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SEPTEMBER 2020

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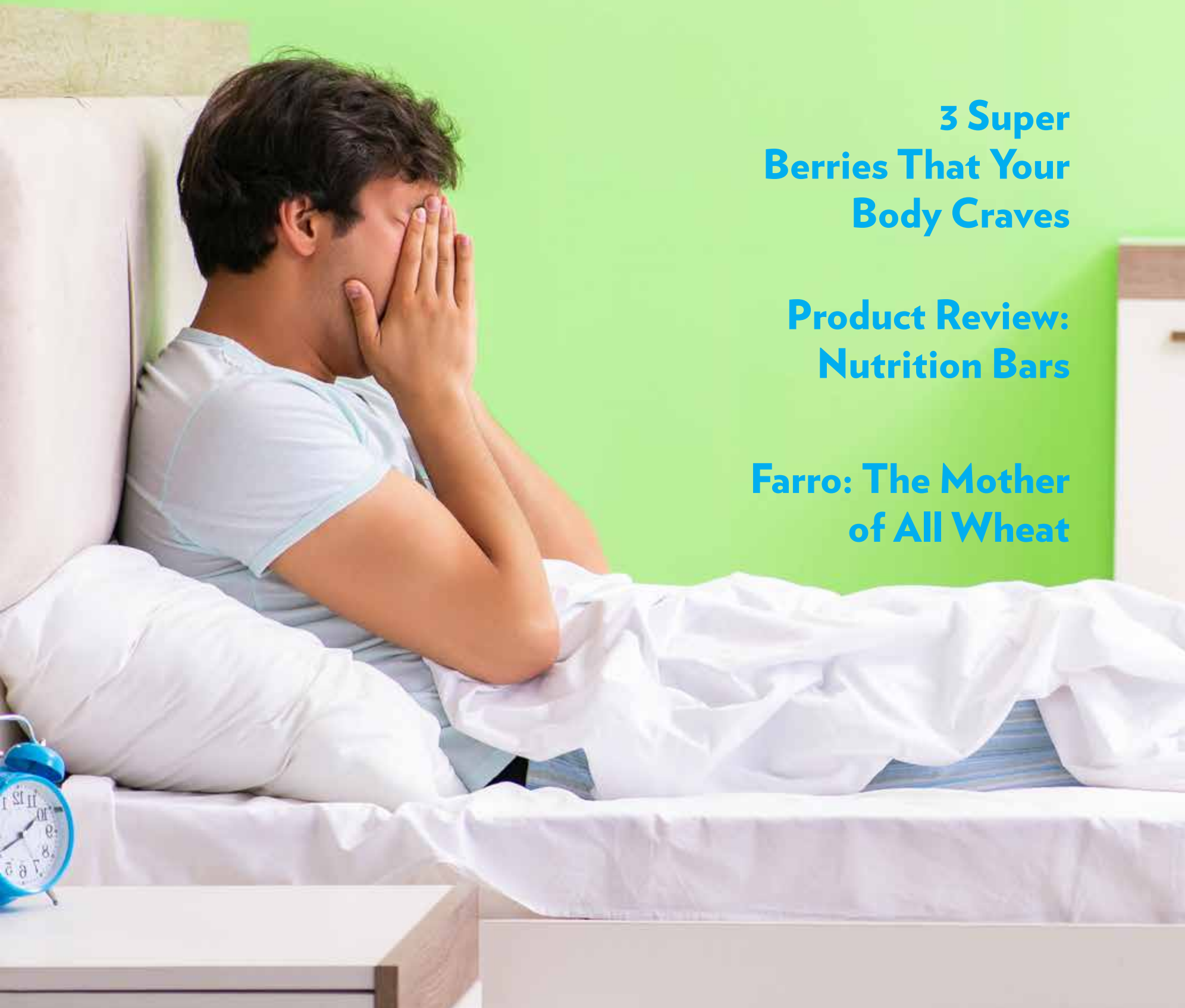
Diabetes in the Bedroom



3 Super Berries That Your Body Craves

Product Review: Nutrition Bars

Farro: The Mother of All Wheat

Home Cures That Work

AUTHORS

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If you have type 2 diabetes, you've got enough on your plate: monitoring blood glucose levels, counting your carbs, getting your macros or fats into your daily diet and possibly even taking several medications. If this is you and you are experiencing problems with your sex life, then there is a good chance you need Dr. Saunders' help! You should never have to feel ashamed or embarrassed if diabetes affects your sexual function. Dr. Saunders gives you underlying causes of any sexual dysfunction and what you can do about it. Relief….at long last.

Of the so-called superfoods, the nutrient-dense berries are thought to fight the ills of aging and disease because of their antioxidant power. But three berries in particular have muscled their way to the front. These fruits have a long history of use for medicinal purposes, for regulating blood sugar and cancer prevention prove they can be blended into a smoothie, tossed in a salad or munched as a healthy snack.

Nutrition or protein bars seem like the miracle snacks you've been waiting for all your life. A note of caution, though. While many bars may market themselves as a protein bar, many of them have hidden calories and sugar. So, Home Cures That Work is here to look at some of the best nutrition bars on the market and their nutritional breakdown so you can make a sound dietary decision.

One of easiest way to fill your plate —and your stomach — is with a serving of whole grains. But, let's get this out of the way: Not all grains are created equal. Unlike rice, farro — a protein and fiber-packed whole grain that has ancient roots — is rich in nutrients, minerals, and antioxidants. That means it should be a staple in your pantry. Here's all the info you need before adding this chewy, flavor-packed grain to your dinner plate.

Food can have a huge impact on how you feel between the sheets. The good news is you now have plenty of options to reclaim your love life!

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

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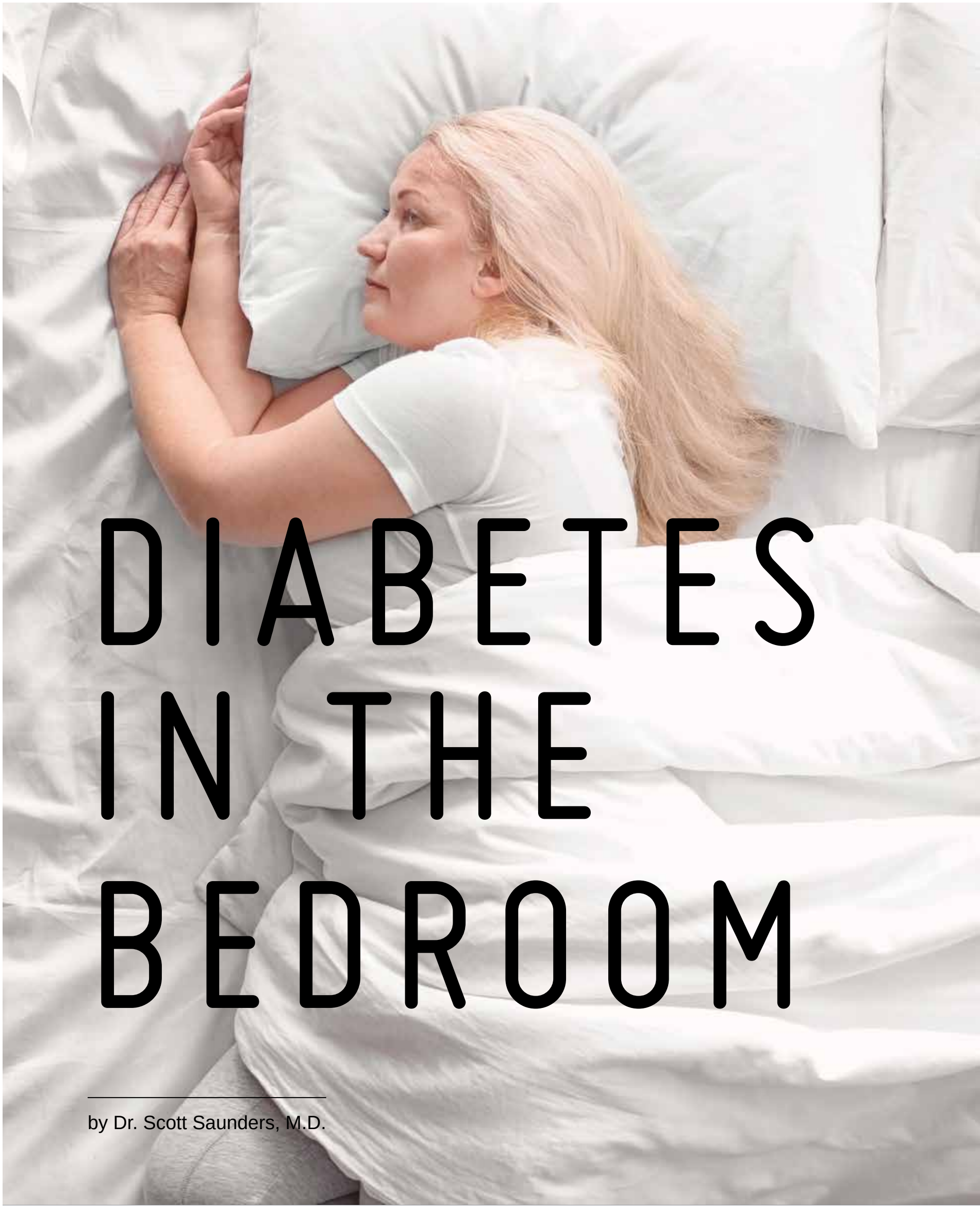

DIABETES IN THE BEDROOM

by Dr. Scott Saunders, M.D.

I HAVE OFTEN WONDERED why ears perk up when sex is mentioned. Advertisers use sex to sell very non-sexual items. Just putting a picture of a beautiful woman on the box of tools increases men's interest, somehow making them think the tools work better! For this reason, it seems that people with diabetes would be more forthright about their sexual difficulties to their doctors. However, most don't bring it up if the doctor doesn't say anything, and most doctors don't ask.[1] So, people get drugs for blood sugar and related issues, but their sexual dysfunction remains unaddressed.

For this reason, I will try to address at least the major concerns of sexual dysfunction in Type 2 Diabetes Mellitus (T2DM) and find a solution to the problem. These include:

- Decreased libido. Pain, weakness, fatigue and stress all contribute to desire. If you don't feel well, it might be difficult to feel a desire for sex.

- Decreased function. Sometimes the body doesn't work, preventing a sexual satisfaction.

- Decreased arousal. Even if you have the desire, it may take longer to become aroused; some will give up on themselves or their partner.

- Decreased sensation. The nerves are very sensitive to circulation and energy. Diabetes is an energy issue which affects the sensitivity of nerves all over the body.

- Especially for women, less lubrication can lead to painful intercourse.

- A low-grade, or underlying urinary tract, prostate or vaginal infection

can affect sensation and performance.

After explaining the causes of these issues, I will enumerate what you can do to repair the damage and return to normal, youthful function.

NEUROPATHY AND SEXUAL DYSFUNCTION

Diabetes is a metabolic problem that affects energy production. The nervous system is the most sensitive to energy. Those who have peripheral neuropathy, such as numbness or tingling in the toes or feet, also tend to have decreased sexual function. The autonomic nervous system is even more directly related to sexual function. Those who have blood pressure, heart rate, and temperature changes have significantly increased risk of sexual dysfunction.

ERECTILE DYSFUNCTION (ED) AND DIABETES CONNECTION

The most common sexual dysfunction in men with diabetes is ED.[2] As discussed above, the nervous system controls the sexual response.[3] When the nerves aren't functioning well, ED becomes common, even in young men. The following chart shows ED rates in men with T2DM who have two types of neuropathy. Clearly peripheral neuropathy increases ED, but autonomic neuropathy almost guarantees it at any age.

HORMONE IMBALANCE DUE TO DIABETES

T2DM affects hormones as well. Insulin resistance causes more belly fat, which changes testosterone into estrogen. Men develop "man-boobs" and lose their libido. Women likewise get "estrogen dominance" syndrome, and lose their libido. Moreover, other hormone changes lead to sleep issues, fatigue, and vaginal dryness in women.[4]

DIABETES MEDICATIONS AND SEXUAL HEALTH

There are many medications recommended by doctors for those with T2DM that can cause sexual dysfunction. Chief among them are the blood pressure medications. An erection requires good blood pressure and tight sphincter muscles. Many blood pressure medications lower blood pressure and relax smooth muscles that make sphincters work, leading to ED. Some are diuretics that cause dehydration that can lead to vaginal dryness. Thus, both men and women may be sexually diminished by medications for hypertension.

Other medications that can lead to sexual dysfunction include:[5]

- Antihistamines
- Antidepressants
- Parkinson's Disease medications
- Heart medications for rhythm
- NSAIDs (Ibuprofen, aspirin, and so forth)
- Tranquilizers
- Hormones
- Seizure medications

Most of these affect men, causing ED, but many affect the libido and ability for women to have orgasm as well.

BLOOD FLOW DAMAGE AND DIABETES

One of the most important problems in T2DM is blood flow. Lack of blood flow is the cause of most of the complications of diabetes including:[6]

- Heart disease
- Dementia
- Kidney failure
- Neuropathy
- Ulcers
- Infection
- Amputations
- Blindness

As you can see, this is not a small issue. Well, of course, lack of blood flow will affect sexual function, by causing ED in men and painful intercourse in women. It may also increase the risk of infections of the urinary tract, prostate, and vagina.

ENERGY AND DESIRE

Imagine feeling tired all the time, having a hard time getting out of bed. What if you had no joi de vivre in your life? You wouldn't have the energy for walking, much less sex. Sex is exercise and so requires energy. If there is no energy, it's hard to be sexually active. Remember, T2DM is primarily a metabolic problem, which means it is mostly concerned with energy production.

There are lots of other issues surrounding sexual problems, most of which should be brought to the attention of a doctor or therapist. It is truthfully said that the brain is the most important sex organ. People have sexual dysfunction for reasons other than diabetes, even when they have T2DM, for example:

- Relationship concerns
- Emotional issues
- Incontinence
- Self-consciousness
- Menopause/Man-opause – or other hormone imbalances

DIABETES SOLUTIONS FOR THE BEDROOM

Each of the problems above that can create sexual dysfunction are resolved by reversing the process that caused the T2DM in the first place. There are imbalances that must be addressed in the proper way. Treating ED with Viagra might give temporary relief but doesn't address the reason why you might have it. Neither do lubricants address the cause of vaginal dryness. So, rather than give a bunch of things to do for relief of each symptom, I would like to address the underlying problems so that by removing the roots, you will not need most treatments.

1. Fix your blood sugar! T2DM is simply sugar toxicity. You wouldn't say, "I'm toxic on lead so I'm going to cut back!" No! You would avoid lead like the plague! Right?! So, that is the way you look at sugar and starch. If you need help with this, there is a great book called The Diabetes Solution Kit by Barton Publishing. Phase 1 is your detox.

2. Start by doing what you can, and gradually increase it as tolerated. If you can only walk 1 block, then just do that for a couple of weeks. You can increase by a few steps each day, and in a year, you'll be walking a mile!

3. Increase your blood flow with Benfotiamine 150mg per day, and ALA 1200mg per day. You can get "NERVALA" which contains both here.

4. There is no better way to return to youth than fasting. While we fast, our "starvation mode" is called the "anabolic metabolism" where we stop breaking down our body, and instead rebuild, repair, and detox everything. Start by just skipping dinner. Eat two meals daily, 7:00 a.m. and 3:00 p.m. After a couple of weeks. You can go for a whole day, eating only 7:00 a.m. breakfast, 2 days in a row, once per week. The longer you have an empty stomach, especially in the evening, the faster you will gain your youthful vigor and return to normal sexual function.

5. Hormone balance. Very often, the four items above will restore hormone balance because it will use up the abdominal fat. However, women going through menopause may still need to take some bioidentical hormones (natural estradiol, progesterone, and/or testosterone) to have normal sexual function. This is, of course, done on an individual basis after testing, with a competent health care practitioner.

All the same ways you would reverse diabetes will also reverse each of the complications, including sexual dysfunction. These restore sexual function because they remove all the underlying causes. Once you have good nervous system function you may not need prescription medications for blood pressure, heart disease, or depression. Normal blood flow restores erectile function and prevents infections and vaginal dryness or pain. Restoring energy allows you to be free to express your intimate desires whenever you want. The cool part is it doesn't require a prescription!

Sources: [1] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3812130 [2] https://www.healthline.com/health/type-2-diabetes/sex-health [3] https://www.diabetic.today/sex-relationships/diabetes-erectile-dysfunction-2/ [4] https://www.diabetic.today/sex-relationships/diabetes-vaginal-dryness/ [5] https://my.clevelandclinic.org/health/articles/9124-medications-that-affect-sexual-function [6] https://www.webmd.com/diabetes/diabetes-complications

3 SUPER BERRIES YOUR BODY CRAVES

WHO DOESN'T LOVE a bowl of fresh juicy berries? Berries are the natural dessert of the fruit world.

But, don't let their sweetness fool you. These three particular berries are more than just delicious, they are nutrient powerhouses that can help prevent vision loss, blood clots, diabetes, cancer, and even keep your gut healthy.

1. BILBERRY

Bilberries are the European cousin of the American blueberry. This dark berry native to northern Europe is often used in baking and jam making. For centuries, bilberries also called huckleberries, airelle, wineberry, or whortleberry have been hailed as medical miracles.

World War II Royal Air Force pilots often ate bilberry jam, which was credited to improving their night vision. Recent studies have found that bilberry improves vision accuracy and can even help those suffering from glaucoma, myopia, retinitis, and pigmentosa.

Bilberries are packed with an antioxidant compound known as anthocyanin. This pigment gives the berries their dark purple almost black color and is linked to lowering the risk of cancer and cardiovascular disease.

Bilberries also contain quercetin, tannins, ellagitannins, and phenolic acid that are responsible for the antimicrobial effects as well as DNA repair properties of this juicy berry. Here are just a few of the additional health benefits found in bilberries.

Blood Clot Prevention

If you have recently had surgery, are confined to a chair or a bed for long periods, are overweight, have had cancer or are being treated for it, or take hormones (especially birth control) you could be at risk for a blood clot.

BOTTOM LEFT
Bilberries

THE OTHER LEFT
Lingonberries

RIGHT
Aronia berry or Chokeberry

Bilberries can thin the blood and help release vasodilators to reduce clotting and increase blood supply. The anthocyanosides found in bilberries produce an anti-inflammatory effect. They even help stimulate the growth of collagen that aids in the development of capillaries and improve the flow of blood.

In a controlled study at the University of Oslo, 31 subjects who drank bilberry juice for 4 weeks all showed a decrease of inflammatory plasma biomarkers.

Regulate Blood Sugar Levels

Bilberry leaves are a wonderful addition to any diabetic's diet. The leaves are full of essential compounds that can regulate blood sugar and reduce spikes in blood glucose levels. Bilberry has also shown promising evidence that it may also inhibit retinopathy due to uncontrolled blood sugar levels.

Removes Heavy Metal Build-Up

Anthocyanins found in bilberries are also powerful scavengers that can chelate (or remove) metal ions and heavy metal toxic build-up.

2. LINGONBERRIES

Hailing from Scandinavia, lingonberries are also known as cowberries or dry ground cranberries – consider them a more complex type of fruit similar to the North American bog cranberry that can be eaten right off the bush.

Ask any Scandinavian about the sweet-tart lingonberry and watch a smile light up in their eyes. The fruit was so vital in 13th century Iceland that laws were enacted to limit berry-picking and how much fruit could be eaten on the spot.

Lingonberries have been used for generations as a natural healing food. Lingonberries can be eaten raw, used in jams, sauces, and even fermented. Their tart flavor and bright red color hide the powerful medicinal attributes found in these fruits.

Lingonberries contain a compound called arbutin – which relieves heartburn, indigestion, can be used to treat urinary tract infections, and intestinal disorders. Inuit of the Artic regions often ate them fresh and used the juice of these tasty berries to treat skin conditions and infectious diseases.

A Potent Anti-Inflammatory

Just 2 tablespoons of frozen lingonberries have powerful antioxidant benefits if you suffer from arthritis or other inflammatory diseases. The berries contain quercetin that can reduce inflammation levels and reduce the pain associated with inflammation. It even works to restore glutathione levels (the mother of all antioxidants) in your body.

Cancer Prevention

Procyanidins make up around 63-71% of the phenolic compounds found in lingonberries and have been studied for their cancer prevention properties. This compound can reduce the onset of cancer by inhibiting the growth of cancer cells.

3. ARONIA BERRY OR CHOKEBERRY

The little-known chokeberry (Aronia melancorpa) is now becoming a superfood on its own merit.

A native of North America and used in Europe and Russia for juices and wines these small sharp berries pack a punch of nutrition and should be incorporated into your daily diet.

These berries are full of vitamin C, tannins, and anthocyanins that can contribute to your overall health and provide anti-aging protection.

Aronia Berries Are Bursting With Antioxidants

In fact, aronia berries have the highest antioxidant capacity when compared to other super fruits. USDA research shows that aronia berries rated 16,062 on the ORAC value scale versus 4,479 for pomegranates.

Aronia berries may help repair cellular damage, reduce your risk of chronic disease, reduce inflammation in your body, reduce muscle recovery time after workouts, reduce LDL cholesterol levels, and even reduce your risk of cancer.

Balance and Regulate Gut Flora

Your gut is home to millions of beneficial bacteria that act as your own built-in immunity warriors. These bacteria fight off pathogens, viruses, and microbes to keep your immune system strong.

In fact, probiotics are now being made from yeast derived from polyphenols and anthocyanins of the Aronia berry. These compounds lower the pH level of the intestine that increases the growth of beneficial intestinal flora.

Why not take the time to add just one of these super berries to your daily diet and enjoy the benefits of these powerful little edible gems?

by Rob Fischer

FARRO

THE MOTHER OF ALL WHEAT

NOT LONG AGO, I tried farro for the first time–simply cooked with butter and salt. It was so delicious I had to find out more about this grain that has been dubbed, “The mother of all wheat.”.

Farro is an old world heirloom grain cultivated and enjoyed throughout the centuries. It was originally grown in the Fertile Crescent of the Middle East. But today, farro continues as a staple grain of the Italian and other European diets.

Farro is actually a category of ancient grain that comes in three varieties:

- Einkorn farro (Triticum monoccocum) or farro piccolo in Italian
- Emmer farro (Triticum diccocum) or farro medio in Italian
- Spelt farro (Triticum spelta) or farro grande in Italian(1)

The farro family of grains predates modern wheat. It is becoming a resurgent grain here in the US. For a variety of mostly economic reasons, common wheat has been hybridized to grow rapidly and produce large crops. This lend itself to easy harvesting and processing.(2) For this reason, farro fell out of favor with big, mass-production farming.

In addition to the three types of farro, each of the varieties can be processed and purchased in three forms:

- Whole farro, in which all the bran and nutrients are intact. Whole farro requires soaking overnight prior to cooking.
- Semi-pearled farro, in which part of the bran is removed, though it still contains some fiber. Semi-pearled farro cooks in 15-25 minutes.
- Pearled farro, in which all of the bran (fiber) has been removed. Pearled farro also cooks in 15-25 minutes.(3)

Much of the farro you can buy in the US has been grown in Tuscany, Italy. But more and more farms in the U.S. are beginning to grow the varieties of farro. Lentz Spelt Farms in Eastern Washington is one such example.

HEALTH BENEFITS OF FARRO

With its rich, full-bodied, nutty flavor, farro has more to offer than merely tantalizing the taste buds. Farro packs twice the protein and fiber of modern wheat! Just one cup of cooked farro has 8 grams of fiber!(9)Farro also performs better than wheat in:

- Vitamins
- Antioxidants (4)
- Essential fatty acids
- Phosphorous
- Potassium
- Pyridoxine (vitamin B6)
- And beta-carotene (5)

Farro is also high in iron and other minerals including magnesium.

And while farro does contain gluten, it's found in lower amounts, which makes it easier to digest than modern wheat. Some people who are mildly allergic to wheat, may find that they can eat farro without problems.(6)

Additionally, a carbohydrate found in farro called cyanogenic glucosides may boost the immune system, reduces cholesterol and helps maintain blood sugar levels.(7)

FARRO CULINARY OPTIONS

With its superior flavor to wheat, farro excels in its performance for a wide variety of culinary uses. Cooked, farro has a firm, chewy texture. Cook at a 2:1 ratio of water to farro.(8)

- Boiled farro makes a delicious hot breakfast cereal.
- Add al dente to salads.
- The Italians love adding it to soups where we might add barley or rice.
- Try farro in stews and casseroles.
- Farro flour makes delicious pasta and breads.
- Serve as a side dish in place of rice, pasta, or quinoa.
- Cook farro as a risotto.

FARRO RECIPES

Farrotto

Ingredients:

- 5-6 cups vegetable stock
- 1 Tbsp olive oil
- 1/2 cup diced onion
- 2 cloves garlic, minced
- 1/4 cup dry white wine (optional)
- 1/2 cup farro, soaked overnight
- 1 cup sliced mushrooms
- 1/2 cup green peas

- 1 Tbsp butter
- 2 Tbsp shredded Parmesan

Directions:

1. In large saucepan, bring vegetable stock to a low simmer and keep warm. In a frying pan, sauté onion in olive oil over medium heat until soft. Add garlic and sauté until fragrant (about 2 minutes). Then, add the soaked farro and stir until coated with oil and it begins to release a nutty fragrance (about 2 minutes).

2. If using white wine, add that to the mixture and cook down until almost all liquid has been absorbed. At this point, use a ladle to add warm vegetable stock to the farro, 1/2 cup at a time. Continue stirring until all liquid has been absorbed before adding more. Cook farro, adding stock as needed, until the grains have opened and softened, about 30 minutes.

3. During the last 15 minutes of cooking, add the sliced mushroom and cook until tender. Add peas and cook until softened and bright green. Remove from heat and stir in butter and Parmesan cheese. Season to taste with salt and pepper. (10)

Mediterranean Farro Salad(11)

Ingredients:

- 1 cup organic farro
- 3 cups water
- 1 cup eggplant cubed, cut into 1/2-inch cubes
- 1 oil for frying
- Salt as needed
- 1/2 cup red onion diced
- 1 cup tomatoes seeded and diced
- 1-1/2 cups cucumber(s) seeded and diced
- 1/4 cup lemon juice
- 2 Tbsp olive oil
- 1/2 cup chopped parsley
- 1/4 cup chopped mint
- 1/4 cup chopped dill

Directions:

1. Cook farro, drain and let cool.

2. Cut eggplant into 1/2-inch cubes, spread them on several layers of paper towels and salt lightly. Let sit for about 15 minutes to extract any excess water and blot cubes dry.

3. Heat 1/2-inch oil in a heavy skillet. Fry eggplant cubes in batches, stirring often to brown all sides. When dark brown, remove eggplant from oil and drain on paper towels. Season with salt, if desired.

4. When cool, toss farro with all vegetables, lemon juice, olive oil and herbs. Serve chilled or at room temperature. Makes 4 – 8 servings. (11)

For more delicious recipes using farro, visit Resurgent Grains.

I love discovering new culinary delights, especially when they are so healthful like farro!

If you've never tried farro, why not pick some up at your local health food store or through one of the on-line shops sited in this article. Try a new recipe or simply substitute farro for rice, barley, or quinoa in one of your standbys.

And as they say in Italy, Buon Appetito!

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PRODUCT REVIEW: NUTRITION BARS

EATING ON THE go, whether you are on a gluten free diet or not, is a resort many of us make even when we try to eat healthy and whole foods on a daily basis. Furthermore, if you are trying to eat every few hours, a snack bar can help when the urge to eat kicks in and when you are trying to resist processed foods, the nutrition bar seems like a healthy option.

Today, the shelves of grocery and health food stores are lined with energy bars, protein bars, nutrition bars and snack bars for your convenience. But the nutrition bar jungle makes selecting the best one hard to do. They all offer some kind of supplement in an easy to eat bar loaded with proteins, fiber, fruits, etc. Some nutrition bars contain too much sugars or gluten, for those watching wheat consumption, but the main point is to eat a bar full of nutrition.

Below is an analysis of nutrition bars to see how they stock up and assist you in making a powerful punch with your purchase. Nutrition bars come in a variety of flavors and with a variety of names:

- Protein bars
- Energy bars
- Meal-replacement bars
- Fruit & nut bars
- High protein cookies

However, those categorized as nutrition bars differ from snack bars (granola) or candy or chocolate bars by the following characteristics:

- Larger by Weight
- Higher protein (between 10-30 grams/bar)
- Fiber content

Within the broad category of nutrition bars, there is a huge difference in nutrition value.

- Fiber – To promote natural elimination and reduce cholesterol
- Saturated Fat – “Bad” fat, should only 1/3 of total dietary fat
- Total Fat – Whole foods such as nuts are naturally high in fat
- Sugar Alcohols – Too much sugar causes bloating, gas and laxative effect
- Added Vitamins

Here are nutrition bars by category, including a brief description of flavor and notes on each bar’s strength or weakness. Note which bars are safe for gluten free consumption.

ENERGY BARS

- Clif Bar® Dark Chocolate Almond with Sea Salt. A nutritionally-rounded energy bar with added vitamins and minerals and a little fiber. High in sugar but no artificial sweeteners. Good source of magnesium and iron. Mildly sweet, chocolate flavor. Soft, slightly grainy.
- PowerBar® Performance Energy Bar - Peanut Butter. Has more carbs and sugar than the bars, but less fat. It is also gluten free. Nice peanut butter flavor, mildly sweet. Slightly grainy and sticky.

FIBER BARS

(These two pack 12-14 grams of fiber into modest sized bars. 20 grams/fiber a day is recommended for adults. While these bars will surely provide fiber, they tend to have relatively little protein and should not be considered as meal replacements. They may also have a laxative effect.)

- Fiber One™ Chew Bars - Oats and Chocolate. Great value bar. High in fiber from chicory root. Slightly crunchy, stick sweet with bits of rolled oats.
- NuGo® Fiber Bar d’Lish® Chocolate Brownie. Sweet tasting with small bits of oats, though slightly bitter. Has 3 more grams of fiber than Fiber One, but more expensive. High in fiber from wheat, psyllium and chicory root.

HIGH PROTEIN BARS

- TOP PICK: Pure Protein®, 20 g Protein, Chewy Chocolate Chip. Has a high concentration of protein, is reasonably price and decent taste (chew, chocolatey and slightly crunchy). High protein from whey and milk. This bar is also gluten free.
- Pure Protein®, 20 g Protein, Chocolate Peanut Butter. Chewy and slightly dry. Mildly sweet. Some sugar alcohols. Peanut butter with slight chocolate flavor. Chewy, mildly sweet. Also gluten free.
- RxBar®, 23 g Protein - Mixed Berry. High in protein from egg whites and in sugar from whole berries. Little sautéed fat. All natural. Berry flavor with nuts. Dense, sticky and chewy. Gluten free, as well.
- Vega® Plant-Based Protein Bar, 20 g Protein - Chocolate Peanut Butter. High in protein from pea and brown rice, high in sugar. May chocolate flavor. Mildly sweet. Dense dry and chewy. Gluten free.

These protein bars did not meet their nutrient claims in testing.

- Built Bar™ - Double Chocolate Mousse. Listed as having 14 grams of carbs, but 22 grams or 156.9% are reported. This

protein bar is not recommended.

- Kirkland Signature™ Protein Bar - Chocolate Brownie. Only 9.4 grams of dietary fiber per serving were found in this bar, or 62.4% of sited amount. This bar is not recommended.

- One® - Birthday Cake. Multiple inconsistencies were found with this protein bar: 121.6% more total fat, 123% more saturated fat and 217.3% more cholesterol. This bar is not recommended.

MEAL REPLACEMENT BARS

- TOP PICK: ProBar® Superfood Slam. High in protein from oats, rice and seeds with moderate fiber from oats and other whole ingredients, low in sugar and very low in sodium. Sweet and sticky. Can taste bits of real seeds, fruit sand nuts. Gluten free, as well.

- GNC Total Lean® Lean Bar - Salted Toffee. High in protein from soy isolate, some fiber with many added B vitamins. Sweet, toffee flavor, hard and crunchy. This bar is gluten free.

SNACK BARS

- Odwalla® bar® Strawberry Pomegranate Organic Food Bar™ Original. Slightly chewy and grainy. Fruity aroma. Low in fat (so relatively low calories per gram of bar). Label suggests use as snack or meal-on-the-go, but little protein, so more like a snack.

- Slim-Fast Optima® Peanut Butter Crunch, Snack Bar. Chocolate covered with crispy peanut brittle-like center. Small bar. Fair amount of sugar alcohols.

FRUIT AND NUT BARS

- Kind® Dark Chocolate Nuts & Sea Salt. High in fats from nuts and cocoa butter, moderate amount of fiber, modest amount of protein. Whole almond and peanuts mixed with chocolate in a sweet sticky base. Slightly salty. Gluten free.

- TOP PICK. Larabar™ Cherry Pie. High in sugar from dates, cherries and moderate amount of fats from almonds. Little protein. Nice cherry flavor, sweet, chewy with bits of almonds. Gluten free.

HIGH PROTEIN COOKIES

- Lenny & Larry’s The Complete Cookie® - Chocolate Chip. High in protein from wheat gluten, pea rice, Very high in sugar. Taste like a round protein “bar” full of chemicals.

- Quest® Protein Cookie - Oatmeal Raisin. High in protein from milk and whey. High in fiber from corn, sweetened with erythritol and stevia.

Better to stick with a protein bar!

Next time you grab a nutrition bar from the grocery check-out lane for the convenience, consider the demand for health more than simply time savings.

►

barton
PUBLISHING

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.
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Graves Disease
Hair Loss
Herpes
High Blood Pressure
Hypothyroidism
Irritable Bowel Syndrome
Joint Pain
Kidney Stones
Low Testosterone
Lyme Disease
Prostate Secrets
Scabies
Sinus Infection
Sore Throat
Ulcers
Urinary Tract Infection
Wholetones Frequency Music
Yeast Infection

OUR MISSION

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