

CBD Oil: Cannabidiol Uses and Benefits

Bath and Body Detox

Pork & Broccoli Thai Noodle Salad

The “Fast” Track to Extreme Longevity



AUTHORS



DR. SCOTT SAUNDERS, M.D.

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



ROB FISCHER

Rob Fischer has been writing professionally for over 35 years. His experience includes ghostwriting, creating curricula, study guides, articles, blogs, newsletters, manuals, workbooks, and training courses. He has written over a dozen books and serves as an editor for a nationally known copywriter.



DAVID KEKICH

David Kekich is President/CEO of Maximum Life Foundation that focuses on aging research, a 501(c)(3) corporation dedicated to curing aging-related diseases. For more information, visit: www.MaxLife.org. David contributes to our column Living Healthy to 120: Anti-Aging Breakthroughs. MaxLife is helping to make the anti-aging dream a reality with cutting edge Bio-Engineering research and products. Website: <http://www.maxlife.org/>

Home Cures That Work

These days, it feels like there are a million ways under the sun to detox the body: cleanses, saunas, teas, scrubs, and even...deodorant? And still, my favorite way to detox is in a warm bath with some soothing music and my favorite candles lit. Sounds nice, right? The thing about detox baths is they are pretty simple. In fact, the baths that have been used for centuries to heal and rejuvenate have relied on single, powerful ingredients to help flush the body of toxins. Detoxing is one soak away...

Did you know that our amazing bodies are naturally designed to self-detox down all the way to the cellular level? Intermittent fasting allows your cells to detox, repair, and recycle, so it not only slows aging, but also heads off inflammation. David Kekich leverages the benefits of fasting in a safe and manageable way so you'll be happy with your waistline and improved health!

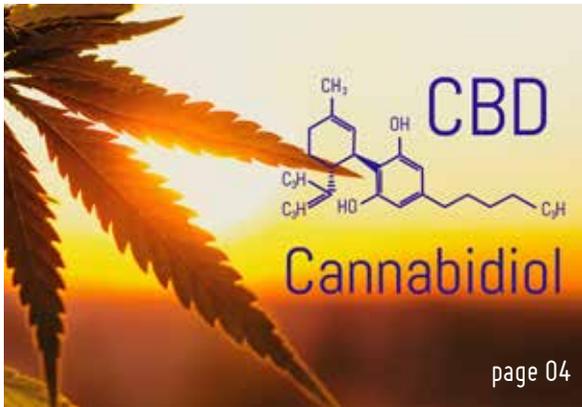
Believe it or not, but maintaining your health may also include CBD. Cannabidiol is a bridge between your body and your mind, especially in the areas of anxiety, pain and inflammation. Dr. Saunders shows you how CBD is being used to treat medical conditions, and how to make it a part of your daily routine.

The poster vegetable for healthy eating, it's no secret that broccoli is a valuable addition to any diet. But need to turn broccoli into something special? Crunchy broccoli slaw--available in most supermarkets close to the opposite salad mixes-- is the key to creating this Thai noodle dish super-fast. Packed with veggies, healthy fats and major flavor, this may be your new favorite healthy eating dish.

Detoxifying baths, nutritious recipes, intermittent fasting and CBD oil my all fit into a healthy lifestyle to relieve pain, reduce anxiety and spread healing. Be in your best health with Home Cures That Work!

For your health,

Cheryl Ravey
Editor, Home Cures That Work



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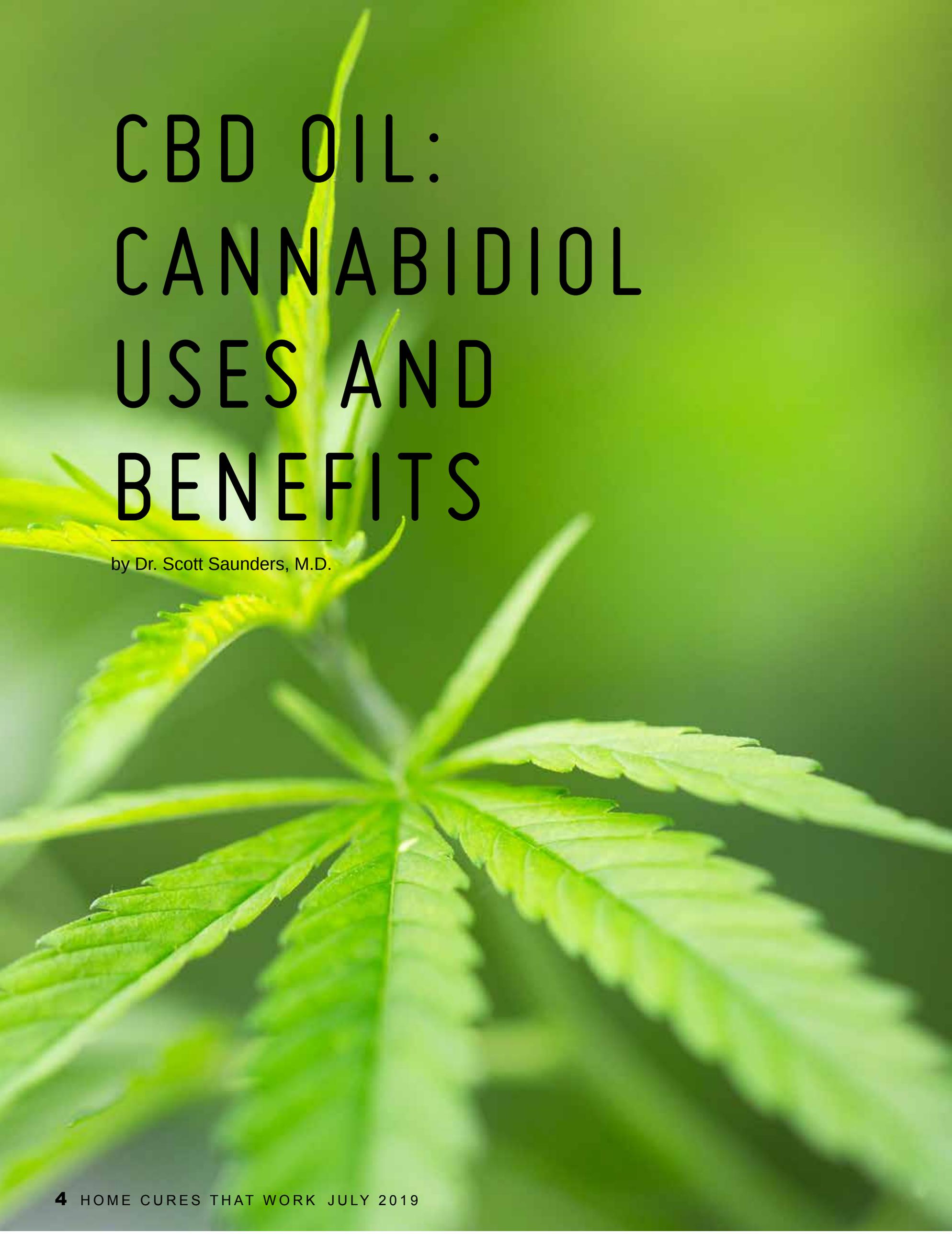
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CBD OIL: CANNABIDIOL USES AND BENEFITS

by Dr. Scott Saunders, M.D.



Ron is a 50-year-old manager at a major movie studio in Los Angeles. He works long hours, constantly on the go, goes to bed stressed and then wakes up stressed. He sleeps little and has little time outside of work for his family.

For many years he has suffered with low back pain that prevented him from sitting for long periods. He had surgery and was given pain medications, which helped – a little. He eventually ended up on three different opiate drugs, taking multiple pills throughout the day, which made him groggy and unable to function. Even though they made him drowsy all day, he was still suffering with significant pain.

He came to see me hoping to get off these drugs and be pain-free, and after discussing the options, we decided to try CBD oil, which didn't require a prescription or make him high and groggy. Over just a couple of months, he was able to wean off most of his medications, needing only one pill two or three times per day, instead of nine. He was also functioning better at work because he wasn't sleepy all day.

CBD —it's everywhere! Cannabidiol, or CBD oil, is fast becoming a household word. You've heard all the talk about pain relief, curing Alzheimer's disease and neurological disorders, as well as many other illnesses. CBD has been touted as a cure for almost any illness. One source has over 50 different illnesses that may be affected by CBD oil.[1]You can buy it in the supermarket, in a pharmacy, and even in convenience stores!

What is CBD?

The cannabis plant is made up of two main players: CBD and THC:

- THC stimulates the brain, nervous system and immune system receptors to cause a “high.”
- CBD doesn't produce any mental and emotional effects of its own, but tends to interact with the parts that reduces inflammation

.Marijuana has almost pure THC while hemp is almost pure CBD. There are some strains of cannabis that have both. CBD is extracted from the hemp plant and diluted with oil such as vegetable, coconut, or MCT oil. It's hard to find pure CBD oil.

Marijuana has almost pure THC while hemp is almost pure CBD. There are some strains of cannabis that have both. CBD is extracted from the hemp plant and diluted with oil such as vegetable, coconut, or MCT oil. It's hard to find pure CBD oil.

Is CBD legal?

Since CBD oil is not psychoactive, the Federal government does not regulate it. CBD oil is also considered an herbal extract in all 50 states. If there is more than 0.03% THC in CBD, then the Federal government has passed a law that it is not legal for use. However, some states have laws that legalize marijuana, allowing people in those states to get CBD oil with more THC than the federal limit.

What does CBD do?

Cannabidiol doesn't bind to the CB receptors, the marijuana receptors, like THC. In fact, it has some inhibitory effects on THC. Instead, CBD causes the body to make more of its own "endocannabinoids," the natural substance your body makes that binds to these receptors. That's why THC can cause a "high" while CBD does not.

Nervous system

CBD can decrease inflammation and prevent over-stimulation of nerves. It has been shown to protect neurons from damage,[2] by two different actions:

- Preventing cell death from over-stimulation
- Blocking cell damage from inflammation

There is now a prescription CBD oil that has been approved for seizures in children. It also seems to help bipolar disorder and neuropathy from diabetes. Any type of over-stimulation, including all conditions that are treated with anti-seizure medications, may benefit from CBD.

Immune function

CBD has multiple effects on the immune

system, both directly and indirectly. Many illnesses are due to over-stimulation of immune function. These inflammatory conditions and autoimmune diseases can be suppressed by CBD. People have successfully used CBD oil for arthritis, lupus, and inflammatory bowel diseases.[3]

Cancer

Cancer may be treated by CBD oil. CBD works in vitro (in a test tube) to inhibit many cancers.[4] While there are case histories of people using CBD oil effectively for cancer, there are no studies to determine types of cancer, the correct dose of CBD, and so forth.

What about pain?

Marijuana, or THC, didn't fulfill the promise of helping people with chronic pain. A 4-year study in England of over 1500 people with chronic pain found that people reported more pain with the use of cannabis (THC) and didn't use less opiates.[5]

CBD oil seems to work, however, through its effects on the immune function to decrease inflammation and pain.[6] It has become a standard treatment for inflammatory bowel disease. CBD oil doesn't work for all pain; it seems that certain types of inflammation from nerve pain is mostly affected. Other kinds of pain may not directly benefit from CBD oil. You won't know until you try it!

Sleep and CBD

There is little evidence of CBD oil's effect on sleep. A few studies in rats showed that the more CBD they took, the more likely they were to sleep, but didn't get deep or restorative sleep.[7]The higher doses were using the equivalent of about 3000 mg per night (most people take

between 10 and 100 mg).

Are there any side-effects?

CBD itself has few side-effects. However, most of the plant extracts have other oils as well, including THC. Thus, there is a possibility of sedation, nausea, dizziness, and changes in your appetite. If you have any of these, you can change to a different formulation.[8]

Can I overdose on CBD?

The real answer to this question is, no. The reason is that even 33 tablespoons per day would not cause an overdose. Compared to the amounts you would likely be using would not even get close. [9]

Where do I get CBD?

There are many CBD suppliers. You can get it at retailers, grocery stores, and vitamin outlets – even at Bed, Bath, and Beyond! There are also many online CBD suppliers.

One study of 84 different CBD oil products bought online found 26% contained less CBD than advertised on the label and 43% contained more. Moreover, 21% contained detectable amounts of THC. [10]While slight differences are expected in a natural product, the authors of this study did not specifically state how much more or less CBD was found in these oils.

It is most important to look for a supplier that has undergone testing by a third party. Some CBD oils are very diluted, so look for labels that are reviewed by a third party lab.

Ron, the patient above, took a few different CBD oil products and found that the brand Charlotte's Web worked for him. He was taking about 90 mg twice per day. Often it takes using different products to find what works because they are not all the same.

There are several different extraction methods, which change the nature of the oil. Some are also purified CBD, while others have a spectrum of cannabinoids from the plant. Since CBD oil is a plant extract, there are differences even from the same supplier. There's a lot we don't know so seek out one that works for you.

How much CBD do I take?

If you go online and look for the proper dosing of CBD oil, most of the writers will tell you to "ask your doctor." The problem with this advice is that doctors have NO training in the use of CBD. ZERO. Therefore, they are not equipped to give you any advice on the use and dose of CBD oil (or any natural substance, for that matter).

The rule is to start with a low dose. This is not like a drug where effectiveness increases as the dose goes up. CBD has different effects at different levels. Lower doses affect the immune system differently than higher doses. The lower dose has more of an inhibitory effect, while higher doses cause more stimulation.[11] So, consider a lower dose for immune suppression, and a higher dose for calming the nerves.

Start your dose around 15 mg twice per day. Until your desired effect is achieved, gradually increase your dosage. The final dosing will change depending on the need, the form you take, and the way you take it.

For example, the CBD seizure prevention prescription, Epidiolex, has a dosage

of 500-700 mg twice per day for an adult, or 100 mg twice per day for a child. This might be on the high end of the spectrum; most people using it for other purposes will need much less.

The key is to consider what you want to accomplish. What is the desired effect and evaluate from there. If you aren't getting what you want, change the dose or the form – or try something else entirely.

What CBD form is best?

You can get CBD in many forms. The following are readily available:

- CBD creams
- CBD suppositories
- Under-the-tongue CBD drops
- CBD capsules
- CBD vape mist

Consider your needs to determine the form.

- Suppositories are often used for inflammatory bowel disease.
- Creams seem to work well for arthritis.
- Those with fibromyalgia or chronic pain mostly take sublingual drops or capsules.
- Vaping is not an option I recommend because absorbed amounts vary.

If you take the sublingual or oral capsule forms, there is a significant improvement in absorption if taken with food – especially if there is oil or fat in the food.

There are many products that are not for serious treatment because they have tiny

amounts of CBD for marketing purposes. The sprays and body washes, as well as cosmetics and creams may not be worth the cost. Also, avoid those that try to sell a subscription or multi-level marketing program because you may find it doesn't help, or you need a different form than they provide.

Final Notes

Don't get into all the hype about CBD, which is marketing to try to get you to buy a product. If you need CBD, it can be very helpful, but if you don't, you may find more harm than good. Don't use CBD just to be using CBD because you are told it will inhibit cancer or Alzheimer's. The jury is still out on many purported benefits of this natural oil. Moreover, we don't have any data on the long-term effects of using it.

One more thing: in my experience with vitamins, minerals, herbs, extracts, and many natural treatments for all kinds of illnesses, I have found that intermittent use is better than daily use. Most stimulating substances require some time off or the body gets resistant to it. We don't know that maybe daily dosing of CBD will eventually cause less endocannabinoids to be made and cause more problems. So, my personal recommendation, without any data other than experience, is to use this oil on an intermittent basis, such as 5 days on and 2 days off, or one week on and one week off. This will allow you to notice the difference in taking it versus being off it as well.

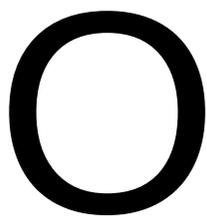
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Bath and Body Detox

These natural detox bath recipes use household items like Epsom salt, oatmeal, and even ginger to remove toxins from the body.

by Rob Fischer





OUR SKIN, THE largest organ of the body, takes the brunt of all sorts of abuse. The skin is exposed to hot and cold, wet and dry, coarse and soft, caustic and soothing substances. Our skin gets pinched, cut, bruised, burned, and scraped.

Our skin serves to protect us, provides us with all kinds of sensory information. But it also eliminates unwanted toxins and absorbs other desirable minerals and nutrients.[1]

Because the skin is a vast organ, immersing your body in a soothing and detoxifying bath can be very beneficial.

A warm, hot bath can be very therapeutic and relaxing with the right solution added to your water. Solution baths can:

- Help reduce stress

- Pull unwanted toxins from the body
- Relieve itching
- Reduce inflammation
- Promote overall health

WHOLE BODY BATHS

There are numerous whole-body baths that offer a variety of desired effects. Below are just a few of these.

EPSOM SALT BATH

One of the most common, tried and true baths is the Epsom salt bath. Epsom salt contains the minerals magnesium and sulfate. Magnesium “helps regulate the activity of more than 300 enzymes in the body” and assists in controlling blood pressure and cardiovascular health.[2]

Our body also needs sulfate for a number of biological processes. Sulfate helps remove toxins from the body and forms proteins in joints and brain tissue. An Epsom salt bath is a great way to replenish these





two important minerals in your body.

Feeling stressed? Relaxing in an Epsom salt bath can ease muscle pain and draw toxins out of your body (especially heavy metals).

- To prepare an Epsom salt bath, simply add two cups of Epsom salt to your bath water. Soak three times weekly (or as often as desired) for at least 12 minutes.[3]
- For an added aromatic pleasure and calming effect, add 10 drops of lavender oil to your Epsom salt bath.[4]
- To reduce pain, add 3-5 drops of black pepper oil to your Epsom salt bath-water.[5].

COLLOIDAL OATMEAL BATH

Colloidal oatmeal is not intended as a food

source, but strictly for bathing. Colloidal oatmeal helps soothe itchy, scratchy, or dry skin.[6] A bath prepared with colloidal oatmeal might be just the thing to relieve a rash, eczema, insect bites, hives and even sunburn.[7]

- Mix one cup of colloidal oatmeal to your bath and soak for 30 minutes.[8]

BENTONITE CLAY BATH

Bentonite clay is a naturally occurring clay effective in detoxifying the body of harmful waste substances, chemicals, and heavy metals. This is a safe detox method that has been around for millennia.[9]

Dr. Miriam Jang, MD, has documented the effectiveness of bentonite clay baths. They successfully reduce levels of heavy metals including: mercury, lead, arsenic, aluminum, and cadmium.[10]

Ensure that you purchase your bentonite clay from a source that ensures its purity. Bentonite clay can be used in a detox bath in two ways:

- By dissolving one to four cups in the bathwater.
- By making a paste with apple cider vinegar and spreading it over your skin.

Use a non-metal bowl and utensil to mix. If using this second method, allow the clay to remain on the skin for at least five minutes before soaking in the tub.[11]

OTHER DETOX BATHS

Additional detox baths include a variety of essential oils, sea salt, baking soda, apple cider vinegar, hydrogen peroxide, ginger, and seaweed.[12] Here are a few detox baths to try:



GENERAL GUIDELINES

You can intensify the effects of any of these detox baths by:

- Increasing the amount of the detox substance.
- Using hotter water.
- Remaining in the solution longer.

But I must warn you! Taking a detox bath can leave you so relaxed that you'll become sleepy, so you may want to indulge and detox right before bedtime!

Added to the pleasure of submersing yourself in water, detoxifying baths can play an important role in your overall health. The beauty of a detox bath is that you can take it whenever you want and whenever you feel like you need one.

You're probably saying to yourself right now, "I don't have time to take a therapeutic bath! My life is too hectic!" That's all the more reason that you need to go soak for a while![16]

Don't just settle for a quick shower. Make it a point to pick up what you need to take a therapeutic, detoxing bath. Make an appointment with your bathtub and take some of the stress and toxins out of your life!

How do you detox in the bath? Share your tips and tricks, and then share this article with a friend! ►

- For an antibiotic, antiviral cleanse, try a hydrogen peroxide bath with 1/2 to 1 cup food grade peroxide in the tub and soak for 30 minutes.[13]
- A seaweed detox bath is said to improve the flow of blood and lymph fluids in the body. Place a large piece of seaweed or kelp in a pot of boiling water and allow to steep for 30 minutes. Strain out the seaweed and add it to your bath water and soak for 20 minutes.[14]
- Attack a bacterial infection and soften

your skin with an apple cider vinegar bath. Just add 1 cup of apple cider vinegar to hot bath water and soak for 30 minutes.[15]

FOOT BATHS

The same ingredients used above for whole body baths you can use for foot-baths, as well. For people on their feet a lot, ginger is a particularly soothing footbath. Mix 1/4 cup ground ginger into water and soak feet for 10-15 minutes. This bath soothes tired feet and reduces inflammation.

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The “Fast” Track to Extreme Longevity

by David Kekich



THERE ARE PROS and cons about extended fasts, but nearly everyone agrees that skipping meals or fasting gives your digestive system a rest and helps detoxify your system if your diet is unhealthy.

Fasting puts you on the path to maximum health, because what you eat, drink and breathe all have the potential to increase your toxic load. Ditto for what you put on your skin. Even though your lungs, liver, kidneys and your skin are designed to remove your toxins, they are stretched beyond their limits in today's polluted world. So it's up to you to periodically cleanse your system if you want to keep toxins from prematurely aging you and making you sick. You can do this by either

periodically fasting.

SIMPLE AND EASY FASTING

Fasting is simple and easy. I recommend short fasts. I fast one day a week—no food for 24 hours.

- If you abstain from food completely, drink only filtered water or distilled water and bone broth.
- For even better results, you might drink two to three large mugs of hot filtered water each fast day with two tablespoons of raw apple cider vinegar and one teaspoon of raw honey, although I shy away from honey because of the high sugar content.

You can get the beneficial effects of caloric restriction (CR) if you eat as much as you want every other day and fast every other day. Besides being the only proven way to extend maximum lifespans in mammals, CR is also an effective way to dodge diabetes, heart disease and nearly every other disease associated with aging.

HOW TO MISS MEALS WITH INTERMITTENT FASTING

Another form of fasting is going on a CR 7 eating schedule. This means you utilize a concept called “intermittent fasting” (IF) to redistribute and lose body fat and to simulate CR.

- Eat just two meals a day, about six hours apart.
- By doing so, you go on an 18 hour fast every day.

I started doing this a couple of weeks ago, and it's a snap.

According to a 2005 article in *Lancet*, mice and rats maintained on an intermittent fasting regimen lived up to 30% longer than those fed otherwise.

On IF, the longest time you'll ever abstain from food is 36 hours, although 17-18 hours is more common. Skipping breakfast is far easier and logistically and socially more acceptable, but avoiding dinner might be better from a health perspective.

Our genes are optimized for this type of feeding schedule. It takes about six to eight hours for your body to metabolize your glycogen stores, and after that, you actually start to shift to burning fat.

However, if you are replenishing your glycogen by eating every few hours, you make it far more difficult for your body to actually use your fat stores as fuel.

Surprisingly, hunger is not the problem you might think. Fasting also has a profound effect on your food cravings. It shifts cravings toward more subtle tasting, nutrient dense, satiety-promoting foods, which can then lead to a spontaneous decrease in your overall calorie intake.

When following an IF regimen:

- Make your diet low glycemic and high in plant-based foods.
- Eat whole foods, along with nutrient dense antioxidant foods.

- Don't even think about IF if you eat the typical American portions of high glycemic junk food.

Importantly, our ancestors did not eat regular meals like we do today. They ate when they killed or found food and when they had some stored food left over. Extended periods between meals were normal.

Our bodies are still programmed to miss meals. That's one reason you should break up your regular meal schedule or grazing with some type of intermittent fasting.

MORE FASTING BENEFITS

Could fasting for two days a week prevent age-related brain shrinkage, heart disease, diabetes, and possibly even cancer? New research suggests that fasting triggers a variety of health-promoting hormonal and metabolic changes.

Fasting has been shown to reduce:

- "Bad" LDL cholesterol
- Total cholesterol
- Triglycerides
- Inflammation levels
- Free radical damage

Fasting also normalizes your insulin sensitivity, which is key for optimal health. Insulin resistance (which is what you get when your insulin sensitivity plummets) is a primary contributing factor to nearly all chronic disease, from diabetes to heart disease and even cancer.

Except for intermittent fasting, fasting usually does, but does not necessarily mean abstaining from ALL food, but rather a dramatic reduction of caloric intake. You should cut your daily calories at least in

half, and preferably consume no more than 500-800 calories a day during your fasts. That's not so tough, is it?

HUNGER PROTECTS YOUR BRAIN

"Suddenly dropping your food intake dramatically, cutting it by at least half for a day or so, triggers protective processes in the brain," explains Professor Mark Mattson, head of neuroscience at the U.S. National Institute on Aging.

He adds, "It is similar to the beneficial effect you get from exercise."

Hunger seems to benefit your physical shape and longevity similarly to physical exercise. When manipulated properly, hunger has shown to trigger mechanisms that increase your energy, repair your tissues and keep you in prime physical shape.

Interestingly, some of the mechanisms largely responsible for weight loss and diabetic control when fasting are also the ones responsible for the benefits to your brain.

Research suggests that caloric restriction can protect brain cells and make them more resilient against stress.

This protective effect is partly due to fasting's effect on leptin and ghrelin; two hormones involved in appetite regulation. According to Professor Mattson, these hormones are also involved in the process of renewing brain cells—especially in the hippocampus—when you are not overweight.

This could help protect your brain against memory loss and degenerative diseases such as Alzheimer's and Parkinson's. ►



Pork & Broccoli Thai Noodle Salad

CRUNCHY BROCCOLI SLAW—AVAILABLE in most supermarkets near the other cole-slaw mixes—is the secret to making this Thai noodle recipe super fast. If you have the time and want to make your own broccoli slaw, shred broccoli stems through the large holes of a box grater. Making the pork patties while the water for the noodles comes to a boil ensures the pork and noodles will be done at the same time.

DIRECTIONS

1. Bring 5 cups water to a boil in a large pot over high heat. Add noodles and cook, stirring frequently, until just tender, 4 to 6 minutes, or according to package directions. Drain, rinse well with cold water and let stand in the colander to drain.
2. Meanwhile, combine pork, 1 tablespoon mint and 2 teaspoons fish sauce in a bowl. Form the mixture into eight 3-inch patties.
3. Heat a large grill pan or cast-iron skillet over medium-high heat. Coat with cooking spray, add the patties, partially cover and cook for 3 minutes. Turn over and cook for 3 minutes, then turn back over and cook on the first side again until cooked through, 1 to 2 minutes more.
4. Combine the remaining 4 teaspoons fish sauce, chili sauce, lime juice and sesame oil in a large bowl. Add the rice noodles and broccoli slaw and gently toss until well combined. Serve the pork patties on the noodles, sprinkled with the remaining 1 tablespoon mint. Serve with lime wedges.

INGREDIENTS

- 8 oz rice noodles
- 1 lb. lean ground pork
- 2 T. chopped fresh mint
- 6 tsp. fish sauce, divided
- 2 T. sweet red chili sauce
- 2 T. lime juice
- 1 T. toasted sesame oil
- 1 12-oz bag broccoli slaw
- Lime wedges for serving

NUTRITIONAL INFO: Serving size: 2 patties & 1 2/3 cups noodles; Per serving: 428 calories; 10 g fat (3 g sat); 3 g fiber; 61 g carbohydrates; 25 g protein; 5 mcg folate; 66 mg cholesterol; 5 g sugars; 0 g added sugars; 1870 IU vitamin A; 75 mg vitamin C; 75 mg calcium; 3 mg iron; 798 mg sodium; 521 mg potassium; Nutrition Bonus: Vitamin C (125% daily value), Vitamin A (37% dv), Folate & Iron (17% dv), Carbohydrate Servings: 4 Exchanges: 3 starch, 1 vegetable, 3 lean meat, 1/2 fat



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Fibromyalgia		

OUR MISSION

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