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JANUARY 2019

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A large, 3D gold number '10' is the central focus, surrounded by falling gold confetti and streamers. The number is rendered with a slight shadow on the surface below it.

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ANNIVERSARY

C E L E B R A T I N G

Looking Back on 10 Years

It is common this time of year to predict the biggest trends that are on the horizon. I foresee the rise of oat milk, hormone clues directing personal health care choices and vitamin infusions becoming part of a regular wellness routine. And whether I like it or not, cauliflower will still be a popular bread alternative.

But at this particular moment I am looking back over the last decade. There were, of course, history events that changed our world. Ten years ago, Michael Jackson, The King of Pop, died while preparing for a series of concerts. This was the decade that Google became a part of our brain function. You know that guy who was in that movie – when was it? Just Google it.

But there were also the gradual lifestyle changes that you don't always notice when they're happening – kind of like watching a child grow older. From acupuncture to herbal supplements to alternative ways of treating cancer, alternative medicine became more mainstream than ever.

Home Cures That Work has seen health shifts across the world since the beginning of 2009. Here's a peak at how health has changed for our readers with the top 10 articles from the last decade:

1. [7 Home Remedies for Chronic Dehydration](#)
2. [8 Healing Remedies to Repair Joints](#)
3. [12 Home Remedies for Toothaches](#)
4. [Best Natural Medicine](#)
5. [Best Turmeric Supplements](#)
6. [How to Self-Drain Your Lymph System](#)
7. [Baking Soda, Cancer and Fungus](#)
8. [12 Signs That You May be Insulin Resistant](#)
9. [6 Tips for Computer Eye Strain Relief](#)
10. [Causes and Cures for Stinky Feet](#)

As we celebrate our 10th birthday, this month contains a few more wellness trends we'll be talking about in the year ahead. The best advice is still the same as it was 10 years ago: trust Home Cures That Work.

For your health,

Cheryl Ravey
Editor, Home Cures That Work

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Can human growth hormone (HGH) reverse aging and make you biologically look younger? There is a great deal of buzz surrounding HGH. But is the hype behind the powers of HGH really true? Dr. Saunders gives you 5 ways to harness the power of HGH without costly and potentially dangerous injections of synthetic HGH.

09 TOP 9 REASONS TO WORK UP A GOOD SWEAT!

Whether you're breaking a sweat at the gym or just walking down the street on a scorching day (guilty!), you may be giving your health a huge boost. Get the dish here on the mental, physical, and emotional benefits of a little perspiration.

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One of the things new users of essential oils ask most frequently is "What do I do with them? I just bought three new bottles and I have no idea how to use essential oils, other than take the caps off and sniff them." If you fall into this category, this article will offer some great tips on how to use essential oils as part of your healing practice and general health improvement.

16 MY FEET ARE ALWAYS COLD: WHAT IS WRONG?

Cold feet are most commonly a result of medical conditions that cause poor blood flow in the legs or feet. But if you have diabetes, here's what you need to know about having cold feet.

ANTI-AGING NATURAL HUMAN GROWTH HORMONE RELEASERS

by Dr. Scott Saunders, M.D.

G Haidee went to an anti-aging doctor a couple of years ago and was given human growth hormone (HGH) to prevent aging and improve her endurance. She wanted to continue taking HGH, but it was costing her almost \$800 per month. She came to me hoping that I could order it and her insurance would cover it.

Human Growth Hormone

HGH is a protein hormone made in the pituitary gland in the brain at night, early in the evening during the time of deep sleep. It's called "growth hormone" because if children don't make it, they don't grow, their bones fuse, and they remain short. However, it is an anabolic hormone that regulates metabolism and is used throughout life.

Normal effects of HGH

- Responsible for growth
- Modulates protein, lipid, and carbohydrate metabolism[1]
- Repairs tissues

Now at age 73, Haidee found that HGH seemed to help her energy and ability to exercise. She felt like she needed it for functioning, but she could no longer afford the doctor visits and injections. She is generally active but gets through the day easier if she has more HGH. She was also worried about aging and didn't want to decline.





DIETARY SUPPLEMENT

HUMAN GROWTH HORMONE

Human Growth Hormone Releaser

Keep out of reach of children

Adult Growth Hormone Deficiency Symptoms

Those who lack HGH have many complaints. A person who has too little adult growth hormone will have symptoms that include [2]:

- Anxiety and/or depression
- Baldness (in men)
- Decrease in sexual function and interest
- Decreased muscle mass and strength
- Difficult to concentration and lack of memory
- Dry, thin skin
- Elevated triglyceride levels
- Fatigue and/or tiredness
- Heart problems
- High levels of LDL (the “bad”) cholesterol
- Insulin resistance
- Lower tolerance to exercise
- Reduced bone density, making you more susceptible to developing osteoporosis
- Sensitivity to heat and cold
- Very low energy levels
- Weight gain, especially around the waist

You can see that almost anyone can have one or more of the symptoms for other reasons. There are no symptoms

exclusively attributable to a deficiency of HGH. So, without measuring HGH levels, there is no way to tell if someone has a deficiency. Many take HGH supplements or injections based only on symptoms.

However, not all is rosy in the world of hormone replacement. There are not only problems with getting too little HGH, but too much as well.

Side Effects of Excess HGH

- Joint and muscle pain
- Carpal tunnel syndrome
- Hypertension
- Heart weakness
- Irregular heart beat
- impaired use of sugar and fat
- Cancer[3]
- Increased insulin resistance
- Swelling in the arms and legs (edema)
- For men, enlargement of breast tissue (gynecomastia)

Haidee had not been using HGH for over six months because of the expense. She had noticed getting tired easily, feeling older and not as energetic. Haidee had a multitude of symptoms that included fatigue, tiredness, and exercise intolerance. These symptoms alone pushed Haidee to want all the benefits of hormone support has to offer.

HGH Benefits

- Increased exercise capacity
- Increased bone density
- Increased muscle mass
- Decreased body fat

HGH is essential to prevent aging because it repairs tissues that break down. We don't realize it, but as we're living during the day, we are damaging our bodies:

- Joints are wearing away.
- Muscle and tendon fibers are tearing.
- Bones are getting tiny micro-fractures from daily stress.
- We are also making toxins and oxygen free-radicals.

If we don't have HGH, your body doesn't repair properly and forms scar tissue. When HGH repair tissue, it is stronger than it was before. Without the proper amounts of HGH, scar tissue forms, which is weaker than normal tissue.

Since HGH is very short-lived, we need to test for another hormone called insulin-like growth factor 1 (IGF-1), which is regulated by HGH. It tells us the general amount of HGH, but doesn't tell us about the timing, which we will discuss later.

Haidee had the test, but it was normal – not just average, but on the high side of normal. The insurance wouldn't cover injections of HGH because she wasn't deficient. Haidee wondered, “How can that be? The previous times I was tested for HGH it was low!” It turns Haidee fasted for almost 24 hours before her HGH test. Fasting causes the stomach to release a hormone, Ghrelin, which causes the

release of HGH. Because she was fasting, she had a higher level of IGF-1 than normal.

Haidee was a little disappointed. But on the other hand, it was good to find that there was a way for her to get the HGH she needed without having to get injections every day.

HGH is needed on an intermittent basis. It is not good to have a constant level, because it starts causing all the side-effects.

Is HGH an Anti-Aging Hormone?

HGH has a variable influence on lifespan. [4] People with low HGH, or IGF-1 deficiency, live longer, others live shorter.[5] The reason is metabolism. All the chemical reactions that go on in the body are divided by our circadian rhythm into two modes: catabolic and anabolic.

M E T A B O L I S M FUNCTIONS

CATABOLIC	ANABOLIC
Breaking down	Building up
Damage	Repair
Produce toxins	Cleanse
Cortisol	Growth Hormone
Eating	Fasting
Exercise	Sleep
Day (light)	Night (dark)

Normal HGH function is at night during sleep. This is part of the ANABOLIC phase of metabolism. During anabolism we are rebuilding, repairing and cleansing our body. All the damage that is done during the day is repaired better than it was before at night while we're sleeping.

The HGH only lasts about ten minutes in the body,[6] just enough to get all the repair mechanisms in place - then it's gone.

These modes are created by the circadian rhythm through the adrenal glands.

Cortisol Level:



The combination of cortisol, a catabolic hormone, and HGH at the same time can be devastating to the body. All the problems that come from too much HGH happen because of cortisol. It is imperative to keep them separate. When HGH is high, cortisol should be low, and vice-versa. When HGH is released at the right time it repairs and re-builds, but when it is released at the wrong time it destroys.

Those who inject HGH during the day are in catabolic mode, so they're not rebuilding and repairing. They are breaking-down so HGH will only cause damage. High IGF-1 during the day causes swelling and inflammation. It blocks insulin causing insulin resistance. Thus, all the side-effects of HGH can be avoided by using it only at night while the body is in anabolic mode.

Haidee accidentally discovered the best way to supplement HGH: fasting. It isn't by injection, but rather by following the body's normal circadian rhythm. Working with the body allows HGH to support growth and longevity, keeping the body healthy for longer periods.

HGH Releasers

There are many supplements that say they can increase HGH. Because HGH a protein hormone, it is digested in the stomach and shouldn't be taken orally. The real hormone is given by injection. All the pills are amino acids that have been shown to increase HGH,[7] such as:

- Beta-Alanine
- Arginine
- Glutamine
- Creatine
- Ornithine
- L-dopa
- Glycine

Remember, in the case of HGH, more is NOT better. You want a large amount for a short time at exactly the right time while the body begins anabolic metabolism. This way, all the damage that is done during the day can be repaired every night, preventing us from aging. The body has the perfect way of regulating HGH. When the cortisol is low, the HGH is released. This begins the repair process, but only if you're asleep, with an empty stomach. Remember these three things:

- Low cortisol (low stress)
- Sleep early
- Empty stomach

SLEEP

We talked about how the circadian rhythm regulates growth hormone and cortisol. Sleep is also an essential part of the cycle. Deep sleep usually occurs during

the early time of sleep, between the hours of 10pm and 2am. It is during this time that HGH is released from the pituitary in large amounts. These spikes begin the process of repair of the body. The later stages of sleep do not have HGH spikes, and thus don't repair the body.[8]

Those who have sleep disorders that prevent deep sleep, such as sleep apnea, don't release HGH at night, and don't go into anabolic mode. Also, people who do shift-work, such as police, nurses, and night workers, don't sleep at the proper time in their cycle, and don't produce HGH.[9]

EXERCISE

HGH and exercise are paired.[10] Exercise during the day is a great way to increase repair at night naturally with a higher spike in HGH. The best exercise to this is short bursts of high-intensity exercise to fatigue, such as interval training. The type of exercise is less important, and the amount doesn't need to be more than 30 minutes.

Haidee did a 3 day fast and then went on a regular schedule of no food after 6 p.m. and going to sleep at 10 p.m. She does 30 minutes of high-intensity interval exercise every other day, and her results were great! She got her energy back and is more active physically. Moreover, she now has none of the risks of injecting HGH during the day.

Bottom-line

To get the right amount of HGH at the right time, put your body into anabolic mode to repair every night, prevent aging, and keep your energy without the side-effects of injections, try any or all the following:

- Go to sleep every night at 10pm
- Go to bed on an empty stomach (no food after 6pm)
- Periodic fasting for three to five days once per month (or even every quarter) with water only
- Reduce stress
- High Intensity interval exercise every other day

The more of these you do, the better your body will repair and increase your health-span. It's all free, saving you a lot of money on supplements, and injections – like Haidee.

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SWEAT SMILE REPEAT

by Rob Fischer



Top 9 Reasons to Work Up a Good Sweat!

When author Isak Dinesen poetically wrote, “The cure for anything is salt water: sweat, tears or the sea,” her statement was more accurate than she may have realized—especially when it comes to sweat.

With ads peddling the embarrassment and undesirability of sweaty armpits, Americans spent \$2.9 billion dollars to benefit from deodorants and antiperspirants in 2012. Ironically, while we were working so hard to prevent and hide our sweat, this underrated bodily function was operating efficiently to keep us healthy.

You and I were designed with anywhere from two to four million sweat glands. Interestingly, women generally have more sweat glands than men, but men's glands out-sweat women's.[1] (You've no doubt noticed!)

Sweating is not something we can do on command, but our nervous system prompts sweating either due to increased body temperature or emotions like fear, anxiety, anger or embarrassment.[2] But sweating serves us in far more wonderful ways than merely signaling a response to heat or emotion.

Perspiration consists primarily of water but also contains salt and other minerals, urea, lactic acid, ammonia and sugar.[3] For millennia, ancient cultures have touted the benefits of sweating in hot baths, steam rooms, and sweat lodges. But we now know that those benefits are much more than folklore.

9 Benefits of Sweating

[01] Sweating regulates your body temperature.

Without sweating, your body would quickly overheat and pose a life-threatening situation.[4] Normal body temperature is 98.6 degrees Fahrenheit. But just a few degrees higher for an extended period can be dangerous. Sweating helps cool your body and maintain a healthy temperature.

[02] Sweating cleans your pores.

Sweating opens up your pores and flushes them with water removing dirt, grime, dead skin cells and body oils. The benefit of sweating regularly can prevent and clear up blemishes and other skin problems.[5]

[03] Sweating helps rid your body of toxins.

Your skin is the largest organ on your body. The skin absorbs substances and also expels toxins from your body. More research needs to be conducted in this regard, but studies have demonstrated that toxins found in perspiration were not evident in the person's blood or urine. Sweating has been found to help eliminate environmental toxins such as BPA, DEHP, cadmium, aluminum, and manganese.[6],[7].

[04] Sweating helps prevent and fight disease and infection.

Sweat produces nitric oxide, a gas with powerful antibacterial and antifungal properties. Dermcidin, an antimicrobial peptide is also

excreted with sweat onto the surface of the skin. The benefit of this healing wonder is known to kill MRSA and other dangerous bacteria.[8]

[05] Sweating lowers your risk of kidney stones.

What does sweat have to do with forming kidney stones? First, those who sweat a lot, drink more water—a known deterrent of kidney stones. Second, when you sweat you rid your body of salt that may have otherwise gone to your kidneys to help form stones.[9] The takeaway here is that sweating is a whole lot less painful than passing a kidney stone!

06 Sweating decreases body odor.

What? That's right. Body odor is associated with the toxins being expelled. So, when you work up a good sweat, you're cleaning those smelly toxins away.[10] Okay, I'm not saying that a sweaty, detoxified guy is going to smell like a rose, but he won't smell like a skunk either!

07 Sweating improves circulation..

When your sweat glands kick into gear, they stimulate blood flow in the capillaries in your skin. This results in improved circulation throughout your body.[11]

08 Sweating promotes healing.

Typically, you sweat when you get a fever due to some infection your body is fighting. Sweating increases metabolic activity in your body that stimulates the immune system.[12] This may be why exercise that induces sweating seems to help heal a cold more quickly.

09 Sweating helps relieve stress.

There's nothing like a good sweat to clear body and mind! Sweat helps relieve muscle tension brought on by stress.[13] If you've ever relaxed in a hot springs, hot tub, or sauna, I'm sure you've experienced this stress relieving effect.

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by Dr. Scott Saunders, M.D.

HEALING WITH ESSENTIAL OILS

Have you ever had the experience of smelling something that causes you to relive an old experience? You actually feel the old feeling as if you were living it again -- not just a memory. Maybe your heart races, or you feel hot all over.

When I was in college, I took a date to a Chinese restaurant. I ordered my favorite Chinese chicken salad, and subsequently spent most of the night kneeling in front of the toilet. For years, every time I smelled sesame oil my stomach would

turn and I couldn't eat. Interestingly, I could tolerate all the other ingredients: chicken, lettuce, green onions, and so forth. It was just the distinctive smell of sesame oil that caused nausea.

Our sense of smell can have powerful effects on the body through our feelings and memory. The link occurs because you process smell in the hippocampus and amygdala, parts of the limbic system, or the "emotional brain" -- the same area where memories are processed. This is the same part of the autonomic nervous system that controls blood pressure, heart, hormones, breathing, stomach,

organs and so forth. Because of this, essential oils have the potential to have far-reaching effects on the body.

Essential Oil Basics

Essential oils have been called "the life blood of a plant." Oils are called "essential oils" when they are pure extracts of the plant. They are named "essential" because they bear the very essence of the flower, petals, peels, berries, leaves, bark, wood or roots from which they are

derived. All substances can be broken down into an array of molecules and atoms, and essential oils are no different. Each essential oil can be broken down into a collection of different natural chemical constituents. These oils consist of a multitude of different substances:

- Aldehydes
- Fats (lipids)
- Terpenes
- Ketones
- Alcohols
- Phenols
- Esters

Essential oils are used by plants in somewhat the same way they are by humans. Essential oils:

- Fight infection
- Contain hormone-like compounds
- Initiate cellular regeneration
- Work as chemical defense against fungal, viral, and animal foes

Each plant's oils have a unique makeup as a result of the plant's own physiology, natural environment, and its potential microbial invaders. Despite their plant origins, essential oils have a similar structure to some compounds found in blood and tissues. This allows them to be compatible with our own physiology and easily absorbed into the human body. Essential oils pass through cell membranes, then further on into the bloodstream due to their "lipophilic" nature (a structure in alignment with the lipid components of our cell walls).

When using essential oils to treat illness, it's important to take the individual person into account. One may negatively respond to an oil that will help another. Thus, there is an art to their use. The way we heal from illness is correlated to our internal function, much more than to the chemistry.

For example, of a hundred people exposed to the flu virus, only about 30% actually get an illness. If your balanced immune system is functioning, you may not get sick in the first place. If you do, you will be able to overcome and fight the infection. Antibiotics are really for people with a suppressed or non-functional immune system. Essential oils can be an adjunct to helping your body function properly to prevent and treat illness.

Essential oils can protect us from microbes in many different ways. From keeping the space around us naturally microbe-free, to readying our immune system for defense, to actually destroying the microbes once they've entered our bodies.

The two primary effects happen through olfactory reactions, or sense of smell, and

on hormones, receptors, the immune system, and energy production. These are generally absorbed readily through the skin, but some are volatile, meaning they evaporate, so they are taken orally.

Essential oils absorbed through the skin go directly into the lymph system before they reach the blood, producing more immune system effects.

This also allows more regional application since the lymph system is more local. This is why topical essential oil application is done for more localized effects.

When oils are ingested through the intestines they go straight to the liver, which can affect detoxification mechanisms as well as energy production. From there, they have access to cells and blood, and then to the rest of the body.

Safety of Essential Oils

While quality oils are non-toxic and safe, they are highly concentrated. Because they can have powerful effects on the

“Essential oils work differently. Their aromas are a sensory experience, on top of the physiologic effects, which make them much more effective than just relieving symptoms.”

the chemical reactions from applying oils to the skin.

Besides the effects caused from the odor, as the oils are absorbed, each substance further affects the body through action

body, you only need very small amounts. This is not one of those, “If some is good, then more is better,” treatments. When ingesting them internally it is often better to put them into capsules.

Someone told a friend of ours to use a couple of drops of pure oil of oregano for her 4-year-old son's sore throat. He had been in bed for 2 days and was quite ill. She didn't know how to administer pure oil of oregano. So she told her son to open his mouth and she shook a few drops of pure oil out of the bottle onto his tongue. The child immediately turned red and went screaming down the hall, running around the house throwing up, gagging and crying.

The mom didn't understand what all of the fuss was about. After all, it was just an oil from a spice she used frequently in her cooking, so she put a drop or two on her own tongue. She said her tongue instantly felt like it was on fire. She turned red, her eyes watered up and ran through the house screaming and gagging, and finally to the kitchen for a glass of water! She apologized to her son profusely! However, 15 minutes later her son was well, laughing and playing. He was fully and permanently recovered from his illness!

How Essential Oils are Used

Using essential oils is an art that takes some time to master. Oils are not like drugs, which primarily enhance or retard the body's natural functions. Where there is dysfunction and the body is not able to compensate, the oils will not change it.

For example, a person with diabetes may be told that lavender and cinnamon oils help to regulate sugar. But if there is no change in diet and exercise oils will make little difference. Oils are best used as part of a program, especially in the case of chronic illness.

That said, it is important to understand how our medical system uses drugs:

- To block or stimulate receptors in the body
- To kill bacteria or viruses
- To effect chemical reactions

But, essential oils work differently. Their aromas are a sensory experience, on top of the physiologic effects, which make them much more effective than just relieving symptoms.

Let's look at some common ailments, and some simple regimens that can be useful for specific problems. These examples will provide some of the spectrum of the uses of essential oils.

TOENAIL FUNGUS

Oil of oregano, tea tree oil (melaleuca), or eucalyptus oil applied directly to the nail daily stops the fungus from growing.[1] As the nail grows out, cut the infected area off. It's also important to keep the nails as dry as possible by wearing sandals or open-toed shoes.

ANXIETY

To relieve symptoms of anxiety and promote calm, mix one or more of lavender, wild orange, and vanilla essential oils with a little coconut oil and rub onto the face.

DEPRESSION

To lift moods, use lavender, tangerine, and/or lemon balm oils.

These can be put in a diffuser, or directly on the palms and rubbed onto the face.

UPPER RESPIRATORY INFECTIONS (COLDS/FLU)

Apply a few drops of oregano oil to the palm, rub on both hands and apply to cheeks over the sinuses.

INDIGESTION OR NAUSEA

Apply a couple of drops of peppermint oil to the abdomen to soothe nausea. This oil can work very quickly just by opening the bottle and smelling the oil. Many pregnant women use it this way. Peppermint oil has been shown to be effective in treating irritable bowel syndrome (IBS).[2]

HEADACHES (INCLUDING MIGRAINES)

Apply lavender oil to the palms and rub on back of neck to relieve headaches and migraines.[3]

COLD SORES

Menthol extracts have been shown to inhibit the HSV-1 virus that causes cold sores.[4]

Jennifer Luccion, a specialist in essential oils and distributor for Young Living oils, states that most oils are safe and effective, even for babies. She keeps a supply of oils to be used for her family instead of using drugs.

ALLERGIES

"There are three oils that can relieve symptoms of seasonal allergies such as congestion, and sinus pressure.

- Lemon helps to drain the sinuses.
- Lavender stops the runny nose.
- Peppermint opens the airways to breathe better.

By using a diffuser, the combination of oils in the air can help everyone in the room." Ms. Luccion recommends, "You can also combine equal drops of the

three in a small amount of coconut oil and rub it on the neck and chest.”

As you may have noticed, lavender is one special oil that you should include in every home first aid kit. Ms. Luccion is big on Lavender oil. “Lavender has been called the ‘Swiss army knife’ of oils because of its many uses,” she states. “It’s also a gentle oil and can safely be used on young children. It is used on cuts and scrapes to ease discomfort and speed healing, and to keep bruising down. Lavender is also soothing to burns, including sunburn, and has the ability to promote tissue regeneration. It also encourages relaxation and eases stress when inhaled. If you’re going to have one oil then this is the one, just make sure it’s pure because it’s also the most adulterated oil on the market.”[5]

In a study on rats, lavender was shown to protect the heart against myocardial infarction, or heart attack.[5]

Since one oil may have many different uses, and a single problem may respond to different oils, there is an art to using them. Sometimes a combination is best, other times either one or the other will work, but not both. There are whole books on the use of essential oils for health, which may include both acute and chronic problems.

Essential oils have been used to treat all sorts of illnesses successfully for thousands of years. Having essential oils in your home can improve your health, and lessen the need for medical treatments. The amazing thing about them is they work so well, but don’t have the side-effects of drugs. They work with the

body’s own healing mechanisms which keeps balance in the body. They are safe, and effective, and as you use them, you can learn the art and skill of healing with oils.

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There are three oils that can relieve symptoms of seasonal allergies such as congestion, and sinus pressure.

- Lemon
- Lavender
- Peppermint

By using a diffuser, the combination of oils in the air can help everyone in the room.

My Feet are Always Cold: What is Wrong?



You are curled up beside the fire with a cup of tea. You have your cozy socks and slippers on and are snuggled up in a warm throw blanket. Everything is so perfect. But wait, why do your feet feel so cold? That doesn't make any sense, they should feel toasty and warm. You take off your slippers and socks and your tootsies are incredibly warm to touch but they still feel cold. Has something like this ever happened to you?

It is common for most people to experience cold feet from time to time. However, if your feet are consistently cold, despite the weather or the fact that you have socks on, it could be a sign you are suffering from the early stages of neuropathy. This is especially true if your feet are not cold to touch but still feel cold. The word neuropathy simply means nerve disease or damage.

What are peripheral nerves?

There are two parts in the nervous system: the central nervous system and the

peripheral nervous system. The nerves within the peripheral system are responsible for transmitting messages between the central nervous system and the brain and spinal cord along and the rest of your body.

The nerves have the vital job of regulating some functions within the body, including voluntary muscle movement, involuntary organ activity and perception of stimuli.

What is peripheral neuropathy?

Peripheral neuropathy occurs when the nerves in the peripheral system (outside of the brain and spinal cord) become damaged. This condition impacts the nerves in the extremities including toes, feet, legs, hands, and arms.

How does neuropathy make my feet cold?

Having diabetes increases your risk of developing neuropathy. In fact, upwards of 70% of diabetics will experience some form or another or neuropathy during their illness. Sensory nerve damage can cause symptoms including decreased sensation and the inability to feel temperature. Simply put, your feet may feel cold because of the damaged nerve fibers, even though it may seem like they should be warm.

What should I do?

Unfortunately, many people wait to be diagnosed with diabetes until they start to experience some form of diabetic neuropathy. So, in this case, neuropathy may be a warning sign that you are diabetic, and you need to seek medical attention.

If you are already diabetic and are experiencing neuropathy, there are some things that you can do to alleviate the discomfort. Depending on how far along the condition has progressed, you may even be able to reverse it.

Of course, if you are a type 2 diabetic, the best thing would be to change your diet and lifestyle so that you no longer have a blood glucose problem. Many people may not know it, but type 2 diabetes is not a life sentence. With a proper diet and lifestyle, you can experience a complete and total healing from this condition.

If you have been diagnosed with diabetic peripheral neuropathy, there are a few things you can do to help alleviate the discomfort:

- Be sure to check your feet daily, tops, bottoms, and in between your toes. If you have a loss of sensation, you may not know if your feet have been damaged.
- Spend a little more for high-quality shoes that fit.
- Wash your feet daily in warm water - you can add a little Epsom salt for a soothing foot soak. Be sure to dry thoroughly.
- Don't go barefoot. Closed toe shoes with socks are best.
- Check back with your doctor if you

develop the feelings of pins and needles or lose the sensation in your feet.

- Keep your toenails trimmed.

Most of all, don't ignore your body and the signs it may be giving you. Excessive damage from neuropathy can be avoided, but only if you stay in touch with how you feel.

Are you at risk for developing conditions like heart disease and neuropathy? [Learn about the risk factors of these diabetes-related problems — and how to help prevent them.](#)



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