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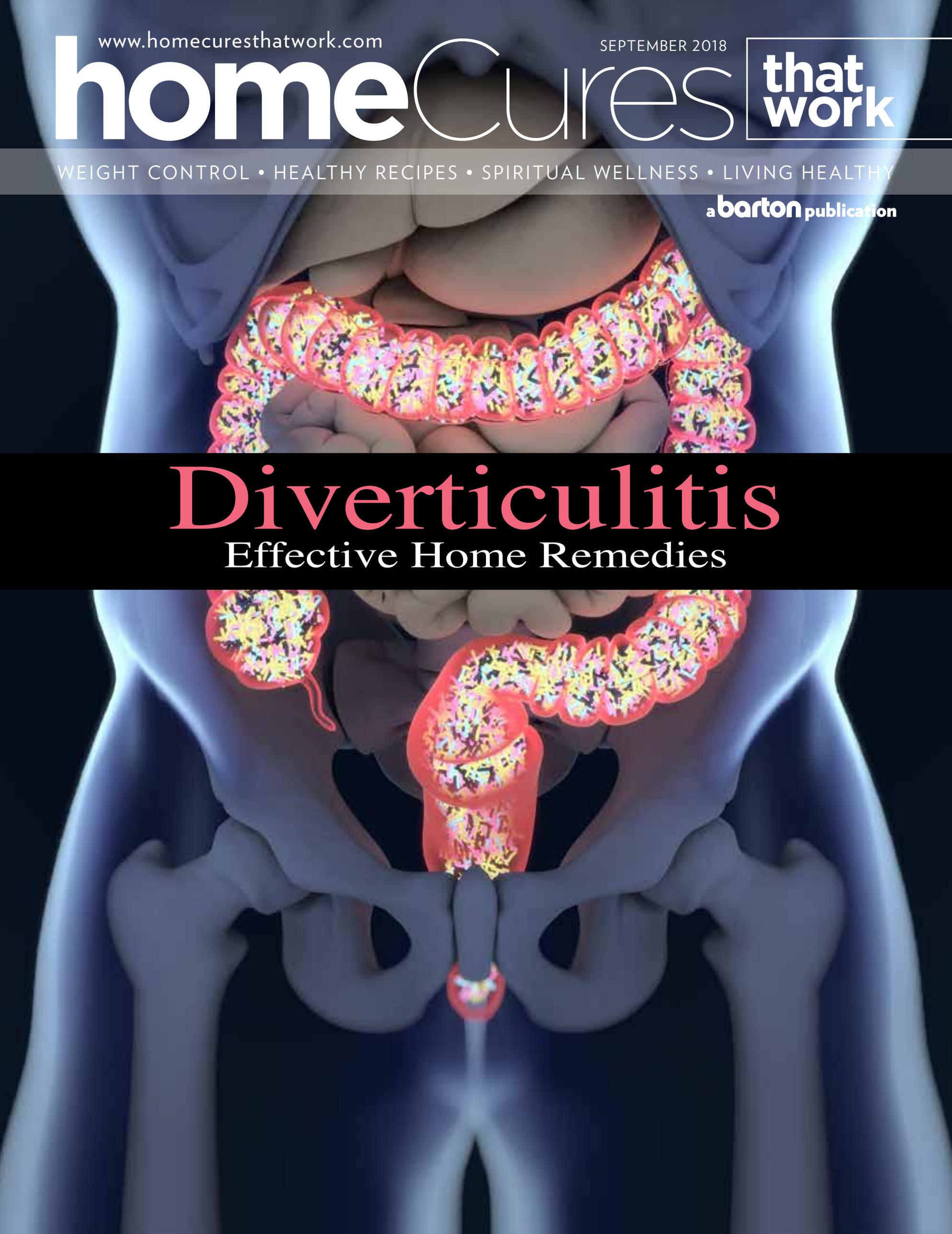
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a **barton** publication



Diverticulitis

Effective Home Remedies

Health Rules to Live By

AUTHORS



DR. SCOTT SAUNDERS, M.D.

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



AMANDA PIERCE

Amanda Box is a Traditional Naturopath, Nurse and Family Nurse Practitioner Student. She's been in the health and wellness industry for over 12 years and currently practices nursing in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit.

The consequence of diverticulitis is abdominal complications. But ignoring signs of failing health in your digestive tract can lead to worsening symptoms, weakened immunity and the possibility of unnecessary surgery. Thankfully, Dr. Saunders offers natural and inexpensive ways to treat diverticulitis and prevent flare-ups from occurring.

There is also a widely held belief that anxiety is only real if you acknowledge its existence. However, this is a potentially damaging perspective because it can lead to self-medicating and other unhealthy behaviors. Most current research shows there is definitely a very important correlation between behavior, mental health and diet. Our naturopath offers dietary suggestions on how to increase your production of feel-good chemicals in your body in a comprehensive, accessible and easy to understand way.

If you are stressed, evidence suggests the stressful experience might affect diabetes. It's a catch-22. Diabetes gets you stressed out and the stress worsens your diabetes. But even a little awareness about how to manage stress can help you gain control over your own life. Learn practical ways you can better manage your stress and in turn keep your blood sugar from being perpetually high during times of stress.

When you do the work to overcome any difficult experiences such as diverticulitis, anxiety or diabetes, you can heal. Whatever you are struggling with, Home Cures That Work is here to help.

For your health,

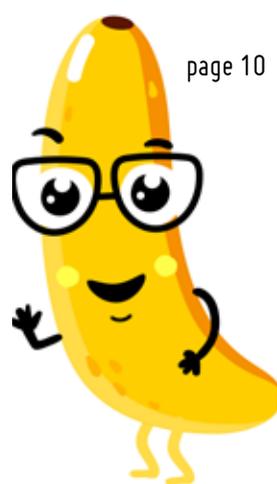
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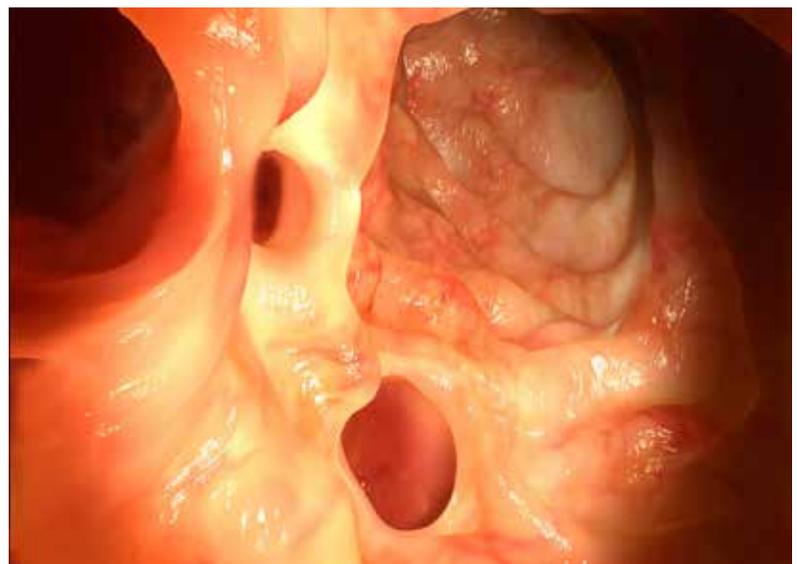
Looking for a recipe to help you eat more heart-healthy fish and veggies? Add this salmon and asparagus dinner to your rotation.

15 DARK CHOCOLATE PUMPKIN SEED BITES

Protein-packed & a very easy snack. Full of fall flavors & lots of rich chocolate, they taste like a treat—but they're still healthy!

HOME CURES THAT WORK FOR DIVERTICULITIS

by Dr. Scott Saunders, M.D.



Bob came in with left-sided abdominal pain. He didn't actually come in willingly. His girlfriend dragged him in against his will. He reluctantly consented because he was in so much pain. Being a cowboy, he thought he could tolerate a little pain. "It'll go away," he said. But the pain didn't go away and it was getting worse.

The pain on the left side of Bob's abdomen was making it hard to ride his horse. All that bouncing made him wince with every step. And for Bob to wince in pain meant it really hurt! He had also been getting fevers, mostly at night, with uncontrollable

chills that shook him to his bones. His girlfriend could hardly touch his belly without hurting him, and she could feel that there was a hardness inside. That's what prompted her to bring him in.

After some blood tests and a CT scan of his abdomen, we found a rupture on the left side of his colon. It had formed an abscess inside his abdomen, which could be very dangerous. Similar to appendicitis (which happens on the right side), this kind of abscess may require surgery. But Bob the cowboy would have nothing to do with that! When he found out that he might come out of the surgery with a colostomy bag to collect his stool, he declined. "That ain't gonna happen, doc."

So, I gave him the non-surgical option.

- He had to take antibiotics.

- He had to drink a special shake that included only green leaves and fresh pineapple.
- He could eat no other food, but needed to drink water.

The amount he drank was not important. The greens (kale, spinach, chard, mustard greens, collard greens, and so forth) contain fiber and lots of nutrients to improve immune function. The pineapple has fiber and enzymes that decrease inflammation and improve bowel function.

Since he was overweight, he would have the added benefit of losing fat in the process. After a couple of weeks, he had lost ten pounds, and had no fevers for over a week. His abdomen was no longer painful, but was still a little hard and tender so I had him go another two weeks on both the antibiotics and the green drink.

“I’m beginning to hate this green slime so sometimes I skip it,” he remarked after I wondered why he had lost another fifteen pounds in only two weeks. He looked good and his abdomen was normal. He felt much better, too. A repeat CT scan showed no more diverticulitis. The abscess had cleared without surgery.

“How did this happen? I don’t want it to happen again,” he asked. I explained that the colon has muscles to move the stool out. On the left side of the colon, the stool collects and waits until you have a bowel movement. If you have constipation, the left side of the colon gets stretched-out and causes gaps between the muscles that allow the inside of the colon to poke through. These little pouches of colon are called diverticula.

I explained that his CT scan showed that he had multiple little pockets on the

inside of his colon poking through the outside, a condition known as diverticulosis. While the “green slime,” as he called it, did help him clear the infection, he still had the condition that started it all, and it could happen again.

I explained that it takes years of chronic constipation to create diverticulosis. But only one of those little pockets needs to swell, get blocked, and become infected. As it gets bigger, the pocket can “pop” and an abscess can form outside the colon, “This is what happened to you.”

“How can I prevent it, then?”

In the past, doctors told patients with diverticulosis not to eat nuts or seeds because they could block the diverticula and cause an abscess. However, research has shown that those who eat lots of nuts and seeds have [LESS chance of getting diverticulitis](#). The key is to have a lot of fiber.

I joked that Bob would do well to be on a vegan diet that had no processed foods. He looked up at me with a very serious look, “I eat meat.” Luckily, his girlfriend was vegetarian and familiar with a high-fiber diet. She could find ways to get more fiber down him. He would eat beans, peas, and lentils, nuts and seeds, and have whole grains instead of white bread and rice. It turns out that one of the best ways to get fiber is with beans, and, of course, all fruit and vegetables have lots of fiber.

I also had him start taking a probiotic, because good bacteria decrease inflammation. If there is no inflammation in the colon, then the diverticula can’t get blocked and infected. He later found he also had to give up cheese because it caused constipation. I have found milk to be constipating for many people. Some can tolerate a little cheese, but many have to give up all dairy products

to have a soft stool.

Bob made significant changes. He still ate meat but had beans with every meal and salads that included more than just a wedge of iceberg lettuce. His girlfriend also gave him more fruit. His biggest complaint now was that he had to use a lot of toilet paper to clean himself! He was having soft bowel movements every day, instead of hard stools every week. “GOOD!” I exclaimed, “That is exactly the way to heal the diverticulosis so you never get diverticulitis again.”

I went on to tell him that he could manage his own care by always keeping his stools soft. If he started getting constipated, then he could go back to the “green slime” for a few days, and include more fruit, vegetables, and legumes in his diet. He would no longer need a doctor for this condition and wouldn’t have to worry about needing a colostomy bag, a fate worse than death for him. (Adding that little bit of fear helps keep him on track with his diet, which he continues.)

For those who have diverticulitis, it’s important to consult a physician and get timely treatment. Not everyone can avoid surgery. However, most cases can get better with antibiotics. Clearly, the best treatment for diverticulitis is prevention, which is simple: soft stools. Avoiding constipation will keep you from getting diverticulosis, and if you don’t have any diverticula, you will never get diverticulitis.

Keys to Preventing Diverticulitis Tips

- Eat plenty of fiber, including green vegetables and beans
- Aim for a “soft” (not hard) stool every day
- Take a quality probiotic



14 Proven Ways to Bust Diabetes Stress Now



We all experience at least some level of stress. But an excessive amount of stress can potentially cause quite a bit of harm over time. For those with diabetes, stress is a serious concern as it can raise blood glucose levels significantly. In addition, stress makes it harder to resist foods that hinder diabetes management. So if you have diabetes, read on to learn how to bust stress.

According to David Sledge, MD, medical director of diabetes management at The Ochsner Clinic Foundation in Baton Rouge, Louisiana, people who don't have diabetes have mechanisms in place that help keep blood sugar under control. However, the mechanisms in those who have diabetes are either blunted or lacking, which makes things a lot more complicated.

This puts those with diabetes at a greater risk for all sorts of health problems. Some of these include: blindness, kidney issues and nerve damage, which leads to foot numbness, potentially serious injury, and even amputation. Prolonged high blood sugar also promotes cardiovascular disease which increases the risk of strokes and heart attacks.

Managing diabetes is a constant process, and for many, it's a challenge that becomes even more complicated due to stress, according to the American Diabetes Association. The organization notes that whether you have diabetes or not, stress is harmful over time because it "causes so much wear and tear on the body."

Fortunately, there are multiple proven ways to bust that stress right now:

“These are the types of things that will be empowering and bring you results,” she said.

1. Bust stress by letting worries roll off your back

Find the best way for you to let worries roll off your back and refuse to let the challenges of diabetes take the joy out of day-to-day life. There isn't one specific approach that works for all, but identify something that brings joy and happiness to you personally, such as getting together with a friend or laughing at funny videos.

Also, don't sweat the small stuff, like getting stuck in traffic. And remember that in the grand scheme of things, it's all really small stuff anyway! Simply change the things you can change, and then accept the things that you can't change.

Keep this quote by Erma Bombeck in mind whenever those worries start popping up in your mind: “Worry is like a rocking chair, it gives you something to do but never gets you anywhere.”

Or here's another strategy: write down exactly what you're worried about, and then brainstorm what can be done about it. Decide upon the best course of action, and begin immediately to follow it. Now, let it go.

2. Bust stress by setting clear goals

Jill Weisenberger, MS, RDN, CDE, is the author of *Diabetes Weight Loss: Week by Week: A Safe, Effective Method for Losing Weight and Improving Your Health*, and a registered dietitian in Newport News, Virginia. She told EverydayHealth.com that setting clear goals for diabetes management can help one feel less overwhelmed by the condition. She advises setting “three or four very specific goals about what you will do to take care of your diabetes,” such as packing your own healthy lunch three days a week or measuring out all your servings of carbs for the week ahead.

3. Bust stress by practicing mindfulness

Focusing on the present moment instead of dwelling on the past or worrying about the future, can have a dramatic effect on stress reduction. One way to do this is by concentrating on your breathing, counting each breath slowly as you inhale and exhale.

Research at the University of Wisconsin-Madison found that counting each breath is a good way to measure mindfulness. In a 2014 study published in *Frontiers in Psychology*, participants were asked to count nine breaths in sequence by tapping one computer key per breath, and a different key for the final breath in every sequence, something that requires awareness. They discovered a direct correlation between a positive mood and accurate breath-counting.

4. Bust stress by learning how to relax

When you feel tense, you can immediately put yourself into relaxation mode to reduce stress and tension by following this technique:

Loosen your clothing, or change into something that feels more relaxed and less constrictive.

Tighten the muscles in each one of your toes and hold the pose for a count of 10. Now relax your toes, experiencing the wonderful release of tension.

Do the same with the muscles in your feet, holding for a count of 10 and then relaxing them.

Move slowly up through your body, doing the same, working from the legs to your abdominal muscles, your back, neck, and face, contracting and then relaxing each muscle as you go.

Breathe slowly, inhaling deeply for a count of five and exhaling for a count of five.

5. Bust stress by walking

The stress walk is just what it sounds like. When things are starting to get to you, get up and start walking. If you're at work, you might walk around the office, down the hall or around the building. At home, try to get outside and take at least a short walk. If the weather isn't cooperating, simply walk around the house.

6. Bust stress by letting others help

Planning, shopping, prepping and cooking when you have diabetes can take a lot of work. If it's got you feeling stressed out, ask a family member or friend to help. If that's not an option, talk to a nutritionist or diabetes educator for assistance in planning simple but healthy meals.

7. Bust stress by exercising

Regular exercise is a must if you have diabetes, and it's also a great way to relieve stress. Unfortunately, many skip daily workouts because they're just too worn out or pressed for time to keep up this important habit. If you find it difficult to squeeze in 30+ minutes of exercise each day, consider breaking it up into shorter, more manageable amounts. For example, you could go for a 10-minute walk after breakfast, lunch, and dinner and still meet your goal of 30 minutes of daily exercise, but it will feel a lot less challenging getting there.

8. Bust stress by skipping the caffeine

Caffeine impairs the body's ability to handle sugar, and it can also increase the amount of stress hormones, which increases blood sugar, reports WebMD. If giving up caffeine seems impossible, consider replacing it with a healthier option to make things easier. This might include sipping roasted dandelion root tea which tastes similar to coffee but it's caffeine-free and provides a natural energy boost.

9. Bust stress by taking up a fun and relaxing hobby

Hobbies like quilting, knitting, playing a musical instrument, etc. can be a great way to relax and bust stress, unless you're the type of person who tends to stress over imperfection. Hobbies induce relaxation and help you enter a state similar to that of meditation. This helps you shut out everything other than your hobby. Playing musical instruments can also help you express yourself and relieve tension. Slow beats, in particular, are associated with meditative states as they encourage slow brainwaves.

10. Bust stress by practicing meditation

A 2012 study conducted by the University of Heidelberg in Germany found that those with type 2 diabetes who engaged in meditation were less depressed. They also had lower diastolic blood pressure levels and less psychological stress. Try to spend 5 to 10 minutes a day practicing meditation, or deep breathing exercises. Visualize your stress floating away like a cloud on a breezy day.

11. Bust stress by creating reminders for yourself

When you have a long list of tasks to do each day, it can be easy to forget things like taking your medication or checking your blood sugar levels. By creating reminders for yourself, like setting an alarm on your phone or using a digital calendar, you can take the stress out of trying to remember.

12. Bust stress by connecting with others who have diabetes

Being able to share advice as well as concerns with a friend who can relate to what you're going through can make a difference in your stress level. If you don't know anyone else with diabetes, you might connect with someone through online forums or an in-person diabetes support group.

13. Bust stress by talking to a counselor or therapist

Talking about your problems with a professional is a great stress-buster too. Sometimes it's easier to talk to a stranger than to a relative or friend. They will give you the time to talk, cry or shout without fear of being judged.

14. Bust stress by getting 6 to 8 hours of sleep each night

A lack of sleep increases stress on the body. Aim to get six to eight hours of sleep each night. If you have a hard time falling asleep, avoid watching TV or reading any type of LED screen before going to bed. Blue light, the type of light emitted by tablets, laptops, smartphones, e-readers, etc., disrupts the body's internal clock. This may make it harder for you to fall asleep.

The above strategies can help you reduce stress and control your blood sugar. ■

[Or Follow These Steps to Put an End to Your Diabetes in 4 Weeks or Less. Want to Reduce Your Stress for Good? Click here!](#)



HOW TO TREAT ANXIETY WITH NUTRITION

by Amanda Pierce

We have all felt it at some point in our lives: the feeling that paralyzes us and sends us into a cold sweat, causing our heart to beat at the speed of light. Anxiety is fear incarnate. It originates from our worries, our fear of failure, or simply believing the worst is bound to happen.

I personally battle with anxiety. I loathe the awful sense of powerlessness that anxiety brings. But it is a battle of the mind and one that isn't always easily won!

Releasing negative thoughts and replacing them with positive ones can overcome anxiety. One important way to do this is by processing through thoughts and fears on paper and with a friend or counselor.

However, what you put into your body can

also affect the intensity of your anxiety. Though much of anxiety originates from thoughts and mindset, a healthy body is also important for a healthy mind! Our mind, body and spirit are interconnected. So keeping all three aspects healthy is imperative for overcoming anxiety.

Food affects our mood. Some foods create calm, while others produce anxiety. The key to overcoming afflicting anxiety just may be a diet that enhances a sense of

peace and a calm mind.

Below are two lists of foods. The first is the list of foods to avoid that promote anxiety. These foods stimulate the nervous system or increase stress hormone production like cortisol. If you battle anxiety, then totally eliminate these foods from your diet to feel your best.

The second list features foods that help ease anxiety. These foods contain nutrients that promote a calm mind and help lower stress levels in the body. Make them a regular part of your diet and they will keep you calm and lower your anxiety.

4 Foods to Avoid Anxiety

CAFFEINE

This is by far the most obvious food on the list to avoid. Caffeine is a nervous system stimulant and can cause physical manifestations of anxiety, even if anxious thoughts aren't present. It speeds the heart rate and can lead to an over-excited, jittery feeling that exacerbates or creates anxiety. Some people do well with just a small amount of caffeine in the morning. However, eliminating it all together is best for calming the mind and body.

SUGAR

When I refer to sugar, I am not just referring to white sugar. I am referring to all things that contain sugar: fruit juice, corn syrup, and honey, etc. All these sugary foods can negatively affect the body. They spike blood sugar levels which, in turn, flood your body with cortisol, a stress hormone. When cortisol levels are high, you can feel on edge and anxious. Therefore, steer clear of sugary drinks and desserts. Instead, opt for natural sweeteners that do not affect the blood sugar such as stevia.

PROCESSED FOODS

Processed foods include: already-made-meals like boxed foods and fast foods. These foods contain a plethora of ingredients that are nearly unpronounceable. This abundance of fake food is not tolerated well by your body. Chemicals from the artificial preservatives and other ingredients can aggravate the brain by exciting neurotransmitters. This creates a sense of anxiousness and overstimulation.

Many of the artificial ingredients are addictive as well. Your

body begins to crave these processed foods and you become anxious if you're not able to eat them. The best way to avoid processed foods is to choose foods as close to their natural state as possible and cook your meals from scratch.

Also, read labels. If you see ingredients that sound more like chemicals than food, put it back on the shelf and buy something healthier!

ALCOHOL

Many people drink alcohol to help calm their nerves. However, alcohol can backfire. It can cause an even higher level of anxiety the following day. Alcohol depresses the body. That depression feeds anxiousness. The short term fix that alcohol creates can also be addictive, creating a cycle of anxiety and more depression.

Foods to Eat to Calm Anxiety

PUMPKIN SEEDS

Green pumpkin seeds are high in zinc. Studies have found that anxiety is linked to a zinc-copper imbalance. Too much copper and not enough zinc in your body can cause anxiety. Just a small handful of pumpkin seeds a day provides a proper dose of zinc! Pumpkin seeds balance these trace minerals to offer relief for people suffering from anxiety.

FATTY FISH

Fish rich in omega-3 fatty acids such as salmon and sardines can increase EPA levels in the brain. EPA is the primary anti-inflammatory omega-3 fatty acid for the brain. High levels of EPA correlate to a calmer mood and lessened anxiety. Essentially, EPA will make you happier and better able to handle stress. If you don't consume large amounts of fish, then purified fish oil supplements can increase your EPA.

DARK CHOCOLATE

In a study of chocolate's health benefits, eating 40 grams of dark chocolate (74% cocoa) every day for two weeks significantly reduced stress hormone levels. Those tested also noted feeling less anxious after eating dark chocolate. This is likely due to cocoa's flavonol content. Flavonols are a subclass of flavonoids, natural chemicals found in plants, fruits and vegetables

that repair cellular damage. Flavonoids are antioxidants so they help lower stress and inflammation throughout the body.

TURKEY

Turkey is high in the amino acid l-tryptophan, which is a precursor to serotonin. Serotonin is a neurotransmitter that helps you feel calm. Tryptophan present in protein like turkey has been found in studies to lower anxiety levels!

FULL-FAT YOGURT OR KEFIR

The majority (95%!) of serotonin, your feel-good neurotransmitter that keeps you happy and calm, is produced in the gut. Therefore, it is important to eat foods that help maintain proper intestinal balance.

To cultivate proper bacterial balance in the gut, go no further than your refrigerator! Naturally elevate your mood and reverse anxiety with fermented foods. The bacteria in fermented foods create an environment suitable for proper serotonin production. Fermented foods like kefir and yogurt contain probiotics that restore your gut health. Since gut microbes may influence your behavior, this suggests that fermented foods make us happier!

TEA (CHAMOMILE AND GREEN TEA)

Each of these teas has anxiety-reducing benefits.

The effect of chamomile is to soothe and calm the nervous system. When feeling anxious, drink chamomile to relax. Studies showed that drinking chamomile tea lowered anxiety in 2 weeks! Best of all, chamomile comes without the nasty side-effects of traditional anxiety and depression medications.

Green tea contains amino acid l-theanine, which has a soothing, calming effect on people who drink it. L-theanine stimulates production of brain waves known as alpha waves. Alpha waves indicate a person is relaxed. L-theanine also increases the levels of neurotransmitters serotonin and dopamine in the brain. These two neurotransmitters directly affect a person's mood and help induce a sense of calm and relaxation.

So, alleviate your mood and feel better by drinking quality green tea!

EGGS

Eggs contain copious amounts of choline, needed for the synthesis of the neurotransmitter acetylcholine. Acetylcholine is

essentially the opposite of adrenaline. It induces a state of relaxation and promotes sleep. Farm raised, cage-free eggs are the best choice. They are fresher and have higher levels of nutrients. Eggs just may give you a new reason to come out of any depressing anxiety phase!

GREEN LEAFY VEGETABLES

Green leafy vegetables are low in calories, and high in many nutrients, including magnesium. Magnesium is a natural nervous system relaxant. A lack of magnesium can cause electrical changes in your brain.

Most diets are deficient in magnesium, and stress causes our bodies to deplete this important mineral. So, getting enough magnesium in your diet while you're stressed is so important. This essential mineral is key to relaxation and a lowered sense of anxiety. Nutrition just may trump any other form of self-help anxiety methods!

The Gut-Brain Connection

As mentioned earlier, our gut and our brain have an intimate connection. Many refer to the gut as the second brain, and for good reason! Our enteric nervous system is the name of the nervous system that resides in our gastrointestinal tract and enables us to "feel" the inner world of our gut and its contents. It is equipped with its own reflexes and senses to control gut behavior.

Our central nervous system, which is located in our brain and spinal column, is connected through the vagus nerve, which runs from the brain stem down to the abdomen. It is through the vagus nerve that gut bacteria transmit information to the brain. Thus, the nerves in our gut probably influence a big part of our emotions.

Also, the gut produces more serotonin than the brain does. Serotonin is a neurotransmitter that helps us feel good and it produces a sense of calm. This gut-brain connection applies to anxiety levels as well.

Dr. Kirsten Tillish, a lead author in a study of gut bacteria and anxiety, stated, "Time and time again, we hear from patients that they never felt depressed or anxious until they started experiencing problems with their gut."

All of this makes creating a healthy gut environment key to

overcoming anxiety. I believe there are 3 keys to creating a healthy gut.

3 Keys to Creating a Healthy Gut

PROBIOTICS

Supplementation with a daily, multi-strain probiotic is important in creating a healthy bacterial environment in the gut. Fermented foods such as kefir, yogurt, sauerkraut and kombucha are also great to add into your daily diet to boost healthy bacteria.

PREBIOTICS

Prebiotics are dietary fibers that act as food for good bacteria. Prebiotics promote the proliferation of healthy bacteria. Some foods containing prebiotics include:

- Chicory Root
- Asparagus
- Bananas
- Garlic
- Onion
- Jerusalem artichoke

Going Gluten-Free

More and more research suggests that gluten intolerance and diseases such as Celiac, can cause anxiety and depression. Shockingly, as much as 80% of the population is thought to have some degree of gluten sensitivity!

Lectins contained in gluten can cause intestinal inflammation and permeability of the intestinal walls allowing toxic microbes to pass through the gut into the bloodstream and to the brain causing anxiety! Some even believe that gluten itself can cause anxiety. Dr. Rodney Ford, a New Zealand-based pediatrician and author of *The Gluten Syndrome*, believes that gluten harms your nervous system directly and produces symptoms such as anxiety.

Going gluten-free takes a firm commitment and cannot be done partially. I've been gluten-free for nearly a year now and have no plans to go back. It has changed the health of my gut and my mind dramatically and has been worth the sacrifice. Honestly, with the rise of gluten-free alternatives, I haven't had to sacrifice much. Nearly every gluten product now has a tasty gluten-free version.

Incorporating these 3 keys will create a healthy "second brain" and lower your anxiety levels. You'll truly be amazed at how powerful the gut-brain connection is once you begin to make changes in your diet!

Below are two recipes to get you on the road to a healthy gut and lower anxiety. The first is a salmon recipe. This incorporates the omega-3s from fatty fish and prebiotics such as garlic. Serve this with a healthy serving of asparagus on the side for even more prebiotic power. This recipe is also gluten-free!

This Dark Chocolate Pumpkin Seed Bites incorporates the mood-lifting power of dark chocolate with zinc-rich pumpkin seeds. Though only two ingredients, these little bites can calm a sweet tooth as well as the mind.

Remember, what you eat can have a huge influence on the levels of anxiety you're feeling. Don't rely simply on medications any longer! Take your health into your hands and begin eating in a way that lowers your anxiety. I have personally experienced the power of food choices on my anxiety and I encourage you to as well! ■

Tasty & Healthy



BAKED SALMON WITH ASPARAGUS

1. Position a rack in the center of the oven and preheat the oven to 375°F.
2. In a saucepan over medium heat, combine the lemon juice and minced garlic; allow the lemon juice to reduce to 1 tablespoon. Add in 1 tablespoon of butter, remove pan from heat and swirl so the butter starts to melt. Place back on the heat for a few seconds, remove and continue to swirl until butter completely melts. Repeat with second tablespoon of butter. When butter is completely melted, remove sauce from stove.
3. Place the salmon fillet on a piece of foil large enough to fold over and seal. Using a brush or spoon, brush the salmon with the garlic butter sauce. Season with salt, pepper, Italian seasoning, and red pepper flakes. Cover with foil so that all sides are properly closed so the sauce does not leak out.
4. Bake the salmon for 12-14 minutes or until firm. Open the foil and allow the fish to broil under the broiler for 2-3 minutes, keeping an eye on it so the fish does not burn. Remove from oven, top with parsley. Serve with a side of steamed asparagus.

INGREDIENTS

- | | |
|-----|-------------------------------|
| 1 | lb. wild caught salmon |
| 2 | T. lemon juice |
| 2 | cloves garlic, minced |
| 2 | T. cold organic butter, cubed |
| 1/2 | tsp sea salt |
| 1/4 | tsp. tsp black pepper |
| 3/4 | tsp Italian seasoning |
| 1/4 | tsp red pepper flakes |
| 1 | tbsp chopped parsley |

Quick & Easy



DARK CHOCOLATE PUMPKIN SEED BITES

1. Melt the dark chocolate in the microwave for 20 seconds. Heat for 10 second intervals, making sure to stir in between.
2. On a piece of wax paper, drip chocolate from a spoon and make 8 even circles around the size of a quarter.
3. Sprinkle the pumpkin seeds into the chocolate and lightly press down.
4. Let dry for around an hour or place in the fridge for even faster results.

INGREDIENTS

3 tbsp of dark chocolate (at least 74% cocoa content)

1/4 cup pumpkin seeds (raw or roasted)



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