

**Healthy Diabetes
Eating Means Balanced
Diabetes Eating**

**Medium-Chain
Triglycerides -
What's the Hype?**

**Home Cures
Natural First
Aid Kit**

**The Real
Causes of
Adult ADHD
and How to
Improve
Attention**



Health Rules to Live By

AUTHORS



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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.

Wandering attention? Trouble handling urges? While there are many common symptoms that signify cognitive trouble, not all point towards ADHD. Even more, there is a growing disenchantment with the first-line treatment of the drugs that treat these conditions. Mindfulness can be learned, so Dr. Scott Saunders suggests specific abilities that might be particularly helpful in treating ADHD and ADD.

Most doctors like Dr. Saunders will tell you that the best way to stay nourished when you have diabetes is to eat a balanced diet. Even the government agrees; it publishes dietary guidelines that promote, first and foremost, a balanced diet.

Which begs the question: What's a balanced diet? Home Cures That Work is here to tell you what it means to eat a balanced diet and why it's so important.

Everyone needs to shift away from foods that are empty calories. The goal is to spend your calories on foods that benefit your body in some way. One type of fat that is valuable for any individual, with diabetes or not, is MCTW oil. It is easy to use and Home Cures That Work helps you make good use of it!

Every home should have a homeopathic first-aid kit—a natural way to care for bruises, burns, flu, heartburn and other surprises. Here are some top tips to help you put together your own remedy kit to use in first-aid situations for yourself, friends and family. These items would make a great start if you're looking to build your own kit, but these remedies would also be ideal for everyday use.

For your health,

Cheryl Ravey
Editor
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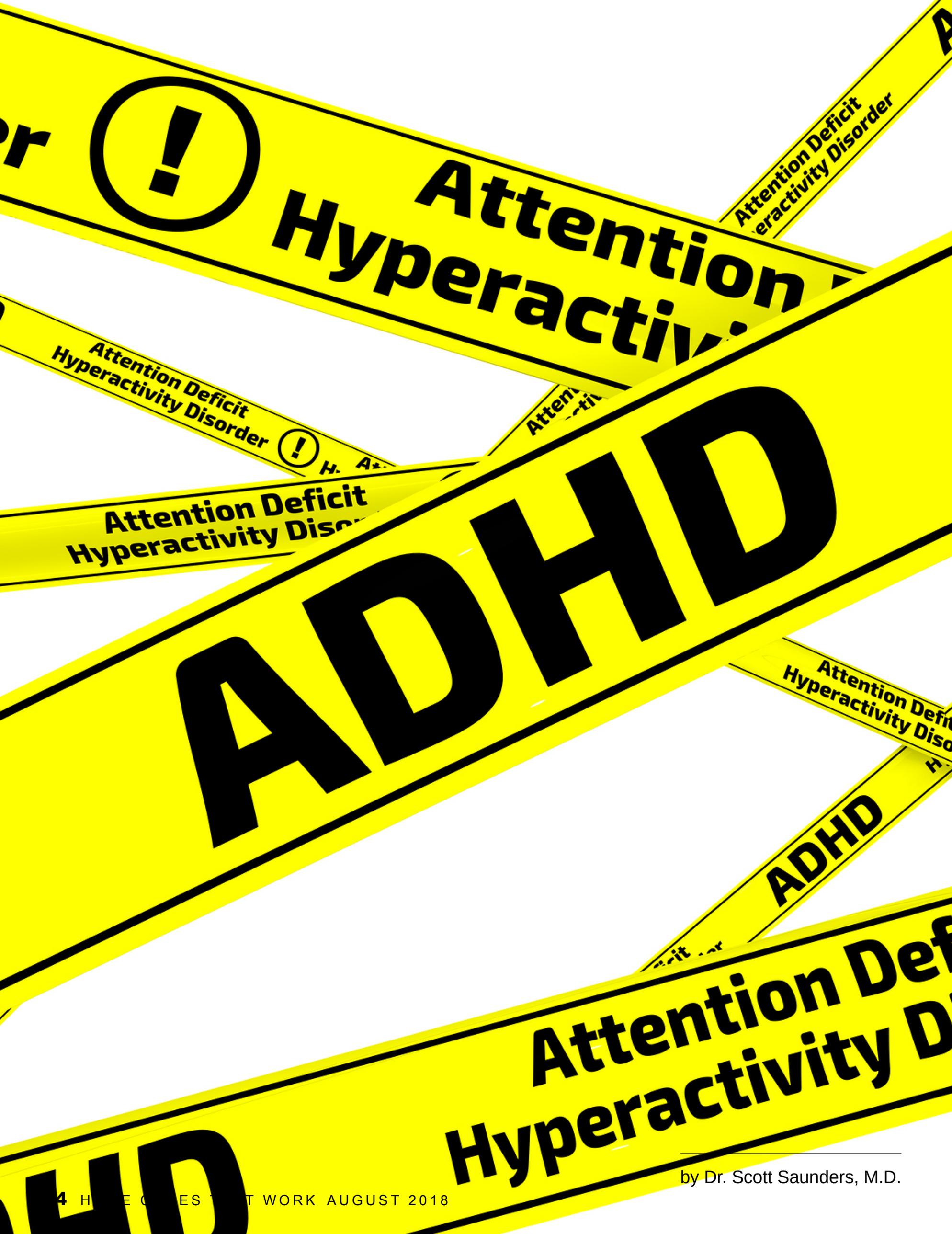
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Attention Deficit Hyperactivity Disorder

Attention Deficit Hyperactivity Disorder

ADHD

Attention Deficit Hyperactivity Disorder

by Dr. Scott Saunders, M.D.

THE REAL CAUSES OF ADULT ADHD AND HOW TO IMPROVE ATTENTION

We watch ads on television or the internet that tell us about adult ADHD and wonder, “Do I have ADHD?” See our quiz below to find out!

The fact is, many adults meet the criteria for ADHD. The list of ADHD symptoms is so general that it can apply to most modern adults. If you get restless, have trouble sitting still through a meeting, talk a lot, blurt out answers to questions, are impatient, or interrupt others, then you may meet the official criteria.[1]

Those who are marketing ADHD drugs also include:

- Careless mistakes/lack of attention to details (overlooks or misses details; work is inaccurate)
- Lack of sustained attention (difficulty remaining focused in learning, studying)
- Poor listening (mind seems elsewhere)
- Not following through on tasks (starts tasks but is easily sidetracked)
- Poor organization (disorganized work; poor time management; miss

deadlines)

- Avoids tasks requiring sustained mental effort (preparing reports, completing forms)
- Losing things (tools, wallets, keys, paperwork, eyeglasses, mobile phone)
- Easily distracted by extraneous stimuli or unrelated thoughts
- Forgetful in daily activities (returning calls, paying bills, keeping appointments)[2]

It’s important that we understand the way the world works. We often think that a disease exists, and the scientists work on a solution, coming up with a drug to treat it. In fact, it most often happens the other way around. A substance is discovered and a marketing company looks for a way to get people to buy it.

For example, statins were discovered first, then high cholesterol was created as a “disease” to market it as a drug. Also, drugs to lower blood pressure created the need for a “disease” called hypertension. Nowhere is this truer than the marketing of amphetamines. They work. Since their discovery in the early 1900s, they have been used to stimulate, lose weight, and calm hyperactive children.

Once a chemical with activity on the brain was found, doctors created a diagnosis to prescribe it. They called it hyperkinetic syndrome, and then hyperactivity, and then ADHD. At first ADHD referred only to children, however in 1980 adults were also included.[3]The “disease” of attention deficit disorder was created to sell these drugs:[4]

- Amphetamines
- Methamphetamine
- Methylphenidate

The main problem with taking drugs for these ADHD symptoms is that they don’t address the underlying problems that cause people to be hyperactive. For example, taking an amphetamine for a lack of brain development prevents further development. Normally, we can work on an issue, and the brain is like a muscle that will grow in the areas we are working on. However, when we take a drug that stimulates, instead of growth, the drugs stop progress, or may even make it worse.

These ADHD drugs are not benign. Besides causing worse ADHD, they affect many parts of the body. Side effects of adult ADD drugs include:[5]

- Increased heart rate and blood

- pressure
- Irregular heartbeat
- Decreased appetite and weight loss
- Insomnia
- Digestive upset
- Mood swings
- Aggression
- Paranoia and anxiety
- Visual, auditory, or tactile hallucinations
- Inability to keep up with work, school, or home responsibilities
- Addiction
- Changes in groups of friends and difficulties with relationships
- Loss of interest in previous activities
- Dental problems
- Skin sores
- Allergies
- Hearing problems
- Vision problems
- Substance abuse
- Food sensitivities
- Reactions to chemicals
- Nutrient deficiencies
- Bipolar disorder
- Depression
- Sugar
- Artificial sweeteners
- OCD
- Dyslexia
- Delayed brain development
- Laziness, or failure to exercise the brain
- Lack of a goal

In some cases, the damage to the brain may be permanent, such as in the hypothalamus. Those who stop these drugs for ADHD may never recover their ability to feel satiated, or satisfied, and often become obese.

The Real Causes of ADHD

The symptoms we call ADHD have many possible causes, some of these include:[6]

- Sleep disorders

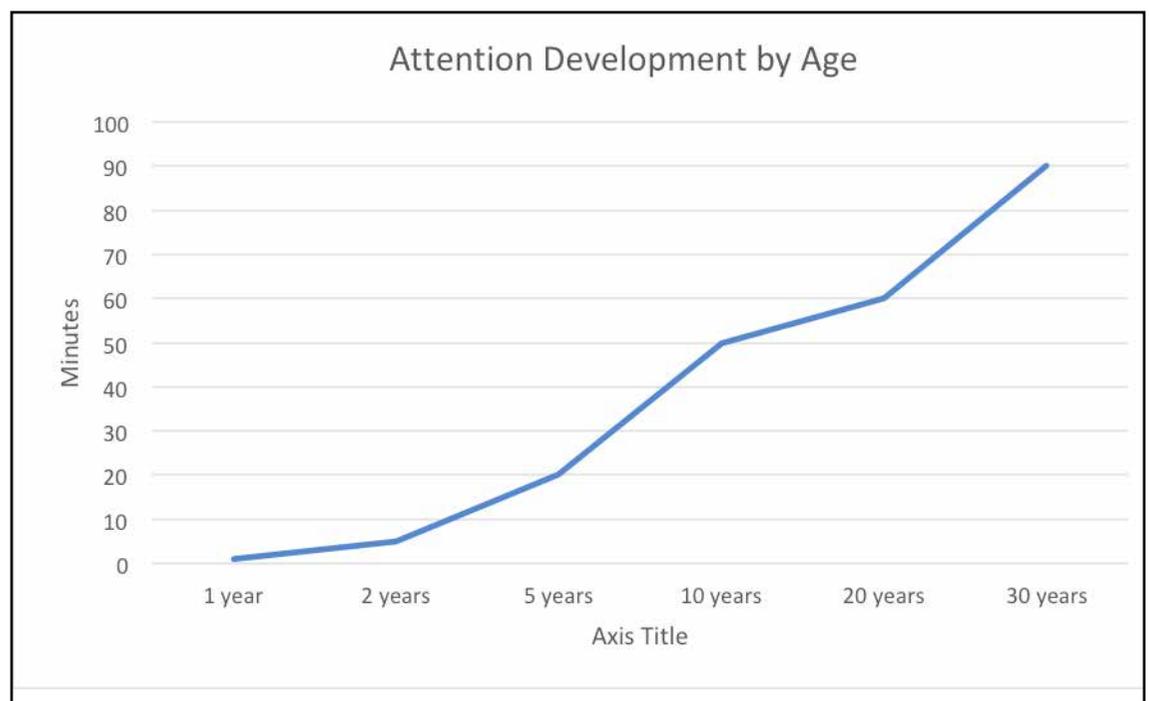
The two main categories of causes of ADHD are developmental and incidental. Some people don't develop normally, causing them to have all the symptoms of ADHD. While others have perfectly normal development, they have a different condition that keeps them from focusing.

Finding the Cause of Adult ADHD

As you can see from the list above, finding the cause of adult ADHD isn't always easy. However, there are a few things that are obvious, such as hearing and vision problems, or poor sleep. Most of the others respond to either removing potential reactions or adding in nutrients. We are going to consider three causes that will take care of almost all cases of "Adult ADHD" that are hidden.

REACTIONS

The elimination diet is a great way to see if there are any food ingredients that are causing sensitivity. One solution that I often recommend is called the [Whole30](#)



Program. This is an elimination diet that removes most things to which people react. Within 30 days if there is significant improvement in symptoms, the next step is to add one type of food at a time to see if you have a reaction, or if ADHD symptoms return.

NUTRIENTS

Nutrient deficiencies are also common among those with ADHD. Some of the other underlying conditions, such as bipolar disorder are due to deficiencies. I have found several cases that respond to high-dose nutrient supplementation. I don't always find the exact nutrient because it may be due to multiple deficiencies. The one that has worked best is a multi-vitamin supplement specifically for brain health called EMPower Plus by Truehope (<https://www.truehope.com/>). There are others, but I have found this to be very effective.

DEVELOPMENT

The third thing to consider is brain development. As we age, we assume we're going to grow up in every way, that our body will develop fully, and our mind also. However, this doesn't happen. Nobody is fully-developed at age 20.

Normal Brain Development

The graph gives us a rough outline of where you can expect your brain to be at any given age. In other words, you can look to see how your development is progressing. If you know your attention span, you can know your level of development. For example, if you can only pay attention to a task for 20 minutes, your brain is about 5 years old. You have

Attention Deficit Quiz		1	2	3	4	5
		Never Frequently	Rarely	Sometimes	Always	
1. I remember where I put things		<input type="radio"/>				
2. I can read novels for hours		<input type="radio"/>				
3. I can meditate on one subject for over an hour		<input type="radio"/>				
4. I stay focused on boring and repetitive tasks		<input type="radio"/>				
5. I can sit quietly through a 1-hour meeting		<input type="radio"/>				
6. I am detail-oriented		<input type="radio"/>				
7. I am a good listener		<input type="radio"/>				
8. I do what is most important		<input type="radio"/>				
9. I finish whatever I start		<input type="radio"/>				
10. I have a clean work space		<input type="radio"/>				
11. I can sit through a 2-hour movie		<input type="radio"/>				
12. I focus on a task without distractions		<input type="radio"/>				
13. I make it to my appointments		<input type="radio"/>				
14. I do one thing at a time		<input type="radio"/>				
15. I start on a task well before the deadline		<input type="radio"/>				
16. I am organized at work		<input type="radio"/>				
17. I can follow multi-step instructions		<input type="radio"/>				
18. My work is accurate		<input type="radio"/>				
19. I try things that are hard		<input type="radio"/>				
20. I follow through when I say I'll do something		<input type="radio"/>				

arrested development.

We all develop at different rates, and not everyone is going to be fully-developed mentally by the time we are fully grown. Take the quiz to determine your approximate mental age.

Attention Deficit Quiz

Scoring:

Cross-out 2, and 11 because they are passive entertainment, and don't require attention.

Add up the other 18 and divide by 18

- 1 = 2-year-old; your brain is that of a toddler
- 2 = 8-year-old; you have a child's level of attention
- 3 = 15-year-old; your development level is that of an adolescent
- 4 = 30-year-old; you have a normal

adult brain

- 5 = Advanced adult; you're very well-developed in this area

There are Ways to Develop Your Brain and Improve Your ADHD

PRACTICE

The brain is like a muscle that can change. The things that interest us will allow for more concentration, but the trick is to be able to focus on things that don't interest us. The way to work around this is to set goals for accomplishing what needs to be done today. A goal gives a focus. If we set a goal to finish a task, and keep coming back to it when distracted, then we will train our brains to pay attention.

Activities that are entertaining and passive don't help us pay attention. Reading novels, watching movies and so

forth don't increase our ability to focus. The activity of learning, growing, and improving is the focus of attention. Activities like learning a musical instrument, a new language, or starting a new job or business will build brain power if you consistently practice.

Adults are expected to focus for a minimum of 90 minutes. However, tasks requiring more than 90 minutes, may require breaks for 15-30 minutes before going back to the task for another 90 minutes. This has been shown to improve performance.[7]

If you are not doing what you enjoy, then it's harder to pay attention. Finding your work, your mission, or your purpose is a great way to improve your attention. For example, if you are a person who needs physical activity, and you choose to be an accountant, it would be natural to be distracted and inefficient. However, if you love crunching numbers and get high from reconciling your checkbook to the penny, you may be well-suited for accounting. Interest is mostly attention. That's why it's easy for even little children with their undeveloped brains to sit through a movie they love for two hours, for the hundredth time, without even blinking.

By working to improve your abilities, you can increase your development over time. Remember, it takes about 20 years to reach our full physical stature, and it can take just as long, or longer, to develop the brain. It takes patience, which is what you get from a mature brain.

Turn Your Weakness into Your Strength

If you start yourself on a program of repair instead of ADHD drugs, you can improve instead of getting worse.

- Do the elimination diet(like the Whole30).
- Take a supplement(such as EMPower Plus).
- Find your purpose, or your contribution to the world. Do what you love to do.
- Set goals.
- Take breaks every 90-120 minutes for 15-30 minutes.
- Practice. Practice. Whatever we persist at doing becomes a strength. Train your brain!

A combination of the above will benefit everyone. Even if you find you are sensitive to gluten, for example, and feel calmer when you're gluten-free, you may still need to build your brain and practice paying attention. You can re-take the quiz every year and watch your score climb. Doing all the above at the same time is the best way to handle ADHD and avoid the dangerous ADHD drugs that are given to treat it. ■

The two main categories of causes of ADHD are developmental and incidental. Some people don't develop normally, causing them to have all the symptoms of ADHD. While others have perfectly normal development, they have a different condition that keeps them from focusing.

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MEDIUM-CHAIN TRIGLYCERIDES — What's the Hype?

by. Rob Fischer

For decades, the medical profession has known about the many healthful benefits of medium-chain triglycerides (MCTs). Due to the ease with which the body can assimilate MCTs and their healing properties, MCTs are commonly given intravenously to nurture the sick and injured back to health in hospitals.[1]

Here's the skinny on MCTs: fatty acids are the molecules that provide the building blocks of all fats and oils. We classify fatty acids using two different methods: saturation and the molecular size/length of the carbon chain found in the fatty acid.[2]

Classification by saturation reveals three types: saturated fats, monounsaturated fats, and polyunsaturated fats. Classifying by molecular size also yields three categories: short-chain fatty acids (SCFA), medium-chain fatty acids (MCFA), and long-chain fatty acids (LCFA).[3]

Three fatty acids combined create a triglyceride. Again, we can find short-chain triglycerides (SCTs), medium-chain triglycerides (MCTs), and long-chain triglycerides (LCTs). Regardless of their source or other classification, 98-100% of the fats and oils we generally consume are LCTs.[4]

But it's the MCTs that have very unique properties. MCTs are digested differently, easily, quickly, promote healing, and provide the body with potent energy. That's one reason they're used extensively in urgent care treatment. Typically, those MCTs prescribed in the hospital are manmade, but MCTs occur naturally as well.[5]

One reason breast-feeding is so healthful for a baby is that mother's milk contains MCTs. Other naturally occurring sources of MCTs are: coconut oil, palm oil and butter.[6] Coconut oil is the MCT that seems to have everyone's attention these days.

For years, coconut oil received a bad rap because it is considered a saturated fat. But what scientists and nutritionists now recognize is that not all saturated fats are created equal. Coconut oil is an MCT and that's what makes it special.[7]

A study spanning nearly two decades investigated the effects of a high coconut oil diet on two South Pacific island populations. Calories from coconut oil comprised up to 60% of the islanders' diet. Researchers found a very healthy population on both islands in which modern diseases such as obesity and heart disease were almost non-existent.[8]

The health benefits of MCTs and coconut oil in particular

are so extensive that it almost seems too good to be true. Because MCT molecules are smaller than LCT molecules, they require fewer enzymes and less energy to metabolize. They are broken down by saliva and the liver quickly and absorbed speedily by the body. This is why people who suffer from digestive and metabolic issues benefit so from MCTs.[9]

The result from all this is that MCTs:

- Help in the absorption of nutrients
- Provide a natural antibiotic that boosts the immune system
- Offer a healthy form of needed fat without promoting obesity
- Boost energy
- Increase HDLs (the good cholesterol)[10]

MCT oil is available to purchase these days as a supplement and/or cooking oil. However, if you look closely, MCT oil is processed from—you guessed it—coconut and palm kernel oils.[11]

Coconut oil in particular is receiving a lot of press these days because of its benefits in preventing and reversing Alzheimer's disease. Dr. Mary Newport shares her story and how she has been bringing her husband back from the grip of Alzheimer's disease simply with daily doses of coconut oil.

Dr. Beverly Teter, a biochemist researcher at the University of Maryland, claims that coconut oil improves cholesterol levels and can help people with Alzheimer's, Parkinson's disease, ALS, epilepsy, dementia, and even schizophrenia and autism. [12]

How do we take advantage of coconut oil and its MCT-power? Easy! But first, know your source of coconut oil. Stay away from any that has been partially hydrogenated. Instead, look for pure, virgin, untreated coconut oil. There are many good sources available today.[13]

According to Dr. Newport, just over two tablespoons of coconut oil per day can provide the therapeutic value you may be looking for.[14]

If you are unfamiliar with coconut oil, you may be surprised to find that it solidifies at room temperature. But with a little heat, it melts to liquid form. For this reason, many people like



to add a tablespoon of coconut oil to their favorite hot beverage. Coconut oil tastes slightly sweet, so it gives coffee or teas a pleasant flavor. Coconut oil may also be applied topically to the skin as a rejuvenating potion.[15]

When cooking with oil, why not replace other oils with coconut oil? You can replace oil or butter with coconut oil in all your favorite recipes. The Hawaiians fry shrimp in coconut oil for a delicious, crisp delicacy

I love popcorn, so imagine my delight when I popped corn in a pan using coconut oil. The light oil with a hint of sweetness almost made the popcorn taste like caramel corn!

What are you having for dinner tonight? How about incorporating coconut oil into that recipe and begin to experience its health benefits and delicious flavor? ■

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Healthy Diabetes Eating Means Balanced Diabetes Eating



What if all you ate were carrots? How about if your breakfast, lunch, and dinner were comprised of only cucumbers? Would you be healthy? Even though these are healthy foods, eating the same things day in and day out does not provide your body with the required mix of nutrients necessary for overall health and well-being. Variety, or balance, is the key to success when it comes to protection from disease and healing from such things as type 2 diabetes and hypertension.

Fact: The US National Health and Nutrition Examination Survey (NHANES) found that the more diverse the diet, the greater the protection from premature death from any cause.

One of the biggest challenges facing people who desire to have a truly healthy diet is figuring out what exactly they should be eating. While replacing candy bars with apples and white pasta with whole grain is admirable, understanding how variety works is equally as important. To be the metabolic powerhouse you are designed to be, you must keep your plate varied.

Here are a couple of convincing reasons why eating a balanced diet is essential to good health, prevention and healing:

A Balanced Diet Means Balanced Nutrients

If you want to get adequate nutrition, then get a varied diet. This is what a study published in the European Journal of Clinical Nutrition found. Nutritional science has

found over 50 essential vitamins, minerals, amino acids and fatty acids that the body cannot make on its own. Therefore, we must get these essential nutrients from the food we consume. There are also over 1200 phyto-chemicals that are found in fruits vegetables, beans, grains and animal products. All of these play a role in overall health and wellness. Balanced nutrients come from a balanced diet since not one single food or food group can provide everything we need.

Dietary Diversity Protects You from Sickness and Disease

According to research in the Journal of Nutrition, people who consume the same food over and over again tend to be less healthy than those who eat a varied diet. Participants in the study who ate the widest range of foods were 21% less likely to develop metabolic syndrome (a group of conditions including high blood pressure, high blood sugar and increased body fat that increases your risk of heart disease and diabetes) when compared to those who ate a standard, unvaried diet. Those that ate a varied diet were also more likely to have a healthy waist circumference than those who did not eat a healthy diet.

Various studies have shown that a diverse diet helps to keep blood sugar levels regulated and protects against the onset of type 2 diabetes. A nutrient-rich, balanced diet has been shown to protect against a variety of cancers including, gastric cancer, colorectal cancer, laryngeal cancer and oral and pharyngeal cancer.

Furthermore, eating a varied diet appears to have a protective impact on our heart as it reduces consumption of dangerous refined foods such as sugar, salt and unhealthy fats.

Diet Variety in Action

So, now that you know how important a balanced diet is, it is time for the rubber to meet the road. First things first, just how many food groups are there? You will get different answers depending on where you look and who you talk to. While the latest attempt at a Food Pyramid, My Plate, from US government is leaps and bounds better than what it ever has been, it still has some fundamental flaws. It does encourage more plant foods but makes

the mistake of suggesting low-fat dairy and doesn't address the necessity of real saturated fat vs. processed or hydrogenated fat.

Here is a look at the food groups that will keep you healthy, vibrant and protected. These food groups contain anti-inflammatory foods that are designed to promote balance and healing.

VEGETABLES

Consume 4-5 servings a day of colorful, raw and cooked vegetables. Choose organic when possible. Remember to keep it diverse.

If you are in a hurry, you can use frozen veggies. Try this [delicious and nutritious vegetable dish](#) that you can whip up in no time.

FRUIT

It is always best to eat fruit in season. What does your local farmer's market have? Enjoy a 3-4 serving of fresh or fresh frozen fruit daily.

WHOLE AND CRACKED GRAINS

There has been a lot of confusion spread about the difference between whole grains and pulverized grains, such as what you find in flour. Real, whole and cracked grains are quite different. For instance, a wheat berry or a rolled oat is a whole grain, whole oat flour is not. So, when you read something about consuming whole grains, it is good advice as long as you understand what it means. If you consume whole wheat bread instead of white bread, you have not arrived as that whole wheat bread most likely spiked your blood sugar in the same way as the white bread. This is the sad but real, truth. Healthy choices include brown rice, quinoa, buckwheat, barley, steel cut oats and wild rice. Enjoy 3-5 ½ cup servings per day.

PASTA

If you enjoy pasta, do so with caution. Have 2-3 ½ cup servings a week but be sure that you are eating organic rice noodles, bean thread noodles or buckwheat noodles. It is also best to eat them al dente as the impact on your blood sugar will be less severe.

Here is [a pasta dish that the whole family will love.](#)

BEANS/LEGUMES

Rich in magnesium, folic acid, potassium and soluble fiber,

beans and legumes are a great addition to any healthy diet. Enjoy 1-2 ½ cup servings daily including black beans, lentils, chickpeas and black-eyed peas.

HEALTHY FATS

Healthy fats are critical to a healthy diet. Don't be misled on this point; you must have healthy fat to burn fat. Healthy fats include such things as olive oil, coconut oil, organic/raw butter, raw nuts (especially walnuts) and organic nut oils, hemp seeds, freshly ground flax seeds and avocados. Enjoy 5-7 servings per day. A serving is equal to one teaspoon of oil, one tablespoon of flax and other seeds and 1 ounce of avocado.

FISH AND SEAFOOD

Fish is rich in omega-3 fats and is best enjoyed a couple of times each week. Healthy fish includes wild Alaskan salmon, herring, black cod and sardines. Keep your portion size to 4 ounces and if you don't like fish take a molecularly distilled fish oil supplement with EPA and DHA (2-3 grams per day).

PROTEIN

Add other high-quality protein sources 2-3 times a week including organic cheeses, organic eggs, free-range chicken and grass fed meat.

OTHER

Use spices liberally, especially ginger, cinnamon, garlic, and turmeric. Consume 2-5 cups of green tea and at least eight glasses of water per day. Also, forgo all fast, processed and packaged foods, especially those including refined sugar and hydrogenated and partially hydrogenated oil.

Keep it Exciting. Keep it Balanced.

An excellent way to keep your diet interesting is to pick different foods from the groups listed above at each meal. Remember, keep it colorful and keep it real!

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?

[Click here how you can be diabetes-free using this 100% scientifically-backed method!](#)

Participants in the study who ate the widest range of foods were 21% less likely to develop metabolic syndrome (a group of conditions including high blood pressure, high blood sugar and increased body fat that increases your risk of heart disease and diabetes) when compared to those who ate a standard, unvaried diet.

Home Cures Natural First Aid Kit

by Amanda Pierce



HURRICANES, TORNA-
DOES, FLOODS, and
earthquakes—nature
has not spared her fury
recently. If you have
not been affected, you probably know
someone who has. Because of this, sur-
vival kits have been growing in popularity.
People are even starting to take food and
water storage more seriously. However,
one thing that most disaster planning kits
lack is natural medicines.

Most of us do not have access to antibiotics and other prescription meds to add to our survival kits. You might have a first aid kit, but are you stocked up with products that could combat illness? Should a biological attack or deadly flu virus sweep the nation, would you have the resources available to combat its threat? There are several things I feel are essential to stock up on and store in case of a disaster or outbreak. If a true disaster was to occur and you had no access to medical treatment, having certain natural remedies on hand could save your life.

I have put together what I feel is a thorough and effective natural first aid kit. This is not a substitute for a regular first aid kit, but rather something to add to it. Many of these natural medicines are just as effective as prescription drugs, specifically antibiotics.

Take note that several of these supplements have proven in labs to kill the bird flu and the swine flu. If a biological attack were to ever occur, you would have a cabinet full of immune boosters and virus and bacteria killers to combat that attack.

Natural Antibiotics and Antivirals

COLLOIDAL SILVER

Colloidal silver is a natural antibiotic and is great for any kind of bacterial infection. I prefer the Mesosilver brand because it is non-toxic, nano-particle silver. I have used Mesosilver in my eyes, my kid's ears, in my sinuses and even sprayed it on wounds. It can also be taken internally daily for prevention.

Because it is nano-particle silver, it is processed out of your body within 24 hours. This colloidal silver does not build up in your system and is very safe for children.

Mesosilver can also be purchased in 1-gallon and 5-gallon jugs at a discounted rate. With an infinite shelf life, you don't have to worry about it ever going bad.

OIL OF OREGANO

Oil of oregano is another very powerful natural antibiotic. It contains anti-fungal, anti-parasitic and anti-inflammatory properties. One great book about the wonders of oil of oregano is called, *The Cure in the Cupboard*.

I have seen it do wonders for many people, especially with sinus infections. Lab studies have shown that it is one of the strongest antibiotics at killing Staph, E. coli and many other bacteria.

I personally use the North American Herb and Spice Oil of Oregano and feel it is quite superior to all others. It has the shelf life of about 3 years. It's fine to use after it's newly expired, but may lack strength.

GRAPEFRUIT SEED EXTRACT

This is probably one of my newest favorites to have on hand. Grapefruit seed extract, or GSE, has hundreds of uses. It is a wonderful sanitizer to have around the house. You can sanitize surfaces, your toothbrush and kill germs on fruits and veggies. The list is truly never ending.

This non-toxic safe germ killer can also make drinking water safe. Just add 10 drops per gallon of water to kill off bad bacteria. Taken internally, grapefruit seed extract can treat colds, the flu, candida and parasites.

Nutribiotic is my favorite brand of grapefruit seed extract. It is fairly inexpensive and lasts about 5 years.



THIEVES OIL BLEND

This blend of essential oils originates back to the 15th century. A group of perfumers turned grave robbers doused themselves in this blend of oils and were able to rob jewelry off corpses during the bubonic plague.

This oil blend can also be mixed with honey and taken internally to kill bacteria and viruses. I have some in a small spray bottle mixed with grain alcohol. I spray this on my hands when I feel I need them sanitized.

My favorite company that produces the thieves blend is Young Living Oils. I have personally heard many encouraging testimonies about thieves oil and its ability to heal and prevent illnesses. It has about a 5-year shelf life.

IODINE

Iodine always gets press when there is a threat of nuclear attack or fallout, but iodine does much more than protect you from the effects of radioactive iodine. Long before big pharmaceutical companies existed, the natural iodine mineral was the medicine of choice used by doctors. It was primarily used to treat bacteria and viruses and disinfect wounds.

Iodine should not just be in your cabinet for a "just in case" situation. It is essential to the body and should be taken daily! Dr. David Brownstein, author of "Iodine: Why you need it; Why you can't live without it," recommends at minimum 12.5-25 mgs a day. You can double or triple the dosage to treat an illness. You can also put 8 drops of iodine in a liter of water to sanitize it.

I feel that Lugol's iodine is the best form available. It usually doesn't expire for about 5 to 7 years.

Natural Wound Treatments

ARNICA

Arnica is fantastic to have on hand to treat wounds, bruising and swelling. There are pills or a liquid form you can take internally, as well as gels and creams to apply externally. Arnica can be taken alone or in combinations with other homeopathic natural remedies.

I really like a product called Traumeel. It is formulated for trauma and does contain other homeopathic ingredients blended with arnica. Taken both internally and applied externally, I've seen this combo work fast and effectively for injuries by reducing swelling and inflammation. Shelf life on gels and creams is always less than pills. The topical form of arnica will expire after around 2 years whereas the pills will last closer to 5.

ALOE VERA GEL

Aloe vera gel is one of the best things for burns and any sort of skin irritation, great for healing because it contains enzymes and minerals. Make sure the aloe gel you purchase has a nice golden color. Clear aloe lacks the golden sap that contains the most therapeutic properties.

Aloe Life makes some of the best aloe on the market. I have seen it relieve sunburns within a few hours. Good aloe vera usually expires after 2-3 years.

Drawing Salves

Although they are not as popular as they were 50 years ago, drawing salves still get the job done. Whether you have a splinter, thorn, bee sting or bug bite, this salve draws it out.

Prid Salve is probably the most popular one on the market, but there are many other great black drawing salves available. Drawing salves typical have a 5-year expiration.

Don't Wait, Use These Remedies Now!

With one disaster after another sweeping the land, many people are in the worst situations they could ever imagine: fires, earthquakes, tornadoes, hurricanes and floods. Nature has not spared her fury!

No matter where you live, no one is outside the limits of being affected. Whether it is another natural disaster or something not so natural like a terrorist attack, everyone should be prepared. Getting prepared is one of the wisest things you can do for both yourself and your family.

Creating a natural first aid kit is one of the best decisions you can make for yourself and your family. I actually recommend having two kits: one to put away with your other survival items and another to use now. Having two makes sure that you always have plenty around in case of emergency. When you run out, take one from the survival kit and replenish it with a new one. This keeps you from having any expired items in your kit.

For the start of the flu season, spray thieves oil directly on the soles of your feet to protect from colds and flu. Or, drink a few drops in water or juice every three hours to stop a cold.

Also, using the remedies now gets you in the habit of understanding how well they work, and what dosages work well for you and your family. Try these natural remedies out now and I promise you'll see results.

Don't wait any longer to get prepared. For anyone who is looking to build their natural first aid kit it could save you both time and money to simply put all the pieces together today and have them all on hand at home. The list of common items includes: colloidal silver, oil of oregano, grapefruit seed extract, thieves oil, iodine, arnica, aloe Vera and drawing salves. All of these natural medicines are safe, inexpensive and gentle enough for even the little ones in the house. Compiling a natural first aid kit gives you the calm assurance that if disaster were to strike you would have "medicine"—natural medicine. ■



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