



How to Prevent Diabetes in Children

I Am a Diabetic: What Does This Mean?

The Surprising Way Happiness Can Fuel Your Health Goals

The Hair-Raising Benefits of Asparagus

Home Cures That Work

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Before the obesity epidemic in the U.S., type 2 diabetes was practically unheard of in people under 30. That explains the former name for the disease: adult-onset diabetes. But type 2 diabetes isn't just for adults anymore. The number of children and adolescents with the condition has skyrocketed over the last 20 years and is still climbing, prompting experts to call it an epidemic. In truth, Dr. Saunders demonstrates a diet aimed at reducing the risks of diabetes is really nothing more than a nutritionally-balanced meal plan aimed at supporting maintaining blood sugar levels within range and supporting a healthy weight.

Evening add asparagus to your diet can bring tremendous health benefits. Asparagus can keep diabetes at bay by helping blood sugar levels stay under control while boosting output of insulin, the hormone that helps the body absorb glucose. Continue reading to find out how exactly asparagus can benefit your hair, and general health.

For those only recently diagnosed with type 2 diabetes, you'll be happy to find out there are other habits and activities than can help determine your health and happiness!

With all of the information, options and resources we have today, people with diabetes have an excellent chance of avoiding serious complications and can live a long, healthy, and happy life!

Cheryl Ravey
Editor, Home Cures That Work



HOW TO PREVENT DIABETES IN CHILDREN

Dr. Saunders provides strategies to help any child diagnosed with type 2 diabetes become wiser about controlling your blood sugar, reduce common complications, and achieve a healthy weight by making wise food adjustments.



THE HAIR-RAISING BENEFITS OF ASPARAGUS

Check out the amazing benefits of asparagus for your body's health. How can asparagus help you get amazing skin and healthy hair? Find out here!

I AM A DIABETIC: WHAT DOES THIS MEAN?

Thanks to modern medicine, people developing diabetes today have an excellent chance of living long, healthy lives, free from serious complications. With good care and attention, you can be one of those people.



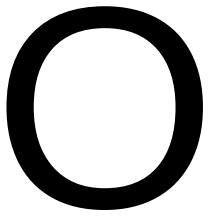
THE SURPRISING WAY HAPPINESS CAN FUEL YOUR HEALTH GOALS

There's a science behind why your workouts boost your happiness. Learn how to optimize your fitness routine for even more joy.



How to Prevent Diabetes in Children

by Dr. Scott Saunders, M.D.



H NO!" JOSHUA'S mom was visibly upset. "Does that mean he's going to have diabetes all his life?" Her ten-year-old son was just diagnosed with type 2 diabetes.

Type 2 diabetes is becoming a bigger problem in the United States and all over the world. When I was in medical school, only thirty years ago, there were only two types of diabetes: adult onset diabetes, and juvenile diabetes. Now, everything has changed. We no longer use these names because doctors diagnose "adult onset diabetes" in more and more children. Now, you can find either type of diabetes at any age. In fact, over time, the incidence of both types of diabetes are increasing in children, but the rate of type 2 diabetes is increasing much faster.[1]

TYPE 1 DIABETES MELLITUS

Type 1 diabetes used to be "Juvenile Diabetes." People with type 1 diabetes have a lack of insulin from the pancreas, so they require insulin injections. Those who have this type often lose weight and lack energy. Insulin is required to get sugar and amino acids into the cells to make energy. If there is not enough, the blood sugar goes up because it cannot get into the cells, and the cells can starve to death. Before insulin injections people usually died of starvation, no matter how much they ate.

TYPE 2 DIABETES MELLITUS

Just because type 2 diabetes has almost the same name, many doctors think of type 1 and type 2 in the same way. But they are opposite diseases! While type 1 is not enough, type 2 is characterized by "too much" –

- too much sugar
- too much fat
- but mostly, too much insulin.

Over time, the excess insulin causes the cells to take up so much sugar that they block it from the inside, causing insulin resistance. As a result, there is a lot of insulin, but it does not work so the blood sugar goes up. Thus, both types of diabetes share a symptom of high blood sugar and have the same name. Since it takes a long time to build up insulin resistance, this type of diabetes was almost never seen in children. However, because of lifestyle changes, the incidence of type 2 diabetes in children is increasing.

Why are more children getting Type 2?

In the past, people had limited choices of food, and often limited amounts. Since children are growing, and are more active than adults, it was hard to get too much. Now, however, life has changed. Children do less physical work and play. They sit at computers, they sit in school, they sit and watch movies, television, or sit in the car instead of walking. However, the problem is less about the activity, and more about the food. While children are sitting in the car, on the computer, or watching a movie, they are eating and drinking snack foods. It's all about the food. [2] Children just eat too much.

Joshua is a good example of why we are finding more Type 2 in children. His mom told me that he won't drink anything that doesn't have flavor. He drinks soda with every meal. Even milk must be flavored with chocolate or strawberry or he won't drink it. He eats cereal for breakfast. Also, he uses sauces such as ketchup or BBQ sauce on most of his foods. He doesn't like most fruit or raw vegetables, so he snacks on chips, gummies, yogurt, and goldfish. She thought since he wasn't eating cake and ice cream, he was eating healthy things. Even though he was a skinny little kid, he has become obese, especially around the middle.

IT'S ALL ABOUT THE FOOD

In the history of the world, only in the last century do we have a constant supply of food. Prepared foods are ready-to-eat and immediately available. Restaurants specialize in "fast food" that just needs to be tasty. I went with my young adult daughter to a drive-thru because of the COVID-19 epidemic and ordered a "lemonade." I don't think it had any lemon in it at all, it tasted more like a liquified key-lime pie. It was sweet enough to give me a headache, and was probably 800 calories! I have noticed that meals and snacks are commonly filled with the taste of sweet. People eat dessert for breakfast, lunch and dinner. You can find donuts, cereal, pastries, muffins, and the like everywhere. Even those who are not eating sweet things are getting lots of sugar from chips, fries, and pizza.

ARTIFICIAL SWEETENERS

Many wonder how they could become obese if they drink diet soda. Interestingly, multiple studies show diet drinks cause more obesity and insulin resistance than those with sugar.[3] The taste of sweet causes the pancreas to make excess insulin. Remember, too much insulin defines type 2 diabetes. The artificial sweeteners also cause insulin resistance and dull the taste receptors on the tongue. The taste buds on your tongue become desensitized to sweet so they have to eat more sugar

to get that “sweet” taste, contributing to diabetes. Those who use artificial sweeteners, including “natural” sweeteners, such as monk fruit or stevia, are twice as likely to become obese – and get type 2 diabetes.[4]

WHAT IF MY KID IS STARVING?

Parents often worry about their children not eating enough. “My child won’t eat anything if it isn’t sweet.” I frequently hear this and then I tell them the truth:

A child will NEVER starve if there is food around – unless they have a serious illness (like type 1 diabetes).

So, a parent doesn’t have to worry about starvation. The parent controls what the child eats, and the child controls how much. It’s automatic. There is no need to tell a child to eat more. They will eat more when they need more. Allowing your child to be hungry is a great way to prevent type 2 diabetes.

Our bodies, by design, store extra food as fat. If a child has fat, they are eating too much. Children should burn fat. If they are constantly eating sugar, the body will burn that instead of fat, and the extra sugar becomes fat storage. Without an empty stomach, the child will not be able to use the fat that’s stored. Being able to burn fat prevents type 2 diabetes. It’s good to be hungry sometimes so don’t worry, they won’t starve.

RECOMMENDATIONS:

Only buy whole foods:

- Fruit
- Vegetables
- Whole-grain bread, brown rice
- Fresh fish, chicken, meat
- Whole milk, cheese, dairy

Avoid prepared foods:

- Yogurt
- Chips
- Cereal

Avoid artificial sweeteners

Avoid sweets:

- Candy
- Cookies
- Ice cream
- Gum

Drinks – This is the MOST IMPORTANT part:

- Don’t have juice, soda, or any sweet drink in the house
- Have water available

You control your child’s food by what you buy.

Buy fresh fruit for snacks

- Apples
- Bananas
- Oranges
- Berries

Buy vegetable snacks

- Baby carrots
- Celery sticks
- Jicama
- Bell peppers
- Cucumbers

Make food at home.

- Don’t go to restaurants.

When my children were young, they often said they were hungry. I would repeat the same phrase every time: “You can have a fruit or vegetable anytime without asking.” Then, I made sure there were always plenty of the above. One of my children



was a “sauce hound” so we always had ranch dressing available for him to dip his carrots.

What food children ask for, and what you offer might be different. But by providing healthier options, they will never get diabetes. The complaints will turn to cheers when they are older and know how to eat.

“Train up a child in the way he should go: and when he is old, he will not depart from it.” Proverbs 22:6

Part of the training that parents do for their children is to show them what is good, how they can be healthy and happy. Food is a big part of that, remember: “It’s all about the FOOD!”

Joshua’s mom was so concerned about him that she stopped buying sodas and anything with sugar. She bought whole foods, and fruit and veggie snacks – no more gummies, chips, and yogurt. They stopped ordering take-out and fast food. The whole family had to change their eating habits. Within six months, Joshua lost almost thirty pounds and tested negative for type 2 diabetes mellitus – no special diets, and no medications required. Meanwhile his father lost weight and felt better as well. Though there were complaints, the diagnosis of diabetes gave his mother the motivation to endure them and make the necessary changes.

[Type 2 diabetes mellitus is both preventable, and reversible](#) – 100%. It’s quite simple in children because parents control the food. They can only eat what’s available. If parents provide only real foods and whole foods, children will neither starve, nor get diabetes.



Sources: [1] <https://www.nejm.org/doi/pdf/10.1056/NEJMoa1610187> [2] <https://www.cdc.gov/diabetes/prevent-type-2/type-2-kids.html> [3] <https://www.inc.com/minda-zetlin/diet-soda-weight-gain-metabolism-insulin-brain-fat-metabolic-syndrome.html> [4] <https://www.inc.com/minda-zetlin/diet-soda-weight-gain-metabolism-insulin-brain-fat-metabolic-syndrome.html>

The Hair- Raising Benefits of Asparagus



MANY HAVE THOUGHT over time that Prince Harry eats asparagus to fix a balding problem he inherited from his father. And, those linking Harry's eating habits to hair growth are onto something—kind of.

Asparagus has a variety of health benefits, one of which is its high alkaline levels. While we know that high alkaline foods help your body maintain a balanced pH, its part in stimulating hair growth is still up for debate.

So, while we can't speak for the prince's diet, we can speak for the power of asparagus, which is an excellent addition to your diet. Here's why.

ASPARAGUS BENEFITS

Asparagus belongs to the lily family, and is related to garlic, leeks and onions, all of which have their share of benefits, as well. So, it's no surprise that this vegetable is also integral to a healthy diet. Here's what your body gets when you clean a plate of asparagus.

Vitamin K: Vitamin K helps your body produce clotting factors that are essential to healthy blood clotting. It's also a critical component in bone strength.

Antioxidants: Asparagus sits high on the list of vegetables that neutralize cell-damaging free radicals. What does this translate to? Great anti-aging benefits.

Glutathione: This is a detoxifying compound that works to break down carcinogens, along with other toxic compounds. It's believed that these toxic compounds, or free radicals, can cause cancer. Because of this, many health professionals believe that asparagus can help lower your risk of contracting it.

B Vitamins: Asparagus is rich in B vitamins, which are critical to a variety of bodily functions including blood sugar regulation. It's highest in B6 and B12. Those two vitamins, combined with high folate levels, lower the levels of homocysteine in your body. This translates to a reduced risk of heart disease, according to Liz Applegate, Ph. D., of [Runner's World](#).

BETTER NUTRIENT DIGESTION

Asparagus is full of inulin, which health professionals refer to simply as a "prebiotic." Though it's a carb, also found in Jerusalem artichokes, it doesn't get broken down in the first part of the digestive tract. When it arrives undigested in the

large intestine it's eaten by bifidobacteria and lactobacilli, both of which are integral in better nutrient absorption.

CHOOSE THE RIGHT ASPARAGUS

Now that you're ready to eat your fair share of asparagus, you may need some cooking tips and ideas. First, there are three types of asparagus—green, purple and white—and not all of them should be treated equally.

Green asparagus is considered the most nutritious because it contains potassium, folic acid, beta-carotene and Vitamin C.

White asparagus has all these benefits but lacks the chlorophyll, which lowers its nutritional content slightly. It's also more delicate to cook.

Purple asparagus also has all the same benefits, but has higher sugar content. It's sweeter, and has a nutty flavor, when cooked.

When choosing at the grocery store, go for a bundle that has firm, rounded stalks and closed tips. A small amount of woodiness, or whiteness, at the bottom of the stalk is normal, but you don't want too much.

3 QUICK ASPARAGUS RECIPES

Breakfast: Boil it, for 5 minutes or less so the nutrients don't leech out into the water. Serve with poached eggs and a side of spouted grain toast

Lunch: Steam asparagus in the microwave at work, (put your chopped asparagus in a bowl with water and cover it with a towel; cook for 2 minutes and drain the water) top it with olive oil and vinegar, and eat it with grilled chicken.

Dinner: Stir-fry chopped asparagus with broccoli, mushrooms, garlic, salt and pepper and eat it with rice and a protein.

Whether you eat it at breakfast or as a snack after lunch, asparagus's hair-raising benefits will be felt; just maybe not on your head.

However, you'll know the asparagus is doing its work when you smell something odorous in the bathroom— "... During digestion, the vegetable's sulfurous amino acids break down into smelly chemical components in all people," according to [WebMD](#).





I Am a Diabetic: What Does This Mean?

JUST ABOUT EVERYONE has at least heard of the word diabetes, but many don't understand exactly what being diabetic means – and, if you were diagnosed, that's probably one of the first things you wondered.

You're considered a diabetic when your blood sugar is too high (typically if blood glucose is higher than 130 mg/dl before a meal, or above 180 mg/dl two hours after the first bite of a meal).

Diabetes is a serious condition that won't go away or get better on its own. It's essential to play an active role in controlling it, as well as to have regular ongoing medical care.

The goal of treatment is to keep blood sugar levels in the "safe range," which reduces the risk of developing serious complications like blindness, amputation, heart disease, stroke and problems with the kidneys or nervous system.

[Managing and even reversing diabetes is possible](#) for those who follow a healthy diet, get regular exercise including both cardio and resistance, address necessary lifestyle adjustments recommended by healthcare providers, lean on the support of family and friends, and take medications and/or insulin as prescribed.

Diabetics who are able to keep their blood sugar levels in a healthy range can still live a full, rich life while lessening the risk of developing potentially serious complications.

Hopefully with this eye-opening new information, [tackle your type 2 diabetes health condition with this resource](#) because it is very preventable and possible to lower the devastatingly high numbers and serious complications.





The Surprising Can Fuel Your Way Happiness Health Goals

WE ALL HAVE a list of our favorite things. It may not be written down anywhere, but you know the things that make you happy.

The list holds your favorite foods, music, TV shows, movies and even people in your life that you can't get enough of. This is the stuff that you really enjoy. It's the stuff that makes your life worth living.

Somewhere on the list is your health and appearance. You know that looking and feeling great make a good life even better.

The interesting thing about your list is that without fail you'll always make time for it.

- When your TV show airs, you watch it or record it to watch later.
- When your favorite actor stars in a new movie, you do your part by going to the theatre.
- When you're hungry, you turn to your favorite foods.
- When the weekend rolls around, you do everything you can to spend time with the special people in your life.

Yet, when it comes to exercise you automatically say, “I don’t have time.”

Time for TV, but no time for exercise... We live in an age where life is full. You don’t have extra time anymore.

You no longer have time. You make time.

- You make time for your TV show.
- You make time for your hobby.
- You make time for your friends.

It’s time to drop the charade of “I don’t have time to exercise” and call it what it really is.

An excuse.

You know how to make time for your favorite things. You know you want good health. You know you want to look great. You know you want more energy.

Exercise delivers all those benefits - and more.

I believe that exercise belongs on your list of favorite things.

Make It A Favorite:

How do you turn something that you’ve dreaded into something that you enjoy?

1. BLOCK THE NEGATIVE

Your thoughts play a big part in determining your favorite things. Block out any negative thoughts you may have about exercise. Focus your energy on creating a positive attitude that will get you excited about hitting the gym, rather than dreading it.

2. FOCUS ON THE BENEFITS

With exercise, you have so much to gain and nothing to lose. Exercise makes you stronger, sexier, happier, and gives you more energy. Pick the benefit that moves you the most and fixate on it.

3. GET GUIDANCE

The easiest way to put exercise on your list of favorite things is to experience it at its best. Get onboard with personal training programs and you’ll find the most effective and enjoyable techniques that will get you into the best shape of your life.

Listening to all of these cues on the reg will help you be better in touch with how you’re doing—and help you better shape your self-care needs.





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

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Fibromyalgia		

OUR MISSION

We help people experience vibrant, amazing health through natural healing remedies.