

## Truth to Heal

**Is Your Mouth Poisoning  
Your Body? Mercury  
Fillings and Your Health**

**How to Optimize  
Your Brain and  
Boost Memory**

**3 Popular  
Type 2 Diabetes  
Myths Busted**

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# Home Cures That Work

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If you are critically sick, you have a serious illness, or the doctors have told you there is no hope, then please read on.

God heals in His time and according to His purpose. I strongly encourage you to make God's way a more genuine part of your life—now. Don't ridicule the possibility that divine healing may come and ask the very real God to intervene above and beyond what man can do! Dr. Saunders will help you understand and learn to have faith what the living God can do for you.

If you are worrying about your diabetes, you've come to the right place. This month's article will show you how to best discern between type 2 myths and facts. Healing is still within reach!

Maintaining your brain is just as important as your overall health. In the same way that you can exercise your body, you can also exercise your brain with positive results, and fight off the effects of mental aging. Neurobic exercises use your five physical senses and your emotional sense in unexpected ways and encourage you to shake up your everyday routines. You'll find these tips especially fun and easy to do!

Lastly, discover the truth about dental amalgam fillings. Having them safely removed may be a huge step in healing your whole body.

Home Cures That Work wants to help you learn to manage your body wisely and live in harmony. May you also know that God wants you to learn how to live in restored health. His power to heal is available to you...if you ask him for it.

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For your health,

Cheryl Ravey  
Editor, Home Cures That Work



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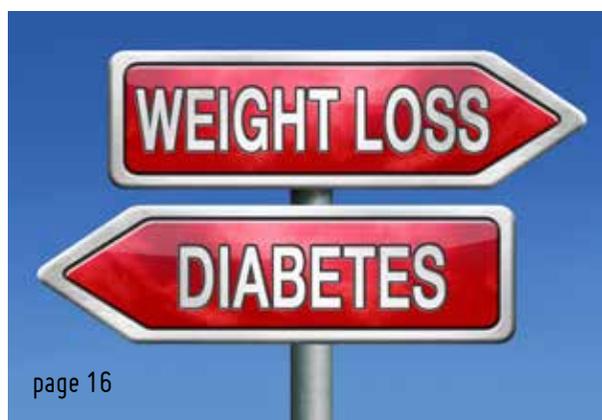
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# TRUTH TO HEAL

by Dr. Scott  
Saunders, M.D.



# GRACE

Grace had the perfect name. She was physically and spiritually graceful. She gave grace to all and received the grace of God. When she was in a car accident and received many injuries she took months to heal. But Grace continued to have headaches after the accident. She prayed to know what the problem was and the Spirit told her it was because her bones in her head were out of alignment and needed to be adjusted. She had no money to go to a practitioner, so she prayed and asked the Lord to heal her. The next morning, she woke up for the first time in months without a headache and hasn't had one since. There are many forms of healing the sick, most of which relieve the symptoms of illness.

- Chemical healing
- Physical healing
- Mental healing
- Energy healing
- Medium healing

Each of form of healing has power, the power to heal illness and work in a different way. Some illnesses will respond better to one healing or another, depending on the many factors that affect the cause of the illnesses.

## Chemical healing

Chemistry like drugs and herbs, vitamins and minerals may take away the symptoms of an illness so that the person doesn't feel ill. But they still have the illness and just don't feel it; it is in remission.

## Physical healing

Surgery, acupuncture, chiropractic, laser light, and other physical modalities can also improve the function of the body and provide relief of symptoms.

## Mental healing

The mind-body connection is real. When people believe they can be relieved of the effects of an illness, their body listens to

their brain. Talk therapy refocuses your body's natural healing response to establish better communication within the body. Your body is inherently wise and, as such, capable of healing itself, beginning in the mind.

## Energy healing

Homeopathy, acupuncture, Reiki, EFT, Emotion Code, and other energy modalities can produce healing results. Or the energy field around the body can bring healing and change.

## Medium healing

There are those who work by spirits to heal others. This is just as real as using chemistry to heal and may alleviate illnesses of all types.

However, all these healing modalities are missing something.

- They can relieve symptoms..
- They can change the chemistry or anatomy...
- They can do energy work to change the mind or the spirit...
- But they can't heal the soul, or the lost connection to God.

You may be relieved of symptoms, but still be estranged from your Creator, who knows and loves you, and desires to re-connect with you and heal you on every level.

In some cases, such as a broken bone or an accident, it may be best to use a physical modality to heal. In cases of abnormal chemistry, it may be good to use a chemical to heal. However, if our illness will bring us to God, there is only one way towards healing. Sometimes illness can make us turn to Him, to seek His presence and His power to heal.

*"And his disciples asked him, saying, Master, who did sin, this man, or his parents, that he was born blind? Jesus answered, Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him."* John 9:2-3

The works of God is the salvation of His children, or all mankind. When the Lord Jesus Christ heals then all sins are forgiven. Anyone else who heals without Him, only gives relief of symptoms, at best. Even if a surgeon can fix what is broken, this doesn't heal the soul and there is no forgiveness of sins.

*“For whether is easier, to say, Thy sins be forgiven thee; or to say, Arise, and walk? But that ye may know that the Son of man hath power on earth to forgive sins, (then saith he to the sick of the palsy,) Arise, take up thy bed, and go unto thine house.” Matthew 9:5-6*

Jesus Christ heals body and spirit, the entire soul, by bringing us into the presence of God. His way of healing is conversion, a mighty change of heart. When He heals there is a remission of sins, our sins are forgiven, and we can come into the presence of God through the reception of the Holy Ghost. None of the other ways of healing can forgive sins. This is the highest form of healing. It is what Jesus and the apostles did for others.

## John

A man in his late 60s came to me after he had a heart attack and almost died. He had health problems that included pre-diabetes and heart disease, a deadly combination. We did some testing and found the root of his problem and he started working hard on it. Within a couple of years, he remarked that he was “in the best shape of his life,” after playing three pick-up basketball games in a row. However, less than a month later he was diagnosed with esophageal cancer. The following year included radiation treatments, chemotherapy, and surgery. It

was hard. He lost a lot of weight, and energy. Some days all he could do was stay in bed. He couldn’t eat and was given a tube in his stomach to feed him. After all the treatment he gradually came back to health, started eating again, and then exercising. Within a year he was feeling well and is back to playing basketball.

With tears in his eyes he related many blessings that brought salvation to him, how it was the Lord who healed him by changing his heart. He told me he knew the time he had to get into really good shape was given to him from God. It was a gift of strength to help him through a hard time. The Lord knew what he was going to need and prepared him. He also told me that he believed every experience we have is given to us to help us come to know God. He found God in his extremities, and salvation, and healing of his body and soul.

## True Healing

The apostles healed only in the name of Jesus Christ. They did not pretend to have any power of healing. When Peter and John healed a lame man at the temple gate, everyone came running to them.

*“And when Peter saw it, he answered unto the people, Ye*



*men of Israel, why marvel ye at this? Or why look ye so earnestly on us, as though by our own power or holiness we had made this man to walk?" Acts 3:12*

Peter then made it clear that he did nothing to heal the man, but it was by the power of the Lord Jesus Christ that he was healed. Peter didn't use a healing modality. He didn't adjust the man's bones. He didn't know some trick, or do energy work. He simply had the authority from the Lord to heal and the Spirit told him who could be healed.

Not everyone who hears the word is healed. Jesus did not go to the pool of Bethesda and heal everyone there. Only one man was approached and healed. The Apostle Paul told the Corinthian saints that he was given a "thorn in the flesh" to keep him humble. He asked God three times to heal him but was told that Jesus would make up for his infirmity. (see 2 Corinthians 12:7-10)

I had one patient many years ago with anxiety disorder who had difficulty sleeping. She had tried many different sleeping pills and supplements, but they didn't work, or they caused her to feel like she was in a fog. One day, a neighbor told her to read a passage from the Bible, and she was comforted and slept all night. She found that if she read every night in the New Testament, she was able to sleep, but if she didn't, she was unable to sleep. Like Paul, her "infirmity" brought her to know the Lord through her readings, which she has continued throughout her life.

Those who are humble, who have a broken heart and a contrite spirit, who are willing and obedient, and who come to the Lord for direction are healed by His power. When we are converted to Him, He heals us, body and spirit. Like John, who had cancer, the healing was part of his conversion. His eyes were opened to the reality of salvation in the Lord, Jesus Christ. (By the way, the name John also means "God is gracious." Perhaps complete healing is part of his grace after all).

*"...lest at any time they should see with their eyes, and hear with their ears, and should understand with their heart, and should be converted, and I should heal them" .Matthew 13:15*

Sometimes, like Paul, we are not healed immediately. Jesus, in His own suffering pleaded for relief, *"Father, if you are willing,*

*take this cup from me; yet not my will, but yours be done."* Luke 22:42

He did suffer. He still carried His cross, and was nailed to it. Out of love for us He finished His work.

We will never have to suffer as He did if we turn to Him. But we may be asked to suffer a little more than we would like, out of love for Him, believing that He knows what is best for us. Paul also told the Romans, *"Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope."* Romans 5:3-4

We could go to any of the available modalities of the world to seek healing from our illnesses.

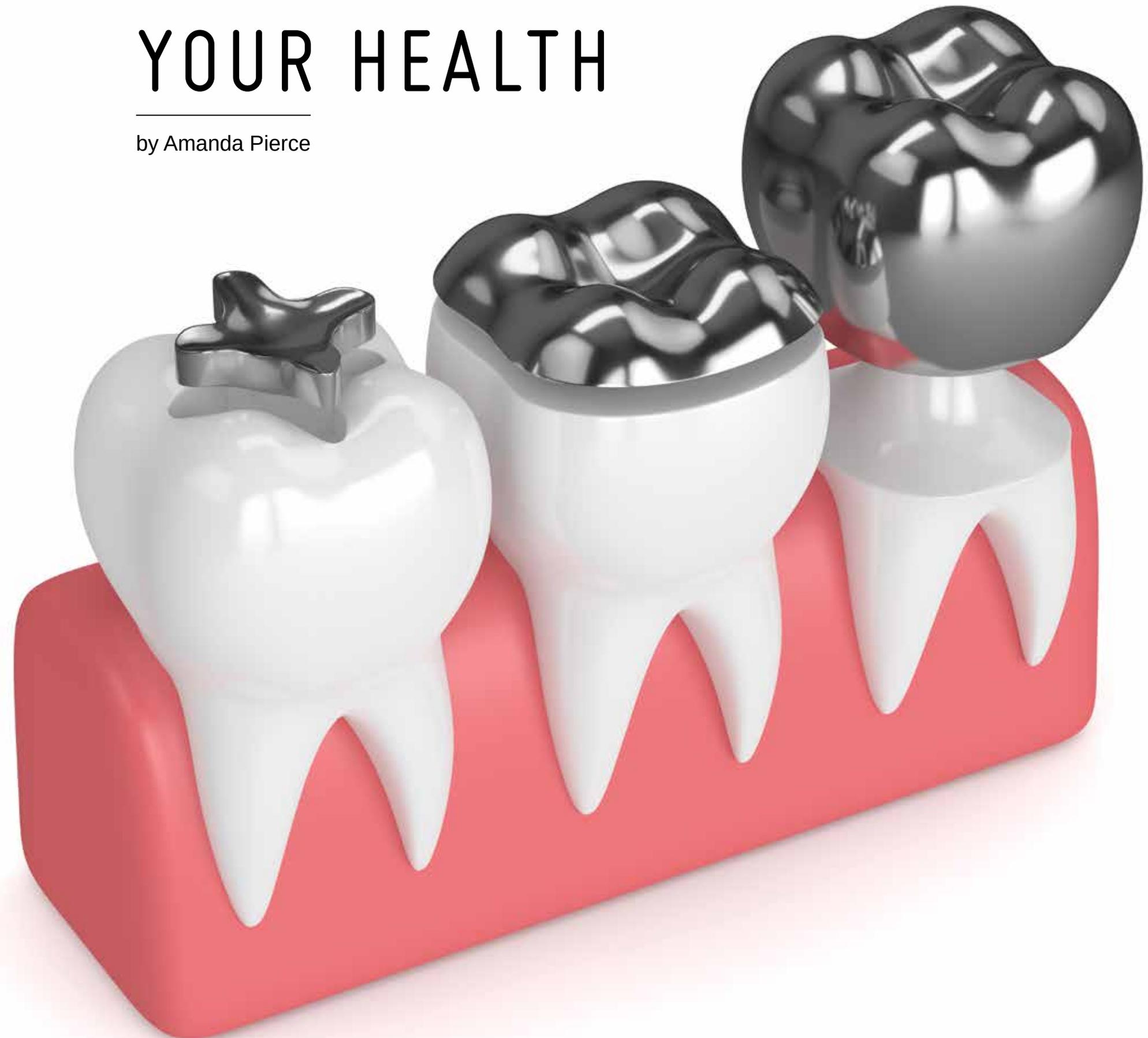
- If we go to a chiropractor, we'll probably get our back adjusted.
- If we go to an acupuncturist, we'll certainly get poked with needles.
- If we go to surgeon, they'll perhaps recommend surgery.
- If we go to a medical doctor, we'll likely go home with a prescription for some chemical.
- If we go to a naturopath, they'll doubtless give us a vitamin or herb.

However, if we turn to the Lord for healing, we never know how the Lord will work in us. He might tell us to dip seven times in the River Jordan (2 Kings 5), to go to any of the above practitioners, or seek natural remedies while we struggle with our illness, patiently waiting on His healing. Through our obedience to His word, accepting His righteous will in whatever we are told to do, we will be healed, body and spirit. Whether in this life, or the next, our soul will live. We will be forgiven of our sins and be enabled to receive the Spirit of God and come to Him. Salvation is the purpose of illness and healing, true healing. It is the healing of the Lord, Jesus Christ.

There is no other way.

# IS YOUR MOUTH POISONING YOUR BODY? MERCURY FILLINGS AND YOUR HEALTH

by Amanda Pierce



I have a huge regret. One that has literally cost me thousands of dollars and intense physical pain. I wish I had known better. I wish I had made better choices. The decisions I made so long ago affect me even today! What is that regret? Not taking better care of my teeth.

I'm sure you can relate. I remember Charlie and the Chocolate Factory was my favorite movie as a kid. And for good reason! What kid wouldn't want to go to a place where everything is edible candy? My vice, and probably the worst thing I could have done to my teeth, was sour candy. I would even eat lemons dipped in sugar! Yep, there went my tooth enamel! I'm sure all the acid ate it right off.

To look at me you wouldn't necessarily expect that I have had bad teeth. My teeth are straight (thanks to braces) and they're not discolored or yellow. But inside my mouth lies a plethora of fillings that I'm downright ashamed of. I'm a naturopath and considered a health nut by many. I'm not supposed to have any health issues, right?

I remember going to the dentist at 19 years old. I was in college, living off of diet coke, coffee, and low-fat foods. I was obviously malnourished and burning the candle at both ends. I hadn't begun my journey in natural health yet, so I was just plain ignorant of what I was doing to my body. The dentist's consensus? I had 5 large cavities, 2 small cavities, and I needed a root canal.

I was overwhelmed to say the least, but the drilling commenced. I chose amalgam (silver) fillings because he said they would last longer and they were cheaper. I also chose a gold crown for the same reason. I had no idea what I was doing and the consequences that would later follow.

## The Dangers of Amalgams

Most dentists will tell you it is a fallacy. They were taught in dental school that amalgams are perfectly safe. Six years after I had my mouth filled with metal, I became very concerned about all the "silver" fillings in my mouth and voiced my concerns to my dentist. He explained it to me like this, "The mercury doesn't leach from amalgams because it's bonded to other metals."

I wanted to believe him. But, by that point I had read all about

the dangers of amalgam fillings. I was showing a lot of the symptoms a mercury buildup. My mouth was full of mercury and it was slowly chipping away at my health.

Amalgam fillings are composed of about 50% mercury mixed with silver, copper, and tin. When you eat, drink, chew gum, or even brush your teeth, these fillings give off a mercury vapor. The vapor isn't toxic enough to hurt you immediately, but over years and years mercury builds up by depositing itself in major organs of our body. It likes to "hide" in the body, which is why it won't show up in urine tests for mercury. Some of the symptoms of amalgam poisoning are:

- Memory loss
- Anxiety
- Depression
- Numbness and tingling in hands, feet, and fingers
- Twitching in hands, feet, fingers, and eyes
- Stiff neck and/or shoulder pain
- Nausea
- Gas, bloating, and digestive issues
- Metallic taste in mouth
- Tinnitus
- Candida

Many times people have metal appliances or gold crowns in their mouth in addition to amalgam fillings. Mixing these metals in your mouth can cause even more issues! Your mouth becomes like a battery of sorts. Your saliva acts as the medium and conducts electrons in your mouth. This battery-like effect can disrupt neurological activity in the body! And because our mouth is so close to our brain, it's said that this conduction of electricity, though small, can cause anxiety, depression, and migraines!

## Safe Amalgam Removal

When people understand that they are essentially being poisoned from metals inside their mouth, they make a mad dash to the dentist to have their amalgams removed. Unfortunately, this can actually cause more harm! If a dentist doesn't use the proper removal techniques, an extremely toxic amount of mercury vapor can be released leaving you sicker than before! Leaving the fillings in is actually safer than having them removed improperly.

Even after knowing about the dangers my fillings could pose, I left my amalgams in for several years. I started by saving my money and began a search for the right dentist. The absolute best dentist for amalgam removal will call himself or herself either a Biological Dentist or Holistic Dentist. These dentists take every precaution to make sure you are not absorbing any mercury vapors during the filling removal.

There are two directories that can help you locate a one closest to you.

- [Biological Dentistry Directory](#)
- [Holistic Dental](#)

Please note many dentists are jumping on the trend of removing amalgams and calling themselves "Mercury Free" dentists. Although they don't use amalgams for fillings any more, most of them are not believers in holistic practices. Many even use the correct equipment for filling removal. But, don't be fooled! They may believe amalgam fillings aren't healthy, but they don't embrace the other alternative methods of healthy teeth. You're likely to still end up drill happy dentist who fills your mouth full of fillings. But, at least they're white fillings, right?

## Not All Composites are Equal

I warn against "Mercury-Free" dentists from experience. A few summers ago I had finally saved up the money it was going to cost to have my fillings redone. The well-known biological dentist in my area had recently retired. I found a dentist who advertised "Mercury-Free" and I met her for a consult. She was kind, and shared many of my concerns with amalgams as she herself had suffered from issues from mercury buildup in her body. I did, however, bring up several subjects like naturally healing cavities and oil pulling. She looked at me very puzzled. I knew then that she wasn't versed on holistic methods. But, at the time I was satisfied enough knowing that she had the appropriate tools to remove my fillings safely. I booked several appointments to

have all my fillings removed. I started with the right side of my mouth. I never made it to the left side.

I immediately started having issues with two of my teeth. The sensitivity wasn't going away and hot and cold foods were causing a lot of aching pain in those teeth. I returned to her office concerned and she took an x-ray and said everything looked fine. She assured me that composites are more temperamental and that the sensitivity would probably resolve.

Unfortunately, it didn't. I ended up spending this Christmas in intense pain with a dying and infected tooth! As the pain increased, so did my anger. I had shelled out over a thousand dollars redoing my fillings! In my attempt to make my mouth healthier, I ended up with a dying tooth!

I was left with two options; pull the tooth or a root canal. I understood that root canals can be a breeding ground for toxic bacteria, but I also didn't want to lose a tooth. So I went on a hunt for a TRUE biological dentist.

I found one about an hour from my house using one of the links I posted above. My visit with this dentist was unlike any other dental visit. He began by testing me via kinesiology techniques for everything he was going to put inside my mouth. He later examined my teeth and informed me that my body was rejecting the new composite fillings. He explained it by comparing it to an autoimmune reaction or a transplant rejection. My body didn't like the new fillings and my immune system was reacting. This over reaction caused my immune system to attack my tooth!

How could this be? Composite fillings are healthier than the amalgams that were in my mouth, right? He looked at me and said, "There are hundreds of different kinds of composites. The key is finding one that your body accepts." He tested me via kinesiology on several and found one my body reacted the kindest too.

Composite fillings may be far less poisonous than mercury, but they can still contain ingredients that cause your body to react unfavorably. Some of those include:

- Acrylate
- Aluminum
- Formaldehyde
- Polyurethane

Moral of the story when it comes to getting your fillings redone?

- Find a true biological dentist who practices many holistic
- Make sure they test you for what composite filling works best with your body via kinesiology or blood work

## How to Avoid Fillings

Given what I have gone through with my teeth, it pains me that I could have avoided all the money spent and all those hours in a dentist's chair. That drill could have never touched my teeth had I known what I know now! This is simply because CAVITIES CAN HEAL! Just like a bone breaks and heals, our teeth, which are made up of the same material, can heal as well!

I wish I could teleport myself back to that 19 year old me at the dentist and whisper the secrets to healthy, cavity free teeth in my ear. But, you live and you learn! I now use the principles I've learned on my children and myself. I haven't had any new cavities in years and all three of my children are cavity free!

Most dentists believe that sugars combined with bacteria form plaque and emit an acid that eats away the tooth enamel. Although this may contribute, I'm not fully convinced this is the main cause of tooth decay.

Dr. Weston A. Price, a dentist and pioneer of holistic methods in mouth health believed there were other contributing factors to tooth decay. He spent years researching and came to the conclusion that tooth decay was truly a result of:

- Lack of minerals in the diet
- Lack of fat soluble vitamins (A, D, and K specifically)

Our teeth are comprised of minerals, therefore an abundance of minerals are needed through our diet. Eating a diet high in sugar and processed foods robs your body those essential minerals. Not only are those types of foods lacking in minerals, they also block mineral absorption! Phytates from grains bind to minerals blocking their absorption and sugar depletes

your body of nutrients. Soon, your body starts pulling minerals from your bones and teeth to maintain proper a proper mineral balance in the blood. This leaves your teeth weak and susceptible to decay.

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### THE REMEDY FOR HARD, MINERALIZED TEETH

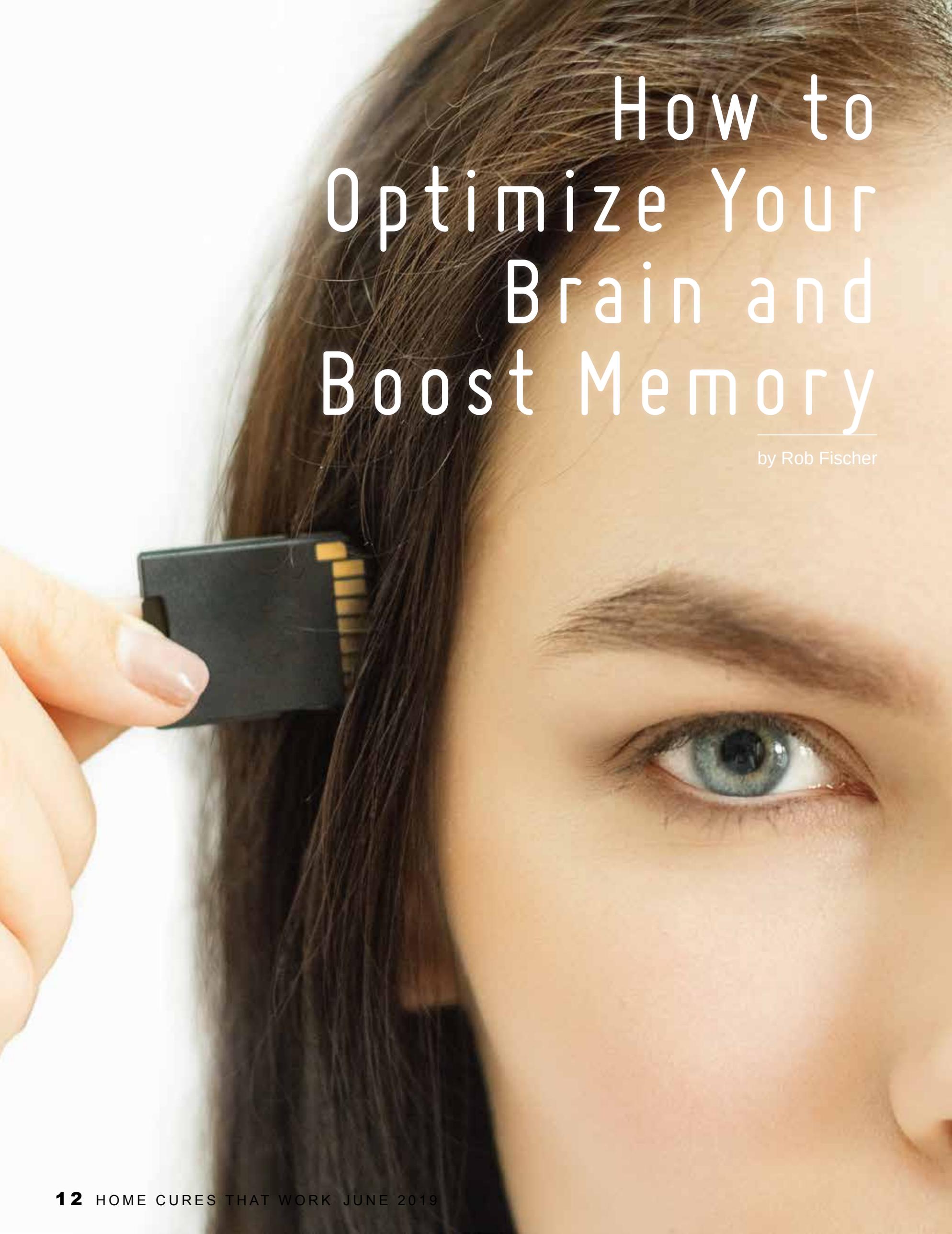
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- Avoid sugar and grains
- Consume healthy fats like pasture butter, coconut oil, and raw milk
- Take cod liver oil daily (high in vitamin D and A)
- Take a teaspoon of butter oil daily (Dr. Price called this the X factor and it was later found to be vitamin K2)
- Consume bone broth or gelatin for tooth strengthening keratin and minerals

There are testimonies all over the internet of cavities literally disappearing and holes in the teeth closing. I had an old college friend message me a few months back thanking me for an old post I had put on Facebook about healing cavities. She gave her son butter oil and cod liver oil daily for a couple months and the cavities that were going to cost them hundreds to have filled had disappeared! Even their dentist was amazed!

Don't make the same mistakes I made! Try healing your cavities naturally before letting a drill into your mouth. Also, search for a biological dentist who is open to holistic methods and can fix your teeth in the most non-invasive safe way possible. I wrote this article in hopes of saving others from the awful experience I've had with my teeth. Everything starts with good nutrition and balance in your body...even healthy teeth!

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>



# How to Optimize Your Brain and Boost Memory

by Rob Fischer

**R**ED SKELTON ONCE quipped, “As you get older, three things happen. The first is your memory goes, and . . . I can’t remember the other two!”

Have you experienced a senior moment lately? Maybe you couldn’t find the car keys, your purse, or the car? How about names? And while we’re at it, how are you at math in your head—in public? Have you been driving lately and all of a sudden wonder, “Where am I?” Or perhaps you’re looking for just the right word in a conversation . . . but it eludes you . . . until three hours later when you’re standing in the shower! If any of those situations describes you, you’ll definitely want to read on!

Tongue-in-cheek, Mark Twain lamented, “Of all the things I’ve lost, I miss my mind the most.” However, we’ve got some great news for you; it doesn’t have to be that way with your mind or your memory!

Research by Lawrence Katz, PhD, professor of neurobiology at Duke University Medical Center, has revealed some exciting strategies for exercising the brain and improving memory. Dr. Katz coined the term neurobics to describe these cerebral calisthenics.[1] Neurobics are exercises that focus on keeping our brains agile and pliable.

## The Science behind Neurobics

Like it or not, we humans are basically lazy! Not necessarily in the bad sense of the word. But we tend to make things easy for ourselves. (If you prefer to call it efficient, that’s okay.) We establish hundreds of little daily routines that enable us to complete most tasks without even thinking about them. For instance:

- When we get up
- The order and manner in which we groom ourselves
- What we eat (or don’t eat) for breakfast
- What we do while eating breakfast
- What route we drive to work
- What we listen to in the car
- Where we park

- How we get from our car to our office or work station
- What and where we eat for lunch, etc!

We do all these things mindlessly and in doing so, we’ve established neuro pathways in our brains. These become well-worn paths in our brains. And like the creatures of habit that we are, we follow those pathways habitually—almost religiously. If you think I’m exaggerating, check your response and attitude next time one of those routines gets derailed by an unexpected event!

If we’re not careful, these neural pathways easily become ruts! Neurobics describes our willful disruption of those habits and the neural pathways associated with them. We simply choose to do something differently, or in a new way. This is said to release the hormone neurotrophin that opens up new neural pathways, expanding access to information and the way we process it. [2] If done on a regular basis, neurobics will help keep your mind fit to meet any challenge--whether it’s remembering a name, mastering a new computer program, learning to dance or staying creative in your work.

Neurobics is a departure from the popular brain-teasing games and puzzles available. A crossword puzzle or Sudoku can indeed help sharpen the mind, but the scope of their effectiveness is fairly limited to that specific activity. Becoming good at Sudoku, for instance, helps you . . . well, excel at Sudoku and similar tasks that involve numerical relationships.

With neurobics, you’re not relying on a game or puzzle, but integrating change in your everyday routines. In this way, all of life becomes our “neural gym.”[3]

Dr. Katz also emphasizes the power of engaging all five senses to the extent possible when making those changes. We’ve known for many years that the more senses you can involve in an activity, the more learning occurs and the more memorable it will be.

Finally, he encourages us to employ our emotions, which he refers to as our sixth sense. Our emotions offer a powerful signpost, reminding us what occurred when, how and why.

To summarize, neurobics involves these three elements:

- Break away from a normal routine or habit in everyday life
- Engage all five senses (sight, smell, sound, touch, taste) to the extent possible

- Invite your emotions to accompany your new experience[4]
- Lack of physical exercise – Increases the effects of aging on the brain
- Poor nutrition (eating processed foods and too much sugar) - Nutrient deficiencies can definitely impair your cognitive abilities

## Enemies of the Brain and Memory

Before we give you examples of neurobics, let's look at some of the enemies of the brain. Think of these in terms of the environment in which you conduct your neurobics. Any one of these issues greatly hinders cognitive ability:

- Stress - Because improving one's memory also has a lot to do with increasing one's focus.
- Hurry – Hampers memory and learning
- Some drugs (e.g., memory loss is a side effect of statin drugs) – Kill brains cells
- Too little sleep - Because the brain needs sleep to consolidate new information
- Dehydration (not drinking enough water) – “Dry brain” decreases problem solving

For maximum brain health and cognitive skill, minimize or eliminate these enemies or they will continue to work against you and the neurobic exercises will do little to help! For more information on these enemies of the brain and how to beat them, [check out our Brain Health Kit.](#)

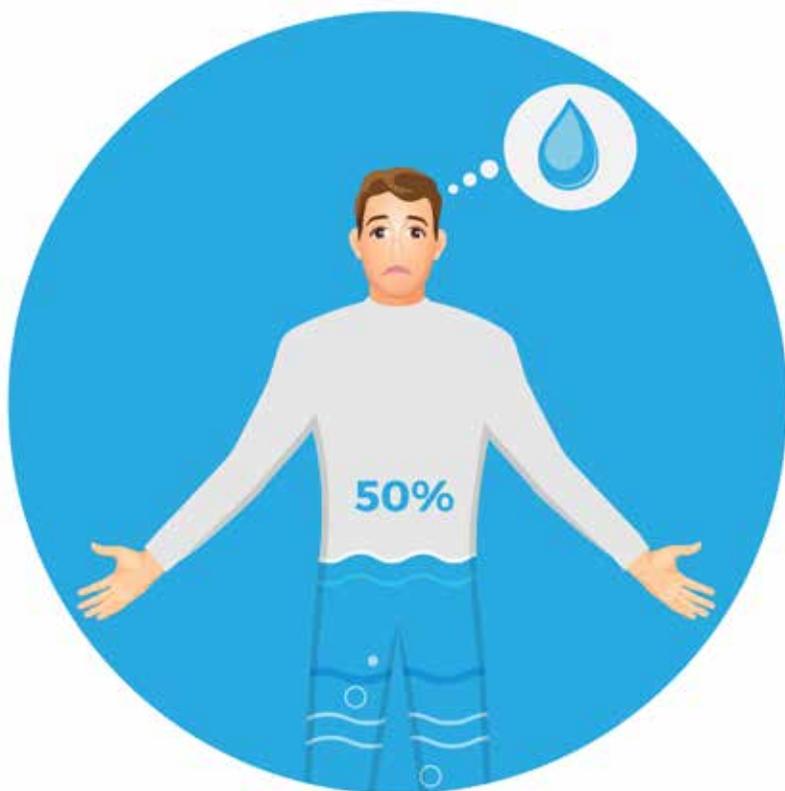
## Putting Neurobics to Work for Your Brain

What I like about neurobics is that it's very individual. You have your specific neuro pathways and I have mine. So the way you and I implement neurobics will be different. But consider the examples below and tweak them to fit your personality and situation or apply these principles to your own neurobic exercise.

### *A Trip to the Grocery Store*

You no doubt have your favorite grocery store, the layout of which you have in your head. As a neurobic exercise what if you were to deliberately combine some or all of the following elements in your next shopping trip?

- Choose a different grocery store
- Go shopping at a time that's unusual for you
- Either memorize your list, or write it down in a way that's different than normal
- If you typically shop counter clockwise through the store, shop clockwise
- Intentionally browse the store a bit to discover items you never see in your usual store
- Try new brands that you're unfamiliar with or haven't tried in awhile
- Order something at the deli, meat or fish counter that you don't normally order



“Dry brain” – or not drinking enough water decreases problem solving

- Mentally add the cost of each item in your head and see how close you come at the register
- Make sure you engage all five senses (sight, smell, touch, sound, and taste)
- As you shop, check your emotional status. What emotions are you experiencing?
- If you usually ask for plastic, this time have them bag your groceries in paper bags
- Think up additional changes you might make

Be careful. If you're on a tight schedule, trying to follow through with the above example may only stress you out! And be aware that even when you knowingly change a pattern, you may feel some frustration. If you do, ask yourself, "Why is this frustrating me?" What can you learn from this situation? That's why these exercises must be very deliberate with a view to stretching your mind.

## *Learn How to Dance*

The New England Journal of Medicine published a study that concluded the best exercise to improve a person's cognitive skills – whatever age you might be – is dance.

"The research, in fact, targeted senior citizens to determine which activity reduces the risk of dementia. As per the results, 76% of those who danced frequently exhibited lesser signs of dementia, compared to those who answered crossword puzzles and read often.[5]"

Dancing active regions of the brain that calculates spatial orientation, motor signals and emotional responses to choreography. So, dancing is the best leisure activity for ongoing brain health and maintaining intelligence.

Perhaps you have a secret desire to learn how to dance. But you've always said, "I can't dance!"

- Denounce that proclamation and begin a search for dance instruction. (By doing this, you've already started moving out of your established neural pathways!)
- Begin attending dance classes and determine to meet new people.
- In order to meet new people, prepare two or three open-ended questions to engage others in conversation about themselves. (E.g., "What prompted you to start taking dance lessons?")
- Make a conscious effort to learn people's names. Write them down later to help with recall.
- During the week, practice your dance steps at home and practice the names of those you met.
- When you arrive at dance lessons next week, greet each person by name and engage them in light conversation.

Perhaps you're thinking, "That's way out of my comfort zone!" That's the point!

Here's a great brain and memory exercise for you to engage in right now: come up with your own neurobic exercise. Jump out of the ruts of your neural pathways and expand your mind!

The brain loves to be engaged with the novelty of new experiences. Your mind becomes bored with routine. Think through and plan what you'll do and follow through with it. Take a bold step and get out of your comfort zone, maybe even learn how to dance. Make the lifestyle choice to exercise your brain and improve your memory – the side effects are fun, adventure and excitement! Keep your brain active!

Sources: [1] Lisa Armstrong, "Neurobics Tips: How to Exercise Your Brain," *She Knows*, October 8, 2013, <http://www.sheknows.com/health-and-wellness/articles/1016375/neurobic-tips>. [2] <http://www.keepyourbrainalive.com/neurobics>. [3] <http://www.keepyourbrainalive.com/>. [4] <http://www.keepyourbrainalive.com/>. [5] <http://www.nejm.org/doi/full/10.1056/NEJMoa022252>

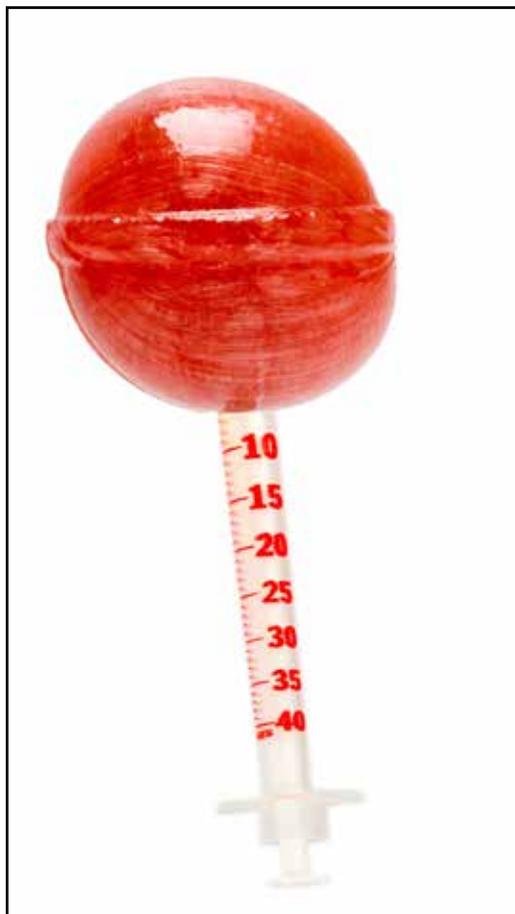
# 3 Popular Type 2 Diabetes Myths Busted

There is a ton of misinformation when it comes to diabetes and odds are you believe these particular myths are true. Once and for all, let's bust them to discover the truth.

## MYTH #1:

If you have type 2 diabetes, you brought it on yourself.

While it is true that weight, diet, and physical activity contributes to the risk of developing the disease, genetics play a major role. You can't get diabetes simply from eating too much sugar. However, continually overdosing on sweets could trigger someone with pre-diabetes to get full-blown diabetes.



## MYTH #2:

You have to take medication the rest of your life.

Many people can manage diabetes through diet, exercise and lifestyle changes. To reverse type 2 diabetes, this might something you will have to do for the rest of your life to keep your blood sugar within safe limits.



## MYTH #3:

You'll know when your blood sugar gets too high because of specific symptoms.

The truth is you won't necessarily be able to tell when your blood sugar is too high. Symptoms are often so subtle at first that they're easily overlooked. Some of the most common symptoms include feeling tired, experiencing thirst more than usual and urinating more frequently, which often go unnoticed when they aren't extreme.



Here is a FACT to take away: If you follow these [simple food rules](#) you will be able to take charge of your health and look and feel your best.



**You have made a smart and important decision to join with others from around the world, learning how to use natural and drug-free home remedies that work to help you feel healthy again. For additional relief, visit [www.bartonpublishing.com](http://www.bartonpublishing.com)**

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