

Can Antihistamines Cause Alzheimer's?

**4 Best Natural
Mold Remedies**

**Bulging Disc
Diagnosis and Treatment**

Slow-Cooker Brisket Recipe

Home Cures That Work

AUTHORS



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If you're worried about developing dementia, you've probably memorized the list of things you should do to minimize your risk—eating a healthy diet, exercising regularly, getting adequate sleep, and keeping your mind and soul engaged. But do you know which over the counter drugs you may be taking can help you accomplish those important things could increase your risk of dementia? It is spring and you just may be finding allergy relief with one of these guilty culprits. Review the list of seemingly harmless medicines that put you at risk of Alzheimer's and become informed with the alternatives.

Spring is peak allergy season. Grass and weeds pollinate and who can resist going outdoors? But exposure to indoor mold is a major health risk for the whole household. If you have it within your home it is crucial that you get rid of it as soon as possible! It's not an easy problem to fix, but we have the natural solutions for you!

If you've visited a doctor about a painful bulging disc, you might have been given medications, such as painkillers, anti-inflammatory drugs, muscle relaxers or steroids to help control your symptoms. While these might work in the short term, they won't target the underlying cause of the bulging disc or prevent another one from forming. Our guest author this month offers some therapeutic options that can help correct disc problems without the risk for side effects.

Does your idea of comfort food involve old-fashioned pot roast, cooked quietly in the slow cooker all day with just a handful of ingredients and a mess of caramelized onions, makes a rich broth and meat that melts in your mouth? Add these quick homemade pickles to a sandwich and you have a healthy meal.

Stay healthy this spring with Home Cures That Work!

For your health,

Cheryl Ravey
Editor, Home Cures That Work



04 CAN ANTIHISTAMINES CAUSE ALZHEIMER'S?

There is a type of drug you want to avoid for the sake of your brain because it has been linked to dementia. Fortunately, Dr. Saunder has alternatives for you this spring.



09 4 BEST NATURAL WAYS TO KILL MOLD IN YOUR HOME

Mold can be a health hazard, causing potential respiratory problems and severe allergic reactions. Especially if you have a pet, a baby, or elderly folk in the home, it can be detrimental to their immune system! Instead of having the mold removed, there are ways you can handle the problem yourself. Here are some ideas for how to do it and what you'll need.

13 DIAGNOSIS AND TREATMENT OF A BULGING DISC IS NOT OUT OF REACH

If you have a herniated disc, a bulging disc or any sort of low back injury or low back pain, these natural tips can absolutely help you deal with the nerve pain that follows.



16 SLOW-COOKER BRISKET SANDWICHES WITH QUICK PICKLES

If you needed another reason to eat barbecue, I think you've just found it.



CAN ANTI-HISTAMINES CAUSE ALZHEIMER'S?

by Dr. Scott Saunders, M.D.



“It’s as safe as aspirin.” Was a saying for many years. Now aspirin is known to be quite toxic, causes bleeding, ulcers, and other stomach problems. In fact, where doctors used to recommend an aspirin a day to prevent heart attacks. But now it is known that the aspirin is more dangerous than the heart attack.

How could it happen that we have lived whole lifetimes with something generally considered safe by all and is now found to be dangerous?

Now with more research, those “safe-as-aspirin” medications we have taken like candy for sixty years are found to harm the body. Like all medications, these OTC cold, insomnia, or allergies drugs are toxic.[1] But these specific non-prescription medicines can affect the brain, and may damage it permanently. They are antihistamines and come with many different uses. Antihistamines are used for allergies, but also hide in cold remedies, sleeping pills, and treatment for vertigo..

Antihistamines for Sleep

Jared has struggled with sleeping problems most of his life. He was taking an OTC sleeping pill that he felt was safe because it doesn’t require a prescription. Yet when he brought it to my office, I found out that it contained diphenhydramine, a common allergy medication. Jared is in a terrible conundrum.

- If he doesn’t sleep, his brain doesn’t function during the day.
- On the other hand, if he takes the sleeping agent with diphenhydramine, he has a significant risk of causing permanent brain damage.

Benadryl, or diphenhydramine, has been linked to serious mental complications when used in excess and for long periods of time. Taking diphenhydramine over time can actually

predispose people to dementia. The dose and length of time taking these seems to make a difference. Taking diphenhydramine for less than three months has little effect. But using diphenhydramine for over three years shows a 54% increase in risk of Alzheimer's disease. You should be careful not to use these types of medicines all the time in order to get good sleep.[2]

Diphenhydramine is an antihistamine active ingredient that has a number of different uses in over-the-counter (OTC) medicines, such as:

- Sleep aids
- Sedatives
- Colds and Flu
- Allergy Relief
- Hay Fever
- Dizziness or vertigo
- Motion sickness

More and more studies[3],[4] are indicating that these over-the-counter medications can affect the brain in negative ways, causing:

- Brain fog (cognitive deficits)
- Memory lapses
- Confusion
- Dementia
- Falls
- Automobile accidents

The use of diphenhydramine antihistamine medicine can treat allergy and cold symptoms such as sneezing and watery eyes. But they also block a very important neurotransmitter that controls memory, cognition, and the autonomic nervous system – ACETYLCHOLINE. This is the most abundant neurotransmitter in the body, acting on the brain, the spinal cord, the ganglia of the autonomic nervous system, and all the muscles of your body. The actions of this neurotransmitter include:[5]

- Modulates attention, motivation, and arousal
- Causes muscle contraction
- Regulates movement of the stomach and intestines
- Slows the heart rate
- Relaxes blood vessels
- Increases body secretions

It's easy to see how blocking acetylcholine can have a lot of effects on the body. Dry mouth, dry eyes, difficulty urinating, constipation, fast heart rate, sedation and spasms are all side-effects of taking antihistamines.

There are many other drugs that block acetylcholine. Dr. Malaz Boustani and her colleagues at the Regenstrief Institute and the Indiana University Center for Aging Research have developed a scale of the effects of various medications on the brain. They are divided into three groups.

- Group 1 are those medications that may have some effect because they have some anticholinergic properties
- Group 2 have a small effect
- Group 3 definitely affects memory and cognition

If you are taking more than one and they add up to 3 or more, it may affect your brain as if you were taking a medication in group 3.[6]

Besides medications, some of the worst toxins also affect acetylcholine.

- Black Widow toxin
- Sarin (nerve gas)
- Organophosphates (pesticides)

Keeping your acetylcholine is essential for your brain and body to function. It is best to avoid all those things that are toxic to this system. This is a good reason to eat organic produce – to avoid eating pesticides. Studies have found significant differences in people who eat organic versus those who don't.[7]

Also, you should be careful not to use these types of medicines

all the time in order to get good sleep.

WHAT TO USE INSTEAD OF ANTIHISTAMINES

Natural Sleep Remedies

If you have difficulty sleeping, there are no good medications for sleep. It seems that all of them have negative effects on the brain. If you take an occasional sleeping pill it's not going to cause a problem, but if you have chronic daily sleep issues it would be a good idea to have a sleep study and other tests done to find out why. Aside from that, here are some other tips:

- Strenuous and sweaty exercise early in the day
- Relaxation techniques
- Biofeedback training
- Treat depression and anxiety

- Sleep in darkness
- Try the [Wim Hof method](#)
- Use relaxing teas
- Try GABA, 5-HTP, melatonin, or theanine for occasional use
- Go to bed early and wake up early – wake up at the same time every morning

Natural Remedies for Allergies

There are many alternatives for allergies, besides avoiding the sedating antihistamines. There are others that have less effect on acetylcholine. The non-sedating, 24-hour type antihistamines can be used occasionally. For example, if you have seasonal allergies and only use them for a couple of months during “the season.”

A natural antihistamine that will improve your brain is QUERCETIN. Quercetin is not an antihistamine. It prevents the allergy cells from releasing histamine instead of blocking the histamine. It can even be taken with antihistamines in severe allergic reactions. It is a bioflavonoid that has multiple other benefits for the body. The dose can be increased,



usually starting at 500 mg twice per day, and going up to 1000 mg three times per day, if needed. Take bromelain 500 mg with each dose of quercetin, no matter what it is.

Natural Remedies for Vertigo

Those who have chronic vertigo may need to be sure they don't have a tumor causing it. A consult with an ENT (Ears, Nose, and Throat specialist) will easily be able to rule this out. Epley Maneuvers can relieve the symptoms for many. Others may need more extensive physical therapy, cognitive feedback training or autonomic nervous system therapy with neurofeedback. A natural way to achieve control of the autonomic nervous system is [the Wim Hof method](#), using cold therapy.

Natural Remedies for Motion Sickness

Since this is usually short-term, it may not be a problem to use the antihistamines. The non-sedating antihistamines won't work and the prescription medications also block acetylcholine, so they aren't safer. But there are natural ways to prevent motion sickness. "SEA BANDS" are worn around the wrist and have a "button" that puts pressure on the acupuncture point to relieve nausea. I know many who have found these to be helpful on long car trips, flights, or ocean voyages.

Ginger can also be very helpful. Some take ginger tea, others use ginger chews, and the brave take raw ginger. I don't know that one works better than the other. There are some good tea formulas that include licorice with the ginger to make it sweet and it may work better.

While antihistamines have improved the lives of people suffering from allergies, sleep problems, and other symptoms, they are not without risk. If they cannot be avoided, they should be taken on an intermittent basis, only occasionally and as needed. However, if you can avoid using them, you can decrease your risk of Alzheimer's Disease, as well as other problems with an "aging brain."

Epilogue

Jared did find a way to sleep and is off antihistamines most of the time. He does use other natural substances more often, like GABA, 5-HTP, melatonin, and theanine. We try not to use any one of them every day, so they continue to work for him long-term, and don't cause harm.

Sources:[1] <https://health.usnews.com/health-news/blogs/eat-run/articles/2018-09-04/enjoy-your-food-its-good-for-your-health> [2] <https://www.intuitiveeating.org/category/distracted-eating/> [3] Oldham-Cooper RE et al. Playing a computer game during lunch affects fullness, memory for lunch, and later snack intake. *Am J Clin Nutr* 2011 93: February 308-313. [4] <https://www.stopcoloncancer.com/spread-awareness/news/eating-smaller-meals-can-help-digestion>

4 Best Natural Ways to Kill Mold in Your Home

by Rob Fischer



If you see unsightly black stains or spots on the grout lines of your shower, on the back of your shower curtain, on the walls or on items stored in a damp basement, it's probably mold. Molds thrive in damp, humid, warm environments. So bathrooms, kitchens, damp basements, and windowsills are prime areas for mold growth.

Molds or mildew are tiny fungi that are transmitted by microscopic spores. Molds can be black, grey-green, green, white or a combination of those colors. Mold smells musty. Mold is more than just unsightly with an unpleasant odor. Molds can cause allergies and sinus infections, provoke asthma attacks, irritate the skin, and even cause depression. Symptoms of mold exposure may include: sneezing, runny nose, itchy eyes and skin rash. Some molds are even highly toxic.

Mold is definitely not something you want to live with in your home!

Mold Prevention

The saying, "prevention is the best medicine" is definitely true when it comes to mold. Since mold requires moisture to grow and survive, the best way to prevent it is by eliminating moisture. Here's how you can prevent mold growth:

- Repair any water leaks in your plumbing
- Keep areas under your sink dry
- Avoid letting damp clothes or other articles lie around
- Use a dehumidifier in a damp room or basement
- Ventilate a bathroom or other moist areas regularly
- Discard mildewy shower curtains and other disposable items
- Use an air purifier to rid the air of mold spores
- Make sure the grout is sealed in tiled areas



Natural vs. Chemical Mold Remedies

Precautions

Many people resort to natural remedies because they wish to avoid caustic and environmentally unfriendly chemicals. But while doing so, they often think that they're sacrificing effectiveness for the sake of the environment. Fortunately, the natural remedies below are often superior to industrial chemicals when it comes to killing mold.

Advantages of natural remedies:

- Penetrate porous surfaces better
- Are non-toxic and safer to use
- Exhibit more powerful natural anti-fungal properties

Due to the harmful nature of molds, the EPA recommends wearing an N-95 respirator (available at a local hardware store), gloves (rubber, neoprene, or nitrile), and safety goggles when removing mold. Avoid touching mold with your bare hands.

4 BEST NATURAL WAYS TO KILL MOLD

1. Tea Tree Oil

This essential oil is a natural fungicide and may well be the most effective solution for killing mold and preventing a recurrence of mold.

In a spray bottle, combine 1 teaspoon of tea tree oil with 1 cup of water. Shake well and spray infected areas and wipe with a disposable cloth or towel. You may wish to let the tea tree



Vinegar, a natural anti-fungal and antimicrobial, is an inexpensive, yet effective means for killing mold. Use white vinegar undiluted in a spray bottle or cloth. Spray vinegar on affected area and let it sit for a few minutes and then wipe down.

oil soak on the mold for a few minutes before wiping it down.

You can also spray tea tree oil to a previously infected area and let it dry to prevent mold from recurring. Tea tree oil has a strong piney scent, so if you prefer not to leave that odor behind, you might try grapefruit seed extract.]

2. Grapefruit Seed Extract

Grapefruit seed extract is also a natural mold killer and works similarly to tea tree oil. Use 10 drops of grapefruit seed extract per cup of water and dispense with a spray bottle. Always shake the solution to ensure that it's well-mixed before spraying. Allow the solution to sit on the mold for several minutes before wiping.

Both grapefruit seed extract and tea tree oil can be purchased at local natural health stores. These two remedies are more expensive than those that follow, but the amount of solution you can make from a small quantity of these oils will last a long time.

3. White Distilled Vinegar

Vinegar, a natural antifungal and antimicrobial, is an inexpensive, yet effective means for killing mold. Use white vinegar undiluted in a spray bottle or cloth. Spray vinegar on affected area and let it sit for a few minutes and then wipe down. Even though vinegar has a strong odor, the smell will soon dissipate.

4. Baking Soda

This common, inexpensive household product is also called sodium bicarbonate and possesses natural

antifungal properties. As with the other remedies listed here, baking soda is completely safe. It is also especially effective at neutralizing the odor of molds.

To apply, mix baking soda and water in a 1:1 ratio to make a paste. Apply the paste to the mold and let it dry. Then scrub the area with a stiff brush and wipe the area clean with a cloth. Mix a more diluted solution with 1-2 tablespoons of baking soda to 2 cups of water and stir well. Apply this solution with a sponge or spray bottle and allow it to dry. The baking soda will continue to deodorize and prevent mold growth in the future.

There's no reason to live with mold any longer. Using any of these effective, natural remedy methods you can eliminate mold and prevent its recurrence with tea tree oil, grapefruit seed extra or even baking soda. Now may be as good a time as any to inspect your home for mold and take steps to get rid of it safely and naturally.

DIAGNOSIS AND TREATMENT OF A BULGING DISC IS NOT OUT OF REACH

by Dr. Brent Wells



A bulging disc is a common complaint that needs to be addressed when symptoms first appear. Many people attempt to shake off the pain and symptoms they experience with a bulging disc. However, this can lead to more serious repercussions that require invasive procedures to promote healing. A bulging disc can easily transform into a more painful herniated disc that requires surgical intervention.

Unfortunately, a bulging disc can be difficult to diagnose without a proper assessment. Having a formal diagnosis of your bulging disc is imperative if you want to receive the best possible treatment. Experienced chiropractors have all the tools at their disposal to diagnose your bulging disc and help you to take the first steps toward recovery.

Diagnosing and treating a bulging disc is not out of your reach. Take a closer look at just how the process works from start to finish.

Diagnosing a Bulging Disc

A bulging disc can present with a wide range of symptoms depending on the severity of the injury. If you have any of the following symptoms, you should make an appointment to see your chiropractor:

Here are some things that you can try:

- Pain that intensifies when sitting, bending forward, coughing, sneezing, or lifting
- Numbness or the feeling of “pins and needles”
- Weakness
- Leg pain
- Sciatica

Based on the symptoms you exhibit, a chiropractor may have a hunch that you are suffering from a bulging disc. They should take a thorough history of both your injury and the type of pain you present with. This allows them to narrow down the type of

injury you have and proceed forward with a formal diagnosis.

The actual process of diagnosing a bulging disc can be extremely challenging, even for experienced chiropractors. Many of the diagnostic tests used for other conditions won't show a bulging disc.

The disc itself is formed of tissue, which renders an x-ray machine useless in this scenario. Experienced chiropractors also know that CT scans aren't as effective at diagnosing a bulging disc. The best course of action to determine whether your pain is caused by a bulging disc is to have an MRI completed. When done properly, an MRI gives your chiropractor a clear glimpse at what is going on with your spine.

Treatment Options for a Bulging Disc

When most people hear this term, they automatically assume that they will need surgery to put the disc back in place. This is an extreme form of treatment that should be viewed as a last resort. There are plenty of other options that you should try before scheduling this invasive type of surgery.

ANTI-INFLAMMATORY DRUGS AND DIET

One of the first lines of treatment for a bulging disc is over-the-counter anti-inflammatory drugs such as ibuprofen. This lessens the overall inflammation that is aggravating the pain you are experiencing. While these can help relatively quickly, there are more natural ways to lower your inflammation for good. Understanding inflammation and how it is promoted is the first step toward healing.

Keep in mind that your diet plays a huge role in how inflamed your body will be. Consider consuming more [foods with anti-inflammatory properties](#), including:

- Ginger
- Tomatoes
- Green leafy vegetables
- Nuts

- Berries
- Fish

If both of these methods fail to reduce your inflammation and pain, you may want to consider a cortisone injection. Be sure to find a doctor experienced in administering these injections because they can have [some serious side effects](#). Because of the risk associated with these steroid shots, there is generally a limit to how many you can have. You can usually receive up to four of these shots each year.

CHIROPRACTIC CARE

A chiropractor should be your very first stop when it comes to treating a bulging disc. They are well-versed in different forms of treatment that might help you to heal naturally. With their bulging disc diagnostic tests and procedures, they should be able to give you an informed opinion on whether you truly need surgery to fix your bulging disc.

You may wonder whether adjusting the spine could cause more damage to your disc. Fortunately, studies are showing that this is actually a rare occurrence. According to research by the [National Center for Complementary and Integrative Health](#), spinal manipulation has a low risk of worsening a herniated disc.

Chiropractors can offer spinal adjustments that may relieve the symptoms of your bulging disc. However, they also offer advice on lifestyle changes that could lead to a pain-free back and neck. With just a few simple modifications to your daily life, you might experience less pain from your disc issues.

PHYSICAL THERAPY

After trying chiropractic care, your doctor may refer you to a physical therapist. The role of physical therapy is to strengthen the muscles in your back and abdominal areas. When your core muscles are strengthened, your spine is more stable and less susceptible to injury. In addition to core strengthening exercises, a physical therapist is likely to give you a stretching regimen to help with tight muscles.

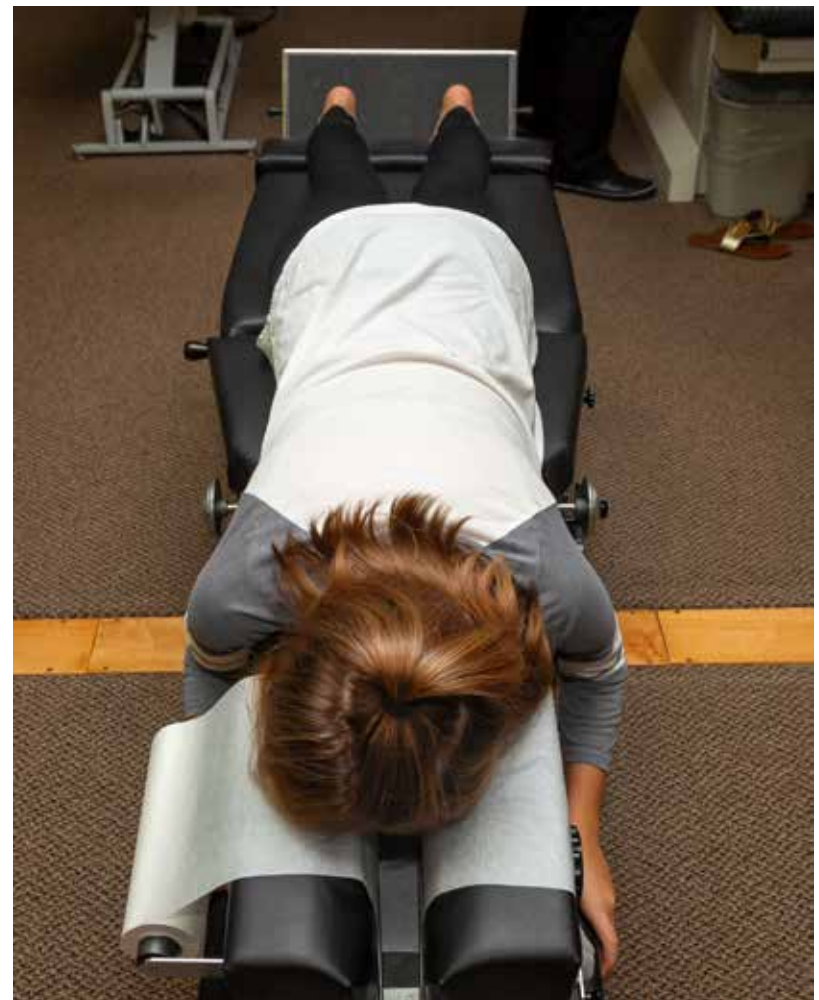
Depending on the severity of your symptoms, physical therapy may also help your mobility. They can help you to get back to your former level of activity. [One study](#) demonstrated that physical therapy and pain medication yield the same long-term

results as a surgical intervention. It may be a longer process to achieve this state of wellbeing, but it could be worth it to avoid surgical measures.

NON-INVASIVE TREATMENT OPTIONS FOR A BULGING DISC

Research points to the fact that natural remedies can be just as effective as surgical intervention when it comes to treating your bulging disc. Make sure that you are visiting an experienced chiropractor like Dr. Brent Wells at [Better Health Chiropractic in Juneau](#). The quality of your care matters, and it could dictate whether you will ultimately need surgical intervention.

While it may be a challenge to diagnose and treat a bulging disc, help is well within your grasp. Take advantage of some of these therapies to help you alleviate the pain of your bulging disc.



Sources: <https://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>, <https://www.mayoclinic.org/tests-procedures/cortisone-shots/about/pac-20384794>, <https://nccih.nih.gov/health/pain/spinemanipulation.htm>, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2915533/>, <https://betterhealthalaska.com/chiropractor-juneau/>

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Slow-Cooker Brisket Sandwiches with Quick Pickles

MAKE YOUR BBQ or cookout easy with this slow-cooker beef brisket recipe. Rauchbier, a smoky German beer, gives this fork-tender brisket real pit-barbecue flavor, but you can use any beer that suits your taste, or even substitute beef broth, to achieve mouth-watering results. While the brisket is cooking, whip up the quick pickle recipe and stir together a garlic mayo to top off the sandwiches.

Ingredients:

- 2 teaspoons kosher salt
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon coarsely ground pepper
- 3 1/4 pounds brisket, trimmed
- 1 tablespoon extra-virgin olive oil
- 1 16-ounce bottle rauchbier (smoked beer) or 2 cups reduced-sodium beef broth
- 1/2 cup cider vinegar
- 2 tablespoons light brown sugar



- 1 teaspoon pickling spice
- 1 teaspoon kosher salt
- 2 pickling or mini cucumbers , sliced
- 1 medium sweet onion, thinly sliced into rings
- 1/2 teaspoon kosher salt
- 1/2 cup low-fat mayonnaise
- 8 whole-wheat or gluten-free buns

Instructions:

1. To prepare brisket: Combine paprika, salt, garlic powder, onion powder and pepper in a small bowl. Rub all over brisket. Heat oil in a large, heavy skillet over medium heat.
2. Add the brisket and brown on both sides, 3 to 5 minutes per side. Transfer to a 6-quart slow cooker. Add beer (or broth) to the pan along with any remaining spice blend from your cutting board; increase heat to high. Cook for 5 minutes, scraping up browned bits with a wooden spoon. Pour over the brisket. Cover and cook on High for 6 hours or Low for 9 hours.
3. To prepare pickles: Meanwhile, combine white vinegar, cider vinegar and brown sugar in a small saucepan; bring to a boil over high heat and cook for 1 minute. Add pickling spice and 1 teaspoon salt. Pour into a large, heatproof glass bowl and add cucumbers and onion. Refrigerate, stirring occasionally, for at least 1 hour or until ready to serve.
4. To prepare garlic mayo: Mash garlic and 1/2 teaspoon salt into a paste in a mortar and pestle or with the back of a spoon on a cutting board. Combine the garlic mixture with mayonnaise in a small bowl. Cover and refrigerate until ready to serve.
5. When the brisket is done, transfer to a clean cutting board and let rest for 10 minutes.
6. Pull the brisket apart into shreds with 2 forks and then coarsely chop the shredded meat. Combine the chopped brisket with the liquid in the slow cooker.
7. To serve, drain the pickled vegetables. Spread each bun with 1 tablespoon garlic mayo and top with about 3/4 cup brisket and 1/2 cup pickles.

Nutritional Info:

- Serving size: 1 sandwich
- Per serving: 401 calories; 13 g fat(3 g sat); 4 g fiber; 34 g carbohydrates; 34 g protein; 40 mcg folate; 91 mg cholesterol; 7 g sugars; 0 g added sugars; 911 IU vitamin A; 3 mg vitamin C; 85 mg calcium; 4 mg iron; 768 mg sodium; 513 mg potassium
- Nutrition Bonus: Zinc (54% daily value), Vitamin B12 (36% dv), Iron (23% dv), Magnesium & Vitamin A (18% dv)
- Carbohydrate Servings: 2
- Exchanges: 1 1/2 starch, 1 vegetable, 4 lean meat, 1 fat



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