

**Osteoporosis in the Young and
in the Old: Stop the Decay**

**Cayenne Pepper—
a Hot Natural Remedy!**

**Crispy Chicken
Schnitzel with
Herb-Brown Butter**

**Repairing Complex
Regional Pain
Syndrome
Naturally**



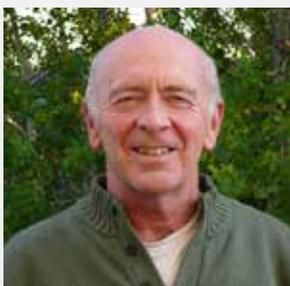
Home Cures That Work

AUTHORS



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Complex regional pain syndrome (CRPS) is a long-term (chronic) pain condition that can affect any area of the body, but often affects an arm or leg. Living with the burning pain of CRPS isn't easy. Basically, inflammation causes your nerves to be on fire. Strategies for treating the painful symptoms of CPRS can be as simple as vitamin C!

One topical treatment might include capsaicin. This hot pepper natural remedy is known to help relieve pain. The cream of the well-known hot-pepper plant has many wonderful uses. You'll want to keep it in your medicine cabinet!

Young and old alike are susceptible to CRPS, even after a trivial injury. Developing osteoporosis at a young age is also becoming more common in young adults. Think osteoporosis only affects the elderly? Think again! Osteoporosis in young adults is possible too. Learn the facts and stay healthy.

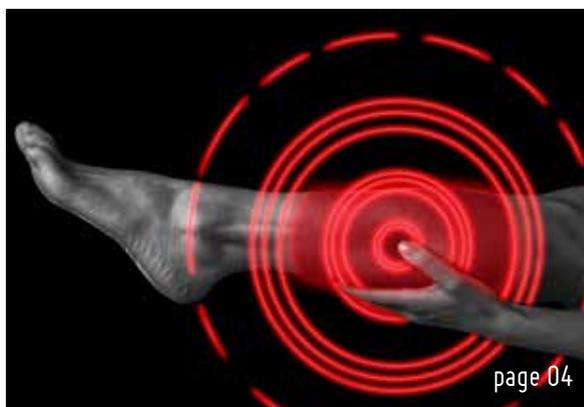
Food for the body, heart and soul might include some comfort food in the form of a chicken schnitzel with herb-brown butter. Who could say no to gluten-free, baked chicken with a side of goodness? This recipe is diabetes-friendly, too!

Pain can be severe, self-limiting and debilitating. But don't let it get that far! Arm yourself with natural, home cures that work for you!

Let Home Cures That Work guide you back to life, instead of merely surviving and living around pain. You deserve to be happy!

For your health,

Cheryl Ravey
Editor, Home Cures That Work



REPAIRING COMPLEX REGIONAL PAIN SYNDROME NATURALLY

Complex regional pain syndrome can be a mystery. However, there are natural remedies to treat symptoms and reduce pain. Learn more from Dr. Saunders.



CAYENNE PEPPER—A HOT NATURAL REMEDY

To add some kick to your health routine, try sipping a cup of cayenne pepper tea to reduce joint pain, alleviate back pain for amazing healing powers.

OSTEOPOROSIS IN THE YOUNG AND IN THE OLD: STOP THE DECAY

Here are some safe, natural ways to keep your bones strong, stop bone loss, rebuild bone and prevent breaks.



CRISPY CHICKEN SCHNITZEL WITH HERB-BROWN BUTTER

Thin pieces of chicken are coated in a zesty gluten-free breading and baked in this quick and easy baked chicken schnitzel recipe.

REPAIRING COMPLEX REGIONAL PAIN SYNDROME NATURALLY



by Dr. Scott Saunders, M.D.





GLADYS HAS BEEN in pain for years. It started when she sprained her wrist. It wasn't broken, and she wore a brace for a couple of weeks, but the pain never went away, and began to get worse over time. She is unable to use her left arm much of the time due to pain, sensitivity, and weakness. Her skin changes colors, often appearing mottled. Sometimes her hand goes numb and her fingers turn white. It is a constant problem, though the symptoms change over time. Severe pain wakes her up at night. Just moving her hand is hard because it often feels swollen and stiff. Even her own clothing can cause severe pain. She has been to many doctors, but the medications are either pain pills that don't work, or sedatives that make her drowsy... and still don't work.

Gladys has a syndrome called Complex Regional Pain Syndrome (CRPS), also known as Reflex Sympathetic Dystrophy (RSD). CRPS is usually found in one arm or leg and is a very difficult illness to diagnose and treat. Most people never find out why it happens. After a major injury like a compound fracture or a minor needle prick, the body produces an inflammatory reaction that damages the nervous system.[1]

CRPS symptoms may include:[2]

- Burning
- Throbbing pain
- Sensitivity to temperature change
- Sensitivity to light touch
- Swelling
- Changes in skin temperature, texture, and color
- Changes in hair
- Nail changes
- Joint stiffness, pain, swelling and damage
- Muscle spasms, tremors, weakness and loss (atrophy) of muscle mass

These are all classic CRPS symptoms created by the sympathetic nerves of the autonomic nervous system. The autonomic nervous system keeps us stable by managing blood flow, temperature, pressure, and inflammation. Thus, when not working properly, these nerves can make it appear like there is injury or damage to tissues. In turn, swelling occurs when the blood vessels are too enlarged, creating excess

pressure or muscle spasms if not getting enough blood flow. The pain nerves are very sensitive to having enough oxygen and nutrients from the blood. If they aren't getting enough, they will produce pain at the slightest touch.

Gladys had multiple treatments over the years, including a pain pump on her spine, and many different drugs. She gradually got worse and went to a nursing home where she still lives with continual pain despite multiple medications.

Even though a small number of people are affected by CRPS, it can be devastating. Gladys is a worst-case scenario. CRPS can improve over time, but many people are affected for years, or for life. I think for this reason alone, it would be worth finding ways to prevent and reverse this terrible illness. The treatments I'm suggesting are studied but aren't yet recommended by specialists in the field. It can take over 20 years for research to filter down to regular doctors.

CRPS Treatment

I will mention the CRPS treatments recommended currently by the top doctors, and why they are mostly temporary.[3]

- Physical therapy and rehabilitation[4]- Keeping the limb mobile is very important, even though it may be painful and hard. This prevents bone and muscle loss but doesn't reverse the illness.
- Medications— There are many different medications that may provide temporary relief, but none address the underlying cause.
- Electrical stimulation— TENS units apply electrical current to the nerves that are affected, blocking the pain conduction to the brain. The problem persists, you just don't feel it - sometimes.
- Nerve blocks and surgery— The attempt to kill the nerves that are creating the pain is rarely useful. It often doesn't work, and the pain may return despite treatment.
- Graded imagery— Looking in a mirror while moving the good arm can trick the brain into seeing the bad arm function normally. This is a good thing to pursue because it can help the brain to change the function of the sympathetic nerves in the affected area.

While the physical, chemical, and electrical modalities may

relieve symptoms, they do not address the underlying cause in the autonomic nervous system. The mind modalities such as graded imagery, counseling, and biofeedback are more successful in the long term.

The reason most treatments don't work is because this problem is not primarily in the affected limb, but rather in the brain. The brain controls every inch of the body, changing the blood flow as needed to keep the body alive, and stable. The local effects of pain and inflammation come from dysregulation of blood flow controlled by the brain. That's why mind techniques work better than local techniques.

Now we will look at the most advanced methods for reversing this terrible condition.

CRPS Prevention

After an injury such as a sprain or fracture there are two things that seem to decrease the chances of getting CRPS:

Vitamin C

Vitamin C prevents inflammation to allow normal nerve function. The studies show 500 mg three times per day for 50 days after an injury would prevent 80% of CRPS cases.[5]

Mobilization

Blood flow is extremely important to the nerves. When an injured body part is immobile, the circulation may be limited. Tight braces, casts, and other immobilization devices may cause initial damage to the nerves and start CRPS.

Repairing the Sympathetic Nervous System

The physical path to repairing the sympathetic nervous system is not simple because the mind is involved. Stress is a large factor because the stress hormones affect the sympathetic nervous system, and cause imbalance. Moreover, there is physical damage to nerves that must be repaired, and inflammation that must be reduced. All this needs to work together to heal

nerves that we don't consciously control. However, there is a plan that works.

To begin, I want to emphasize that we don't focus on the affected limb, but rather on the brain, and the whole body.

Work on Stress Reduction

- Forgive everyone of everything – avoid anger, bitterness, or hatred.
- Let go of the past, don't worry about the future, focus on the present – it's a gift.
- Have a purpose in life – goals that you are working towards. A lack of focus is very stressful.

Fix Adrenal Fatigue

The effects of severe stress common in CRPS disrupts the endocrine system and elevates cortisol. By keeping your circadian rhythm stable, you can normalize your adrenal gland and reduce cortisol levels. You must work with your normal circadian rhythm and do things at the proper time to heal and put your body in "anabolic" or repair mode every night, allowing it to heal the stress caused by CRPS (or any other stress for that matter).

There are only three rules.

- No food after 6 PM.
- Sleep by 10 PM.
- Eat breakfast in the morning.

Breathing Exercises

There are two primary ways we gain control over the autonomic nervous system. We normally don't have conscious control over our blood pressure or circulation. But there are things we can do to increase our control, such as breathing and temperature. The man who holds the record for swimming under ice without a wet suit, Wim Hof, "The Iceman," has a series of techniques that teaches anyone how to gain control over their autonomic nervous system.

There are online courses, and free tutorials at: <https://www.wimhofmethod.com/> You can also find videos on YOU TUBE that teach breathing control.

Supplements for Complex Regional Pain Syndrome

The purpose of supplements is to decrease inflammation and delivery needed nutrients that required for nerve repair. The recommended doses are for 90 days:

- Vitamin C – 500 mg three times per day
- Vitamin B12 – 1 mg per day
- ALA (Alpha Lipoic Acid) – 600 mg twice per day
- Benfotiamine – 75 mg twice per day
- ALA and Benfotiamine can be found in a supplement called NERVALA from Garden of Original Greens.

NERVALA Dosage: Start with one twice per day for 90 days, then go to one per day. This will help to reduce nerve inflammation and repair the damaged nerves.

Healing of the brain and nervous system is not an easy task and doesn't happen overnight. However, there is a great deal more value in preventing and healing illness, rather than submitting to treatment for the rest of your life.



Sources: [1] <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Complex-Regional-Pain-Syndrome-Fact-Sheet#What%20causes%20CRPS?> [2] <https://www.mayoclinic.org/diseases-conditions/complex-regional-pain-syndrome/symptoms-causes/syc-20371151> [3] National Institute of Neurological Disorders and Stroke; Complex Regional Pain Syndrome Fact Sheet [4] Pain Med. 2019 Aug 2. pii: pnz176. doi: 10.1093/pm/pnz176. [Epub ahead of print]. Body Perception Disturbance and Pain Reduction in Longstanding Complex Regional Pain Syndrome Following a Multidisciplinary Rehabilitation Program. Lewis JS1,2, Kellett S2, McCullough R2, Tapper A2, Tyler C2, Viner M2, Palmer S2. [5] J Bone Joint Surg Am. 2007 Jul;89(7):1424-31. Can vitamin C prevent complex regional pain syndrome in patients with wrist fractures? A randomized, controlled, multicenter dose-response study. Zollinger PE1, Tuinebreijer WE, Breederveld RS, Kreis RW.

CAYENNE PEPPER— A HOT NATURAL REMEDY!

by Rob Fischer

YOU KNOW YOU'RE enjoying cayenne peppers when your eyes are watering, your nose is running and you break out in a sweat!

On the Scoville scale of heat units, cayenne peppers come in at 30-50,000! To put that in perspective, pepperoncini comes in at just 100-500 and jalapeno peppers score 2,500-8,000. So when it comes to hot, cayenne peppers push the limits of most palates. (Though there are many peppers that are even hotter!)[1]



Cayenne pepper—one of the hottest herbs when it comes to natural remedies.

But cayenne peppers do more than spice up chili, tacos, and hot chocolate. For millennia, Native Americans have been using cayenne peppers as an effective herbal remedy for a multitude of ailments.

So, how can something so hot be so good for you? The magic ingredient is capsaicin (cap-say-ah-sin). Capsaicin is like the laser technology of herbs. Just as a laser can either cut through steel or perform the most delicate eye surgery...

Capsaicin is a fiery pepper can either inflict pain or relieve it.

The capsaicin in cayenne peppers possesses powerful pain-relieving properties when applied topically. Cayenne powder is often mixed and diluted with a mild skin cream for relief of:[2]

- Osteoarthritis, rheumatoid arthritis, and joint or muscle pain
- Nerve pain due to shingles or neuropathy
- Pain control following an amputation or mastectomy
- Lower back pain
- Psoriasis

But avoid getting cayenne pepper in the eyes, open wounds, or mucous membranes as it will sting fiercely! (Capsaicin is an ingredient commonly used in pepper spray.) Apply cayenne in very small doses and not too often, as repetitive use could cause nerve damage.[3]

- Internally, cayenne serves as treatment for:[4]
- Improving circulation
- Boosting the immune system
- Aiding digestion by stimulating gastric juices
- Treating ulcers
- Treating migraines and cluster headaches



Cayenne pepper has also been used to remedy everything from seasickness and malaria to toothaches and worms. [5] Capsaicin touts anti-bacterial, anti-carcinogenic, analgesic, anti-fungal, and anti-diabetic properties.[6]

In addition to its powerful, hot ingredient capsaicin, cayenne pepper boasts high levels of vitamins A, B-complex, C, E, and K. These fiery little herbs also pack a wallop when it comes to minerals and nutrients including: potassium, iron, copper, manganese, zinc, sodium, phosphorus, selenium, and magnesium.[7]

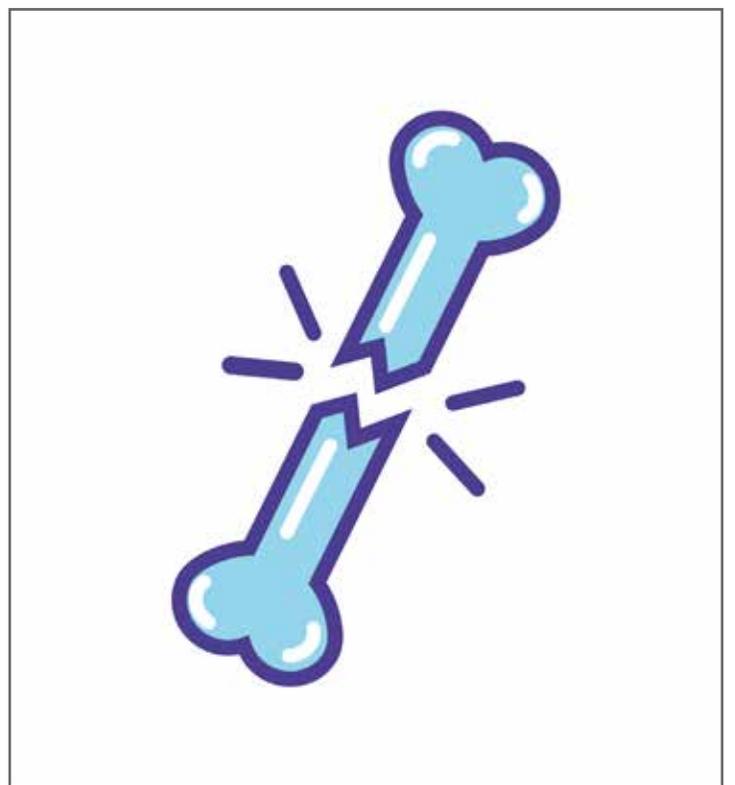
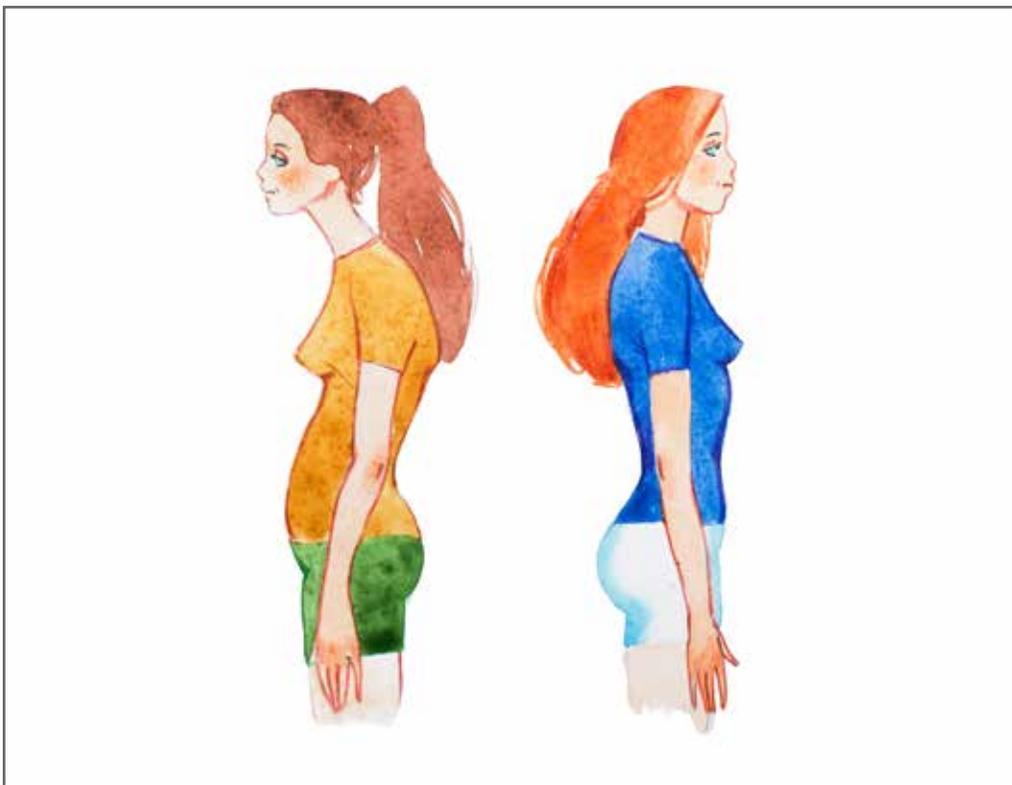
You can purchase and use cayenne pepper fresh, dried, powdered and in capsule form. Due to the fact that cayenne pepper is so hot, follow recommended guidelines. Cayenne may aggravate acid reflux and the gastro-intestinal tract in some people. [8]

How To Treat a Cold with Cayenne

Next time you have a head cold: prepare ginger tea, add a teaspoon of lemon, a teaspoon of honey and a dash of cayenne pepper.



Osteoporosis in the Young and in the Old: Stop the Decay



Hollywood, magazines and fashion models seem to make a statement — and standard — that being skinny is beautiful. Many young girls who want to look attractive seem to think being underweight is healthy and becoming skinny as models will make them more beautiful. However, one of the many side effects of being underweight, besides a lower immune system and low blood pressure, is osteoporosis.

Celebrities who appear regularly on the cover of magazines, or as guests on talk shows, have faces and bodies that hordes of young women are tempted to emulate. But “a delicate beauty” or “wafer-thin” slim physique are simply maintained via diet and exercise, or so we are told.

We read about strict diets, macro-biotic diets, dairy-free diets, vegan diets, no processed foods allowed diet and strict versions of “ultra-healthy” habits. Add heavy exercise routines, which include 2-hour workouts every day and where calories are pouring out sweaty skin. Sounds great, right? Then how come many “roll models” are diagnosed with osteopenia before they hit 40 years of age?

A low-calorie, dairy-free diet with tons of exercise and lack of sunlight can head a young woman down the road to osteoporosis.

Is bone loss the price you want your beautiful daughter or granddaughter to pay for the ultimate “ideal” body shape?

Teens, tweens and young adults idolize celebrities, models and

TV or movie stars in designer clothes. But, there is long-term health damage happening underneath the “skinny” jeans, leggings, short shorts and tank tops.

Don't be fooled. Even high school girls can develop osteoporosis in today's media-driven culture. “Skinnier is better” is a message to fight because paying the price of excessive dieting and exercise to the extreme causes lower estrogen production and can eventually lead to osteoporosis.

Estrogen is needed to help keep bones strong. Without it, bones can become thin and brittle, which is why women in menopause can experience a drop in bone density. On the other end of the spectrum, young girls achieve approximately 90% of their bone mass by the age of 18. Osteopenia is increasingly a commonly recognized sign of an eating disorder in young adults across the country. When a young woman's body should be increasing bone growth, heavy exercise and poor dieting can fail to develop strong bones during her critical growing periods.

Broken bones are a huge price to pay for style. Check in with your young daughters or granddaughters to find if she is working towards a particular body type. Skinny is not better,

nor are osteoporosis symptoms: bent back, broken hip, vertebrae compressions and fractures. Osteoporosis is not an old lady's disease. It is the future of models, celebrities and actresses – but not for your precious daughters.

The truth is the more bone you can lay down before 30 years of age, the more bone you maintain through your 30s and 40s. In order to maintain bone health in your later years, you need to set the stage in the beginning. Now let's find out how diet can both help your bones – and hurt them.

A Strong Bone Diet Includes...

Calcium

A large part of your bones consist of calcium, which is also needed for your heart and nerves to function. If your diet lacks sufficient calcium, then your body starts extracting it from your bones in order to run the rest of your systems – and



osteoporosis a result. Good sources of calcium are found in almonds, ricotta cheese, and fortified cereals or drinks.

Vitamin D

Like Robin to Batman, vitamin D is to Calcium. Vitamin D is one of your chief defenses against bone loss and without Robin, Batman can't do his job. Exposure to sunlight is nature's best form of vitamin D, but diet comes close in second place. Thankfully, calcium-rich foods can also be high in vitamin D. Try dairy, eggs, and fish for good sources.

Protein

While your bones are mainly calcium, they're also 22% protein. Protein is a key element in bone remodeling (the constant cycle of bone breakdown and rebuilding), and as such is critical in maintaining bone health. Try to stick to lower-fat/unsaturated fat sources of protein. For instance, if you're eating meat, choose turkey or chicken instead of beef or pork. Nuts are another good source of healthy protein. For vegetarians, beans, peas and lentils are all good protein sources.

Magnesium, potassium, vitamin K, vitamin C, and vitamin B12: All of these vitamins and minerals play small, but key roles in protecting you against osteoporosis.

When the pH level in your blood – its acid/alkaline balance – tips towards the acidic side, calcium is leached from your bones. Fruits and vegetables, when metabolized in your body during digestion, increase your blood's alkalinity, thus helping prevent bone loss.

So, now that we've covered the types of foods that help your bones – how about those that can actually cause your bones to break down?

Bones Break, So...

Stop Shaking the Salt!

Over time, salt robs your bones of calcium. For every 2300 mg of sodium you consume, you lose about 40 mg of calcium. And the typical American diet includes way more than 2300 mg of sodium.

One key thing you can do to lower sodium consumption: avoid processed foods as much as possible. Deli meats, canned soup and vegetables, and frozen meals can all be high in salt.

Skip the Soda!

Numerous studies have found that carbonate beverages increases the probability of bone fractures in young teens because the phosphoric acid present in most sodas/pops causes calcium loss – your urine excretes calcium faster than it can be absorbed.

Cut out the Caffeine!

The caffeine in many soft drinks leaches calcium from your bones: you lose about 6 milligrams of calcium from your bones for every 100 milligrams of caffeine ingested.

Societies throughout the ages have had different ideals for female beauty. Greek statues and paintings reveal a fantasy many young women try to achieve. Don't let it become destructive and let a young beauty be in pain with osteoporosis.

The unknown affliction of osteoporosis spreading among teenagers can be silent and costly. Encourage maximum bone health in young women by completing and filling years with energetic activity, healthy diet and knowledge.



CRISPY CHICKEN SCHNITZEL



with Herb-Brown Butter

Chicken is a great protein to cook with for those with type 2 diabetes. This healthy recipe for crispy chicken schnitzel involves coating the chicken breasts with fresh gluten-free breadcrumbs and oven “frying” using a mist of olive oil cooking spray instead of frying in lots of oil. Serve on a bed of mixed greens or with mashed potatoes.

Ingredients:

- 2, 8-ounce boneless skinless chicken breasts, trimmed
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1/4 cup gluten-free flour blend
- 2 large eggs, beaten
- 1 lemon
- 2 cups fresh gluten-free breadcrumbs
- Olive oil cooking spray
- 2 tablespoons butter
- 1 tablespoon extra-virgin olive oil
- 1 small shallot, minced

Instructions:

1. Preheat oven to 450°F. Coat a large baking sheet with cooking spray.
2. Cut chicken breasts in half horizontally. Cover with a large piece of plastic wrap and pound with the smooth side of a meat mallet or a heavy saucepan to an even 1/4-inch thickness. Sprinkle the chicken with 1/4 teaspoon each salt and pepper.
3. Place flour in one shallow dish and eggs in another. Zest lemon and combine the zest with breadcrumbs in a third shallow dish. (Slice the lemon for serving; set aside.) Coat both sides of the chicken in the flour, shaking off any excess, then dip in egg. Coat on both sides with the breadcrumbs, pressing to help them stick. Place the chicken on the prepared baking sheet. Coat on both sides with cooking spray.
4. Bake the chicken until golden brown and no longer pink in the center, 10 to 12 minutes.
5. Meanwhile, melt butter in a small saucepan over medium-high heat. Cook until just beginning to brown, about 2 minutes. Add oil and shallot; cook for 30 seconds more. Remove from heat; add herbs and the remaining 1/4 teaspoon each salt and pepper. Serve the chicken with the herb sauce and lemon slices.

Nutritional Info:

Serving size: 1 cutlet & 1 Tbsp. sauce

Per serving: 320 calories; 15 g fat(6 g sat); 2 g fiber; 16 g carbohydrates; 29 g protein; 27 mcg folate; 140 mg cholesterol; 2 g sugars; 0 g added sugars; 479 IU vitamin A; 7 mg vitamin C; 71 mg calcium; 2 mg iron; 487 mg sodium; 321 mg potassium

Carbohydrate Servings: 1

Exchanges: 1 starch, 3 lean meat, 1/2 medium fat meat, 2 fat





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Fibromyalgia		

OUR MISSION

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