



## 8 Reasons for Heart Failure & How to Reverse Them

**Thieves Oil:  
Benefits and  
10 Ways to Use It**

**How to Stick to  
Your Healthy  
Diabetes Lifestyle Plan**

# Health Rules to Live By

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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://drsandersmd.com>



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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.

This is good news for anyone with a genetic link to heart disease. Whether you are predisposed to congestive heart failure or not, there's an incredibly simple way to fight the onset of it. Dr. Saunders outlines the principle reasons why the metabolism of your heart changes, but also what can strengthen and rejuvenate the heart. That is something to be pumped about!

If you are looking for some health inspiration, then prepare to be obsessed with thieves essential oil. You will be pleased at how well it can naturally impact almost every facet of your life, from cleaning to digestion to beauty. Furthermore, thieves essential oil is energizing and you'll love how it smells.

The next great hope for diabetes treatment is...found in this month's article! Scientists are always working toward finding more effective treatment options for diabetes. But the answers alone might lie in the eight steps outlined here to manage your blood sugar level and the breadth of illnesses it might trigger.

And for low-sugar, grain-free baking, we have the perfect chocolate chip cookie recipe for you. The wholesome yet mega-yummy recipe is amped up with health benefits.

In a world of "instant" everything, Home Cures That Work offers hacks to help streamline your life and make healthy simple.

For your health,

Cheryl Ravey  
Editor  
Home Cures That Work



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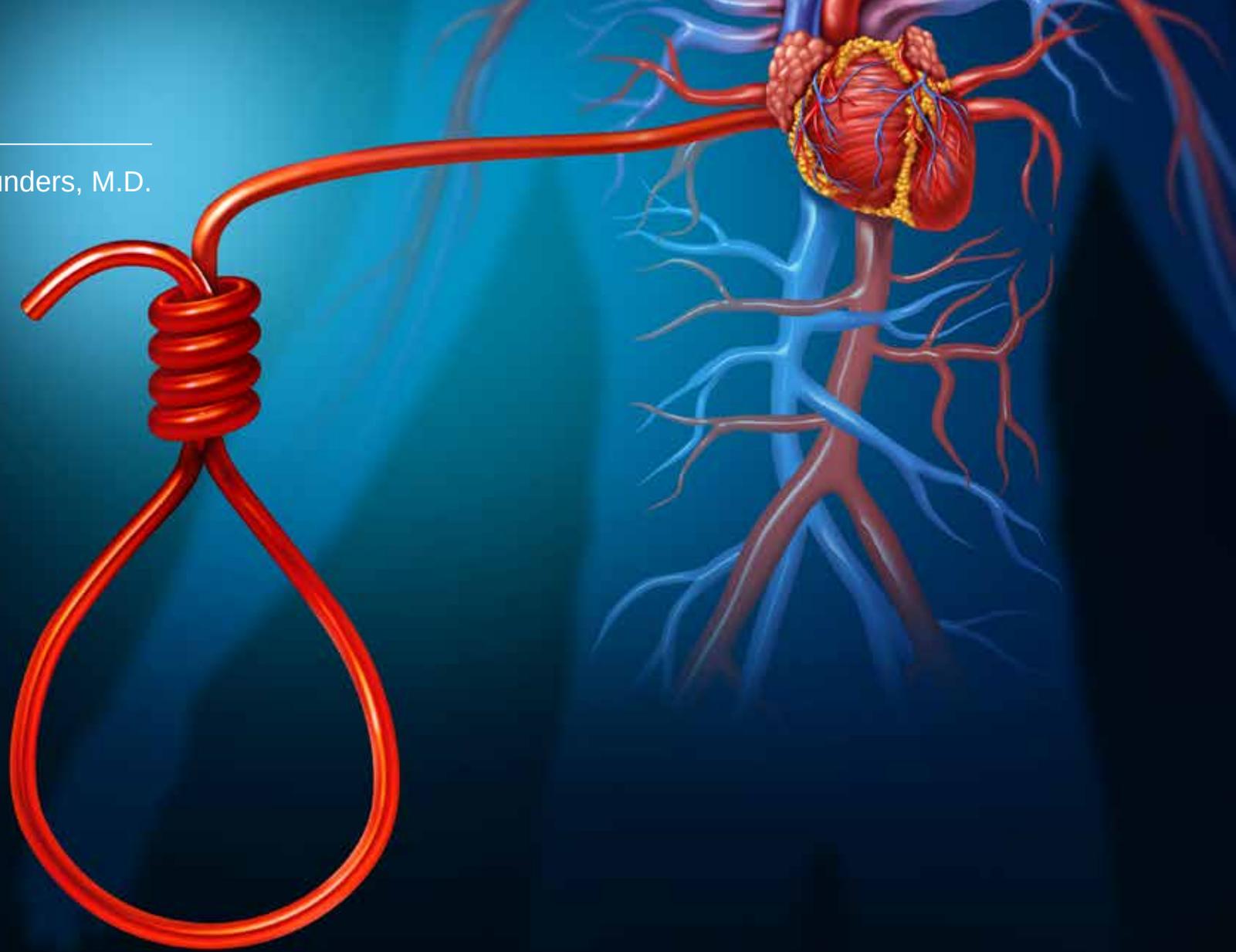
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by Dr. Scott Saunders, M.D.



# Taking Your Life Back From Congestive Heart Failure

**T**HE HEART IS just a pump, a muscle. It's simple. It squeezes the blood inside of it and valves determine how the blood flows through it. Each time the muscle contracts it squeezes about 50% to 70% of the blood out. The right side pushes the blood through the lungs. That's all. The left side pushes the blood through the whole rest of the body – a big task!

However, the heart isn't alone in this. There are muscles throughout the arteries that help the blood flow all the way to the capillaries, and then back to the heart through the veins. The arteries open, or relax, when the heart contracts, lowering the pressure, and allowing the blood to fill the vessels. Then, when the heart relaxes, the arteries contract to push the blood through the capillaries. This is a beautiful system of alternating contractions that keeps the blood flowing without putting too much strain on the heart.

Your heart beats about one time every second. That's about 3600 times every hour, 86,000 times per day or over 30 million times every year. That's a lot of beats. When does your heart get to rest? What happens if it relaxes a little and just stops beating for a few minutes? Never! There is no rest for the heart muscles as long as we live! It has to keep on working. How does it do this? The heart has to regenerate all its energy every 10 seconds!<sup>[1]</sup>

## Heart cells

The cells in our heart are the opposite of what we might expect. We may think that the energy is used when the muscle contracts, but that is not the case. Energy is actually used when the muscle relaxes. It's like a mousetrap. You are putting

energy into the mousetrap when you set it, then you carefully put it down. Only a tiny mouse-like touch of the trigger will make it snap, releasing the energy. The heart muscle is the same. It requires energy to set the muscle, then a tiny electrical impulse makes it snap, contract all the way, and reset again. If there is less energy, the process of resetting is slower. If it takes more than a second to reset, the electrical impulse can pass by and the cell won't contract, thus decreasing the amount of blood the heart can pump.

## Mitochondria

The power plant of all cells is called mitochondria. These are tiny bacteria-like organelles living a separate life inside your cells whose main purpose is to make energy. There may be anywhere from one in a cell, to thousands. Liver cells have about 1000 – 2000 per cell, heart cells have over 10,000 per cell. About 40% of the volume of a heart muscle cell is filled with mitochondria. The rest of the heart is proteins that contract. That's why they don't need to rest. They can keep going for many years, beating constantly, and always having enough energy.

## 8 Reasons for Heart Failure

When the system works, as it mostly does, it's an amazingly coordinated system. However, when it doesn't work well problems begin: the heart can't get the blood circulating well, causing congestive heart failure, or CHF. For example, if the blood vessels are stiff, then the heart must do all the work and the muscle thickens to keep up. If for

any reason it can't compensate then the blood backs up, causing swelling in the ankles and fluid in the lungs with shortness of breath. There are many ways the heart can stop working, slow down, or become weak. The principle reasons are:

- High blood pressure
- Diabetes
- Nutrient deficiencies
- Toxins
- Laziness
- Inflammation
- Diminished flow to the heart
- Infections

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### 1. HYPERTENSION

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High blood pressure is a symptom of many different diseases. If the cause is not discovered, it can lead to heart problems. Very often, heart disease and clogging of arteries are not caused by high blood pressure, but rather the other way around. When the arteries are not compliant they don't help the heart, and the heart has to put out extra pressure to compensate – to get the blood all the way to the capillaries. This puts extra strain on the heart.

By itself, the extra strain on the heart isn't the problem – the heart can take it! However, if there is also a problem with energy production in the heart, it will need more rest to regain the power needed. That's where the problem lies, in a lack of energy, not high pressure.

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### 2. DIABETES

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The effect of type 2 diabetes on the heart is due primarily to the increase in fat in

the blood. The heart runs mostly on fat. About 70% of the energy of the heart comes from fat, the rest comes from sugar and protein.[2] However, when there is too much fat, it can get into the cell directly and becomes toxic. The cell then uses energy to get the excess fat out and has less energy to contract. Also, the proteins that get the fat out cause the mitochondria to “uncouple” the system and make less energy. It’s like the cell has to run on 12 volts instead of 120 volts. It goes, but not as well. It may take longer to reset the muscle cell, and less blood is pumped.[3]

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### 3. NUTRIENT DEFICIENCY

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There are several nutrient deficiencies that can contribute to heart failure. Most of them have to do with the mitochondria, or the ability to produce energy. Deficiency in any of the nutrients used in the production of energy can allow heart failure. Common deficiencies include:

- L-Carnitine
- Magnesium
- D-Ribose
- Coenzyme Q-10
- Potassium

A lack of these comes from a diet of processed foods. Prepared foods and processed foods contain significantly less of these nutrients than fresh foods.

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### 4. TOXINS

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The mitochondria that make energy for the heart cells are sensitive to a variety

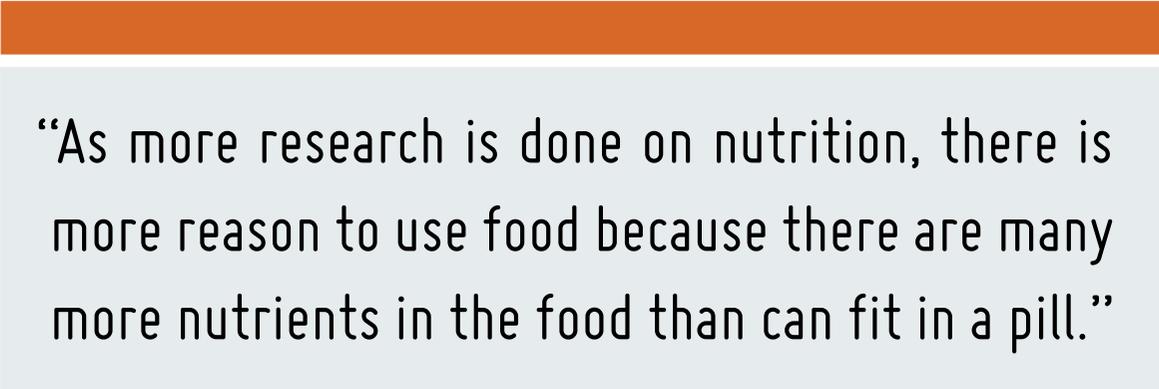
of toxins. The most common are from the calories we eat. As we discussed with diabetes, fat can be toxic to the mitochondria and causes a loss of energy. Heavy metals such as mercury and lead are less common but can be very significant. It only takes 5 atoms of mercury to destroy a mitochondrion.[4]

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### 5. LAZINESS

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One not-so-surprising contributor to CHF is a lack of exercise. When the heart is not used, the number of mitochondria in the cells diminish. It is dangerous to make more energy than necessary because energy causes free-radicals and damages the cells. The body will only do the minimum needed to function. If there is no exercise, there is no need to have extra energy lying around so the heart muscle gets weaker.



“As more research is done on nutrition, there is more reason to use food because there are many more nutrients in the food than can fit in a pill.”

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### 6. INFLAMMATION

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When the mitochondria are making energy, they also make oxygen free-radicals. These charged molecules damage the mitochondria themselves, as well as the cell in which they reside, creating inflammation in the proteins, membranes, and DNA. Ideally, there should be a lot of vitamins to absorb those free-radicals. Where there aren’t enough the mitochondria, and even the cells die, weakening the heart.

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### 7. CIRCULATION

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Having clogged arteries to the heart muscle means there is less blood to circulate, less oxygen, fewer nutrients, and less energy. Without a constant supply, the cells of the heart are unable to make energy in the abundance needed to beat constantly. If this happens to a muscle in your arm, you may get a cramp, and you can rest to relax it. However when it happens to the heart, there’s no rest, you may have a heart attack (a cramp in the heart muscle) and cause the death of many cells. This further diminishes the ability of the heart to function. Constant circulation is essential to this small muscle because it cannot rest.

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### 8. INFECTION

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Some people get viruses and other infections in the heart muscle. What would cause a little discomfort such as aches

and pains in other areas of the body can be devastating to the heart. In some cases it may be mild, and the heart can recover. But in other cases the

heart is significantly weakened, preventing the pump from working well, and causing CHF.

## What to do?

Heart failure is primarily a problem of getting enough energy. There is a direct correlation between a failing heart and a lack of energy.[5]All cells require a constant energy source, but the heart is different because it cannot rest. It needs a constant energy source at a very high

level. It has no storage of sugar, fat or glycogen to save for a rainy day.

## Congestive Heart Failure Prevention

In this case the old adage certainly applies:

*An ounce of prevention is worth a pound of cure.*

Once heart muscle is dead or debilitated it is very hard to recover the full function of the heart. There is a lot of work with stem cells that may be useful, but treatment still isn't reliable. While we don't have control over everything (our genes, or an infection), there is a lot we can do to prevent heart failure by minding our mitochondria.

## How To Take Care of Your Heart

The following are my recommendations:

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### EXERCISE IRREGULARLY.

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You've heard of getting regular exercise. Well, it's probably better for your heart to gradually increase intensity of exercise according to your tolerance, but not on a daily basis. Walk or run once or twice a week. Other times do weights or yoga. Find a hobby that requires physical labor like gardening, building, or hiking that you can do at least once per week.

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### EAT YOUR VITAMINS IRREGULARLY.

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Many people are taking large amounts of

supplements, causing expensive urine. The BEST way to get vitamins is from food. Though we like to distill everything into a pill...

As more research is done on nutrition there is more reason to use food because there are many more nutrients in the food than can fit in a pill.

Choose high-nutrient-and-low-calorie foods like fresh fruit and vegetables, beans, eggs, and whole grains. Avoid all processed foods because the vitamins are processed out. Take supplements on a weekly, instead of a daily, basis so you don't become resistant to them or cause imbalances with other nutrients. I think there are five vitamins everyone should take:

- Magnesium - 400mg per day (if you eat green vegetables and legumes this may not be necessary)
- Selenium - 200mcg per week
- Chromium - 200mcg per week
- Vitamin D - 50,000 IU per week
- Iodine - 25mg per week

The rest of the nutrients will be abundant in a diet high in vegetables and beans.

## Mending a Broken Heart

If you already have CHF there are still things you can do. A cardiologist, Dr. Stephen Sinatra, MD, has done a lot of work on this. His program starts with four of the commonly deficient nutrients:

- Magnesium - 300mg twice per day
- Acetyl-L-carnitine - 1000mg three

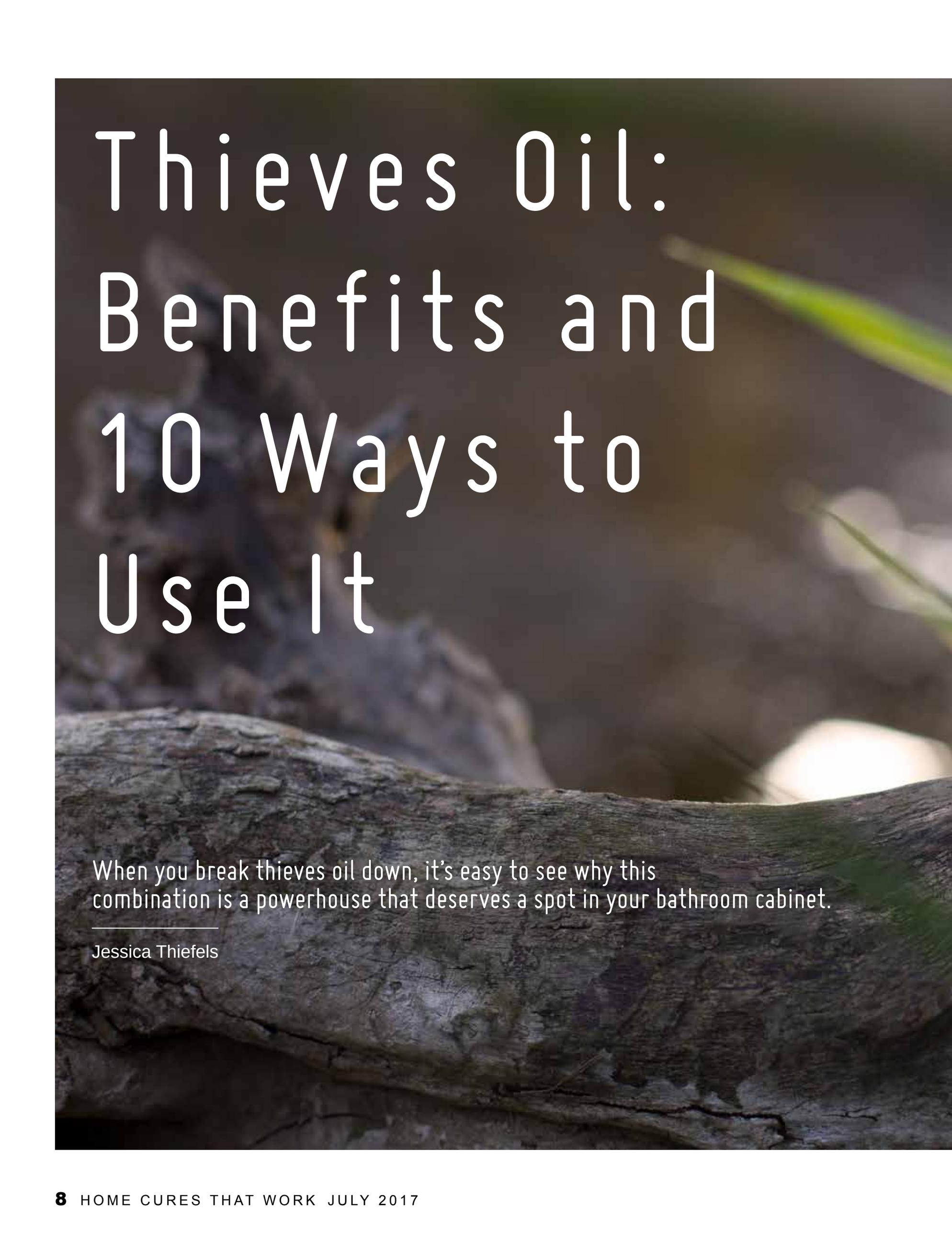
times per day

- D-Ribose - 5 grams three times per day
- CoQ-10 - 300mg twice per day

It's not magic – it takes six weeks or more to start seeing improvement. They don't work alone, so the diet above is also important. These nutrients help the heart make more energy by providing the mitochondria with building blocks. They also increase the ability of the heart cells to make more mitochondria. But don't forget one thing – muscles, any muscles, including the heart, don't improve without exercise. If you have CHF, then you need to start slow and gradually increase exercise. I had one patient who counted steps and increased her exercise by only about 5 steps per day. She started by just going to the mailbox in front of her house, and within a year she was walking a mile!

Even if you already have CHF there is hope. Drug treatments offer only palliative care as the disease progresses.[6] However, if you take care of your mitochondria you can prevent, and often even reverse congestive heart failure. ■

Sources: [1]Gary D. Lopaschuk, John R. Ussher, Clifford D. L. Folmes, Jagdip S. Jaswal, and William C. Stanley, "Myocardial Fatty Acid Metabolism in Health and Disease," 01 JAN 2010<https://doi.org/10.1152/physrev.00015.2009>. [2]Gary D. Lopaschuk, et al. [3]Diabetes Metab Res Rev. 2009 Sep; 25(Suppl 1): S45–S49. doi: 10.1002/dmrr.987 PMID: PMC5707127; NIHMSID: NIHMS922068; PMID: 19662615; Carnitine and type 2 diabetes; Randall L. Mynatt\*. [4]<https://atlasofscience.org/the-dual-role-of-mercury-on-mitochondrial-complexes-by-sulfur-bridges/>. [5] Mitochondria in the human heart; H. Lemieux & C. L. Hoppel; J Bioenerg Biomembr (2009) 41:99–106. [6]Journal of the American College of Cardiology; Volume 54, Issue 5, July 2009; DOI: 10.1016/j.jacc.2009.02.078 PDF Article; Palliative Care in Congestive Heart Failure; Sarah J. Goodlin.



# Thieves Oil: Benefits and 10 Ways to Use It

When you break thieves oil down, it's easy to see why this combination is a powerhouse that deserves a spot in your bathroom cabinet.

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Jessica Thiefels



**A**ccording to European legend, robbers stole from the dead during the Bubonic plague. But, they somehow walked away without contracting the disease themselves. How? The legend says the thieves blended spices, herbs, and vinegar, to kill the airborne bacteria. A simple blend of infection-fighting essential oils is what many believe kept them safe. Hence the name thieves oil.

Now, we use thieves oil for everything! It is a perfect substitute for dozens of over-the-counter medications:

- Fights infection
- Treats diabetes
- Boosts the immune system
- Supports dental health

When you break thieves oil down, it's easy to see why this combination is a powerhouse that deserves a spot in your bathroom cabinet.

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#### EUCALYPTUS OIL—RESPIRATORY HEALTH, STRESS RELIEF

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This essential oil is known for easing respiratory problems. Those with a cold, clogged sinuses or bronchitis have found relief with eucalyptus oil. Because it is also a stimulant, it helps relieve stress. It can give you a mid-day mental boost that's otherwise cured with another cup of coffee.

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#### CLOVE OIL—INFECTION FIGHTING, PAIN RELIEF

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Clove oil is high in eugenol, a chemical

found in the clove herb itself. Eugenol is an antiseptic, and can be used to reduce infection from bug bites, bruises, fungal infections and more. Clove oil is also an analgesic and is often used by dentists to relieve pain. This makes thieves oil a great option for relieving the discomfort of a toothache or injury.

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#### CINNAMON BARK OIL—ANTI-INFLAMMATORY, DIABETES RELIEF

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A 2010 Pharmaceutical Biology study found that cinnamon leaf oil helped reduce the production of nitric oxide, a byproduct of inflammation.

For people with diabetes, thieves oil with cassia cinnamon oil can help lower blood sugar levels.

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#### ROSEMARY OIL—DIGESTIVE IMPROVEMENT

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Rosemary oil is an essential liver detoxifier. But, it can also relieve stomach cramps, constipation and flatulence. By helping to regulate the release of bile, it reduces indigestion.

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#### LEMON OIL—ANTIOXIDANT AND CLEANSING PROPERTIES

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The fruit and essential oil derived from lemons clean toxins from the liver, kidneys and digestive system.

Plus, the antioxidant content of lemons is 660 on the Oxygen Radical Absorbance (ORAC) score. This means that lemon oil

is one of best sources of protection from the damaging effects of free radicals.

## How to Use Thieves Oil

Here is the most important detail to remember when using thieves oil. Always mix thieves oil with a carrier oil. Add olive or almond oil, for example. Because clove and cinnamon bark oils are “hot” oils, they easily irritate skin. Here are 10 uses for this powerhouse medicine:

- Mix 15 drops with 15 drops of carrier oil and apply it to the lower back area to relive cold or sinus troubles.
- For coughing, apply the same mixture as above to the bottom of feet, chest or throat.
- Add a few drops into a pot of boiling water, cover your head and breathe in the steam to relieve sinus congestion.
- Mix 2 drops with 2 tablespoons of water and gargle the drink to relieve a store throat.
- Place a drop on your thumb and press it against the roof of your mouth to relieve a headache.
- Add a drop on your toothbrush to eliminate bacteria, which also helps eliminate bad breath.
- Combine 1 drop of thieves oil and 1 drop of lavender oil to an ounce of water. Apply the mixture to poison ivy, poison oak or mosquito bites to relieve itching and inflammation.
- Apply 1 or 2 drops to gums to prevent and treat gum disease.
- Add 3 to 5 drops to 1 teaspoon of carrier oil and rub on joints to relieve pain.
- Add 1 drop to your tea for a mid-afternoon boost in mood and mental clarity.

Thieves oil has a long history, and is still a viable medicinal option today as it was for the Bubonic Plague thieves. Whether you have a headache, sore throat or itchy bug bite, grab a vial of thieves oil from your cabinet instead of an over-the-counter medication. You'll be feeling better in no time, not to mention telling all your friends it is an essential oil to have and try, too. ■





enemy. Embrace activities that you love like walking, biking, swimming, dancing or even playing with your kids as often as you can. You will soon become unaware that you are even exercising because you are enjoying yourself so much.

## Keep learning

As Leonardo da Vinci said, "Learning never exhausts the mind." A hunger for new information will keep you on top of a healthy life. Find good sources and plug in often. The more you learn about food,

If you put one foot in front of the other and continue moving, you will always be gaining and improving your health.

nutrition, and exercise, the better choices you will make. Don't ever let a lack of knowledge propel you towards inaction. There is so much good, solid information available that learning is easy. Keep a record of all of the things you learn and make it a habit to try new things weekly.

## Take it one step at a time

When making changes in your life, remember that you can never get where you are going without taking the first step. Sometimes the first move is the hardest, but it is also the most important. Furthermore, you have to walk before you can walk faster. If you put one foot in front of the other and continue moving, you will be gaining and improving your health. Discouragement often comes when we try to do too much too quickly.

## Be ok with where you are

Know that where you are is where you should be. This will help you keep perspective on your health journey. Be kind to yourself and don't forget to forgive yourself if you slip up a bit. Worrying constantly about where you are going will take away from enjoying where you are at the moment. Look back down your path and see how far you have come rather than be concerned with how far you have to go. You will be amazed at how much influence you can have on yourself - you can be your best cheerleader or your worst critic. It is always best to be the cheerleader.

## Surround yourself with like-minded folks

Social pressure can be both beneficial and also devastating. Your long term success with your healthy life will be challenged by social pressure along the way. To make it easier, surround yourself with family and friends who love and support you. People who feel the same way about health as you do will make your journey much easier. Even if they don't agree 100% with all that you are doing, if they are respectful and supportive it will be much easier for you to remain focused. Some people even find it easier to join a support group with people who are on the same track. This gives you a safe place to talk about your concerns, share ideas and motivate each other.

## Have a plan for traveling

Of course adopting a healthy lifestyle does not mean that you put all areas of your life on hold, including travel. With the general population becoming more and more aware of the necessity of healthy choices, there are more options to stay healthy while you travel. However, don't ignore the benefit that a little planning along the way can have. While you are still in the planning stages, be sure that you will have access to healthy food and places to exercise while you travel.

This may even mean bringing along a workout tape or arranging a vacation where you can be active. If you plan on eating out a lot, know the in's and out's of dining out and what is acceptable for your meal plan. Some people find it easier to rent a place where they can do their shopping and cooking most of the time. This way you can be in control of what you are eating. If you are planning a road trip - pack your food and make ample time to stop, get out and walk around.

## Be mindful

No matter what, always be mindful. Be aware of what you are eating, what you are doing and even what you are speaking and thinking. Take time to enjoy life, enjoy food, enjoy an active lifestyle and you will find that health is no longer a pursuit as much as it is a way of life that you embrace.

Tasty & Healthy



## BEV'S CHOCOLATE CHIP COOKIES

1. Preheat oven to 350°F. Coat 2 baking sheets with cooking spray.
2. Stir almond meal, flour, baking soda and salt. Beat butter in a large bowl with an electric mixer until fluffy. Add oil, coconut sugar, egg and vanilla; beat until smooth and creamy. With the mixer running, add the dry ingredients, beating on low speed until just combined. Stir in chocolate chips.
3. Drop the dough by heaping teaspoonfuls, at least 1 inch apart, onto the prepared baking sheets. Bake cookies, 1 sheet at a time, until firm around the edges and golden on top, about 15 minutes. Cool the cookies for 2 minutes on the baking sheets, then transfer to wire racks to cool completely.

### INGREDIENTS

- 1 cup almond meal
- 1 cup gluten-free baking mix
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 cup butter, softened
- 1/4 cup coconut oil
- 2/3 cup coconut crystals
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup dark chocolate chips

NUTRITIONAL INFO: Serving size: 1 cookie. Per serving: 99 calories; 5 g fat(2 g sat); 1 g fiber; 12 g carbohydrates; 1 g protein; 3 mcg folate; 10 mg cholesterol; 8 g sugars; 0 g added sugars; 57 IU vitamin A; 0 mg vitamin C; 8 mg calcium; 0 mg iron; 64 mg sodium; 41 mg potassium Carbohydrate Servings: 1 Exchanges: 1/2 starch, 1/2 other carbohydrate, 1 fat



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