

WEIGHT CONTROL • HEALTHY RECIPES • SPIRITUAL WELLNESS • LIVING HEALTHY

a **barton** publication



## 13 Ways to Quit Sugar Cravings

**IS ORGANIC FOOD  
BETTER FOR YOU?**

**VITAMIN E OILS  
AND CREAMS  
PRODUCT REVIEW**

**5 WAYS TO  
DUMP DIABETES**

# Home Cures That Work

---

## AUTHORS



### DR. SCOTT SAUNDERS, M.D.

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

There are many websites out there that claim to have the solution to your health challenges. Miracle products that can cure you in minutes. Let me be clear, there is no magic bullet solution to your best health. Your best health requires a systems-based approach—changes in your diet, long-term habits, sleep quality, and supportive supplements.

Dr. Saunders is dedicated to his approach to reducing blood sugar naturally, as well as breaking dependence on sugar and processed carbohydrates, as well as reclaiming your energy. That's why I'm excited to present his article to you about how to quit sugar cravings in 13 ways.

In addition to sugar being pervasive and addictive, it can cause blood sugar imbalance, insulin resistance, weight gain and diabetes. I want you to think about that for a minute. Instead of being fat, fatigued, and lacking the ability to affect your genes in an unfavorable way, why not ditch diabetes in 5 easy steps?

This doesn't mean that it's impossible to eat well. It means that as conscious consumers we have to choose the highest quality foods to nourish our bodies. Perhaps it is time to go organic!

And it also means that sometimes, we need to consider nutritional supplements. High-quality supplements help fill in nutritional gaps. When it comes to supplements, quality is key! Take vitamin E, for example. Vitamin E is an antioxidant known to reduce memory and cognitive loss. So, get the best - detailed inside.

This issue of Home Cures That Work is designed to help you jumpstart your health journey using high-quality foods and supplements and more. With the new year upon us, what better time to reset your health?

---

For your health,

Cheryl Ravey  
Editor, Home Cures That Work



## 104 HOW TO QUIT SUGAR CRAVINGS 13 WAYS

If you're like most Americans, you eat more sugar than is good for you. This guide will walk you through why sugar matters, how you can make smart food choices to reduce sugar consumption, and how you can keep your life sweet, even without so many sweets.



## 109 IS ORGANIC FOOD BETTER FOR YOU?

Organic or conventional? It's a choice many grocery shoppers are faced with, over and over. The price difference is easy to see; it's right there on the product. What motivates many organic buyers is health benefits. Here's a rundown of the evidence...

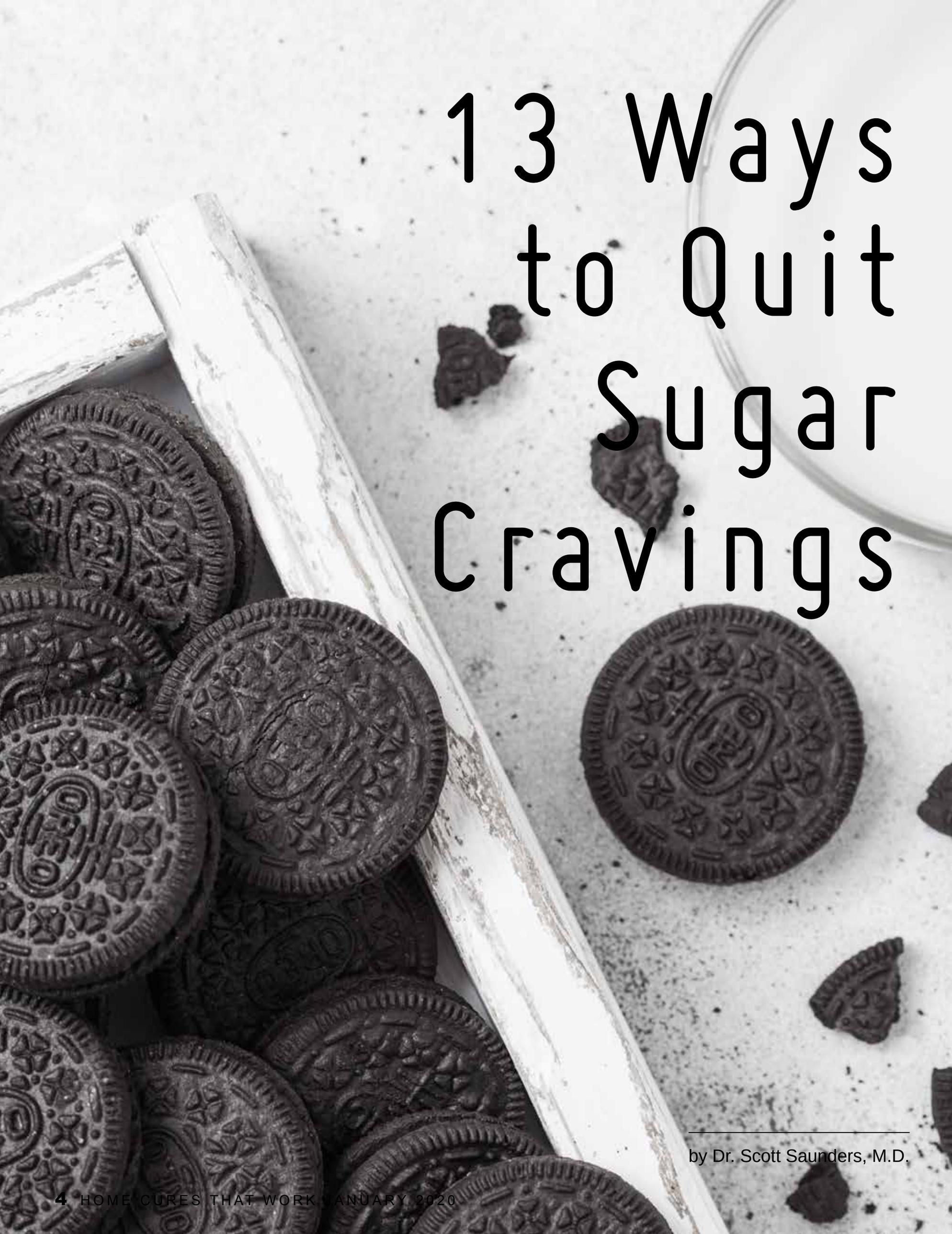
## 117 5 WAYS TO DUMP DIABETES

To stabilise your blood sugars, you need to know how to eat for diabetes control. This simple article could change your life.



## 124 VITAMIN E OILS AND CREAMS PRODUCT REVIEW

Vitamin E is an antioxidant. Learn how much you need, good sources, deficiency symptoms, and health effects here.



# 13 Ways to Quit Sugar Cravings

---

by Dr. Scott Saunders, M.D.

# S

WEET TOOTH.

Carb addict.

Sugar cravings.

Carb-aholic.

Call me whatever you want, I definitely love sweets! I was the kid who found half-eaten hard candy melting into the sidewalk on a hot day and scraped it up and ate it. Anything sweet is good to me.

My favorite breakfast is cold cereal. The only reason I wanted to stay at Grandma's house as a kid was because she had Apple Jacks! Now, I prefer the sweet kind of granola (That's good for you, right? "Only" 33 net carbs per serving - but I just don't have one serving). I had Skittles in my car all the time, and when I decided it wasn't good for me, I switched to raisins (Is that any better? IDK – not for the teeth!). Cinnamon rolls were my favorite snack, but I liked cookies too. I would open a package of Oreos to eat just a few while studying – and somehow by the time I finished my work the package was empty! I could easily eat a pint of Ben and Jerry's while watching a movie. I just crave sweets all the time. I'm drawn to sweet, starch, carbohydrates – sugar in any form. Dinner isn't done until I have some carb – bread, cereal, fruit... or dessert!

So, you're probably surprised because I wrote the book on NOT eating sugar. I have several videos on how sugar is the most toxic substance on Planet Earth. Am I a hypocrite? Well, no. But I am qualified to tell you how to end the craving for sweets. We all have addictions and need to deal with them. I always thought sugar, not tobacco, was the worse addiction because sugar is everywhere, in everything...and I can't just stop eating it. I have to eat something, and I'm going to be drawn to the things I like.

## Why We Crave Carbs

---

### ENERGY SOURCE

---

Our primary source of energy is carbohydrates, which are made of sugar. To get energy, we need sugar. If our energy is low, we will tend to crave sweets and carbs to bring up that energy quickly.

---

### PLEASURE

---

Our sweet taste buds connect with the pleasure center in the brain. However, the bitter taste buds connect with nociceptors (pain centers). Thus, sweet always feels so good! We crave

that good feeling. It can comfort us through all sorts of losses – unfulfilling relationships, boredom at work, or not finding pleasure in life.[2]

---

### STRESS

---

When we are stressed, we release a hormone called cortisol, the stress hormone, which makes us crave sugar. The brain works primarily on sugar and makes us feel the need to eat anything sweet. Thus, the craving for chocolate, ice cream, or chocolate ice cream is greatest when we're most stressed.[3]

---

### TASTE

---

The taste of sweet causes our mouth to water at any time. We can eat sweets when we aren't hungry because sweet things stimulate the appetite. Even after a big meal when we "could not eat another bite" and food isn't even desirable, we can eat ice cream, pie, and other sweets. Sweet taste buds don't shut down.[4]

---

### PICA

---

Some people have a need to put things in their mouths. It's a baby thing. It's hard to say why but many people have deficiencies in nutrients, especially minerals that cause them to constantly put things in their mouth. Some eat inedible objects like paper, dirt, rocks, or chew gum, while others just eat and drink all day, requiring sweet taste to stimulate saliva.[5]

---

### THIRST

---

Often, people who are dehydrated will confuse their thirst with hunger. Because sweet things stimulate the salivary glands, they can feel like they are quenching their thirst by eating something sweet. Thirst can come from three sources:

- Lack of water
- Lack of sodium
- Lack of potassium

Thus, people may drink a lot of water and continue to be thirsty because they don't have enough sodium and/or potassium. For this reason they will drink a lot, and require sweet taste for everything they eat.

---

### CONNECTION

---

Sugar stimulates the pleasure centers in about the same way as a connection with people. Those who are lonely will often crave sweet things, sugar, and starch to get that pleasurable feeling. It seems that the single healthiest thing we can do is to have human connections and community.[6]

---

## DEFICIENCY

---

Many deficiencies cause cravings. Pica and dehydration, as noted above, are two deficiencies that cause cravings. There are many others. For example, if your body is low in magnesium, you may crave chocolate.[7] Deficiencies of minerals and nutrients almost always result in sugar cravings because that is the way the brain is wired.

## **13 Ways to Stop Sugar Cravings**

---

### 1. MAKE RULES.

---

Your personal guidelines allow you to eat foods for taste instead of nourishment – sometimes. Your rule can be anything that fits your lifestyle. Let me tell you some of my rules that I have had over the years.

---

### 2. AVOID PROCESSED SUGAR, EAT NATURAL SUGAR.

---

I can have honey and real maple syrup, and fruit, but I don't eat things with processed sugar. Exceptions – I can have homemade oatmeal-raisin cookies.

---

### 3. EAT SWEETS WITH NUTRITION.

---

I will have an apple instead of a cookie. I will have oatmeal with molasses and fruit instead of sugar-sweetened granola. I make a fruit smoothie instead of eating ice cream. I have frozen grapes in the freezer for cold, sweet snacks. This allows me to have something and not always feel deprived.

---

### 4. STOP PUTTING STUFF IN YOUR MOUTH.

---

I have found so many people with obesity and diabetes have the need to put things in their mouth. There is some kind of Freudian need to always have something in their mouth. They suck on candies, one after the other, or chew gum, or carry water bottles from which they constantly drink. Be aware of this, and try going a whole day without putting ANYTHING in your mouth.

---

### 5. DON'T EAT PROCESSED FOODS.

---

White flour, white sugar, white rice and so forth, cause more cravings because they do not satisfy the need. We need nutrients. One of the nutrients we need is sugar for energy. However, when we eat only sugar without any other nutrients the body is starving and will cause cravings. Those times when you could eat anything is called Pica, where people eat inedible things.

---

### 6. HAVE SWEETS ONLY IN THE MORNING.

---

This is a great rule. While we are starting the day, sugar stimulates the adrenal hormones; for example, an apple, even more than a cup of coffee, gets us going.[9] Eating sweets in the evening causes more adrenal stress, prevents deep sleep, and prevents anabolic repair. This is a great rule for those who are addicted to carbs. (I still struggle with this.)

---

### 7. DON'T BUY IT.

---

If you get it free, that's OK. This has been a great rule for me since childhood that has kept me from craving sweets. I just don't pay for them. If someone offers me ice cream, I might have some, but I'm not going to spend my money on my addiction!

---

### 8. PUT IT OFF.

---

Just wait for 10 minutes before eating something sweet. Putting off what we crave is the best way to end the addiction. A practical way to do this is to set a timer for 5-10 minutes. After it has gone off, ask yourself if you can pass on the sweets. If not, set the timer again until you aren't tempted any more.

---

### 9. PUT SPECIFIC LIMITS.

---

I can eat homemade oatmeal raisin cookies. I occasionally make them, but if they are at the church potluck dinner – bonus! All the other cookies are not on my list. I can have a frozen fruit smoothie instead of ice cream. I enjoy it just as much, and it has nutrition, even though I add sugar. My natural laziness prevents me from making them all the time.

---

### 10. HAVE SMALL AMOUNTS

---

I love ice cream, but I only eat it a few times a year, on special occasions, and just have one small scoop, or even only one spoonful. I'm happy with that. I found I can be just as satisfied with a taste as with a plate full. Sometimes, only one bite will satisfy the craving.

---

## 11. EAT GOOD FOOD INSTEAD.

---

If we have good food we will not have nutrient deficiencies that cause cravings. Minerals are especially important. Magnesium is found in nuts, seeds, and everything green. The color green comes from the magnesium in the chlorophyll. So, when your mom said, “Eat your vegetables” she meant the green stuff.

---

## 12. TRY THE ELIMINATION DIET.

---

Go for a time (months) without your favorite sweet and then see if it still has the same appeal. I stopped eating donuts for over a year. Then when I ate them I found they weren’t really that good. Plus, I didn’t feel good afterwards, so now I don’t eat them at all. They still look really good to me, and I’m tempted, but then I remember the last time, and I pass. I feel the same way about Oreos.

---

## 13. DO A FAST.

---

When my two oldest boys were 8 and 10, I showed them a \$100 bill and told them I would give each of them one if they went for a year without eating any processed sugar. They could still have honey, fruit, and their grandmother’s home-made pomegranate jelly. You see, they weren’t totally deprived, just limited. We started in September and a month later in October came the real test: Halloween! I suggested we go somewhere like a movie, but they wanted to go out trick-or-treating with their friends. They didn’t eat a single piece of candy! They got several pounds of candy and took it to the local dentist who was buying it off of kids for \$2 a pound. They said they were happier with the \$6 they got instead of the candy. That year without sugar was life-changing for them. They still talk about it to their friends – with pride!

The bottom line is the more sugar we eat, the more we crave it. Eat less, and the cravings will be less. I must admit, however, that I still struggle with a lot of these issues. I don’t scrape used candy off the sidewalk anymore, but I still can eat ALL the cookies on the plate - if I’m not careful. I suppose it’s a lifetime of struggle, but the rules I have given myself help me, especially if everyone around me knows my rules. They keep me honest – well, most of the time. I will attest to all that it’s a battle, and I lose too many times, I feel.

I believe the message of Alcoholics Anonymous, “once and alcoholic, always an alcoholic,” might apply to sugar cravings as well – those who crave sugar, crave sugar. It doesn’t just go away. We can give in to it, or fight it. The more we fight the stronger we get, which makes the battles easier to win! The other message is to get up every time you fall. If you fall a hundred times, and get up a hundred times, you are up in the end, and that’s all that matters!



*Sources: [1] <https://www.medicalnewstoday.com/articles/318441.php#How-to-reduce-food-cravings> [2] [https://www.huffpost.com/entry/why-you-crave-sugar-rebecca-scratchfield\\_n\\_5694675](https://www.huffpost.com/entry/why-you-crave-sugar-rebecca-scratchfield_n_5694675) [3] <https://www.scientificamerican.com/article/why-do-we-crave-sweets-when-were-stressed/> [4] *Nutrients*. 2014 Sep; 6(9): 3431–3450. Published online 2014 Sep 2. doi: 10.3390/nu6093431, *The Role of Sweet Taste in Satiety and Satiety*; Yu Qing Low, Kathleen Lacy,† and Russell Keast† [5] <https://www.nationaleatingdisorders.org/learn/by-eating-disorder/other/pica> [6] <https://www.bluezones.com/live-longer-better/checklists/tribe/> [7] <https://betteryour.com/health-hub/constantly-craving-chocolate-magnesium-deficiency-could-be-the-reason/> [8] <https://www.medicalnewstoday.com/articles/318441.php#How-to-reduce-food-cravings> [9] <https://www.thehealthsite.com/fitness/diet/heres-why-you-should-start-your-day-with-an-apple-instead-of-coffee-k1217-546825/>*



# Is Organic Food Better For You?

**T**HE ORGANIC FOOD FAD HAS been growing year after year; more people want their food free of dangerous toxins. Unfortunately, despite the interest, minimal research has been done to determine the real benefits of organic food, and even worse, the dangers of GMO foods.

So, how do you determine what's best for you? The little evidence that's been uncovered speaks for itself; and when it comes to the alternative—GMO foods—is there really an option?

## *The Case For Eating Organic*

Many believe that organic food is better for you in both nutrition and toxicity. Nutritionally, if the organic food you eat is grown using dung- or manure-based fertilizers, then studies have found that said foods are in fact more nutritious. See for yourself:

- In a study from [Organic-Center.org](http://Organic-Center.org), 236 organic foods were compared with their inorganic match (organic squash versus inorganic squash). The study found that nutrients like quercetin, vitamin C and vitamin E were more prevalent in the organic foods as compared to their match. Not to mention, 20% of the organic matches exceeded total phenolics content—known for their potent antioxidant activity—by 11% or more.

Produce isn't the only thing affected. In the largest study of it's kind, researchers have just found this milk is an organic must-by.

- The [study](#), released in 2013, found that organic milk is also nutritious than it's inorganic counterpart. Charles Benbrook, the lead author of this study and a program leader at the Center for Sustaining Agriculture and Natural Resources at Washington State University was shocked with their findings. Yet, the information speaks volumes.

It's required that organic cows get 30% of their dry food from pasture at least 120 days of the year. Turns out that in only full-fat organic milk this translates to less omega-6 fatty acids—which are considered to be too prevalent in the Western diet—and more omega-3 fatty acids, which the western diet doesn't have enough of. This shift in fatty acids skyrockets the nutritional value.

## *The Case for Avoiding GMOs*

When it comes to toxins, all you have to do is look at the effects of GMO's to know organic is the way to go:

“Some GMO products are made to increase the lectin production of plants, and [that is] the immune system of the plant. Now what is that immune system against? It's against animal cells. Well, guess what we are, animals, so we have animal cells. We have the glycoprotein, in our intestines for example, that these lectins can bind to and cause leaky gut syndrome or irritable bowel syndrome or Celiac disease ... because the cells lining the intestines can't reproduce fast enough,” [Dr. Saunders says](#).

If the potential dangers aren't enough, consider that one of the few studies done on this subject found that those who ate organic had fewer toxins in their urine than those who didn't. Still, Saunders cautions that for some people, these toxins may not be a problem because their bodies detox easily.

Regardless of whether it affects you or not, the science is enough to scare people to the organic section of the grocery store. Yet many concerned consumers are wondering: Should I buy all organic? Are some foods worse than others? According to many agricultural and health professionals, the answer is yes.

## *The Organic Food That Matters*

When deciding what organic food to put in your shopping cart, keep this list handy.

Researchers have found that the some foods have higher pesticide content than others, making it important to always buy them organic. According to the [Environmental Working Group](#) (EWG), the “Dirty Dozen” foods for 2019 include:

- Strawberries
- Spinach
- Kale

- Nectarines
- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes



- Honeydew

Despite the evidence, some health professionals don't encourage organic food or suggest GMOs are bad for you.

However, it's clear pesticides don't belong in your body, and the potential dangers are enough to scare most people to the organic aisle. If organic is too expensive for your budget, or you only have a small amount of organic produce to choose from, pick and choose, but do so consciously. These are potentially dangerous waters consumers are treading, and the smarter you are in the grocery store, the better.

Do you buy organic?



Some foods, however, have been found to have a low pesticide load and are still safe when grown conventionally. If you can't go organic, these are the ones to grab from the regular section, the "Clean Fifteen" list:

- Avocados
- Sweet corn
- Pineapples
- Sweet peas (frozen)
- Onions
- Papayas
- Eggplants
- Asparagus
- Kiwis
- Cabbage
- Cauliflower
- Cantaloupes
- Broccoli
- Mushrooms





# 5 WAYS to DUMP DIABETES

**D**ENIAL CAN LEAD TO DAMAGE.  
KNOWLEDGE CAN LEAD TO CONTROL.

Instead of dumping a friend, a new partnership develops to dump diabetes with the help of 5 insulin-reducing tips. Care for someone you love with diabetes and invest in building confidence that diabetes can be reversed.

Someone recently approached me with this scenario:

*I have a number of friends who are diabetic. I am surprised by the wide variety of means I see them cope with the disease. I am concerned about one in particular, who always seems to end up in the hospital. She said it is not because of her diabetes, but whatever the case I feel like I want to help her manage her diabetes better. So, instead of looking at her insulin pump and reaching for the pie, I want to support her. What should I say? How can I help?*

This is one of those sensitive matters that could either be addressed head on or in a round about way. Some people don't take direct "help" to their problems – or "issues" today as they call it. It seems like your friend might be in denial a little bit about the severity of her diabetes.

My suggestion would be not to just urge her to be more careful, but assist her or provide her with education about how to control diabetes that doesn't appear overwhelming. My suspicion is you will have to be gentle with her about this. You'll have to choose the right words to say and reassure her concerns that controlling diabetes can be simple. The best way to approach this is to give her tools to empower her to make better decisions regarding her blood sugar.

Here are some insulin-reducing suggestions :

## 1. Walk the Line

Every pound you loose can improve your health. Walking is extremely beneficial for a diabetic's body. Increased physical activity has been proven to help the body utilize insulin more efficiently, which can decrease the need for insulin by 30-40%. When you exercise, insulin receptors multiply to move your blood sugar into your cells, rather than bottle necking in your blood stream.

## 2. Cinn a Little

While the powdered form of cinnamon may not do much on toast in the morning to change sugar levels, [the cinnamon powdered bark in capsule form](#) can make a difference with LDL and blood sugar levels. Cinnamon works in the muscle tissues to enhance insulin's performance.



## 3. Free Yourself Up

Fiber is beneficial as a “non-carb” that assists the stomach's digestion by delaying emptying. This reduces the starches and sugars released into the blood stream and prevents sugar spikes. Look for soluble fiber in oatmeal and oat bran.

## 4. Go for the Java

A Harvard study indicated that coffee lovers who enjoy 4+ cups a day lower their risk of diabetes type II. By boosting your metabolism and providing antioxidants, as well as magnesium, coffee helps absorb sugar.

## 5. Go Sour

[Apple Cider Vinegar \(ACV\)](#) has been known to slow the rise of blood sugar. After meals, ACV can help avoid the affects of a glucose spike by absorbing starch and carbohydrates and inhibit enzymes in digestion. Enjoy vinaigrette on a salad before eating that fettuccine.

Diabetes needs daily monitoring and good habits to prevent problematic complications, such as the above friend is experiencing. These are just a few ideas to point a friend with diabetes in the right direction. Give your friend a boost of confidence with these good health suggestions to help make smart diabetes choices. Become a partner in her transformation, but give her the control over her blood sugar.

One last note...Barton Publishing has a webinar with Dr. Saunders that addresses the many facets, realities, troubles and solutions for type 2 diabetes. Anybody can join and ask questions. I am confident you'll find even more answers! Register here:

<https://bartonwebinar.com>

BE A GOOD FRIEND!



# Vitamin E Oils and Creams Product Review

It's been common knowledge that vitamin E helps heal wounds and has been recommended post-surgery to reduce scarring. But do you know that vitamin E is an antioxidant that helps maintain the integrity of cells?

**V**ITAMIN E MAY be helpful for Alzheimer's disease, arthritis and other nerve pain or conditions. Correcting a deficiency may also be beneficial for maintaining eye health.

- For Alzheimer's disease, a dosage of 2000 IU daily has shown promise to retain the ability to perform daily activities
- For rheumatoid arthritis, a dosage of 600 IU, two times daily, has been found to be helpful in treating inflammation.
- As vitamin E plays a role in maintaining the lens of the eye, supplementing for a deficiency could be beneficial (400 IU/day).

Various other benefits of vitamin E include preventing preeclampsia, easing menstrual pain, relieving restless leg syndrome and treating Parkinson's. Research also shows that vitamin E can help reduce risk for recurrent strokes in people with diabetes.

The recommended vitamin E oral dosage can vary from 100 - 2000 IU daily.

Please consult your doctor for dosage supervision and recommendation.

Here are 12 vitamin E cream and oil products that have been tested and approved to label specifications to include key ingredients and suggested daily servings:

- Carlson E-Gems
- DEVA Vegan Vitamin E
- Garden of Life Vitamin Code RAW Vitamin E
- GNC Vitamin E
- Nature Made E
- Nature's Bounty E
- Nature's Sunshine Vitamin E
- Pure Encapsulations Vitamin E
- Solgar Vitamin E
- Trader Joe's Vitamin E
- TwinLab Super E Complex
- Unique E

You can increase your consumption of vitamin E rich foods by including the following in your diet:

- Wheat germ oil
- Sunflower seeds
- Almonds
- Safflower oil
- Hazelnuts
- Peanut butter
- Spinach
- Avocado
- Brazil nuts
- Tomato, raw

Make sure you are getting the right vitamin E for heart health, arthritis and vision, as well as a daily dose of prevention for Alzheimer's!



**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](http://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.