

IV THERAPY IS IT FOR YOU?

**Phages—the Secret Weapon
Against Antibiotic Resistant Bacteria**

**How to Help a Loved One
Diagnosed With Diabetes**

**How Cabbage Can
Heal You**



Home Cures That Work

AUTHORS



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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.

Tired of headaches or feeling drained and fatigued? Consider using IV nutritional therapy to improve and enhance your life! We asked Dr. Saunders to break down the benefits and risks.

Another treatment that may not be well-known is phage therapy. It has been around for centuries. Bacteriophages are the natural enemies of bacteria. Phage therapy for disease-causing bacteria may be a useful alternative to antibiotics.

Despite its impressive nutrient content, cabbage is often overlooked as a natural remedy. Cabbage has been used as a folk remedy for hundreds of years. This low-cost garden vegetable has many surprising health benefits.

There are countless ways to help your loved ones live a healthy, happy life. It's a good chance that someone you know has diabetes. But how much do you really know about what it's like to have it? Read our tips on helping a friend with diabetes.

From cabbage to cutting-edge, Home Cures That Work has natural remedies for you and your loved ones!

For your health,

Cheryl Ravey
Editor, Home Cures That Work



IV THERAPY AT ITS BEST AND ITS WORST — IS IT FOR YOU?

IV vitamin therapy has gained popularity recently, promising to deliver nutrients, vitamins, and medications to the body. But does it pack any actual health benefits? Dr. Saunders has all the answers!



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PHAGES—THE SECRET WEAPON AGAINST ANTIBIOTIC RESISTANT BACTERIA

Phage therapy is a potential personalized treatment for bacterial infections. As an alternative to antibiotics, it has some promise as nature’s “antibiotic.”

CHOW CABBAGE CAN HEAL YOU

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



page 13

HOW TO HELP A LOVED ONE DIAGNOSED WITH DIABETES

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

IV THERAPY

Is It For You?

by Dr. Scott Saunders, M.D.



Intravenous (IV) nutrients can:

- Cleanse
- Detox
- Boost energy
- Relieve a hangover
- Treat the flu

- Re-hydrate
- Rejuvenate skin
- Remedy jet lag

People can now go to a café to order their favorite vitamins and minerals – IV style – to fix all sorts of problems. There is even one company that will send IV vitamins to your hotel room anywhere in the world, with a nurse to administer it. This is a thing. What was once something only for sick people in a hospital has now become a trend. People, even famous people, are using IV nutrients for non-medical reasons.[1]

There are three different ways of dosing nutrients, or the chemicals that the body needs:

1. Supplemental dosing is a small amount to make up for dietary insufficiency.
2. Physiologic dosing is to give someone the full amount needed.
3. Pharmacologic dosing is up to 10 - 100 times greater than what's needed.

Why IV Therapy?

IV treatments are useful when:

- Absorption of a nutrient is in question.
- Absorption in the intestines is limited. This would include the following limited absorption of the following nutrients:
 - Vitamin C
 - Magnesium (and most minerals)

- Vitamin B12
- Amino Acids may inhibit each other

While under normal conditions we get enough of these nutrients, there are conditions that further limit intestinal absorption, such as inflammation, infection, diarrhea, and so forth. Just when you may need more, you can absorb less. This is one reason for considering IV nutrition therapy.[2]

Others have genetic problems with absorbing or using certain supplements and may need IV nutrients.[3]

Still others have an illness that will respond to pharmacologic dosing of nutrients.[4]

IV nutrition is generally used to give pharmacologic dosing, providing much more than the intestines can absorb.

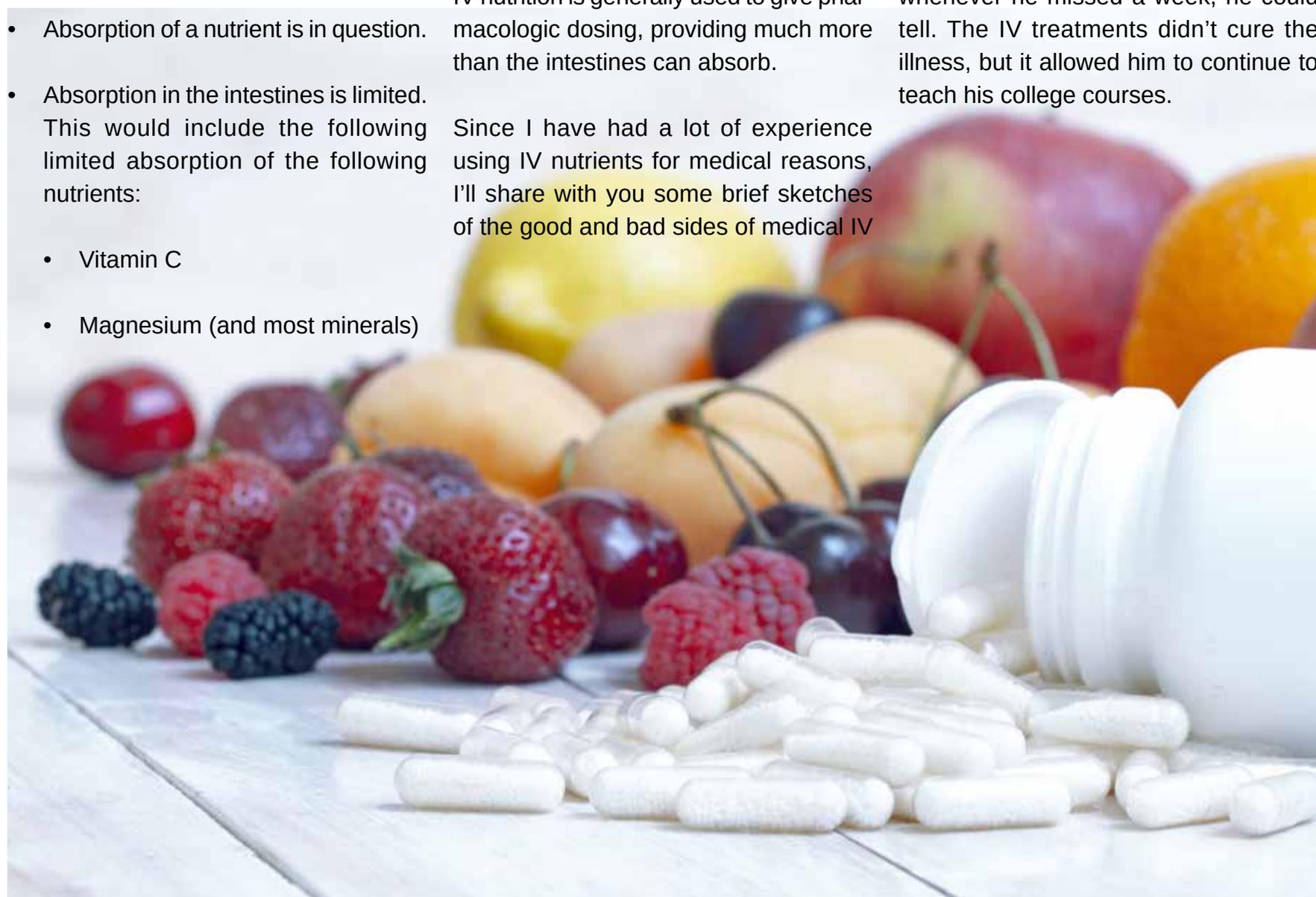
Since I have had a lot of experience using IV nutrients for medical reasons, I'll share with you some brief sketches of the good and bad sides of medical IV

nutrition therapy. These are all real cases from my personal experience.

Do Vitamin IVs Really Work? What You Need to Know Before Trying

VITAMIN C

Brent was diagnosed with Lyme Disease and Epstein-Barr Virus (EBV). He was extremely fatigued and unable to work. He tried multiple treatments but remained exhausted. After trying a high-dose (75 grams) vitamin C drip, he found he could work for a whole week. He came in week after week for the vitamin C drips, and whenever he missed a week, he could tell. The IV treatments didn't cure the illness, but it allowed him to continue to teach his college courses.



GLUTATHIONE

Grace

Grace was a parole officer for youth offenders in downtown Los Angeles – she was TOUGH! When she went to her doctor with difficulty breathing, they found a tumor the size of a large grapefruit (8 cm) in her lung. The doctor told her she would only live 3 months. She looked her oncologist in the eyes and shot back, “I wasn’t born with an expiration date stamped on my a** and YOU’RE not going to put one there!”

She rejected radiation and chemotherapy, choosing to get IV vitamin C instead. After several treatments she wasn’t getting any better, so glutathione was added. Her cough went away and within a couple of months a CT scan showed the tumor had shrunk to the size of a lemon (4 cm). She kept working for two years, until she got tumors in her brain despite IV treatments. Within a few months, she died.

A miracle? YES! She lived, worked, kept her hair, didn’t have to take days or weeks off for radiation, chemotherapy or

surgery. In short, she was functional until the week before she died, besides living much longer than expected.

Salvador

Salvador had a rapidly progressing form of ALS (Lou Gehrig’s Disease) and within a month was in a wheelchair. The natural course of this form of ALS is to lose muscle function, including respiration muscles, which leads to death in less than a year.

The doctors told Salvador nothing could be done to help him so he came to see me. I gave him IV glutathione treatments. After two treatments he had improved enough to walk, with a little help. Salvador worried he was going to die soon, so he went to Mexico to be with his family. He continued the treatments there, but I don’t know how much he improved long-term. His miracle was that his illness reversed, and he was able to get out of the wheelchair and travel home to his family.

CHELATION

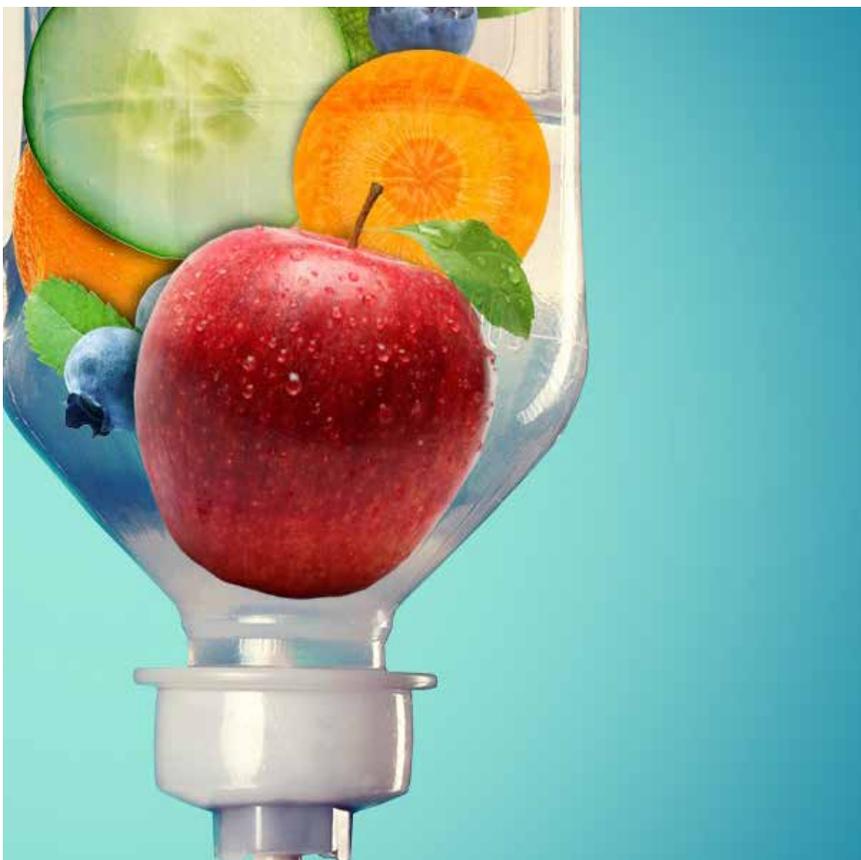
Bill

Bill was a cowboy who worked as a welder for over 30 years cutting metal. He cut a lot of metal. When he was diagnosed with Alzheimer’s disease, the doctors told his wife there was nothing that could be done about it... so they didn’t do anything.

After a few years, he went to the doctor for arthritis in his feet and was told he had gout. The treatments weren’t working so they came in to see me for a diagnosis of the cause of the foot pain. The tests found that he had lead over 50 times higher than the “safe” level. So we started IV CHELATION treatments with EDTA, one treatment per week. By the end of the 30 treatments, not only was his lead low, his arthritis was gone, and he no longer had Alzheimer’s disease. Now, seven years later, he continues to enjoy good mental and physical health – he’s even welding again!

Clayton

Clayton was in his 60s and was having a hard time walking. He couldn’t even get across the street without stopping once because of leg cramps. The more he walked, the more his legs cramped.



He went to a vascular specialist and the doctor told him he needed bypass surgery because of blockages in the arteries of his legs. He didn't want to have surgery, and had heard about EDTA chelation for blocked arteries, so he came to see me.

Before the 30 treatments were finished, he was taking a dance class with no pain. Afterwards, he went back to the specialist for a test and was told his arteries were clear. The doctor never even asked how this miracle occurred.

Andre

Andre was told he had to have 5-vessel bypass surgery on his heart because of blocked arteries and chronic chest pain with exercise. To avoid surgery, he went to a doctor 10 years ago to do IV EDTA chelation. He had the thirty treatments and the chest pain went away. Since then he has been getting a treatment almost every month. He never went back for testing but has no pain with exercise. He remains pain-free, and never had to have surgery.

AMINO ACIDS

Sarah had refractory depression (treatment resistant depression) that prevented her from working or participating in family activities. Her young children needed her to be able to take care of them. She tried everything – drugs, hormones, supplements of all kinds, but nothing worked. She came in for an IV treatment and we decided to try amino acids. She had a great response, feeling normal for the first time since her first child was born. Sarah needed monthly treatments to maintain the benefit.

- Bleeding internally around the vein
- The fluid getting outside the vein into the skin

Since the IV is normal nutrients it doesn't do damage, but it can be painful.

Another uncommon issue is allergic reactions. But I have only seen a few in thousands of IVs, but it is possible. Other problems with IVs are more serious.

Barbara's port

Barbara had chronic hepatitis C and was always fatigued. She found that if she got IV nutrients (a "Myer's Cocktail," Glutathione, or vitamin C) she would feel better and be able to function. She came to the office weekly, sometimes more than once per week to get IV treatments. She didn't want to have all her veins with needle marks, so she had a PORT, a well under the skin in the chest, to get the IV treatments. Later, she had a knee replacement that got infected from the port and had to spend a long time on antibiotics and endure

IV Complications

In general, you can't easily mess up IV nutrients. The mixtures should be prepared at time of treatment. If the nutrients are mixed ahead of time, they may oxidize and react together in the IV bag. But, even then, there is no danger in the nutrients themselves.

Most IV therapy complications are from the need!



another surgery to replace the infected knee prosthesis. Infection is always an issue when putting needles in the skin. Ports are risky because they often get infected.

James

James had chronic EBV, which responded to IV hydrogen peroxide. He would come in for treatments on a regular basis so he could function. However, each time a vein was used for the treatment, it would shrink down and it couldn't be used again. After a while, there were no more veins to use and he was unable to get more treatments.

So there you have examples of both ends of the spectrum, miracles and mishaps. Most people are in between somewhere. Most have minor issues that are not treated by other means.

Minor IV therapy

Marilyn

Marilyn had chronic constipation, which was a constant struggle. She had been hooked on laxatives, so she was wary of using them. When given a vitamin B12 injection, she reported relief of the constipation. I thought it was a co-incidence, but she found that if she had a vitamin B12 shot every week she was able to maintain normal bowel function, but if she missed a dose, she would get constipated again.

Stephanie

Stephanie had irritable bowel syndrome, and didn't absorb nutrients well. She noticed that she was able to function if she got a Myer's Cocktail every week.

I have found Myer's Cocktails to also

work well for prevention and treatment of chronic migraine headaches.

Enough of the medical treatments – what about jet lag, and a hangover, or just for a cleanse – do IV vitamin treatments work?

The answer is YES. They can help you feel better, increase energy, and give tem-

porary relief of symptoms of acute illness. Just water, sterilized so it can be given IV – but it must have something put in it first; it shouldn't be given straight.

Normal Saline

A 0.9% solution of salt to make it equal to blood. Good for hydration. No extra nutrients.

Sterile Water

Do IV vitamin treatments work? The answer is YES. They can help you feel better, increase energy, and give temporary relief of symptoms of acute illness.

porary relief of symptoms of acute illness. But like James, Sarah, and Marilyn, above, they don't fix the problem. I put them in the same category with supplement pills: they are useful but can be overdone. Like anything, when used judiciously they can boost your life and improve your function, temporarily. This is one of those things that must be tried to see if it works.

TYPICAL IV NUTRIENT TREATMENTS:

When you decide to go to an IV Café and you're trying to choose from the items on the menu, I will give you some pointers on how to choose.

IV SOLUTIONS

Ringer's Lactate

Water, potassium, sodium, calcium, and

IV PREPARATIONS

Myer's Cocktail

Myer's Cocktail is used for a boost of energy and immune function.

- Vitamin C
- Vitamin B-complex with B12
- Selenium
- Zinc
- Magnesium

Vitamin C

The Myer's Cocktail only has 2 grams of vitamin C, which is fine for most general

applications. However, for acute inflammation and viral illnesses it takes 10 to 20 grams and for cancer it takes 50 to 100 grams. These high doses can cause dehydration so it's important to drink water.

Glutathione

Arguably the most important antioxidant in the body and used for detox of any organic toxin, glutathione is also great for Parkinson's disease and mercury toxicity.

Amino acids

These can be given together with all 20, or individually, depending on the need. They are commonly used for depression or anxiety.

EDTA (Ethylenediaminetetraacetic Acid)

EDTA is an amino acid chelating agent commonly used in food preparation. It binds to metals, especially lead and calcium to help get rid of excess. A test for lead can determine if that is a need. It is also used for hardening of the arteries and plaques that have calcium deposits.

Magnesium

When given "IV push" from a syringe, it is the most powerful muscle relaxant and instantly relieves migraine headaches and muscle spasms. (It should be given with Vitamin B6) **WARNING:** it causes a hot flash that lasts about 60 seconds.

Drugs

Many of the services that give IV nutrients also provide drugs. These are for relief of acute symptoms of nausea, vomiting, gastritis, and inflammation. Most of the "Hangover" and "Jet Lag" remedies contain these drugs and are not just nutrients. The drugs relieve the symptoms and the IV fluids re-hydrate the body.

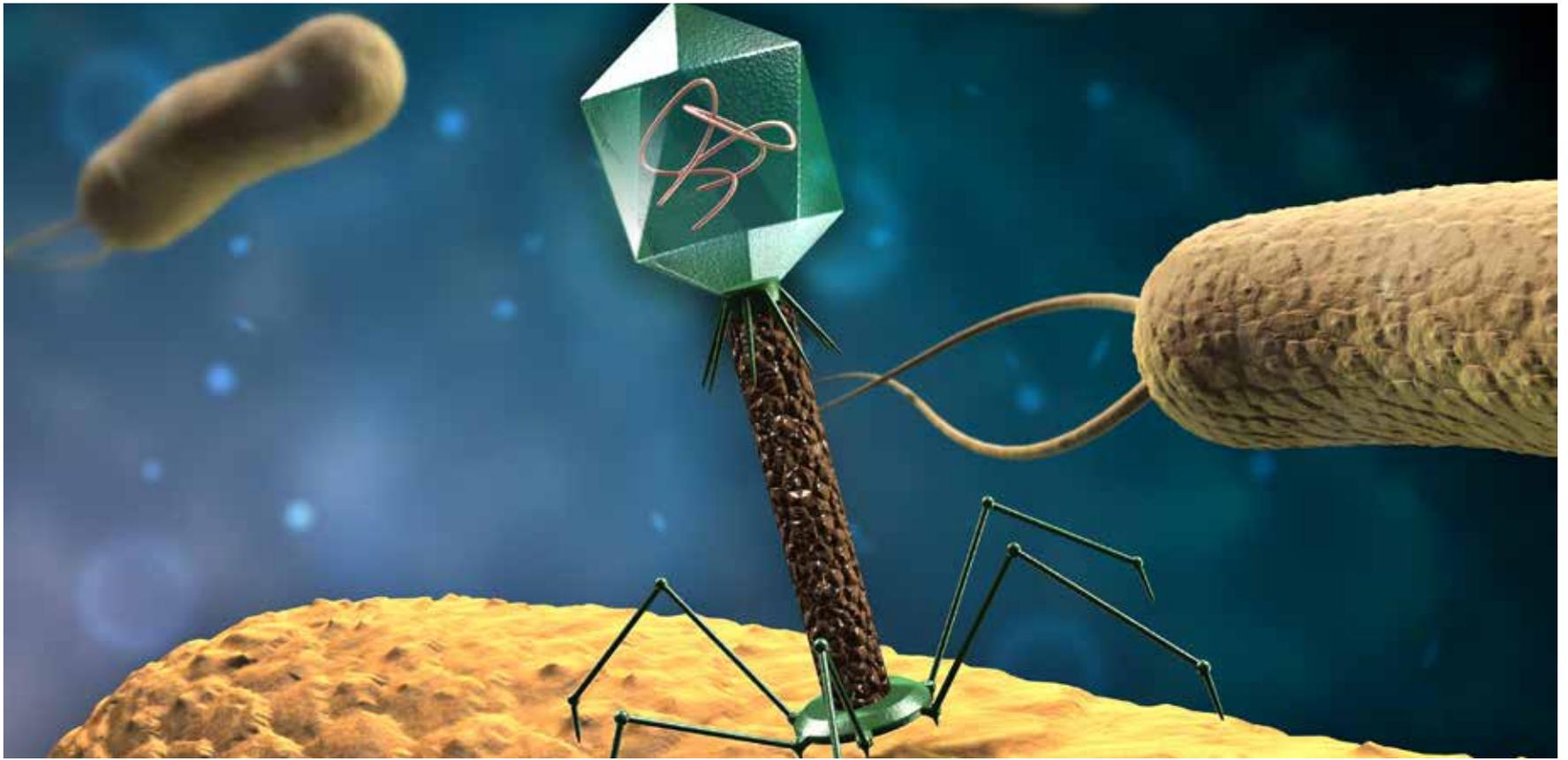
What is not in IV nutrition:

Generally, you will not be able to get fat-soluble vitamins IV, but you can get them IM (a shot in a muscle), which is RARELY needed:

- Vitamin A
- Vitamin D
- Vitamin E
- Omega 3 oils

For people with normal intestines and a good diet, IV nutrition is not for nourishing the body so much as treating specific problems. As such it can be a powerful way to bypass the intestines and liver to deliver needed nutrients directly to the cells. Your symptoms and tests should be used to determine what would be best for you. ►

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by Dr. Scott Saunders, M.D.

PHAGES — The Secret Weapon Against Antibiotic Resistant Bacteria

WHEN PENICILLIN WAS introduced in 1940, it was considered a wonder drug. Bacterial infections that had been life-threatening could now be cured within days.[1] Today it appears that we may be reentering a pre-antibiotic era as more and more bacteria have mutated and become resistant to antibiotics.[2]

In fact, the problem of antibiotic resistant bacteria may well represent one of the greatest medical challenges in the 21st century.[3] Overuse of antibiotics and the natural tendency of bacteria to mutate to inactivate antibodies have teamed together to create this crisis. The fact that as much as 80 percent of the antibiotics used in the US are given to livestock that we eat is a major contributor in the overuse of antibiotics.[4]

Some of the most common infections resistant to antibiotics are those contracted in hospitals (staph, MRSA, CRE, etc.), skin infections, pneumonia, meningitis, and sexually transmitted diseases.[5]

How serious is this problem? In 2013, more than 2 million Americans suffered infections resulting from antibiotic resistant bacteria. Of those, an estimated 23,000 died and the healthcare community fears it may get much worse.[6][7]

The US Centers for Disease Control and Prevention warns of new highly resistant “superbugs” that are so untreatable one out of two patients dies from them.

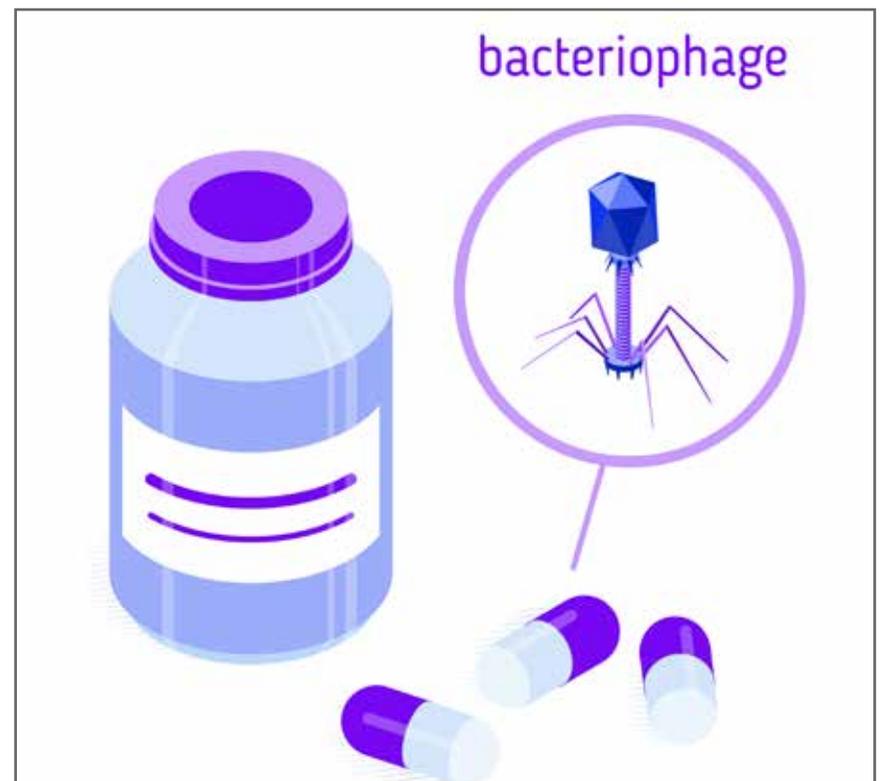
For instance, a hospital in Los Angeles recently reported that as many as 100 of its patients had been exposed to CRE, a very deadly bacterial infection resistant to antibiotics. This exposure came from a simple, routine procedure involving an endoscope. At least seven of those patients contracted CRE.[8]

This is scary. We go to a hospital, clinic, or doctor’s office for a routine procedure oblivious to the fact that we may be exposed to a deadly bacterial infection, against which they have no weapon.

ENTER THE PHAGE

As the science and medical communities scramble for ways to effectively kill resistant bacteria, one of the most promising solutions may be the phage.

Phages, or bacteriophages, are viruses that pose no threat to humans but are deadly to these antibiotic resistant bacteria. The virus seeks out its prey, lands on the cell wall and drills



into it taking over its DNA. The virus then rapidly reproduces and bursts the bacterial cell.[9]

The term bacteriophage literally means “bacteria devourer.” Phage therapy describes the medical use of phages to treat a bacterial infection.

Phage therapy may seem like a novel approach, but it actually predates antibiotics. Felix d’Herelle, a French-Canadian microbiologist is credited with much of the early research and development of phage therapy. He administered the first known application of phage therapy on humans in a French hospital in 1919. There, a phage preparation was given to a 12-year-old boy who was suffering severe dysentery. The boy’s symptoms subsided after a single dose and he fully recovered within a few days. Three additional patients were also successfully treated of dysentery in days following.[10]

Those successes marked the beginning of extensive phage development. Preparations, or phage cocktails, were designed specifically to deal with E-coli, rhino, staph, strep, and many other bacterial infections.[11] These phage preparations were marketed in Europe by the company that became L’Oreal.[12]

Felix d’Herelle also used phage therapy in India to cure thousands from cholera and bubonic plague in those early days. And in subsequent years to the present, phage therapy has been widely practiced across the former Soviet Union and Eastern Europe.

In the 1940s, phage preparations were manufactured and distributed by the Eli Lilly Company here in the US as well. But with the advent of antibiotics, phage therapy went by the wayside in

this country and most of Western Europe. [13] However, with the looming problem of bacterial resistance, phage therapy is again attracting attention.

HOW PHAGE THERAPY WORKS

In phage therapy, the offending bacteria strain is identified and then a matching virus is found that will kill that strain.

A viral cocktail is prepared that the patient either drinks, is topically applied, or can be injected. If the thought of swallowing a virus makes you squeamish, remember that penicillin comes from mold!

The advantages of phage therapy are many:[14]

- Phages occur naturally and are found in soil, water, in our bodies, and wherever bacteria thrive
- Matching a phage to the target bacteria is relatively easy
- Phages only kill the “bad” bacteria unlike antibiotics that wipe out the good with the bad
- Phage therapy works rapidly without harmful side effects
- Phage therapy is relatively inexpensive

HOW EFFECTIVE IS PHAGE THERAPY?

For seven years, Laura Roberts had been suffering with staph and MRSA infections in her sinuses that had spread to her ears, lungs and stomach. The infections had ravaged her body and antibiotics were powerless against these bacteria. The Mayo Clinic told her that there was nothing else they could do for her. At age 51, she was given a few months to live.[15]

Laura heard about the Phage Therapy Center in Tbilisi, Georgia, and decided to make it her last ditch effort. Laura's brother accompanied her on the trip, which nearly did her in.[16]

A couple of weeks prior to the trip, she had sent swab samples from her sinuses and ears to the clinic. They identified three different strains of MRSA. At the Phage Therapy Center, Laura began treatments and within three weeks her sinuses and ears were normal. When Laura returned to the US, she went to her ear, nose, and throat specialist who was amazed by her miraculous turnaround. Now, ten years later, Laura is still MRSA-free.[17]

WILL THE FDA APPROVE PHAGE THERAPY IN THE US?

Phage therapy has been studied for decades at various universities across the US. But the reason that phage therapy may not take hold here has primarily to do with bureaucratic red tape, economics and intellectual pride.[18]

Phage therapy is very targeted and dynamic, so that as new strains of bacteria develop, new viruses must be identified to combat them. While this identification process is fairly simple, due to current FDA guidelines, it seems unlikely to obtain approval for each and every phage preparation.[19] Also, research and testing required by the FDA carries a very hefty price tag.

Furthermore, because these viruses occur naturally, a pharmaceutical company cannot patent them. This is where ethics and economics collide. Even though phage therapy may be the best solution to the growing problem of drug resistant bacteria, saving thousands of lives, phage therapy may not be perceived as financially profitable.[20]

As cold as it seems, we have to recognize that mainstream medicine and pharmaceutical companies exist to make a profit. A treatment, no matter how effective, if unprofitable will likely be ignored or discarded.

As for intellectual pride, the bulk of the research, testing and practice have occurred in what were Communist countries. Distrust, as well as foreign research methodologies, complicate our acceptance of phage therapy. And if it does move forward here, experts estimate it to be years away.[21]

Meanwhile, antibiotic resistant bacteria offer one more great reason for us to do all we can to keep our immune systems healthy. Please see these articles for information on how you can strengthen and maintain a healthy immune system.

And if you want to take advantage of phage therapy, for the time being, you may have to travel to Tbilisi, Georgia.►

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FORGET HOW WONDERFUL cabbage is, but when I use it: WOW! Known as the powerhouses for the gut, cabbage is a preferred fuel source of the cells that line the digestive track. Cabbage also contains number of powerful antioxidants that help to reduce stomach and colon inflammation.

Here are just a few of the many healing uses cabbage is know for:

- Bloating
- Constipation
- Weight loss
- Detox
- GERD
- Joint pain
- Hematoma
- Engorged breasts
- Headache and hangovers

C A B B A G E TO HEAL

Personally, I've just recently used it for congestion by placing cabbage leaves on my chest overnight, wrapped in ace bandages. I also had painful lumps behind my knees after working in the garden and did the same thing with incredible results!

As a child, cabbage was the last vegetable on earth I would even consider eating. But, as an adult, cabbage is one of my go-to cures. Who knew that such a cheap, humble looking and so widely used cabbage could work miracles?

Some apply it warm, some cold, some crush it, and some don't. Some wrap it ace bandages, others in plastic. Some apply it externally; some ingest it – a food, juice or whatever. Either which way, it works wonders!

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Cabbage Fun Facts

Cabbage has more vitamin c than oranges, great for strengthening the immune system and being one of the best anti oxidant, reducing free radicals in your body.

Cabbage is very rich in fiber. This helps retain water and forms the bulk of the food and the bowels. Thus, it is a good cure for constipation and related problems.

Cabbage is rich is sulphur, which helps to fight infections in wounds and ulcers.

Cabbage, being rich in iodine, helps in proper functioning of the brain and the nervous system.

Cabbage Medicinal Qualities

Uncooked cabbage is high in glutamine, an amino acid that is useful for the excellent functioning of our digestive system and immune system. Cabbage has also been known to have therapeutic and anti-bacterial properties, destroying a wide



variety of bacteria in the intestines.

Liberal intake of the fresh juice of this vegetable has thus been found very valuable for treating ulcers, bladder infections and other infectious disease. Try $\frac{3}{4}$ - 1 cup of cabbage juice with 1 teaspoon of honey, twice a day.

Skinny on the Cabbage

Cabbage is considered to be an excellent home remedy for obesity. Research has shown cabbage contains a chemical called tartaric acid, which inhibits the conversion of sugar and other carbohydrates into fat. Substituting a meal with cabbage salad once a day is an excellent way to reduce weight.

Powerfood for Skin

Others swear by eating raw cabbage first thing in the morning it not only helps for weight management, but a cold, raw cabbage salad after exercise can also

treat dry, flay skin and fatigue. Your skin will start to glow and feel smooth, plus you'll have energy the entire day! Ever wondered why Russians have great skin? Cabbage!

If your skin has pimples and other irritations, cabbage is the cure for all. Take the upper most leaves of cabbage and steam them. Then remove all the veins. Compress them between a linen cloth and cotton. The leaves by then should be smooth and soft. Keep the compress on the affected area over night. Next morning enjoy the look of a spotless skin.

Detoxification by Cabbage

Cabbage soup as a detoxification plan has gained popularity because it offers a chance to fasten your metabolism and eliminate the accumulated toxins in the body that have built up in your tissues, organs and cells over the years.

Cabbage pulls out toxins. It purifies the blood and removes toxins, primarily free radicals and uric acid. If it helps your gut stay healthy, then surely you would think that once the gut is healed the rest of the body would be healed. God gave our bodies the amazing ability to heal itself! Take heed to take care of your body diligently!

Try eating cabbage soup with every meal for 7 days, adding fruits and even meat, rice, or potatoes occasionally for a superb detoxification plan.

Here is a cooked cabbage soup recipe that I've used as part of my monthly detoxification efforts to ensure I keep a clean body against breast cancer. It is very good for you and will help greatly as part of a cabbage soup diet (a temporary jump

start to good eating) for detoxification.

Cabbage Soup

- 1 head of cabbage
- 1 bunch of celery
- 3 large fresh tomatoes/10-15oz. can tomatoes
- 1 bunch green onions
- 1 large onion
- 1 bell pepper
- 1 pkg. dried french onion soup
- 1 or 2 cloves of garlic
- Approximately 6 cups water

In large kettle, combine French onion soup (can substitute beef broth), chopped cabbage, chopped onions, peppers, celery and water. Add can of tomatoes (chopped) and include the juice. Set on medium-high heat until boiling. Reduce heat and add 1 clove garlic and a dash or two of hot sauce, if desired. Continue cooking until ingredients are tender, about 1 1/2 hours.

In order to achieve best results with cabbage soup detoxification, follow this cure plan, which includes eating as much cabbage soup as you want.

Sample Menu

- Day 1: Cabbage soup, plus any fruit except bananas
- Day 2: Cabbage soup, plus

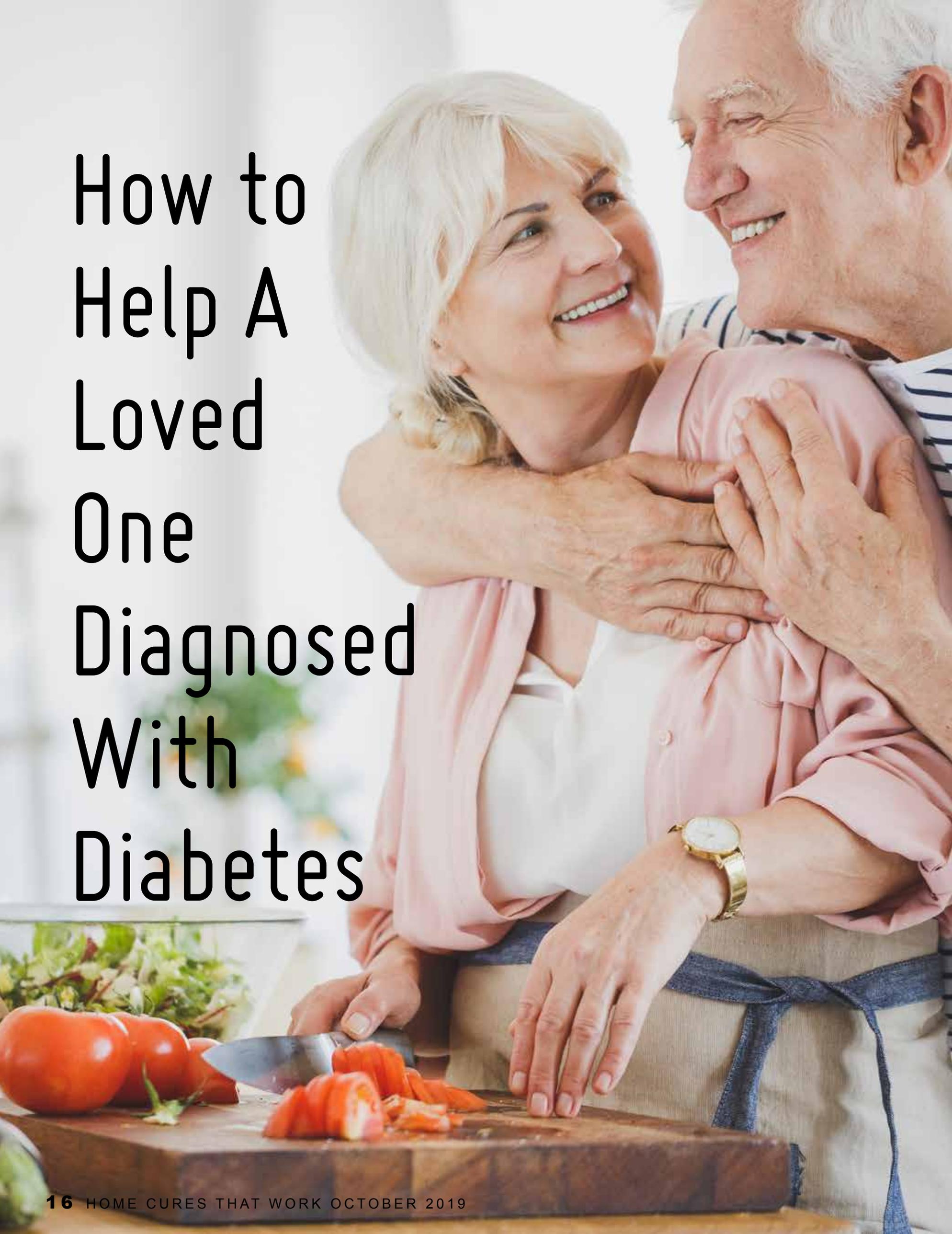
vegetables, and a baked potato (you are allowed to have butter on it) for dinner. Note that potatoes are prohibited on other days.

- Day 3: Cabbage soup, plus other veggies and fruits
- Day 4: Cabbage soup, organic milk, and bananas up to a maximum of 6 pieces
- Day 5: Cabbage soup, up to 450 grams of fish or meat, and 6 tomatoes
- Day 6: Cabbage soup, plus vegetables and beef
- Day 7: Cabbage soup, plus vegetables, brown rice, and fresh fruit juice

Add more and more cabbage in your daily diet, be it your soup or be it your salad, this is going to help you live a healthier and longer life.

Eat the cabbage. Drink the cabbage. Wear the cabbage. Just use the cabbage, for crying out loud! ►

How to Help A Loved One Diagnosed With Diabetes



IF ONE OF your loved ones is diagnosed with diabetes, you're probably wondering what you can do to help. It's not easy for anyone to deal with the fact that they've got a serious medical condition.

Studies show that people are able to manage their diabetes better when they have support from loved ones. It helps them to know they're not going through it alone.

Family and friends can lend a helping hand or shoulder to lean on at just the right moment.

Taking an interest in your loved one's diabetes, whether type 1 diabetes or type 2 diabetes, is one thing; taking control is another. A take-charge attitude is rarely the kind of diabetes help your loved one is looking for.

Here are some helpful tips for providing diabetes support that work for everyone.

Ask if they'd like you to help with reminders

Your first instinct may be to become the "diabetes police," reminding your loved one when it's time to check blood glucose, exercise and to put down unhealthy foods.

But it's better to ask if your support is truly needed to avoid rifts in the relationship. If they say no and you think they still need it, consider attending a doctor's appointment with them, and find out from the healthcare professional whether or not they're on target.

Ask what you can do

If you aren't sure what you can do to help, ask. There may be something that hasn't even occurred to you, and perhaps they're afraid to ask. Assisting with little things like recording diabetes symptoms may actually be a big help.

If you do most of the cooking, it is a good idea to familiarize yourself with how to make diabetes-friendly, delicious, yet healthy meals that will help your loved one stay on track.

Show you care

Telling someone you care is good, but showing that concern is more powerful. Show you care with a hug or encouraging note, by really listening to the person's concerns, by learning about diabetes, and by doing things together that you both enjoy.

Get support for yourself

If you're in a caregiving position, it's more important than ever to get support for yourself. You can join a diabetes support group for caretakers, or simply talk with someone you trust like a close friend.

Follow these guidelines to offer your loved ones constructive diabetes support, and be sure to keep the communication lines open. Ask them directly about the ways you can offer the most help, and take that feedback to heart. ►



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