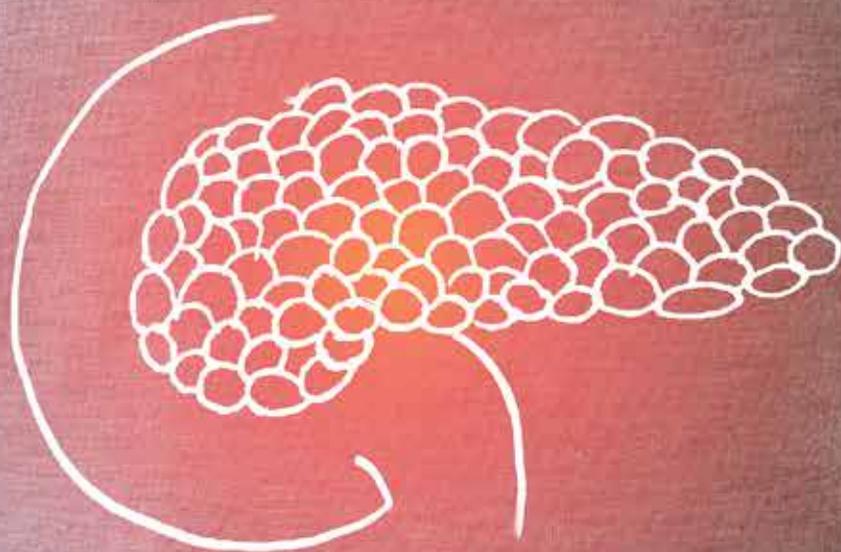


5 Surprising Rules to Protect Your Pancreas

**Carrageenan:
Friend or Foe?**

**6 Great Reasons
to Work Your
Muscles**

**The Power of
Pickle Juice**



Home Cures That Work

AUTHORS



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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.

Most people don't think about their pancreatic health until something goes wrong. While it's often overlooked, the pancreas is an important, hardworking organ. It makes enzymes that help digest food and regulate blood sugar levels. Dr. Saunders provides the most important steps to keep your pancreas healthy – before something goes wrong.

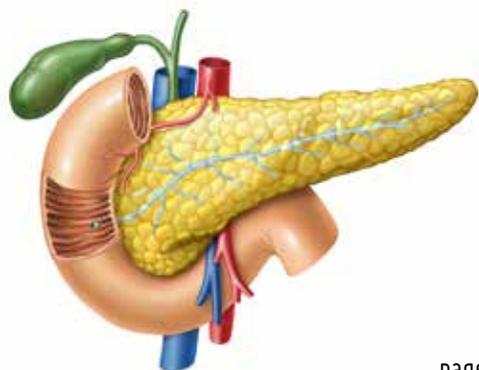
Drinking pickle juice might sound strange, but it offers healthy benefits for a variety of problems. Instead of staring at the pickle jar and deciding to drink it, why not try it for these interesting problems.

Carrageenan is an additive used to thicken, emulsify, and preserve foods and drinks. It's a natural ingredient that comes from red seaweed that is in your creamer, almond milk and many organic foods. But is this plant-based food causing health problems for people?

In case you haven't heard: Exercise is really good for people with type 2 diabetes. Get started with these go-to tips from Home Cures That Work!

For your health,

Cheryl Ravey
Editor, Home Cures That Work



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5 SURPRISING RULES TO PROTECT YOUR PANCREAS

Diabetes is the most common disorder associated with the pancreas. The way in which the pancreas doesn't function properly differs depending on the type. Keep better health by keeping your pancreas healthy.

CARRAGEENAN: FRIEND OR FOE?

Home Cures That Work recommends avoiding regular consumption of foods containing carrageenan. This is especially important for persons with inflammatory bowel disease.

PICKLE JUICE TO THE RESCUE! WHY YOUR HEALTH NEEDS PICKLE JUICE!

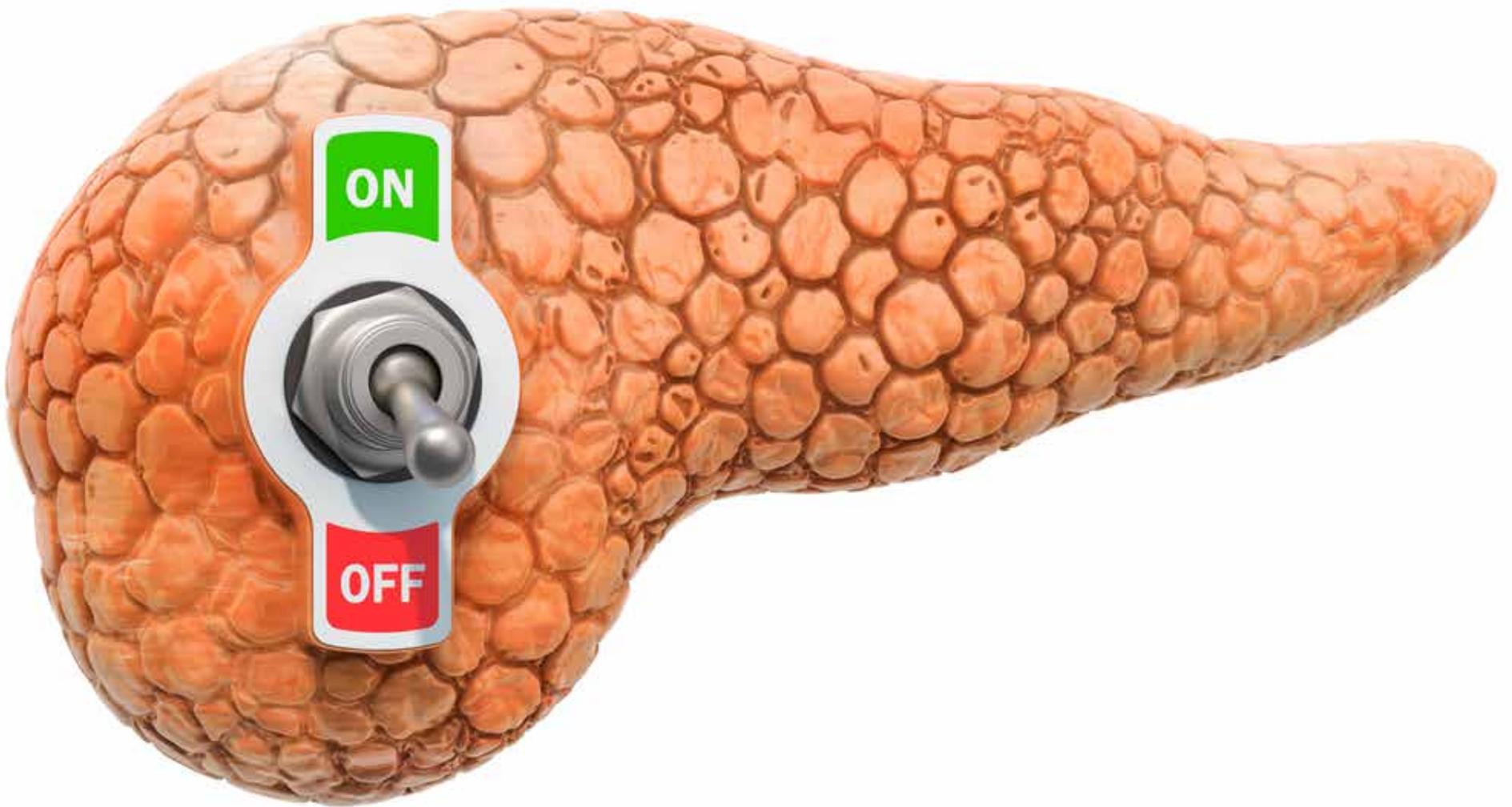
A few things you should know before drinking pickle juice ... And for good reason—they're a healthy snack even your grandma loved!

6 GREAT REASONS TO WORK YOUR MUSCLES

Exercise can keep seniors strong and healthy. Learn how low-impact exercises, strength training, and aerobics all benefit senior health.

5 SURPRISING RULES TO PROTECT YOUR PANCREAS

by Dr. Scott Saunders, M.D.



What does the pancreas do?

The pancreas has three main functions:

1. Makes digestive enzymes to digest food in the small intestine.
2. Neutralizes the acid from the stomach
3. Regulates blood sugar through two main hormones
 - Insulin
 - Glucagon

In fact, the pancreas can make 6 to 8 cups of digestive juices every day,[1]including many different enzymes to digest your food, and sodium bicarbonate (baking soda). At the same time, it has to keep your blood sugar normal by monitoring the blood for sugar and making hormones for the blood. The pancreas is a small but mighty powerhouse in your body!

I thought digestive enzymes were in my stomach?

The stomach has a few enzymes to break down large proteins and starches into smaller units. However, the pancreas produces enzymes for the small intestines to break down food into individual amino acids, fatty acids, sugar, vitamins and minerals. This is where most of our digestion takes places.

The system is so amazing that the pancreas doesn't produce some random enzymes or the same ones all the time. Rather, the pancreas makes the exact enzymes needed to digest the certain foods you eat. Then, as each enzymes breaks off individual sugar molecules they are immediately absorbed, effectively spreading out the absorption of nutrients over time.

How does the pancreas know what I'm eating?

Just like your tongue has taste buds that tell you what is sweet, sour, bitter salty, the pancreas has "taste buds" or detectors to

determine how to do its job. As the blood gets "sweeter," your pancreas puts out more insulin. When your blood isn't "sweet enough," the pancreas makes glucagon to keep the blood sugar constant. For digestion, the pancreas knows how much acid is in the duodenum so it can make enough sodium bicarbonate. It also "tastes" the food coming from the stomach to determine how much, and what types of enzymes to make.

Why does the pancreas make "baking soda?"

Because the stomach makes a lot of acid, the food leaving the stomach and entering the small intestine is very acidic. The pancreas enzymes don't work well with all that acid; they need a more alkaline environment to efficiently digest food. Baking soda, or sodium bicarbonate neutralizes acid so your food can be digested and absorbed.

How does insulin work?

Insulin controls our energy supply. When we eat starches, they are digested into sugar, or glucose. All the fruit, vegetables, beans, grains, bread, cereal and so forth that we eat are digested into glucose, which our cells use for energy. However, glucose cannot get into the cell by itself.

As the glucose/sugar is absorbed through the intestines, the blood sugar level gets higher and higher. The cells need sugar, but they can't get it without insulin. The pancreas makes insulin as the sugar rises. Insulin opens cell doors, allowing glucose in so the cells have energy. When the blood sugar starts to go down, the insulin level drops and the cells cannot take in any more glucose. The cells must then live on their stores, or use fat.

What is Glucagon?

The hormone that is the opposite of insulin is called glucagon. Glucagon also comes from the islet cells of the pancreas and is secreted when insulin is low. Glucagon causes the liver and fat cells to put out energy from their storage so there is always enough energy to run the body. The system is beautiful, keeping the blood sugar very constant in the face of eating and fasting, which causes highs and lows of sugar in the blood. Without these hormones, we would have to worry about eating too much or too little to keep our energy constant.

Why do I need insulin?

Insulin is the door that allows sugar into cells. Every cell in the body has receptors for insulin[2]but muscle, liver, and fat cells require insulin to get sugar into the cell. Without insulin, these cells get no glucose for energy. In type 1 diabetes, the pancreas stops making insulin. So people with type 1 diabetes can eat all they want, making their blood sugar go up, but their cells starve to death despite very high blood sugar because they don't have insulin to allow the sugar into cells.

What causes Type 2 Diabetes?

In type 2 diabetes, there is a ton of sugar and the pancreas produces a lot of insulin, causing our cells to bring in more than they need. The muscle and liver cells store the sugar as glycogen, and fat cells convert it to fat for storage. Eventually, muscle and liver cells fill up with glycogen and shut down the insulin receptors from the inside. We call this insulin resistance. The pancreas is still making lots of insulin, but the cells pay no attention to it, so the blood sugar goes up. This is diabetes.

What is the difference between Type 1 Diabetes and Type 2 Diabetes?

Essentially, these two diseases are opposites. Type 1 diabetes is when there is not enough insulin, and type 2 diabetes comes from too much insulin.

Type 1 Diabetes	Type 2 Diabetes
Low insulin	High insulin
Cells are starving for sugar	Cells have too much sugar
People cannot make fat	People make too much fat
The liver is depleted of energy	Fatty liver with too much energy

If they are so different, why are they both called

“DIABETES?”

When there is no insulin, or if there is too much but it doesn't work, the blood sugar rises and spills in the urine. Thus, both types of diabetes have one symptom in common: high blood sugar that can spill in the urine. For this reason, they have the same name, even though they are very different illnesses.

Does the pancreas stop making insulin in type 2 diabetes?

Insulin is made in the pancreas by beta islet cells. The beta islet cells are sensitive to blood sugar, and as the blood sugar goes up, the cells make more insulin. In type 2 diabetes, the pancreas is working well, putting out insulin and glucagon at an amazing rate. I have seen tests of patients with levels of insulin over twenty times higher than normal, all made from their pancreas. As the blood sugar continues to rise, the pancreas makes more insulin. Thus, the pancreas continues to make insulin in type 2 diabetes.

Do people with type 2 diabetes ever need insulin?

In some cases, a person with diabetes may have both insulin resistance and insufficient production from the pancreas. In a sense, they have both type 1 and type 2 diabetes. In these cases, they may need treatments for both. If the pancreas isn't making enough insulin, it is type 1 diabetes, and, yes, most of them need to inject insulin so they can use glucose for energy. However, they also need dietary controls to improve their sensitivity to insulin.

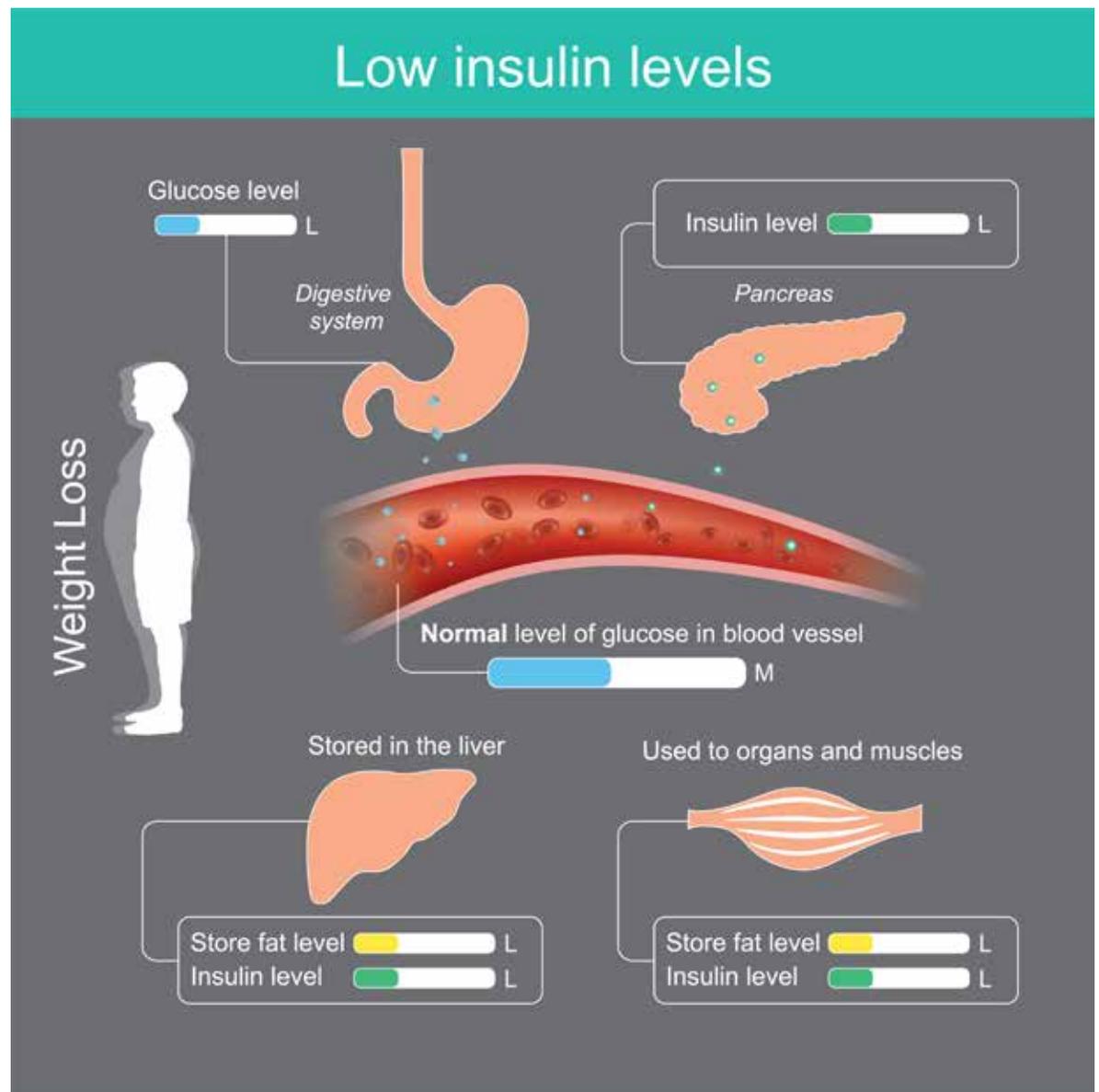
What kind of diet is best to protect the pancreas?

Insulin resistance and beta cell function improve on a whole-food vegetable-based diet.[3]I hate to use “vegetarian” or “vegan” because those terms mean so many different things to different people. It seems that protection of the beta cells is best

achieved by eating a lot of fiber, and keeping the calories (fat, sugar, carbs, and protein) to a minimum. It's not that one should never eat meat, but rather high-fiber vegetables should be the basis of meals, with little or no meat.

What else can I do to protect my pancreas?

The pancreas needs rest. When people get pancreatitis, either from infection or from getting digested by its own enzymes, the best treatment is rest. [4] That means putting no food into the stomach. A great way to do this is to have an empty stomach at night, having no food or drinks after 6:00 PM. This is especially good because at night the body is set to "shut down" digestion for repair during sleep. It is helpful to be asleep by 10:00 PM to work with your body's natural circadian rhythm. Also, allowing at least four hours between meals (no snacks) gives the pancreas a rest; it's a great way to maintain a "practically perfect pancreas."



Rules for protecting the pancreas and maintaining proper function:

- Eat lots of fiber
- Don't eat or drink after 6:00 PM
- Allow 4 or more hours between meals
- Don't eat snacks
- Go to sleep by 10:00 PM

Sources: [1]<https://www.healthination.com/health/pancreas-facts> [2]<https://diabetes.diabetesjournals.org/content/63/12/3992> [3]<https://www.masteringdiabetes.org/beta-cell-function-improves/> [4]<https://www.mayoclinic.org/diseases-conditions/pancreatitis/diagnosis-treatment/drc-20360233>

CARRAGEENAN: FRIEND OR FOE?

by Rob Fischer

AT TIMES, WE try to solve one problem, but unwittingly create other more serious problems with our solution.

In the 60s, comedian Pat Paulsen was a regular on *The Smothers Brothers Comedy Hour*. In one of his comedy routines, he invented a transistor radio that didn't require batteries—because he powered it with a lawnmower engine. True, the gas motor did provide the needed energy to run the radio, but with comedic blunder, no one could hear the radio over the noise of the lawn mower engine powering it!

In the processed food industry, it seems that a similar blunder may have been exposed regarding the food additive carra-

geenan is added to processed foods as a thickener, emulsifier, and stabilizer. As such it gives things like ice cream its smooth texture and prevents dairy products and other liquids from separating in their containers.[4] Because carrageenan has been viewed as “natural”, it has found its way into both organic and non-organic processed foods.

Carrageenan is also used medicinally for treating respiratory issues, peptic ulcers, skin irritation, and as a stabilizer in medications.[5] The fact that carrageenan is used for medicinal purposes should not surprise us since many supplements and prescription drugs can be toxic if overused, or interact with other medications.

Some feminine products also contain carrageenan.



geenan. Carrageenan is an extract from red algae seaweed found in the ocean. That may sound “natural”, but what's curious is that it contains absolutely no nutritional value and the human body cannot digest it.[1][2] Yet it has been used extensively in processed foods for the past 50 years.[3]

Why is carrageenan considered dangerous?

There are two forms of carrageenan: degraded

and undegraded. We have known for years that degraded carrageenan causes inflammation and is harmful to humans. For this reason, degraded carrageenan has long been rejected as a food additive. In fact, "The World Health Organization's International Agency for Research on Cancer and the National Research Council of the United States have both determined that degraded carrageenan is a carcinogen." [6]

But it was thought that undegraded carrageenan was harmless. [7] Consequently, the FDA has labeled undegraded, or food-grade carrageenan as GRAS (Generally Regarded As Safe). [8]

However, in recent years, Dr. Joanne K. Tobacman, MD, associate professor of clinical medicine at the University of Illinois College of Medicine, has conducted clinical studies linking food-grade carrageenan with malignancies and other stomach problems. [9] Dr. Tobacman has concluded that undegraded carrageenan is also harmful to humans. [10]

Dr. Tobacman has found that exposure to any form of carrageenan causes inflammation and that even the tiny amounts we ingest in processed foods are sufficient to inflame tissues. [11] This is a huge concern, because we know that many serious diseases stem from chronic inflammation. Some of these diseases include:

- Cancer
- Heart disease
- Alzheimer's
- Parkinson's. [12]

Dr. Tobacman explains that undegraded carrageenan can degrade through the simple processes of heating, digestion, bacterial action and mechanical processing. As a result, some in the medical and natural health community caution against consuming foods that contain carrageenan.

But another study is even more alarming. Researchers studying the effects of food-grade carrageenan determined that it impairs glucose tolerance, increases insulin resistance and inhibits insulin signaling. While these experiments were conducted on mice, they suggest that carrageenan may contribute to the development of diabetes in humans, as well. [13]

In response to consumer concern over carrageenan, the company Whitewave recently committed to removing carrageenan from their food products and other companies are likely to follow suit. [14]

No doubt, the big question gnawing at your mind is, "What foods contain carrageenan?" The Cornucopia Institute has prepared a lengthy list of organic products that are made with carrageenan. The list of non-organic products that contain this substance is undoubtedly too large to list, but Good Guide is a great resource and lists many of these products. Fortunately, the FDA requires food manufacturers to include carrageenan on their ingredients' lists on food packaging.

What should be my course of action?

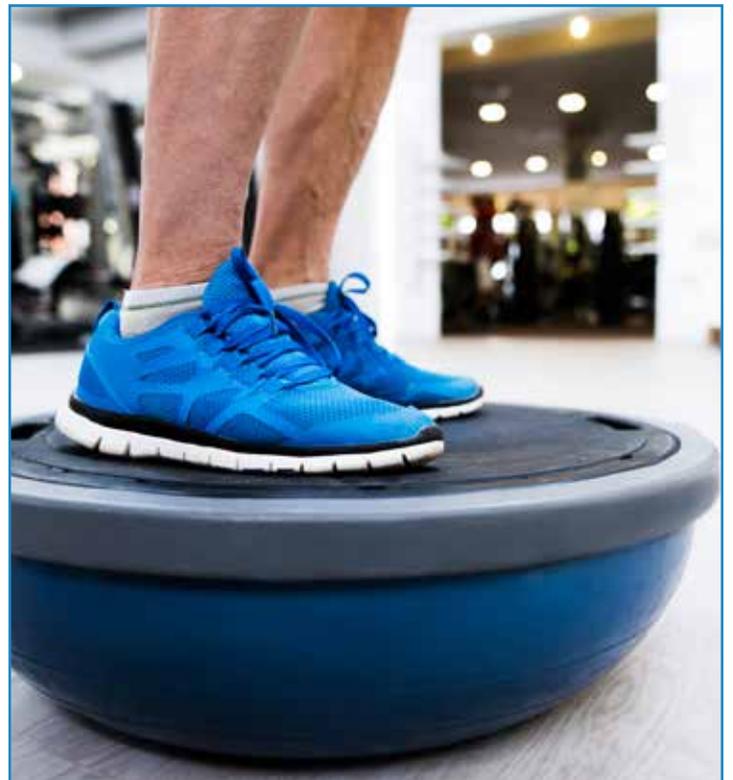
Let me offer four ways to respond to this information:

1. To the extent possible, avoid processed foods and eat whole foods only. An apple, carrot, or grass-fed beef will not contain carrageenan. (Some processed meats do!) Whole foods are always the health choice.
2. Check labels. If you do purchase processed food, which can include yogurt or cottage cheese, check the label to make sure it does not contain carrageenan. Look for brands that are free of this additive.
3. Don't assume that "organic" means "no bad stuff included." The label "organic" is a regulated term we can trust. However, because carrageenan can be considered organic, it is allowed as an additive in organic foods. (Of course cow pies are "organic" too, but you wouldn't want to eat one!)
4. If you suffer from acid reflux, irritable bowel syndrome, ulcers or other issues caused by inflammation, Barton Publishing offers several natural remedy solution kits that I highly recommend.

Unlike Pat Paulsen's solution of the lawn-mower-powered radio, I don't think that carrageenan as a food additive is something to take lightly. What do you think? ►

Sources: [1] Leah Zerbe, "The Natural Ingredient You Should Ban from Your Diet," *Prevention*, April, 2013, <http://www.prevention.com/food/healthy-eating-tips/carrageenan-natural-ingredient-you-should-ban-your-diet>. [2] Chris Kresser, "Harmful or Harmless: Carrageenan," 2013, <http://chriskresser.com/harmful-or-harmless-carrageenan>. [3] Leah Zerbe, "The Natural Ingredient that's Wrecking Your Gut," *Rodale News*, July 10, 2012, <http://www.rodalenews.com/carrageenan>. [4] How Stuff Works.com, "What Is Carrageenan?" nd, <http://recipes.howstuffworks.com/question315.htm>. [5] WebMD, "Carrageenan," nd, <http://www.webmd.com/vitamins-supplements/ingredientmono-710-carrageenan.aspx?activeingredientid=710&activeingredientname=carrageenan>. [6] Food Babe, "Breaking: Major Company Removing Controversial Ingredient Carrageenan Because of You!" August 19, 2014, [7] Dr. Andrew Weil, MD, "Is Carrageenan Safe?" October 1, 2012, <http://www.drweil.com/drw/u/QAA401181/Is-Carrageenan-Safe.html>. [8] Food Babe. [9] Dr. Andrew Weil, MD. [10] Dr. Andrew Weil, MD. [11] Dr. Andrew Weil, MD. [12] Dr. Andrew Weil, MD. [13] PubMed.gov, "Exposure to the Common Food Additive Carrageenan Leads to Glucose Intolerance, Insulin Resistance and Inhibition of Insulin Signaling HepG2 Cells and C57BL/6J Mice," October 20, 2011, <http://www.ncbi.nlm.nih.gov/pubmed/22011715>. [14] Food Babe.

6 Great Reasons to Work Your Muscles



Learn why it is important to exercise your skeletal muscles for overall health and wellbeing.

Be honest, did you ever stand in front of a mirror when you were younger and flex your muscles? Remember turning from side to side, leg poised, admiring your well-toned body for hours? Oops, perhaps you still do that today, and that's ok. However, by now you probably know that muscles are for more than flexing.

The human body employs between 640 and 850 muscles. Some of these muscles are voluntary while others are operating without you even knowing. The heart is a cardiac muscle and an involuntary

muscle. It just keeps beating without us having to initiate or oversee anything. Voluntary muscles are known as skeletal muscles because they attach to your bones and work in partnership with your bones to allow you to walk, run, push things, pull things, bend over, etc.

All muscles, whether involuntary or voluntary are essential for human health. While being healthy will have an impact on your involuntary muscles, more effort is required to keep skeletal muscles at the top of their game.

Here is why you should work your skeletal

muscles

If you think that just doing daily living things like brushing your hair or taking out the trash will keep your muscles in check, think again. It is necessary, especially if you are over 40 to focus some attention on your skeletal muscles. Here are just a few reasons why

1. Stronger muscles help make daily activities easier

Muscles are important not just for athletics but for everyday living. Without muscles,

simple tasks like pushing a lawnmower or vacuuming the floor would be tough.

2. Skeletal muscles help improve posture

If you can hold good posture, you will find that you have a reduction in back problems and things like chronic pain ease up. Now sit up straight!

3. Leaner muscles accelerate calorie burn

If you really want to burn calories and drop pounds, train your muscles more. A high-energy twenty-minute workout with weights will burn more calories than an easy fifty-minute walk in the park. These

calories are burned during the training session and also during the post-workout period. For every pound of muscle you put on your body burns 50 more calories each day.

4. The more muscles you develop, the stronger you will be

Who doesn't want to be stronger? There is an obvious connection between well-worked and toned muscles and strength. Contrary to what Popeye taught us, you need more than a can of spinach to be strong.

5. Skeletal muscles help

keep you upright and balanced

When your muscles are healthy, you can move more freely. Strong muscles also keep your joints in good shape. Healthy muscles are what also keep you from falling each time you stumble.

6. Muscles help optimize insulin

Good news for anyone who is pre-diabetic (metabolic syndrome) or diabetic, working your muscles can help you better use insulin and absorb glucose. Resistance training combined with aerobic activity is the best combination for optimizing insulin.



How do muscles become strong?

In the case of muscle building and toning, an injury must occur before good things can happen. That injury involves muscle fibers that break down when we work them in resistance training exercises. Oh, so that you know, mowing the lawn or vacuuming don't count as muscle building exercises unless your mower and vacuum are super hard to push. When muscle fibers become irritated, the body goes to work to patch up the problem that results in more muscle tissue. It is a pretty amazing process.

Don't forget a healthy diet

In addition to physical exercise, you need a good wholesome diet to fuel your muscle building. Many people make the mistake of not eating enough or often enough, and they find they lack the energy necessary to be physical. Consuming a snack before you exercise and after will help fuel your workout and recover afterward. This [Green Collagen Berry Smoothie](#) makes the perfect anytime pre-workout snack when paired with a serving of your favorite protein such as eggs or lean chicken. After your workout, refuel with plenty of water and a baked sweet potato with real butter or some guacamole spread on a whole wheat or gluten-free pita.

Won't I get huge bulky muscles if I work them?

Many people, perhaps even you, might shy away from muscle building exercises for fear of ending up looking like

Arnold Schwarzenegger. Although some might be happy with the look, others are probably thinking, what does he need all that muscle for? The good news is that to fine-tune your muscles to look like any bodybuilder takes more than just a few visits a week to your local gym. Chances are, you are not likely to waddle your way out of the gym after a few months of weight training with muscles on muscles. What will happen, however, is that your skeletal muscles will get a great workout and this, in turn, kick starts your metabolism and impacts overall health and wellness in a large way.

How big do my skeletal muscles have to be?

If you have ever been to a gym, you have probably seen guys and gals that have really large, well-toned muscles. These are people that have trained for hours upon hours, months upon months and years upon years, to achieve the look of a very muscular body. Don't fret. It is not necessary and sometimes not even healthy to push the body so far. In reality, the size of the muscle is not the all in all – what is important, however, is that you consistently you train your muscles to increase your muscle mass and reduce excess fat. The saying that we all know, “use it or lose it,” applies perfectly in the case of muscles. Atrophy sets in when we don't give our muscles a job to do.

How to do just enough, but not too much

It doesn't have to be a huge or complicated job either, just a consistent job. Over time, muscles respond and become toned and healthy. One of the best ways to achieve all of the benefits of well-toned muscles is not by going to

the gym and using all the fancy equipment but rather using the best and most reliable piece of equipment you own, your body. That's right, body weight exercises are highly effective at building a sleek and well-toned physique without the bulk. A simple workout such as this one, done only twice a week for 30 minutes each time is all it takes to keep your muscles alert and engaged.

Overkill is not the answer

Now you know that being Arnold Schwarzenegger is not a must (unless, of course, you want to look like him) when it comes to benefiting your overall health and wellbeing. Just be consistent and dedicated to a body weight routine and you will see and feel a significant difference in no time at all.

What if there was a way to reverse your Type 2 diabetes in as little as 45 days? What if that way was easy,,,, really easy?

[Click here how you can be diabetes free using this 100% scientifically-backed method!](#) ►



I CAN CLEARLY ENVISION my mother's cellar. Mason jars line the wooden shelves where the smell of damp earth lingers in the atmosphere. In the spring, we add red strawberry jam to the stockpile. Then comes yellow tomato salsa lining up in rows. My mom prefers yellow tomatoes because they are lower acidic than red. Later in the summer, she would make grape jelly – the purple, gooey staple of my youth. But my mother claimed the dill pickles were her secret favorite. Growing up I liked the red, yellow and even the purple jars, but not the green. I needed to learn to like the green, as I would come to find out.

Some of you might know that Joe Barton's father had an acid reflux problem that launched Barton Publishing and the [Acid Reflux Remedy Report](#). Finding natural cures for acid reflux, GERD and heartburn has become a passion of ours. One remedy for acid reflux involves the green juice I shrugged my nose at as a kid: pickle juice.

I remember my Dad drinking the green pickle juice, straight from the jar – maybe even with a little excitement. But, as I've grown older and become a

THE POWER OF PICKLE JUICE

The juice from pickles is thought to have several health benefits. It's claimed to enhance exercise performance, help control blood sugar and more.

grandparent myself, I am finally able to decipher why my Dad drank green juice with such enthusiasm. Because it turns out that there are actually a surprising amount of things you can do with your pickle juice!

Pickle Juice is A Health

Drink

Pickle juice contains salt. Essentially, pickle juice can replenish electrolytes (a term popular these days). Or, it can make a weary farmer who has been out in the fields all day feeling fresh again.

Pickle Juice is a Vinegar Replacement

Pickle juice also contains vinegar. Consider it equivalent to apple cider vinegar for treating an ailing stomach or acid reflux. My Mom told me that when she was young, grandmother would give her vinegar and honey when she had an upset stomach, which is basically pickle

juice with a sweetener.

Pickle Juice Eases

Digestion

Pickle juice also contains dill, which promotes good digestion and sleep. It can also help reduce flatulence or nausea.

Pickle Juice Lowers Cholesterol

A study published in the journal Cholesterol found that dill could not only tame indigestion, stomach cramps, gas, and other digestive ailments, but it could lower blood fats in hamsters.

I guess those old natural home remedies are better than you could imagine, and they have been around for a very long time. If you are in need of relief from acid reflux and there is nothing else you can do, try the green juice – pickle juice– for immediate relief.



So, don't throw away that pickle juice! All you need is a little sip, up to ½ cup to cure your acid reflux. Try it right before eating – any kind of pickle juice should do the trick – and you can be acid free in a few minutes!

Plus, the green juice can be used in marinades, salads, dips and soups. My Dad not only drank the pickle juice when he got home, he also used it in this dill pickle potato salad recipe, which I hope you like! Pickle juice and mustard make all the difference!

The good news is I'm not afraid of the green jars anymore! Drink pickle juice to your health! ►



Dad's Dill Pickle Potato Salad Recipe



RECIPE

3 - 4 mid sized Russet potatoes
4 Tbsp. juice from dill pickles
3 Tbsp. finely chopped dill pickles
1/4 c. chopped parsley
1/2 c. chopped red onion
2 stalks celery, chopped
1 or 2 chopped scallions
1-2 hard boiled eggs, chopped
1 medium carrot, finely chopped
1/2 red bell pepper (optional)
1/2 c. mayonnaise
2 tsp. Dijon mustard
Salt and freshly ground black pepper to taste

homeCures that work

1. Bring a pot of water to boil. Add the potatoes (skins on). Simmer 20 minutes. Remove and let cool enough to handle, but still warm. Remove skins. Cut potatoes into inch sized cubes.
2. Put potatoes in to a large bowl. Add juice from the dill pickles, chopped pickles, parsley, onions, celery, scallions, hard-boiled egg, carrots, and red bell pepper.
3. In a separate small bowl, mix mayonnaise with mustard. Add salt and pepper to taste. Mix in the dressing with the potato mixture. Salt and pepper to taste.



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

ADHD / ADD	Flu	Low Testosterone
Allergy & Asthma	Gallstones	Lyme Disease
Anti-Inflammation	Gout	Prostate Secrets
Arthritis	Graves Disease	Scabies
Back Pain	Hair Loss	Sinus Infection
Bad Breath	Herpes	Sore Throat
Cholesterol Secrets	High Blood Pressure	Ulcers
Depression	Hypothyroidism	Urinary Tract Infection
Diabetes	Irritable Bowel Syndrome	Wholesome Frequency
Erectile Dysfunction	Joint Pain	Music
Fat Loss	Kidney Stones	Yeast Infection
Fibromyalgia		

OUR MISSION

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