start looking for the culprit. Why was he getting this rash? It's well-known that rashes on the skin are often caused by inflammation in the intestines. So we used the "elimination diet" and removed various foods to see if the rash would go away. Nothing worked. We then turned to his medications.

He had been on a blood pressure medication for over ten years. He told me that couldn't be the problem, but I insisted he try it. He went off the medication and the rash disappeared. He didn't believe it so he went back on the medication and the rash returned exactly the way it was before. He finally relented and stopped the medication. His rash resolved and never returned.



If there is an inflammation that is temporary, cortisone may be the way to resolve it. For example, if there is an itchy rash from poison oak that should go away in a couple of weeks, then cortisone might be helpful. However, if a chronic reaction should occur, cortisone would not be a good choice.

Chronic joint pain like shoulders, knees, and backs are other examples to forego cortisone. Cortisone, especially by injection, helps only temporarily. And it may lead to other problems, as we have discussed.

CORTISONE ALTERNATIVES

There are many alternatives to cortisone for long-term problems. The key in every case is to find the cause of the inflammation first and remove it. Then cortisone, or any other anti-inflammatory drug or supplement, won't be necessary. The first place to look is the diet. Most internal reactions will have some sort of external manifestation. People with chronic allergies are generally helped by the "elimination diet." This finds the food or medications that might cause an inflammatory reaction. Reactions to food in the intestines will cause different inflammatory issues in different people. An elimination diet works well to pinpoint psoriasis, dandruff, eczema, and joint pain triggers.

Next, look at the environment. Some people react to pollen, dust, and other environmental triggers, creating the same inflammatory issues. Sometimes avoiding them or using desensitization techniques will be very helpful.

When these measures fail, there are several supplements that can help a great deal:

- Turmeric root: 1,000 mg per day with black pepper or piperine to help absorption
- Boswellia Serrata: Dose dependent on the preparation. Follow instructions on the label. (This has been tested to be about equal in effectiveness to Naproxen.)
- White Willow Bark has a natural aspirin that suppresses inflammation
- Omega-3 oil: 1,000 mg per day

For joint pain, consider doing the following instead of cortisone injections:

- MSM: 1000mg three times per day
- Glucosamine: 500mg three times per day
- Vitamin C: 1000 mg three times per day

An excellent way to begin joint healing is to do a bone broth "cleanse." There are many ways to do this, but I have found the 2-day-per-week method to work well. And it is more easily done than doing it for weeks or months!

The bone broth cleanse is restricting one's diet to bone broth only for two days every week. You can do the two days together or split them up. For the other days, continue to drink bone broth - about a quart per day - but you can eat other foods as well. I have had many patients do this successfully. (If they have a lot of inflammation, they sometimes start with two weeks of only bone broth.)

Yesterday, I had a patient return six months after she was scheduled for a knee replacement surgery. She didn't need the new knee, and she's walking well!

Cortisone kills cells – it's dangerous, and should be used very carefully. Isaac is still looking at a lot of surgery which may not work. It's so much better to heal the problem instead of just suppressing inflammation. If you can use any of these other means of lowering inflammation and repairing the body, it would give you so much more long-term benefit!

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BY ROB FISCHER

THE MOST VERSATILE NATURAL REMEDY IN THE WORLD

Practical Uses for Personal Hygiene, Natural Health, Household Cleaning & Baking

THE TITLE OF this article makes a bold claim indeed. But I think you'll agree that this substance wins the prize for being the most versatile natural remedy known to mankind. This substance has been used for thousands of years, is quite inexpensive, and I'm 99 percent sure that you have some in your home right now.

This mineral compound possesses almost countless varied and practical uses in the areas of: personal hygiene, natural health, household cleaning, and baking. But I promise you, there's no hype in what I'm about to share with you. In fact, the only B.S. in this article is the abbreviation for this incredible substance known as Baking Soda!

Most of the world's baking soda is mined in Wyoming. Its mineral form is nahcolite. By the time we get it for home use, it's 100 percent sodium bicarbonate. So, let's peruse some of the more outstanding benefits and uses of sodium bicarbonate, better known as baking soda.

Baking Soda for Personal Hygiene

The fact that the ancient Egyptians used sodium bicarbonate in their embalming process might initially be a turn-off for us. But when we consider that this mineral compound has the ability to arrest the decaying process (i.e., kill bad bacteria, parasites, and fungus), we sit up and take notice. With those properties, baking soda has plenty to offer the living as well! Here are just a few of the many uses for baking soda for personal hygiene:[1]

1. Cleans and whitens teeth.

You can create your own toothpaste by making a paste with baking soda and water. Simply mix the two to the consistency you like and brush away the germs and plaque. Brushing with baking soda will also leave your mouth and breath fresh and whiten your teeth! And if you'd rather not make your own toothpaste, many brands on the market include baking soda as a key ingredient.

2. Neutralizes body odor.

You can also make an effective, inexpensive, natural deodorant by mixing baking soda with water to create a milky solution and applying it to your underarms. It can also neutralize stinky feet!

3. Soothes and cleans your feet.

Mix a tablespoon of baking soda with warm water for a soothing footbath. Baking soda kills bacteria, fungus, and treats your feet to a pleasant respite from a long, hard day.

4. Exfoliates your skin.

Mix one teaspoon of baking soda with a half-cup of water and lightly scrub your face with a clean cloth. This is also a great way to rinse away oily substances and get rid of blackheads.

5. Calms and cleans your body.

Treat your whole body to a warm, relaxing bath. Add 1 to 2 cups of baking soda to your bath water and mix it in until dissolved. Augment your treatment with your favorite essential oil if you like. Soak for 20 to 30 minutes. Relieves itching, rashes, and kills bacteria and fungus. Pat yourself dry.

As you read those baking soda natural remedies for personal hygiene, the wheels of your mind are probably already turning for additional personal hygiene applications! But let's move on to baking soda's uses for natural health.

Baking Soda for Natural Health

Natural health is a category in which baking soda rolls up its sleeves and gets the job done in some amazing ways. If it weren't for the fact that many doctors prescribe baking soda for these applications, we might view them with skepticism.[2], [3], [4]

Studies with animals have shown that taking sodium bicarbonate internally increases the pH level of acidic tumors and inhibits metastasis.

1. Relieves itching, soreness, and swelling from insect bites, poison ivy, sunburn and chicken pox.

You can either mix baking soda with enough water to form a paste to apply to the affected area, or add 1 to 2 cups of water to a warm bath for a soak. (Consult a doctor before using on a child under two years old.)

2. Increases pH levels to fight cancer.

Studies with animals have shown that taking sodium bicarbonate internally increases the pH level of acidic tumors and inhibits metastasis. In his clinic, Dr. Whitaker administers 2 rounded teaspoons of baking soda mixed thoroughly in 2 cups of water. You can add a low-cal sweetener of your choice and sip the mixture at your leisure, do this three times per day. This is a safe dosage and is well-tolerated by the body "without upsetting the pH of the blood and healthy tissues."

3. Relieves heartburn, sour stomach and indigestion.

Many over-the-counter antacids contain sodium bicarbonate anyway, so you can make your own more cheaply by mixing a half-teaspoon of baking soda with a half-cup of water. Drink this solution for relief of occasional heartburn or stomach upset. If you're suffering from something more chronic, please ask your doctor.

4. Improves kidney function.

Kidneys that aren't functioning optimally have difficulty processing acid. Baking soda increases the pH level in the kidneys keeping things more balanced and helping them function properly. Baking soda is also used as a treatment for kidney stones. Don't overdo it, but simply follow the instructions above for cancer or heartburn treatment.

5. Enhances exercise performance.

This particular application caught my attention because I'm an avid bicyclist. But when I compete or push myself, I often experience severe leg cramps. Cramping during exercise is caused by lactic acid. Drinking a solution of baking soda mixed thoroughly in water increases the body's pH levels and helps inhibit the production of lactic acid. Add ½ teaspoon baking soda to 4 oz. of water and mix thoroughly. Do not exceed this dosage more than 7 times within a 24-hour period.The results of a small controlled study also indicated that supplementing with a solution of baking soda and water can improve athletic performance.[5] Whitaker comments, "Topical use of baking soda is safe and nontoxic. Oral use is also safe, provided you do not exceed the recommended doses, as this could upset the body's acid-base balance. Larger amounts can cause temporary nausea and diarrhea."[6]

Next up: some of the amazing benefits of baking soda in household cleaning.

Baking Soda for Household Cleaning

1. Disinfects, freshens and cleans nearly all household surfaces.

Baking soda offers a great, natural, non-abrasive kitchen and bathroom scrub. Because sodium bicarbonate kills bacteria, fungus and molds, it provides an effective cleaning agent for those damp, tucked-away, hard-to-get-to places where mold and bacteria thrive. Simply sprinkle dry baking soda on the area to clean and scrub with a sponge or cloth. Rinse and dry to remove any residue.

2. Cleans and polishes pots and pans, stainless steel sinks and surfaces, and silverware.

Make your metal surfaces and your pots and pans shine with baking soda. Simply mix a paste using baking soda and water and scrub the dull, dingy hue away! Also, baking soda is a great way to remove tough coffee or tea stains from coffee/tea pots and cups.

3. Enhances and freshens your laundry.

Add ½ cup baking soda to a load of laundry "for fresher, cleaner clothes."

4. Clears clogged drains.

Baking soda provides an earth-friendly way of clearing drains without the caustic chemicals in store-bought drain cleaners. Pour 1 cup of baking soda down the clogged drain, followed by 1 cup vinegar. The combination of the two substances will create an intense foaming action. Let sit for at least 5 minutes before flushing with hot water. Repeat if needed.[7]

5. Deodorizes your carpet and fridge.

Especially if you own a pet, you know that over time your carpet begins to take on pet odors. You can clean and deodorize your whole carpet or localized spots by sprinkling dry baking soda on the affected area. Let it sit for 15-20 minutes and then vacuum. Also, you may already have an open box of baking soda absorbing and defusing odors in your refrigerator. But if not, try this inexpensive, simple approach to freshen up your fridge.

In addition to all those amazing health

benefits of baking soda, of course it also boasts countless baking applications. Here's just one to tantalize your taste buds.

Skillet Irish Soda Bread

INGREDIENTS

- 3 cups 15 ounces all-purpose flour
- 1 cup 4 ounces cake flour
- 2 tablespoons sugar
- 1 ½ teaspoons baking soda
- 1 ½ teaspoons cream of tartar
- 1 ½ teaspoons salt
- 2 tablespoons unsalted butter softened
- 1 ¾ cups buttermilk

DIRECTIONS

1. Heat oven to 400 degrees.
2. Whisk all-purpose flour, cake flour, sugar, baking soda, cream of tartar, and salt together in large bowl. Add softened butter and use your fingers to incorporate into flour mixture. Make a well in center of flour and pour in 1 ½ cups buttermilk. Stir with fork until completely combined. Add buttermilk one tablespoon at a time until all flour is moistened.
3. Place dough on a lightly floured surface and shape into a rough 6 or 7-inch round. Dough will look uneven and shaggy.
4. Place dough in a 12-inch cast iron skillet. Score a cross, about 5 inches by 5 inches and ¾ inch deep. Bake until lightly browned and knife inserted in the loaf comes out clean, about 40 minutes. Brush with melted butter, if desired.
5. Let cool for at least 30 minutes before serving.[8]

There you have it. So much health and goodness contained in such a common, inexpensive substance! Try one of these home remedies or the recipe and let us know how you like it.

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BY SUSAN PATTERSON

11 TIPS FOR EATING RIGHT WITH DIABETES DURING THE HOLIDAYS

Managing your diabetes at home on a day-to-day basis can be challenging. When you throw in a holiday, trip or special event, it can seem impossible. Having diabetes shouldn't stop you from having a good time but you must be wise.

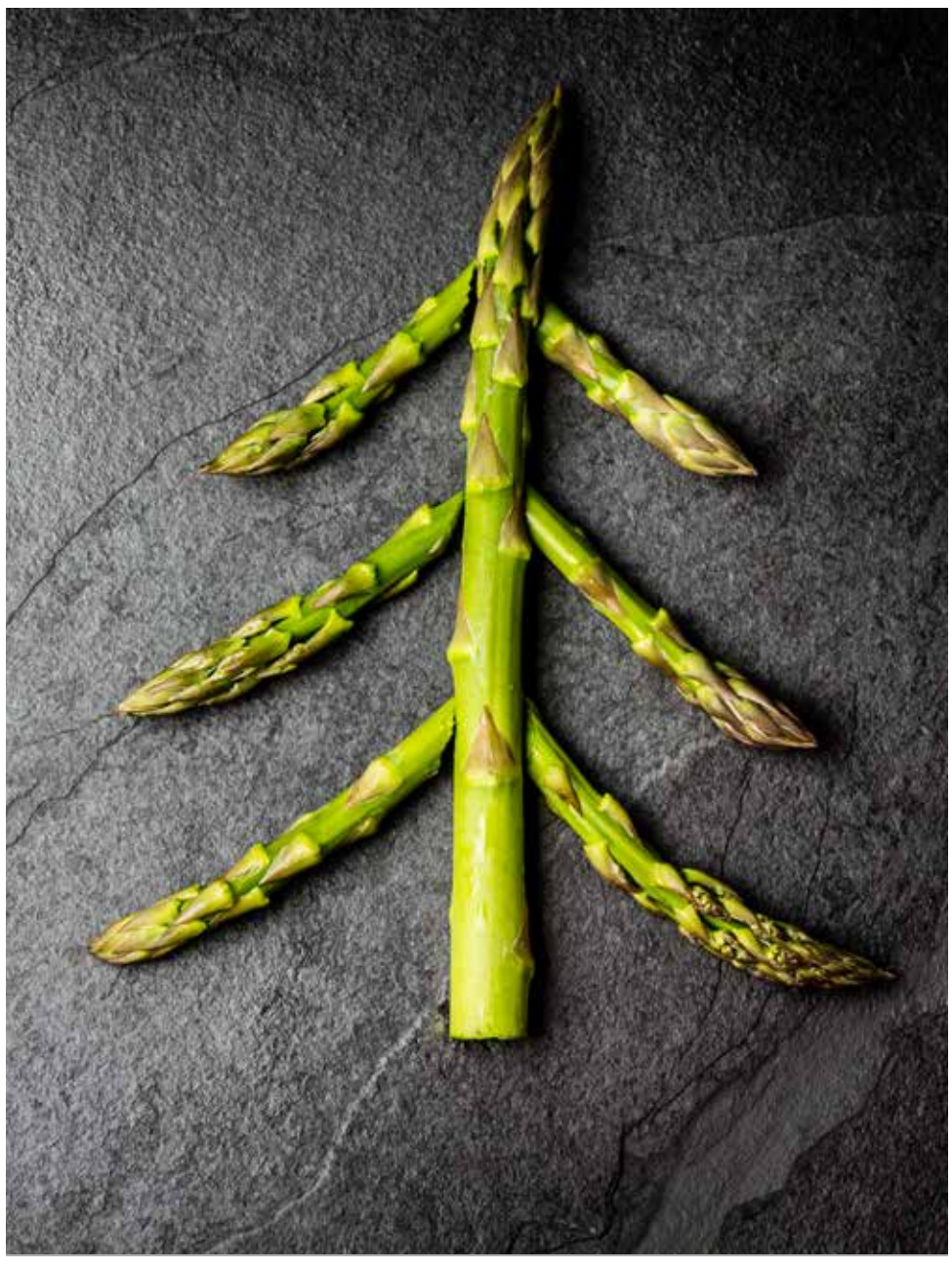
Follow these tips and you can enjoy the experience without getting too far off track.

1. Eating right means everything in moderation

One of the most important phrases to remember is “everything in moderation.” When you are traveling, at a party, or enjoying a holiday meal, temptations will be all around. You have to decide what you can afford to eat and where you must be careful.

When faced with lots of options, choose one item you have to have and put just a small amount of it on your plate. Slow down and savor each bite. It takes time for your brain to realize you’re full. Enjoy what you’re eating without guilt, and then forget about the rest. Sit as far away from the buffet table as you can.

When you’re in a different location and want to taste some new foods, be sure that you are careful. Overindulging with large portions too often can wreak havoc on anyone’s waistline. For those with diabetes, overindulging can do even greater damage.



2. Eating right means fill up on healthy foods first

Always choose healthy foods to fill up on. Be sure to include some protein, high fiber foods and vegetables. This will help keep you feeling satisfied with fewer carbohydrates. It will also help keep your blood glucose stable.

Never skip meals to “save up” for a feast. It will only make things worse in the long run.

3. Eating right means learn about the local cuisine when visiting foreign destinations

Before traveling to a foreign destination, find out as much as you can about the local foods. Learn the local word for carbohydrate and find out if carbs are generally served as a side dish or the entree.

Investigate local foods before your trip on sites like Nutrition Data and Calorie King. You can also ask a dietician for help before you travel.

Once you’re there, don’t be afraid to ask questions about the food. When in doubt, stick to high-protein foods like meat, poultry or fish. Test your blood sugar before and after meals to see how new foods are affecting it. Make sure that you keep your glucose numbers in check to avoid issues.

4. Eating right means telling others that you have diabetes

While it may feel a bit uncomfortable, be sure to tell others that you have diabetes. This way, others can support you.

When you're traveling, get a note from your doctor that states your condition. It may be necessary to have your letter translated. Make several copies and give them to those who are traveling with you as well. Staying at a B&B? Your host may be able to accommodate your particular diet needs at breakfast as well.

When flying, TSA (Transportation Security Administration) requires that all diabetes medicines and supplies be in their original pharmacy packages with prescription labels. The note from your physician, listing all necessary medications and supplies, can also help when going through airport security.

5. Eating right means staying active

Being active is a great way to reduce the inevitable stress that comes along with it. Invite friends and family to exercise with you. Take a walk together after a big holiday dinner or go for a hike in that fabulous travel destination.

Keep in mind that if you're going on an active adventure, you will need to watch your blood sugar. If you develop low blood sugar you must be able to treat it quickly. Always drink plenty of water.

6. Eating right means getting plenty of sleep

During the holidays and while traveling, you're less likely to get a good night's sleep. Lack of sleep can make it harder to control your blood sugar and can lead to eating the wrong foods. This means you're more likely to overindulge, particularly on high-fat, high-sugar foods.

When tired, it is likely that you will eat more. This is because you are looking for energy. That often means consuming unhealthy foods that can spike blood sugar levels. Eating well all through the day helps to keep your blood sugar under control. It also helps you sleep better at night and have more energy.

7. Eating right means drinking plenty of water

As mentioned, staying hydrated is a must. With diabetes, you're more sensitive to dehydration. Always keep a bottle of water with you while you're traveling and sip throughout the day. This is especially important in a hot climate. If you don't drink enough in this type of environment, your insulin will not work right. Buy bottled water to avoid potential illness or other health issues in a foreign country.

8. Eating right means sticking to your schedule

DIABETES TIP

When you're traveling, get a note from your doctor that states your condition. It may be necessary to have your letter translated.

Holidays, events and travel can all throw those with diabetes off schedule. Traveling out of your time zone, or delayed flights can put extra stress on your body.

As much as you can, try to plan ahead and stick to your routine. Pack some snacks for the plane. Invest in an insulated bag for cold items. If you'll be flying when it's your regular sleep time, bring an eye mask and earplugs to help you get some rest.

9. Eating right means consider your feet

Taking care of your feet is important, especially when you're traveling abroad. Wear the right kind of shoes for your activity. If you have decreased feeling in your feet, never walk barefoot on hot sand, or other areas where there could be sharp objects like broken glass. Keep your feet protected from the sun as well by applying sunblock.

10. Eating right mean limiting alcohol

Skip the alcohol, or drink only in moderation, eating something beforehand to prevent low blood glucose levels later. If you do drink, eat a healthy snack before bed to help lower blood glucose levels.

Remember that whether you drink a beer or a glass of wine, alcohol adds a significant amount of calories to your diet. Avoid drinks that contain high-calorie mixers (and lots of sugar) like juice or margarita mix.

11. Eating right means setting things straight

As humans, we all make mistakes. If you eat more carbs or more food than you planned to, don't consider yourself a failure.

Add some extra activity, keep monitoring your blood glucose levels, and then get back on track with healthier eating habits the next day.

Follow these 11 tips and you'll be able to enjoy yourself, feel great, and manage your diabetes while traveling or during the holidays.

What on Earth Is Diatomaceous Earth?

FIRST OF ALL, you're probably asking, "How do I even pronounce diatomaceous?" It is pronounced di·a·to·ma·ceous (dī-ət-ə-ˈmā-shəs). Trust me, you'll want to know how to say it because you'll be telling all your friends about it after you read this article and realize how great it is for you. Diatomaceous earth:

- Contains silica
- Kills bugs indoors and out
- Strengthens your bones and teeth
- Is great for your skin's youthful appearance (among many other benefits)!

I would have to classify myself as obsessed with diatomaceous earth (DE). I am a sucker for any natural, multi-purpose product. Honestly, I can't think of another natural substance that has so many uses. I typically buy DE in quantities of 10-20 lbs. at a time because I go through it so fast. Thankfully, it is also quite inexpensive.

Maybe you have seen diatomaceous earth in the lawn and garden section or at your local pet store. Or, maybe you have never heard of it at all. Either way, I am going to tell you about diatomaceous earth and why it should become your obsession as well!

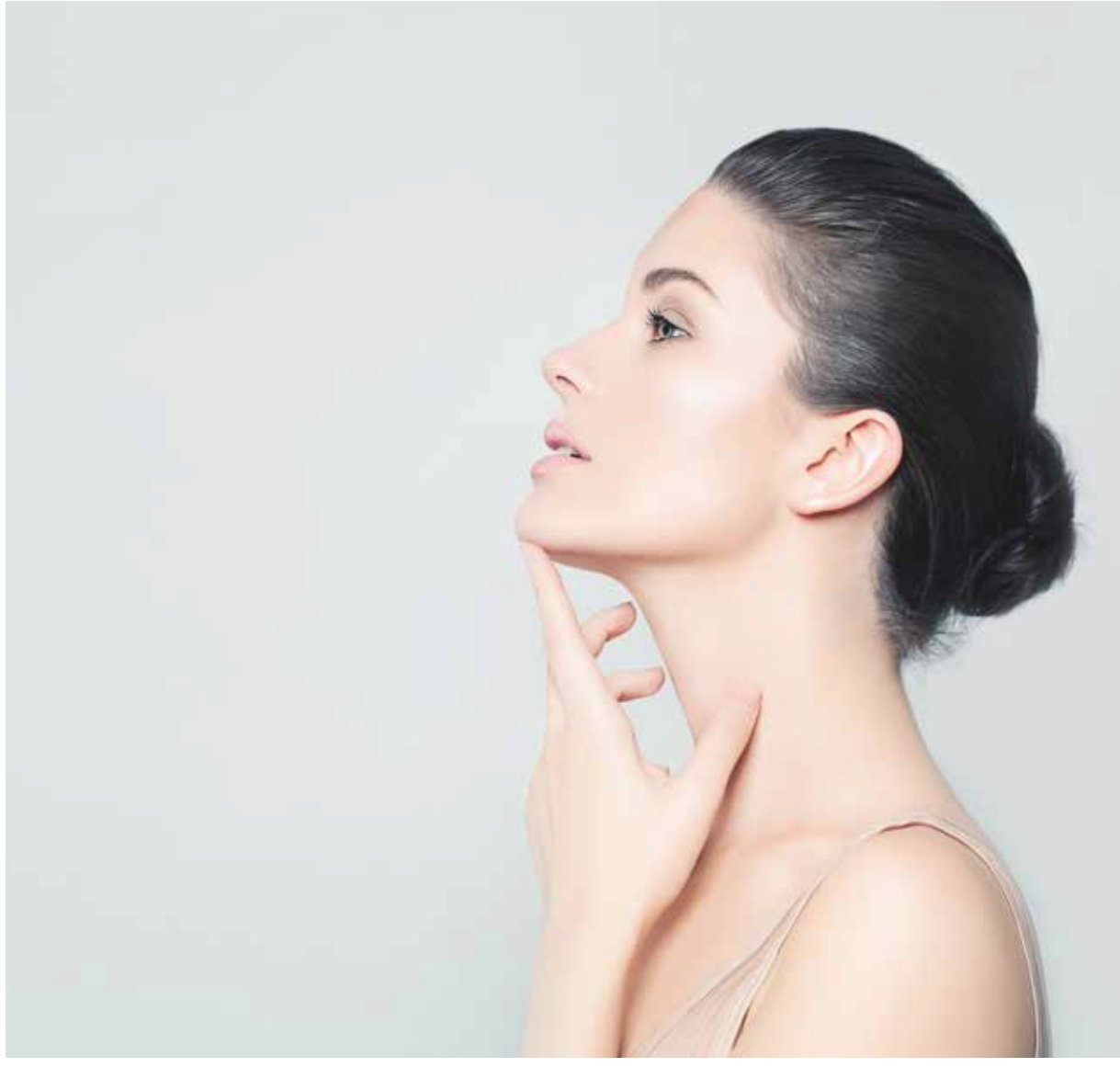
WHAT IS DIATOMACEOUS EARTH?

Diatomaceous earth is essentially fossilized microscopic algae (diatoms). These algae fossilized thousands of years ago and now they are mined in old lake beds for their usefulness.

Under a microscope, DE has very jagged edges. It is also extremely hard. On a scale where diamonds are a 9 in hardness, DE is a 7. Incredibly, you would never guess either of these things about DE because it feels like talc powder to the touch.

But it is these two very distinct qualities that give DE it's amazing usefulness.

THE MANY PRACTICAL USES OF DE



I first heard of diatomaceous earth years ago when I was looking for natural insect control. I didn't purchase it at the time, but years later I bought it for my own personal use. Yes, something that kills bugs is healthy for humans! Sounds like an oxymoron, but it is definitely not!

DE's hardness and microscopic, jagged edges make it great at killing parasites and bugs. It works outside on your gardens, around your home and in your cabinets. Its microscopic, jagged edges puncture the bug's exoskeleton killing them.

I sprinkled DE on my lawn this year because the ticks were out of control! And when I mean out of control, I mean I was pulling 10-20 off each of my dogs every day! Three days after applying DE, I was pulling only a couple ticks a day off my dogs. A week after application, we were tick-free and have continued to be the rest of the summer! I knew it would work, but even I was surprised just how well it actually killed the ticks.

We also began "deworming" our dogs and goats with DE. We put it in their food each day as an all-natural alternative to chemical wormers. Another fun fact is that when flies lay eggs in poop that has DE in it, the DE kills the maggots! This is a natural way to help with fly control. You can use DE on pretty much any animal you can think of including cats and chickens. I have not tried it, but I read that rubbing it into their coats kills fleas and other bugs that like to live in an animal's coat.

Some of its other home practical uses include:

- Sprinkle around baseboards, inside cabinets and under beds for bug control - including bed bugs!
- Use it as a mild abrasive instead of cleaners like Comet

.

SILICA BENEFITS FROM DIATOMACEOUS EARTH

Initially, I purchased DE for myself. I loved that it killed parasites in the gut and its hard edges also scrub your colon walls. Basically, it is a bug killer you can eat! DE sweeps out fungus (like candida), bad bacteria, mucus, and old fecal matter from the walls of your intestines. But the cherry on top for me was the fact that DE is over 80% silica.

Silica is an amazing mineral that is very important for your skin, hair, nails and bones! Silica is essential for the formation of collagen. Collagen is what holds our skin together. Collagen provides moisture, heals wounds and inflammation and slows the breaking down (aging) of our skin. So, to put it in a nutshell, DE's high silica content helps keep us looking young!

Silica is also a building block for the hair, nail and bone structures. It brings luster back to dull hair and can help with hair loss. It is also great for weak and brittle nails. And it is incredibly important for your teeth and bones! This is partly why I make my own toothpaste with DE (watch my video)!

Your bones and teeth cannot absorb calcium without silica. Taking calcium won't do any good unless you have silica in your body. This is why silica works so well for osteoporosis, bone breaks and fractures. It actually helps re-mineralize the bone!

One very IMPORTANT thing to look for is "Food Grade" on the label. If it is labeled for animal or livestock consumption it is also safe for human consumption. The diatomaceous earth used for pool filters is NOT SAFE for human ingestion! Never buy the processed DE used for pools (unless you're using it for your pool). It is toxic if consumed and inhaling it can damage your lungs!

Dosage: Take 1-2 tablespoons per day mixed in some kind of liquid or food.

There is no unpleasant taste. Since it will not dissolve, stirring several times while drinking will prevent settling. Some have experienced higher energy levels, so it is probably better not to take it right before sleeping. No worry about getting too much--any excess silica not needed by the body is automatically eliminated through the blood stream, kidneys and intestines.

Once you take diatomaceous earth into your body it starts working in 3 major ways:

- Moves through your body and removes toxins
- Supplies your body with silica, providing you with healthier skin and cushioned joints and preserving your teeth.
- Re-mineralizes your bones

Hopefully, you understand my diatomaceous earth obsession by this point. DE is a natural food grade powder that contains silica, which some say is the most crucial trace mineral for human health. Silica plays an important role in many body functions and has a direct relationship to mineral absorption.

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