



## Regain Control

...Of Your Diabetes  
...Of Your Weight  
..Of Your Skin  
...Of Your Body

# 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://drsandersmd.com>



### ROB FISCHER

Rob Fischer has been writing professionally for over 35 years. His experience includes ghost-writing, 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.

This month, Dr. Saunders shines a spotlight on a natural product with great potential in the care for diabetes called alpha-lipoic acid, or ALA for short. In addition to its critical role in energy production, ALA is known to have antioxidant and anti-inflammatory properties - both of which are useful in managing diabetes and its complications, such as neuropathy. Research also suggests it may help improve insulin sensitivity, lower blood sugar and cholesterol, improve blood vessel tone, and decrease inflammation and oxidative stress.

Anyone who's tried to lose weight — and keep it off — knows it isn't easy. It is possible, and the benefits for people with diabetes are great, but how do you get started? Experts say the right way to lose weight is to incorporate a healthy diet into your overall diabetes management plan. Home Cures That Work weighs in on the eating trends you should try or skip — and the one approach that falls in the middle.

Obesity and diabetes began to skyrocket at the exact time that cheap corn, soy, sugar, and wheat—all prime ingredients used in ultra-processing—flooded the food supply. And that isn't a coincidence at all.

Foods tend to affect us differently, but the bottom line is that anything that drives inflammation as you digest it will ultimately be bad for your skin. Some food you'll need to evaluate on a case-by-case basis. Other food is just categorically ugly – we know it will negatively affect just about everyone. But don't despair. There is plenty of food that's great for your skin. Home Cures That Work dishes the good food out for you!

When we live in a consistent state of stress, we starve our cells even though we're eating because our bodies are forced to overproduce the stress hormones cortisol and adrenaline. The overproduction (or underproduction) of stress hormones thwarts our body's ability to effectively convert our food into fuel. This causes weight gain, cravings, fatigue, anxiety, insomnia and a "stress gut." It's time to break this cycle and restore harmony to our mind, body, and soul....with Home Cures That Work!

For your health,

Cheryl Ravey  
Editor, Home Cures That Work



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## IF YOU HAVE DIABETES, YOU MUST INCLUDE ALPHA LIPOIC ACID IN YOUR DIET — HERE'S WHY

Controlling your blood sugar is the best way to prevent diabetic neuropathy. Few treatments are available once you have nerve damage. Prevention with good glucose control is the best option. It may be worth trying ALA as a preventative practice.



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## 6 TIPS FOR REDUCING STRESS, LOWERING CORTISOL AND LOSING WEIGHT

Did you know that chronic stress can make you gain weight? That's because constantly elevated levels of the stress hormone cortisol cause blood sugar imbalances and a cascade of hormonal changes that can lead to unwanted pounds. That's why I want to tell you about the best techniques for reducing stress and losing weight.

## STOP-THE-CLOCK POWER FOODS

The foods you eat really can make a difference for your skin – and your overall health. Try evaluating one category of food at a time to see what works for helping you feel and look your best. Your inflammation triggers might be different from a friend's. But you'll always get more of a glow if you pick produce over pizza!



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## I AM A NEW DIABETIC: SHOULD I LOSE WEIGHT?

Making a handful of simple tweaks to your diet and lifestyle can help trim your waistline and reduce insulin resistance. Find out how!

If You Have Diabetes,  
You Must Include  
Alpha Lipoic Acid  
in Your Diet -  
Here's Why!



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by Dr. Scott Saunders, M.D.

**F**OUR WEEKS AGO, I was visiting my 84-year-old dad four week ago, who had just come out of the hospital for intestinal bleeding. In going over his tests, I discovered that he had pre-diabetes. At the same time, he started telling me that he was unable to walk very far because his feet hurt; he was having to get a ride-on cart in the store, and when he went to the fair, he was unable to keep up with everyone else. He also has swelling of his feet, and constant pain, like burning and pins-and-needles at night, which keeps him up. His wife told me that his driving “scares her” and his memory is declining.

Most doctors find it to be an enigma that people who don't yet have diabetes can already manifest the complications usually seen in patients with longstanding disease. This is because the current theory supposes that high blood sugar causes the complications of diabetes, namely:

- Neuropathy (numbness, tingling, and pain in the feet)
- Dementia
- Blindness
- Heart disease
- Kidney disease

However, the real cause of these problems is insulin resistance. Those with longstanding diabetes are more likely to have worse insulin resistance, and thus will have worsening complications. My father, however, left the hospital with tests that showed pre-diabetes, neuropathy and kidney disease. Plus, the doctors never even told him about it! If I had not reviewed his tests, his painful feet might still be a mystery.

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#### NOW WHAT?

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Doctors are schooled that the complications of diabetes are progressive and cannot be reversed. What that means is that there is no drug or surgery that can solve this problem. There is, however, research to show at least partial reversal of these problems. The best way to stop them from getting worse is to reverse the diabetes. But improving nerves requires some high-dose nutrients.

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#### ALA TO THE RESCUE!

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There are many nutrients that are not vitamins or minerals. One of these is [Alpha Lipoic Acid](#) (ALA). Plants, animals and humans make lipoic acid, but the amount we make declines

over time. While there is some in some food, it has such small quantities that our body stores are not measurably increased. Supplements, on the other hand, have been shown to increase ALA in the body.[1]

ALA is an amazing molecule that has multiple properties because it is soluble in both water, like the blood or inside cells, and in fat, like the membranes. It can cross membranes where other antioxidants, like vitamin C, don't. It has the unique ability to fix multiple problems. Some of its properties include:

ALA regenerates other antioxidants [2]

- Vitamin C
- Co-Q10
- Vitamin E
- Glutathione

ALA chelates heavy metals and metal ions

- Protects the brain from excess iron.[3]
- Protects the liver from excess copper.[4]
- Along with glutathione, it was shown to be an effective chelator of mercury.[5]

ALA increases glutathione levels.[6]

ALA improves heart function in aging rats.[7]

Much of the benefits we see in diabetes come from the ability of ALA to improve insulin function. Just by taking a supplement of ALA, people were able to lose weight and improve diabetes.[8]

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#### ALA AND NERVE FUNCTION

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Neuropathy is a huge problem in diabetes. Most amputations of lower extremities are caused by diabetic neuropathy. The primary problem is that when the nerves aren't working, people don't feel pain, and they don't seek treatment for infections of the feet. The infections get into the bones, causing osteomyelitis, and since people with diabetes have poor circulation, it's hard to get antibiotics to heal the infection. Eventually, the overwhelming infection requires amputation to save the life of the patient. This is not a small number – there are over 185,000 amputations every year, and the number is increasing![9]

Prevention of the large majority of these amputations is possible with proper treatment of diabetes. Since Type 2 Diabetes is reversible, this would be a good place to start. However, reversing the neuropathy is a different issue.

In Germany, the treatment for diabetic neuropathy is ALA.[10] A dose of 600 mg twice per day is given to repair the nerves and restore feeling to the feet.

The eyes can also benefit from ALA supplementation. One study in people with and without diabetes showed ALA prevented progression of vision loss for those with diabetes, and even improved vision for those who did not have diabetes.[11]

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## BENFOTIAMINE BENEFITS

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One form of vitamin B1 (thiamin) that can cross through membranes because it is fat soluble is [benfotiamine](#). People with diabetes often have a deficiency of thiamin which is related to the vascular complications previously mentioned, including neuropathy.[12]

People with vitamin B1 deficiency get nervous system problems due to poor circulation. If the nerves aren't getting enough nutrients from the blood, they will stop functioning and die. There are two other tissues that require constant circulation – the heart and kidneys. These are all exquisitely sensitive to blood flow. Thus, people with diabetes who have decreased blood flow from a deficiency of vitamin B1 are likely to get complications. Remember part of the reason amputations become necessary is due to a lack of circulation – which is from a lack of thiamin. Thiamin supplementation is the only treatment shown to reverse kidney dysfunction in diabetes.[13]

Benfotiamine is a form of thiamin that is much more effective because it can get into membranes. It is well-studied to improve nerve function in people with diabetes, as well as those who have neuropathy for other reasons, such as excessive alcohol consumption.

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## BACK TO MY DAD

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Even though he doesn't actually have diabetes, I started my dad on the Barton Publishing Diabetes Solution Kit diet and gave him benfotiamine and ALA ([Nerval](#)) to be taken with meals. I would like to say he's all better, but it's only been a few weeks. I have had many other patients report improvement after four to six weeks of treatment with the same regimen. This is the best I can offer him.



Don't wait until you have diabetes because it may be too late to fix the neuropathy and kidneys. If you start on the diet now to reverse diabetes and take [Nerval](#), you can avoid, or reverse, all the possible complications of diabetes. Together we can prevent most amputations and dialysis, as well as dementia and heart disease. This is a real benefit to all.

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## SIMPLE PLAN TO REVERSE NERVE PAIN

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Start the Diabetes Solution Kit as soon as possible – before you get diabetes – especially if you have pre-diabetes.

[Nerval](#) – take one twice per day for 90 days, then take four (together) weekly with food.

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Sources: [1] <https://pi.oregonstate.edu/mic/dietary-factors/lipoic-acid#reference29> [2] <https://pi.oregonstate.edu/mic/dietary-factors/lipoic-acid#reference29> [3] Suh JH, Moreau R, Heath SH, Hagen TM. Dietary supplementation with (R)-alpha-lipoic acid reverses the age-related accumulation of iron and depletion of antioxidants in the rat cerebral cortex. *Redox Rep.* 2005;10(1):52-60. (PubMed) [4] Yamamoto H, Watanabe T, Mizuno H, et al. The antioxidant effect of DL-alpha-lipoic acid on copper-induced acute hepatitis in Long-Evans Cinnamon (LEC) rats. *Free Radic Res.* 2001;34(1):69-80. (PubMed) [5] *Altern Med Rev.* 2002 Dec;7(6):456-71. Mercury toxicity and antioxidants: Part 1: role of glutathione and alpha-lipoic acid in the treatment of mercury toxicity. Patrick L. [6] Busse E, Zimmer G, Schopohl B, Kornhuber B. Influence of alpha-lipoic acid on intracellular glutathione in vitro and in vivo. *Arzneimittelforschung.* 1992;42(6):829-831. (PubMed) [7] *Pharmacol Res.* 2011 Jan;63(1):23-9. doi: 10.1016/j.phrs.2010.09.007. Epub 2010 Oct 8. (R)-alpha-Lipoic acid treatment restores ceramide balance in aging rat cardiac mitochondria. Monette JS1, Gómez LA, Moreau RF, Dunn KC, Butler JA, Finlay LA, Michels AJ, Shay KP, Smith EJ, Hagen TM. [8] Kucukgoncu S, Zhou E, Lucas KB, Tek C. Alpha-lipoic acid (ALA) as a supplementation for weight loss: results from a meta-analysis of randomized controlled trials. *Obes Rev.* 2017;18(5):594-601. [9] <https://www.amputee-coalition.org/resources/limb-loss-statistics/> [10] Kramer K, Packer L. R-alpha-lipoic acid. In: Kramer K, Hoppe P, Packer L, eds. *Nutraceuticals in Health and Disease Prevention*. New York: Marcel Dekker, Inc.; 2001:129-164. [11] Gebka A, Serkies-Minuth E, Raczynska D. Effect of the administration of alpha-lipoic acid on contrast sensitivity in patients with type 1 and type 2 diabetes. *Mediators Inflamm.* 2014;2014:131538. [12] <https://pi.oregonstate.edu/mic/vitamins/thiamin#diabetes-vascular-complications-prevention> [13] Rabbani N, Alam SS, Riaz S, et al. High-dose thiamine therapy for patients with type 2 diabetes and microalbuminuria: a randomised, double-blind placebo-controlled pilot study. *Diabetologia.* 2009;52(2):208-212.

# 6 Tips for Reducing Stress, Lowering Cortisol and Losing Weight

by Rob Fischer.

**C**ORTISOL – THE “stress hormone” – has become a dirty word due to its role in causing weight gain, suppressing the immune system, raising blood pressure and more. But is cortisol really the offender we’ve made it out to be?

Cortisol is present in the bloodstream at all times and fluctuates throughout the day to meet the specific requirements of the body. Cortisol increases in crisis situations providing extra needed energy and focus. In the midst of an extremely distressful situation—like a car accident—cortisol reduces inflammation and suppresses pain.[3] Clearly, it’s a hormone we wouldn’t want to be without.

However, we might liken cortisol to red wine. While a daily glass of red wine may be beneficial to our health, too much wine causes serious damage. Wine itself is not the culprit, but its abuse.

In the case of cortisol, our problem is chronic stress. Due to excessive, continuous stress in our lives cortisol levels remain unusually high. Over time, too much cortisol:[4],[5],[6]



- Suppresses the immune system, so we get sick more easily and more often
- Changes the neurotransmitters in the brain, leading to depression and anxiety
- Causes insulin resistance that can cause to or exacerbate type 2 diabetes
- Makes us resistant to leptin, so our body doesn't know when to stop eating
- Stimulates the production of ghrelin making you hungry especially for sugar
- Prevents the use of fat for energy creating fatigue and hypoglycemia
- Raises blood pressure
- Causes memory loss and impairs learning
- Inhibits the formation of collagen
- Decreases bone density and muscle tissue

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## CORTISOL AND WEIGHT GAIN

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Chronic stress leads to perpetually high levels of cortisol in the bloodstream, which contribute to weight gain. The reason for this is that cortisol signals the body that it needs more calories to fuel the current emergency (i.e., the stress that triggered the release of cortisol).

And because cortisol blocks leptin (the hormone that tells us to stop eating), we continue to eat high-carb foods.

This is why chronic stress and cortisol lead to over-eating and weight gain. Logically, we might think that a simple solution to weight gain would be blocking or lowering cortisol. And in recent years, a number of companies have manufactured and marketed cortisol-blocking drugs as weight-loss wonder pills.

Alas, if it only were that easy! Take a pill and lose weight. Interestingly, the Federal Trade Commission has charged and fined some of the companies making these cortisol blockers with making false, unsubstantiated claims.[7]

The reality is that the effects of stress on our behaviors and lifestyle extend far beyond cortisol. For instance, many people

“cope” with stress by eating. Cortisol is not the culprit here, but a learned response to stress in which we try to comfort ourselves. The other problem with stress-related eating is that we tend to reach for junk food—chips, sweets, alcohol and the like, all of which are high in sugars and calories.

Another way that stress contributes to weight gain has to do with our mood. Typically, under stress, we become depressed. As a result, we neglect our bodies, practicing unhealthy habits and failing to engage in good ones like exercise. We either sleep too much, or not enough. We may also isolate, which often accentuates bad habits.

In addition to the elevated levels of cortisol due to chronic stress, all of these other stress-related behaviors collaborate to make us fat.

The point is that trying to block cortisol with a pill, only deals with a symptom, not the cause. Furthermore, that pill will have no effect on poor eating habits, lack of exercise, depression, or poor sleep.

The solution to elevated cortisol is to alleviate and manage stress, which goes hand-in-hand with healthy lifestyle choices. [8] Although many factors contribute to why a person gains weight, reducing stress can have a profound impact on our health including weight-loss.

## 6 Tips for Reducing Stress, Lowering Cortisol and Losing Weight

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### 1. REMOVE OR AVOID STRESSORS.

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Some stress is unavoidable, but many stressors we either bring on ourselves or we could avoid. Financial stress due to debt is a huge stressor. Put yourself on a plan to get out and stay out of debt. Also, a particular job may also be producing undue stress in your life. Is that job worth the misery and harm to your health that it's causing?

### 2. AVOID SUGAR, SIMPLE CARBS AND OTHER STIMULANTS.

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These increase stress hormones, inflammation, and lower the

immune system.[9], [10] Instead, eat organic, whole foods: fruits, vegetables, nuts and seeds, meat, dairy, and whole grains. Practice portion control.

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### 3. SPEND TIME EACH DAY IN PRAYER AND/OR MEDITATION.

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Cultivate a spirit of gratefulness. Reject negative thoughts and promote positive ones. Meditate on a passage from the Bible like [Matthew 6:25-34](#) and take to heart how much God loves you.

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### 4. CULTIVATE HEALTHY RELATIONSHIPS.

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Relational stress is one of the most damaging kinds of stress we face. Do yourself and others a favor by keeping short accounts—that is—forgive and accept others' offers of forgiveness. Don't let petty differences destroy priceless relationships. Love others and practice speaking, thinking and behaving in ways that demonstrates your love. Laugh with others as well.

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### 5. LISTEN TO MUSIC THAT DE-STRESSES YOU.

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For millennia, music has been used to help relax and stimulate peace and joy in people's lives. Take advantage of this enjoyable and rewarding remedy. [Wholetones](#) is a new concept in music designed specifically to promote healing.

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### 6. EXERCISE REGULARLY.

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Regular exercise is the best way to lower cortisol and relieve stress.[11] Cortisol is the body's reaction to stress in order to prompt a fight or flight response. Exercise effectively lowers this hormone in our bloodstream.

However, as with many good things in life, if we exercise too much or too intensely—called “overtraining”—we place our bodies under stress and actually produce more. Truth be told, few people need to worry about overtraining.

To be clear, moderate exercise for 30-60 minutes per day, five days a week will help lower cortisol levels. If you're prone to exceed that, then limit high intensity, high stress exercise to just two or three times a week and not for too long. Get adequate rest and let your body recover.[12]

If you are unaccustomed to exercising but begin an exercise regimen, initially exercise may raise your cortisol levels because your body interprets this unusual physical strain as “stress.” But as you continue your exercise routine over time, the threshold at which cortisol is released will actually rise—another benefit

of regular exercise.[13]

Reducing cortisol is not the key to weight-loss, but healthy lifestyle choices and stress-reduction techniques can help us accomplish both. Begin today applying these 6 tips for reducing stress, lowering cortisol and losing weight.



*Sources: [1] Elizabeth Svoboda, “8 Ways to Beat Your Stress Hormone,” Prevention, November 3, 2011, <http://www.prevention.com/mind-body/emotional-health/how-lower-cortisol-manage-stress>. [2] Val Silver, “Health Effects of Cortisol,” Holistic MindBody Healing, 2009-2015, <http://www.holistic-mindbody-healing.com/effects-of-cortisol.html>. [3] Val Silver. [4] Dr. Scott Saunders, MD, Dr. Saunder's Remedy Library (Barton Publishing, 2015) pp. 19, 181-182. [5] Val Silver. [6] Elizabeth Scott, MS, “Cortisol and Stress: How to Stay Healthy,” About Health, nd, <http://stress.about.com/od/stresshealth/a/cortisol.htm>. [7] Katherine Zeratsky, RD, LD, “Can Cortisol Blockers Such as CortiSlim Help Me Lose Weight?” Mayo Clinic, January 10, 2015, <http://www.mayoclinic.org/healthy-living/weight-loss/expert-answers/cortisol-blockers/faq-20058132>. [8] Fitday, “Cortisol, Stress and Body Fat: Myth Versus Fact,” nd, <http://www.fitday.com/fitness-articles/nutrition/healthy-eating/cortisol-stress-and-body-fat-myth-versus-fact.html#b>. [9] Dr. Scott Saunders, MD, p. 182. [10] Joel Greene, “Cortisol Weight Loss Myths,” LookCut, nd, <http://www.lookcut.com/articles/cortisol-weight-loss-myths.html>. [11] Melissa Conrad Stöppler, MD, “Stress, Hormones, and Weight Gain,” MedicineNet, December 1, 2014, <http://www.medicinenet.com/script/main/art.asp?articlekey=53304&page=2>. [12] Chris Kresser, “Why You May Need to Exercise Less,” nd, <http://chriskresser.com/why-you-may-need-to-exercise-less>. [13] Sara Mohoney, “Exercise & Cortisol Levels,” LiveStrong, March 18, 2011, <http://www.livestrong.com/article/86687-exercise-cortisol-levels/>.*



**F**OR CENTURIES, MANKIND has been on a quest to reverse the aging process. Ancient civilizations have tried to create some variation of the “elixir of life.” In the 16th century, Ponce de Leon searched for the fountain of youth, and today we have plastic surgery, Botox and a countless number of expensive, chemically laden facial creams..

Unfortunately, these dangerous alternatives cannot reverse the aging process; nothing can. The fountain of youth does not exist, the “elixir of life” is a myth at best and plastic surgery, Botox and chemical creams are only a temporary, and extremely dangerous fix. To really get to the root cause of our youthful lust for perfect skin we need to focus on healing our own bodies through proper nutrition that will radiate outward.

STOP-THE-CLOCK

# Power Foods

Tighten and plump the skin with nutrients from a combination of antioxidant and free radical fighting foods.

Certain foods, especially fruits and vegetables, are powerful sources of free radical-fighting antioxidants. Free radicals damage cell walls and the genetic material within cells. Free radicals are hard to avoid as they are produced naturally in the course of everyday life.

Think about pollution, smoking, car exhaust, sunburn – all of these factors have a visible effect on aging. Aging on the outside such as wrinkles, dull skin and hair and aging on the inside such as deterioration of the heart and arthritis.

Luckily, eating good food is one way we can invest in preventing suffering from these ailments. Now, more than ever, it is vital that we choose food that is fresh and natural. By combining fruits, vegetables, nuts, whole grains, lean meats and spices we can achieve a diet full of life-enhancing nutrients.

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#### “FREE” YOUR FACE WITH FOODS LOADED WITH VITAMIN C

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- Grapes
- Avocados
- Onions
- Radishes
- Almonds
- Cashews
- Sesame seeds
- Chicken
- Green tea

These foods high in vitamin C counteract free radical damage and maintain a glowing complexion. Vitamin C also helps produce collagen in the body, which in turn tightens and plumps the skin.

#### Recipe: Appetizer Avocado Dip

- Peel and mash 2 ripe avocados.
- Fold in 2 tablespoons fresh salsa and top with grated sharp cheddar cheese.
- Serve with black corn tortilla chips.

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#### FOOD FOR YOUR HAIR CONTAIN SILENIUM, IRON AND ZINC

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- Prunes
- Spinach
- Watercress

- Swiss chard
- Almonds
- Shrimp
- Beef

The selenium, iron and zinc in these foods keep our hair healthy, prevent hair loss and breakage. Foods high in these nutrients also aid in making hair glossy and thick and help with premature aging and graying.

#### Recipe: Luncheon Watercress Salad

- 1 bunch watercress
- 1 bunch of fresh parsley leaves
- 4 sliced and peeled oranges
- 2 grated carrots
- 1/2 cup apple juice
- Toss all ingredients and drizzle apple juice over salad. Salt and pepper to taste.
- Make it a lunch by adding 4 oz. of lean chicken breast.

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#### EAT FOODS HIGH IN CALCIUM, VITAMIN D, MAGNESIUM AND POTASSIUM FOR BONE HEALTH

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- Yogurt
- Broccoli
- Spinach
- Pumpkin seeds
- Parsley
- Olive oil
- Cayenne pepper
- Ginger
- Turmeric

The above list of foods help to preserve bone health as we age. These vitamins are powerhouses at reducing high blood pressure and maintaining a healthy heart. Keeping your core system healthy adds to overall skin tone, skin elasticity and youthful posture.

#### Recipe: Kale & Mushroom Side Dish

- In a large skillet, sauté 1 pound of sliced portabella mushrooms in 2 tablespoons olive oil until tender.
- Add in 4 cups of washed and trimmed kale.
- Continue to sauté until kale is soft and tender.
- Sprinkle in 1 tablespoon of toasted sesame seeds. Serve immediately.

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## FOODS HIGH IN B COMPLEX, E AND A VITAMINS FIGHT THE SUN

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- Mangos
- Figs
- Beets
- Bell peppers
- Kale
- Spinach
- Ginseng
- Ginkgo biloba
- Wheat germ
- Whole wheat
- Sunflower seeds
- Walnuts
- Salmon

Maintain a strong immune system and prevent memory loss with any food from this list! This combination also reverses the effects of sun damage to your skin like age spots and wrinkles, helps renew skin cells and keeps skin moist and supple. The stuffed dessert fig recipe is one of my favorites!

### Recipe: Stuffed Dessert Figs

- 6 fresh figs, halved
- Mix together 1/4 cup cream cheese, 1 teaspoon orange juice, 1 teaspoon honey and 1/8 teaspoon anise seed.
- Spoon a little of cream cheese mixture into each fig half. Serve and enjoy.

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## MOISTURIZE WITH FOODS CONTAINING THE OMEGA-3, -6 AND -9 ESSENTIAL FATTY ACIDS

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- Flax seed
- Hemp seed
- Salmon
- Herring
- Sardines
- Oysters
- Albacore tuna
- Walnuts
- Fennel

Keep your brain alert and prevent high cholesterol and triglycerides with omega fatty acids. These essential fatty acids are a natural moisturizer for your skin from the inside out and also help heal varicose veins on the legs and broken capillaries on the face.

## Recipe: Poached Salmon with Raspberry Sauce

- Bake 4 oz. salmon filet in oven until flaky.
- For sauce, mash 6 fresh raspberries and add to small sauté pan, stir in 1 teaspoon orange juice, 1/2 teaspoon honey, 2 tablespoons of balsamic vinegar. Heat sauce ingredients until they start to thicken. Pour over cooked salmon.

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## CONSUME HIGH FIBER FOODS FOR A FRESH FACE

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- Whole grain bread/pasta
- All types of beans
- Barley
- Quinoa
- Millet
- Oatmeal
- Blueberries
- Raspberries
- Strawberries
- Nuts
- Seeds

High fiber foods offer a sustained release of energy and weight control. An additional bonus is that these foods are extremely high in antioxidants, which is key to a youthful complexion and skin texture as we age.

### Recipe: Breakfast Oatmeal

- Cook oatmeal and then top with 1/2 cup of blueberries, 2 oz of walnuts and sprinkle with 1 teaspoon of cinnamon. Enjoy a delicious and nutritious breakfast.





# I Am a New Diabetic: Should I Lose Weight?

Studies have shown that becoming overweight or obese is a major risk factor in developing type 2 diabetes. In fact, about 30 percent of overweight people have been diagnosed as being diabetic, and 85 percent of diabetics are overweight.

# W

EIGHT LOSS SHOULD be an important goal for those with type 2 diabetes who are obese or overweight. Losing just five to 10 percent of body weight can help improve insulin levels, lower fasting glucose concentrations and lessen the need for some diabetes medications.

You don't have to diet yourself skinny, simply participating in regular exercise and being cautious about what you eat can help lower blood sugar and reduce the risk of developing serious complications – even if you don't shed a lot of pounds. It is important to be particularly careful when eating out. If you know how to make [good choices away from home](#), you will save yourself a great deal of anxiety.

If you lose weight, you'll:

- Lower your blood glucose levels, which could allow you to delay, or decrease the amount of medication you take.
- Cut insulin resistance
- Lower blood pressure and cholesterol levels, reducing the risk of kidney failure, heart attack and other serious complications.

According to [David Marrero, PhD, president of health care and education for the American Diabetes Association](#), even “very modest” amounts of weight loss have a “huge reduction in risk” Losing just 7% of your body weight, cuts your risk of developing diabetes by 60%.

Modern science is finally catching onto our ancestors' wisdom. Recent research proves that adopting some of their lifestyle can reverse type 2 diabetes. Your ancient ancestors didn't use metformin — and they didn't get diabetes. The way they lived prevented diabetes. Researchers have discovered that intermittent fasting — which mimics “feast and famine” — can turn around type 2 diabetes.

Intermittent fasting triggers the regeneration of key pancreas cells. Now, thousands of years later, this incredible healing power remains hard-wired into your biological makeup. Start with one of the simple, yet safe intermittent fasting regimens outlined in the [Diabetes Solution Kit](#).





**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.