

Are Statins More Dangerous Than Cholesterol?

A Revolutionary Way to Rejuvenate Aging Skin

8 Dangerous Chemicals In Your Body Care Products

18 Tips for Healthy Dining Out For Someone With Type 2 Diabetes



Health Rules to Live By

AUTHORS



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If you walk into your doctor's office with high cholesterol, you might, like millions of other Americans, walk out with a prescription for a statin such as Lipitor. Statins, which block the enzyme that helps create cholesterol, do an efficient job of dropping "bad" cholesterol. It's no wonder they have become one of the country's most widely prescribed drug.

What the public doesn't understand is that a statin is not entirely preventative for a heart attack. How can that be? Dr. Saunders explains all the factors.

If you thought the FDA does a subpar job in regulating our medications, then you'll be equally appalled on its regulation of harmful chemicals in skincare products. Many of these synthetic chemicals are skin irritants, skin penetrators, endocrine disrupters and carcinogenic. I can't go through all of these harmful chemicals, but here are 8 you should definitely avoid.

Traditional cosmetics are also formulated with synthetic chemicals that may contribute to your personal toxic burden. You deserve better and we hope to make it easier for you to choose clean and effective beauty. There is one skincare system that you must try. It is a pure, natural, effective skincare routine with an energizing wand that boasts age-reversing effectiveness. Learn more about Tru Energy in this month's issue and online!

Who says having type 2 diabetes means having to stay clear of eating out? A few minor adjustments from the 18 tips listed here can leave you worry-free and your taste buds satisfied.

Enjoy your summer...your skin...and your food!

For your health,

Cheryl Ravey
Editor
Home Cures That Work



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ARE STATINS MORE DANGEROUS THAN CHOLESTEROL?

Do you really need that statin? This doctor says No. Cholesterol is necessary for our cells to do their job. There is one major point for you to consider...

A REVOLUTIONARY WAY TO REJUVENATE AGING SKIN

The future of skincare is looking good. The right tools can be fun and a great asset in your beauty routine. Keep reading for the scoop on the newest beauty routine and buzzy gadget.

8 DANGEROUS CHEMICALS IN YOUR BODY CARE PRODUCTS

Are your beauty products TOXIC? Revealed: The 8 most harmful chemicals to look out for and what they could be doing to your body.

EIGHTEEN TIPS FOR HEALTHY DINING OUT FOR SOMEONE WITH TYPE 2 DIABETES

Dining out shouldn't be stressful, except when you've been diagnosed with type 2 diabetes. Keep reading for 18 tips to help you navigate — and thoroughly enjoy — your next night out.

SIMPLE ROAST CHICKEN

There's no reason to get overly fussy with complicated techniques for a flavorful and simple roast chicken, the ultimate comfort food.

OLD-FASHIONED FRUIT CRUMBLE

Use whatever fresh or frozen fruit you have on hand to make this old-fashioned crumble. Typical crumble topping has as much as a half-cup of butter—ours has just a bit of coconut oil and, for richness, chopped almonds, which are full of healthy monounsaturated fats.

by Dr. Scott Saundes, M.D.



Are Statins More Dangerous Than Cholesterol?

“THAT’S MALPRACTICE!”

..The cardiologist was yelling this to me over the phone. Tom, the cardiologist’s patient, stopped taking Atorvastatin (Lipitor) because it wasn’t working. Tom initially had a stent placed and started taking Lipitor. Then he had another stent placed for plaque progression, which increased his medication. Tom even had a third stent and the medication increased again. After five stents, he came to see me. We discovered he didn’t have a primary cholesterol problem, but rather a genetic cause of inflammation in the arteries. I stopped the ineffective medication and started him on a program of repair. His cardiologist, who started him on the medication didn’t agree. He had never heard of stopping Lipitor for being ineffective and became irate.

Lipitor is one of the most prescribed medications in the world with sales over 12 billion per year.[1]It is very effective at lowering cholesterol so it is commonly prescribed for that purpose. We are often told that cholesterol is bad, and we need to rid our bodies of this substance but, is it really?

What is cholesterol?

It would not be an overstatement to say that cholesterol is the most important chemical in the body. Some cells can get by without oxygen, at least for a short time. But no cell can live or function, or even exist, without cholesterol. No cholesterol. No cells. No life.

It’s true, without cholesterol there is no life.

Every cell in our body is encased in oil,

and cholesterol allows it to be stable.

- Cholesterol allows the cells to communicate with each other.
- Steroid hormones such as cortisol, aldosterone, testosterone and estrogen are made from cholesterol.
- The myelin, made from cholesterol, around nerves is essential for brain function.
- Half of the brain is cholesterol, by numbers of molecules.
- Vitamin D is made from cholesterol.
- We need cholesterol to make bile so we can digest and absorb oils and fats.

As we decrease the cholesterol, the ability to perform these functions decreases. If we do not have enough cholesterol, then hormone levels drop, cell reproduction goes down and less deposition of myelin

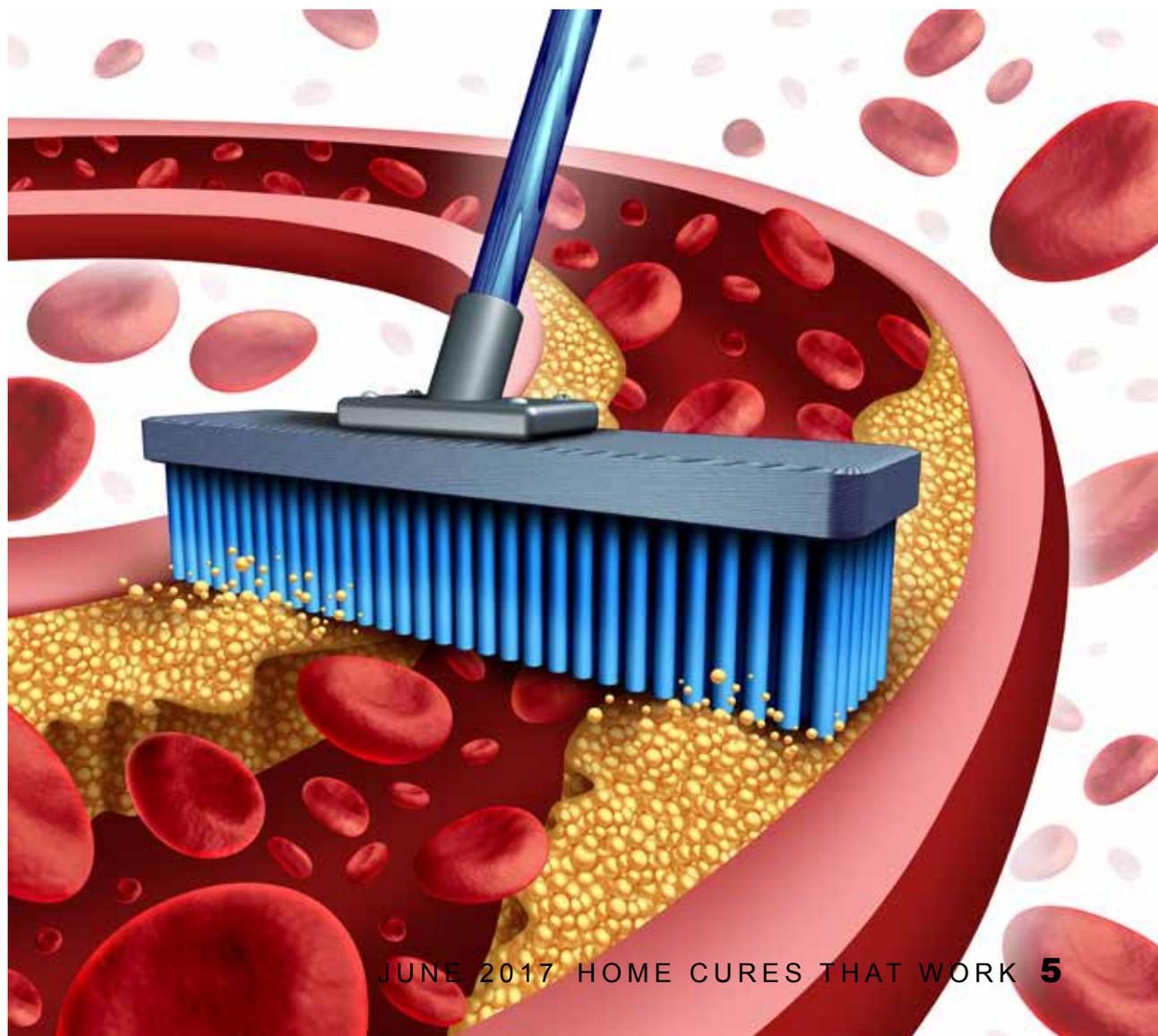
around nerves. All of this leads to rapid aging. Not making enough cholesterol causes us to get old fast.

How does Lipitor work?

Every cell in our body makes cholesterol. About half of the cholesterol in the body is made by our cells. The other half comes from our diet. Lipitor inhibits (meaning it is toxic to) an enzyme that is essential for making cholesterol, so it forces our cells to make less.

What are the benefits of Lipitor?

As the cells make less cholesterol, they become starved, and start bringing it in from the outside. Remember, half of the cholesterol is from our diet. Since the body is starved for cholesterol, there is



no extra to deposit in the arteries, even where there is inflammation. Thus, the cells take up the extra that might be deposited in the arteries.

However, the interesting thing is that even on high doses of statins, those who have arterial disease still see progression of the disease. The arteries are getting more clogged. The PACKAGE INSERT from Lipitor states:

“LIPITOR is an HMG-CoA reductase inhibitor indicated as an adjunct therapy to diet to: Reduce the risk of non-fatal MI, fatal and non-fatal stroke, revascularization procedures, hospitalization for CHF, and angina in adult patients with CHD (1.1).[2]

It is indicated to be used with diet and only reduces the risk of a NON-FATAL HEART ATTACK. It doesn't reduce the risk of fatal MI (myocardial infarction). There is no evidence that it reduces stroke risk; now it seems that it makes heart failure (CHF) worse;[3]and it doesn't reduce angina. In other words, it is proven to do none of the things for which it is prescribed. Diet alone will reduce non-fatal, and fatal, heart attacks.

What are Lipitor risks?

We often use the word “side-effects” to speak of the toxicity of an agent. The idea is that the drug has a desired effect, and all the others are “side-effects.” In reality, all “side-effects” are toxicity.

Lipitor, as well as other statins, have toxicity associated with them. Those compromised in their ability to make energy, for example, may have muscle toxicity, causing the death of muscle cells. The enzyme blocked by Lipitor not only makes cholesterol, it is also needed for



other functions of the cell. And those sensitive to its limitation will develop toxicity. [4]

Also, since all our steroid hormones require cholesterol, we make less of them as cholesterol is lowered. Atorvastatin has been shown to lower testosterone and libido in men.[5]

Other side-effects, or toxicity of Lipitor noted in the package insert include:

- Diabetes
- Cataracts
- Liver toxicity
- Suppression of adrenal function
- Low testosterone
- Muscle cell death
- Hemorrhagic stroke (bleeding in the brain)
- Memory loss
- Fetal harm

- Mortality[6][7]

As far as Lipitor's association with mortality, a study of 360,000 middle-aged men over 12 years showed there is indeed an association of cholesterol with death from heart disease but not stroke. However, all other causes of death had an entirely different association.

Lipitor and mortality

If we look at blue line (death for any reason) on the graph, we see that as the cholesterol drops below 160 these middle-aged men are dying at a more rapid rate. If we say there is an optimal level of cholesterol, then it seems the 180-220 range would be best. Most studies agree with this graph.

If this is what the research shows, why do the doctors all say that “the lower, the better,” when it comes to cholesterol? If you narrowly focus on just heart problems it looks like it would be best to have lower cholesterol, to a point. The lowest point of cardiovascular disease is about 160, after which lower cholesterol levels are associated with increased heart disease.

Lipitor and personality changes

Statins can cause memory and thinking problems and mood and personality changes. Irritability, aggression and depression have been seen in population studies.[8] While these symptoms are not common, they can be very troubling to the people who develop them and are seldom correctly identified as due to a statin drug.

The case of Shannon

After over twenty years of helping people get off Lipitor and other statins, I recently had one case of the opposite. Shannon came in asking how she could get off Lipitor. Her doctor said she would be on it for life, and she didn't want to take it. Her family history wasn't good. Many of her father's family died in their 50s of heart disease. She had a cholesterol level over 300, and dietary measures weren't bringing it down. I recommended she take Lipitor. The fact is, she has a genetic problem that causes her body to make too much cholesterol, called "familial hypercholesterolemia." She needs Lipitor.

These cases are rare, about 1 in 300 people worldwide. This is where statins should show a benefit.

Too much of anything is toxic. Cholesterol, as important as it is to the body, is toxic at high levels, causing all the problems of vascular disease. However, too little cholesterol is also dangerous, and not healthy for the body, as we've discussed.

Lipitor is also toxic. There are risks, and benefits to using this very popular drug, but clearly the risks outweigh the benefits for 99.7 percent of the people taking it.

What you can do instead of taking Lipitor

SUPPLEMENTS

There are several supplements that can help lower cholesterol levels. However, there is no reason to believe that they are any better than a statin, nor do we know if they're as effective as dietary measures. For this reason, I don't recommend supplements for cholesterol.

DIETARY MEASURES

The purpose isn't to get your cholesterol down, but rather to have good amounts and types of cholesterol. As we have seen, lower is not always better.

The best way to manage cholesterol is with fiber. The more fiber we eat, the more "good" cholesterol we make, and the more "bad" cholesterol is removed from the body. All the diets that have shown benefit in preventing heart disease contain lots of fiber, especially fruits and vegetables, nuts, whole grains, and seeds.

Dr. Dean Ornish has done a great deal of research to show that a vegan diet that doesn't include processed foods (white bread or flour products, white rice, pasta, and so forth) will actually reverse heart disease.[9]The misinterpretation of the diet was that it worked because it was low in fat, but in reality it works

because it's high in fiber. I have added fat such as avocados and coconut oil to this diet and found it to be just as effective.

Lipitor has a use. For the 1 in 300 who has familial hypercholesterolemia it can be

lifesaving, but for the rest of us, it can be toxic. Those who make a lot of cholesterol because of poor diets, high in carbs, low in fiber, will not be affected either way. They may not get toxic, but neither will they have any benefit. Clearly, the best way to handle a "cholesterol problem" for most of us is a simple change in diet, not another drug. ■

"The best way to manage cholesterol is with fiber. The more fiber we eat, the more "good" cholesterol we make, and the more "bad" cholesterol is removed from the body."

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A Revolutionary Way to Rejuvenate Aging Skin

Developed by an energy acupuncturist, the newly introduced Tru Energy All-Natural Facelift and Skincare System uses a scientifically-tested, breakthrough skin care technology that's designed to gently, painlessly, and naturally lift sagging facial tissue, eliminate skin-aging toxins and stressors, speed up collagen repair, and reveal smooth, vibrant, young-again skin.

by Rob Fischer



RECENTLY, MY WIFE was looking at her face in the mirror and exclaimed, “That’s my mom’s face I’m seeing!” She meant no ill towards her mom but was exasperated by the toll aging is taking on her skin. Chances are you know exactly what I’m talking about.

But some reading this might have a more indifferent view toward aging. I can hear them say things like, “Come on, we all age. We all get old, so accept it and move on!” But that’s like saying, “Hey, we’re all gonna die anyway, so why try to delay the process.”

Excuse me, but I for one want to live a long and healthy life. And if there’s truly a way to rejuvenate aging skin, why not try it. Looking and feeling younger doesn’t merely have to be a “vanity thing!” Looking and feeling younger has a lot to do with taking care of our bodies and living in a healthy manner.

The Signs of Aging Skin

If you’re over the age of 40, you probably don’t need me to tell you what the signs of aging skin look like, but check my work and see if I’ve missed anything:

- Deep furrows in the brow
- Crow’s feet
- Permanent frown lines
- Hollow cheeks

- Pale, translucent skin color
- Saggy jowls
- Turkey neck
- Droopy eyes
- Lines and wrinkles
- Enlarged pores
- Dark spots

Up until now, there have been four primary approaches to dealing with these effects of aging skin:

1. Cover it up with a concealing product that doesn't help the skin or the issue, but simply attempts to hide it.
2. Endure expensive plastic surgery. Not only is this very expensive, but both the immediate and long-term effects are unpredictable. Some women who have had plastic surgery on their face look like their skin is a few sizes too small for their faces!
3. Subject yourself to Botox treatments. Botox is a neurotoxin that paralyzes facial muscles to relax the face, thereby hiding wrinkles. I was planning to list the possible side effects of Botox, but the list is SO LONG that I decided against it. But you can check it out at the site in the footnote.[1]
4. Ignore the problem and allow it to worsen.

Identifying the Real Issue

Perhaps the real problem is not aging per se. Instead, what if the real issue is the accumulation of so many years of damage to the skin. Note the difference

in approach to this matter. No one can actually reverse the aging process; we are all growing older. So, if the above skin issues are merely due to aging, then there's probably not much we can do about it.

But what if the above skin issues have more to do with damage than age? Growing older merely makes the damage more apparent because the longer we live the more skin damage we accumulate; hence, the "aging effects" of our skin. With this line of thinking, we're not trying to reverse aging (which is impossible), but we're going to heal damaged skin (which is totally possible). Now that's encouraging!

Skin Damage

Our skin is truly remarkable! The skin is the largest organ on the body. It's tough where it needs to be tough and smooth and soft in more delicate places. Our skin is filled with nerves, glands, and cells that all play a crucial role in our health. The skin has amazing ability to absorb nutrients and repel toxins. It can stretch, heal itself, and adds definition and beauty to one's body.

But because so much of our skin is exposed to the elements, it is vulnerable to attack and injury. Over time, excessive exposure to the sun and weather, smoking, environmental toxins, bacteria, and fungi all take their toll on the skin. Additionally, poor diet, poor circulation, and dehydration also damage the skin. Over time, our skin begins showing wear due to these invading forces. To battle this onslaught of skin-damaging foes, we need a way to cleanse, protect, and rejuvenate our skin. Because doing so, will not only yield healthier skin, but a much younger looking you.

A Revolutionary Method for Healing and Rejuvenating Damaged Skin

A few years ago, Cathy Goldstein, AP, a physician who has been practicing integrative medicine for over 30 years, was treating women using a sonic wand that sends soothing frequencies deep into the skin. At the time, she was using the sonic wand to effectively treat migraines, chronic joint and muscle pain, allergies, fatigue, and other conditions.

That's when she discovered that the sonic wand was also restoring overall skin tone in some of her patients. Through further research, she realized this was due to the healing energy frequencies of the wand. This prompted her to wonder whether these same healing frequencies that were bringing so many patients relief could have the same effect in lifting and toning underlying tissues on the face?

Cathy redesigned the wand and started treatment on herself to check the results. She started using the wand on only one side of her face. After only a few weeks, the results she saw were amazing! Cathy reports, "The side of my face that received the treatment was noticeably smoother and younger looking." [2] She immediately started using the wand on the other side of her face to even things out.

She was so excited about the results that she told some of her patients and they asked her to try the wand on them. The wand had the same miraculous effect on them that it had on Cathy. "After just a few treatments, their crow's feet began to smooth out, their jawlines tightened, and the creases next to their mouths began to fade." [3]

Cathy's excitement skyrocketed. She suspected she had found the fountain of youth but wanted an independent medical opinion to confirm it. She took the sonic wand to Dr. Peter Pugliese, who has provided independent testing for all the top skincare manufacturers for the past 40 years. Dr. Pugliese is considered the go-to expert in the skincare industry.

Cathy asked Dr. Pugliese to put her Energy-Optimizing Wand through the same rigorous testing he uses when testing other skincare products. She also included her newly developed all-natural, cutting-edge skincare products that work in conjunction with the wand.

Dr. Pugliese recruited women between the ages of 35 and 65 to participate in the study. Prior to the study, he took detailed measurements of skin firmness, texture, tone, and the depth of wrinkles and creases. He also photographed

them so he could evaluate any changes that might take place during the test.

To his amazement, after just one use of the whole Tru Energy system, Dr. Pugliese noted that the participants showed a positive result in every parameter he measured!

- Skin texture was smoother
- Fine lines and wrinkles were less visible
- Skin color had become more even
- And facial features were more defined

"In fact, he found fine lines and wrinkles were reduced by an average of 23%--after just the first treatment!"[4] This level of dramatic improvement is unheard of in the skincare industry!

Dr. Pugliese conducted another evaluation after two weeks and continued to document dramatic improvements. Dr. Pugliese reported, "At two weeks, the

TRU ENERGY Before & After Results



Before

After

women appeared as if they'd had a make-over or a mini-facelift! At four weeks, their skin exhibited even greater improvements:

- Their skin was smoother and even-colored
- Facial lines and wrinkles were lessened
- Their facial pores got smaller
- And there was less redness and



acne-causing bacteria on their skin.”[5]

To put it mildly, Dr. Pugliese was astonished by the test results. He concluded his analysis stating, “Results of this magnitude in such a short amount of time could not be attributed to the use of the skincare products alone. I have to believe that the spectacular study results were due to the use of the wand, in conjunction with the skincare products. My overall impression is that anyone who wants to turn back the hands of time should use this system as part of their daily routine.”[6]

If ever there was a “magic wand” that could restore one’s youthful appearance, the Tru Energy Optimizing Wand is it. Dr. Pugliese commented, “It’s a well-known biological principle that certain types of physical energy—including facial massage—is capable of affecting tissue restoration.”[7]The wand’s enhanced energy frequencies penetrate the skin, restoring health and vibrancy to damaged skin. These frequencies are completely harmless and the results are dramatic

and fast. “Many women report looking a decade younger in as little as 30 days!”[8]

Remember all the toxins, bacteria, fungi and other waste materials we mentioned earlier that damage skin?

1. The Energy-Optimizing Wand is also effective at removing toxins from the skin by stimulating your lymphatic system. Ridding your body of these toxins and fluids makes your skin feel softer and smoother, and your face look thinner.
2. The wand also helps purge acne and blackheads, heal rashes, and promote healthy pore size. Cathy explains, “In fact, if you’re looking bloated and puffy, using the wand alone can make you look 10 to 20 pounds lighter in your face almost instantly.”[9]
3. Another way that toxins add to the damage and aging effects of the skin is by blocking the healing, moisturizing, and repairing nutrients in the products you use on your skin. Unless

you first deal with the removal of those toxins, any lotions, creams, or serums you may be using are simply repelled by this toxic barrier. The Tru Energy Optimizing Wand helps cleanse your skin of toxins and opens the way for revitalizing nutrients to get to your damaged skin cells.

The Tru Energy, All Natural, Facelift and Skincare System

As Dr. Pugliese observed, the wand is key to use in conjunction with the Tru Energy skincare products, which also heal, replenish and protect damage skin. When Cathy realized all the benefits that could be gained by using the Energy-Optimizing Wand, it became obvious to her that to retain all those improvements in beauty, she needed to offer a pure, natural, effective skincare system



to complement the wand.

So Cathy developed a line of products with an exclusive ingredient—a specially-created energy-optimizing “bead” with its own energy signals. These beads activate the wand’s energy and boost its age-reversing effectiveness. She has created five skincare products and calls the whole package, the Tru Energy, All Natural, Facelift and Skincare System.

These five products combined with the Energy-Optimizing Wand, team together powerfully to heal damage and restore youthful-looking skin. Cathy’s five-step skin pampering system includes:

1. Tru Energy’s Deep-Clarifying Cleanser gently removes toxins, grime and makeup for softer, fresher skin. This is a natural, fruit-based facial cleanser. The fruit enzymes boost cell renewal by up to 33% to help reduce fine lines and wrinkles and improve the texture of your skin. The cleanser’s aloe leaf extract, olive squalene oil, and sweet almond oleosome deeply hydrate your skin and seal in moisture. The cleanser leaves your skin looking fresh and dewy each time you use it.
2. Tru Energy’s Purifying Facial Scrub exfoliates your skin for a smoother, brighter appearance. Exfoliating regularly is key for restoring the healthy glow of your skin. The Purifying Facial Scrub gently exfoliates dead or dry-damaged skin cells from your face. This gentle facial scrub also assists in detoxifying your skin and help unplug clogged pores. This helps reduce pore size and gives your skin a smoother texture. The facial scrub’s natural ingredients: jojoba beads, rose oil, squalene, bilberry, willow bark and lemon extract nourish and rejuvenate your skin.
3. Tru Energy’s Therapeutic Daytime Treatment slows down and even reverses the skin-aging process. The Daytime Treatment contains a powerful, anti-aging secret harvested from the stem cells of a rare Swiss apple tree. This ingredient has the amazing ability to renew, regenerate, and replace skin cells quickly. Combined with Hawaiian Kukui oil, bamboo silica, pea extract, and glucosamine, this preparation boosts skin renewal and collagen production. As a result, lines and wrinkles begin to fade.
4. Tru Energy’s Nourishing Nighttime Treatment repairs, nourishes and revitalizes your face all night long. A key ingredient is resveratrol, which is a powerful anti-aging antioxidant. A recent study demonstrated that resveratrol dramatically lifts facial muscles, reduces wrinkles, improves skin

tone and lessens the look of age spots. It also increased skin moisture by 36% and improved collagen production by 33%. Resveratrol is paired with another potent antioxidant called Coenzyme or Q10. Q10 protects your skin from free-radical damage, prevents unsightly age spots, and helps your skin maintain its elasticity.

5. Tru Energy’s Intensifying Ant-Aging Facial Serum tightens, firms and smooths your skin. This is accomplished through an oat kernel extract called *avena sativa*—a natural tightening agent. The serum also hydrates your skin with a luxurious cocktail of algae extract, chlorella and seawater offering lasting protection. In one study, after just 7 days using this serum, hydration increased by 200%!

Tru Energy’s All Natural, Facelift and Skincare System makes you look and feel younger. No, it can’t turn back the hands of time, but it can heal, replenish, and rejuvenate damaged skin to restore your youthful face! For more information or to order your Tru Energy All Natural Facelift and Skincare System, go to TruEnergySkincare.com.

Here’s to a more youthful you! ■

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8 Dangerous Chemicals In Your Body Care Products

The vast majority of store-bought skin products are filled with toxic chemicals that are known carcinogens, endocrine disruptors, and skin irritants, amongst several other health risks. Your family deserves safe products that actually WORK.

by Rob Fischer



I HAD JUST PICKED up a can of deodorant, removed the cap and prepared to spray my underarms when I saw a huge, hairy spider scrambling across the top of the dresser in front of me. I simply reacted by turning the deodorant on this hideous intruder and giving it a good blast.

To my utter amazement, the spider immediately flipped over on its back and its legs crumpled. The deodorant had killed it quicker than any insecticide I'd ever used. I looked at the dead spider, then looked back at the can of deodorant in my hand and decided, "I'm not spraying tha tunder my arms!"

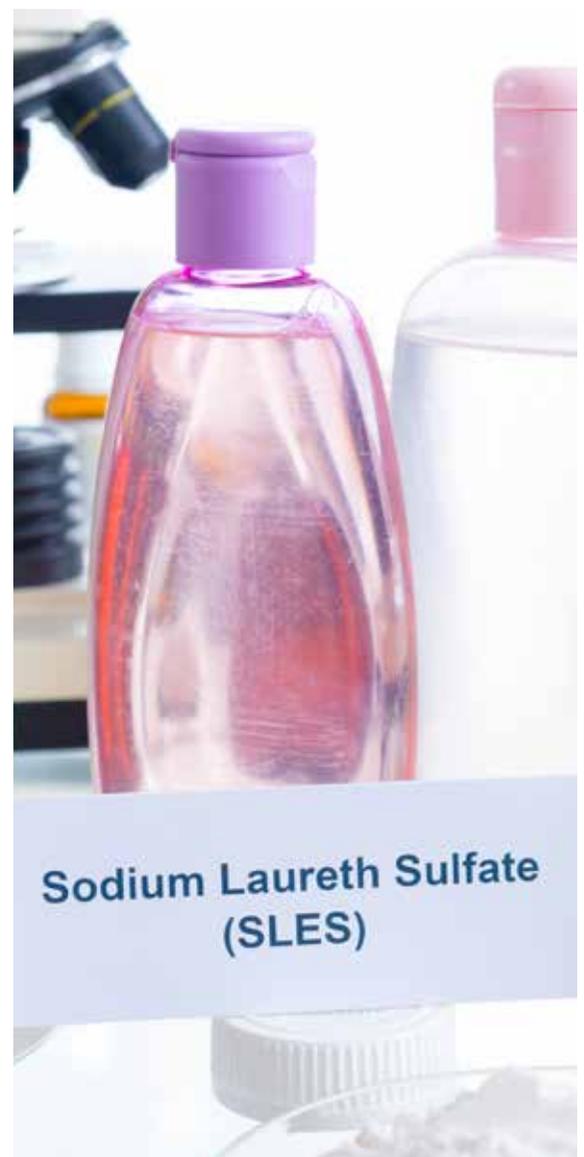
Since learning how well my deodorant served as a pesticide, I've done a bit of research. I discovered, "Most conventional deodorants contain a slew of toxic chemicals, such as aluminum chlorohydrate, parabens, propylene glycol, triclosan, TEA, DEA, FD&C colors, and Talc, among others." [1]

For instance, let's look at the chemical aluminum

chlorohydrate that is commonly found in deodorants and antiperspirants. This chemical is made by exposing aluminum to hydrochloric acid. In this new state, the chemical upsets the pH balance of the skin and its production of perspiration.

But the Material Safety Data Sheet (MSDS) provided by Science Lab.com, lists aluminum chlorohydrate as "Hazardous in case of skin contact (irritant). In case of contact, immediately flush skin with plenty of water. Cover the irritated skin with an emollient. Remove contaminated clothing and shoes." [2] Yikes! And we want to put that on the tender skin of our underarms—and so close to lymph glands?

Or consider the health risks of DEA (Diethyl phthalate). The MSDS on DEA cautions that this substance may be toxic to the liver and central nervous system. "Repeated or prolonged exposure to the substance can produce target organ damage. In case of spill, full suit, boots, gloves and splash goggles must be worn." [3] Despite the warning, how is it okay to spread it on your underarms after stepping out of



the shower!?

In fact, most body care products contain materials that would require hazmat training and protective equipment in an industrial setting. And harmful ingredients in your blood can have potentially deadly effects on your body. Yet we freely apply these to our skin and put them in our mouths.

Who has Oversight of Chemicals in our Personal Care Products?

If these common ingredients in personal care products are so bad, how do manufacturers get away with using them in skincare products? Doesn't the FDA oversee and police these issues? The FDA does have oversight in terms of approval, but the personal care industry is highly unregulated. The law under which the FDA operates in this regard has not been updated since 1938.[4]

Typically, the FDA relies on research performed by the manufacturer to demonstrate the safety of a product. The problem with that system is conflict of interest and research that could hardly be touted as impartial.[5]

Labeling is also misleading. The word "natural" is totally unregulated, and even "organic" in the context of body care products is left to the interpretation of the manufacturer. And when it comes to "fragrance," there's definitely a fly in the ointment. As many as 38 chemicals not listed on labels in name-brand fragrances have been identified in laboratory tests.[6]

Knowing these things leaves us feeling deceived and lied to. Here we are, trying to care for our bodies only to discover

that many of the products we're using are hazardous to our health.

Also, when it comes to putting things on our skin, we used to think of skin as a protective covering, or barrier rather than the largest organ of the body. Our skin is amazing adept at absorbing what we put on it. So, if we're putting harmful chemicals on our skin, these toxins invariably find their way into our bloodstream and internal organs.

A Quick Look at other Common Personal Care Products

Many shampoos, conditioners, lotions, sunscreens, cosmetics, skin care products, colognes and toothpaste are rife with toxic chemicals. Harvard School of Public Health claims that the average American is exposed to more than 100 chemicals from personal care products even before leaving home for work.[7]

Some of the more common chemicals found in our personal care products include:

- Parabens – interfere with hormone production and release[8]
- DEA – a known carcinogen and disruptor of hormones[9]
- Phthalates – interfere with hormone production and may contribute to breast cancer[10]
- Triclosan – the EPA classifies this as a pesticide[11]
- Sodium fluoride – often used in toothpaste, a mere 0.1 ounce is considered toxic[12]

- Sodium lauryl sulfate – an eye and skin irritant and toxic to many organs[13]

- Propylene glycol – an industrial anti-freeze used in de-icing airplanes

- Formaldehyde – basically an embalming fluid and known carcinogen[14]

If you look at the label of your personal care products and see any of the chemicals above, you're now faced with an important decision.

What's a Body to Do?

With the lack of regulation and all the hidden chemicals, it's difficult to rely on label-reading to make your personal care product purchases. So there are two basic options left to us:

1. Find companies that make truly natural, healthful products. Maintaining beauty may require sacrifices, but sacrificing your health should not be one of them. There are plenty of deodorants out there that don't contain harmful ingredients and get the job done naturally. For example, Alba, Burt's Bees, Kiss My Face, MooGoo, Pacifica, Shea Moisture, Shikai, Tru Energy, Uncle Harry's Natural Products, etc. are all companies that profess to produce all-natural products.
2. Make your own products! At WellnessMama.com, you'll find perhaps one of the largest collections of natural body and beauty recipes. Below, are three to try out.

SPRAY DEODORANT RECIPE[15]

Ingredients

- 4 ounces magnesium oil
- 10-15 drops of your favorite essential oils or a mixture
- A 4 ounce or larger glass spray bottle

Instructions

1. Make the magnesium oil if using homemade magnesium oil.
2. Pour magnesium oil into glass spray bottle and add any essential oils.
3. To apply: spray a small amount on underarms and rub in gently. Let dry for about 5 seconds.

HOMEMADE BODY WASH[16]

Ingredients

- 3 Tablespoons liquid castile soap
- 3 Tablespoons raw honey
- 2 Tablespoons oils (I used 1 TBSP each of castor oil and olive oil)
- 10 drops of essential oil of choice (or more for your preferences)

Instructions

1. Carefully mix all ingredients by hand with a spoon in a glass liquid measuring cup. Do not use a blender, whisk or hand mixer as this will create bubbles and make it impossible to get into a container.
2. Pour into a (preferably glass) container and use in the shower as a body wash. Apply with a natural sea sponge for ease of use.

HOMEMADE LOTION BARS[17]

Ingredients

- 1/3 cup shea butter, cocoa butter or mango butter (or a mix)
- 1/4 cup beeswax pastilles (measured dry)
- 1/3 cup coconut oil, or 1/4 cup liquid oil like olive, hazelnut or almond
- Essential oils of choice

Instructions

1. Combine the butters, beeswax pastilles, and coconut oil in the top of the double boiler or in a mason jar sitting on a wash cloth in a small saucepan.
2. Put about an inch of water in the bottom of the double boiler or in the saucepan and bring to a boil.
3. Reduce heat to a simmer and stir the top mixture carefully until all ingredients have melted. NOTE: Be careful not to get any water into the butters/oil mixture as it can ruin the bars.
4. Once all ingredients have melted, remove from heat and add essential oils.
5. Stir essential oils in and quickly and carefully pour into the plastic deodorant molds. If possible, transfer to the refrigerator to harden or let sit on the counter for 4-6 hours or until completely cooled.

Please keep in mind that no two bodies are alike. A deodorant that works on you may not work on your spouse or somebody else. That goes for all personal care products.

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Eighteen Tips for Healthy Dining Out For Someone With Type 2 Diabetes

YOU ARE EXCITED...IT has been far too long since you have enjoyed an evening out. The babysitter has arrived and you are already feeling the stress melting away as you put your cares from the past week to bed and head out on the town.

Everyone enjoys a night out from time to time. A great meal cooked by someone else, and better yet, cleaned up by someone else. There is just something special about being waited on from time to time.

However, far too often we let ourselves become preoccupied with thoughts of veering off our healthy diet or worry about not having the right foods to choose from. Good news, both pre-diabetics, and diabetics can enjoy a fabulous meal and all of the fun that comes along with a fun night out without any regret.

“Good news, whether you have pre-diabetes or type 2 diabetes, you can enjoy a fabulous meal and all the fun that comes along with a night out without any regret.

01 Eat as close to your usual time as possible.

If you take medication or insulin to help control your diabetes, it is vital that you eat at a time very close to your usual time at home. In order to accomplish this, avoid dining in a location where you know there will be a long wait. Better yet, choose places that accept reservations. Always pack a “just in case” snack in your bag such as a piece of fruit. If being served takes longer than expected, then eat your snack to tide you over.

02 Do your research.

Before choosing a place to eat, drop by and take a peek at the menu. Many places also offer their menu online so you can check meals before making a reservation. Be sure the restaurant you chose has meals that are on par with your diabetes meal plan.

03 Ask questions

Once you arrive at the restaurant, don't be shy to ask as many questions as you need to in order to feel comfortable about what you will be eating. If something doesn't seem just right, ask about substitutions. You will find that more often than not, restaurants are willing to make substitutions for health concerns.

04 Keep your sugar radar on

Although avoiding added sugar is more difficult

when you are not preparing your own meals, it isn't impossible. As you may know, sugar lurks in some very strange places such as sauces, dips and dressings. The best bet is to ask for all sauces and dressings to be on the side. A safe option for salad is always oil and vinegar. Of course, it is always wise to steer clear of beverages other than water. If you are looking for something a little more exciting, add lemon to some seltzer water or enjoy a cup of cold-brewed herbal tea.

05 Be cognizant of carbs

Too many carbs at one time can spell disaster, as they will send your blood sugar to the moon. Always choose low-carb foods such as whole grains and vegetables and if possible pass on the buns or anything overly processed. Remember, the more fiber the better!

06 Have a healthy fear of fried food

Just like processed food and high carb foods, fried foods are a danger to anyone, especially people who struggle with blood sugar issues. Don't be afraid to ask to have a certain dish cooked in a way that does not defy your dietary rules. The best, of course, is steamed, broiled, baked and sautéed.

07 Skip the chips

Depending on where you go, you may have a basket of chips, bread or some other “free” appetizer on your table. If you can help it, it is best to avoid the temptation to fill up on these pre-dinner snacks.

08 Eat your food naked if possible

It is always best to undress your food so that you can enjoy its natural goodness without it being drenched in sauces, breading, marinades etc. To add flavor ask for extra spices or use healthy options like fresh salsa, lemons or limes.

09 Don't go Texas style

Your mantra should never be “go big or go home.” This is a recipe for disaster. American portions, by in large, are really too big for anyone. We have become a supersize nation and it seems as though the majority of people have stretched to accommodate this. Compared to almost every other country, our portion sizes are huge, enough for two or even three persons. If you go out, ask to split a meal with a friend or take a box home.

More healthy tips for dining out

110

Eat at restaurants that use local food.

111

Don't skimp on your meal price - lower priced food may be more heavily processed.

112

Drink plenty of water before you go out to eat. You will generally eat less if you are well hydrated.

113

Avoid fast food at all costs.

114

Remember to enjoy your meal - eat slowly, never rush through your dinner. It takes about twenty minutes for your brain to register to your stomach that it is full.

115

Avoid foods with the following words in the name: creamy, fried, sauce, crispy or stuffed.

116

Don't stress if you make a poor food choice by mistake.

117

Skip the dessert.

18 Start a dinner club

If you love to get together with friends for a night of fun and sharing a meal consider starting a dinner club. You can enjoy taking turns hosting dinner. If everyone in the club is aware of your dietary restrictions you will probably enjoy a healthier meal than you would if you dined out. Remember, there are so many options for healthy and delicious main dishes and even sweet treats. Your friends will ask for seconds!

What's for Dinner? Try the following YUMMY Recipes: Simple Roast Chicken and Old-Fashioned Fruit Crumble.

Most importantly

Most importantly don't avoid going out and having a good time for fear of upsetting your diet plan. You may have to do a little upfront planning, but don't let that get in the way of having an amazing night out on the town. Remember, no regrets.

What if there was a way to reverse your Type 2 diabetes in as little as 45 days? What if that way was easy,,,, really easy? Go to www.diabetesreversed.com to learn how you can reverse type 2 diabetes using this 100% scientifically-backed method!"





SIMPLE ROAST CHICKEN

1. Preheat oven to 375°F.
2. Place onion, garlic, tarragon and thyme into the cavity of the chicken. Tie the legs together with kitchen string, mostly closing the cavity opening. Pull the wings so the tips overlap on top of the breast; tie in place, wrapping string around the wings and body. Rub the chicken with oil, salt and pepper. Set in a roasting pan, breast-side down.
3. Roast the chicken for 25 minutes. Turn breast-side up and continue roasting, basting occasionally with pan juices, until a thermometer inserted into the thickest part of the thigh, without touching bone, registers 175°F, 1 1/4 to 1 1/2 hours. Transfer to a cutting board; let rest for 10 minutes. Remove the string before carving.

INGREDIENTS

- 3 cloves garlic, peeled and quartered
- 3 sprigs fresh tarragon
- 3 sprigs fresh thyme
- 1-5 lb. chicken, giblets removed
- 2 T. extra virgin olive oil
- 1 t. kosher salt
- 1/2 t. freshly ground pepper

NUTRITIONAL INFO: Serving size: 3 oz. (without skin) Per serving: 294 calories; 10 g fat(2 g sat); 0 g fiber; 1 g carbohydrates; 47 g protein; 18 mcg folate; 150 mg cholesterol; 0 g sugars; 0 g added sugars; 129 IU vitamin A; 2 mg vitamin C; 31 mg calcium; 3 mg iron; 465 mg sodium; 575 mg potassium Nutrition Bonus: Zinc (19% daily value), Potassium (16% dv). Carbohydrate Servings: 0 Exchanges: 3 lean meat

Quick & Easy



OLD-FASHIONED FRUIT CRUMBLE

1. Preheat oven to 400°F.
2. Combine fruit with sugar, 1 tablespoon flour, and orange juice. Divide among four 6-ounce oven-proof ramekins. Combine oats, nuts, brown sugar, the remaining 2 tablespoons flour, and cinnamon. Drizzle with oil and stir to combine. Sprinkle over the fruit mixture. Place the ramekins on a baking sheet.
3. Bake until the fruit is bubbling and the topping is golden, 20 to 25 minutes. Let stand for at least 10 minutes before serving.

INGREDIENTS

- 2 1/2** c. fresh or frozen fruit, such as blueberries, peaches, plums
- 1** T. coconut sugar
- 3** T. gluten-free flour, divided
- 1** T. orange juice
- 1/2** c. rolled oats
- 1/4** c. chopped almonds or pecans
- 3** T. coconut crystals
- 1/4** t. ground cinnamon
- 2** T. coconut oil

NUTRITIONAL INFO: Per serving: 232 calories; 10 g fat(1 g sat); 4 g fiber; 36 g carbohydrates; 3 g protein; 15 mcg folate; 0 mg cholesterol; 21 g sugars; 0 g added sugars; 61 IU vitamin A; 11 mg vitamin C; 12 mg calcium; 1 mg iron; 1 mg sodium; 151 mg potassium Nutrition Bonus: Vitamin C (18% daily value).



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