

20 Ideas to Connect to Love and Wisdom in Modern Technological Age



**Envy Rots
the Bones**

**3 Tips for Curing
Constipation**

**Butterscotch Pudding
(Diabetes Friendly Recipe)**

Home Cures That Work

AUTHOR



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Technology can take a toll on our emotional health. If we rely too much on technology to communicate, it doesn't allow us to practice real life conversations. Face to face interactions allows us to connect with another human being as we share a laugh and empathize with their experience. Dr. Saunders provides 20 ideas to take time out of each of your days to sit and have a conversation with your family and friends. Good face to face quality time is the one thing that technology can never be able to replicate and improve upon because this is what the human experience is about: connecting through meaningful relationships.

If you maintain peace, you will live a healthy life. But a heart full of envy rots the bones. Thus, the key to the destructive effects of envy is to guard your heart. There are several points in this month's article that you need to take note to create a right attitude in your heart.

Homemade butterscotch pudding is underrated, yet unbelievable. In this recipe, you're combining the outstanding flavors of whipped cream, egg and brown sugar substitute with vanilla. This butterscotch pudding recipe is luxuriously creamy, velvet-rich, and totally unforgettable with shaved chocolate and fresh whipped cream on top.

It happens. You had a few days of careless eating (too much pudding?) or stress or inactivity, and now you're constipated. Here are some solutions from the kitchen.

This month savor the time with your loved ones, the food on your table and the health that you have!

For your health -

Cheryl Ravey, Editor, Home Cures That Work



20 IDEAS TO CONNECT TO LOVE AND WISDOM IN MODERN TECHNOLOGICAL AGE

Most social media users see other people post about their life, but relatively few say these posts affect how they feel about their own relationships. Remember that behind the screens lie the same sensitive human hearts that have always longed for intimacy, empathy, meaning and adoration. Here's how to really connect...



3 TIPS FOR CURING CONSTIPATION

Constipation relief may be as close as your kitchen! These natural home remedies for constipation will help get your bowels back on track.

BUTTERSCOTCH PUDDING (DIABETES-FRIENDLY RECIPE)

This recipe for butterscotch pudding is another in our series of keto-friendly recipes. It fills you up with only a small portion.



ENVY ROTTS THE BONES

Envy destroys a person at its deepest level—the bones. So what is the antidote to envy and the hurt that it brings? The answer is found in this article!



20 Ideas to Connect to Love and Wisdom in Modern Technological Age

by Dr. Scott Saunders, M.D.

TECHNOLOGY BRINGS THIS interesting change: we are more and less connected at the same time. We are more connected because we have instant access to our friends, family, and others at anytime, and anywhere. We can call, text, message, post, MarcoPolo, video chat, email, Zoom, and in many other ways connect with anyone in the world! I've had a four-way call with two daughters in Colombia, one in Tanzania, mom in Utah, and me in California, all just connecting away as if we were in the same room together. Amazing!

However, while we keep in contact with others, that isn't the same as connecting with them. The brief messages are news bites about what each others are doing. We get pictures of dinner plates to see the delicious food they are eating. Moreover, we are continually bombarded with advertising, "click bait" from unscrupulous people, or others trying to sell "the most amazing" stuff. The constant barrage of messages can actually prevent us from getting to know others. An important part of knowing and connecting with one another is actually being there, in the same room, looking in their eyes, and hearing a story from the heart.

For this reason, I'm concerned about the trend to have doctors practice more "remote medicine." In my own video chats with patients, I can diagnose illness, send tests to the lab, and send prescriptions to the pharmacy. But the element of human connection diminishes. I have patients all over the country, but I don't know them all. Video is better than a phone call, but still isn't the same as being in the same room with a patient. It's a sacred space. A doctor in our society in many ways is more privileged than a pastor. I have had many people tell me things they wouldn't divulge to clergy. Some of them become friends because we share a heart, or experience. Not that we have the same experience, but that we come to know each other through sharing our experiences.

I am so grateful for the opportunity to get to know others. I am constantly amazed at the resilience of the people I meet. I am so privileged to be in a position to come to know people at their very core, their hearts. People are AWESOME! I am most especially honored to have elderly patients who share with me the wisdom of their own lives. Wisdom only comes from experience. When we are young, we have rules to follow so we can walk in wisdom's paths until we gain it for ourselves. To illustrate, if I may, I will indulge in sharing a few stories.

An 80-year-old patient, who was doing well, said:

"When I was 10, my mother was locked in an insane asylum at Camarillo State Hospital. My father was a raging alcoholic. I had a younger brother and sister. I didn't know what to do. I

felt discouraged and lost, so I prayed and asked God what I should do. The immediate answer came clearly to me, 'I gave you a brain so you could figure it out.' I did figure it out. I got a job with a neighbor and earned enough money to feed my little brother and sister, and I have been able to 'figure it out' Ever since. I never forgot that."

That is emotional resilience, or the ability to "bounce back" from loss and change. The wisdom that came to a 10-year-old is utterly amazing! I don't think I could have done that at that age.

One 55-year-old, confined to a nursing home with multiple health problems, told me:

"I died twice last time I was in the hospital. One of those times I found myself watching the doctors and nurses work on my body. I knew I was dead, but I didn't care. I was so free -- free from pain for the first time I can remember. What's more, I felt love -- a palpable feeling of love that I can't explain. It was a wonderful, peaceful feeling. Then, the nurse put the paddles on my chest and shocked me and I was back in pain... I'm not afraid to die."

An elderly man with dementia can't remember the names of his own children, but has clear and vivid memories of being in France in World War II. He said he was in Le Havre, at the port, so I went on to Google and found a picture of Le Havre from that time. I showed him the black-and-white picture of a devastated port city and he began telling stories of each place, as he broke into tears several times. "It looked just like that -- everything was a mess. The day I arrived, barely seventeen, the battle was over, and we were sent in to clean up. I was assigned to pull the bodies out of the water. I went down to the docks, and pulled six bodies out. It has haunted me ever since."

One patient was in an automobile accident where she lost her husband and dog. She misses her dog, and always tears-up when she talks about her. She has been in recovery for over a year, lying in bed with multiple fractures, in pain all the time, eventually losing a leg due to infection. She said, "I'm not going to feel sorry for myself, I just need to do more physical therapy so I can get out and get back to living. I have a daughter and grandchildren, and I want to be a part of their lives."

A young man whose wife is debilitated because of a stroke comes into the facility every day to be with her, feed her, and take care of her. He is a driver for a medical transport company and when he is off, he might take her to the beach where they can watch the sun set. He made a special ramp so he could help her in and out of the car. He is always cheerful and helpful to the staff.

Everyone has a story, and those stories are so filled with grace! It seems we have lost the quest for wisdom. We no longer value experience and resilience; instead, we value earning potential. To turn that around we might stop marketing our businesses and love one another. I think the best way to love others is to know their stories, to discover their hearts, and the resilience of their lives. It's the hard things that teach us and help us grow. But we don't have to go through everything ourselves; we can learn from the experiences of others.

I have never died, and I didn't have to take care of siblings from a young age, nor have I lived in a war, but by listening to their stories I can share their feelings. Then, I can be a little more resilient in my own difficult circumstances, be less afraid of life, and have more wisdom.

Take the time to get to know those around you of any age, color, gender, or creed. You don't know what's inside the heart until they share their experience. Ask questions of your own family and friends. Share their hardships and pain. Ask them about the hard times in their life. Talk to the stranger on the bus or plane next to you. Ask your Uber driver where they came from, and why. Find their story, and you will come to love them because you share a heart, and you will be a better person for it.

20 Questions For Connection

When my children were little, we used to play a game called "20 questions" where one person would think of any noun and the others could only ask 20 yes-or-no questions to find out what it was. You can do such a thing to find out the heart of anyone. Consider the following 20 open-ended questions to start a conversation to get to know someone.

20 questions that lead to the heart:

1. Name all the places you've lived in your life? Which is your favorite?
2. If you could go anywhere, where would you go?
3. If you could do anything, what would it be?
4. What do you enjoy doing the most?
5. What is your greatest talent?

6. What would you die for?
7. What do you live for?
8. What is one thing about yourself you have never told anyone?
9. What do you do when you don't have to do anything?
10. What is the worst pain you experienced?
11. What is your favorite music? Artist?
12. What is your biggest weakness?
13. Who is your greatest hero?
14. Where were you born?
15. What hobby or avocation would you do that you don't currently do?
16. If you went to college now, what would you study?
17. What would be the title of your autobiography?
18. What was the hardest thing in your life?
19. What is your biggest regret in life?
20. What is your favorite animal?

You may think of other questions, or, when your friend starts answering any of these, it will usually lead to others, especially, "WHY?" That's the best follow-up question because it leads straight to the heart. Practice makes perfect! Take this list to your family members, friends and neighbors and just go down the list. You'll find out how wonderful it is to really get to know another person, and in the process you may find wisdom and love.



3 Tips for Curing Constipation



CONSTIPATION IS ONE of the most common health complaints in our society. Constipation is completely controllable and stems from a number of factors including a poor diet (low fiber, low essential fatty acids), a lack of exercise, stress, and dehydration.

If left untreated, constipation leads to a host of other problems including parasite infestations, increased risk of colon cancer, weight gain, gut inflammation leading to leaky gut syndrome, and more.

Without regular bowel movements, we end up keeping rotting food, fecal matter, and toxins in our body where they can putrefy and create further toxic build-up inside the body. Think of like not being able to take out the trash in your home. Eventually, things would get pretty scary. Yuck

Thus, getting regular and talking poop is serious business.

The Low-Down on Poop

What you poop and how often you poop is the result of what you eat. The body absorbs some of your food intake and the rest is sent to the colon to be eliminated (as poop). But your body cannot optimally absorb nutrients or remove waste without a healthy functioning colon and digestive system.

A healthy colon and digestive system, including the stomach, and large and small intestines, has certain features. The first feature is the presence of happy, healthy enzymes that break down food, move it through the body, and increase the amount of nutrients absorbed. The second important feature is the lack of sticky mucus or old, rotting, unprocessed food or fecal matter.

If your intestines, stomach, and colon don't have these two features, chances are, you will be backed up, constipated, and feeling tired and weak. Or, you might be fluctuating between constipation and diarrhea, or fighting irritable bowel syndrome, or other health problems.

But what constitutes constipation? How often should you be pooping?

While everyone has a different body, with a unique physiology, it is still considered constipation if you poop less than once a day. I know that seems like a bit much. Western doctors only recommend pooping once a day to be healthy and some people even think it is fine if you go only (EEK!) three times a week.

But, as a sign of good health, you should be passing healthy, non-strenuous poops at least twice, if not three times, per day. This indicates that your body is processing foods and moving them through and out of your body.

When food is moving through your body this efficiently, none of it is rotting in the colon for fungi or parasites to feed on. Food processed this quickly also is not irritating the intestinal walls, causing food to leak into the blood, and creating toxicity in a process called leaky gut syndrome. Leaky gut syndrome is a major health concern and may even be linked to lupus, asthma, and other allergic reactions.

So with that foundation, let's look at 3 ways to cure constipation once and for all. You might actually be surprised at how simple it is.

Drink More Water, Eat More Fibre, and Lubricate Your Gut

For your bowels to function properly, they need 3 specific nutrients - water, fiber, and essential fatty acids.

Water is necessary to move waste through your colon in much the same way that a water slide shoots kids from top to bottom. No water, very little flow.

Fiber is necessary as it provides bulk to your stool, while absorbing toxins and cholesterol to be eliminated. Fiber intake increases your body's need for water. The easiest way to ensure these 2 nutrients are balanced is by eating more fresh food like fruits and vegetables. These uncooked plant foods have high amounts of fiber and water, which would otherwise be minimized and lost, respectively, when cooked.

Finally, to lubricate the lining of your gut, allowing the easy passage of stool, essential fatty acids like omega-3s are needed. Flax oil, hemp oil, fish oil, and even monounsaturated fats like olive oil and avocados are great sources of these healthy fats that lubricate your gut.

In addition to these 3 simple tips for curing constipation for regular poops, getting regular physical activity, especially "bouncy" type of activities like walking, running, and rebounding are very helpful.





Butterscotch Pudding (Diabetes Friendly Recipe)

FOR YOU PUDDING lovers...

My wife and I love to watch political debates. The verbal sparring is fascinating. Some words are always off-limits for politicians.

They don't say certain words or phrases because they're either controversial or offensive or otherwise inappropriate. I want you to imagine you're a politician from today onwards.

I want you to add a word to your own 'off-limits' list:

Diabetic.

You need to stop calling yourself A diabetic.

Stop using the word altogether.

You are NOT a diabetic.

As soon as you call yourself an diabetic, you're admitting defeat. When you think of yourself as someone who control your blood sugar you become someone who can't control their blood sugar.

You were not born with type-2 diabetes so there is no reason why you should live with diabetes. The mind is hugely powerful.

Write down this phrase:

“If I don’t have perfect blood sugar today it’s no big deal. I’ll just relax and do better tomorrow.”

Put it next to your bed and read it to yourself every night before going to bed. It’s time to stop putting pressure on yourself to be perfect. Trust me and give this a try!

This tasty treat (which is low-carb if you can believe it) will help:

BUTTERSCOTCH PUDDING

Since vanilla is American’s #1 flavor, this alternate recipe is for those who prefer vanilla to chocolate. It’s the same great custard base with a slight variation.

Ingredients:

- 3 1/2 cups of heavy whipping cream for base
- 1/2 cup of heavy whipping cream for “whipped cream”
- 1/2 cup lightly packed dark brown sugar or alternative like Swerve or monk fruit
- 10 eggs—separated 1/8 teaspoon of salt
- 1/4 teaspoon cream of tartar
- 1 tablespoon of vanilla extract

Directions:

- Heat 3 1/2 cups cream over medium heat until warm.
- Mix the egg whites with cream of tartar and whip until they form peaks.
- Separately, whip the 1/2 cup of cream into whipped cream.
- Whisk the yolks together with salt and sugar until creamy (about 2 minutes).
- Then slowly whisk them into the heated cream. Stir the egg/cream mixture constantly over medium heat for about

10 minutes until the mixture coats the back of a wooden spoon. Make certain mixture is thick or the pudding will be too thin even after refrigerating. Note: Straining the egg/cream mixture at this time will remove any small cooked egg particles that coat the bottom of pan.

- Add vanilla. Mix.
- Add whipped cream into the strained mixture, and fold into it.
- Add the egg whites and fold into mixture.
- Pour into small individual bowls and chill at least 4 hours. Cover each container if you don’t want a “skin” to form.

Comments:

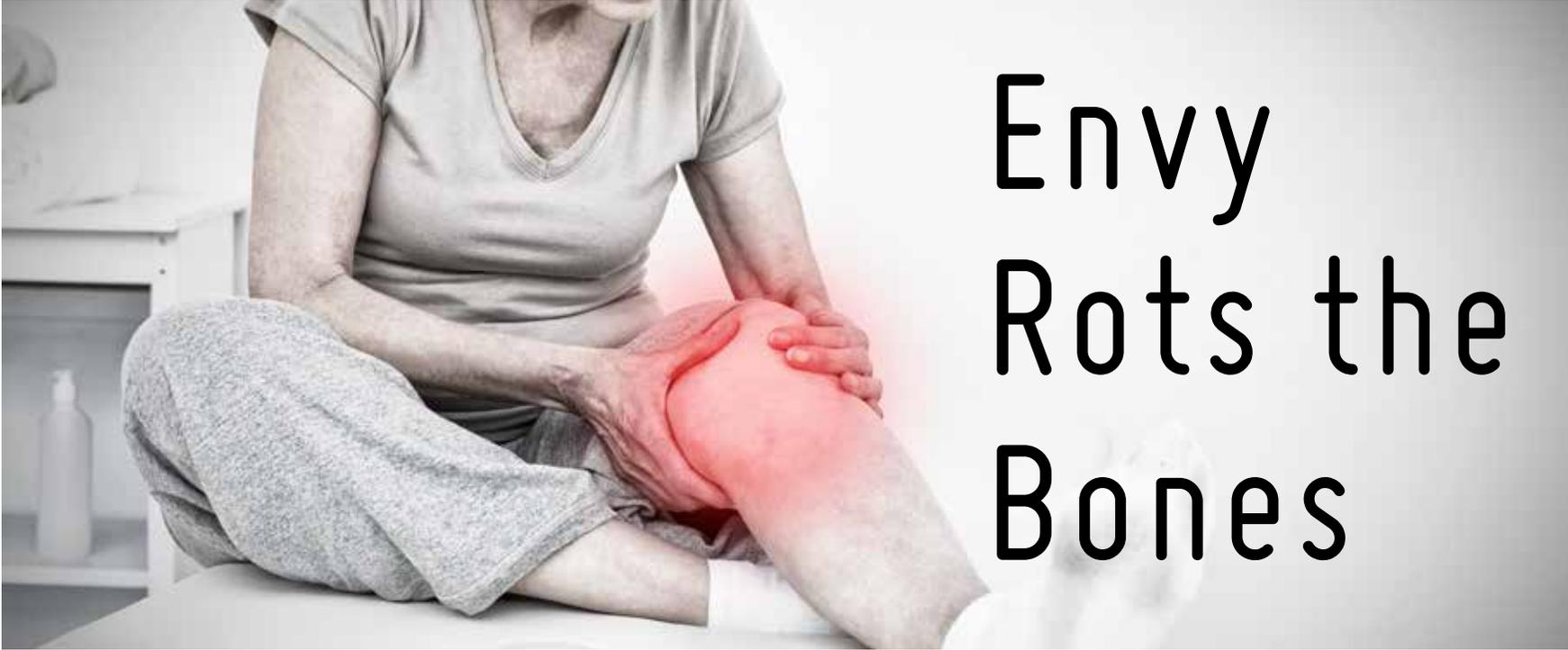
With a choice of butterscotch pudding, everyone will do anything you tell them (like gladly and willingly cleaning up their rooms for a cup of the butterscotch Pudding!).

Add chocolate shavings if desired.

When heavy cream and lots of eggs are used it is extremely difficult to get “fluffiness.” No one has a pudding of this caliber. I guarantee it is worth the extra effort.

About Vanilla: Vanilla bean is a “fat soluble” bean, which means there has to be sufficient contact time with the bean and the liquid for the bean to impart its flavor. The vanilla bean seeds don’t have to be scrapped out because the flavor will be sufficient. The flavor of the vanilla bean is always superior to the “extracts.”





Envy Rots the Bones

Grandma Was Shrinking From Osteoporosis

Growing up, a holiday ritual in our home was to line all the children up against the doorframe of the dining room and mark how much taller they were since that same time the year before. My grandmother was always impressed by how tall we were getting and I can remember how proud I was the day my mark was higher on the doorframe than her mark.

The next year we noticed her mark was even lower than it was the year before and we all giggled because grandma was shrinking. We laughed, but it was not funny to her. The next year she refused to stand in the doorframe to be marked and instead she made the comment that the reason her mark was lower was because our old house was settling.

What actually was happening is she was suffering from osteoporosis. For her funeral service years later, we put together a picture loop of her life and it was stunning to see how tall she was in her earlier years. Gravity takes its toll on us as we get older and normal aging includes some bone and stature loss.

Good Bone Health is Matter of Life Or Death

It says in Ecclesiastes 12:1-7, “Remember your Creator in the days of your youth, before the days of trouble come and

the years approach when you will say, ‘I find no pleasure in them...’ ...when the keepers of the house tremble and the strong men stoop...” This passage is an elaborate metaphor describing the aging process and in this verse, in particular, it describes how those who once stood strong and tall, now stoop.

To oversimplify, we leave this world as we come into the world – fragile. Our bones provide the framework for the body as wood gives structure to a house. Over the years, wood naturally breaks down and begins to sag and settle. However, there are things that can speed up this breakdown, things like termites, dry rot, and exposure to water and weather. In similar fashion, this thinning of bone tissue and loss of bone density that we call osteoporosis is a disease that speeds up the break down of our bones. This issue of Home Cures That Work is full of natural health remedies that will help slow down and stop osteoporosis, as well as strengthen your bones. My concern is always that we only treat symptoms and never address root causes, many of which are spiritual in nature.

My mother died of multiple myeloma. Six years after a lung transplant and taking maximum doses of anti-rejection medicines, her kidneys ceased to function properly and her bones stopped producing blood. It was remarkable to me at that time realizing how important the bones are to life. The heart may seem most important but, in fact, the bones manufacture the blood, which is the life of the body. The Bible says, “The life of every creature is its blood.” (Leviticus 17:14) When we understand the spiritual reality of the life being in the blood and the fact that bones make blood, good bone health becomes a matter of life or death.

Disdain for Others Attacks YOUR Bones

Proverbs 14:30 tells us, “A heart at peace gives life to the body, but envy rots the bones.” Each month the aim of this column is to uncover some of the root causes of physical ailments. There is no doubt we are spiritual beings as well as physical beings and it is almost universally known that the physical and spiritual are very interrelated and interdependent. Things that eat away at us spiritually and emotionally eventually eat away at us physically. With that as a basis, this verse lists envy and jealousy as a root cause for osteoporosis.

Envy is a measure of displeasure or uneasiness at the success of others. Another definition is that envy is the painful or resentful awareness of an advantage enjoyed by another. We all struggle with envy at various times in our lives.

My grandmother was an early widow. For years her only son and his family lived several states away. There is no way I can determine if or how much she was dealing with envy in her heart. What I do know is that all her friends had companions, kids and grandkids in the same town. Yet, she was alone. Not knowing for sure, my point is merely to illustrate how easily envy creeps in. When envy is allowed to develop in our hearts, and according to the Bible, the physical manifestation is evident in how it eats away at our bones.

Thankfulness Brings Healing to Your Bones

Proverbs 17:22 says, “A cheerful heart is good medicine, but a crushed spirit dries up the bones.” A crushed spirit describes a person who has been broken down by the weight of life’s disappointments. When others have enjoyments that have been elusive to us, envy can rear its head in our hearts. A grateful and glad heart is the opposite of an envious heart.

Disappointments depress us emotionally and it’s more than a cliché that we can appear as if we have the weight of the world on our shoulders. Those who struggle with severe osteoporosis literally break their backs easily and deal with the pain of compression fractures. The point of this article is that emotional weight is often to blame.

Proverbs 16:24 says, “Pleasant words are a honeycomb,

sweet to the soul and healing to the bones.” Some translations say gracious words or grateful words are like honeycomb. Honeycomb is a Biblical metaphor for a structure that supports the sweet things of life. Thanking God for what we do have is the antidote to envy and brings healing to the bones.

Thankfulness is best when expressed vocally and creatively. Tell someone what you are grateful for and create a way to celebrate your appreciation!





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