

## **FINALLY! How Do Hormones Really Affect Fat?**

### **Top 10 Anti-Aging Supplements**

### **Keeping Exercise Fresh, New, and Enjoyable**

### **The Cancer Soldier Sitting in Your Refrigerator Drawer**



# Health Rules to Live By

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Hormones are the most powerful chemical messengers in the body, and when it comes to weight loss and feeling well, can make it or break it. In addition to blood sugar control and insulin balance, hormones control metabolism and therefore are intricately connected to the amount of fat you gain or lose. Dr. Saunders find addressing these hormonal imbalances helps many patients lose stubborn weight.

Another area in alternative health that is subject to scrutiny is anti-aging medicine. To be successful you need to do everything possible to assist in the natural anti-aging process. There are 10 supplements you should investigate to add into your natural anti-aging program for positive results. These antioxidants and compounds can not only help you prevent and reverse illness, but the signs and symptoms of aging.

Exercise also has anti-aging and weight loss benefits, as well as make you years younger on a cellular level. You don't have to pick just one exercise to delay the aging process, slim down, boost your mood or stave off disease. So take a look at over 15 exercises to keep your body young and spry.

If you have become accustomed to thinking about celery as a crunchy, low-cal vegetable but not a key part of your health support, it is time to think again. Celery contains apigenin, a molecule that is currently being studied for its anti-cancer properties. This can reduce inflammation and restore immune balance, especially in those battling pancreas or breast cancer.

While the fountain of youth has yet to be packaged in a pill, if you follow the above natural recommendations from Home Cures That Work, you could control your weight, aging and health.

For your health,

Cheryl Ravey  
Editor  
Home Cures That Work



## 04 FINALLY! HOW DO HORMONES REALLY AFFECT FAT?

Hormones influence our appetite, metabolism and body fat distribution. The real trick of it all is to orchestrate them into harmony. Dr. Saunders applies a new understanding of how hormones impact your metabolism so you can lose weight.



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Celery is more of a superfood than it lets on. Not only is celery high in vitamins and minerals, but it is anti-inflammatory, detoxifying and gut-friendly. So here's why you should make it part of your anti-cancer diet.

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Taking anti-aging supplements contributes to total health at the cellular level, keeping your metabolism, hormones, and vital organs in tip-top shape. Here are ten options for you to consider and discuss with your doctor.



## 18 KEEPING EXERCISE FRESH, NEW, AND ENJOYABLE

Exercise can be boring and repetitive. But it doesn't have to be. To help, here are some of our top suggestions to put the fun back into your exercise routine.

# FINALLY! HOW DO HORMONES REALLY AFFECT FAT?

by Dr. Scott Saunders, M.D.

**T**HERE ARE A hundred million cars on the roads in the United States. Traffic generally moves along very well, as long as everyone obeys the rules. Signs on the side of the road tell us what to do in specific situations so there are few accidents and we all can get to our destinations.

We have over a hundred trillion cells in our body, and each is a separate entity. What makes the body work is every one of those cells working together, they all follow the directions given to them. They get these directions from hormones. Hormones are signaling chemicals that communicate what is going on in the body. There are thousands of hormones, many of which have multiple functions,

so I'm not going to talk about all of them. I'm going to focus on those hormones that affect the metabolism, or energy production. Some of these you have surely heard about:

#### **Adrenal hormones**

- Cortisol
- Adrenalin
- DHEA

#### **Pancreatic hormones**

- Insulin
- Glucagon

#### **Other hormones**

- Thyroid
- Human Growth Hormone (HGH)



# Cortisol

Adrenal hormones come from two little glands situated on top of each kidney. Although small, these glands are very important. They give us our sleep-wake cycles and keep everything in line with the metabolism. They get you started in the morning and put you down at night. They also have a lot to do with fat storage. Cortisol is the major metabolic hormone from the adrenal glands. The effects of this hormone on fat include:

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## INCREASED FAT

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- Long-term elevations of cortisol
- Cortisol coupled with insulin

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## DECREASED FAT

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- Rapid/short elevations of cortisol
- Cortisol coupled with adrenaline or HGH

Stress causes us to make more of this hormone. Positive stress can help build muscle and decrease fat by being coupled with HGH. Negative stress, or long-term stress, coupled with insulin causes a loss of muscle and increase in fat. If you think about it, the very things people do when they are stressed may worsen their situation. Cortisol causes us to crave sugar and starch, which increase insulin, causing more gain of fat. So, eating chocolate when stressed is exactly the wrong thing to do – if you don't want to gain weight.

Positive stress increases the good effects of cortisol on fat. Positive stress is when you are in control of the stress you have, such as:

- Exercise

- Learning
- Helping others
- Growing
- Writing a book
- Starting a business
- Raising a family

Whenever we are improving, we are stressed. That's why life is hard. However, when we choose our stress, accept it, and love it, we are in positive stress mode. That increases our growth hormones and we actually build our bodies and reduce fat storage. Negative stress is when we don't choose, when the choice is forced on us from the outside, and we feel loss, depressed, or trapped.

Negative stress changes the effects of cortisol, these include:

- Trauma or injury
- Death of a loved-one
- Divorce
- Toxins
- Illness
- Dead-end job
- Lack of money

If you are in control, even things that would be negative stressors can turn positive. Taking time for meditation, prayer, sleep, and a hobby help keep you in control.

It's also important to have a regular sleep time to help manage cortisol and improve the ratios of adrenal hormones. Go to bed at 10:00pm and get up around 6:00am. Such a schedule works with

your natural circadian rhythm created by cortisol release.

Supplements and herbs that can help are the "adaptogens." Ginseng has been around for centuries and can be found in many forms including pills, teas, and drinks. One of the best-studied herbs is ashwagandha, which helps the glands adapt to stress. There are other herbs that may be helpful as well. Take these according to the label, as the dose depends on the preparation. One other useful stress-reliever is phosphatidylserine (PS), which lowers the cortisol during stress.

- Ginseng
- Ashwagandha
- Magnolia
- Rhodiola
- Phosphatidylserine (PS) 100mg twice per day

# DHEA

DHEA is the counterbalance of cortisol. This hormone is an "androgen," which is related to testosterone. Thus, it is an anabolic hormone, which means it builds the body. While cortisol causes insulin resistance and diabetes, DHEA lowers insulin resistance. Thus, DHEA can help prevent abdominal fat and diabetes. It also, like testosterone, improves muscle mass, and therefore strength and stamina. It may have some effect on mental focus and drive, but this is variable.

DHEA is found in health-food stores over-the-counter. It is a good idea to have this level tested (use the DHEA test) to see if you need any. Because

it is an androgen, women take less than men. A starting dose might be:

- Women: 5mg per day
- Men: 25mg per day

## Adrenaline

The hormone that causes your heart to race and your blood pressure to go up when you have a scare is also one that can help you burn fat. Adrenaline causes more fat to be mobilized to increase the energy supply for the muscles and brain in a dangerous situation. You can use this to your advantage by making your adrenal glands produce more without having to jump out of a perfectly good airplane, ride 3.7 seconds on a bull named Fumanchu, or go spelunking with a torch. You can do this in the safety of your own home!

Interval training is a good way to release the adrenaline you want in a controlled way, so you don't get any of the negative effects. It looks like this:

Sprint – 8 SECONDS (yes, that's only 8 seconds) and then light exercise for 12 seconds, repeating this sequence for 20 minutes three times per week. That's all it takes. You can do any other form of exercise on other days or at other times, but this is the way to allow your adrenaline help you burn fat.

A "sprint" is where you go all-out and give the exercise all you have. If you are on a bicycle, you pump hard, like up a hill, for 8 seconds, followed by easy cycling (not resting or stopping), like on a flat surface, for 12 seconds. This can be done with other exercises such as running, weightlifting, or even push-ups and sit-ups. The best exercise to use is the one you like, so you will be motivated to continue.

To allow ADRENALINE to help you, exercise 3 times per week for 20 minutes:

- 8 seconds of sprinting
- 12 seconds of light exercise
- Repeat

## Insulin

The "food pyramid" has the primary effect on insulin production. Since the 1970s, when the "low fat, high carbohydrate" craze began, our entire population has only become more and more obese. Much of this is due to insulin, a hormone released by the pancreas in the following situations:

- When we eat
- When we eat any carbohydrates
- When we eat anything sweet

Insulin causes the body to store more fat. It allows fat to be produced from our carbohydrates for storage. It also blocks the body's ability to use fat for energy.

Thus, people with high insulin levels can get "hypoglycemia" very easily, and will crave carbohydrates.

Insulin:

- Increases fat storage, especially in the abdomen.
- Decreases fat use.
- Causes carbohydrate and sweet craving.

Interestingly, increasing insulin doesn't require us to eat any calories. People who drink diet drinks with no calories at all gain more weight on the same diet than those who have drinks with sugar.[i] This happens because the taste of sweet causes us to release insulin. We want less insulin so we can use fat normally.

In order to decrease insulin, we could:

- Eat fewer times in a day. 1-2 meals is better than 2-3 meals, which is better than 4-5 meals.
- Avoid snacks, drink only water between meals.
- Avoid simple sugars and starches by



eating them only occasionally.

- Avoid things that taste sweet, especially artificial sweeteners.

## Glucagon

The opposite of insulin is glucagon. While insulin causes us to store energy, glucagon causes the release of energy. When insulin goes up, glucagon goes down, and vice-versa. In order to burn fat, we want more glucagon.

Glucagon is released when we fast, and when we eat protein without carbohydrates. This is important because when we eat sugar or starch with protein, such as meat and potatoes, we get insulin more than glucagon.

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### TO INCREASE GLUCAGON

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- Fast periodically, 2 days per week, or 5 days per month – in a row.
- Don't mix sugar and starch (potatoes, bread, corn, pasta, rice) with protein (meat, eggs, fish, cheese).

## Thyroid

When people feel like they're gaining weight and feel slow and sluggish they often go to the doctor to have their thyroid checked. The doctor does a single test, TSH, and tells the person, "your test is normal," as if to say it can't be the thyroid.

Thyroid hormone is very long-acting. It generally goes up in the winter to increase energy production and fat use, and lower in the summer to decrease heat and store more fat for the winter.

People with low thyroid have a very hard time burning fat, even on a diet. In fact, low calorie diets and aerobic exercise may actually lower thyroid hormone levels.

There are several ways to improve thyroid function naturally:

- Interval exercise (like what we use to increase adrenaline)
- Periodic fasting for short periods (one to three days)

- Iodine - 50mg once per week
- Selenium - 400mcg once per week
- Zinc - 50mg once per week

## HGH

Human Growth Hormone affects the fat indirectly. What's really interesting about this hormone is that it doesn't do anything for those who aren't deficient. In fact, it causes us to make a hormone like insulin which causes damage to the body.

The perfect way to get HGH is:

- Fasting
- Sleep by 10pm

When we choose our stress, accept it, and love it, we are in positive stress mode. That increases our growth hormones and we actually build our bodies and reduce fat storage.

## Bottom Line

This can be taken as a general outline, but the fact is, hormones affect different people in different ways because of all of the other factors that are involved:

- Emotions
- Levels of other hormones
- Nutrition status
- Toxins
- Genetic variations

You can use this knowledge to your advantage so you can be healthy and either store fat or lose it in the way you want.

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#### CORTISOL

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- Increases fat when coupled with insulin
- Causes cravings, hunger
- Decreases fat when coupled with HGH or adrenaline

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#### ADRENALINE

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- Burns fat
- Decreases hunger

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#### DHEA[II]

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- Lowers insulin

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#### INSULIN

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- Increases fat storage, mostly in the abdomen
- Prevents fat from being used for energy

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#### GLUCAGON[III]

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- Increases fat burning

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#### HGH[IV]

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- Increases lean muscle and decreases fat in those who are deficient

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#### THYROID[V]

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- Increases fat use by increasing metabolism

It's a long list, but these things will affect all of your metabolic hormones, and allow you to continue to live a normal life without constantly fighting with your fat!

## ***Prescription For Hormone Balance:***

### 1. Lower stress by using positive stressors:

- Learn a new language, or how to paint with oils and so forth
- Grow in every way
- Help others improve their lives
- Prayer, meditation

### 2. Exercise three times per week using 8-second sprints with 12-second rests

### 3. Eat only whole, organic foods

### 4. Take the following supplements:

- Iodine - 12.5mg per day for 90 days, then one per week
- Selenium - 200mcg per day for 90 days, then one per week
- Zinc - 25mg per day for 90 days, then one per week

### 5. Fast one day per month for about 24 hours (you may drink water)

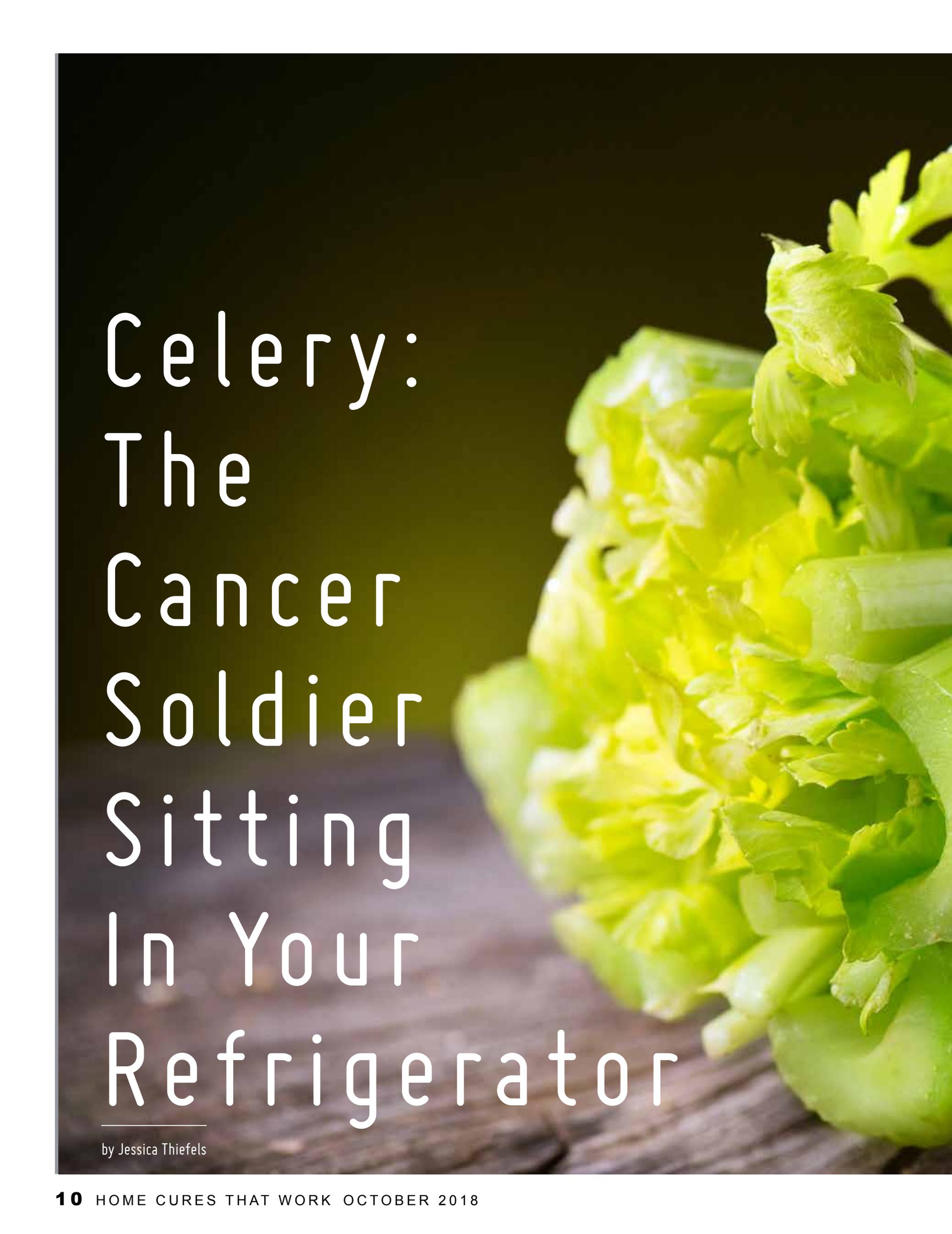
### 6. Don't mix sugar/starch with protein

### 7. Drink only water between meals

### 8. Eat 2 or 3 meals per day, no snacks

### 9. Avoid sweets

Sources: [i] <http://www.jillianmichaels.com/fit/lose-weight/myth-diet-soda> [ii] <http://jama.jamanetwork.com/article.aspx?articleid=199765> [iii] <http://www.diabetes.co.uk/body/glucagon.html> [iv] <http://www.webmd.com/diet/the-truth-about-hgh-for-weight-loss?page=2> [v] <http://arbl.cvmb.colostate.edu/hbooks/pathphys/endocrine/thyroid/physio.html>



# Celery: The Cancer Soldier Sitting In Your Refrigerator

by Jessica Thiefels



**C**ELERY: IT SITS in the back of your refrigerator for weeks at a time. It's rather bland, and unless it's paired with peanut butter or ranch dip, it's not likely to find its way out anytime soon. However, this less-than-appealing snack actually packs a lot of punch:

- It's filled with Vitamin E and C, calcium, and magnesium.
- It's rich in phalides, which help to lower your blood pressure and improve your circulation.
- It helps reduce swelling and water retention.
- Celery seeds are also used to remove uric acid, which irritates joint disorders such as arthritis.

Still not impressed? Recent studies have found that a flavonoid in celery may help reduce tumor growth, specifically in pancreatic and breast cancer.

## Celery: The Cancer Soldier

Apigenin is the magic word. University of Missouri researcher Salman Hyder exposed rats, which were infected with a certain type of breast cancer, to apigenin in a 2011 study. What he found was ground breaking. The exposed rats had less tumor development, and tumor formation was significantly delayed in comparison to the rats who did not receive this treatment.

But breast cancer isn't the only disease quivering in its boots. Researchers at

the University of Illinois found that pancreatic cancer is also in apigenin's cancer-fighting path. This study also unraveled another piece of the puzzle.

“Even though individually, apigenin and luteolin [another flavonoid found in celery] were effective in causing pancreatic cancer cells to die, researchers found that pre-treating the cancer cells with either compound, and then applying a chemotherapy drug to the cells, seemed to be the most effective,” according to the Huffington Post.

There are three main ways that researchers see apigenin being used in the fight against cancer:

1. Hyder sees it being valuable to the six in 10 women in the U.S. who are treated with hormone replacement therapy (HRT). The main drug used in HRT, medroxyprogesterone acetate (MPA), encourages new blood vessels to grow within the tumor. More blood vessels mean more for nutrients for the tumor to feed on, which leads to growth and multiplication. Yet, apigenin was found to inhibit the new blood vessel formation, which ultimately delayed or halted the growth of current and new tumors in Hyder's study.

2. Apigenin also stops the enzyme glycogen synthase kinase-3 $\beta$ , which in turn leads to a decrease in anti-apoptotic genes, according to the Illinois research study. In apoptosis, cancer cells self-destruct because there's been damage to the DNA, a process that works to aid recovery. The public press release for the study stated:

“In one of the cancer cell lines, the percentage of cells undergoing apoptosis went from 8.4 percent in cells that had not been treated with the flavonoid to 43.8 percent in cells that had been treated with a 50-micromolar dose. In this case, no chemotherapy drug had been added.”

3. A study by the University of Ohio also found the positive cancer-killing benefits in apigenin, but in its ability to bind with over 160 proteins, more than pharmaceutical drugs which target one molecule. Medical Daily reported, “One major protein it attaches to, called hnRNPA2, is responsible for the functions of mRNA, the genetic instructions that are needed to produce other proteins.”

They continue to explain that 80% of all cancers are due to the abnormal production of mRNA and, “Apigenin, therefore, works by correcting hnRNPA2 to restore mRNA functions, meaning that apigenin can halt breast cancer cells from preventing their own death.”

## Apigenin's Many Homes

If you don't like celery, you're in luck. This flavonoid is found in a number of foods and herbs that may better suit your palate. These include:

- Parsley
- Chamomile tea
- Apples
- Basil
- Cilantro
- Oregano
- Broccoli

Still, studies have found this flavonoid to be most effective in celery, parsley and chamomile.

Though most studies cite that eating celery, and the other apigenin rich foods, doesn't prevent the on-set of cancer, adding a few more whole foods to your diet, not to mention flavorful herbs, can't hurt. So, pull that celery out of the drawer and start munching. Its powerful benefits may someday be linked to your long cancer-free life.



# TOP 10 ANTI-AGING SUPPLEMENTS

**J**UST TWENTY YEARS ago, vitamin-popping was still held by the mainstream medical community as a worthless fad. But studies now show we are woefully vitamin deficient.

For example, two USDA surveys of 5,188 people and 16,103 people discovered that not one got 100% of the recommended daily allowances (RDA) for vitamins, minerals and nutrients. And RDAs are far below what many researchers determine to be optimal health levels.

Today, you would be hard-pressed to find a physician who would disagree with the tremendous potential health benefits supplements can provide. That's because we finally have tens of thousands of published studies supporting the use of supplements. We also have ways of measuring what, if any, positive effects many supplements have on you. In fact, we now know you can fix defects in your DNA with vitamins and minerals.

According to the Proceedings of the National Academy of Sciences (PNAS),

there are many genetic differences that make people's enzymes less efficient than normal, and that simple supplementation with vitamins can often restore some of these deficient enzymes to full working order.

Thanks to emerging technologies, we will soon be able to tell precisely what supplements and what dosages are optimal for you. For now, we need to take a more general approach.

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Thanks to emerging technologies, we will soon be able to tell precisely what supplements and what dosages are optimal for you. For now, we need to take a more general approach.

According to Dr. Bruce Ames of the University of California at Berkeley, over fifty genetic diseases have already been identified that can be corrected by aggressive nutritional supplementation. Diet alone and recommended daily allowances (RDA) will never do it for optimal health. In fact, optimal health is not possible without supplements for most of us.

Published studies showed that supplementing with antioxidants can cut the risk of heart disease by 26–46%, as well as cutting risks from certain forms of cancer.

Supplementation can also help you avoid stroke, diabetes, arthritis, macular degeneration, Alzheimer's and much more. The bare basics include a daily high potency multivitamin tablet and essential fatty acids. Ninety-seven randomized trials involving over 275,000 subjects showed omega-3 fatty acids, like fish oil, reduced cardiac mortality risk by 32% and overall mortality by 23%.

Also, if you or someone you know has arthritis, lymphoma, herpes, HIV, low energy, Parkinson's or frequent infections including colds and flu, these people may have a common link—nutritional deficiency. Researchers found that in almost any diseased condition, patients are glutathione deficient.

The supplements for which we have found the most supporting benefits and the most clinical data by far, are six key antioxidants. These six substances are:

- Vitamin C
- Vitamin E
- Coenzyme Q10 (CoQ10)
- Glutathione
- Lipoic acid
- Carnosine

Dr. Lester Packer of the University of California at Berkeley, one of the world's most renowned experts on antioxidants, has found the first five to act as an antioxidant network in your body.



## How Much Should You Take?

The daily requirements for each of these antioxidants as established by the USDA are far too low, according to the accounts of a large number of scientists and physicians. There is still a heated debate as to what the correct dosages should be, and they will vary from person to person. At present, the following guidelines are based on the general recommendations of Dr. Lester Packer.

### 01 VITAMIN C

**Vitamin C, according to Dr. Packer, should be taken in doses of 250 mg, twice daily.** The results from his work demonstrate that any more is not going to do any harm if you have a well-supported antioxidant network. Above this amount though, much of it is just excreted in the urine without being used.

### 02 VITAMIN E

The USDA recommended daily allowance (RDA) for vitamin E is woefully low. Vitamin E is one of the frontline defense systems against free radicals. **Dr. Packer and many other sources recommend a total of 500 mg of vitamin E per day, and higher dosages for people with cancer or heart disease.** Dr. Packer recommends mixing natural tocopherols and tocotrienols, members of the vitamin E family.

### 03 COQ10

CoQ10 is naturally found in nearly every cell, tissue and organ in your body. It is found in especially high concentrations at the source of most of your free radical production, the

*mitochondria, your cells' "power plants." It improves your cells' ability to transport electrons in and out of the mitochondria. CoQ10 is especially attracted to high-energy organs such as your heart and brain. It directly recycles vitamin E and is one of the primary molecules in the energy production system of cells. As we age, the production of CoQ10 declines, and this may be a factor in heart disease as well as diminished cellular energy.*

*The antioxidant action of the reduced form of CoQ10 (ubiquinol) is now considered to be one of its most important functions in cellular systems. Ubiquinol is a potent antioxidant capable of regenerating other antioxidants and provides important protection against oxidative damage to fats, proteins and DNA. Recent studies also reveal function in gene expression involved in human cell signaling, metabolism and transport.*

**If you are in the older and/or are in a disease/stress category, you may want to start at 200 to 300 mg per day.** Studies show the CoQ10 plasma levels plateau at about two to three weeks at this dose. **A good maintenance dose after that is in the 50 to 100 mg per day range.** Make sure you take ubiquinol, the reduced form or water-soluble ubiquinone. Other forms are easily oxidized and are therefore inefficient.

### 04 GLUTATHIONE

A low level of glutathione is one of the key indicators for premature death. Unfortunately, the body breaks down glutathione in the digestive tract, so supplementing with an unprotected version of glutathione won't do you much good. Another way to keep your glutathione levels up is to avoid nitrates found in processed lunch meats, smoking and alcohol.

**Take glutathione—but only the "protected" form, 50-100 mg glutathione/day.**

## 05 LIPOIC ACID

*The cell's energy power houses (the mitochondria) require a complex series of chemicals to be present in order to maintain critical functions such as transporting nutrients through the cell membrane and purging the cell of toxic debris. Mitochondrial energy depletion can result in congestive heart failure, muscle weakness, fatigue and neurological disease.*

**Some methods to counteract: 150–300 mg a day of R-lipoic acid.**

## 06 CARNOSINE

*It is well-known that people with diabetes age prematurely, but even those without diabetes suffer from a devastating chemical reaction called glycation, where protein or fat molecules bind to glucose molecules in the body to form non-functioning structures. Glycation is most evident in senile dementia, stiffening of the arterial system, and degenerative diseases of the eye.*

**Some methods to counteract: Take 1000 mg a day of carnosine.**

## More on Antioxidants

In addition to the five key antioxidants found in your body, there are other compounds that can boost your antioxidant activity. One group of these molecules that has gotten a lot of attention as of late are flavonoids. These antioxidants are found in tea, berries, red wine and many fruits.

From recent studies, flavonoids seem to act as free-radical scavengers, mainly recycling vitamin C. Two of the most powerful flavonoid antioxidant extracts are those from pycnogenol (pine bark) and ginkgo biloba. Dr. Lester Packer's recommendation for ginkgo biloba is 30 mg daily and for pycnogenol, 20 mg daily.

Another group of antioxidants available from plant, algae, and fungi are the carotenoids. The best source of carotenoids is your diet. Brightly colored fruits and vegetables all contain high levels of these compounds. However, the fruits and vegetables we eat today may only contain a fraction of the nutrients they contained fifty years ago. Many soils have been depleted of minerals, and in their attempt to sell food that looks and tastes good and keeps from spoiling too early, the industry has adulterated much of our produce. We recommend you eat as much locally grown or organically grown food as possible for those reasons, and because organic foods generally contain far fewer toxins. And, oh yes, I believe organic food tastes better too.

## 07 VITAMIN D

*Additionally, recent studies show vitamin D does far more than promote healthy teeth and bones. Its role in supporting immunity, modulating inflammation, and preventing cancer make the consequences of vitamin D deficiency potentially devastating.*

*University of California recently conducted an extensive review of scientific papers published worldwide between 1966 and 2004. Their analysis suggested that taking 1000 international units (IU) of vitamin D3 daily lowers an individual's risk of developing colorectal cancer by 50%.*

*In fact, people with the lowest blood levels of vitamin D were about two times more likely to die from any cause during an eight-year study period than those with the highest levels.*

**Another study shows getting about 2,000 IU to 4,000 IU a day of vitamin D can help you to reduce your cancer risk by up to 50%! And according to Dr. William Grant, internationally recognized research scientist and vitamin D expert, about 30% of cancer deaths, which amounts to 2 million worldwide and 200,000 in the United States, could be prevented each year with higher levels of vitamin D.**

## 08 VITAMIN K

According to Dr. Cees Vermeer, one of the world's top researchers in the field of vitamin K, nearly everyone is deficient in vitamin K—just like most are deficient in D.

Most people get enough K from their diets to maintain adequate blood clotting, but NOT enough to offer protection against some health problems.

Vitamin K comes in two forms, and it is important to understand the differences between them before devising your nutritional plan of attack.

- **Vitamin K1:** Found in green vegetables, K1 goes directly to your liver and helps you maintain a healthy blood clotting system. It is also K1 that keeps your own blood vessels from calcifying, and helps your bones retain calcium and develop the right crystalline structure.
- **Vitamin K2:** Bacteria produce this type of vitamin K. It is present in high quantities in your gut, but unfortunately is not absorbed from there and passes out in your stool. K2 goes straight to vessel walls, bones, and tissues other than your liver.

You can obtain all the K2 you'll need by eating 10-15 grams of natto (a fermented soy food) daily, which is half an ounce. The next best thing is a vitamin K2 supplement. Remember to take your K supplement with fat, since it is fat-soluble and won't be absorbed without it.

Although the exact dosing is yet to be determined, **Dr. Vermeer recommends between 45 mcg and 185 mcg daily of Vitamin K for adults.**

## Round out Your Program

There are two more compounds worth mentioning in this discussion: selenium and melatonin.

## 09 SELENIUM

Selenium is an element that has a synergistic effect on the antioxidant network. The way it works is not completely clear yet, but it is well-known that selenium deficiencies are responsible for higher levels of heart disease and cancer. In fact, people who live in areas in which the soil is selenium deficient are much more likely to die of heart disease.

**Dr. Lester Packer recommends taking 200 mcg (micrograms) per day.**

## 10 MELATONIN

Melatonin is technically a hormone, but one of its most powerful uses is as a general antioxidant.

This molecule has the ability to cross the blood-brain barrier, the membrane that prevents most molecules from entering the brain itself. So this might be one of the brain's key defenses against oxidation.

In addition to these effects, melatonin has a role in regulating the sleep cycles of some animals, and may have similar effects in humans. Melatonin production declines with age in humans, and so it has been suggested that increased dosages may be necessary as you age.

**The most commonly recommended dosage is 3 mg or less at night before bed, but this is an unusually benign substance.** The only noticeable side-effect is making it hard to wake up in the morning. Of course this is extreme, and we don't recommend extreme dosages of anything.

Conventional wisdom also leads to “normal” health. For optimal health, we suggest supplements.

# Keeping Exercise Fresh, New, and Enjoyable



**A**DOPTING A ACTIVE lifestyle is one of the best gifts that you can give yourself. Once you start making positive changes, you will begin to feel your old self sloughing away and a new person forming. At first, the incredible changes that are happening in your body and mind are enough to keep you motivated and on track.

But after some time, it is not unusual for you to become a bit bored with your workout routine and long for something special to keep the spark of motivation lit. When the stresses of daily life creep in, along with social pressures, staying focused on health and exercise goals becomes increasingly difficult. Here are some tips to help keep you going strong in your pursuit of optimal wellness.

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

## Change up your aerobic routine

Sometimes all it takes is a change in your workout routine to keep things interesting and fun. Think outside the box and learn how to mix and match for best results. Here are some great exercise ideas.

## Outdoor activities

Engaging in aerobic activities outdoors provides multiple benefits. Fresh air, vitamin D, and time in nature offer three reasons to spice up your workout routine with some of these great outdoor activities.

- Cycling
- Hiking
- Cross-country skiing
- Snowshoeing
- Rollerblading
- Swimming
- Wakeboarding
- Ice Skating
- Paddle boarding
- Rowing
- Kayaking

## Group classes

It is often helpful to be in a common space like a gym with people who are all working towards the same goal: to be healthy and fit. Many people find they are motivated by group exercise classes. Here are just a few that you can try.

- Zumba
- Kettlebells
- Spinning
- Dancing
- Power yoga

- Crossfit
- Water aerobics

## Sports

Are you a sports fanatic? Why not participate in activities that are loads of fun and will also get your heart pumping. Below are some popular options.

- Racquetball
- Tennis
- Basketball
- Hockey
- Volleyball
- Boxing
- Karate
- Flag football
- Soccer

## Workout videos

Perhaps you like the idea of a group workout class but are not up for the social buzz of the gym. Workout videos are a great alternative that allow you to participate in an instructor-led class in the comfort of your home. You can even get the whole family engaged! There is no shortage of videos from which you can choose. These are just a sampling of what is available.

- Tae Bo
- Hip Hop Abs
- The Biggest Loser workouts

- Gilad's Bodies in Motion
- Dancing with the Stars workouts
- P90X T-24
- Jillian Michaels workouts
- Fitness Blender (this one is free online)
- Jump rope
- Skipping
- Rebounding
- Playing with your kids
- Pool basketball/volleyball

## At the Gym

If you belong to a gym, be sure to get your money's worth. Perhaps the treadmill is your go-to cardio machine, be daring and branch out a little. Here are some exercise ideas:

- Elliptical trainer
- Stationary bike
- Stair climbers
- Rowing machine
- Adaptive motion trainer
- Incline trainer
- Versa climber

## For the Fun of It

Infuse some joy into your life with these exciting activities. You will have so much fun that you won't even know that you are breaking a sweat.

- Walking your dog
- Tag
- Obstacle course
- Dodge ball

## Around the House

Get your chores done and stay fit at the same time.

- Mowing your lawn with a push mower (no riders allowed)

Sometimes all it takes is a change in your workout routine to keep things interesting and fun. Think outside the box and learn how to mix and match for best results.

- Washing your car
- Mopping the floor
- Planting trees and bushes
- Shoveling snow
- Washing windows
- Painting
- Putting up a fence

## Consider High-Intensity Interval Training

High-intensity interval training (HIIT) is also known as high-intensity intermittent exercise (HIIE) or sprint interval training (SIT). This type of training involves short periods of really intense anaerobic exercise with less-intense recovery periods. These cardiovascular exercise sessions last between 4 and 30 minutes.

This type of exercise is great because it can help with glucose metabolism and has the capability of blasting fat long after the workout is over. Besides, this type of workout routine has the advantage over others in that it requires no equipment. While you can use equipment such as kettlebells, dumbbells, medicine balls, spin bikes, etc., there are numerous variations that require nothing more than a pair of gym shoes. A great starter workout is running fast for one minute and walking for two minutes. You can repeat this for a total of 15 minutes for a super effective workout.

## Surround yourself with like-minded people

It is a good idea to surround yourself with individuals who share common goals. Social cues can be either positive or negative. It is always best to stay clear of situations that might undermine your success or exercise efforts and gravitate towards those that affirm and lift you up. One way to keep on track is to engage in social activities with other healthy people. Having a group of friends to stay healthy with also keeps ideas circulating and provides new opportunities for engaging in a fun and active lifestyle together.

## Don't let stress get your best

Everyone has stress; the goal is not to eliminate it but to learn how to respond to it and manage it in a way that it doesn't interfere with your attitude or performance.

Once we let stress overwhelm us we can quickly become discouraged and lose sight of our goals. This makes it almost impossible to keep on pressing towards the mark.

To keep your healthy lifestyle fresh, new and exciting, set up barriers and coping tools for managing stress in your life. Learn how to relax, say "No" more often and remember that if you are no good to yourself, you will be no good to others.

## A new start each day

Each day gives you the opportunity to be your best. Keep it fresh and exciting while you strive to be the healthiest you can be. Don't forget to enjoy the journey along the way.



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