

WEIGHT CONTROL • HEALTHY RECIPES • SPIRITUAL WELLNESS • LIVING HEALTHY

a barton publication

13 Natural Remedies for Neutralizing Bad Breath

7 Tips to Lower Your Risk of Developing Gallstones

4 Signs of Focal Neuropathy

7 Surprising Reasons to Eat More Beets



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://drsaundersmd.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.

The gallbladder is a small, pear-shaped organ that collects and stores bile from the liver. This is a very important job because bile is what helps the body digest fat. Keeping the gallbladder healthy is important for proper digestion and preventing conditions such as gallstones and cancer. There are a few steps this month from Dr. Saunders to keep the bile and gallbladder squeaky clean and running smoothly.

Everyone wants to maximize their health naturally, but with so many different foods out there, it can be difficult focusing on the ones that will pack the most punch. To help make the process easier, beets are a superfood and high-antioxidant vegetable with rich nutrients that have been shown to help blood pressure, boost energy, and enhance libido. They are also versatile. From juicing to roasting, this issue makes it easy for you to get your daily dose of beets.

Just go easy on the garlic....especially if you want fresh breath. If your breath has turned sour or people are pulling away when you're a little too close, you may have a problem. It's called halitosis. Before you get upset or worried about your health, we have some bad breath remedies you can try.

Nerve damage can be both mysterious and maddening. Those with diabetes fear neuropathy, which causes pain, numbness and tingling. Plus, there are different forms of neuropathy and it's worth making the effort to identify what is responsible for the pain and allow injured nerves to repair. Discover some natural fixes for yourself.

Find your health answers from Home Cures That Work.

For your health,

Cheryl Ravey

Editor

Home Cures That Work



04 7 TIPS TO LOWER YOUR RISK OF DEVELOPING GALLSTONES

Gallstones are not only very painful but can have a serious impact on other organs in your body. Discover what causes them and how you can avoid them—naturally.



08 7 SURPRISING REASONS TO EAT MORE BEETS

Beets have loads of healthful benefits, and can be prepared in endlessly delicious ways. Here's why they deserve a place on your plate.



13 13 NATURAL REMEDIES FOR NEUTRALIZING BAD BREATH

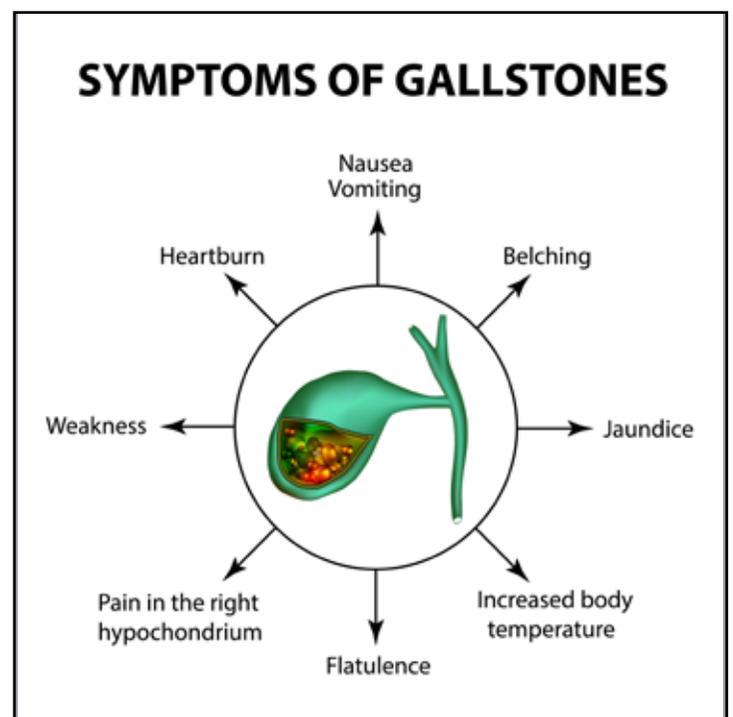
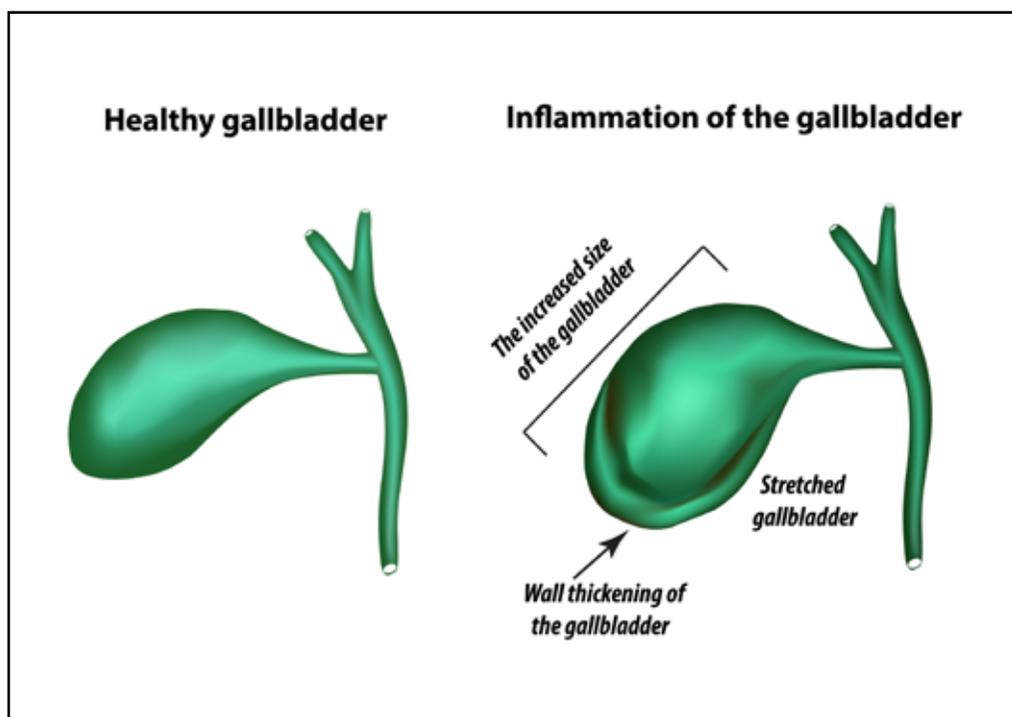
When a mint doesn't give you fresh breath, these at-home natural remedies for halitosis may be the solution for you.

17 4 SIGNS OF FOCAL NEUROPATHY

Diabetic focal neuropathy usually affects a single nerve, anywhere between eye and foot. Learn the symptoms and the cause so you can improve your health and lessen the pain.

7 Tips to Lower Your Risk of Developing Gallstones

by Dr. Scott Saundes, M.D.



YESTERDAY I WENT to visit a friend of mine. But at the house his wife warned me that he was doing a “liver flush” and didn’t want to be disturbed. “Perfect!” Right? But being a doctor, he let me in.

I asked him, “How are you doing?”

He explained, “Ugh! It’s so uncomfortable! I started days ago drinking only apple juice. I had to drink some Epsom salts in water (yuck) a couple of times yesterday. Last night, I took a half-cup of olive oil and lemon juice. I thought I was going to vomit and have to start all over again, but I kept it down. Today, I’ve been in the bathroom. Do you want to see the pictures of my gallstones?”

“Sure.” His picture showed some green round balls floating in the toilet. “Hmmm. Gallstones don’t float; they are denser than water. Besides, your bile ducts are only a few millimeters in diameter, these are much bigger than that.”

I did some research and found that “stones” from a gallbladder flush have been analyzed. They are actually not gallstones, which are crystalized bile acids. They are primarily olive oil! They’re green because they have some bile mixed in. One man showed that if oil was dyed with red coloring, then even the middle of the “stones” would be red.[1]

So, what is the deal with the “liver flush?” Why do so many people have good results? Some people report that their gallstones went away with the flush, and others have not. Hmmmm, a puzzlement!

The Problem with Gallstones

Let’s first look at the cause and origin of gallstones. The liver makes bile from cholesterol. Bile has the important task of making the fat we eat soluble in water. It’s like a soap that forms around the fat, allowing it to be dissolved in water so it can be absorbed. The bile goes down to the end of the small intestine and is

absorbed, going straight back to the liver. The liver is very efficient, using the bile again and again – about 6 times a day! There is one problem, though. Every time the bile is reused, it is changed by the bacteria in the intestines. Eventually, it becomes a toxin, irritant, and gains the ability to crystalize, forming stones. These are called “secondary bile acids,” the fresh bile from the liver is “primary bile.”

Secondary bile sitting in the gallbladder makes both stones and “sludge.” Over time these build up, and can cause pain, a lot of pain, as well as digestive problems. Without sufficient bile, the fat in your food isn’t absorbed. It goes down into the large intestine to feed bad bacteria.[2] Things work very smoothly when the secondary bile acids are removed, and the primary bile is in the gallbladder. This improves digestion, lowers blood cholesterol, and prevents gallstones. Thus, one important part of the digestive process is taking the secondary bile out.

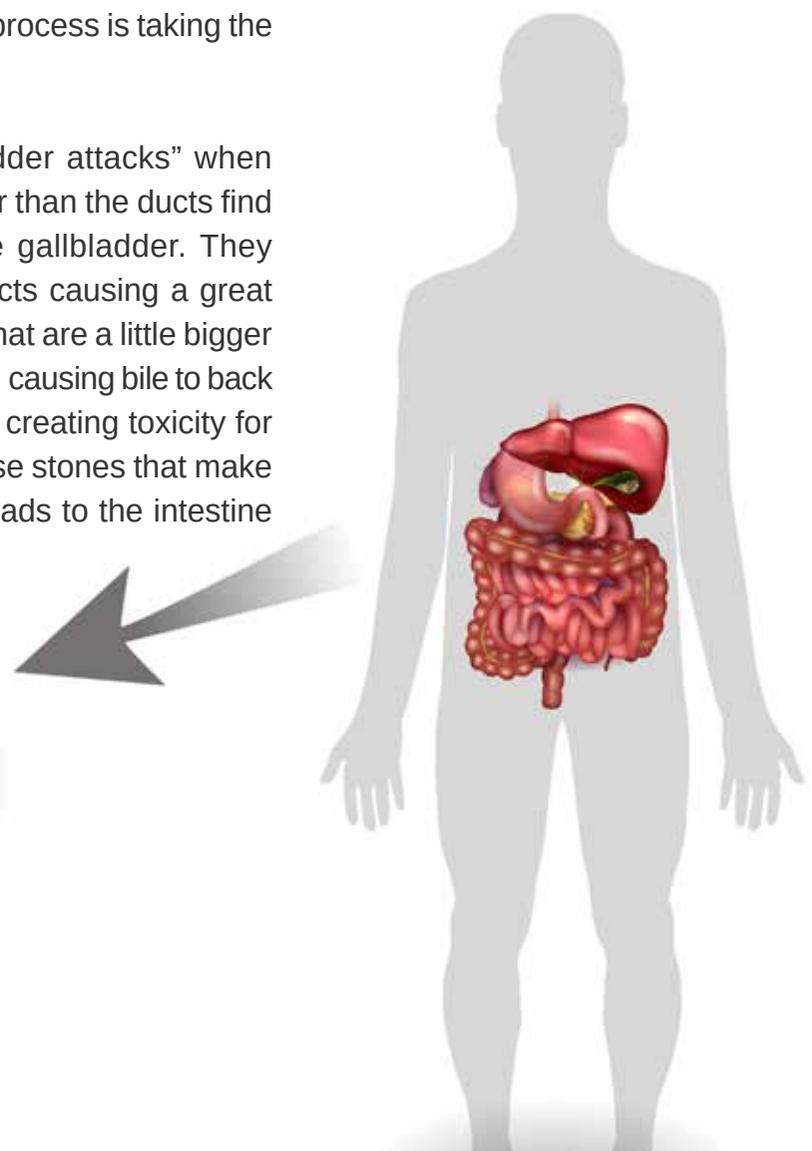
People get “gallbladder attacks” when stones that are larger than the ducts find their way out of the gallbladder. They scrape along the ducts causing a great deal of pain. Those that are a little bigger can plug up the ducts, causing bile to back up into the liver, and creating toxicity for the whole body. Those stones that make it to the valve that leads to the intestine

and block it also block the pancreas. The pancreas produces enzymes for digestion, and when the enzymes can’t get out, they begin to digest the pancreas. This is how stones can do so much damage.

Medical Options for Gallstones

The most frequent recommendation by doctors is to remove the gallbladder. Stones, sludge, inflammation, or any gallbladder problem seem to have a simple solution – surgery. If you remove the gallbladder, then you can’t have any more problems, right? Well, mostly, but...

- You can still get stones.
- The digestion of fats is less efficient



in some.

- Some have ulcers and other digestive problems.
- There are potential complications of surgery.

Most who have surgical removal of the gallbladder do well, and don't notice any digestive issues. Some have minor irritations such as excess gas when they eat certain foods, and a few have serious chronic pain.

Some doctors might offer a medication, ursodiol or chenodiol, that have been shown to dissolve stones. However, these are not often used for several reasons:

- They take a long time.
- They don't always work.
- There is concern that as the stones get smaller, they may enter the duct, causing a "gallbladder attack."
- Even after gallstones are dissolved, when the medication is stopped, the problem returns.

Cleansing the Gallbladder

One option that is worth trying is a gallbladder flush. There are other ways to perform the task without going through the discomfort of the flush. But let's first look at all the benefits of the flush. Cleaning out stones, sludge, and secondary bile is one reason to do a liver flush.

- Olive oil holds on to the secondary bile, so it doesn't get absorbed and

go back to the liver.

- Epsom salts (magnesium sulfate) cause the gallbladder to contract pushing out sludge and small stones.
- Olive oil also causes the gallbladder to contract, clearing out old secondary bile acids.
- Fasting helps clean the intestines.
- Bacteria are removed from the small intestine.

The problems with the liver flush should also be considered:

- Stones over 3mm could cause a lot of pain as they pass through the bile duct.
- Stones over 5mm could plug the ducts of the liver and/or pancreas.
- Irritation of the stomach or gallbladder can cause vomiting.
- The flush causes discomfort from diarrhea.

By far, most people who do the liver flush are glad they did. They have more energy and improved digestion afterwards. In one survey of over a thousand people who have done a liver flush:[3]

- 73% were glad they did and got better
- 16% were no better, but not worse
- 5% regretted starting it, or were worse

The benefits are clearly more likely than the risks, but that is up to each person to decide.

Keep your Gallbladder Healthy Naturally

The way to keep the bile and gallbladder squeaky clean and running smoothly without flushing is simple.

EAT FIBER.

Fiber in foods binds to the secondary bile acids with every meal, preventing them from going back to the liver and gallbladder. Thus, stones won't form in the first place.[4]

CLEANSE PERIODICALLY.

A cleanse resets the system, allowing the intestines to clean out. I believe that most of the benefit of increased energy that people experience in a liver flush comes from fasting. There are several good books about fasting. The research seems to indicate that a small amount of low-calorie food is as good as eating nothing. I have had people do juice, broth, salad, herbal teas, and a variety of commercial cleanses. There is nothing magic about olive oil and lemon juice, it's just one way. The key is to have an empty stomach for a period of time. Longevity researcher, Dr. Valter Longo, in his book, *The Longevity Diet*, explains that a 300-calorie diet is equivalent to fasting.

For the liver cleanse, I use a raw-foods diet for at least 5 days. This provides fiber and empties out of the stomach quickly. Anything you can eat raw is acceptable.

TAKE A PROBIOTIC.

Having good bacteria in the intestines helps prevent the secondary bile acids from being created.

EAT OMEGA 3 FATS.

Fat going down into the large intestine causes bad bacteria to grow more than the good bacteria, but not omega 3 oils.[5] Omega-3 oils come from walnuts, fish, flaxseeds, and all green vegetables. Avoid processed fats or fried foods.

My Healthy Gallbladder Recommendations

My friend was very interested in what I had to say. "Please tell me if there is another way because I don't want to have to do this again!" I explained that he could eat whole plant foods, vegetables, beans, and so forth, to keep the gallbladder clean. The following is the best way we know:

1. High fiber diet
2. Low protein diet
3. Low fat diet
4. Low carb diet
5. Cleanse monthly for 5 days
6. Use a good probiotic
7. Get omega 3 oils

Your gallbladder has a purpose, and if you want to keep it, then keep it clean. ■

NATURALLY HEALTHY GALLBLADDER

The way to keep the bile and gallbladder squeaky clean and running smoothly without flushing is simple.

- HIGH FIBER, LOW PROTEIN DIET**
Fiber in foods binds to the secondary bile acids with every meal, preventing them from going back to the liver and gallbladder.
- LOW CARB, LOW FAT DIET**
Limit oils, such as butter, mayonnaise, and salad dressing. Avoid high-fat foods such as dairy, egg yolks, and fried foods.
- CLEANSE MONTHLY FOR 5 DAYS**
For the 5 day liver cleanse, anything you can eat raw is acceptable. This provides fiber and empties the stomach quickly.
- USE A GOOD PROBIOTIC**
Having good bacteria in the intestines helps prevent the secondary bile acids from being created.
- GET OMEGA 3 OILS**
Omega 3 oils, from walnuts, fish, flaxseeds, and green vegetables, cause good bacteria to grow in the large intestines.

Sources: [1]<https://www.curezone.org/forums/am.asp?i=67726> [2]<http://kelseykinney.com/high-fat-diet-microbiome/> [3]<https://www.curezone.org/faq/p/r.asp?a=28,571,2826&s=21&u=1> [4]<https://www.badgut.org/information-centre/a-z-digestive-topics/fiber-may-reduce-the-need-for-gallbladder-surgery/> [5]<http://kelseykinney.com/high-fat-diet-microbiome/>



7 Surprising Reasons to Eat More Beets

Beets were once considered a humble vegetable that families could afford to put on the table. Now they've become a table favorite, and not just for their sweet, earthy flavor. Beets offer a myriad of amazing health benefits.

by Rob Fischer



I love just about anything pickled and one of my all-time favorites is pickled beets. Not only are beets a natural, whole food, but they are power-packed with nutrients with unbeatable benefits for your health. And what's more, when you buy fresh beets, you're getting two vegetables for the price of one, because beet greens are also a highly nutritious, tasty food.

BACKGROUND OF BEETS

Beets, or beetroots as they're often called, have been cultivated for at least 4,000 years. They appear to have originated near the Mediterranean and have spread around the world ever since. Beets are commonly eaten in Europe and Russia is renowned for its borsht—a soup made from beets.

If you're a gardener, beets are relatively easy to grow, and their broad, fleshy, dark-green leaves add to the beauty of any garden. And because beets are a root vegetable, they boast a longer shelf-life than other more "fragile" vegetables.

As a food source, beets are incredibly versatile. While beets are not everybody's favorite, you're sure to find more than one way to enjoy these healthy tubers. You can eat them:

- Raw
- Pickled
- Boiled
- Roasted
- Grilled

- Juiced
- Steamed
- Sautéed
- In salads
- In soups
- In vegetable medleys
- And in just about any other form you can think of

Beets are also used as a source of sugar. Much of Europe's sugar comes from beets. Most of us think of beets as red, but beets also come in orange and yellow. Red beets with their rich, red color also provide a natural source of red food dye. But note that when eaten its powerful pigment also turns urine and stools red—but not to worry—it's a harmless effect of eating beets.

NUTRITIONAL VALUE OF BEETS

Both the roots and the greens of beets

are highly nutritious. They contain:

- Vitamins: A, B6, C, Thiamin, Riboflavin, Niacin, Folate, Pantothenic Acid, Choline, and Betaine
- Minerals: Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc, Copper, Manganese, Selenium, Boron, and Sodium
- Phytonutrients: Betalains, Lutein, Nitrates and Zeaxanthin
- Flavonoids: Anthocyanins
- Fiber
- Few calories

HEALTH BENEFITS OF BEETS

Beets are unbeatable when it comes to health benefits! But let's start with the serious benefits first and leave the fun ones till the end. Beets and beet greens:

1. Promote heart health.

The choline in beets helps fight inflammation in the body that increases the risk of heart disease and atherosclerosis. Also, the fiber in beets helps reduce cholesterol and triglycerides and increases the levels of HDL (good) cholesterol. As a result, heart attacks and stroke are less likely to occur.[1],[2]

2. Reduce blood pressure.

High blood pressure is responsible for a number of dangerous health risks. The nitrates in beets help relax and dilate the blood vessels, lowering blood pressure. A study published in Hypertension demonstrated that subjects who drank beet juice showed a 10-point reduction in blood pressure. The study concluded, "Thus, dietary nitrite [as found in beets] may reduce cardiovascular risks through a low cost and natural procedure as opposed to the expensive and typically multi-drug approach."[3]



3. Fight risk of Alzheimer's disease.

Alzheimer's is a terribly debilitating disease that eventually claims the life of its victims. Once again, we have the nitrates in beets to thank for increased blood-flow throughout the body, including to the brain.[4] This decreases the risk of Alzheimer's and dementia. Now that's food for thought!

4. Help prevent cancer.

It turns out that the bright color of beets isn't just for looks. The pigment contains powerful phytonutrients called betalains that fight cancer. Betalains have been shown to help prevent cancer in many organs of the body.[5] Both animal and human studies are

demonstrating the ability of beetroot extract to reduce tumors in a variety of organs.[6] (And it does it without making the subjects deathly ill in the process as with chemotherapy and radiation!)

5. Detox the blood.

Glutathiones are required by the liver to help detoxify the blood. It so happens that beets are rich in these essential compounds. Therefore, beets can help cleanse your body of heavy metals, toxins, and other waste materials. Then the fiber in beets help flush out these toxins through the bowels.[7] Every time you eat beets or drink beet juice, you're giving yourself a whole-body cleanse.

6. Boost energy and stamina.

Beets help beat fatigue and weakness. Once again, we have the nitrates in

beets to thank for their athletic prowess. A double-blind, placebo-controlled, crossover study involving eight men, revealed increased stamina and less muscle fatigue in those men who had consumed 500 ml of beetroot juice per day for six consecutive days. The men were able to cycle hard 15% longer than those who drank the placebo.[8] The nitrates increase the oxygen uptake by the body, thus accounting for the increased performance.[9] What's in your sports drink?

7. Enhance your libido.

Didn't I tell you we'd get to the fun stuff? The world over, people have turned to beets as an aphrodisiac. But not until recently did we discover the presence of the mineral boron in beets, and boron's ability to boost libido in humans.[10] The nitrates in beets do their part as well by increasing blood flow to the reproductive organs.[11] What with increased circulation, stronger sex drive, and more stamina, you've got the perfect recipe for improved performance in the bedroom! Men, why not trade in the blue pill for a red veg?!



Of course, another fun aspect of beets is finding delicious ways to integrate them into your diet. And if you're not a beet-lover but want to take advantage of its litany of health benefits, you can always chug down a glass of beet juice. You can buy it ready-made or blend your own by itself or mixed with other tasty juices.

Here's a tasty beet dish from Simply Recipes:

RED FLANNEL HASH RECIPE

Red flannel hash is a New England favorite and a simple, one-skillet dinner that's packed with nutrition and flavor. [12]

Ingredients

- 4 Tbsp butter
- 1 cup chopped onion
- 2 cups chopped pre-cooked corned beef
- 1 ½ cup chopped boiled beets (don't over-cook)
- 1 ½ cup chopped boiled organic potatoes (don't over-cook)
- 1 tsp Worcestershire sauce (if desired)
- ¼ cup (packed) chopped fresh parsley (if desired)
- Freshly ground black pepper to taste
- Experiment with other delicious seasonings if you like

Directions

1. Heat butter in a frying pan (cast iron is best) on medium-high heat. Add the onions and cook until translucent.
2. Add the pre-cooked corned beef, potatoes, and beets. Stir well to mix and spread them out evenly in the pan. Reduce heat to medium and press down on the mixture with a spatula to help brown it. Don't stir but let it brown on one side. Then using a spatula, turn sections of the mixture over to brown on the other side. Add a little butter if the mixture sticks to the skillet too much.
3. When nicely browned, remove from heat. Sprinkle in Worcestershire sauce, if desired. Stir in fresh chopped parsley and sprinkle in black pepper to taste. The corned beef may make the dish salty enough, but if not, salt to taste.
4. Serve as is or with fried or poached eggs.

You can't beat beets for versatility for both health and the palate. I've learned several new things about beets just writing this article and it has spurred me to try beets in ways I've never tasted. How about you? What will be your next beet quest? ■

Sources: [1] Dr. Josh Axe, "Beet Benefits, Interesting Fats, & Recipes," nd, <https://draxe.com/beet-benefits/> [2] Organic Facts, "11 Amazing Benefits of Beets," nd, <https://www.organicfacts.net/health-benefits/vegetable/beets.html>. [3] David A. Wink, Nazareno Paolucci, "Mother Was Right: Eat Your Vegetables and Do Not Spit!" Hypertension, February 20, 2008, <http://hyper.ahajournals.org/content/51/3/617.long>. [4] Alyssa Jung, "Health Benefits of Beets (and Risks) You Never Knew About," Readers Digest, nd, <https://www.rd.com/health/conditions/beets-health-benefits> [5] Dr. Josh Axe. [6] Dr. Joseph Mercola, "Benefits of Beets," January 25, 2014, <https://articles.mercola.com/sites/articles/archive/2014/01/25/beets-health-benefits.aspx>. [7] Dr. Josh Axe. [8] Stephen J. Bailey, et al, "Dietary nitrate supplementation reduces the O2 cost of low-intensity exercise and enhances tolerance to high-intensity exercise in humans," Journal of Applied Physiology, 1 October 2009, <https://www.physiology.org/doi/full/10.1152/jappphysiol.00722.2009>. [9] Organic Facts. [10] Organic Facts. [11] Dr. Josh Axe.[12]Elise Bauer, "Red Flannel Hash," Simply Recipes, nd, https://www.simplyrecipes.com/recipes/red_flannel_hash/.



13 Natural Remedies for Neutralizing Bad Breath

HAVE YOU EVER been nearly knocked over by someone's extremely bad breath? Nothing repels us more quickly and obnoxiously than a foul odor. The person may have something very important to say, but the fetid stink coming from their mouths is so repulsive we can think of nothing else but to flee!

Americans spend an estimated \$10 billion per year on oral hygiene products and breath fresheners, so bad breath is no minor issue![1] In fact, as many as 50 percent of Americans may have "dragon mouth." [2]

When it comes to bad breath, God forbid that we should ever be the offending person! And many of the causes of bad breath indicate that it can be far more than merely a superficial concern. So how do we prevent and remedy bad breath and avoid those embarrassing

and even career-threatening situations?

Causes of Halitosis

The first line of defense against bad breath is to try to identify its cause. In most situations, what's causing the foul odor is simply a dirty mouth. This can result from plaque buildup, decaying food between the teeth, a cavity, or gum disease.[3] Any of those issues promote foul-smelling bacteria.

Other causes point back to what we put in our mouths. This produces temporary bad breath. Foods like garlic, onions, coffee, and alcohol leave nasty odors that can linger and offend. Smoking and chewing tobacco are also blatant offenders.

What we didn't put in our mouths can also trigger bad breath. No doubt you've experienced "morning breath"—the phenomenon of stale breath when you wake

up in the morning. After seven or eight hours of sleep, we've had nothing to eat or drink that might flush our mouths of bacteria. Similarly, fasting can leave one with bad breath.

A dry mouth also leads to fetid odor since saliva helps digest and wash away nasty food particles. Thus, dehydration is often the cause of halitosis. Also, our mouths are usually drier after a night's sleep. Sleeping with one's mouth open is also linked to bad breath. Dentures left in the mouth overnight can also lead to dirty mouth causing bad breath.[4]

Bad breath can also signal something more serious going on in our bodies. Systemic causes of bad breath can include: a sinus infection, a deficiency in zinc, toxins in the body, gum disease, lactose intolerance, or poor gut health.[5] Type 1 diabetes sometimes causes one to emit a sweet-smelling, alcohol-like, or chemical odor through the mouth.[6]

Dill



Parsley



13 Natural Remedies for Bad Breath

Chewing gum, sucking on a mint, and using mouthwashes or sprays may help if the cause of the bad breath was merely a pizza with lots of garlic. But if bad breath is the result of one of the other causes, then we're only masking the problem rather than dealing with it.

Depending on the cause of the bad breath, sugar or alcohol found in those remedies may actually worsen the problem. Prolonged use of alcohol-based mouthwashes may also lead to cancer.[7]

1. REMOVE THE CAUSE.

The first natural remedy for bad breath is to remove the cause if possible. In some cases, this is as simple as establishing good dental hygiene. In other cases, it

may involve the need to quit: smoking, chewing tobacco, or eating foods that are known offenders.

2. BRUSH AND FLOSS REGULARLY.

Brushing at least twice a day and flossing once a day will help prevent the growth of unwanted bacteria and keep your mouth clean. Replace your toothbrush every two-to-three months.

3. DRINK LOTS OF WATER.

Freshwater is one of the best cleansers. Water also helps supply much-needed saliva for keeping bacteria at bay. Drinking water flushes the mouth and hydrates it, neutralizing bad odors.

4. MUNCH ON RAW FRUITS AND VEGETABLES.

Apples, carrots, celery and cucumbers are especially effective in providing

fresher breath.

5. CHEW ON AROMATIC SEEDS.

Clove, cardamom, fennel and anise seeds all provide a fresh taste and have antibacterial properties.

6. SUPPLEMENT WITH ZINC.

A deficiency in zinc can lead to halitosis. Zinc has known antibacterial properties and helps neutralize germs that cause bad breath. Zinc is found naturally in foods like pumpkin and gourd seeds, cacao, and organ meats. Zinc is also available in supplement form.[8]

7. TREAT WITH HERBS.

If you discover that your bad breath is the result of toxicity due to heavy metals or other poisons, the herb stinging nettle can help purify the blood and eliminate toxins from your body.[9] Stinging nettle



Mint



comes in either supplement or tea form.

Additional helpful herbs include: alfalfa sprouts, parsley, peppermint, dill, fennel, sage, licorice, dandelion golden seal, Echinacea, wild yam, myrrh, lemon, basil, mint, cilantro, and chlorophyll tablets.[10]

8. TAKE PROBIOTICS.

Sometimes poor gut health is the culprit causing bad breath. If you know this to be the case, taking probiotics can help put your digestive tract back in good form and eliminate the nasty breath.[11]

9. GARGLE WITH SALT WATER.

Salt is a natural inhibitor of bacteria. Combine a half-teaspoon of salt in one cup of water and gargle the solution, but don't swallow it.[12]

10. DRINK GREEN TEA.

Green tea possesses antibacterial and breath-freshening properties. Drink 3-5 cups per day to reduce bad breath.[13]

11. MAKE YOUR OWN MOUTHWASH WITH ALOE VERA.

Aloe Vera has been shown to reduce plaque and help heal the mouth. Boil some water and let it cool. Then add aloe Vera gel to it. If you like, place one or two drops of peppermint oil into the solution for flavoring and additional breath freshness.[14]



12. BREATHE THROUGH YOUR NOSE.

When you breathe through your mouth, you're actually depriving your body of oxygen, which can cause bad breath. The nasal passages release nitric oxide increasing the blood flow and oxygenating the cells.[15]

13. EXERCISE REGULARLY.

When you exercise regularly, you increase your circulation and oxygen intake. This serves to improve and maintain a healthy mouth.[16]

Armed with these 13 natural remedies for neutralizing bad breath, we now have no excuse for being an offender. Gang up on your bad breath and attack it with one or more of these remedies. Which one's will you try first?

If you'd like to read more helpful information on this topic, or you have a chronic problem with halitosis, I encourage you to purchase Barton Publishing's The Bad Breath Remedy Report.

Joe Barton provides 24 all-natural, fresh breath secrets with the promise, "You'll have better breath than your dentist!" ■

Sources: [1]Bad Breath Institute, "Statistics," nd, <http://www.xbad-breath.com/bad-breath-info/statistics>. [2]Dr. Josh Axe, "How to Get Rid of Bad Breath in 4 Simple Steps," nd, <https://draxe.com/how-to-get-rid-of-bad-breath/>. [3]Barbara H. Seeber. [4]Dr. Steven Lin. [5]Barbara H. Seeber, "11 Ways to Fight Bad Breath Naturally," Everyday Health, nd, <https://www.everydayhealth.com/columns/white-seeber-grogan-the-remedy-chicks/ways-fight-bad-breath-naturally/>. [6]Mayo Clinic, "Bad Breath," March 10, 2018, <https://www.mayoclinic.org/diseases-conditions/bad-breath/symptoms-causes/syc-20350922>. [7] Marc Silver, "Mouthwash and Poor Dental Hygiene May Up the Risk of Oral Cancer," National Public Radio, April 8, 2014, <https://www.npr.org/sections/health-shots/2014/04/08/300257396/mouthwash-and-poor-dental-hygiene-may-up-the-risk-of-oral-cancer> [8] Dr. Steven Lin. [9]Homesteading Survival, "Natural Remedies for Bad Breath (also Known as Halitosis)," June 28, 2014, <http://homesteadingsurvival.com/natural-remedies-for-bad-breath-also-known-as-halitosis/>. [10]Barbara H. Seeber. [11]Dr. Josh Axe. [12]Dr. Steven Lin. [13]Dr. Steven Lin, "14 Ways to Get Rid of Bad Breath Naturally," nd, <https://www.drstevenlin.com/14-ways-to-get-rid-of-bad-breath-naturally/>. [14]Dr. Steven Lin. [15]Dr. Steven Lin. [16]Dr. Steven Lin.



4 Signs of Focal Neuropathy

YOU WAKE UP after a good night's rest, ready to start the day. What's the first thing you do? Your answer might be to put on your robe, or perhaps open the blinds to let the rays of the sun shine in, but there is

something everyone does that you probably take for granted: you open your eyes, focus and expect to see a single image, like the digits on the clock beside your bed.

But one day, that seemingly automatic process that most of us don't give a second thought to, doesn't

work so well. Instead of seeing a single image, you see double. And, that's just one of the signs you might have focal neuropathy, a condition in which a nerve that controls a single muscle can lose its function.

Diabetes is the condition most commonly associated with neuropathy. Unlike other types of diabetic nerve pain, focal neuropathy comes on suddenly. It can be unpredictable, painful and, frankly, rather frightening. The better news is that it does tend to be fleeting, improving on its own over weeks, or months, and doesn't cause long-term damage.

If you aren't sure whether or not focal



neuropathy is affecting your quality of life, these four signs will provide a good clue.

1. Vision problems

As mentioned, vision problems can be a sign that you have focal neuropathy. In addition to double vision, you might experience aching behind your eye or difficulty focusing. This occurs when one of your cranial nerves are affected. The cranial nerves, which are the 12 nerves that go directly from the brain to parts of your head and neck, carry sensation from your face, head, and neck to the brain. They also control the muscles in the face and throat, allowing you to see, hear, smell and taste, as well as to connect the balance center of your inner ear to the brain.

2. Drooping cheek

While many people believe the sudden paralysis on one side of the face, which causes it to droop, sometimes making it hard for you to close your eye on that side, is a sign of a stroke, in reality, there is no association. It can be a sign of focal neuropathy, however, as well as a number of other conditions. If you experience this, be sure to see your doctor right away so more serious causes can be ruled out.

3. Leg muscle pain

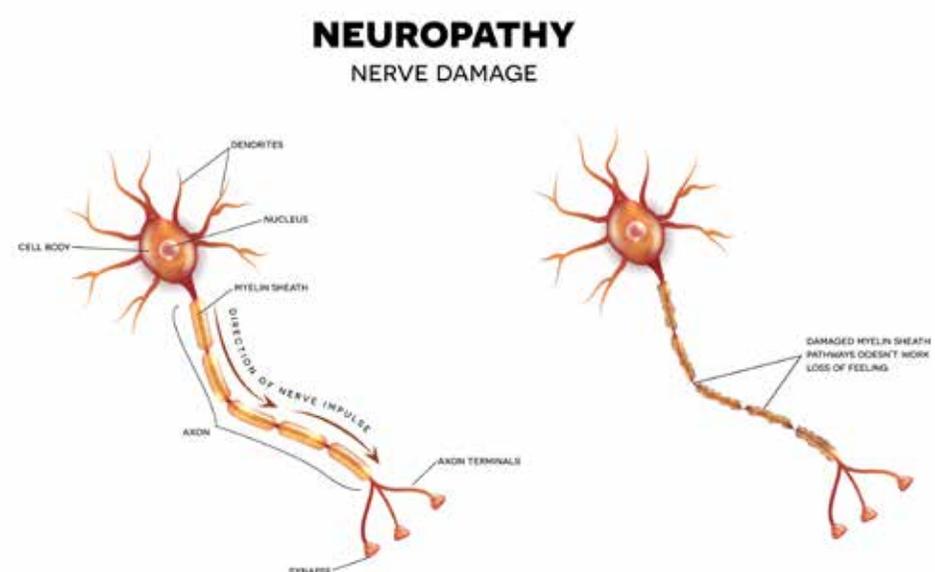
Focal neuropathy can also affect the legs, causing pain in very specific locations, such as in the front of your thigh, the outside of your shin or the inside of your foot. The soreness and pain may develop gradually, over a few weeks or months.

4. Weakness and pain in the back, chest or abdomen

Weakness and pain in the lower back that often extends to the thigh, and sometimes even causes paralysis, can be a sign of focal neuropathy. It can also cause pain in the band-shaped area around your chest or abdomen.

Just like it is highly important to know the signs of insulin resistance, it is important to know if you are suffering from focal neuropathy. Be sure to make an appointment with a health professional if you begin to experience any of the symptoms listed above. ■

[THERE IS A BETTER WAY TO BEAT THE PAIN AND PROBLEMS OF NEUROPATHY. DISCOVER THE NATURAL TYPE 2 DIABETES TREATMENT PLAN THAT WILL REVERSE YOUR BLOOD SUGAR AND SET YOU ON THE COURSE OF RECOVERY!](#)





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

ADHD / ADD	Flu	Low Testosterone
Allergy & Asthma	Gallstones	Lyme Disease
Anti-Inflammation	Gout	Prostate Secrets
Arthritis	Graves Disease	Scabies
Back Pain	Hair Loss	Sinus Infection
Bad Breath	Herpes	Sore Throat
Cholesterol Secrets	High Blood Pressure	Ulcers
Depression	Hypothyroidism	Urinary Tract Infection
Diabetes	Irritable Bowel Syndrome	Wholesome Frequency
Erectile Dysfunction	Joint Pain	Music
Fat Loss	Kidney Stones	Yeast Infection
Fibromyalgia		

OUR MISSION

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