

WEIGHT CONTROL • HEALTHY RECIPES • SPIRITUAL WELLNESS • LIVING HEALTHY

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How an Alternative Health Doctor Stays Healthy

9 Inexpensive Ways to Boost Your Health

The 7 Most Powerful Herbs and Spices

The Drinking Water Dilemma



Health Rules to Live By

AUTHORS



DR. SCOTT SAUNDERS, M.D.

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



ROB FISCHER

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

Staying healthy is a progressive challenge we all face throughout our lives, and figuring out just how to do that can be a challenge.

For doctors, they think about health problems and how to solve them every day. Dr. Saunders treats his patients with way more than just medication – and they see huge results. This month Dr. Saunders personally shares how he supports his own body's healing abilities for the long term – over the course of multiple businesses, 13 children and a divorce. If he can manage to stay healthy through life's tricks and tumbles, you probably can too. So, we've provided a simple list of daily health tasks for quick reference to make it easy for you

We all have other things to worry about, like how is safe drinking water? Carcinogens have been found in tap water. Bottled water may emit harmful BPA if left for too long. So when it is time to quench that thirst, the choice between drinking tap water or bottled water isn't as straightforward as you might think. Let Home Cures That Work help you choose which one is best for you.

To improve the overall health of the body, herbs and spices have played a major role for millennia. They help speed the healing of wounds, act as nutritional supplements and deliver a host of other benefits. Modern science can now show you how to gain the most from their medicinal properties. Here are some of the world's healthiest herbs and spices

I believe we all need a little help to save time. This month we share some health hacks, which assist in all areas of health and prevent good habits from taking a slide.

Another thing that's easier when you're not going at it alone: trying to live a healthier life. So whether you want to eat better, feel less stressed, or work out more, Home Cures That Work is here to help!

For your health,

Cheryl Ravey
Editor
Home Cures That Work



04 HOW AN ALTERNATIVE HEALTH DOCTOR STAYS HEALTHY

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Is your tap water safe to drink? Does bottled water come with health standards? Chemicals, contaminants, pollution and price will have you rethinking where you get your drinking water.



13 THE 7 MOST POWERFUL HERBS AND SPICES

If you're looking to round out your healthy lifestyle, you'll want to stock up on the following herbs and spices and use them generously in your cooking. Or, you can take them in supplement form to obtain their powerful health benefits.

15 9 INEXPENSIVE WAYS TO BOOST YOUR HEALTH

Life is already busy, messy, and filled with unexpected surprises. So why contribute to the chaos by making health harder than it has to be? Hack your way to better health with these 9 clever health tricks that will save you time, money, and a headache.

How an Alternative Health Doctor Stays Healthy

MY PERSONAL PROGRAM FOR HEALTH AND LONGEVITY



“IT’S EASY FOR you, you’re so thin...” a middle-aged, obese woman with many health problems said to me mournfully. She’s discouraged because she can’t seem to make her program work. “How do you stay healthy? You must have a lot of willpower!” Since I’ve studied health extensively, teach how to become healthy and stay that way for life, I often get asked what I do to be healthy. You might think I started that way, keep a strict schedule, and a perfect diet, but that is far from the truth. I try. And I’m going to share with you my strengths and weaknesses, my triumphs, and tragedies.

SCHEDULE

On most days, I start at about 4am. I take time to connect with God through prayer, study His Word, and write in my journal. After an hour or two, I start the day’s work by checking my email, paying bills, and looking at the schedule for the day. Besides patient visits in the office, I don’t have a strict schedule. I try to keep a checklist of things to accomplish in a day, but that doesn’t always work well. The rest I just do when I can. My bed time is 10 p.m., which I try to be strict about, however, having lots of children makes it difficult. When my daughter is out on a date, I want to be up when she comes home, but... I get tired!

FOOD

Since I often get asked if I have followed a diet that I recommend, I always try it first. Before recommending a new cleanse or detox program, I subject myself to it, following it to the letter to be sure I get the full effect. In one case, I found a shake was much too sweet, and it messed up my digestion, so I changed to a different program. The new program I tried was not tasty and I didn't like the fiber supplement. But it worked well, so I still use it. (As a side note, I don't find that quality products always taste good. Use what works, not just what is to your tasting).

I also make rules and live by them for a defined period. I find if I have an end date it's much easier to stay on track. I still mess up, but much less if I know there is an end.

For example, in 2016 I went a whole year without processed sugar. This is a hard thing to do because I could only get salad without dressing and steamed vegetables when I went out to eat. Also, I love sugar, which is the reason I chose to abstain from it for a year.

When I was around 5 years old, I remember scraping up candy that was melted into the sidewalk and eating it. My mom didn't allow sweets in the house, and I had such a sweet tooth! (But, I never had cavities until I was 19, after a couple years of college, and lots of sweets!)

The "sugar fast" was great, and I mostly stayed with it. There was one time when I was very hungry and was offered a homemade oatmeal-raisin cookie – my FAVORITE! I ate one... OK, actually, I ate three. But I didn't flog myself too much over it, I just enjoyed them, very much! Then, I went back to my plan, going several more months without sugar.

The next year, I tried a gluten-free diet. My 17-year-old daughter wanted to do it with me, so we agreed to keep each other honest. She called me once, crying that she had eaten something with gluten, and broke our "pact." I told her it was OK, that I had messed-up as well. Our initial plan was to go the whole year of 2017, but after about 6 months, we found it tedious. It didn't seem to be making us healthier, so we agreed to quit early. I still primarily cook gluten-free because I have a couple of family members who are very sensitive to gluten.

My primary rule is: Avoid processed food.

But even I break it sometimes.

FASTING

An absolute true fast is NPO (Nil Per Os) or nothing by mouth. No food. No drink. No water. Nothing. I only fast like this one day per month, on the first Sunday, for religious reasons. On other days, or weeks, I will do a cleanse, which is a modified fast.

The cleanse will be either vegetable juice I make at home, beef or chicken bone broth, or water. I "cleanse" about 5 days or more every month. I tell people that it's best to do 5 days in a row, but I found that fasting on Fridays fits my lifestyle better.

Remember, regarding fasting: some is good, and more is better.

I have fasted for as long as 2 weeks, but

mostly only now for a couple of days. I don't want to lose too much weight.

Speaking of weight, when I turned 40 I was getting to be around 170 Lbs., and my wife noticed "love handles" around my waist. I thought, "A waist is a terrible thing to mind," and I knew exactly what to do for "waist management." I cut out sugar, stopped the shakes in the morning, drank only water, and fasted more frequently. I ate mostly PALEO, avoiding grains and fruit. This got me down to my ideal weight of 145 Lbs. in less than six months.

SUPPLEMENTS

I take large doses of supplements once or twice a week. We were always taught to take our "daily vitamins," but few people know that is just a marketing plan, not a health plan. The truth is when we take a vitamin every day, we get resistant to it, we absorb less, and we don't use it efficiently. In order to be efficient and effective, we need periods of having a lot, and then of having none. As a result, supplements should be taken on an intermittent basis.

I have a smoothie with a scoop of EMPower Plus, a vitamin supplement for brain health.

When I'm feeling like I'm getting sick, I take about 12 grams (yes, twelve (12) 1000mg tablets) of vitamin C.

Generally, I have an issue with absorbing zinc, so I take extra weekly.

My primary rule: Avoid processed food.

I also take vitamin D3 50,000 IU weekly. If I miss a week, I just take 2 when I remember.

STRESS

Since I have a private practice and manage all the patients, as well as the business, along with being medical director of a nursing home, a father to 13 children with most of my family living in a different state, working in my church, and all the other responsibilities of life – there’s a lot of stress!

I have found that stress can’t be avoided. I can only change one type of stress for another, so I take on a lot. I read a life-changing book called, *The Mayo Clinic Guide to Stress-Free Living* by Amit Sood, MD. In the book, Dr. Sood discusses having goals, focus, forgiving myself and others, meditation and prayer, and finding my higher purpose.

This is why I take time in the morning before anyone wakes up to connect with God, assess my life, and plan my day. Even through a divorce, remarriage, lawsuits, problems with the state medical board, blending a family, a failing business, and other major stressors, I have maintained my sanity through this

morning ritual.

EXERCISE

I was going to avoid this one, because it’s something I keep putting off. I love to exercise, as long as it has some purpose. Ten years ago, I built a house – it was the best exercise EVER! I was lifting beams and walls, climbing on top of walls and the roof, carrying sheets of plywood and boards, and swinging a hammer (24 oz.). Through it all, I was accomplishing something. If I only spent a half-hour building a couple of walls, I could look at it when I was done, and feel like I accomplished something. You just can’t do that on a treadmill! Since then I have been to Cross-Fit, which was great, and then tried a home program called “Toned in Ten” I found on the internet, which was also good.

Now, I walk as much as possible. I go to the canyon with my wife where we can be alone and walk. I take the stairs instead of the elevators when I’m going places, and just generally look for ways to use my muscles while I’m doing my regular life. I think I should do more – at least the ten minutes a day on exercise videos, but..

ANALYSIS

Things I’ve learned in the past 17 years of trying different diets and studying health.

1. You don’t have to be perfect, just keep trying. You must be honest.
2. Try different things to see what works for you.
3. Supplements are to be taken intermittently, not daily.
4. Fasting is the best thing for health, it will cure almost any illness.
5. Sleep from 10pm to 2am is the most important.
6. Stress will undo any good health program.
7. Exercise is essential to keeping strong.

I counsel a lot of people on health and have seen some truly amazing recoveries. My goal is to live to be healthy into my 100s. I’m only half-way there, so I need to keep improving. The next step is to improve my exercise, and then, we’ll see...

DR. SAUNDERS’ HEALTH AND ANTI-AGING PROGRAM

1 You don’t have to be perfect, just keep trying.

2 You must be honest.

3 Try different things to see what works for you.

4 Take supplements intermittently, not daily.

5 Fasting is the best thing for health; it will cure almost any illness.

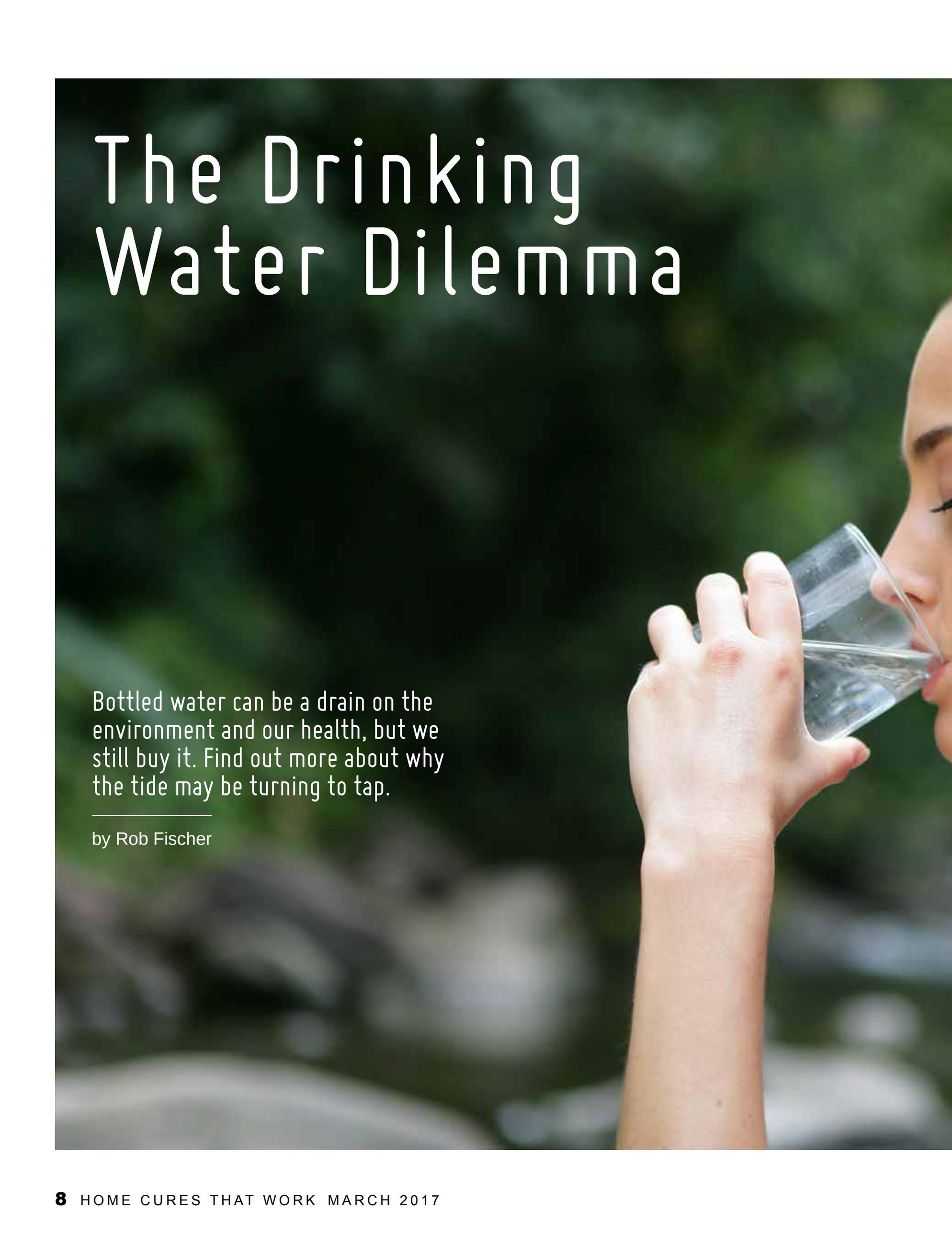
6 10pm - 2am sleep is most important.

7 Stress will undo any good health program.

8 Exercise is essential to keeping strong.



The Drinking Water Dilemma

A close-up photograph of a woman's face in profile, drinking water from a clear glass. Her hand is visible holding the glass. The background is a soft-focus natural setting with green foliage and grey rocks.

Bottled water can be a drain on the environment and our health, but we still buy it. Find out more about why the tide may be turning to tap.

by Rob Fischer



As an avid hiker and backpacker, one of the joys I experience in the wilderness is finding a cold, clear stream or river to serve as a source of water for drinking and cooking. In former days (before we knew better) I'd simply dip a tin cup into that cool, clear water and quench my thirst, but now I use a simple filter.

Next to the air we breathe, water is the most vital ingredient for life. Our bodies contain more water than any other substance. And water is the most abundant substance on earth. Centuries ago, Leonardo da Vinci recognized this when he said, "Water is the driving force of all nature."

Every molecule of water consists of two atoms of hydrogen and one atom of oxygen (H₂O). One of water's most amazing properties is its ability as a "universal solvent." There are relatively few substances that water can't dissolve.

It's precisely this property of water that we want to focus on, because water's ability as a solvent also means that it's rarely pure.

WATER PURITY

Nearly 1 billion people in developing countries do not have access to safe water.[1] For instance, in recent years, many US churches, (like Southside Christian Church in Spokane, WA) and other non-profits (like TheWaterProject.org) have been drilling wells in parts of rural Africa where people formerly travelled miles each day to fetch water from contaminated sources. Now these people

have access to clean water in their own villages.

Natural disasters like hurricanes and earthquakes and man-made disasters like chemical spills and wars also jeopardize clean drinking water.

But what about our municipal drinking water? Is our tap water safe? Dozens of companies are offering bottled water, but can we trust those sources as “pure”? And how about all the water filtration systems?

Ironically, in America, we seem to have a fetish about water purity, yet most of us would have to admit that we don’t drink enough of life’s elixir. We take the availability of fresh water for granted and have lots of options.

But what do we mean by “purity”? If by “purity” we mean H₂O and nothing else, we’ll probably be disappointed, because many of the minerals often found in drinking water are not only good for us, but make the water taste better. Some of the

good minerals include: calcium, magnesium and potassium. In fact, you may have noticed the labels on some bottled waters say something like, “Minerals added for flavor.”

On the flip side, water may also contain bad minerals and chemicals like: lead, arsenic, antimony, sulfur, sodium chloride, aluminum, barium, chlorine and nitrates.

In the 60s, my family traveled each summer to a small town in southwest Missouri for a family reunion. The city water in that town had high concentrations of sulfur in it—so high in fact that you could smell the sulfur coming out of the tap! And all the faucets and pipe joints were encrusted with thick, white mineral deposits. (Note that was before the Safe Drinking Water Act was instituted.)

Then, in the 90s, we lived in north-central

Texas. Especially during the summer months, the tap water there tasted like highly chlorinated lake water, fishy flavor and all! The chlorine content was so high in that tap water that the chlorine gas emitted during a hot shower made your eyes and throat burn!

But even the water bubbling out of a remote mountain spring or trickling off a glacier is loaded with organic and inorganic material. Even in its natural state, no water is pure. So, where does that leave our tap water?

TAP WATER

According to the Environmental Protection Agency’s (EPA) own site: “The United States enjoys one of the world’s most reliable and safest supplies of drinking water. Congress passed the Safe Drinking Water Act (SDWA) in 1974 to protect public health, including by regulating public water systems.”[2]



“Pure water is the world’s first and foremost medicine.”

— Slovakian proverb

Filtration systems used by municipalities to ensure they're providing clean water are highly regulated by the EPA. Any chemicals, like chlorine, are added to rid the water of any micro-organisms that could be harmful.

The relative purity of municipal drinking water varies from region to region. For instance, a friend of mine lives in Florida. She consulted the Environmental Working Group (EWG) regarding the purity of their municipal drinking water and discovered that it contains four contaminants above "health guidelines" and the presence of 10 other unwanted contaminants.[3]

You can request a Consumer Confidence Report from your local municipality, or go to the EPA: www.epa.gov/safewater/dwinfo/index.html to find out what contaminants are in your drinking water. You can also check out the EWG database on drinking water contamination at <https://www.ewg.org/tapwater/#.Wn9AUbpFzIV>.

Jane Houlihan, VP of Research for the EWG explains about the purity of tap water: "It matters a lot where you live. Someone who lives in Washington, D.C., at the outlet of a major river that collects pollution from different states upstream is drinking a cocktail of pollutants, and not all of them are removed at the treatment plant." [4]

According to research compiled in the 2006 United States Drinking Water Quality Study Report, if you're lucky enough to live in Des Moines, IA, Austin, TX, or Sioux Falls, SD you can enjoy some of the safest drinking water in the nation. For this reason, Houlihan

urges citizens to read the annual report that their water supplier provides.[5]

Also, having a private well by no means promises purity. Private wells may even be more susceptible to contamination than public utilities, because there's less oversight.

CHLORINE

Chlorine has been used in the treatment of drinking water in the US since 1904. The positive side of chlorine is that it kills microorganisms that cause deadly diseases like cholera and salmonella. Chlorine is largely to thank why the US has one of the safest water supplies in the world.[6]

But there are some significant downsides to the use of chlorine as well. First, it does not guarantee elimination of all microorganisms. Both e-coli and coliform can survive in chlorinated water. Perhaps even more disturbing is that "when chlorine is added to water, it forms Trihalomethanes (THMs), one of which is chloroform. THMs increase the production of free radicals in the body and are highly carcinogenic (cancer-causing)." [7]

Thus, according to the US Council of Environmental Quality, "Cancer risk among people using chlorinated water is as much as 93 percent higher than among those whose water does not contain chlorine." And bathing in it can be as harmful as drinking it.[8]

Lastly, chlorine makes water taste—well, like chlorine!

BOTTLED WATER

In recent years, there's been growing mistrust of the safety of drinking tap water. This mistrust is perhaps due to both the strong marketing tactics of

bottled water suppliers and our increased awareness of the contaminants in municipal water, including chlorine. For this reason many are skeptical of the safety of drinking tap water.

As a result, millions of Americans have turned to bottled water as their source of drinking water. But how safe is bottled water? Where does that water come from?

Interestingly, "The consensus between the two primary water quality regulating groups [EPA and EWG] and health research is that bottled water is inferior in quality to tap water." [9] There appear to be numerous problems with bottled water:

1. About 25% of bottled water companies merely use filtered municipal tap water and resell it to you at high prices. These include brands like Aquafina, Nestle and Dasani.[10]
2. Most bottled water goes through an extreme filtration process that strips the water of all minerals, chemicals, and micro-organisms. While on the surface this sounds good, what it yields is termed "dead water." [11] Dead water contains none of the good minerals that are healthy for our bodies. In fact, there's evidence that when we drink water stripped of all minerals, that water will seek to bond with minerals in our bodies, leaching them from our bones and organs.
3. While it is easy to obtain information about the purity of your tap water, it's a lot more difficult to get information about the purity of bottled water.[12] In fact, studies have revealed bottled water containing: phthalates, mold, microbes, benzene, trihalomethanes, arsenic, coliform, and other carcinogens.[13] The reason for this is that there is far less oversight of bottled water than of municipal water. In a study conducted by the World Wildlife Fund International, they

concluded that “bottled water may be no safer or healthier than tap water, while selling for up to 1,000 times the price.”[14]

4. Most bottled water comes in plastic bottles. When left in daylight or especially in heat, the plastic dissipates into the water, emitting at least two toxins: Bisphenol A (BPA) and Dioxin. [15], [16] No doubt you’ve tasted the plastic in bottled water at times. The chemicals used in plastic are not healthy or meant to be ingested. For one thing, we know that plastic disrupts our endocrine system, which can lead to problems with our hormones, lead to infertility, and cause cancer.[17]

5. Another problem with those plastic bottles is how to dispose of them. They’re practically indestructible and they’re filling our landfills by the billions.

Many people claim they like the taste of bottled water over other sources. But in a blind taste test, Good Morning America’s studio audience picked tap water over bottled water for best taste. In fact, the tap water that took the most votes for taste was New York City’s tap water.[18]

HOME FILTRATION SYSTEMS

Given the above issues with both tap water and bottled water, a home filtration system may be your best option for safe, pure drinking water.

There are too many types and makes of filtration systems to do this subject justice in this article. But suffice it to say that if you want a home filtration system, choose one that removes the chlorine and any other unwanted chemicals and micro-organisms from your water.

FOUR RECOMMENDED WATER FILTERS FOR REMOVING

CHLORINE:[19]

- Reverse osmosis, under-the-sink filters – iSpring RCC7
- Whole house system – Aquasana Rhino EQ-400
- The water filter pitcher – ZeroWater 10 Cup Pitcher
- Shower chlorine filter – Culligan WSH-C125

Distillation is NOT a good filtration method for drinking water as it robs your water of all minerals and leaches minerals from your body.[20]

DRINK WATER FOR YOUR HEALTH

Pure water is the world’s first and foremost medicine. – Slovakian proverb

Doctors continue to urge us to drink about 8 glasses of water per day. The amount of water you actually need varies depending on your age, the climate where you live, your level of activity, and your body mass. Also, it’s okay to get some of your water through other sources like coffee, tea and juice. But drink mostly water.

Here are some other health benefits of drinking plenty of water:[21]

- Helps you lose weight – Feeling hungry? Drink a glass of water instead of eating that snack.
- Boosts your energy – If you’re energy is draining, you may need to hydrate.
- Lowers your stress – Dehydration places stress on your brain and body.
- Builds muscle tone and prevents cramping – Muscles consist primarily of water, so replenish it especially during workouts.

- Nourishes your skin – Skin too is mostly water. Drinking water also removes impurities and improves circulation.
- Improves digestion – If your urine is dark or yellow, it’s a good indication that you’re not drinking enough water.
- Reduces the threat of kidney stones – Water dissolves the minerals in your body that form kidney stones.

Well, there you have it. Our bodies need and even crave water.

In fact, just writing this article has made me thirsty and reminded me how important it is to drink more of this life-giving elixir. I hope you’ll do the same. Here’s to your health!

Sources: [1] The Water Project.org, “Water Scarcity & the Importance of Water,” nd, <https://thewaterproject.org/water-scarcity/>. [2] EPA, “Ground Water and Drinking Water: Basic Information about Your Drinking Water,” nd, <https://www.epa.gov/ground-water-and-drinking-water/basic-information-about-your-drinking-water>. [3] See: <https://www.ewg.org/tapwater/system.php?pws=FL4060290#.WntwYWbMzuQ>. [4] Allison Van Dusen, “Best Cities for Clean Drinking Water,” Forbes, April 14, 2008, https://www.forbes.com/2008/04/14/water-cities-drinking-forbeslife-cx_avid_0414health.html#1cd8bcd83d10. [5] Allison Van Dusen. [6] Nancy Hearn, “Chlorine in Drinking Water: the Good, the Bad & the Ugly News,” Water Benefits Health.com, nd, <https://www.waterbenefitshealth.com/chlorine-in-drinking-water.html>. [7] Nancy Hearn. [8] Nancy Hearn. [9] Alkaline Water Plus, “Analyzing & Comparing Brands of Bottled Water,” nd, <https://www.alkalinewaterplus.com/analyzing-comparing-brands-of-bottled-water/>. [10] Gina Shaw, “What Are the Best Sources of Drinking Water?” WebMD, 2009, <https://www.webmd.com/diet/features/best-sources-drinking-water#3>. [11] Alkaline Water Plus. [12] Gina Shaw. [13] Drew Canole, “The Shocking Truth: What’s REALLY in Your Bottled Water?” FitLife.TV, December 2, 2016, <http://fitlife.tv/the-shocking-truth-whats-really-in-your-bottled-water-saturday-strategy/videos/>. [14] ABC News, “GMA: Water Taste Test,” nd, <http://abcnews.go.com/GMA/story?id=126984&page=1>. [15] Drew Canole. [16] Tomas Bosque, “Plastic Water Bottles Can Release Cancer-Causing Toxins,” Ban the Bottle.net, May 18, 2009, <https://www.banthebottle.net/articles/plastic-water-bottles-can-release-cancer-causing-toxins/>. [17] Drew Canole. [18] ABC News. [19] WaterFilterAnswers.com, “What’s the Best Chlorine Filter?” nd, <https://waterfilteranswers.com/chlorine-in-drinking-water/>. [20] Barbara, “What Are the Dangers of Drinking Distilled Water?” LiveStrong.com, October 3, 2017, <https://www.livestrong.com/article/372479-what-are-the-dangers-of-drinking-distilled-water/>. [21] WebMD, “7 Wonders of Water,” February 28, 2017, <https://www.webmd.com/diet/ss/slideshow-water-health>.



THE 7 MOST POWERFUL HERBS AND SPICES

Herbs and spices have been used medicinally for centuries. The effectiveness of powerful herbs and spices can make a huge impact on your daily health and pain-free living. Cloves, oregano, ginger, cinnamon, turmeric, rosemary and mustard contain high levels of nutrients known as antioxidants that help counteract the effects of damaging free radicals and prevent disease.

01 CLOVES

Cloves have been used since ancient times for treating toothaches and gum pain. Cloves contain the highest concentration of antioxidants of all spices and are great to use as a pain killer. Cloves

can also ease colds and allergies, and serve as an antiseptic in mouthwash (oil of cloves).

Tips: Add cloves to your favorite apple cider or mulled wine recipe. Next time you bake a ham, season it with cloves

by sticking the “sharp” end of the cloves into the rind. Use one to two tablespoons of cloves.

02 OREGANO

Just 1/2 teaspoon of oregano contains the same amount of antioxidants as a

quarter cup of almonds and four times that of blueberries! Not only is oregano a powerhouse of antioxidants, it is also rich in Vitamin K, iron and manganese. Wild oregano has been scientifically proven to effectively kill E.coli, salmonella and almost all food-borne pathogens. So, go make a healthy Greek salad and add plenty of oregano!

Tips: Make a healthy Greek salad and add plenty of oregano. Braise lamb shanks or beef roast with oregano.

04 CINNAMON

Cinnamon significantly helps people with type 2 diabetes improve their ability to respond to insulin, thus normalizing their blood sugar levels. Clinical studies have shown that a consistent daily intake of cinnamon can help lower high cholesterol

03 GINGER

Ginger contains over 50 antioxidants, which help increase circulation and digestion. Ginger has been used in many cultures for hundreds of years to treat digestive upset and food poisoning. Ginger can also help reduce the inflammation of joint pain and arthritis and may contribute to cancer prevention. Those with diabetes can benefit from ginger to help increase insulin sensitivity.

Tips: You can purchase crystalized ginger to take for an upset stomach. Create a marinade using balsamic vinegar, garlic and ginger for cooking your favorite meats.

levels, which can be helpful in preventing atherosclerosis and heart disease. For sufferers of irritable bowel syndrome, the fiber in cinnamon may also provide relief from constipation or diarrhea.

Tips: Add cinnamon to your favorite banana bread or zucchini bread recipe. Sprinkle powdered cinnamon on your oatmeal for breakfast.

05 TURMERIC

The beautiful hue of turmeric is created by the phytochemical curcumin, which produces the bright yellow color. The powerful anti-inflammatory properties of turmeric act as a strong pain reliever, can eliminate cancer cells, and help reduce obesity and metabolic diseases. Scientists have found that by

creating a new molecule from curcumin, called CNB-001, this molecule triggers the mechanisms that safeguard and restore brain cells after a stroke. This makes turmeric a valuable treatment for arthritis, Alzheimer's disease and even multiple sclerosis.

Tips: Blend fresh turmeric root, grated ginger and almond milk for a tasty, soothing beverage. Take turmeric in capsule form as a healthy supplement.

06 ROSEMARY

Rosemary blocks HCAs or carcinogenic compounds found in your favorite grilled meats. Rosemary oil can improve cognitive performance by increasing levels of oxygen-rich blood to the brain. Rosemary can also fight off free radicals that cause Alzheimer's, stroke and dementia.

Tips: Chop rosemary and garlic and press onto a pork tenderloin before roasting. Add a sprig of rosemary to beef stew as it's cooking.

07 MUSTARD

The compound AITC found in mustard seed is known to fight cancer, and especially to prevent colon cancer. This plant compound is also found in wasabi & horseradish. Studies show that AITC, stopped the growth of bladder cancer by 33%.

Tips: Pan fry cutup potatoes with black and yellow mustard seeds for an Indian style dish. Create your own gourmet mustard using a blend of brown and yellow mustard seeds or powder.

Finally, here's a tip that uses three of the above herbs and spices:

- Make your own pumpkin pie spice by combining 3 tbsp. ground cinnamon, 2 tsp. ground ginger, 2 tsp. ground nutmeg, 1½ tsp. ground allspice and 1½ tsp. ground cloves.

Herbs and spices contain powerful health benefits and should be an essential part of anyone's diet. Cloves, oregano, ginger, cinnamon, turmeric, rosemary and mustard, in particular, have incredible nutritional value because they're nature's richest sources of antioxidants.



1. Resistance Tubing

Forget shelling out \$100 an hour on a personal trainer—all you need to spend for a total-body strength session is \$5-\$15 for a resistance tube or band. These stretchy strips of rubber can tone and strengthen your muscles from multiple angles, says New York City-based trainer and fitness consultant Amie Hoff. “They can also provide cardio, which burns calories and improves your heart health,” she says. Plus, they’re super lightweight and easy to pack, so you can sneak in a workout anywhere.

2. A Potted Plant

A little greenery can do a whole lot more than spruce up your workplace: Scientists at Washington State University discovered that employees who had plants in their offices were more productive and less stressed than those who didn’t.

“Plus, they can reduce airborne dust and add moisture to dry air, which makes for a more comfortable environment,” says Virginia Lohr, Ph.D., a professor in the department of horticulture at Washington State University. Consider Gerbera daisies, ficus and ivy, or plants that don’t need much light—peace lily, Chinese evergreen or pothos. Research shows they can filter out harmful pollutants, such as benzene (a chemical found in car exhaust). All in all, there’s no prettier way to clear the air.

3. Gardening Tools

My, how your garden grows—and your anxiety melts away. “Spending time outside in a green space can renew your capacity to focus and be productive. Research also suggests that it can lower your levels of the stress hormone cortisol,” says Andrea Faber Taylor, Ph.D., a horticulture instructor and researcher in the Landscape and Human Health Laboratory at the University of Illinois at Urbana-Champaign.

In fact, one Norwegian study revealed that gardening for half an hour was better at relieving

stress than reading for the same amount of time.

Another bonus: Gardening burns around 250 calories an hour, and that adds up. One study observed that people who participated in a community garden weighed significantly less than those who didn’t. “Growing your own produce encourages you to move more and eat more fruits and vegetables,” says study author Cathleen Zick, Ph.D., a professor at the University of Utah.

4. A Vacation Picture

Been meaning to frame that snapshot of your family at the lake or of last year’s anniversary trip? Here’s incentive: Gazing at a happy moment from the past can improve your present outlook. “If you reflect on good memories, like an amazing vacation with your friends, you might actually be able to experience the same sensation you felt in that moment—a sense of well-being and vitality,” says Ryan Howell, Ph.D., an associate professor of psychology at San Francisco State University.

Research also shows that people with stronger relationships to friends and family live longer, bounce back from illness easier and have a better quality of life. Surrounding yourself with pictures of your loved ones can remind you of this bond, Howell says, and make you feel more upbeat and optimistic about the future.

5. A Reusable Water Bottle

To shrug off a midday slump, keep sipping water. “All it takes is being 1 or 2 percent dehydrated—right at the point you start feeling thirsty—to experience side effects like fatigue and headaches,” says Brenda Davy, Ph.D., R.D., an associate professor at Virginia Tech. Another potential perk? Davy’s research found that people who drank two cups of water before eating consumed 75-90 fewer calories during the following meal than those who didn’t drink up. To stay hydrated, keep a water bottle on hand.

6. A Broom

Sweeping the floor not only tidies your home, but also benefits your body. Research shows that incorporating short bouts of activity throughout your day can be an effective way of meeting physical activity goals. “Cleaning the house, walking your dog, taking the stairs—all of these things help you burn extra calories and keep your muscles moving,” says Los Angeles-based trainer Ashley Borden. Plus making yourself do household chores on days you talk yourself out of

the gym may just make that treadmill seem more appealing.

7. A New Pillow

Catching enough z's keeps you from turning into a total cranky-pants, but it's also critical to your health: "Getting an insufficient amount of sleep can lead to or worsen a number of illnesses, such as heart disease, diabetes and cancer," says Kenneth Wright Jr., Ph.D., director of the Sleep and Chronobiology Laboratory at the University of Colorado at Boulder. In one study, people who clocked five hours of shut-eye or less each night were more likely to put on pounds. "When you're tired, your brain sends a message that you need to replace that lost energy, so you wind up overeating," Wright says.

To help log seven to nine hours of rest each night, make sleep a priority and invest in a few low-budget bedroom improvements, such as a replacement for that too-old pillow, which might not properly support your neck and spine, causing you to toss and turn. And consider installing heavy drapes to quiet and darken the room: even small amounts of noise and light can interrupt sleep.

8. Dental Floss

Despite repeated warnings from moms and dentists alike, nearly 50 percent of Americans don't floss regularly—even though flossing might be more important than brushing when it comes to staving off gum disease. That's worrisome, because poor oral health has been linked to a variety of other chronic problems, such as heart disease, diabetes and pneumonia. To keep your gums in tip-top shape, clean between your teeth at least once a day, unless



otherwise instructed by your dental hygienist. At your next visit, ask the dentist or dental hygienist to show you how to floss right—most people could use a little refresher.

9. A Pair of Walking Shoes

Good news: You don't have to sprint through your workout to see big health benefits. Walking at a steady clip may be just as effective as running at lowering your risk of high blood pressure, high cholesterol and diabetes, reports a study from Lawrence Berkeley National Laboratory. Ready to get walking? "All you need to get started is a pair of shoes with arch support, plenty of room for your toes and no slipping at the heel," says Janet Hamilton, an exercise physiologist and a coach with Running Strong in Atlanta.

To make the most of your mileage, aim for four-to-five walks a week, including one long walk that makes up about a third of your total weekly distance, one that

takes you up and down hills and one with speed bursts (every three to four minutes, pick up your pace for about one minute). Switching your routine will keep you on your toes—and add an extra challenge for your muscles and endurance.



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