

What Works and What Doesn't Work Against COVID-19

COVID 19

FREE

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

**Why Golden
Milk Is Better
Than Coffee**

**13 Anti-Aging
Remedies**

Home Cures That Work

AUTHORS



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The rapidly spreading coronavirus disease COVID-19 is taking a harsh toll on immune-compromised individuals. Despite the virus's rapid rate of transmission, prevention and recovery are possible given a strong immune system. Ideally, a functioning immune system should be able to identify and combat disease-causing pathogens like bacteria and viruses.

Your immune system is an intricate network of units that act together to combat invaders, in this case bacteria, viruses and other “enemies” such as the corona virus. Keep your body's soldiers fit and ready with the following immunity enhancement recommendations from Dr. Scott Saunders, M.D. to fight off COVID-19!

Aging brings many changes: physical, psychological, hormonal, even cultural. As we age, our immune systems also become less efficient, leaving our bodies more susceptible to free radicals. At this stage in life, herbs can be a big help. Packed with antioxidants, these 13 anti-aging herbs have been shown to boost brain power, protect eyes, relieve joint pain and treat a number of other age-related ailments – and even prevent age related diseases.

Imagine a drink that could help you in over 150 different ways. Sounds pretty good, right? Well, golden milk is a warming drink containing turmeric, a spice which has tremendous therapeutic activities. Drinking golden milk in place of your usual cuppa could have all sorts of benefits, from helping reduce inflammation to supporting healthy cholesterol levels and improving wound healing. There are so many ways that turmeric can benefit your health, and we've listed some in this issue.

Losing weight can have big impact on those with diabetes, including making it possible for people with diabetes to take less medication. It often helps manage or prevent some of the health problems that can come with diabetes, too. Barton Publishing can help you lose this weight!

This month we have a variety of Home Cures That Work to enhance your immune system to reduce the risk of infections like COVID-19 and rid yourself of high blood sugar. The time to start building a healthy immune system is now!

For your health - Cheryl Ravey, Editor, Home Cures That Work



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With the novel coronavirus (COVID-19) infecting many, people are seeking to boost their immune systems. We definitely need our bodies' defenses to be as strong as possible. How can this be done? The following are tips that play important roles in immunity enhancement.



11 WHY GOLDEN MILK IS BETTER THAN COFFEE

Golden Milk is a drink that people choose to replace coffee and tea. What the heck is this turmeric latte or golden milk all about? Not only is turmeric milk high in antioxidants and anti-inflammatory compounds, it's touted for innumerable health benefits. Read on for full details on exactly what golden milk contains, how it could help you, and how you can make your own.

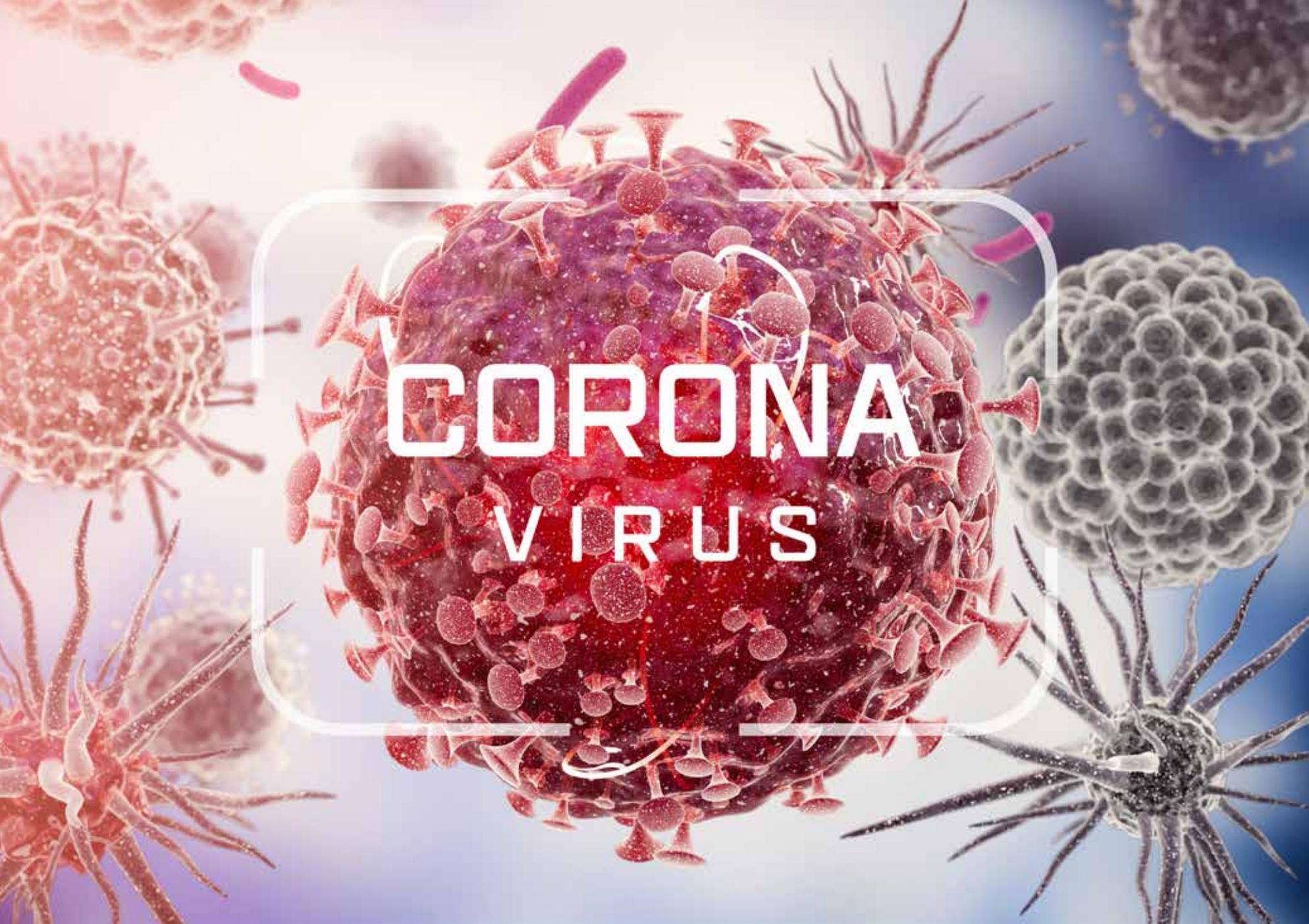


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Lose weight and take control of your type 2 diabetes with our diabetic weight loss program. Learn more about weight loss for diabetics and how it works!

15 13 ANTI-AGING REMEDIES

Now is a good time as ever to give your body the extra tender loving care it deserves. Here are 13 anti aging herbs known for longevity and healing properties!



What Works and What Doesn't Work Against COVID-19

by Dr. Scott Saunders, M.D.

THE ONLY SARS-COV-2 positive case I personally know did it right. Jo is 64 and active but has one risk factor -- chronic intermittent bronchitis. When she gets any cold, it turns into bronchitis every time and she will cough for months. Her nickname is "BARK" because of her chronic barking cough. Jo was worried of getting sick during the COVID-19 "pandemic" - and rightly so. She did everything right:

- She took vitamin D 10,000 IU daily, as well as vitamin C and Zinc.
- She stayed at home with her husband, only going out for food.
- She kept her "social distance," not interacting with others.

Four weeks ago, Jo suddenly got a fever of 100.5, and the worst headache of her life. She felt generally ill, so she went to the hospital to get tested. She increased her Vitamin D3 to 50,000 IU daily for four days, as well as Vitamin C to 4,000 mg and Zinc to 100 mg daily. The next day her headache and fever were gone, but she still felt weak and sick. Then she started getting a cough -- and started to worry.

That same day the county health department called to inform Jo that her test came back positive and she needed to quarantine for two weeks. They asked about her travel and ill contacts -- any potential exposure -- but she had none. Jo spent the 48-hours prior to her illness at home with no outside contact.

She continued the high-dose vitamins and zinc every day. By the fourth day, Jo was feeling better and decreased her vitamins back to baseline. She still had a cough, but it didn't get worse, and she had no shortness of breath. The cough lasted for about a month, much less than usual, for her. She is now better and was free to go to her daughter's wedding and visit family in New York. Her husband stayed home because he never got sick and wasn't tested.

HISTORICAL PERSPECTIVE HEALTH

One of the most poignant lesson from history is that orthodox teachings are always wrong. Anyone teaching an orthodox truth who gets a following is ostracized, censored, or killed. Nothing has changed. We like to think we're enlightened because we have amazing technology, but we're still learning - just like in eons past. A quote from Mark Twain is relevant:

Figures often beguile me, particularly when I have the arranging of them myself; in which case the remark attributed to Disraeli would often apply with justice and force: "There are three kinds of lies: lies, damned lies and statistics."

- Mark Twain's Own Autobiography: The Chapters from the North American Review

We are no different. Our culture is not enlightened. Nothing has changed. In the 1700s, the masses believed that scurvy was caused by evil spirits or bad humors. People who had the disease were bled mercilessly, buried up to their necks in hot sand, given mercury or other toxic "medicine," or insufflated with a smoke enema. People rejected the truth about vitamin C and suffered and died for 40 years after the cure was discovered.

We are no different today. We continue with the same dangerous, toxic, and painful treatments for decades after we know they don't work, and the cures are discovered. Medical schools are still ten to fifty years behind the science in most areas. For example, a scientist at UCLA wrote a book a few years ago about his research on how to cure Alzheimer's disease, but it isn't found in medical schools, nor even on the website of the Alzheimer's Association. I have not yet spoken with a neurologist who has read, or is even aware of, the book. I suppose those with the disease will have to suffer for fifty years like the sailors with scurvy in the 1700s. It's like Jean-Baptiste Alphonse Karr said:

Plus ça change, plus c'est la même chose. (What goes around comes around.)

In other words, if we base our beliefs on what everyone is saying, then we become part of the problem. Reality must not be made public, which is why it is kept under wraps in the ivory tower; it must be kept in private so as not to offend the orthodoxy. So, as I may discern truth, I would like to share it with you, in private – my personal opinion.

BEYOND TOILET PAPER – BE PREPARED

The Boy Scout motto is appropriate for all times and all places. I am not a prophet, but those whom I know are prophets are telling us that COVID-19 is a harbinger of things to come. We have experienced a "test case" of what could happen if there is "germ warfare" on the planet. This was nothing, compared to what is possible. What we learn from this is essential to know:

The "official" strategies for prevention and treatment are not based on science.

- Immune function is more important than treatment.
- What really works for prevention.
- How to prevent and treat “novel” illnesses.
- The Science of Prevention – What Doesn’t Work

Masks Don’t Work Against COVID-19

Research since the 1970s tells us that within a few minutes of donning a mask, the output is the same as not having one. Research from 2016 looks at the actual potential for infection, not just output. In this review, over 2000 cases comparing surgeons wearing masks with those not wearing them found no difference in the infection rate.[1]

In other words, the research indicates masks don’t prevent me from spreading infection to you, in spite of what we have been told by the CDC.[2] Their “recent studies” to justify the recommendation to wear masks are found at the bottom of the web page, and have nothing to do with mask wearing. However, there is some evidence that wearing a mask may increase your risk of respiratory infections.[3]

And if you think you can do better with an N95 mask, think again. One study compares N95 masks to surgical masks in healthcare workers, concluding:

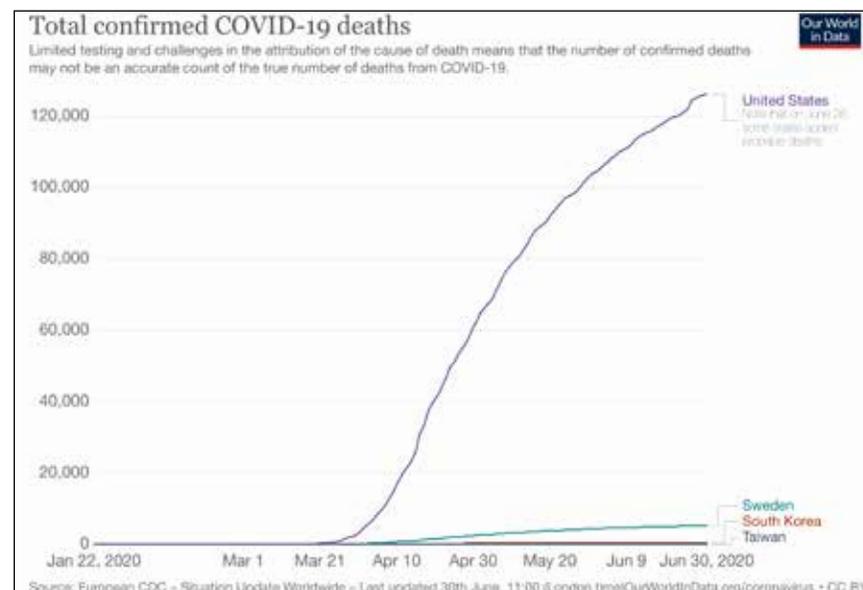
“Conclusions and relevance: Among outpatient health care personnel, N95 respirators vs. medical masks as worn by participants in this trial resulted in no significant difference in the incidence of laboratory-confirmed influenza.”[4]

So, there is as much, or more, evidence that wearing masks is, at best, useless, and at worst, harmful. Face coverings are not going to protect you from infection. We are better off tying our bandanas around our waists so there is less touching of the face. Don’t put your trust in things that are not going to work.

Staying Home Doesn’t Work Against COVID-19

Taiwan, South Korea, and Sweden took proper measures and did not shut down their economies, putting millions out of work:[5](click on the link for a series of graphs that compare the U.S., South Korea, Taiwan, and Sweden)

<https://ourworldindata.org/covid-deaths?country=USA~KOR~SWE~TWN>



So, staying home from school and work does not help prevent the spread of illness. We were told it would “flatten the curve,” but in no case did a curve get flat. In fact, where random testing is done in highly populated areas, the cases have been many multiples higher than when only sick people are tested.[6] [7] Thus, the curve was not flattened, we just didn’t monitor enough people to see how many cases there really were. The examples where countries didn’t have “stay-at-home” orders did not have a steeper curve than those that did (see above). Moreover, people who stay at home are at higher risk for getting severe illness.[8]

Overall death statistics are equivalent to a normal flu season.

The primary issue with statistics is that people have a hard time distinguishing “absolute” from “relative” numbers. In analyzing thousands of medical studies over the years, I have found it best to start with the foundation, the raw numbers, or the absolute numbers. Once the statisticians start making relative numbers, they can show just about anything from the same raw numbers. For example, when I sent out the CDC statistics on the Coronavirus, people were confused. I was saying that this is just a normal flu season, but everyone was hearing about huge spikes in deaths due to Coronavirus. This I will explain:

Every year, we have a “flu season” where the death rate goes up, from November to May. During the summer months the deathrate is always significantly lower. The CDC puts out

the “expected” number of deaths for each “flu season” based on past experience and the current population. If the number of deaths exceeds that, it is considered a high “flu season.” It is also important to define “flu.” This refers to the cases of “flu-like illness” which includes pneumonia, Respiratory Syncytial Virus, Coronavirus, Orthomyxovirus, Paramyxovirus, Adenovirus, Mycobacterium, and so forth, are not distinguished. So, Coronavirus has always been included in the statistic.

Now, if we consider the total expected deaths during the “flu season” of 2019-2020, we get about 100%.[9] In other words, this wasn’t even a “bad” flu season – Just average. However, if we look at the cases of Coronavirus, as a percentage of the total number of deaths, it looks like an epidemic.[10] This is the difference between absolute and relative statistics. Why did the death from this one virus increase so much without increasing the total number of deaths? The CDC keeps statistics based on death certificates. A diagnosis of SARS-CoV-2 brings a lot more money to a hospital, especially if patients are put on a ventilator. Thus, the number of diagnoses increased. You get what you pay for.

The point is, if you believe you are safe because you are wearing a mask or staying home you have a greater chance of becoming a statistic because it’s the wrong thing. This is like wearing flowers to protect you from the Plague, or wearing a rabbit’s foot to prevent scurvy. Actually, the research indicates you may be better-off wearing a rabbit’s foot to prevent coronavirus, rather than a mask.

Vaccines Don’t Work Against COVID-19

While it may be that some vaccines are useful, one must be very careful to apply each to their own needs. In every case, you must weigh the risks versus the benefits of the vaccine. If a doctor or anyone tells you there are no risks, then find better information elsewhere.

For example, the influenza vaccine is made every year on a guess as to what might come to the U.S. The 2018-2019 season produced the following statistics:

Virus by Patient Age	No. Vaccinated/ Total No. (% Vaccinated)		VE (95% CI), %
	Influenza-Positive (Case Patients)	Influenza Negative (Noncase Patients)	
All influenza viruses			
All ages	1316/2763 (48)	4065/7249 (56)	29

Again, looking at the real numbers, we have 48% of those infected with the influenza last year were vaccinated, and 56% of those testing negative were vaccinated. From here, statisticians work their magic to show “relative” effectiveness of the vaccine put at 29%, meaning people are 29% less likely to test positive if they had the vaccine. [11] Every year about half of those who test positive had the vaccine. A truly effective vaccine would have no positives.

I had a patient who started getting seizures after a flu vaccine, which really affected her life. Her case was not reported to VAERS (vaccine adverse event reporting system) so it is not part of the statistics. I suspect that most vaccine adverse events aren’t reported so we cannot rely on statistics to help us make decisions on whether to vaccinate. However, in the case of the influenza, knowing that the effectiveness is questionable, at best, and the rare complications include permanent neurological damage, it is easy to decide.

Keep this in mind when a “CORONA-VAX” is being peddled. Don’t look at the percentages or relative numbers, look at the absolute numbers.

Ventilators Don’t Work Against COVID-19

Not everyone understands the difference between a respirator and a ventilator. A ventilator is a machine that breaths for us. It is the old “iron lung” in a small package. It requires a tube in

the trachea (windpipe) that pushes air into the lungs. When people can't breathe because their muscles are not working, these are amazingly useful tools. However, when there is fluid in the lungs, preventing oxygen from getting to the blood, these don't work. Also, our normal way of breathing is to contract muscles in the ribs and diaphragm, causing negative pressure in the chest, sucking air through the nose and into the lungs. A ventilator uses positive pressure to push air into the lungs. The problems associated with this includes popping, and collapsing lungs. For these reasons, 88% of those infected with the Coronavirus died if they were put on a ventilator.[12] In this "epidemic" more ventilators equals more deaths, fewer ventilators equals fewer deaths. Only one in ten survive the ventilator. Be careful of the treatment options.

Drugs that Fuel the Virus

Anything that inhibits the function of immune cells, especially innate immunity, will cause more infections and death. For example, asthma inhalers and treatments for COPD that use inhaled "cortisone" increase the risk of pneumonia.[13]

One interesting twist to this Coronavirus is the way it attaches to cells. It binds to a receptor called Angiotensin-Converting Enzyme 2 (ACE2). Interestingly, the cells of people who are taking blood pressure medications that inhibit this enzyme have five times the number of these receptors.[14] The CDC website shows that the most common co-morbid condition of those who were hospitalized for the Coronavirus infection is hypertension.[15] This may be because lots of people have hypertension, or because they take ACE inhibitors and have more receptors for the virus.

Be careful of the medications you are taking; they may make you more susceptible to infectious diseases.

THE SCIENCE OF PREVENTION – WHAT DOES WORK

Hand washing for COVID-19

For almost two centuries hand washing has been the most effective way to prevent illness in the health care industry. However, studies specifically on viral illnesses like influenza often failed to find a difference.[16] Even the studies that showed hand

washing could prevent respiratory illnesses and flu, the best one could do is a 50% reduction. In one study, after people in a household got sick, hand washing was recommended, but it didn't work at all because it was instituted after one of them got sick.[17] So, hand washing might help, but can't be relied-on to keep you safe from illness. The best way is, by far, to have an intact immune system. This allows us to have contact with illness, develop immunity against it, and not get sick. Nevertheless, it is essential that we continue to wash our hands, trying not to spread illness around.

Immunity Against COVID-19

Our immune systems are AWESOME! A fully-functional immune system will prevent ANY infection or cancer. If you think of the immune system as soldiers, you are only getting part of the story. Your immune system is more like a janitor, keeping the body clean, clearing up all the debris, and putting everything in its place. Yes, it does kill "foreign invaders," but it's like I told my daughter when she was feeling sorry for the spiders in our house:

We only kill spiders because they are in the wrong place at the wrong time.

Let that be a lesson to you!

Sometimes bacteria or viruses are welcomed by the body; our bodies make food (fucose) especially for them to grow. We carry around more of them, by far, than we do of "our own" cells. Most of the DNA we carry is from microorganisms. The blood is not sterile, but is constantly being cleaned by the immune system. There is a lot going on in the blood, so the need to clean is constant. In my kitchen at home I sweep the floor several times per day when people are there. I may run the dishwasher two or three times per day, and, of course, the carpets must be vacuumed regularly. It's not that we don't like dirt, but rather we want the dirt to stay outside, where it belongs, and not inside. Likewise, the efforts to keep the body clean are the constant domain of the immune system, keeping everything in its proper place.

So, how do we keep the immune system functional? Glad you asked!

Vitamin D Works Against COVID-19

Some people get viral infections without symptoms because of their “innate” or “cellular” immune system. When you create antibodies, the macrophages take out infected cells before they become a virus factory, and then present the infected cells to the B-cells, which then make antibodies. Thus, the patient gets immunity without ever getting sick. The body makes “macrophage activating factor” (MAF) to start this process, which is vitamin D binding protein. This is why it is essential to have enough vitamin D, and also why “flu season” is in the winter, when we don’t make vitamin D.

I have tested many people for vitamin D levels and ask how much they take. Generally, I find:

Dose of Vitamin D3	Blood level
400 IU (the RDA)	<30
2,000 IU	40
5,000 IU	50
10,000	70

The optimum level of vitamin D is 70-90 for the prevention of cancer and viral infections. Consider that twenty minutes in the sunshine on a summer day can net you 25,000 IU and you will understand what a physiologic dose is.

Vitamin C Works Against COVID-19

Research with vitamin C shows that high doses can relieve the symptoms of viral illness, and supplementing with higher doses may prevent illness. For those with viral illnesses, vitamin C supplementation shortens the time of illness between 20-50%!

The white blood cells concentrate vitamin C from the blood over ten times. A healthy person absorbs about 200 mg per day of vitamin C, but when we get sick, we can absorb about 6,000 mg per day. Lower dosing during healthy times and higher dosing during illness seems to be best. During illness, those who had sufficient levels while healthy become relatively deficient, suppressing the immune response. Increasing vitamin C during a respiratory illness seems to prevent pneumonia in animals and humans.[18]

Zinc Works Against COVID-19

One common deficiency in the world is zinc, especially in men. Zinc is essential for function of the immune system. In this case, however, more is not better, you only need enough – until you get sick. Zinc shortens the time of infection significantly.[19] [20]

The dose of zinc is tricky. People who take too much can get copper deficiency, which will cause other problems, because zinc and copper compete for absorption. The nutritionists recommend about 11 mg per day of zinc. Those who are vegetarian many need more zinc, partly because the food has less, and partly because of phytates that bind zinc in the intestines, preventing absorption. My personal belief is to take a supplement of about 100mg once per week.

Like vitamin C, zinc will shorten the time of illness, and you can take much more during an illness. I recommend around 200 mg per day during the course of an illness. Then, when you feel better, go back to 100 mg once per week.

Sugar Does Not Work

A note about sugar is in order since we’re discussing the immune system. Avoid sugar like the plague! (pun intended) Because eating sugar suppresses the immune response.[21] It’s amazing that people will do something useless like stay indoors and wear masks to prevent an illness, but won’t avoid sugar. If you see something sweet, train yourself to immediately think of it as 8 hours of letting your guard down. This is high-risk behavior!

Avoid Stress To Beat COVID-19

The purpose of TV news is to create an emotional response. The simplest response to elicit is fear. Fear is stress. Moreover, there are so many different voices it becomes confusing. The people I know who watch TV lose their ability to be discerning, not knowing what to believe. To lower stress, don’t watch TV, especially the “news.”

There are a few other things that help us keep a normal circadian rhythm, which keeps the immune system functioning:

Go to bed at 10 PM. The two hours of sleep before midnight are the most important for releasing Growth Hormone (HGH) to initiate the anabolic metabolism. This is the part of the day when you repair, cleanse, and detox from all the day's activities.

No food after 6 PM is a great rule so you have an empty stomach when you go to bed at 10 PM. The empty stomach makes GHRELIN (Growth Hormone RELeasing hormone) that allows repair of the stomach, intestines, and the whole body. This way you will be ready for the next day, able to absorb all the nutrition you need. (You can do even better by eating two meals per day, ending at 3 PM.)

Eat breakfast by 8 AM. This starts the day, or the catabolic state. In fact, it is best to eat at 8 AM and 3 PM, and skip dinner altogether, giving you more time to be anabolic. This form of intermittent fasting works with your circadian rhythm to promote a fully-functional immune system.

A WORD ABOUT DEATH

Last, and most important, I would like to deal with death. As the medical director of a nursing home, this is something I deal with regularly. I sign a lot of death certificates. I think it is always essential that the reality of your eventual demise be at the forefront of your mind. Continually ask yourself, "Am I now doing everything on my 'bucket list?'" Rather than neglect this reality, or try to postpone it, make it a part of your daily life. The sooner you deal with your mortality in a real way, the better. Those who don't, fall prey to every "salvation scheme" devised by man, be it political, religious, social, economic, chemical, or environmental.

I had a "wake-up call" about ten years ago when a colleague of mine died unexpectedly. He was my age. His patients, who were much older and all had "death sentences" (cancer), outlived him. We don't know how long we're going to live so we need to be prepared to go at any time. I believe that our days are numbered and we don't extend nor diminish our time as mortals, but we can increase our enjoyment of whatever time we have by staying healthy.

Last week I had a patient in the nursing home who said he died twice in one day and was resuscitated. One of those times he remembers being outside his body, looking at what the nurses and doctors were doing, and was amazed at how good it felt to be out of pain. He felt a "palpable" love for everything. It was wonderful! Then, they shocked him, and he was back in pain again. He said he's not afraid to die.

I would not say that you shouldn't hang on to life in any circumstance, but rather acknowledge your mortality and live every day to the fullest – "to live like you were dying" (with apologies to country singer Tim McGraw). I have people in my office who do nothing but try to prevent death. They take hundreds of dollars of vitamins every month, whether they need them, or not. One woman brought in two shopping bags filled with pill bottles. She wanted to discuss each of them. I asked her what she did all day, and she admitted that her life mostly revolved around supplements. The constant focus on preventing death really just prevents people from living.

So, when the next "pandemic" hits, you will be prepared. You will be able to take care of yourself, and you will not fear, nor obsess over useless "PPE." You will have the right food, and enough toilet paper. You will have the right supplements and know how to take them. You will have a healthy circadian rhythm. You will not be swayed by media reports. You will know how to read the real numbers. You will not anxiously fear death, but continue to live your life in the best way you can.

And, if you survive it, you will be a rock – like Jo. Jo is so happy to have had the virus because she now feels free. She no longer wears a mask (unless required by law), she is traveling and enjoying her life.



Sources: [1] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7138271/> [2] <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html> [3] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2662657/> [4] <https://pubmed.ncbi.nlm.nih.gov/31479137/> [5] <https://ourworldindata.org/covid-deaths?country=USA~KOR~SWE~TWN> [6] <https://news.usc.edu/170565/covid-19-antibody-study-coronavirus-infections-los-angeles-county/> [7] <https://www.medrxiv.org/content/10.1101/2020.04.14.20062463v2> [8] <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html> [9] <https://www.cdc.gov/nchs/nvss/vsrr/COVID19/index.htm> [10] <https://www.cdc.gov/coronavirus/2019-ncov/covid-data/covidview/index.html#mortality> [11] <https://academic.oup.com/jid/article/221/1/8/5609441> [12] <https://www.livescience.com/coronavirus-ventilator-deaths-new-york.html> [13] <http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.1007.8604&rep=rep1&type=pdf> [14] James H Diaz. Hypothesis: angiotensin-converting enzyme inhibitors and angiotensin receptor blockers may increase the risk of severe COVID-19. *Journal of Travel Medicine*, 2020; DOI: 10.1093/jtm/taaa041 [15] <https://www.cdc.gov/coronavirus/2019-ncov/covid-data/covidview/index.html> [16] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6461122/> [17] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4465839/> [18] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5409678/> [19] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3394849/> [20] <https://academic.oup.com/advances/article/10/4/696/5476413> [21] https://www.quickanddirtytips.com/health-fitness/prevention/does-sugar-really-suppress-the-immune-system?utm_source=sciam&utm_campaign=sciam

Why Golden Milk Is Better Than Coffee



by Rob Fischer

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OLDEN MILK GETS its rich, yellow-orange hue and pleasant flavor from turmeric. Blended with additional spices, golden milk provides a pleasant beverage not only guaranteed to tantalize your taste buds, but provide amazing health benefits as well.

Turmeric belongs to the ginger family and is cultivated widely in India and other parts of Southeast Asia and other tropical lands. More recently, turmeric is being cultivated in Hawaii. This perennial plant grows to a height of 5 or 6 feet and produces a dull-yellow, trumpet-shaped flower. The roots of turmeric produce a long rhizome, which is dried and ground to a powder.[1]

Turmeric is a primary ingredient in curry, from which this preparation gets its bright yellow color and delicious flavor. Turmeric is also widely used as a natural food dye in processed foods such as mustard, soups, butter and cheese.

The powerful antioxidant, curcumin, is the compound in turmeric that gives it and golden milk their healing properties. In fact, because of the presence of curcumin in turmeric, we could rightly call turmeric the most healing of all spices.

Dr. James A. Duke, PhD, spent his 30-year career as a top botanist with the US Department of Agriculture. His roles included: Chief of the Medicinal Plant Resources Laboratory and Director of the Cancer Screening Program. Take a gander at the list of therapeutic uses he catalogues for turmeric:[2]

- Diarrhea
- Eczema
- Fibrosis
- Gallbladder problems
- Hardening of the arteries
- Heart disease
- Hepatitis
- High cholesterol
- High triglycerides
- Indigestion
- Infections
- Inflammation
- Intestinal pain
- Irritable bowel syndrome
- Jaundice
- Lack of appetite
- Lack of menstruation
- Lymph gland problems
- Menstrual pain
- Pain
- Psoriasis
- Scabies
- Ulcers
- Wounds
- Yeast infections
- Alzheimer's disease
- Arthritis
- Asthma
- Athlete's foot
- Boils
- Bunions
- Bursitis
- Cancer (breast & colon)
- Cataracts
- Dermatitis

In addition to the above, turmeric also appears to aid the body in using insulin more efficiently, a key issue in type 2 diabetes. [3],[4] Turmeric is also touted as a powerful antimicrobial that inhibits the growth of bacteria, viruses and fungi.[5] As such, golden milk provides a great immune-system booster during the cold and flu season.

Turmeric has also been found to help reduce symptoms of depression.[6] Dr. Duke gives turmeric a safety rating of 3, meaning that he deems turmeric “safer than coffee.”[7]

Wow! Is it any wonder that this spice is garnering so much attention!

There are a variety of ways to take turmeric internally including:

- Eating more delicious curry
- Adding this aromatic spice to your other favorite dishes
- Steeping it as a tea
- Taking it as a capsule
- Drinking it in water
- Enjoying it as golden milk

Turmeric can also be applied externally for the uses described above either as a paste, a tincture, or an oil. When mixing as a paste for external use, you may wish to combine turmeric with salt, which seems to enhance its properties. You can also make a gargle using turmeric and salt.[8]

Golden Milk Recipe

You can create golden milk with many different variations of the recipe, but the foundation of golden milk is turmeric paste usually blended with cow’s, almond, or coconut milk. Also, you can enhance the body’s ability to use the curcumin in turmeric by adding black pepper. The piperine in pepper improves our take-up of curcumin by as much as 20-fold![9],[10],[11]

To make turmeric paste:

Ingredients

- ¼ cup ground turmeric

- ½ cup water

Directions

1. In a saucepan, combine turmeric and water
2. Simmer until mixture becomes thick
3. Allow to cool and store in the refrigerator

To make golden milk:

1. 1 cup of milk (coconut, rice, almond, hemp, or other milk)
2. Mix in ¼ to ½ teaspoon of turmeric paste (or just add turmeric powder)
3. Add a few shakes of black pepper
4. Stir in honey or maple syrup to taste

Other variations include drinking golden milk hot or cold with the following ingredients:

- 1 teaspoon of coconut oil
- Vanilla to taste
- ½ teaspoon dried ginger
- Sprinkle of cinnamon

Why not mix up a cup of golden milk today and begin enjoying the taste and benefits of this amazing spice, turmeric. Try some different variations of the recipe and experiment with your own added ingredients. Then let us know your favorite recipe!



Sources: [1] <https://kitchenbyte.com/turmeric/> [2] James A. Duke, PhD, *The Green Pharmacy Herbal Handbook*, (New York: St. Martin’s Press, 2002), pgs. 300-301. [3] James A. Duke, PhD, *The Green Pharmacy*, (Emmaus, PA: Rodale Press, 1997), p. 165. [4] University of Maryland Medical Center. [5] Annie Hall, “Turmeric Health Benefits: The Golden Goddess,” *Herbal Academy of New England*, December 16, 2013, <http://herbalacademyofne.com/2013/12/turmeric-the-golden-goddess/>. [6] Amanda Rose, “Turmeric Benefits, Uses: The Weird and the Wild and the Really Orange...,” *Fresh Bites Daily*, nd, <http://www.freshbitesdaily.com/turmeric/>. [7] *The Green Pharmacy Herbal Handbook*, pgs. 18 and 302. [8] Annie Hall. [9] *The Green Pharmacy Herbal Handbook*, pg. 302. [10] Annie Hall. [11] Annie Hall.

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.

Weight 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%.

Barton Publishing can help you lose this weight with our Diabetes Solution Kit, including a list of foods to avoid and the right ones to eat, low-carb recipes and support from our agents. [Learn more about our Diabetes Solution Kit to help you lose weight!](#) ►

13 Anti-Aging Remedies

LIFE SPAN IS ultimately determined by the fact that cells can only replicate a certain number of times a genetically predetermined cut-off point that prevents physical immortality. Understanding this, most researchers still believe that humans should live 120 years or more. Why then is the average life span hovering around age 70?

We deteriorate mainly due to damage from free radicals, produced as a byproduct of normal metabolism, or created by various toxins, pollutants, allergens, heavy metals, etc.

Additionally, 75% of Americans are not getting enough free radical fighting antioxidants, such as vitamin E, selenium or even vitamin C. These are quickly used up under stress, while adrenal, hormonal, immune and neurological imbalances further accelerate aging.

A number of herbs are highly prized and renowned for their anti-aging and longevity-promoting effects. Science has extensively verified that these complex plant medicines have the definite ability to prolong the duration and quality of life. Many of these anti-aging herbs are adaptogens and tonics, normalizing metabolic, adrenal, hormonal and neurological systems and stimulating cellular regeneration. Others have more focused effects on the brain, heart or immunity. They are safe for long-term use and disease prevention.

1. Ashwagandha

- Tonic that slows aging, rejuvenates tissues throughout the body

- Clears the mind, strengthens the nerves, promotes restful sleep

- Improves memory, cholesterol, sexual ability; lessens hair graying

2. Fo-Ti

- Chinese tonic herb that promotes longevity, strengthens the blood

- Improves vitality, sexual vigor and fertility and can reduce hair graying.

- Lowers cholesterol, improves arteriosclerosis, regulates blood sugar

3. Garlic

- Protects nervous system, improves brain function, memory, learning

- Prevents/treats arteriosclerosis, reduces clotting, lowers cholesterol

- Increases life span in animal tests; inhibits viruses, bacteria, parasites

4. Ginseng

- Rejuvenating, stimulating adaptogen, yet helps calm nerves, increases vitality

- Reduces exhaustion; increases stamina, speeds wound healing

- Enhances immune system; balances metabolism and stress response

5. Gotu Kola

- Rejuvenating, longevity herb in the Ayurvedic and Chinese traditions

- Increases intelligence, memory, creativity, learning ability, reduces mental fatigue

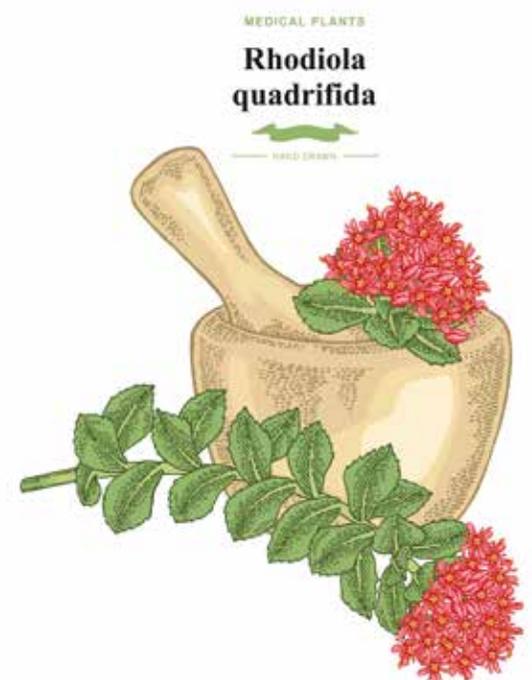
- Strengthens nervous system, adrenals and immune system

- Improves wound healing, reduces scar tissue, increases circulation

6. Green Tea

- High in vitamins, minerals, antioxidants and flavonoids and especially polyphenols

- Decreases cellular and tissue damage incurred with aging



- Protective against cancer, heart diseases and is an immune stimulant

7. Hawthorn

- Heart and circulation tonic; normalizes blood pressure, heart rhythm
- Slows aging process, protects connective tissue and blood vessel walls
- Reduces atherosclerosis, helps adaptation to physical and mental stress, protects against radiation, improves digestion

8. Licorice

- Traditional Chinese longevity herb
- Stimulates adrenal glands, balances and conserves cortisol and energy during stress
- Anti-inflammatory
- Has potent antioxidants that protect the digestive tract, liver and other tissues from the damaging effects of aging
- Inhibits atrophy of thymus

9. Maca

- Ancient Peruvian herb that increases vitality, strength and stamina
- Invigorates libido and is a sexual restorative in both men and women
- Alleviates signs of decreasing hormones in middle age and menopause

10. Reish

- A traditional “elixir of immortality” in Traditional Chinese Medicine
- Treats a wide range of conditions, including heart disease

and cancer

- Normalizes blood pressure, cholesterol, platelet stickiness
- Enhances immune and liver health, helps indigestion, eases tension, improves sleep

11. Rhodiola

- Increases immunity, prolongs life span, increases exercise capacity
- Clears toxins, strengthens nervous and digestive system
- Reduces fatigue

12. Siberian Ginseng

- Called the “king of adaptogens,” has a wide range of vitalizing effects
- Increases hearing, improves eyesight, supports immunity and stress adaptation
- Increases mental and physical work capacity

13. Suma

- An adaptogen that is antiviral, antibacterial and immune stimulating
- Increases muscle mass, protein production, overall physical endurance
- Balances hormones, reduces blood sugar, cholesterol, triglycerides
- Reduces fatigue, promotes liver and kidney regeneration, skin healing

This list of anti-aging herbs pack a noticeable punch and illustrate the power of this naturally occurring science—from ginseng to green tea, garlic, gotu kola and rhodiola. You can enjoy them naturally or consume them as anti-aging supplements.





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

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.