



5 Things Your Doctor Never Told You About Diabetes But Should Have

The Trick To Treating Your Diabetes Naturally: Eating Seasonally

Giving Thanks for What You CAN Eat

Personality Traits And Longevity Linked In Study

Home Cures That Work

AUTHOR



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In the last few years, it has become completely “normal” to have diabetes. You read that correctly – it’s likely you aren’t normal (in the sense of average) unless you’re being treated for diabetes (or pre-diabetes). But what does your doctor know about diabetes? Has your doctor looked at more in-depth indicators of diabetes risk? That said, it’s important (and unfortunate) to note that the more in-depth indicators are NOT covered by most doctors, despite being more indicative of diabetes. Dr. Saunders gets you educated – perhaps more than your own doctors know – about diabetes!

Yes, there are a few food decisions that will matter more if you do have diabetes. We provide you with some general guidelines to help you understand how much and how often to eat in order to maintain steady blood sugar levels. And, these recommendations hold true for anyone who has diabetes: type 1 diabetes and type 2 diabetes, as well as prediabetes. Diet really does matter, a lot!

Struggling with transitioning to a gluten-free diet? Home Cures That Work has helpful tips for those with Celiac disease and is full of ideas on how to get started!

Do you think your personality helps predict how long you live? Our personality traits may affect many of the choices we make and alter different aspects of our lives. Do positive traits mean longer lives? Read on for the answer!

No matter your personality, Home Cures That Work is here to help!

For your health -

Cheryl Ravey, Editor
Home Cures That Work



04 5 THINGS YOUR DOCTOR NEVER TOLD YOU ABOUT DIABETES BUT SHOULD HAVE

Diabetes is a major health crisis. It puts you at risk for heart problems, blindness, kidney disease, and amputations. The myth pushed by doctors is that the disease is more manageable than it used to be. They say people are living normal—longer—lives because of the drugs available to them. But here's the thing...your doctor may not be telling you the whole truth!



07 THE TRICK TO TREATING YOUR DIABETES NATURALLY – EATING SEASONALLY

Eating to beat diabetes is much more about making wise food adjustments than it is about denial and deprivation. A better way to look at a diet when you have diabetes is one that helps you establish a new normal when it comes to your eating habits and food choices.



11 GIVING THANKS FOR WHAT YOU CAN EAT

Are you newly diagnosed with Celiac disease? This resource from a guest author will help you learn about living with Celiac disease and how to thrive with a new gluten-free diet.

11 PERSONALITY TRAITS AND LONGEVITY LINKED IN STUDY

There is a common belief in the existence of a “longevity personality” which asserts individuals who are optimistic and easy going are more likely to live longer. What is your personality?

5 Things Your Doctor Never Told You About Diabetes But Should Have

by Dr. Scott Saunders, M.D.





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.

1. The difference between type 1 and type 2 diabetes mellitus

Everyone who has diabetes needs to know the difference between type 1 and type 2 diabetes mellitus. The reason this is essential knowledge is that most doctors are not aware of the difference. As a result, they often end up treating **THE WRONG ILLNESS!**

Type 1 is a deficiency of insulin. There are many possible reasons for this, such as:

- Autoimmune disease, where the body has an immune response to the cells in the pancreas that make insulin
- Toxins that affect the pancreas, such as titanium dioxide
- Or nervous system issues that

cause the vagus nerve to stop insulin production.

If you don't have insulin, you need it. There are no pills that replace insulin. There are injections, and in some cases, a nasal spray can be used. Insulin is required to get sugar and amino acids into the cells so they can function. If you don't have insulin, THEY STARVE! And, if you don't have insulin you could starve to death, no matter how much you eat. The treatment for type 1 diabetes mellitus is insulin, that's all.

Type 2 diabetes mellitus is completely the opposite. In fact, there is no lack of insulin and most often there is too much. High levels of insulin push too much sugar into the cells, and they get bloated. At some point they block the insulin from the inside to stop the sugar from reaching toxic levels. We call this insulin resistance, meaning if you eat, your blood sugar goes up. The insulin from your pancreas just won't work, and the blood sugar will keep rising. The rise in blood sugar is the reason this illness is called "diabetes" – just like when the pancreas doesn't make insulin.

However, instead of starving, like with type 1, in this case the cells are overstuffed with sugar! They aren't using it fast enough, and want to avoid toxicity. They make it into glycogen, a starch, to store it, and then block the insulin so no more can come in. This is why injecting insulin in type 2 diabetes is not helpful. In many ways, insulin injections become harmful, as we will discuss later.

Thus, the difference between these two illnesses should be on the list of explanations all doctors give to patients they diagnose with either of them. They have the same name, but are opposite problems.

2. Measure your insulin level

It is not yet part of a normal endocrinologist practice to test insulin levels. Mostly, the tests for insulin are used by functional doctors. As we have seen, there are two types of diabetes, and the only way to know which you have is to measure your insulin. There are many other reasons why this number is important. Insulin is a growth hormone that needs to be used intermittently, and not all the time. This is what excess insulin does to your body:[1]

- Causes cells to take in excess sugar
- Forces fat cells to make more fat from sugar, making you fatter
- Increases triglycerides
- Blocks the use of fat for energy, preventing weight loss and decreasing energy
- Causes glucose to be made into glycogen (a storage form of sugar), causing insulin resistance
- Prevents the body from getting rid of dead and abnormal cells, causing inflammation and cancer
- Increased acid in the stomach causing GERD and ulcers
- Increased potassium uptake swells the cells and lowers blood potassium
- Decreased renal sodium excretion increases blood volume, and blood pressure
- Causes Alzheimer's Disease[2]

Edema, hypertension, elevated triglycerides, inflammation, pain, cancer, weight gain, and all the complications of type 2 diabetes mellitus are caused by too much insulin! This is important to know!

When you test, you should know how to interpret this test. A normal insulin level on a fasting specimen is about 3 to 9 uIU/mL, and is optimal around 5. Those who are resistant to insulin are mostly over 10 uIU/mL and I have seen people with numbers as high as 160 uIU/mL. High insulin levels tell you that your pancreas is making extra insulin, and you don't need to inject more. Those doctors who don't look don't know if the insulin is high and you don't need insulin, or if it's low, and you need more insulin. Don't take insulin injections unless your levels are low. If you have high insulin, [use the Barton Publishing Diabetes Solution Kit](#) to decrease insulin resistance before considering insulin therapy.

Aside from prescribing insulin, there are several medications that cause the pancreas to make more insulin. If you have type 2 with excess insulin, these probably wouldn't be the best choice. Knowing your insulin levels can help guide the use of medications. Thus, it is essential to know your insulin levels before you start any therapy.

3. Know your C-peptide level

Along with insulin, the function of the pancreas is assessed by knowing the C-peptide level. C-peptide is the extra piece of protein left over after the insulin is made. It is mostly wasted, but it stays around longer than insulin. So, while insulin is like a snapshot, C-peptide is like a short video. The C-peptide can also tell:

- If your pancreas is putting out excess insulin
- Or if you are getting hypoglycemia from a tumor that secretes insulin which is not responsive to blood sugar like the pancreas

A normal C-peptide level is between 0.8 and 3 ng/mL. Optimum is less than 2 ng/mL. If you have less than 0.5 ng/mL, then it may indicate you don't make enough insulin.[3] You could have both types of diabetes mellitus – Type 1 and Type 2 at the same time – if you have low C-peptide and insulin resistance. This is difficult to treat, but is [managed well with the Barton Publishing Diabetes Solution Kit](#).

4. Diabetes is a toxicity problem

Doctors and nutritionists tell people with diabetes that they can eat anything they want, then they can use extra insulin to bring the blood sugar down. We have discussed the effects of adding extra insulin and medications. Doctors need tell their patients that they have too much...

- Too much carbohydrates (sugar)
- Too much fat
- Too much protein
- Too many calories stored

“Toxicity” is too much of anything! Everything is toxic if you get too much – vitamins, minerals, even water! There are people who have died of water toxicity from drinking too much at one sitting, or over time.

In the same way, the disease we call type 2 diabetes mellitus

is simply someone who is toxic on sugar. Carbohydrates that turn into sugar cause the cells to swell up and become toxic. Many of my patients have said they feel like they are toxic. This toxicity damages the brain, the nerves in the feet, the blood vessels, the heart, liver, kidneys, and eyes. Have you been told you have “fatty liver?” This is liver toxicity caused by too much sugar, which can also be caused by alcohol, carbon tetrachloride, and other toxins.

So, if doctors told their patients they were toxic on sugar, the answer, or the cure, for this “disease” would be simple. If I was toxic on lead, I would find and remove all sources of lead, and do chelation to “get the lead out!” If I were toxic on BpA I would avoid plastics so not to get anymore into my system and detox to get rid of what is there. This is exactly what can be done to “cure” T2DM:

1. Stop taking in the toxin (sugar)
2. Get the levels down to normal (detox)

[In the Barton Publishing Diabetes Solution Kit](#), this is exactly what is done. Phase 1 of the program is all about stopping the toxin that is ravishing your body and detoxing to get the toxic levels down.

5. Diet and Exercise Programs Don't Work

Doctors don't tell their patients the truth about diet and exercise. Some doctors will recommend a low fat diet, which is often medically supervised. While some offer a temporary benefit, they may not help as much as previously thought. One study stopped after almost 10 years on a low fat diet with intensive exercise because they could find no benefit.[4]

A huge mistake people often make is to go on a severe calorie-restricted diet to lose weight. These are not helpful for diabetes type 1, nor type 2. They seem to be a short-term solution and may not lower the risk of complications. When people go off the diet, they continue to have the same problems as they gain the weight back. The problem is that they don't address insulin production. Even high protein diets may not lower insulin resistance.[5]

The fact is, diets don't work! Temporary changes in eating habits may seem to work to bring down sugar or lose fat for the short term.[6] That is the issue, everyone gains it back!

Exercise is also a big myth. Some doctors tell their patients that they can exercise their way to health and lose weight by burning off the excess fat and sugar. While exercise has many benefits, and everyone should do it, there is no way to heal diabetes with exercise alone. For example, every pound of fat has 3500 calories. So, to burn ONE pound of fat someone who weighs 180 pounds would need to run a marathon![7] I often ask, "How long does it take you to PUT ON a pound of fat?"

The real way to handle this is to change your lifestyle. There are many ways to do this, but the general principle is illustrated by a clogged sink that is overflowing with running water. The faucet is the sugar you eat, the clog is insulin resistance, the water flowing over the sink represents sugar spilling into your blood and urine.

- Diets and medications are like bailing the water out of the sink, which may temporarily stop it from overflowing.
- Exercise is like cleaning up the floor as the water overflows, again, requiring a HUGE constant effort.

The easy way is simply TURN OFF THE WATER! [In the Barton Publishing Diabetes Solution Kit](#) there are ways to turn off the water that are explained in detail. In short, the simple way to get your sugar level down is to stop eating it. Then, you don't have to try to mop-up your high blood sugar later, nor do you have to use medications to try to lower it. It just won't go up. You still have to exercise to clean up the floor (detox), but it isn't a useless effort if there is no more water spilling over. This is the simple truth that all doctors should explain to their newly diagnosed patients with diabetes.

What You CAN Do About Type 2 Diabetes

With these five principles, doctors would be able to help people reverse type 2 diabetes, and it would become rare indeed. People need information. They need knowledge. Knowledge is power, the power to heal and cure.

- People with any type of diabetes need to know the difference between type 1 and type 2 diabetes so they can know if a treatment applies to them.
- People who have diabetes need to know what their insulin levels are so they can know how to reverse the problem.
- People who have diabetes need to know what their C-peptide level is so they can know if they are type 1, type 2, or a combination of both.
- People who have type 2 diabetes need to know that sugar is toxic so they know how they got this disease.
- And, people who have diabetes need to know the effective ways to eat and exercise so they can properly detox.

In this case, knowledge is power! Don't wait for your doctor to tell you! As a rule, it takes between 25 and 50 years for health information to become part of medical practice![8] This will all be new information to a medical doctor. You have the knowledge, now you can do it!



Sources: [1] <https://en.wikipedia.org/wiki/Insulin> [2] <https://www.besthealthnutritionals.com/blog/2014/01/03/diabetes-and-dementia/#:~:text=When%20it%27s%20used%20on%20insulin%20instead%2C%20the%20protein,higher%20your%20risk%20of%20dementia%20and%20Alzheimer%27s%20disease.> [3] <https://www.healthline.com/health/insulin-c-peptide#risk-factors> [4] <https://pubmed.ncbi.nlm.nih.gov/23796131/> [5] <https://www.healthline.com/health-news/high-protein-diets-and-diabetes#1> [6] <https://www.buzzfeed.com/sallytamarkin/weight-neutral-dietitians> [7] <https://www.exercisegoals.com/calories-burned-during-exercise.html> [8] <https://www.aier.org/article/how-government-cures-drive-out-real-cures/>

The Trick To Treating Your Diabetes Naturally: EATING SEASONALLY



EVERY HALLOWEEN I hear the local media offering helpful suggestions for a safer Halloween. Some of these traditional safety tips and warnings cover anything from inspecting food and candy for signs of malicious tampering, to advice about sticking together in larger groups. This year their warning kids against using non-prescription eye lenses that can damage your eyes.

The list of dangers seems endless for all the goblins, witches and ghouls this Hollow's eve. Many kids are under-dressed for the cold weather, visually impaired by their masks . . . running around with sharp wands, waving swords and flashing light sabers searching for sugary candies to plunder. Add to that the

dangerous baggy costumes, flowing capes and flapping tapestries set to flame by misplaced Jack-o-Lanterns, decorative lights or out-door candles.

Yet, after considering all things . . . nothing compares to a hidden danger lurking in the shadows long after Halloween is gone and over.

According to the most conservative study I could find . . . Americans consume on average about 40 pounds of sugar per person, per year. That's more than one and a half ounces of sugar per day. 1999 report information is the Economic Research Service [ERS] of the United States Department of Agriculture.

Of course those sugary calories are hidden in soda pops, fruit juices and other less obvious sources. (The Economic Research Service estimated that data on weight of sugar sold.) The ounce and a half of daily sugar doesn't include honey, sorghum or High Fructose Corn syrups.

Regardless, an ounce and a half of sugar consumed per person per day is ridiculously high. Most studies suggest the reality is many times worse. Bottom line is Americans are destroying their health by eating all this refined and processed sugar.

Refined sugar and high fructose corn syrup is contributing directly to the emerging

epidemic of diabetes we see in young people today. In fact new evidence states that high fructose corn syrup may be responsible for causing chromium deficiencies.

And all diabetics have at least this one thing in common; they all have a chromium deficiency.

Considering it has been estimated that 25% to possibly 50% of Americans are chromium deficient . . . it's no wonder diabetes is approaching plague proportions in the U.S.

Keep in mind that tissue levels of chromium tend to decrease with age. However, considering that adult on-set of diabetes has increased more than six-fold between 1950 and 2000 . . . it could be a sign that Americans are aging "biologically" much faster than ever before.

There's good evidence that chromium picolinate can lower glucose levels and improve insulin sensitivity. Now that you're armed with all of this information, consider taking a chromium supplement to help with your blood sugar control.

Truth is it may very well be because of refined sugar consumption.

The new science of biology reveals how your genes are controlled by what foods you eat. Simply put, eating refined sugar can lead to heart disease and the painful symptoms of diabetes.

More type 1 diabetic children are being born today than ever before in medical history. Plus young adults are developing diabetes type 2 in their 20s and 30s now . . . when it used to be during their 30s and 40s.

Fact: A child can be "pre-disposed" to being diabetic from diet habits as far away as two generations. That's means, your Grandmother's diet, before your mother was born, can either help or hurt your chances of being diabetic. Now because the majority of American calories come from sugary drinks and soda pop, diabetes is skyrocketing.

Bottom line, food can be your medicine or your poison . . . your trick or your treat, the choice for health is yours

Here are 7 the main side effects of Halloween sugar binging:

- High blood sugar triggered depression
- High blood sugar triggered inflammation

- High blood sugar triggered acne
- High blood sugar triggered fatigue
- High blood sugar triggered hypertension
- High blood sugar triggered migraines
- High blood sugar triggered heart disease

. . .and you don't even want to know what the eighth one is.

There are always healthier choices than following mainstream consumerism. For example, did you know that "unrefined flour" has 40% more chromium than refined flour and "unrefined natural sugar" has 93% more chromium than refined sugar?

So all I'm saying is to get educated now so you can avoid being medicated later . . . diabetes can be prevented and it can be cured. If you don't believe me now, I guarantee you will later because I'll prove it to you. But right now you need to know that pre-diabetes or insulin resistance is just as deadly as full-blown diabetes, so here's some tips to take the TRICK out of your Halloween TREATS.

Feed your sweet tooth with real dark chocolate. Milk chocolate is NOT real chocolate. Your local health food store will have real organic chocolate bars. You're looking for 60-75% cacao bean content. Warning organic chocolate is not only extremely healthy for your heart, it's delicious.

Oven toast magnesium rich pumpkin seeds in the oven using a little olive oil and sea salt. Most people throw them away, but pumpkin seeds are highly nutritious and the sea salt gives you the trace minerals you need for a healthy body.

Make pumpkin granola bars, bread or cookies. Pumpkin is a powerhouse of nutrition, low in calories, fat free and rich with beta carotene, potassium and fiber.

Have fun by being creative . . . and think "seasonal." Halloween is a celebration of the autumn harvest moon, there is just no reason to ruin your health during such a healthy time of year.

These simple ideas turn tricks into treats and treats into superfoods that can help eliminated the risk of developing heart disease and the symptoms of diabetes. For treatment of diabetes, [check out our Diabetes Solution Kit](#) for a complete list of foods that help and heal you! ►



GIVING THANKS FOR WHAT YOU CAN EAT

A friend of mind, Ginger Klein, has agreed to share her experience of suffering from Celiac disease. Her diagnosis is not uncommon, but she shares her gluten free diet tricks she has learned over the years, as well as what do when eating out, how to cope with holidays and making favorite recipes at home. Her personal story and success will inspire anyone with gluten problems and help the rest of us understand more about those this debilitating disease.

Second Time Around is Worse

I was experiencing mild expression of Celiac Disease while in graduate school, had bouts of lactose intolerance, and seemed to catch a lot of colds and flues.

For the next 6 years, I had frequent, unexplainable bouts of diarrhea (I even got tested for parasites once, with negative results). I slowly lost weight during that time, but then went through a month and a half during which I got severe diarrhea about every 3-4 days. I kept trying different ways to treat it, fasting and then doing the BRAT diet (and of course once I got to toast, I got diarrhea again) and getting various kinds of medicine to treat intestinal illnesses (Imodium was the worst, because it trapped the gluten in my intestines and made me get WORSE).

My skin got dry, my complexion was pallid, my hair started falling out and my nails were extremely brittle. I dropped weight very rapidly, and then started to lose coordination. I tripped walking down the street one day, and couldn't even catch myself to break my fall -- I landed on my knees hard, splitting them both open. They didn't form proper scabs, and for weeks the weak scab that did form would wash off in the shower and they would bleed like they were freshly wounded. It took about 2 months for them to finally heal.

About a week before I started eating gluten free, I talked to my Mom who said I was diagnosed with Celiac disease as an infant, but at the time our family doctor said that it was "a childhood disease and I would grow out of it," so when I started school my mother put me back on a regular diet.

I gave it some thought, and about a week later (after a day of fresh bread and pasta), woke up in the middle of the night vomiting and having diarrhea at the same time. I realized I should try a gluten free diet. The next day, I announced I was going to stop eating bread or pasta, and see if that helped. Then I started looking on the internet and got a clearer idea of other dietary changes I would need to make to fully test the childhood Celiac diagnosis theory. I learned that there were others like me who had been diagnosed in childhood, had a period of several years when they ate normally, and then got very sick -- the disease went into remission but came back with a vengeance in their late twenties or early thirties. I also learned that now there are blood tests and other procedures that can diagnose the disease, but these weren't available to me.

Trio of Triggers

I went 3 days, then a week, then two full weeks without getting diarrhea. I began to feel ever so slightly better, but was incredibly weak and continued losing weight. My supervisors recommended a vacation (and there were other things going on, too; a break-up -- usually some particularly stressful incident, be it emotional or physical, will somehow trigger active Celiac Disease -- and the combination of physical illness and emotional distress sent me into clinical depression), so I vacationed for a month to rest, ate lots of rice, and met with a psychologist I knew.

One of my greatest delights was discovering after a few weeks that I could eat dairy again without any problems. In fact, for the next year I could get away with eating large bowls of ice cream every day and have no tummy aches and not gain any weight. I picked the highest fat content I could find for milk and yogurt, and spread the butter thickly on the pancakes I made from the rice flour I found at the store. I created mini rice-cake pizzas, and came up with a few other special recipes using locally available foods

After going gluten free for two years, I was delighted to find a growing awareness about Celiac Disease and an explosion of new, gluten free products, not only in health food stores but also in ordinary grocery stores, and even at Wal-Mart.

Now, over six years after changing my diet, my intestinal lining has recovered and I've regained weight; in fact, now I have to make healthier choices and work to incorporate less fattening options and more fiber into my diet. Also, infertility is associated with *untreated* Celiac Disease; but that complication has also healed with my new baby! :-)

Go For the Bacon Double Cheeseburger! (But skip the fries)

My own diet consists of eating a lot of corn tortillas :-)) and I go to Mexican restaurants, because there are corn options. Chipotle burrito bowls are my favorite. Taco bell tacos (hard shell) are one of the few reliable fast food items I can eat on the road. I NEVER trust French fries, and go for the bacon double cheeseburger without a bun when I can't get anything else (and have to eat fast food).

When eating out at a sit-down restaurant, I check for an online menu before I go (lots of chains have them now), and remind myself to tell my waitress, "I need everything gluten free," to see if there is a specific gluten free menu available. In some places, this brings a visit from the cook to my table, who goes over my options and can verify if, for example, they have a dedicated fryer for fries (one that doesn't have battered things fried in it), or a separate grill for grilled foods, and to remember to withhold croutons and check the labels on the salad dressings.

Measure for Measure, Gluten Free Comes Out Equal

For at-home baking: Bette Hagman has lots of ideas in her cook books (The Gluten Free Gourmet line), but I'll confess I haven't used as many of them as I thought I would, because I hate having to buy a hundred different kinds of flour. I keep my flour and starch supplies pretty basic, and add ground flax seed for fiber. The best tip I've ever heard is to find out what the proper weight is for flours, and when substituting, not go on dry measurements, but on equal weights.

For holidays, I always take food (bread, crackers, cookies, etc) with me when going to someone else's house. Pamela's Mini Ginger Snapz are the best thing for Christmas. For Easter, I've developed a bread machine recipe that satisfies the nostalgia for a doughy treat.

When people want to cook for me, I steer them towards some simple classics, like oven-roasted chicken (with a warning to not add soy sauce if they are using a recipe), mashed potatoes from scratch (use milk and butter instead of chicken broth), and veggies. I recommend staying away from any kind of sauce or packaged mix, and just using whole, plain ingredients (spices are fine, but not spice mixture packets, as they could contain wheat flour or starch).

BettyCrocker has done a wonderful thing in making four gluten free baking mixes available in the regular baking aisle in many grocery stores: yellow cake, devil's food cake, brownies, and chocolate chip cookies. While 3-4 times more expensive than their normal counterparts, they are still considerably cheaper than those offered by specialty companies, and they're easy to find, and with directions that look normal. Also, they TASTE GREAT. One of the problems with gluten free baked goods is that they tend to have a gritty texture. Somehow, the Betty Crocker mixes don't have this. So I steer people towards these

when they want to make baked goods that I can eat.

It's Not Worth It

The biggest thing that helps me handle Celiac disease is that I got so sick before I tried going gluten free. I was seriously worried I was going to die, because nothing I ate stayed in, and my body was wasting away and breaking down in front of my eyes. The return to health from changing my diet has been such a delight and relief, that I only rarely struggle with temptations to eat things that aren't allowed. The second biggest thing is that we have an amazingly good gluten free bakery in town, and I know that even if I can't eat the cookies, pies, cinnamon rolls, or pizza in the office or at an event, I just have to wait until I get home. It's just not worth getting sick.

I've seen people struggle with bitterness and self-pity, and by the grace of God I haven't. I've had people try to offer me pity, and it's something I can't accept -- I continue to be too grateful to be alive and healthy as I follow a somewhat restricted diet. I would offer the advice to focus on the good health, the restored strength and lack of intestinal pain, and to pause and let yourself get teary-eyed in the supermarket aisle when you discover a new packaged food that is safe to eat (like the Betty Crocker mixes), or a restaurant that has come out with a gluten free menu (like the Olive Garden!), and to give thanks for what you CAN eat.

The hardest thing is helping people understand that I can't cheat. If I eat the wrong thing, it will destroy the lining of my intestine, causing the symptoms I have mentioned above, but also leading to mal-absorption and a host of complications from diabetes to osteoporosis to colon cancer. NOT WORTH IT. And unlike other food allergies, I can't just take a pill for it; there has not yet been a medication put on the market that will block the autoimmune response to the gluten protein.

I'm always glad to help in ways that will enable others to live with being gluten free! So, I hope this assortment of things I've done helps!



PERSONALITY TRAITS AND LONGEVITY LINKED IN STUDY

Extrovert And Agreeable Characteristics Can Lead To A Long Life



PAST STUDIES CONDUCTED on siblings and offspring of centenarians have clearly demonstrated that longevity runs in strong families. In fact, studies have shown distinctly lower prevalence rates and delayed onset of several diseases, including cardiovascular disease, hypertension and diabetes. Because personality traits have been shown to have hereditary components, researchers from Boston University School of Medicine's New England Centenarian Study "hypothesized" that certain personality characteristics could be critical to the healthy aging of the offspring of centenarians.

Collaborating with scientists from the National Institute on Aging, the researchers tested their hypothesis using the NEO-Five-Factor Inventory questionnaire to measure the personality traits of 125 women and 121 men with an average age of 75. None of the participants were related, and each was the offspring of a centenarian. The questionnaire scored five key personality characteristics:

- Neuroticism
- Extraversion
- Openness
- Agreeableness
- Conscientiousness

Researchers found that both male and female participants "scored in the low range of published norms for neuroticism and in the high range for extraversion." The women also scored on the high side for agreeableness. Both the men and women participants scored within the normal range for conscientiousness and openness, and the men scored within normal range for agreeableness. The findings were published on line in the *Journal of the American Geriatrics Society*.

"Interestingly, whereas men and women generally differ substantially in their personality characteristics, the male and female offspring tended to be similar, which speaks to the importance of these traits, irrespective of gender, for health aging and longevity," says Dr. Thomas Perls, MPH, Director of the New England Centenarian Study.

"For example, people who are lower in neuroticism are able to manage or regulate stressful situations more effectively than those with higher neuroticism levels. Similarly, high extraversion levels have been associated with establishing friendships



and looking after yourself," he says. And he adds, "These findings suggest that personality is an important characteristic to include in studies that assess genetic and environmental determinants of longevity."

Go ahead and make friends! Good community breeds health individuals. Try reaching out!



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