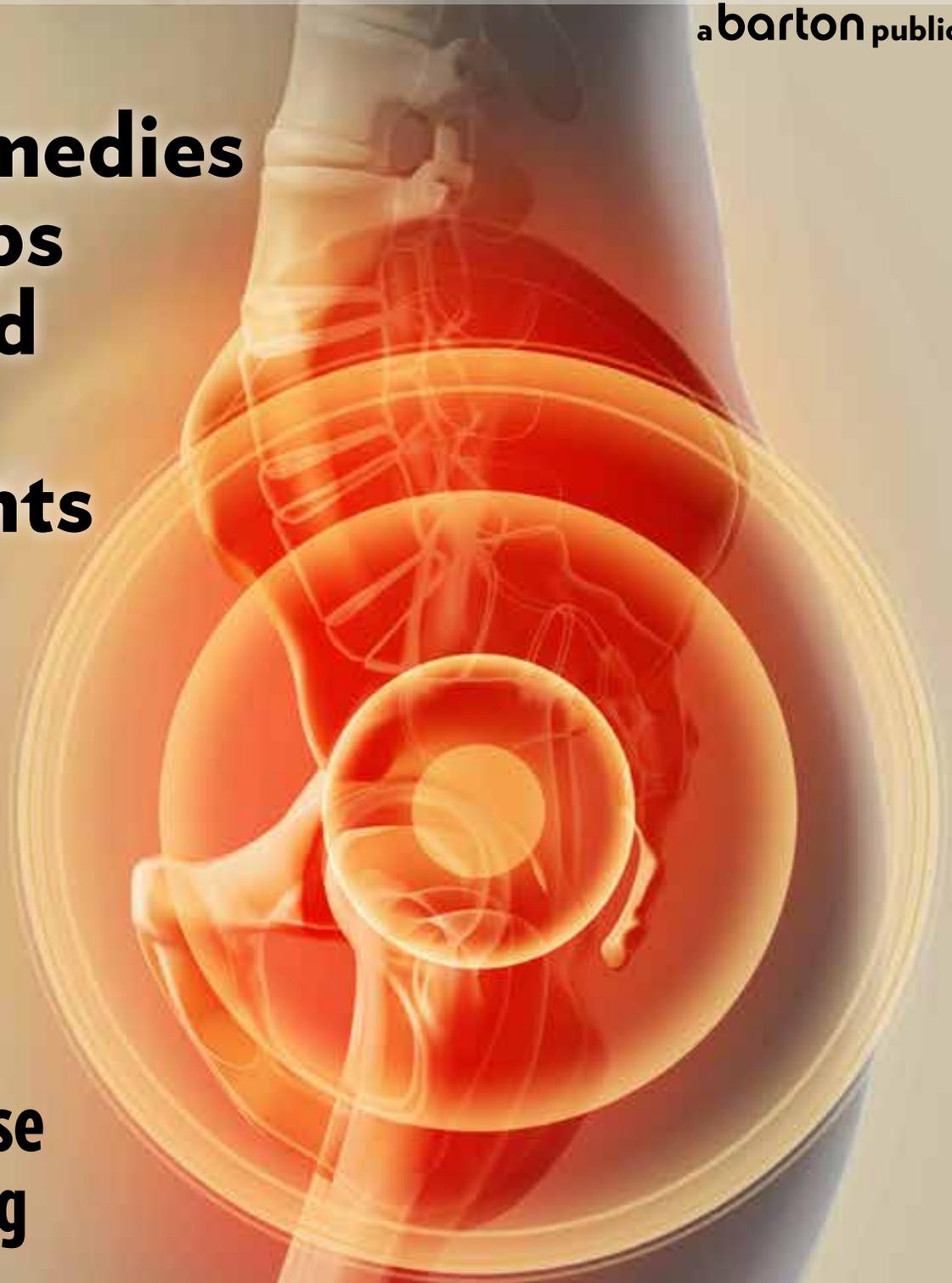


Natural Remedies To Keep Hips Healthy And Avoid Hip Replacements

13 Ways to Reverse Negative Thinking

The Health Benefits of Earthing, Grounding and Walking Barefoot

What's the Deal with Nootropics, Brain Boosters and Smart Drugs?



Health Rules to Live By

AUTHORS



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My husband's father who was very near and dear to us was diagnosed with Alzheimer's before he passed. We didn't even have to guess what was wrong. Now the question lingering in my husband's mind every time he is forgetful is how can he slow down frightening memory loss?

The answer is in a funny word, "nootropics." Nootropics simply contain supportive nutrients that will help maintain optimal brain function. Coffee is a nootropic – thank goodness! There are other nootropics, of course. You can find gentle, natural herbs and multi-tasking memory remedies in this month's issue. Give one or more of these nootropics a try and forget forgetfulness!

There is already one person in my young family to have had his hip replaced – not once, but twice!! While these surgeries are more common than ever, they still carry big risks. We could have canceled his hip replacement surgery if we had known about Dr. Saunders' tips for best healthy hips. There are more than a few ways to make sure you never need to get a hip replacement.

Perhaps begin by taking off your shoes. Connecting with your barefeet to the ground can quench inflammation, which is one of the major factors in disease, aging and pain. By "earthing" – or grounding yourself to dirt, sand or grass - negative electrons work as natural antioxidants to counter the effect of any positively-charged free radicals that are causing problems in the body. It is a very practical way to center your body.

And if your mind is still busy or your energy feels "off," then change your thinking from negative to positive with these 13 tips to create the life you want.

There's a saying, "There's more to the picture than meets the eye." I hope you find meaning, life and hope in the pages of Home Cures That Work this month.

For your health,

Cheryl Ravey
Editor
Home Cures That Work



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104 NATURAL REMEDIES TO KEEP HIPS HEALTHY AND AVOID HIP REPLACEMENTS

Keep your hips moving silky smooth and you'll have no problem walking, bending and stretching. You don't have to wait to prevent a hip replacement with Dr. Saunders' recommendations for hip health.



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108 WHAT'S THE DEAL WITH NOOTROPICS, BRAIN BOOSTERS AND SMART DRUGS?

If you did one thing for yourself this year to achieve your health and wellness goals, would you boost your memory and cognition? I'm here to tell you there are natural substances that are capable of increasing mental acuity, mood, and brain power.



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117 13 WAYS TO REVERSE NEGATIVE THINKING

A lot of people really beat themselves up over "negative thinking," and you may be one of them. The reality is that our brains seem hard-wired to think negatively and it's not easy to overcome unless you have a technique or tool to overcome it. But know that there IS something you can do about it. With these 13 tips, you can remove limiting beliefs and negative emotions that stifle your ability to grow and create the life and health you want.

125 THE HEALTH BENEFITS OF EARTHING, GROUNDING AND WALKING BAREFOOT

Looking for a way to unwind? How about experiencing the sights, sounds and feel of the earth, soaking it all in for its therapeutic value? Sounds nice, right? Enter: grounding. It can provide relaxation, decrease risk of heart attack, increase energy and promote better sleep. You don't even have to exercise! Here's how to fully experience all the health benefits of earthing.

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

NATURAL REMEDIES TO KEEP HIPS HEALTHY AND AVOID HIP REPLACEMENTS



“GRANDMA FELL AND BROKE HER HIP!” IS AN ALL-TOO-COMMON PHRASE IN OUR SOCIETY. PEOPLE FEAR THIS BECAUSE IT OFTEN INDICATES THE BEGINNING OF THE END. HIP FRACTURES LEAD TO IMMOBILITY AND LOSS OF FUNCTION, WHICH CAUSE BLOOD CLOTS AND OTHER HEALTH PROBLEMS.

Now, it isn't always a broken hip that puts someone in the hospital for replacement surgery. Painful arthritis of the hip can make a person immobile and produce all the same hip problems necessary for surgery.

As the world's population ages, one of the chief concerns of the aging is the health of their hips.

There are two main hip issues I want to address in this article:

- Hip Arthritis
- Hip Fractures

The hip is the joint between the femur (thighbone) and the pelvis. You can see that it is a ball-and-socket joint that gives stability with lots of motion. It's a brilliant design!

HIP ARTHRITIS

Most arthritis of the hip is simply a wearing-down of the cartilage that covers the bone and keeps the joint moving freely.

One of the most debilitating forms of arthritis is that of the hip. This joint supports all your weight with every step, and when the bone is directly rubbing on bone it is extremely painful.

The pain of hip arthritis is not on the side of the hip, but rather in the groin, especially with walking, standing, or bearing weight.

Pain on the side of the hip is most often a different problem, such as bursitis, muscle strain, or tendonitis.

As the pain gets worse, the person becomes more inactive, leading to osteoporosis, and decreased repair of the hip joint. Inactivity also leads to blood clots in the legs. The combination of inflammation and inactivity can cause clots to form in the large veins of the legs, called deep-vein thrombosis (DVT). These clots can break off and travel through the veins to the heart and lungs, clogging the circulation. If the clots are large, they can cause death.

Another reason to keep your hips healthy is to prevent death. Arthritis of the hips is associated with a 43% increased chance of dying.[1] This is probably due to inactivity – if your hips hurt, it's much harder to exercise and stay functional. Hip fractures also increase the chance of death. The number of hip fractures is growing exponentially. It is estimated that 1 in 3 women and 1 in 12 men will get a

hip fracture in their lifetime.[2] Surgical repair of a fracture gives the patient a 6% chance of dying from the surgery.[3] Within a year the mortality rate after a hip fracture increases by up to 58%![4] Even if there is a fracture, being steady on your feet is essential to recovery and being able to walk again, so preventing hip arthritis is essential.

HIP FRACTURES

“Hip fractures” are rarely in the actual joint because they are fractures of the femur. Depending on how the bone is stressed, it will fracture in different locations, creating different hip problems.

Signs and symptoms of a hip fracture include:[5]

- Inability to move immediately after a fall
- Severe pain in your hip or groin
- Inability to put weight on your leg on the side of your injured hip
- Stiffness, bruising and swelling in and around your hip area
- Shorter leg on the side of your injured hip
- Turning outward of your leg on the side of your injured hip

Causes of fractures are many. Stronger bones tend to have fewer fractures, but even young people with strong bones can get them.

STRESS HIP FRACTURES

Stress fractures are caused by repetitive injury. When we walk, run, or stress bones with activity we are always causing micro-fractures inside the bone. The cells in the bone then rebuild the area to make

it stronger. If we don't give the bones a rest, and time for the cells to do their work, then we can keep causing more damage, until the bone breaks!

The same thing can happen with those who have osteoporosis, or thinning of the bone. Older people often have fewer cells to repair bone damage, so it takes longer, and stress fractures develop more easily. Nobody knows exactly how common it is, but often “Grandma fell and broke her hip” could really mean, “Grandma's hip broke, causing her to fall.” Stepping, or twisting can cause a stress fracture to displace, bringing hip pain and instability – and falls.

For this reason, it's important to take good care of your bones, allowing them to heal well.

Other factors in bone strength:

1. Men tend to have stronger bones for various reasons:

Estrogen and testosterone build bone, but women lose estrogen in menopause.

Stronger muscles make stronger bones

More physical activity throughout life stresses the bones, causing more re-building.

2. Intestinal problems can inhibit absorption of minerals needed for growth, especially calcium and vitamin D.

3. Lack of vitamin D is common in those with hip problems and bone problems. In modern society there are several reasons we are deficient in vitamin D:

- We work indoors under artificial lights
- We shower after activity, and wash off

the oils that make our vitamin D

- We use sunscreen and clothing to protect our skin from the sun
- A sedentary lifestyle causes us to make less bone
- Medications such as cortisone, thyroid pills, and diuretics cause bone loss
- Smoking may increase the risk of hip fractures by about 19%[6]

PREVENTION OF HIP PROBLEMS

The way to prevent hip issues is already outlined above. We know what causes joints and bones to wear away, so if we do the opposite, we can prevent these problems.

Exercise

Walking is a minimum requirement if you want to protect your hips. If you can walk a mile, your chances of a hip fracture are very small. Start an exercise program with a trainer who can help you with your

specific hip problems. I had a patient who was 99 years old who walked every day about a mile to the store each way “to pick up groceries.” She lived in a small town, so friends would stop and ask if she wanted a ride, but she declined. She remained healthy and walking well until she was given a blood pressure medication that made her dizzy. She fell, broke her hip, and died four days later. Though she did have osteoporosis, she was stable because she was active throughout her life.

Rest

We often don't consider the importance of rest, allowing repair of our bones and joints, but we need it. At night when we sleep, we release a hormone, human growth hormone (HGH), that causes repair of our tissues. However, this doesn't happen if we eat at night because the stomach only makes GHRELIN (growth hormone releasing hormone) when it's empty. Rest your stomach, rest your body, rest your cells to allow good repair.

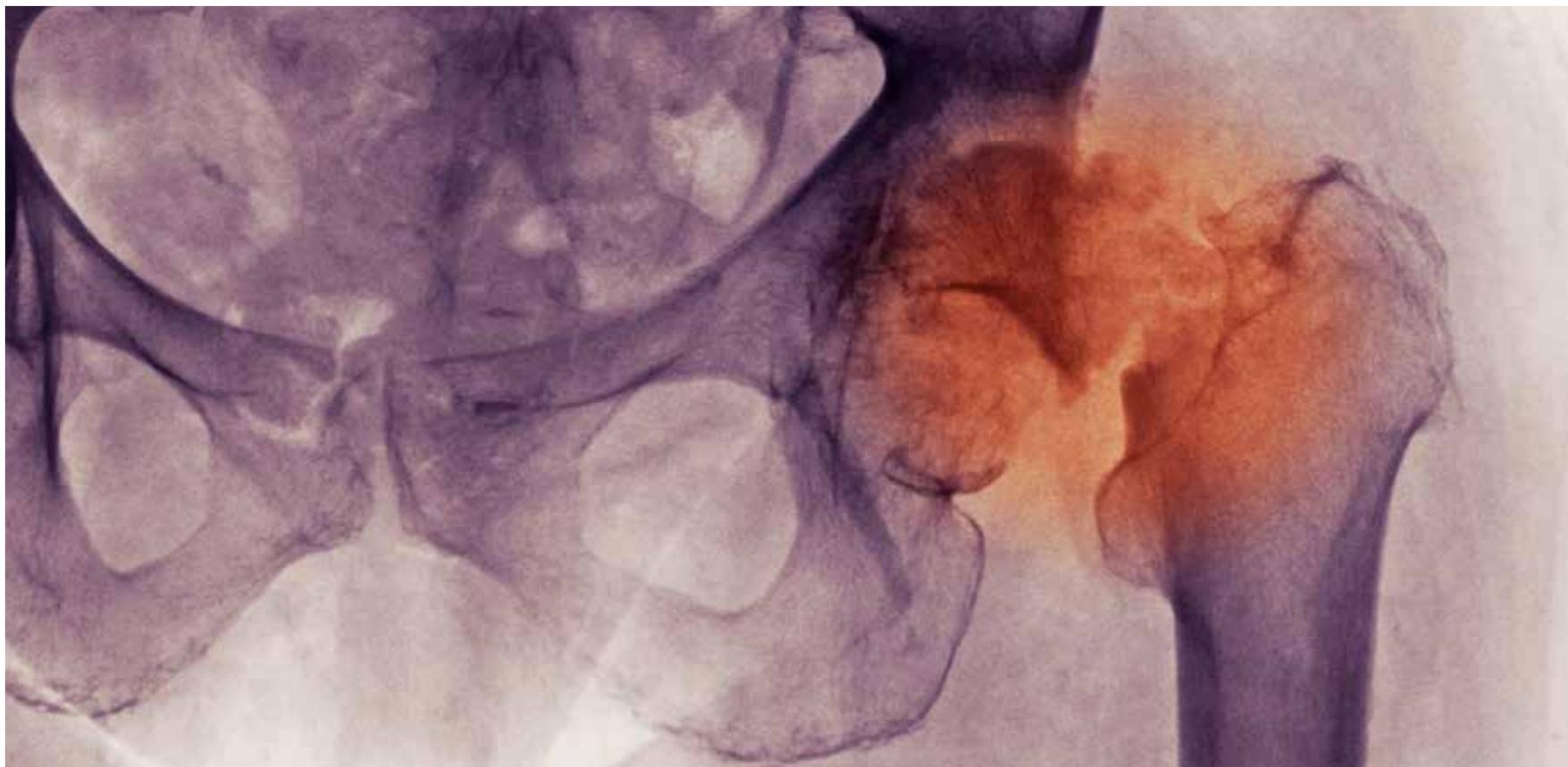
Calcium

Contrary to what we're told, it's hard to be deficient in calcium because it's abundant in all foods. The problem with calcium deficiency is mostly magnesium. We need magnesium to balance the calcium. But the processing of foods that we so commonly consume takes out the magnesium. A better mineral supplement to build stronger bones is magnesium.[7] Just taking calcium may cause hardening of the arteries and kidney stones.[8]

Vitamin D

I think vitamin D is one supplement that most people should take. Our lifestyle in the modern age, as discussed above, prevents us from getting significant amounts, and there is no food that has it.

Glucosamine



The building blocks of cartilage, which forms joints and bones, as well as the fluid that “greases” the joints, is made from glucosamine. Having an adequate amount keeps the joints healthy, allowing the cells to repair damage in the joints, as well as the microfractures of bone.

Chondroitin

Chondroitin is a component of cartilage that makes up bones and joints that can speed repair. Having enough of this can allow repair of both joints and bones because bones are made of cartilage as well.

MSM (an organosulfur compound)

Often the reason we don’t repair bones, joints, tendons, and ligaments properly is because we don’t have enough sulfur. Sulfur is necessary to form the cross-links between collagen fibers, forming very

strong bonds. If we don’t have enough, the body often uses keratin, a weaker protein, to repair, forming scar tissue, instead of a strong, natural, collagen.

Vitamin C

To form collagen, we must have sufficient vitamin C. Since most of our processed foods don’t contain significant amounts of vitamin C, a diet high in fresh fruit and vegetables is essential.

Our hips are so important for our health. They keep us upright, and allow us to get around. It is definitely a good idea to keep your hips healthy, preventing hip arthritis and hip fractures, so you can remain active throughout your life.

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RECOMMENDATIONS FOR HIP HEALTH

1 Use weight-bearing exercises. Yoga, walking, jogging, or running are excellent.

2 Get good sleep.

3 Don’t eat after 6pm.

4 Eat foods with magnesium every day – beans, legumes,

nuts, seeds, and green vegetables. Consider also a supplement of 400-800mg weekly.

5 Eat fresh fruit and vegetables daily for vitamin C and bioflavonoids.

6 Bone broth is an excellent way to get glucosamine and

chondroitin. Drink about 2 quarts per week. It can be used to make soups, cook rice, or in sauces.

7 A supplement program for those who already have hip problems should also include the following 4 supplements taken together with food 3

times per day for 6 months:

- **Glucosamine - 500mg**
- **Chondroitin - 500mg**
- **MSM - 500mg**
- **Vitamin C - 500mg**
- **Plus, Vitamin D3 - 50,000 IU per week.**

What's the Deal with Nootropics, Brain Boosters and Smart Drugs?

Becoming a little forgetful or overwhelmed? I am confident this can be fixed. Re-energize your mind and enhance mental clarity with nootropics. Just try it and see how well it works!

by Rob Fischer



Marvel nearly owns the big screen these days with its reintroduction of Spider-man, Hulk, Thor, Iron Man, Captain America, and other superheroes and their superpowers. We seem to be infatuated with these superhuman characters and their uber-abilities!

As a result, it should come as no surprise that people are looking for that magic pill that will give them an edge—a superpower—if you will. Enter: nootropics, brain boosters, cognitive enhancers and smart drugs. By whatever name you call them, they're drugs or supplements that claim to boost cognitive powers, enhance creativity and stimulate mental alertness.

But alas, we're not as trendy or clever as we'd like to think we are, for mankind has sought for and used brain enhancing stimulants for millennia. In fact, you might even be using a nootropic as you read this article, because coffee, tea and sodas fall into this category of brain stimulants.

NOOTROPICS

Dr. Corneliu Giurgea, a Romanian psychologist and chemist coined the term “nootropics” in 1972. In his studies he gave the term some very strict parameters. He indicated that a true nootropic must fulfill five criteria.

[1] Nootropics:

- Must generally enhance brain function.
- Improve cognitive performance under stress.

- Protect the brain against harmful substances.
- Increase the efficiency in which neurons fire within the brain.
- Must be non-toxic and pose no harmful side-effects.

For a substance to meet all five criteria is a tall order! For this reason, we're forced to distinguish between a true nootropic and other so-called smart drugs.

SMART DRUGS

In recent years, a wide variety of individuals have turned to smart drugs to enhance their cognitive powers. Smart drugs have been especially popular with video gamers, college students, and others whose jobs or habits prevent them from getting adequate sleep and who want to elevate their level of cognitive performance.

Smart drugs claim to be able to provide superior and enhanced:[2]

- Memory
- Focus
- Reflexes
- Calmness
- Clarity of thinking
- Problem-solving ability
- Mental stamina
- Ability to function on little sleep

But the smart drugs that many reach for are prescription drugs that are intended for other purposes. Common smart drugs include: Adderall – a drug to treat attention deficit and ADHD, Ritalin, Modafinil, and Donepezil.[3] An obvious

problem with using a prescription drug for a purpose other than its intended one is that often you must obtain that drug illegally.

These drugs are mind-altering and often present unpredictable side effects. A few years ago, researchers at Harvard and Oxford universities claimed that Modafinil was “the world’s first safe smart drug.” But no sooner did they make this claim than users of the drug began reporting insomnia, headaches, and nasty skin rashes.[4] Other side effects of smart drugs include: blurred vision, nausea, and nasal blockage.[5]

ARE NOOTROPICS SAFE?

If we allow the distinction between a true nootropic as defined by Dr. Giurgea and the so-called smart drugs, the question is, are there safe nootropics? The answer appears to be “Yes,” but needs some clarification. For instance, caffeine



You might be pleased to learn that there are certain foods that improve brain function, reduce brain fog, enhance memory, and may even help prevent cognitive decline: eggs, dark leafy greens, coffee, green tea, EVOO, broccoli, berries, turmeric, fish oil and water.

is considered a nootropic. Is caffeine safe? Yes, when used sensibly. But overuse of caffeine can cause sleeplessness, jitters, brain fog and a host of other unpleasant side effects. However, when used sensibly, caffeine can stimulate brain function in a variety of helpful ways.

NOOTROPIC HERBS AND SUPPLEMENTS

When it comes to the subject of nootropics and smart drugs, natural options are generally safer and more effective than synthetic drugs. But just like caffeine, we must use herbs and supplements sensibly as well. Also, people respond to various herbs and supplements differently, so what may work well for one person may not for another. Similarly, people tolerate specific dosages differently.

Some of the more common nootropic herbs and supplements include:

- Ginseng
- Maca root
- Cordyceps
- Rhodiola
- Tulsi
- Ginko
- Bacopa

Assuming you're not allergic to any of these nootropic herbs and supplements and you take them sensibly, they appear to be reasonably safe. If you purchase any of these, follow the instructions and

recommendations provided.

But don't expect nootropics to compensate for stupidity. For instance, a videogamer, or a student burning the midnight oil may find help from a nootropic for a night, but it won't make up for days of lost sleep.

In fact, some of the best ways you can stimulate healthy brain function are by getting plenty of sleep and exercise and reducing stress in your life. But if we abuse our bodies, taking a nootropic or smart drug will not help us.

NOOTROPIC FOODS

You might be pleased to learn that there are certain foods that improve brain function, reduce brain fog, enhance memory, and may even help prevent cognitive decline. Some of these nootropic foods include:[6]

- Eggs
- Dark, leafy greens
- Dark chocolate (yeah!)
- Coffee
- Green tea
- Extra-virgin olive oil
- Broccoli sprouts
- Blueberries and other berries high in antioxidants
- Turmeric
- Fatty fishes (fish oil)
- Water

A word about water – we don't think of water as a nootropic. But many

Americans drink far too little water. Water is vital for keeping hydrated and for proper brain function. Coffee and tea are diuretics and cause the body to eliminate water, so in addition, remember to drink your 8 glasses of water daily. There are also a variety of blended herbal supplements available over-the-counter that the reader can investigate and try.

The bottom line is: take care of your body and brain primarily by eating right, getting adequate sleep, exercising regularly, drinking plenty of water and reducing stress. Also, consider adding the nootropic foods to your diet. Finally, if you still feel like you need an extra brain boost, try one of more of the nootropic herbs and supplements listed here.

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13 WAYS TO REVERSE NEGATIVE THINKING

Negative thinking can have a strong and sometimes devastating impact on all aspects of our lives. With the 13 keys listed below, and a little practice, I believe anyone can break free of negativity for good.

01 Understand that Negative Thinking Makes Your Illness Worse

Did you know that negative thinking makes people sick? It profoundly affects the body, mind, and overall quality of life. Part of the reason is that it's impossible to be depressed or anxious without having

negative thoughts. People who think positive, happy thoughts aren't anxious or depressed. Just realizing this can help you turn things around, after all, you don't want to make yourself sick, right?

02 Remember that You're in Control of Managing Your Diabetes

Many people with diabetes dwell on worries that it will lead them to lose their vision, legs, or even worse. While those are potential complications of leaving diabetes unchecked, controlling your condition significantly lessens the risk of those possibilities. Make healthier lifestyle changes like eating right and getting regular exercise.

If you have serious concerns about it due to negative memories of how the disease affected a relative, realize that these days diabetes treatments are much more effective and that taking care of yourself can help prevent diabetes complications.

Refuse to allow negative thoughts to get in the way.

04! Talk Back to Your Negative Thoughts

As soon as you catch yourself thinking negatively, stop. But don't just tell yourself to stop, picture a huge red stop sign and

negatives of being diagnosed with diabetes, the worse you'll feel. Instead of feeling sorry for yourself. Take a few minutes every day to think about what you have to be grateful for. It can be something as minor as the sun breaking through the clouds, your dog or cat, your family, friends, or even the fact that your favorite football team is winning. An excellent way to get in the habit of practicing gratitude on a regular basis is to keep a gratitude journal and write down three to five things you're grateful for each day.

Concentrating on the good things you already have, rather than what you wish

choices. You always have the choice to make change happen to enjoy a better life.

08 Help Someone Else

Helping someone else takes the focus away from you. You can always find someone that is in a worse situation, and your help doesn't have to be in the form of money. For example, you might volunteer your time at places like a local homeless shelter, soup kitchen or children's hospital. Or, use your special skills and talents to help the less fortunate. If you're a hair stylist, you might arrange to give free haircuts to unemployed people who want to look more presentable to land a job.

Not only does helping others make you forget about your worries for a while and feel better about yourself, but it will also make you feel better about your situation, realizing that it could be much worse.

09 Surround Yourself with Positive People

If you're spending your time with negative people, it's only natural to start feeling negative yourself, and the opposite is true as well. When you feel like you're in a negative spiral, seek out more positive people. They are likely to help you put things in perspective and won't feed your negative thinking. Make a point to go out and have fun together, watch a funny movie or television show.

Laughter with friends is truly some of the best medicine there is, and positive people can be a great support system if you let them.

03 *It's Not Black and White*

When initially diagnosed with diabetes, many people are concerned that they won't be able to enjoy an active social life with friends and family, but it's not that black and white. Having diabetes doesn't mean that you have to stop doing everything you enjoy. While you will probably have to make some changes and take a few extra precautions, like carrying healthy snacks and checking your blood sugar if you don't feel right, you can still lead a full life. Provide your family, friends and colleagues information about diabetes so they can understand your condition and help you.

imagine yelling "Stop!" to yourself. Then, talk back using a positive thought. For example, think about something you've already accomplished - it doesn't have to be something big. Perhaps you've given up that daily candy bar habit. If you need to, write down a list of things you've managed to achieve and keep it with you just for those moments. Doing so is a great way to stop that cycle of negative thinking.

05 Write Down Positive Messages for Yourself

Writing down positive messages for yourself such as "I am healthy," or "I am managing my diabetes well," can make a significant difference in turning around negative thinking. Write them on post-it notes or something similar and place them in spots you'll see each day, like in your medicine cabinet, in your wallet, the dashboard of your car, etc.

06 Practice Gratitude

The more you concentrate on the

you didn't have, automatically turns things around.

07 Don't Play the Victim

Playing the victim only worsens the situation. Remember that you create your life - you have the responsibility of making it a good one. You are diabetic, but you can take control of it by making the right

10 Remember, "This Too Shall Pass"

Life has ups and downs - we all go through difficult times, but those moments all pass, and eventually, we enjoy good ones again. Once we realize and accept that every negative obstacle encountered is just a temporary bump in the road, it becomes much easier to let it go, move forward and work on more positive goals. Nothing lasts forever, good or bad, and every moment is an opportunity to learn something new. Try to look for the lesson in each situation - take some time to grieve if you need to, and then move on without dwelling on the negative. If you stay focused on the negative, you're opening up the door for more negativity to come into your life.

Fight Worries and Fear with Action

The words “I can’t” are one of the biggest sources of negative thinking. They often come out of fear, such as the fear of being judged, fear of rejection or fear of failure. If you’ve lived most of your life not taking care of your body, for example, and want to start exercising but the words “I can’t” are holding you back, fight the fear with action. Change “I can’t” to “I can!” Almost nothing is impossible if you put your mind to it. The simple act of replacing “can’t” with “can” can make an incredible difference in your outlook, and even significantly up your happiness level. If that still sounds too scary, think in smaller terms, such as walking around the block after dinner each night instead of aiming to run a 5K.

Think About How You Feel

The way you feel physically is often a good indicator of your thoughts. Take a minute to focus on how you’re feeling. Make an effort to regularly stop throughout the day and think about how you feel. Are you physically reflecting frustration, sadness or anger? If so, take a minute to think about a happy memory or something that you’re looking forward to. It can immediately change how you feel, and transform that cycle of negative thinking.

Meditate

Meditation is not only a great outlet for combatting stress, it helps you relax and clear your mind. It allows you to think about more positive things that make you feel good. It doesn’t take up a lot of time. And it can be accomplished just about anywhere, and adjusted to fit any schedule.

Learn How to Reverse Diabetes for Good. Stop the Negative Feelings Once and For All, Click Here: DiabetesReversed.com

The Health Benefits of Earthing, Grounding and Walking Barefoot



THE BENEFITS OF “Earthing” – also known as “grounding” – has been working for humans and animals since the beginning of time. We simply didn’t realize that our almost constant connection to the Earth helped balance our total body health until scientists began studying the phenomenon in the last few decades.

What is the Concept of Earthing?

The concept is simple but effective.

In the late 1990s, Clinton Ober – after a lifetime in the cable industry – made the connection between poor performance with un-grounded electronics and how humans become un-grounded by wearing synthetic shoes between their bodies and the Earth. His thoughts sparked a holistic movement that is finally being confirmed in the scientific community.

When you walk on dirt, sand or grass barefoot, electrons enter your body through your feet. Researchers are discovering that these electrons are some of the most powerful antioxidants available.

During modern times, we’ve grown increasingly more distant from the Earth. We are eating more “unnatural” foods every year. Our shoes are made from non-organic materials such as plastic and rubber – instead of the animal or plant materials used throughout history. More and more metal, glass and plastic insulate our homes and businesses. We are surrounded by technology – WiFi devices, microwaves and cell phones – that cause electrical imbalance in our core systems. Fewer people hike or camp where they sit or sleep close to the earth anymore.

We are flooding our bodies with contaminants while simultaneously isolating ourselves from one of the biggest health benefits available: Earth.

An article published in the Journal of Environmental and Public Health, stated, “The research done to

date supports the concept that grounding or Earthing the human body may be an essential element in the health equation along with sunshine, clean air and water, nutritious food and physical activity.”

The Science of Earthing

Human beings are bioelectrical. Each of the basic functions – heart, immune system, brain, muscles and nervous system – depend on electrical currents for transference of nutrients, heartbeat and communication between the brain and body.

We are conductive – able to transmit electricity – and the free radicals in our bodies that lead to disease are positively charged. The earth is negatively charged. By bringing the two together, we balance our internal electrical systems.

Dr. James Oschman, PhD stated in his article published in the Journal of Alternative and Complementary Medicine, “The idea that nature has



influences that are vital for the proper functioning of mind and body has been thought about for thousands of years, and in the last century has been repeatedly confirmed by science.”

“Chronic disease is the number one cause of death and disability in the United States. Treating patients with chronic diseases accounts for 75% of the nation’s health care spending, which surpassed \$2.3 trillion in 2008. The most common and costly chronic diseases are heart disease, cancer, stroke, chronic obstructive pulmonary disease, osteoporosis, and diabetes,” Dr. Oschman’s report continued.

Hundreds of illnesses and chronic diseases have been linked to a common contributor:

INFLAMMATION

Richard Feynman, Nobel Prize winner, explained the benefits of Earthing in his research on electromagnetism. When the body is grounded to Earth, it allows the Earth to become the “working agent that cancels, reduces, or pushes away electric fields from the body.”

Earthing:

- Minimizes inflammation and eases the symptoms of inflammation disorders
- Regulates heart rate and lowers blood pressure
- Stimulates deep, healthy sleep and increases energy
- Eases chronic pain – often eliminating it entirely
- Increases blood flow and thins the blood
- Enables faster recovery for muscle



soreness or tension

- Regulates hormones and eases the symptoms of menstruation
- Regulates stress hormones and fosters a sense of calm

Grounding or Earthing benefits may seem “new age,” but in reality it is mankind’s earliest form of medicine...that we didn’t even know we were using. When you use the Earth’s abundant free electrons, you are giving your body the biggest and most powerful antioxidant and anti-inflammatory available.

Here are some ways to ground, or practice earthing:

- Spend 30 minutes walking barefoot on a beach or in the grass.
- Swim in a lake, river or ocean.
- Work in the garden without gloves, letting your hands contact with the soil.
- Sit or lay in the grass or on a beach.
- Sit in the branches of a tree.
- Go for a hike or walk in the woods and sit down on a boulder or fallen tree.

In all these ways, you’re simply connecting with or being grounded to the Earth.

Earthing is free, it will never run out and your body will thank you as it is able to balance the electrical systems constantly at work – cardiovascular, nervous, respiratory, digestive and immune system just to name a few.



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

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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.