

Activate Your Own Stem Cell Production

**How to Keep Your Home
Healthy and Safe in Time
of Crisis**

**Endive & Turkey
Sausage Pizza**

Can You Fix Passing Gas?

Home Cures That Work

AUTHORS



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As we face this hopefully rare but somewhat terrifying fact of life that is COVID-19, many are undeniably wondering how to brace for a recurring disaster, especially when fleeing isn't an option. In this case, preparing to shelter at home can help ensure that you and your family are safe and sound. It's the ultimate security for yourself and your loved ones, and it's something every family can and should do.

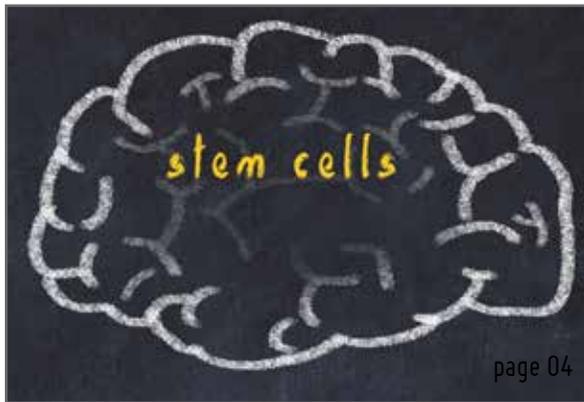
You're taking care of yourself and you have healthy habits in your home. What's next? Being familiar with what stem cells are, why you might want more of them, and natural and safe ways to boost your own stem cell activity are timely topics that all of us should know. Stem cells can serve as a repair system and theoretically divide without limit to replenish other cells for as long as you are alive. There are a few well-known methods that Dr. Saunders explores for accessing your stem cells that can be used for just about any health and wellness program. Re-creating your youth may not be as difficult as you think!

Sick of quarantin food like everyday pizza? This easy-to-make homemade pizza recipe will break you out of your rut, featuring flavorful Italian turkey sausage and endive for a satisfying flavor combination. Plus, adding gouda cheese makes this pizza – really gouda!

Gas occurs as a natural result of the body's digestion breaking down food (pizza, for some!). Read on for information on reducing gas and bloating by changing dietary habits and treating your symptoms with natural remedies.

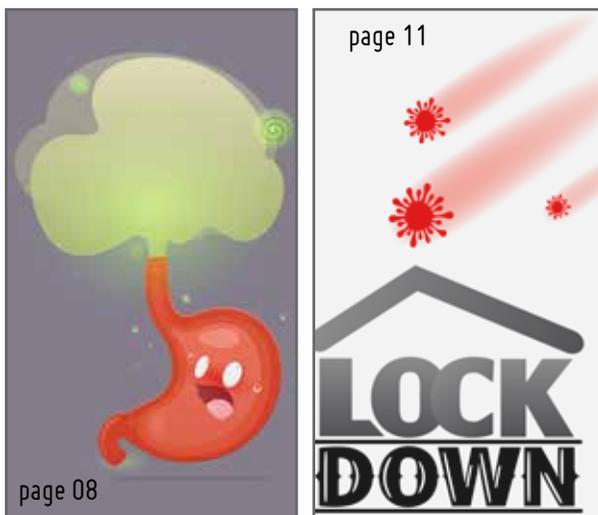
Feeling like you want a boost? Home Cures That Work can help regulate a healthy immune system and ready for whatever comes your way!

Cheryl Ravey
Editor, Home Cures That Work



■ ■ ■ ACTIVATE YOUR OWN STEM CELL PRODUCTION

Stem cells can restore and renew damaged tissue in your body. Dr. Saunders demonstrates a few methods that may help you increase the effectiveness your stem cells at home!



■ ■ ■ ASKING FOR A FRIEND: WHAT CAUSES FARTS? CAN YOU FIX PASSING GAS?

Passing gas or farting are unpleasant dietary issues that everyone experiences at some point in their life. Luckily, making a few small changes to your diet and lifestyle can significantly reduce these issues.

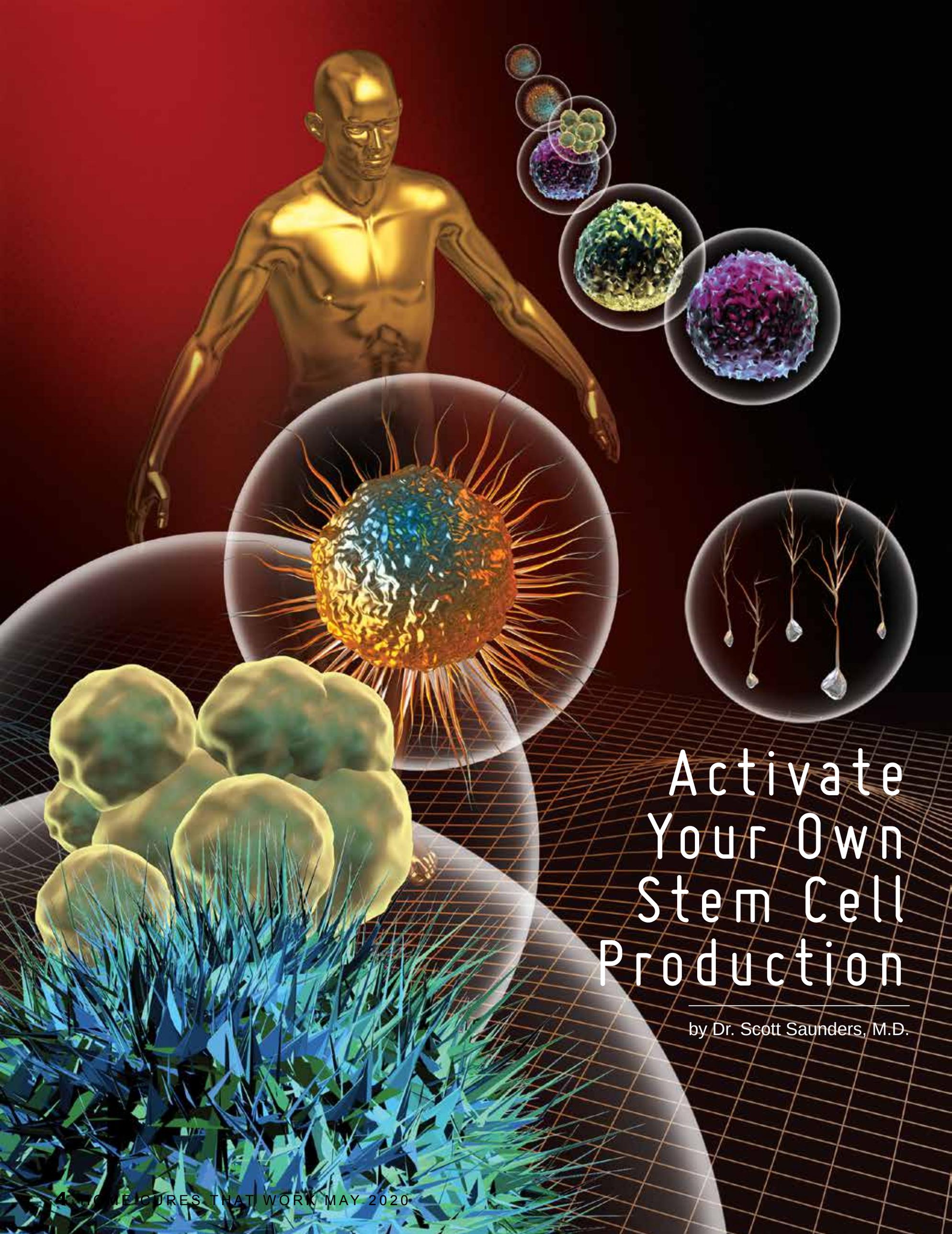
■ ■ ■ HOW TO KEEP YOUR HOME HEALTHY AND SAFE IN TIME OF CRISIS

As with everything in the realm of disaster preparedness, including pandemics, it's best to start and stick with these simplest concepts.



■ ■ ■ ENDIVE & TURKEY SAUSAGE PIZZA

This recipe contains all the best parts of pizza - but healthier!



Activate Your Own Stem Cell Production

by Dr. Scott Saunders, M.D.

CAROLYNN WAS TALL and thin with naturally flaming red hair. She was also a trained herbalist in several different traditions: Chinese, Ayurvedic, and Native American. She knew her herbs and was sure she could heal any problem.

However, when she had kidney failure, she was unable to improve it. She didn't want to go on dialysis, so she did all she could. When she lost all hope of stopping the progression of the disease, she looked at stem cell injections. She found a place in the Caribbean that would do it, but it cost \$20,000. Not deterred, she began asking for donations. One evening, she inadvertently ran into a very wealthy man who donated the entire amount, as well as her travel expenses, and she was on her way!

What is a stem cell?

Stem cells are thought to be almost magical – they can become anything! While each tissue in your body has its own type of cell...

- Muscles have cells that can only contract
- The liver has cells regulate your chemistry
- Kidneys have cells that filter, and so forth...

Stem cells can become any of these, and more. Because of this, if you have stem cells, you can use them to repair any damage to your body. And, amazingly, the new tissues created by the stem cells are brand NEW – like a baby – and not old tissue, like all your other cells.[1]

Stem cells become like the cells around them. In 2013, patients who had a heart attack were given stem cell infusions directly into the heart. Over time, the scar tissue in the damaged part of the heart shrunk and the heart muscle increased, thus regaining more heart function![2] Essentially, the stem cells grew into heart muscle cells, repairing the damage. Where there was scar tissue, over time became new heart muscle.

You can see the implications of this. Any damaged tissue can theoretically be repaired, including brain, liver, and kidneys. In fact, new ways of preparing stem cells may even allow re-growth of limbs.[3]

What you need to know before you get stem cell injections

The problem with stem cells is that they're everywhere! People are selling stem cells therapy that hardly work. People pay large amounts of money to inject placenta stem cells into their blood with hopes of getting better. Others are taking stem cells from their own fat cells and putting them back in their blood (like Carolynn). There is much more to stem cells than injecting them into the blood: they need to be properly prepared. Stem cells require an "activation" mechanism that allows them to start growing.

Carolynn went to the Caribbean for stem cell treatment. She had cells taken from her fat, processed, and put into her blood with an IV catheter. Carolynn expected to see results within a couple of months, but instead her health declined. Within a year, she was on dialysis for kidney failure. While many have had amazing results from stem cells, ALL my patients who have had stem cell treatments have not benefitted from them. I think we're not seeing the results that we should for several reasons.

Successful stem cell studies show true physical improvement (and not just feeling better). These cases transfuse the person's own cells (autologous) directly into the artery of the affected tissue. Plus, they first activate these stems cells.

The use of stem cells to repair tissue is so new, we don't know all the possible complications. Stem cells injected into the peripheral blood may never reach the site intended for them. Using cells from a different person could produce a rejection reaction. Plus, there is the danger that stem cells become cancer cells when activated indiscriminately.

But there is another important factor... we may not need someone else's stem cells if we have our own.

The fact is, we all have stem cells everywhere in our bodies. Every tissue has stem cells. In contrast to what medical school teaches, even the brain has neural stem cells (NSC) which can become nerve, glial, or Schwann cells. What this means is that any tissue can regenerate, repair, and be replaced by what already exists inside of us. We don't need to get stem cells injected from the outside,[4] we just need to activate the ones we have to start working. This is a subject of ongoing research, but let's see what has been discovered so far.

Different ways of activating your own stem cells

EXERCISE

There is a great deal of evidence that you can activate and increase stem cells with exercise. It seems both aerobic exercise, yoga, and tai chi increase circulating stem cells.[5] A simple way to do this is to exercise three days per week on alternate days. Interval training is best – 10 seconds of heavy effort, alternating with 30 seconds of light effort for at least 12 minutes.



SLEEP

There are two main phases of sleep. The first four hours are mostly dedicated to deep sleep, and the last are REM sleep. During deep sleep, we release a hormone called Human Growth Hormone (HGH). HGH initiates the repair process, activating the stem cells to regenerate our damaged tissue every night. [6] This is important because if we go to sleep too late, we miss the window of HGH release from the pituitary gland. It is best to be asleep by 10 P.M.



LIVING FOOD

Plants always have pluripotent stem cells that can become another plant. It appears these plant stem cells can activate animal stem cells[7] in some way. Topical applications of plant stem cell extracts can improve the skin and reverse aging. So, it is possible that eating living plants, fresh fruit and vegetables, can have such an effect on your insides. This is all new, and not known, but has exciting possibilities. The basics stand: eat more fresh vegetables and fruit.

FASTING

Fasting activates stem cells. It only takes one day of fasting to activate stem cells in the intestine,[8] though it usually takes about five days to replenish the intestinal lining. It seems that long-term fasts, more than one day, are best for increasing and activating stem cells in the body. [9] So, even a one-day fast can be helpful. But if you need more repairs, fast longer.

SUPPLEMENTS

There are several nutrients that are important to the function of stem cells. Of course, any nutrient deficiency can inhibit stem cell regeneration. But there are some specific nutrients that can help to activate stem cells, such as:[10]

- Bioflavonoids – these are found abundantly in fruit and vegetables
- Green tea – boosts stem cells and improves repair, preventing cancer
- Carnosine – two amino acids which activates stem cells
- Vitamin D – the optimal amount is between 5,000 and 10,000 IU daily

STRESS

The anabolic hormones, like HGH, improve stem cell function, but the catabolic hormones, like cortisol, decrease stem cells. All the catabolic hormones are stress-related. Stress is a very destructive problem. If you inject HGH when you're stressed, then you can potentially activate stem cells to become cancerous or activate cancer stem cells. It is essential to take stress seriously, so consider these methods to reduce stress.

- Meditate regularly – Take time every day to be quiet. Be still. Focus.
- Write in a journal or diary – Writing organizes your brain.
- Take walks – partly for exercise, but also to meditate and relax, don't be in a hurry.
- Connect with others – This is probably most important because love is the greatest stress reliever.
- 6-10 reset – Barton Publishing [has a program for lowering stress](#) that includes:
 - No food after 6:00 P.M.
 - Go to bed by 10:00 P.M.
 - Eat breakfast by 8:00 A.M.

The stem cell secret

These rules allow you to make HGH every night as you go to sleep early with an empty stomach. Doing so makes you become anabolic, stimulating the stem cells all over your body to repair any damage that happened during the day.

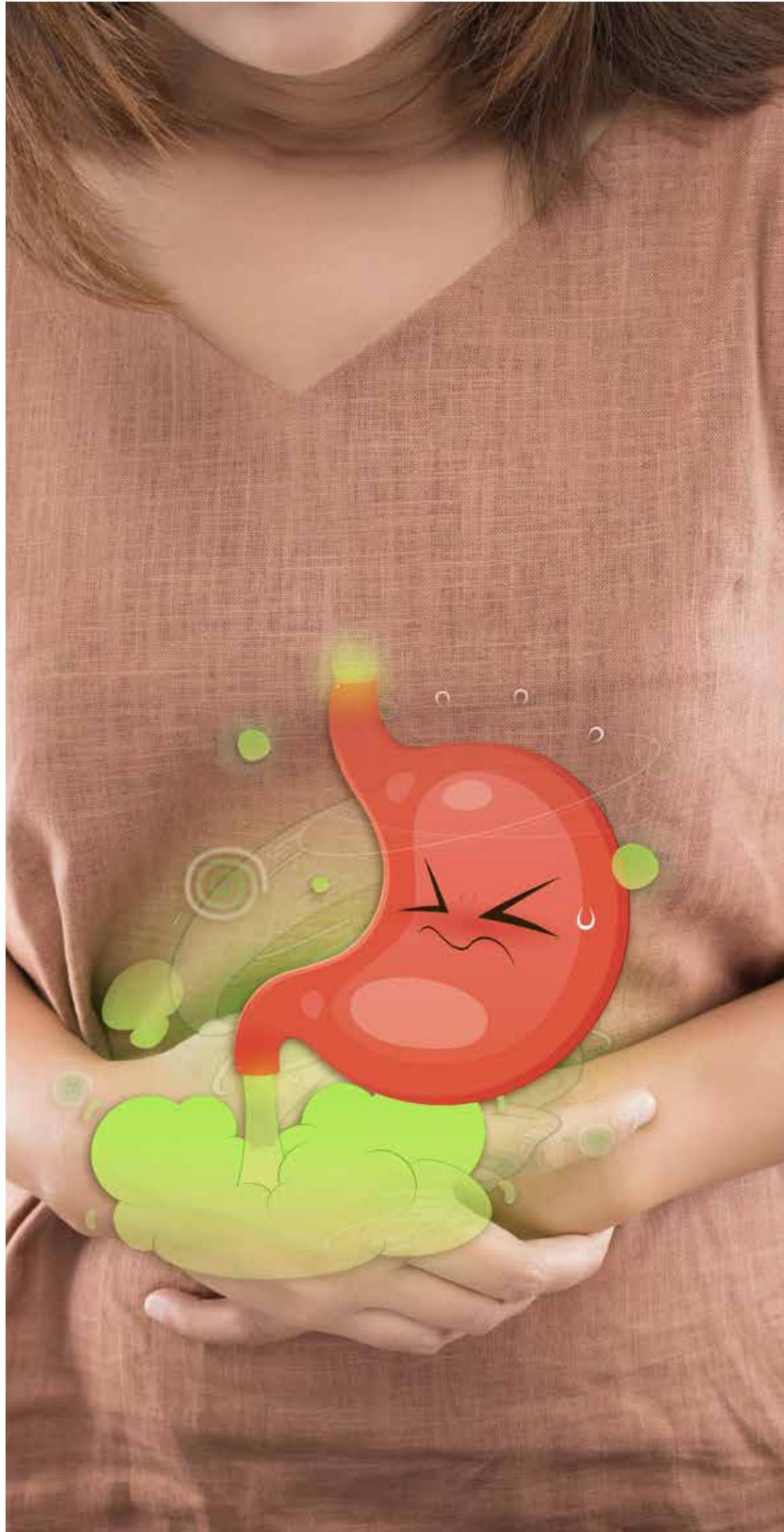
The best way to get stem cell therapy is by using your own cells to repair every night by doing all of the above. If you do this, you won't break down to the point of needing stem cell injections into joints or organs. However, if you every have such a need, be sure you are doing those things above to keep your body in ANABOLIC mode, so you won't waste your time and money on useless stem cell injections.



Sources: [1] <https://www.sciencedaily.com/releases/2016/04/160404152906.htm> [2] <https://www.sciencedaily.com/releases/2012/02/120213185441.htm> [3] <https://www.sciencedaily.com/releases/2016/04/160404152906.htm> [4] <https://www.hindawi.com/journals/sci/2018/7412035/> [5] Macaluso, FKH Myburgh (2012) Current evidence that exercise can increase the number of adult stem cells. *Journal of muscle research and cell motility*. 33:3-4:187-98. [6] <https://pubmed.ncbi.nlm.nih.gov/30393021/> [7] <https://www.future-science.com/doi/full/10.4155/fsoa-2017-0026> [8] <https://www.sciencealert.com/fasting-for-just-24-hours-boosts-the-regeneration-of-stem-cells-study-finds-intestine-longevity> [9] <https://www.sciencedirect.com/science/article/pii/S1934590914001519> [10] <https://www.lifeextension.com/magazine/2017/3/nutrients-boost-stem-cell-function>

Asking for a Friend: What causes farts? Can you fix passing gas?

by Rob Fischer



THE STORY IS told of an elderly gentleman who went to the doctor with a flatulence problem. In the examination room, he explained to his doctor, “Doctor, I have a problem with passing silent gas. It happens at the most embarrassing and inopportune times. In fact, since sitting here with you I’ve passed gas silently at least five times.”

Compassionately, the doctor listened to his patient’s troubles while taking notes in the man’s medical history. Then, removing his reading glasses, he declared, “Well, Mr. Johnson, the first thing we’re going to do is check your hearing!”

Seriously, I can’t think of a bodily function for which we have more descriptive terms: passing gas, flatulence, flatus, farting, letting one fly, letting one go, letting one rip, tooting, and passing wind. Ask any junior high age boy and he’s sure to add a host of other colorful expressions to that list!

And where would the Whoopee Cushion industry be without the fart? So let’s just air the facts on gas and get them out in the open, shall we?

If you experience frequent releases of gas, I could simply encourage you by assuring you that you’re in good company. After all, who hasn’t experienced the embarrassment of passing gas in a crowded elevator, at a poignant pause in conversation over dinner, or while bending over to pick up a box at the office. If only there was a dog nearby to blame it on!

We could also discuss the merits of which pain is greater: the social discomfort of letting one fly, or of clenching one’s buttocks to prevent that from occurring! Perhaps the answer to that question lies in the company you keep.

Hippocrates, the father of western medicine asserted, “Passing gas is necessary to well-being.”[1] So there you have it!

The truth of the matter is that the average adult passes gas about 10 times per day, but up to 25 times per day is still considered normal.[2] (Who monitors stuff like that anyway?) The Roman Emperor Claudius deemed this topic important enough to write a decree allowing all Roman citizens to pass gas whenever necessary.[3] So when in Rome...

Delving the source

Where does gas come from? Most gas is generated in the intestine by undigested carbohydrates.[4] The intestine does not produce enough of the enzyme required to digest some carbohydrates, especially raffinose and stachyose. As a result, these carbs sit there in the gut while friendly bacteria ferment them, causing gas.[5] Yes, that cabbage you ate for dinner two nights ago is in the process of becoming sauerkraut in your gut!

Some of the most common carbohydrates in this category include:

- Legumes (lima beans, peas, lentils, navy beans, fava beans, soybeans, pinto beans, etc.);
- Starches (potatoes, corn, pasta, wheat);
- And cruciferous vegetables (cauliflower, broccoli, cabbage, Brussels sprouts, etc.).[6]

A few other common sources of gas include:

- Carbonated beverages
- Fiber supplements
- Antibiotics
- Lactose intolerance
- And sorbitol

Flatulence can also be brought on by swallowing excessive air while chewing gum, wolfing food down without proper chewing, smoking, and rapid drinking.[7]

People who suffer from bloating are more likely suffering the result of eating fatty foods than pressure due to gas.[8] If you experience symptoms beyond what you consider excessive gas such as: severe cramping, diarrhea, constipation, blood in the stool, fever, nausea, vomiting, or abdominal pain and swelling, then you should seek medical attention.[9]

Gas busters

Many of the carbohydrates listed among those that cause gas are really good for us. The legumes and cruciferous vegetables are also very healthful for diabetics. So how can we enjoy

these nutrient-rich foods while minimizing the discomfort of the gas they produce?

Carminative herbs are those that have a neutralizing effect on gas either by suppressing its formation or promoting its elimination.[10] There are many carminative herbs, some of which you may have in your pantry right now. Carminative herbs include:

- Aniseed
- Basil
- Bergamot
- Chamomile
- Cinnamon
- Coriander
- Dill weed
- Fennel
- Garlic
- Ginger
- Hyssop
- Juniper
- Lavender
- Lemon
- Marjoram
- Nutmeg
- Oregano
- Parsley
- Peppermint
- Rosemary
- Saffron
- Sage
- Thyme
- And wormwood.[11]

Degassing the bean

You either take a carminative herb as a supplement, or you can use them to season your beans and other starchy dishes in their preparation.[12] Additionally, here are several ideas for degassing beans.

Try soaking dried beans overnight and then pouring off the water and placing them in fresh water for cooking.

The Chinese soak their beans overnight, but they also add the herb wormwood to the water when soaking the beans and then pour that off before cooking.

Another remedy said to reduce or eliminate gas from the beans is to cook them with a small, whole carrot. If you like, you can combine all three methods.[13]

For relief of gas, try taking a peppermint capsule. One brand combines the oils of peppermint, ginger and fennel to provide a quick, pleasant remedy for gas.[14] Probiotics can also aid digestion and relieve gas.[15]

You may find that your digestive system cannot tolerate a particular gaseous food. If so, eliminate it from your diet and along with it the gas.

When all else fails and you let one fly in public, you can always smile and say, "Pardon me for being so tart, it was not me it was my fart. It just popped out to say, 'Hello!' and then it cleared the room below."



*Sources: [1] E Medicine Health, "Flatulence (Gas)," http://www.emedicinehealth.com/flatulence_gas/article_em.htm. [2] E Medicine Health, "Flatulence (Gas)," http://www.emedicinehealth.com/flatulence_gas/article_em.htm. [3] E Medicine Health, "Flatulence (Gas)," http://www.emedicinehealth.com/flatulence_gas/article_em.htm. [4] James A. Duke, PhD, *The Green Pharmacy*, (Emmaus, PA: Rodale Press, 1997), pp. 199. [5] James A. Duke, p. 199. [6] Medical News Today, "What is Flatulence? What Causes Flatulence (Farting)?" 2004, <http://www.medicalnewstoday.com/articles/7622.php>. [7] E Medicine Health, "Flatulence (Gas)," http://www.emedicinehealth.com/flatulence_gas/article_em.htm. [8] E Medicine Health, "Flatulence (Gas)," http://www.emedicinehealth.com/flatulence_gas/article_em.htm. [9] E Medicine Health, "Flatulence (Gas)," http://www.emedicinehealth.com/flatulence_gas/article_em.htm. [10] My Spice Blends, "Carminative Herbs," http://www.myspiceblends.com/glossary/herbal_properties_glossary/Carminative.php. [11] My Spice Blends, "Carminative Herbs," http://www.myspiceblends.com/glossary/herbal_properties_glossary/Carminative.php. [12] James A. Duke, p. 199. [13] James A. Duke, p. 199. [14] Now Foods, *Peppermint Gels*, <http://www.nowfoods.com/Peppermint-Gels-90-softgels.htm>. [15] Medical News Today, "What is Flatulence? What Causes Flatulence (Farting)?" 2004, <http://www.medicalnewstoday.com/articles/7622.php>.*



How to Keep Your Home Healthy and Safe in Time of Crisis

THE CONFUSION AND complexity of this COVID-19 crisis is truly extraordinary. So, as of this moment in time, at least, you still need to stay home and take all appropriate measures to protect yourself—including your house. Because in the same way that eating right and exercising prevents diabetes and obesity, these are extra measures that will keep us from ending up in a far more drastic survival situation.

Survival is not just a product of luck. We can do far more than we think to improve our odds of preventing and surviving even the most horrendous of catastrophes. It's a matter of preparation but also of mental conditioning.

Humans are programmed with basic survival skills. When frightened, we get a shot of performance-enhancing hormones, and the blood pumps to our limbs to help us outrun whatever enemy we face. But in modern times, we are hardly aware of such natural skills and most of us do little to understand or develop them.

Firefighters, police trainers — even stockbrokers — have told stories of seeing people freeze under extreme stress. I am one of those! Like deer in the headlights of a car, I have often chosen the wrong survival response in a crisis situation. Rather than choosing to fight in a crisis situation, I have been known to freeze in my tracks — especially when it comes to talking in front of a crowd!

Many flight attendants are now trained to scream at passengers in burning planes, “Get out! Get out! Go!” People respond well to leadership in a disaster, and then they can do remarkable things.

Are you ready to anticipate the strange behaviors that you will encounter at the worst of times?

But for many of us, preparation means little more than crossing our fingers and hoping to live. Regular people can learn from that knowledge, since, after all, we will be the first on the scene of any disaster.

During a crisis, you may not have the time or resources, nor will you be in the right frame of mind to consider everything you need to do. Here lies the importance of making well-thought out survival plan and storing supplies before disaster hits and you are surrounded by chaos, fighting, freezing or fleeing. Take precautions now, before it is too late. This includes mental adjustments, as well as physical.

Where to begin

The first, easiest and most logical place to begin is to create a kit or some type of document case that can be grabbed

up quickly if you need to evacuate. This would contain such things as:

- Birth certificates
- Insurance documents
- Medical records
- Marriage license
- Divorce decree
- Government documents such as for Social Security or disability benefits
- Deeds
- Vehicle titles

Pick an emergency contact and have everyone in your family memorize the phone number. In case of emergency, each is to call the contact for a full report.

The next step is to stock interim survival supplies in the trunk of your car. Keep in mind this is short-term emergencies. This might include:

- A case of bottled water
- Blankets
- Sheet of heavy plastic
- Flashlights and batteries
- Signal flares
- Package of glow sticks
- 100-hour survival candles
- Matches (waterproof, windproof)
- First aid kit
- Crackers
- Beef jerky

- Protein bars
- Powdered milk
- Dried fruits
- Milk
- In a cold climate, insulated coveralls and boots
- Emergency cash
- Toilet paper
- Whistle to signal for help

If you have these two kits compiled, then you have made a step that fewer than 5% of the population has ever thought to make.

A Little At A Time

This virus deserves to be handled with an ample amount of caution. But constant alarmism is only going to destroy your peace, steal your sleep, and weaken your immune system.

So, instead of watching cable news 24/7, here are a few things that I advise you to do.

- Learn to cook—With restaurants closed, you can use this time to learn how to make healthy meals for yourself and your family in the comfort of your own home. It's a skill that will last a lot longer than this pandemic. Plus, you'll have more control over what's going into your own body—down to the cooking oil.
- Keep a record—Record everything that your family eats for one month. Keep a list of what you normally use in food such as salt, pepper, garlic powder, tea, coffee and don't forget what you feed your pets.
- Create storage—By adding shelving units in your utility room or plastic bins under the beds.
- Start storing—Begin a storage pile with condiments like canned items packages of pasta, cans of tuna, etc.
 - When you think of storing grain, wheat is often

considered but grains such as millet and barley are overlooked, even though they have a longer shelf life. Don't forget popcorn! This nourishing treat will last for up to 10 years! Bay leaves will deter insects from any grain invasion!

- Plan for power—Start thinking of how you would survive with no power. Run through a number of possible scenarios and begin to prepare. If you have a camp stove, learn how to use it.
- Grow something—Whether you have a whole yard to work with or just a handful of pots or planters, there's no better time to learn to grow your own food. It will save you a trip to the market, and it's healthier for you and better for the environment, too.
- Grow miracle food—This miracle food costs very little, can be grown anywhere and is very simple. It is sprouting! You can sprout almost any type of seed for a tasty treat that contain vitamins (A, C, B) minerals, proteins and enzymes. In times of crisis, pour water over the seeds and cover with a porous lid or cheesecloth. When you have little fresh produce to enjoy, you can have consistently reliable sources of high nutrient vegetables in sprouts in just 3-4 days.

Flower-pot Fridge

Recently, I came across a method for creating a pot-in-pot refrigerator. Otherwise known as the "zeer pot," it is an invention that keeps food fresh without electricity. It can play a timely role in that of an emergency. Claims have been made that it can keep food edible for up to 20 days!

Making a flower-pot fridge is simple:

- Choose 2 ceramic pots of different sizes (be sure there is no glaze)
- Plug the hole in the bottom of both pots.
- Fill a layer of sand on the bottom of the largest pot before setting in the smaller pot.
- Fill around the sides with more sand
- Add the water almost to the brim (sea water, rain or river

water could be used)

- Cover with wet towel
- Allow inner pot to cool down
- Store food items inside (meat for up to two weeks)

This is an excellent way to reduce our carbon footprint, get off the grid and eliminate using electricity. It may mean the difference between starvation and having enough food to fear yourself in an emergency survival situation.

I don't pretend to provide a comprehensive study on preparation or survival. No one enjoys imagining the worst or how vulnerable we are. It only takes a disaster movie to realize what it might be like without modern conveniences: heat, light, running water, washers, dryers and automatic garage door openers! We never really think of how much we have until the day it goes away.

It reminds me of a proverb from the Bible.

"Ants are creatures of little strength, yet they store up their food in the summer." Proverbs 30:25

The ant diligently stores away food for the summer and when the cold hits, the ant is snug and fed. The time to prepare is prior to any calamity that might come.

National anxiety is as high as it's ever been. But as a city, as a state, as a nation, and as a planet... we will survive this. So, when it all gets to be too much, I urge you to turn off the news. And take time for self-care. But whenever you can, move towards developing plans, habits and action steps that could possibly save your life and the lives of your loved ones.

Do this while you still can and you'll never be sorry.



Endive & Turkey Sausage Pizza

Ingredients:

- 2 links hot or sweet turkey sausage
- 2 tablespoons extra-virgin olive oil, divided
- 8 cups chopped endive
- 2 teaspoons red-wine vinegar
- 1 tablespoon minced garlic
- 1 pound pizza dough, preferably whole-wheat or gluten-free
- 3/4 cup shredded Gouda cheese

Instructions:

1. When the sausage is almost done, carefully remove the pizza stone (or pan) from the oven and set on a heatproof surface. Place the dough on it and brush with the garlic-oil mixture. Spread the endive on the dough. When the sausage is done, cut it into 1/2-inch slices and place on top of the pizza, then sprinkle with cheese.
2. Meanwhile, heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add endive and cook, stirring, until wilted, about 2 minutes. Remove from heat and stir in vinegar. Combine the remaining 1 tablespoon oil and garlic

in a small bowl.

3. Position rack in lower third of the oven. Place a pizza stone or large pizza pan on the rack and preheat oven to 450°F. Place sausage in a small baking pan or skillet and place on the stone (or pan) to cook for 20 minutes while the oven preheats.
4. Roll out dough on a lightly floured surface to a 12- to 14-inch circle
5. Carefully return the stone (or pan) to the lower rack and bake the pizza until crispy and golden and the cheese is melted; about 15 minutes.

Nutritional Info: Serving size: 1/4 pizza

Per serving: 469 calories; 23 g fat(6 g sat); 5 g fiber; 49 g carbohydrates; 23 g protein; 149 mcg folate; 59 mg cholesterol; 3 g sugars; 0 g added sugars; 2321 IU vitamin A; 8 mg vitamin C; 214 mg calcium; 1 mg iron; 768 mg sodium; 470 mg potassium

Nutrition Bonus: Vitamin A (46% daily value), Folate (37% dv), Calcium (21% dv), Zinc (20% dv), Vitamin B12 (16% dv)

Carbohydrate Servings: 3

Exchanges: 3 starch, 1/2 vegetable, 1 lean meat, 1 high-fat meat, 1 1/2 fat ►



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