

How to Build Probiotics in Your Gut Naturally

5 Tips to
Supplement
the Flu Shot

Your Body
the Temple

Smash Blood
Sugar Spikes with
Apple Cider Vinegar



Home Cures That Work

AUTHORS



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Did you know the wrong bacteria in your gut can make you fat? It's true. Just one more reason to keep your gut healthy with the healthy bacteria. While it may take a bit more thoughtfulness to eat a diet rich in nature-made probiotics, it is well worth the effort for your digestive health and overall wellness. Dr. Saunders shares the right prebiotics and probiotics to nourish and support good gut health – and weight.

You know when cold and flu season comes around that it is important to keep your immune system strong, including getting plenty of rest, washing your hands frequently, and eating a diet rich in nature-made probiotics. This increases your resistance to colds and flu and protects you against cancer and other diseases. Try the additional steps laid out in Home Cures That Work this month to boost your immune system.

Diabetes is a chronic disease that affects the body's ability to regulate blood glucose, making foods that have processed grains and loaded with processed sugar or artificial sweeteners extremely difficult for the body to process. The good news is that there are foods available that can actually help control diabetes. One of them is something you probably already keep stocked in your cupboards – apple cider vinegar. So, what makes apple cider vinegar ideal? Let's delve into the ways that apple cider vinegar impacts insulin and provides health benefits for those with diabetes.

Treating the human body right goes beyond exercise and diet, however. There are other ways we damage our health, including spiritually and emotionally. The Bible tells us that our bodies are temples of the Holy Spirit, whom God has given to us. If we want to honor Him, we will treat our bodies in a way that honors Him as well. To help you take care of the Holy Spirit's temple – your own body – here are some things you can do.

For your health,

Cheryl Ravey
Editor, Home Cures That Work



04 HOW TO BUILD PROBIOTICS IN YOUR GUT NATURALLY

When looking for probiotics, choose naturally fermented kinds, foods on their own, or pair them with probiotic foods to add a boost.



11 5 TIPS TO SUPPLEMENT THE FLU SHOT

You don't need a flu shot to protect yourself this year. Use natural immune boosters to stay strong and healthy through the fall and winter.

11 YOUR BODY THE TEMPLE

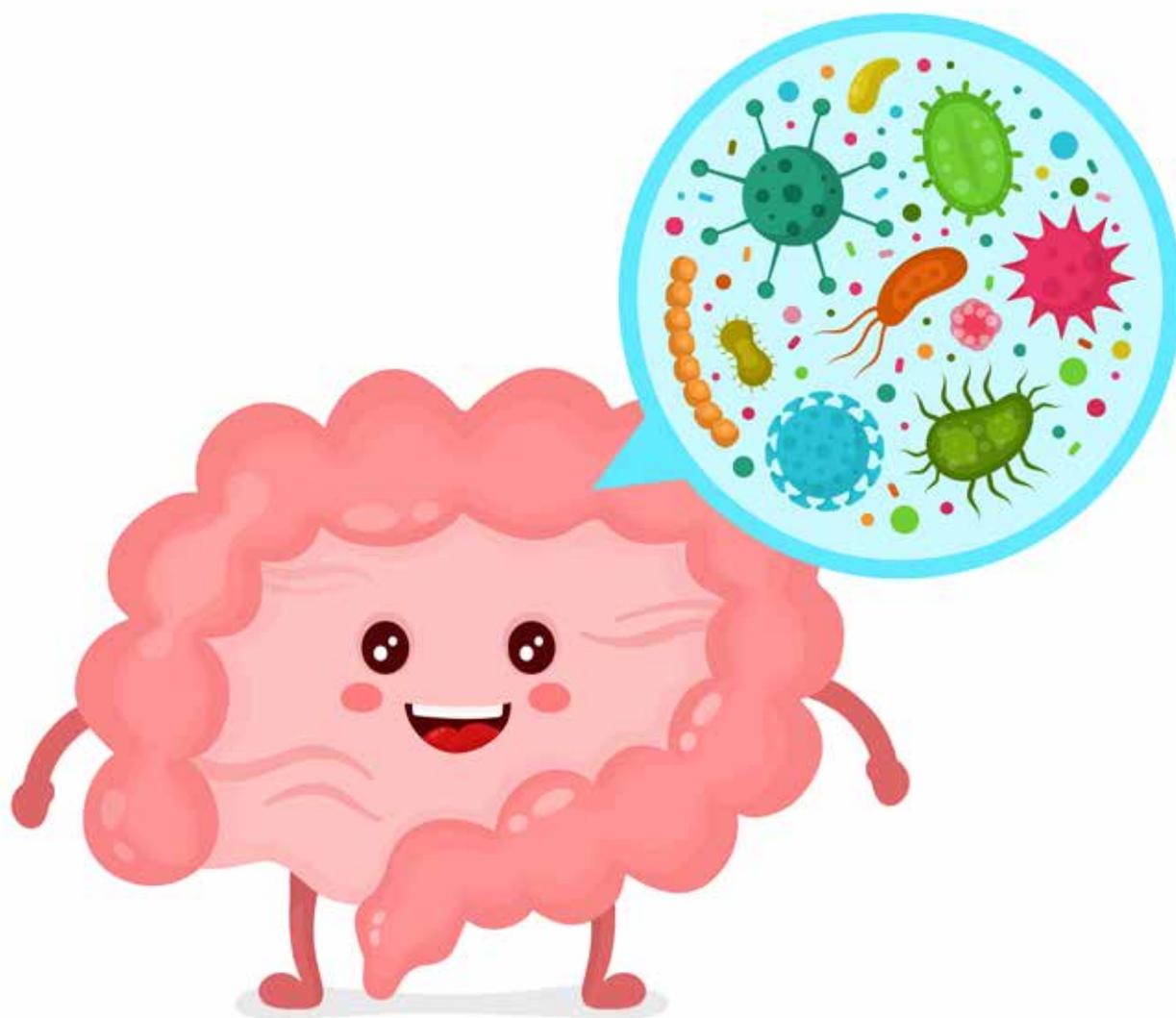
When you consider the traditional definition of a "temple," it becomes clear why we should think of our bodies in the same way.



13 SMASH BLOOD SUGAR SPIKES WITH APPLE CIDER VINEGAR

Want to control you diabetes better? Consume apple cider vinegar and help lower your blood sugar levels.

How to Build Probiotics in Your Gut



by Dr. Scott Saunders, M.D.

“WASH YOUR HANDS!” our mother often yelled as she called us to dinner. The purpose is to make sure we don't eat any bad bacteria with our food and get sick. Though many people are afraid of germs causing disease, there are many types of bacteria parasites and viruses that we want and need to help our colon function well.

The colon is the least appreciated organ of the body – until it doesn't work! People with colon problems can be miserable. The symptoms of colon trouble can include a wide variety of issues:

- Constipation
- Diarrhea
- Diverticulosis
- Pain
- Bleeding
- Depression
- And even cancer

The colon is the large intestine. It is the waste dump for everything we eat. The small bowel absorbs all the nutrients from our food and whatever is left over goes to the colon where the waste ferments through multiple types of bacteria. While the small bowel is practically sterile, the colon has a huge store of bacteria – trillions of them! In fact, we have ten times more bacteria in our colon than we have cells in our whole body!

The types and amounts of bacteria we possess in our colon are essential to life. Even though they are residents of the colon, bacteria are very much a part of us, and in some ways make us what we are. They may determine our:

- Body weight[1]
- Moods[2]
- Inflammation[3]
- Hormone status[4]
- And, of course, bowel habits

When we were babies in the womb we were sterile. Our first exposure to bacteria came from the birth canal, which has colon bacteria from the mom, and supplied our intestines with bacteria needed to digest milk. People who are born by caesarian section don't pick up the bacteria from their mother's colon. Instead, their intestines start growing bacteria obtained from skin. These bacteria don't help digest food and can even cause inflammation over one's entire lifetime!

One researcher concluded:

“Concurrent with the trend of increasing [Caesarean Delivery], there has been an epidemic of both autoimmune diseases such as type 1 diabetes, Crohn's disease, and multiple sclerosis and allergic diseases, such as asthma, allergic rhinitis, and atopic dermatitis.[5]”

The Wrong Bacteria in Your Colon Can Make You Fat!

Additionally, those who are born by C-section are more susceptible to metabolic diseases and obesity.[6] Multiple studies in rats and humans have shown that bacteria in the colon have a large effect on obesity. One study used mice that had intestinal bypass surgery. Those mice that had the surgery now developed different bacteria. When that

bacteria were given to obese mice, they lost weight without the bypass surgery. Essentially, bacteria from a thin mouse caused an obese mouse to lose weight. [7]

Humans also experience weight gain or loss associated with their gut flora. In one study, humans with higher levels of a certain bacteria, *M. smithii*, were much more likely to be overweight than those with low levels.[8]

The Wrong Colon Bacteria Can Cause Arthritis

Studies on the types of bacteria in the colon suggest that arthritis can be caused or worsened by our bacteria. One study suggested that a single organism can make the difference between having arthritis – or not.[9] The organisms that cause inflammation grow on simple sugars and starches. On the other hand, those bacteria that grow on fiber (prebiotics) create butyrate. Butyrate acts as an energy source for cells lining the colon and reduce an inflammatory response.

Prebiotics are the fiber found in fruit and vegetables. They have certain fibrous carbohydrates that we don't digest but nourish the good bacteria to help them to grow.

God gave us quite the gift when it comes to prebiotic foods because there are many that have just the right “ingredients” to improve gut function without us having to do anything else but eat them! The most nutrient-dense prebiotic foods are:

- Asparagus

- Bananas
- Onions
- Garlic
- Cabbage
- Beans
- Artichokes
- Root vegetables
- Apples

Prebiotic foods are like fuel for good bacteria. They escape digestion in our small intestine but continue to the colon where the “good” bacteria digest them. These bacteria make butyrate, which prevents inflammation, such as arthritis.

Because of all the benefits of good bacteria in the colon, many have proposed fecal transplants to treat arthritis and obesity, instead of surgery and drugs.

What is a Fecal Transplant?

It is just as it sounds. Stool from one person is given to another person to change the bacteria in their colon. Doctors who do this procedure use a colonoscope to get the bacteria all the way through the colon. And put it where they want it.

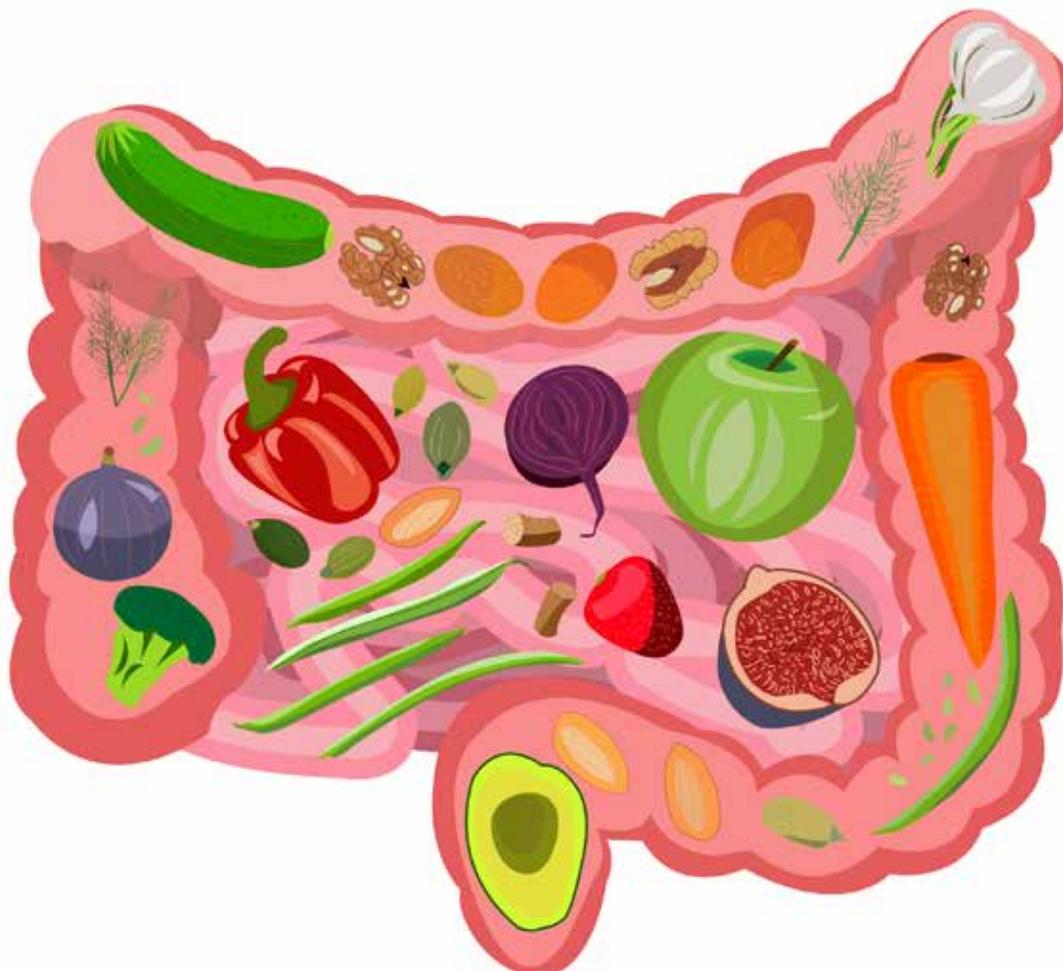
The purpose of a fecal transplant is to populate the colon with good bacteria and give it more biodiversity. People with only a few types of colon bacteria have many more problems with their bowels and bodies. We not only need lots of bacteria, but a diverse population of bacteria growing together in harmony. Research shows that this procedure can remedy many different problems such as drug resistance, chronic diarrhea, arthritis, obesity, and diabetes.

Probiotic Supplements

The big question is, since we cannot see the bacteria without a microscope, and we don't know how much or what type is in foods, how do we get the right type and number of bacteria?

Until the modern era, humans (and all animals for that matter) ate food laced with bacteria. Dung fertilized the soil, allowing colon bacteria on the growing food. People ate food that was fermented and contained live bacteria. These are foods such as sauerkraut, natto (fermented soybeans), miso (another type of fermented soybeans), yogurt, kefir, and cheeses of all kinds, as well as drinks such as wine and beer. Also, without refrigeration, food grew bacteria quickly so even non-fermented food had significant amounts of bacteria.

By contrast, today, we take great measures to prevent bacteria from getting into our food. For a longer shelf-life, food is:



- Pasteurized
- Radiated
- Gassed
- Sprayed with chemicals
- Refrigerated
- Frozen

Milk that has not been pasteurized lasts only a few days, even refrigerated. Whereas, pasteurized milk lasts for weeks. And ultra-pasteurized milk lasts for months without even being refrigerated! Many think they may be getting some bacteria in yogurt or cheese. But most dairy products are also pasteurized after they are made to prolong their shelf-life. Bottled kimchi and sauerkraut are heated so they contain little or no bacteria. While there are benefits to decreasing bacteria in food, such as less food poisoning, there is a downside, as well. We don't get many probiotics anymore.

Since it's hard to get lots of bacteria in food, and we don't want to eat rotten or spoiled food and risk food poisoning, we can take probiotic pills. The pills contain certain very specific types of bacteria – some have only one type, while others have multiple different species of bacteria.

My problem with recommending probiotics is that everyone is different. One man had Irritable Bowel Syndrome (IBS) and I told him to take a probiotic. He went to the health food store and took the most expensive probiotic out of the refrigerator with the highest bacteria count. It didn't help. But his wife picked the cheapest one off the grocery store shelf and it worked well. It's not the formula, it's what you need that matters, and we don't know until you try it. That's a good reason to switch probiotics frequently to find what works best for you.

Your Own Bacteria

The bacteria in your colon are like a fingerprint. Your native gut flora has been present since soon after birth. They are uniquely you. They don't like other bacteria coming in and growing so they usually kick them out. If you thought you could take a probiotic for a short time to get it to grow inside

the colon, guess again! Probiotics do not become established members of your gut ecosystem. When you stop taking them, their numbers dwindle quickly. That specific probiotic strain level declines and eventually disappears. Within a couple of days to weeks, you're back to your old self again.

This is why we need a constant supply of good bacteria, or probiotics, from our food. However, since we don't get much from food, we often supplement with probiotic pills. For some people, taking probiotics can make a huge difference in colon and other body functions. Because of individual differences, those who start off with good bacteria have less need for probiotic supplementation.

Because of all the germaphobia in our society leading to the sterilization of foods, I think it's a good idea for everyone to take a probiotic. It isn't necessary to take them every day. Most of the time, once per week is enough to keep the good bacteria in the colon. A large dose of Lactobacillus, Bifidobacterium, and S. boulardii, among others once per week is a good policy. Look for one that has over 100 billion so you're sure they make it alive to the colon.



How to Change Your Gut Bacteria

FEED THE GOOD

You can influence how bacteria grow in your colon by what you feed them. If you feed bacteria with a diet of simple sugars, starches, and proteins, then you will grow bacteria that produce chemicals that cause inflammation. However, if you feed bacteria fiber, known as prebiotics, then bacteria will flourish that make chemicals to suppress inflammation. This is one of the ways diet affects your whole body.

A diet that feeds good bacteria includes:

- Vegetables
- Fruit
- Fermented foods
- Fasting

Starve the Bad

We have many patients who regularly clean out their colon with enemas and “colonics.” Some have noticed that their bowels function better after a colonic. It seems that we need to clean out the colon periodically to keep it functioning well. This is true, but there is another way. We don’t have to fill the colon with water, coffee, or other liquid to clean it out. The body was created with a natural mechanism to clean house – by fasting.

Bacteria in the colon grow very fast. For example, one E. coli bacteria will divide into two every hour or so. If you take

a single one and give it all the food it needs and take away the waste it produces, the colony will be bigger than the whole Earth in only 48 hours. Of course, there are so many factors that prevent this from happening in our colons. The point is that if you feed bacteria, they will grow.

Periodic fasting causes the relative types and amounts of bacteria to change. Those that live on fiber will tend to stay longer

This means that fasting preferentially selects the bacteria that lower inflammation and keep our bowels functioning, while suppressing those that cause inflammation, depression, and cancer.

than those that live on simple sugars. This means that fasting preferentially selects the bacteria that lower inflammation and keep our bowels functioning, while suppressing those that cause inflammation, depression, and cancer.

The other important way to starve bad bacteria is to avoid simple sugars (sweets), proteins, and fats. Eat a lot of fiber and avoid carbohydrates, fats, and proteins.

Take care of your bacteria, and they will take care of you.

For people with dysbiosis (the wrong kind of bacteria) I recommend a probiotic, as well as enzymes and prebiotics (to feed the good bacteria). The [HEALTHY GUT SUPPORT](#) from Garden of Original Greens has all of these and I have seen great results from it. Patients who have

tried many other probiotics found this one to work better for their intestinal issues. Take one with each meal for about a month, then you may only need one per day. I have some people who continue to need the enzyme support, so they continue to take one with every meal.

Keeping good bacteria in your colon is easy with three simple steps:

- Probiotics 100 billion once per week – change brands after each bottle
- Eat a diet high in fiber and low in sugars, fats and proteins
- Fast periodically, one to three days per month with water only

As the “yuckiest” of all organs, the colon earns little respect. However, take continual care of this lowly organ to live a long, healthy, and happy life!

►
Sources: [1] <http://www.scientificamerican.com/article/how-gut-bacteria-help-make-us-fat-and-thin/> [2] http://www.nytimes.com/2015/06/28/magazine/can-the-bacteria-in-your-gut-explain-your-mood.html?_r=0 [3] <http://www.nature.com/ajgsup/journal/v1/n1/full/ajgsup20124a.html> [4] <http://www.ncbi.nlm.nih.gov/pubmed/6231418> [5] <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3110651/> [6] <http://www.nytimes.com/2013/03/28/health/studies-focus-on-gut-bacteria-in-weight-loss.html> [7] <http://stm.sciencemag.org/content/5/178/178ra41> [8] <http://press.endocrine.org/doi/10.1210/jc.2012-3144> [9] <http://www.sciencedirect.com/science/article/pii/S1074761310002049>



By Scott Saunders, M.D.

5 Tips to Supplement the Flu Shot

FLU SEASON IS UPON us, and while many people take the preventative measure of receiving a flu shot, there are other ways you can combat this highly contagious virus. Instead of being left out in the cold, try adhering to these tips to fight off the flu and the costly symptoms it brings.

Take a Few Extra Seconds — Wash Your Hands!

Sounds simple enough, right? But do you consciously think about washing your hands outside of the restroom? Hospital studies show that washing your hands is the most important preventative measure you can take to avoid the spread of communicable disease. It's apparent that the virus may be spread to others just by touching hands. If you're in a public place, remember to take a few extra seconds to wash your hands when you arrive and before you leave. You don't have to have a "reason" to wash them — just do it often as a precautionary measure.

Exercise Like Your Health Depended on It

Our immune systems are very complex, but I'll make this one easy for you. Infectious agents bombard us every day, and, for the most part, we are able to fight them off. Exercise releases endorphins throughout the body, which make us feel good, calm our nerves, and quell the excess adrenal hormones that suppress our immune system. When we are stressed, we have too much cortisol, so exercise alleviates our stress and controls this hormone, thus allowing our immune systems to better fight off infections.

Eat This, Not That

When we eat things that contain processed ingredients, such as sugars, starches, MSG, and other chemicals, we feed certain bacteria in our intestines that suppress our immune system.

Conversely, consuming natural foods, like fresh fruits and vegetables that contain fructooligosaccharides, inulin, and other prebiotics that feed the good bacteria in our intestines, allows our immune systems to function much more efficiently.

Fighting the flu starts with which aisle you stroll through. Think consciously about the food you're buying at the grocery store, and you'll be rewarded with fewer trips to the doctor.

Get Some Sun, or the Next Best Thing

The sun helps our bodies feel better and keeps depression down. It also creates the hormone melatonin, a key player in boosting our immune systems. Most importantly, it is our primary source of vitamin D, which is the only substance proven to actually prevent the flu. During the winter months, there's less sun and we aren't outside as much, so we produce less of this essential vitamin. When it's cold, I recommend taking vitamin D3 (the natural form) to give your body assistance in preventing viruses.

Don't Worry, Be Happy!

Lastly, a very powerful aspect is our emotional state of mind. It can be a catch-22 of sorts — when you're sick, you're not happy, so how can your attitude possibly help? A combination of these tips should help you maintain a positive attitude and fight off depression. When you aren't sick, keeping your anxiety levels low is an integral step in preventing infections from infiltrating your immune system. There is a measurable difference in the number of white blood cells (immune cells) in those who are worried, depressed, and anxious, and those who are happy.

Whether it's exercising daily or simply washing your hands throughout the day, preventative measures are available to fend off viruses during the flu season. Combining and carrying out all of these tips is your best way to remain healthy, so give it a shot — and you may never need that other kind of shot again.



THERE ARE A variety of ways to answer the question: What is the body? Chemically, the body is mostly water. Structurally, it is a complex of interrelated and interdependent systems. The body is full of marvels and mystery. It is both fragile and resilient. Your body is hardly just the next random mutation in an unguided evolutionary process. The Bible says, “You are God’s workmanship.” (Ephesians 2:10) Some translations say we are his “masterpiece” which speaks how each of us is God’s work of art.

When I travel I enjoy watching people in airports and in the different parts of the world. All the flavors of humanity are really beautiful; people of all shapes and sizes, a variety of hues and yet each bearing the image of God. The Bible says we are each “wonderfully made.” (Psalm 139:14) Yet, even a quick glance at people will reveal that death is at work in the members of the body. As a minister, I officiate at a number of funerals and walk with people through the last stages of life on earth. 2 Corinthians 5:1 is obvious – the body is a tent that ultimately deteriorates and is one day no more.

A “tent” is a dwelling place and the point is the body is a place where we reside for a season – eventually the “tent” does break down. That’s what that passage is talking about when it says “...Outwardly

TEMPLE

God created your body as a masterpiece —
take care of it!

we waste away yet inwardly we are being renewed day by day.” These monthly articles address the fact that the spiritual and physical dimensions of each of us are dynamically related. Both dimensions of who we are contribute to wellness and longevity.

In answering the question, “What is the body?” the Bible answers with a question... “Do you not know that your body is a temple of the Holy Spirit [?]” (2 Corinthians 5:1) This thing I call my body is not just a “tent” where the real me dwells; it is a Temple for God to dwell in, as well. His Spirit indwells us as we invite God into our lives.

Some are quickly bored reading the passages in the Bible that detail the specific layout and even the furniture in the ancient Jewish Temple. Chapter after chapter of explicit instructions are given as to what can and can not be in the Temple area including where things must be placed and what defilements are to be kept away. Many of us rearrange our homes from time to time and it's really inconsequential.

However, just as God gave specific instructions to Noah in building the ark, he gave specific instructions for the Temple, which, for centuries, served as his dwelling place on earth. The Bible says he no longer lives in temples made by human hand but that he dwells in us. The body is masterfully ordered and it is very consequential what we do and do not allow in our bodies. Had Noah not followed God's explicit instructions for the ark, the boat (and every living thing in it) would have succumbed to the waves and sea.

All the above is context and background for this very important point. If God ordered his earthly dwelling place meticulously and gave stern warnings and instructions of what can and can not be in it, how much more does it matter what does and does not go in his spiritual dwelling today - the human body? Here's the entire passage about our bodies being God's temple:

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought with a price. Therefore honor God with your body.”

These passages speak of our value to God and how serious a matter it is when we treat our bodies poorly. It is a spiritual matter what we eat and what we don't eat. God's path to life and health is just that, a path... “There is a way that leads to life and few find it.” (Matthew 7:14) That path, or way, involves passing by many food and drink temptations every day and learning what and how to pursue what is good for us — body, soul and Spirit.

A few years ago I served communion in a hospital to a woman whose health deteriorated mainly because she was drinking twenty-four cans of Mountain Dew everyday day. For me, there was a disconnect in that somehow, to her, the communion elements I was serving were “spiritual” and the can of Mountain Dew next to her was just a “refreshment.” No, it was a poison and we talked about the spiritual dimensions of the path she was going down physically. Of course, hers is an extreme example, but the little toxins we allow in every day have the same end.

Close behind loving God and loving others as yourself, the most spiritual thing you can do is honor this dwelling of God, your body and that happens when we are careful what we put in it.

A glass bottle of apple cider vinegar is the central focus, filled with a golden liquid. In the background, several slices of lemons are arranged on a wooden surface, creating a fresh and natural aesthetic. The lighting is bright and warm, highlighting the textures of the glass and the vibrant colors of the lemons.

SMASH

Blood Sugar Spikes with Apple Cider Vinegar

Diabetes is the seventh leading cause of death in the U.S., and with the latest reports showing the number of Americans estimated to be diagnosed with prediabetes at an astounding 86 million, and a further [29.1 million](#) diagnosed with diabetes, it's no surprise that there are millions of people who are searching for ways to avoid blood sugar spikes.

If you're one of those people, you're probably aware of both the short- and long-term effects of a post-meal blood sugar spike. Some of the more immediate effects can include severe fatigue and tiredness, so much so you that you could find yourself plopping down into a chair and quickly falling asleep. Your vision might blur, and you probably won't feel very well overall either.

Over the long-term, if those blood sugar spikes continue, your HbA1c level will rise, which has been scientifically shown to increase the risk of some serious complications like heart disease, kidney disease and retinopathy, which can even result in the loss of vision.

One of the most common approaches to lowering blood sugar spikes after a meal is to take more insulin – but unless your blood sugar levels remain high for three to six hours after eating, that’s not going to help, and it will likely result in low blood sugar levels before you get to your next meal.

What you eat is a very important part of controlling blood sugar – in fact, some experts, like Mark Hyman, MD, author of *The Blood Sugar Solution*, believe that eating the right foods not only help one to manage blood sugar levels, but they may even be able to help [reverse diabetes](#).

This is where apple cider vinegar (ACV) comes into play for smashing those blood sugar spikes.

Documented Benefits of Apple Cider Vinegar

The benefits of apple cider vinegar have been well-documented. It has no adverse side effects, and it costs considerably less than most conventional treatments. Vinegars of all types have long been popular for use as a weight loss aid, as they help make you feel fuller. One study found that participants who ate a slice of bread along with apple cider vinegar felt fuller than those who ate bread alone.

A study conducted out of the [University of Arizona](#) discovered that drinking apple cider vinegar before a meal can help reduce the release of sugar into the blood and improve insulin sensitivity. This is similar to how some diabetes medications are designed. Certain medications block the digestion of starches and sugars. By doing so, they are able to prevent blood sugar spikes, helping to maintain healthy blood sugar levels.

Carol Johnston, Professor and Associate Director of the Nutrition Program of Arizona State University, who has been [studying the effects of vinegar on blood glucose](#) for more than a decade, says that apple cider vinegar can act like some diabetes medications, [helping to block the body’s ability to digest sugar and starch](#). Her theory, according to an article by NYMag, is that “acetic acid blocks an enzyme that digests starches, thereby preventing some carbs from being absorbed.”

Blood Sugar Response

Involving ACV and Healthy Individuals

Consuming apple cider vinegar has been found to be effective not just in those who’ve been diagnosed with diabetes, but healthy individuals as well. According to a study published in the [European Journal of Clinical Nutrition](#), researchers studied the effects vinegar’s acetic acid on blood glucose response after healthy people ate a meal. They then discovered that the acetic acid had a potent effect on glycemic response, leading the experts to conclude that vinegar can help regulate blood sugar levels whether one is healthy pre-diabetic, or has been diagnosed with diabetes.

ACV at Bedtime

While much of the research on apple cider vinegar has been focused on drinking it before a meal, one study found that taking it just before bedtime was able to help moderate blood sugar upon waking. The study involved 11 participants diagnosed with type 2 diabetes who weren’t taking insulin, but were taking oral anti-diabetic medication. They were given either an ounce of cheese and water,

or an ounce of cheese and two tablespoons of vinegar at bedtime each night for two days. Another trial was conducted several days later, in which the two groups were reversed.

The experts found that those who ingested vinegar and cheese saw a drop in fasting blood glucose levels by 4 percent, compared to 2 percent who received cheese and water. But when the researchers examined the data closer, they discovered that [those with the highest fasting glucose levels](#) experienced a more significant difference, with blood glucose levels dropping by 6 percent.

Taking Apple Cider Vinegar to Smash Your Blood Sugar Spikes

If you’d like to try it, keep in mind that the results can vary from one individual to the next – most studies concerning apple cider vinegar have found that one to two tablespoons are sufficient to receive the benefits.

You may want to experiment by trying both, meaning sipping it just before a meal as well as before bed.

Be sure to use organic, raw and unfiltered apple cider vinegar like Bragg’s or Spectrum Naturals. Add a tablespoon to warm, but not too hot, water. If you don’t like the taste, you can add a dash of cinnamon or a teaspoon of raw, organic honey (don’t overdo it, because honey is mostly sugar). If you’re one of the few people that really enjoy the taste of vinegar – don’t be tempted to drink it undiluted as it can cause burns to the sensitive tissues of the throat and mouth.





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