

Natural Treatment for Histamine Intolerance

Treating
Vertigo:
Balancing
Fluid in the Ear

Chocolate-
Dipped
Pineapple
Rings

8 Sources of
Protein for
Vegetarians



Home Cures That Work

AUTHOR



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Most of us know about antihistamines, for seasonal allergies, for example. But sometimes your cells release too many histamines. This causes a reaction similar to an allergic response: itchy, scratchy skin, unexplained sneezing and red, watery eyes, constant headaches, bloating and even anxiety. Histamine intolerance occurs when that natural history reaction goes overboard, your body can't break enough down, and a stronger reaction occurs. If you know that you have histamine intolerance, you can take action to relieve your symptoms. Dr. Saunders strategies can form the cornerstone of your histamine intolerance plan.

Dr. Saunders also provides useful strategies that help you prevent, treat and manage many ear disorders. He helps unlock the mysteries of the ear-related problems of vertigo — allowing you to take control.

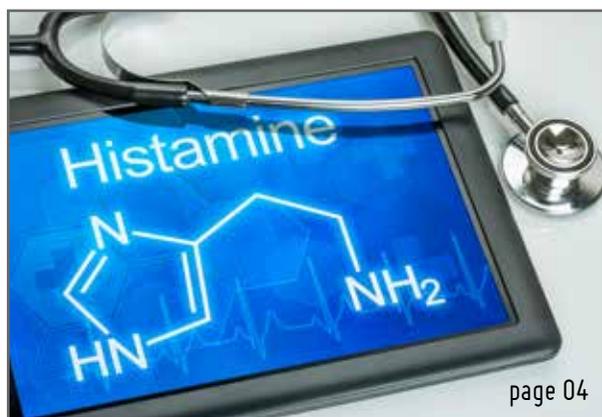
Finding good and good for you protein options when you're a vegetarian can seem like a difficult feat. But before you make yet another veggie burger for lunch (yawn), check out this article for our favorite vegetarian protein foods that will keep you full and focused all day long.

If you like chocolate-dipped fruit, then you will love these Chocolate-Dipped Pineapple Rings! The chocolate makes them decadent and adding chopped macadamia nuts creates the perfect amount of crunch! Plus, dressing fruit up like dessert is a bit of a healthier way to indulge at the end of the day.

I hope this issue makes you well!

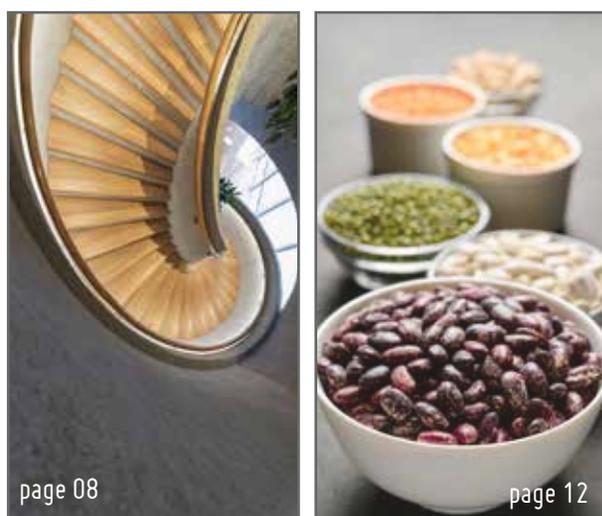
For your health -

Cheryl Ravey, Editor
Home Cures That Work



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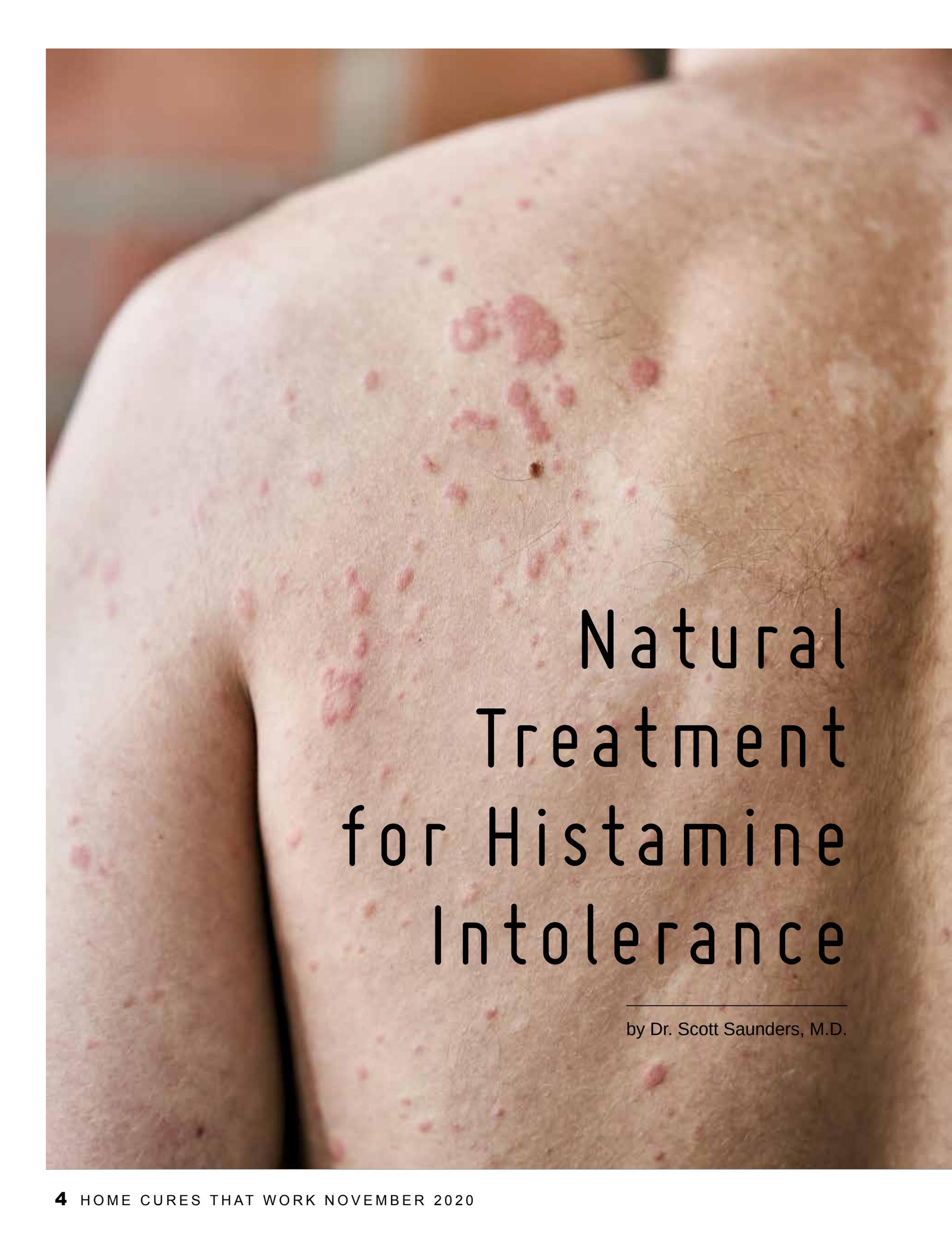
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Natural Treatment for Histamine Intolerance

by Dr. Scott Saunders, M.D.

I have never seen Quinten, a two-year-old with multiple problems. The parents called me from across the country because the grandmother was my patient. They had taken Quinten to several different doctors, but were unable to find out what was causing so many problems. They hated to see their little child suffer so much, and they knew something was wrong, but they weren't getting any answers.

From the beginning, sleep was always an issue. The mom said she hasn't slept a full night in two years because Quinten didn't sleep very much, staying awake in spite of all their efforts, waking up frequently, and not able to get back to sleep and not taking naps during the day. Also, rashes would just appear all over, especially diaper rashes with every bowel movement. As a baby, Quinten was not quiet, being constantly awake and hyperactive – and keeping mom and dad from getting any rest at all. The doctors had no idea what could be going on, prescribing all sorts of treatments for the symptoms, including steroids and sedatives, but nothing changed. They decided they really needed help when their pediatrician told them not to worry when Hunter was having black stools, tested positive for blood, and was sent to a gastroenterologist for an endoscopy to look inside the stomach and find the source of bleeding.

As I listened to the story, I heard that little voice of Providence tell me that the problem was histamine. I had never heard of babies having problems with histamine, but as I thought about it, it made sense. Histamine is a neurotransmitter, a very small molecule made from Histidine, an amino acid. It is found everywhere!

Histamine is the most versatile neurotransmitter in nature.[1] It is found in every type of organism from bacteria to humans. On top of the histamine we produce in our bodies, many plants use histamine so it's in our food supply. Moreover, the effects on the body are protean – causing anything from a runny nose to schizophrenia. The following is a list of possible effects from too much of this chemical. (By the way, too little histamine has another list this long with different problems.)

Effects of High Levels of Histamine

- Sudden drops in blood pressure causing orthostatic hypotension, POTS, palpitations, anaphylaxis
- Allergy: Increased swelling, Runny nose, Sneezing, Watery

eyes, Urticaria – allergic rash

- Pain – Low levels cause itching, High levels cause hypersensitivity to pain[2] - fibromyalgia
- Insomnia – prevents sleep
- Stomach acid – ulcers, GERD, IBS
- Bowel regulation - diarrhea
- Inflammation – causes cytokine production – arthritis, any inflammatory condition
- Regulation of body temperature – “thyroid” imbalance
- Maintain hormone balance – Adrenal, steroid, and peptide hormones
- Regulate appetite – causes satiety[3] and weight loss
- Asthma – direct effect on bronchoconstriction
- Urinary frequency – interstitial cystitis
- Decreased acetylcholine – low cognition, memory deficits, dementia, delirium[4]
- Increased Norepinephrine and adrenaline – OCD, anxiety, hypertension, POTS, insulin resistance
- Decreased dopamine – hallucinations
- Increased serotonin – Clotting, nausea, IBS[5]

Some may have only one symptom, while others will have multiple symptoms from too much histamine. The symptoms will vary in place and time in the same person. Rashes can show up anywhere, and go away, showing up somewhere else. Any of the symptoms can go away for any length of time, or another symptom may show up.

In Quinten's case, the key component was bleeding ulcers – it is never “okay” for a two-year-old to have a bleeding ulcer. To me, that's an emergency – not just to stop the bleeding, but to find out why.

It turns out, there are two enzymes that break down histamine in food and in the body:

- Diamine oxidase or DAO
- And histamine N-methyltransferase, or HNMT.

These rapidly break down histamine to prevent build-up. When the body releases histamine, it only lasts for seconds and is then broken-down. DAO is primarily in the intestines and blood. HNMT is primarily in the brain, kidneys, liver, and respiratory tract. Symptoms may vary depending on which enzyme is not functioning, and where the histamine is being made.

Factors that Increase Histamine in the Body

People who have a decrease in the function of one of these enzymes easily get excess histamine, producing any of the problems on the above list. As in Quinten's case, some are born with a genetic abnormality in the enzyme which decreases its function. Others get decreased function for other reasons.

- **Stress** – Cortisol diminishes the DAO enzyme and increases histamine release from mast cells.[6]
- **Inflammation in the intestines** – It's hard to know if histamine causes intestinal problems, or if the intestinal issues cause high histamine. But, either way, inflammation causes the cells to produce less DAO enzyme. These include: IBS, IBD, Celiac, food sensitivities, SIBO, leaky gut, infections, yeast overgrowth or other inflammation of the gut.
- **Overeating histamine** – containing foods can overwhelm the DAO in the intestines.
- **Medications** – Many medications inhibit the action of DAO (muscle relaxants, narcotics, analgesics, local anaesthetics, antihypnotics, antihypertensives, antiarrhythmics, diuretics, antibiotics, antiemetics, bronchodilators, antiseptics, mucolytics, antihistamines, antidepressants) while others stimulate the release of histamine (painkillers, antibiotics, anti-hypertensives, anti-hypertensives, antitussives, diuretics, local anaesthetics, muscle relaxants, narcotics).[7]
- **Deficiency of copper** prevents the proper function of DAO.
- **Methylation deficiency** – the HNMT enzyme requires methylation from SAMe.

Since doing this research for Quinten, I have found several people who have the same issue, with varying symptoms. My own grandson at just over one year of age wasn't sleeping, and was getting diaper rashes so I told my daughter to try a low-histamine diet. He immediately responded by sleeping all night, taking naps, and stopped getting rashes. Several other of my older patients never had problems until a stressful event brought out one or more of the symptoms above.

What to do if you think you have a histamine problem? Blood and urine are available, but not always reliable. By far, the best test is to lower histamine. Besides avoiding all the things that cause it, above, here are several ways to do this.

Low Histamine Diet

There is no way to completely remove histamine from your diet, but you can avoid foods that contain high levels, and those which cause the body to release histamine. There are multiple lists that often contradict each other because each person is different. For example, eggs will be on the "AVOID" list for some, and on the "EAT" list for others. This is because the egg whites don't contain histamine, but may cause the release of histamine for some people. The best way to do the diet is to lower the histamine intake, even avoiding foods that might release histamine, as much as possible.

Research has shown that being on a low histamine diet helps the enzymes to function better, so being very strict is essential. After the symptoms resolve, you can add things to your diet to see if you have a reaction. But, there is one caveat: the effects of histamine are additive. If you tolerate avocados, but then add some sauerkraut you may have a reaction. It isn't because you don't tolerate either one, but the two together overwhelmed your enzyme. It's not like you are allergic to the foods, the reaction is only because it got to be too much. You need to be careful about putting certain foods together.

To add another wrinkle to the mix, and get you thoroughly confused, if you are allergic to pollen, and you're having an allergic reaction, runny nose, sneezing, coughing, itching, and you add some food with histamine that you normally tolerate, you could react to it more. It's all additive.[8] That is why the lists of foods are so inconsistent. You will find a food diary to be essential.

I'm not going to reproduce a list here, as there are many to be found. The UK NHS has made a nice handout for their patients

with this problem. It can be found here.

SUPPLEMENTS to Lower Histamine

DAO supplements should be taken with every meal, less than 15min before eating. This digestive enzyme is normally found in the intestines, and prevents histamine from causing inflammation in the intestines, as well as being absorbed and causing problems in the body. The amount to take is one capsule (10,000 units) with each meal.

Copper is essential for DAO function. Take 2mg per day for 90 days, then 4 mg once a week.

SAMe donates a methyl group to the HNMT enzyme, attaching it to histamine and deactivating it. If you don't have SAMe, the enzyme doesn't work. Take 400mg per day.

Quercetin prevents your mast cells (white blood cells, or immune cells) from releasing excess histamine into your body. Take about 1000 mg per day. If you are having a problem with acute allergies, asthma, or rashes, you can increase the dose, up to 2,000 mg three times per day, until the symptoms resolve, then go back to a lower dose that works. This nutrient is best taken with an enzyme, bromelain, to improve absorption.

MEDICATIONS to Lower Histamine

Cimetidine (Tagamet) is a medication for ulcers. If you have problems with excess stomach acid, this is a good blocker of histamine in the stomach. The best way to use it is to take 400mg for two weeks on, and then one week off. It does not lower the levels of histamine; it only blocks a histamine receptor found in the stomach that causes more acid to be produced. After you are on DAO and have a good low-histamine diet, you may not need this drug. I gave this to Quinten because of bleeding ulcers.

Diphenhydramine (Benadryl, Tylenol PM, and many others) is a medication for allergies that makes people drowsy because it blocks the histamine receptors in the brain. Since high histamine prevents sleep, this is a way to sleep at night. However, it does not lower the levels of histamine, and it has long-term effects of dementia. Again, for occasional, or short-term use,

not for long-term use. Once you have a good diet you should not need this. There are other antihistamines, mostly allergy medicines or sedatives that do the same thing, and the same rules apply. The antihistamines that do not cross the blood-brain barrier don't cause drowsiness but can help with immediate allergic reactions.

If you think you may have high levels of histamine, the best way to test is by your symptoms. I have found, as with Quinten, the response is immediate. This is not like a chronic inflammation that takes weeks to go away. Within a few days you will notice results – IF you lower your histamine enough. I had one patient who said she continued to have symptoms despite being on the diet, but she was drinking both coffee and tea – which are high in histamine. So, be careful. Look at everything. The supplements may be helpful, but the low-histamine diet is essential.



Sources: [1] <https://en.wikipedia.org/wiki/Histamine> [2] <https://bpspubs.onlinelibrary.wiley.com/doi/full/10.1111/bph.14696#:~:text=Histamine%20is%20a%20key%20mediator%20in%20the%20processing,PNS%20%28Khalilzadeh%2C%20Azarpey%2C%20Hazrati%2C%20%26%20Vafaei%20Saiah%2C%202018%29> [3] <https://www.sciencedirect.com/science/article/abs/pii/S0028390815300083> [4] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6467166/> [5] <https://www.mastattack.org/2014/08/histamine-effects-on-neurotransmitters-serotonin-dopamine-and-norepinephrine/#:~:text=Histamine%20can%20locally%20increase%20the%20concentration%20of%20norepinephrine.,the%20way%20the%20intestine%20moves%20food%20through%20it> [6] *Allergologia et Immunopathologia. Volume 43, Issue 5, September–October 2015, Pages 498-506. Histamine, histamine intoxication and intolerance; E.Kovacova-HanuszkovaT.BudayS.GavliakovaJ.Plevkova.* [7] <https://www.fxmedicine.com.au/blog-post/relationship-between-histamine-oestrogen-progesterone-and-cortisol> [8] <https://www.histamine-sensitivity.com/histamine-stress-anxiety-chronic-hives-the-connections-01-16.html>

Treating Vertigo: Balancing Fluid in the Ear

How to Reverse Your Inner Ear Dizziness

by Dr. Scott Saunders, M.D.



Peter is a young man in his mid-forties without any health issues. He has three children, and he and his wife have been married for over twenty years. His job isn't unusually stressful. He plays tennis every week, and has no problem keeping up with the ball. However, he came into the office with several months of dizziness and nausea. It comes and goes, and seems to happen mostly at night when he lies down, or in the morning when he wakes up. Sometimes dizziness will wake him up at night. He can work all day, including exercise without any symptoms.

Vertigo is often confused with dizziness. Let's look at all the different types of dizziness.

1. Dizziness – the general term for feeling movement when there is none.
2. Lightheadedness – what we feel when standing up too fast; a “head rush.”
3. Giddiness – the sensation you get when you are at the top of the Empire State Building, and you look straight down.
4. Presyncope – the feeling of almost passing out, usually including vision and hearing changes, or numbness and tingling.
5. Disequilibrium – a lack of strength or stability from peripheral muscles and nerves.
6. Anxiety – panic, a sense of impending doom.
7. Vertigo – a specific feeling of spinning or movement in a certain direction, such as after being on a merry-go-round, and continuing to feel the spinning after stopping.

One of the problems is that these symptoms can overlap, so there isn't a way to distinguish them well.

Vertigo

There are two primary types of vertigo. “Peripheral” or a problem with the fluid balance in the ear.

1. “Central” or a problem with the nervous system, like the brain.

Peripheral Vertigo

A sensation of spinning can happen from the “vestibular system” in the inner ear. This is an amazingly tiny system of three circular canals that have fluid in them. As the fluid moves, a signal is sent to the brain that the body is moving.

This tiny sensory apparatus is absolutely brilliant in its simplicity and effectiveness! There are three little tubes in a circle that are oriented in three different directions. One is up-down, another is side-to-side, and the third is front-back.

Thus, any direction you move will cause the fluid inside the tubes to move. The fluid then moves a cluster of little sand crystals that push against hairs attached to nerve fibers that send a signal to the brain: “We’re moving in this direction!”

There are many different sized hairs in each – longer hairs trigger easier, while shorter hairs require more pressure. Thus, we can know if there is a little movement, or a lot. Moreover, the combination of impulses from the three canals can indicate any direction.

However, when the tiny amount of fluid in these canals changes and you are not moving, your brain still registers motion. When it happens in only one canal, it is usually a feeling of spinning. This is vertigo.

The best way to tell if vertigo is from the inner ear is if the sensation happens with a specific movement. Typically, someone might say, “Every time I turn to the left, I feel like I just got off a merry-go-round.” It may take anywhere from seconds to several minutes for the sensation to diminish or go away.

A note about nausea...some people get nausea when they have sensations of movement and they aren’t moving. This is the basis for seasickness and other motion sickness. On the boat, everything looks stable so the eyes are sending a

message of no movement. But the inner ear, the vestibular system, is telling the brain that you’re moving. This conflict often results in sickness. Some people are very sensitive to the eye-ear connection, and others can tolerate more conflict.

Thus, when some people get even tiny amounts of vertigo, even riding a roller-coaster, Ferris wheel, or merry-go-round, it can elicit nausea and vomiting. Some people with vertigo will do anything to stop it because they feel sick every time it happens. Thus, they will only turn their heads very slowly, or only in one direction.

Causes of Peripheral Vertigo

Anything that changes the nature or movement of the fluid in the inner ear can cause peripheral vertigo.[1] This fluid is connected to the “cochlea” or the organ that translates sound waves into nerve impulses. Peripheral vertigo can be caused by:

- Loud noises that vibrate the fluid in the inner ear, producing a sensation of movement.
- Inflammation of any kind changes the nature and amount of fluid in the canals, or affects the crystals.
- Injury from head and neck trauma or tumor growths can create vertigo symptoms.
- Viral infections, such as herpes, or shingles are common, causing fluid shifts and inflammation.
- Bacterial infections such as syphilis were a common cause of peripheral vertigo, but are now rare since we use antibiotics.
- Fluid shifts – the balance between the cells that make the fluid and the ones that reabsorb it.
- Changes in the vestibular apparatus, such as plugging of the canal with calcium deposits, or the calcium crystals sticking together. It is thought that sometimes the crystals get “stuck” against the hair trigger of a nerve, causing it to be jammed in the “on” position.

Vertigo Treatment

Of course, the treatment of vertigo will depend on the cause. The most common cause called BPPV or Benign Paroxysmal Positional Vertigo seems to be caused by a displaced crystal in the inner ear. The treatment for this is called “Epley Maneuvers,” named after the doctor who developed it. These movements intend to relocate the crystals in your inner ear back to where they belong and are effective in about 90% of patients with BPPV.[2]

Epley Maneuvers

The following sequence of positions describes the Epley maneuver[3]:

- Begin in an upright sitting position on a table with the legs fully extended and the head rotated 45 degrees towards the side that causes dizziness.
- Keeping your head rotated 45 degrees towards the dizziness side quickly lie down backwards with a pillow under your neck and shoulders. The pillow causes your neck to extend about 30-degrees with your head tilted back.
- Remain in this position for approximately 1–2 minutes. If BPPV vertigo is present, eye twitching will occur.
- Now, rotate your head 90 degrees to the opposite direction so that the opposite ear faces the floor, all while maintaining the 30-degree neck extension.
- Remain in this position for approximately 1–2 minutes.
- Next, keeping the head and neck in a fixed position relative to the body, roll onto your shoulder. This will rotate your head another 90 degrees in the direction that you are facing. You are now looking downwards at a 45-degree angle.
- Remain in this position for approximately 1–2 minutes.
- Now, sit up, while maintaining the 45-degree rotation of the head.
- Hold the sitting position for up to 30 seconds.

- The entire procedure may be repeated two more times, for a total of three times.

During every step of this procedure you may experience some dizziness, which is normal.

You can [watch a simple video](#) to illustrate this procedure.

Following this procedure, it has been recommended to limit movement for one day, but it isn't clear that this improves outcomes. The treatment is more than 90% effective for removing the cause of Benign Paroxysmal Positional Vertigo (BPPV).

Other Causes of Vertigo

When dizziness comes from the brain the symptoms may be the same, but the possible causes are very different. The symptoms of central vertigo are rarely associated with position or movement[4]. The most common cause is blood flow limitations such as migraine headaches.

Other causes of vertigo include:

- **Tumors** – one tumor found in the bony canal that connects the ear to the brain can put pressure on both the vestibular nerve and the auditory nerve causing both dizziness and hearing loss. Other tumors that may cause vertigo could be found in the cerebellum or thalamus.
- **Arterial disease** – this can be clogging of the arteries, strokes, or “vascular dissection” (splitting of the artery) in the brain.
- **Ménière’s disease** --This is a disease of the inner ear associated with vertigo, tinnitus, and hearing loss in one or both ears[5].
- **Multiple Sclerosis** – this is a progressive degeneration in the central nervous system that can cause any sort of neurological symptoms, including numbness, weakness, pain, or loss of function of any sort.

Medical doctors have several different ways to distinguish different types of vertigo. I find it more useful to understand only two things:

1. Is it benign (BPPV)? ...something I can take care of myself?

2. Or, is it something else and I need to begin searching for the cause?

The key to benign causes of vertigo that you can treat is the clear effect of position. If it only happens when you are in a certain position, such as lying down, turning your head to one side, and so forth, and it only lasts a short time, such as a couple of minutes, it's likely to be benign. However, if the vertigo comes on randomly, is constant, or lasts for hours, even if it only happens with certain movements, it may be central vertigo.

Consult with a professional if the symptoms include:

- Headaches
- Pain in the ear
- Vomiting without nausea
- Hearing changes such as ringing (tinnitus), or loss of hearing – especially only in one ear.
- Numbness
- Weakness
- Difficulty walking
- Shaking, tremors

It is important to find the cause of central vertigo because it may not be benign. It's not that these are "bad signs," however you just need to know the cause. Migraine headaches, for example, are a common cause of central vertigo, and aren't a threat. The treatment of central vertigo will entirely depend on the cause.

Peter has a classic case of BPPV, which only happens when he is lying down, and lasts for only a few minutes. In his case, a simple series of Epley Maneuvers fixed the problem and he could go on with his busy life.

As you can see, vertigo is a symptom with many different possible causes, and treatments. However, by far, the most common causes of vertigo are not dangerous or worrisome. Moreover, the treatment for the most common cause is simple to do at home, and brings permanent relief most of the time.



8 Sources of Protein for Vegetarians



IT'S WELL DOCUMENTED that [vegetarians have less heart disease](#) and colorectal cancer, as well as type 2 diabetes and obesity, but many wonder if a vegetarian diet provides adequate [protein](#). [A new study](#), however, puts this question to rest, finding that vegetarians are typically not lacking in this nutrient. Why? Because, believe it or not, protein sources are more prevalent than you think.

Although most plant foods do not contain all nine essential amino acids—often referred to as ‘protein building blocks’—in the ratios that satisfy the body’s protein needs, vegetarians can obtain these amino acids by incorporating a broad spectrum of foods into their diets. Looking for some meat-free protein or considering a more “flexitarian” diet? The following unprocessed foods are loaded with nutrients and great sources of protein.

1. Fruit and dried fruit

Fruit is another food category not commonly associated with protein, but it does contain some. Avocados are the highest fruit source of protein and are considered by some to be an extraordinary superfood.

Surprise surprise! Raisins contain almost 5 grams of protein per cup!

2. Vegetables

Most people do not think of vegetables as good sources of protein, but one cup of spinach has over 5 grams of this nutrient and a 7 oz. baked potato can offer up almost 9 grams of protein! Other vegetables high in protein include Brussels sprouts and asparagus. Vegetables are also incredibly beneficial in other ways, being high in vitamins and minerals.

Surprise surprise! Don't be intimidated by the artichoke as it packs almost 6 grams of protein per cup! Artichokes are delicious vegetables that can be prepared in so many different ways and actually fill you up for hours. Need help cooking an artichoke? [Check Pinterest for recipe and preparation ideas!](#)

3. Beans and Peas

While all legumes contain protein, some are higher in starch than others. Lentils are an excellent choice, as they contain 18 grams of protein, which is almost equivalent to the amount in 3 ounces of steak. Black beans, peas and chickpeas are also good choices because they are less starchy than kidney, northern, navy and lima beans. Buy the dried beans and cook them yourself to avoid the BPA present in the linings of canned goods.

Surprise surprise! Split peas contain 16 grams of protein per cup and it's not had to meet your protein needs when making a fresh, homemade split pea soup!

4. Whole Grains

Other whole grains include foods such as brown rice, bulgur, and millet, along with oats, barley and whole-wheat products such as whole wheat pasta. Quinoa is, in fact, a complete protein, containing all of the essential amino acids. All grains are low in fat, high in fiber and contain key vitamins and minerals.

Surprise surprise! Amaranth is a grain that packs 9 grams of protein per cup and can be used in place of millet or quinoa in any recipe. It's often ground for use in cereals or flour but when prepared as a main entree it cooks quickly and tastes delicious. The leaves of the Amaranth plant are often available as well for fresh salads!

5. Nuts

Although nuts like almonds, pecans and walnuts are high in fat, it is mostly heart-healthy unsaturated fat. A good snack would be one-fourth cup of almonds, which has 8 grams of protein. It is best to eat them raw rather than roasted.

Surprise surprise! One of the more fun and flavorful nuts, pistachios pack 6 grams of protein per 1/4 cup! They are excellent additions to salads and have been know to boost levels of lutein, alpha-carotene, beta-carotene, and gamma-tocopherol.

6. Seeds

Eat some sunflower, sesame or pumpkin seeds daily, as they are nutrition-dense powerhouses that contain protein along with other important nutrients. These are best eaten raw as well.

Surprise surprise! With 9 grams of protein per 1/4 quarter cup, Pumpkin Seeds are the perfect snack for vegetarians who wish to up their protein intake with a delicious and low-fat food.

7. Greek Yogurt and Cottage Cheese

Greek yogurt contains much less sugar but up to twice the amount of protein as regular yogurt. Depending on the brand, it contains between 13 to 18 grams of protein. Fat free cottage cheese is one of the best sources of protein for vegetarians as it boosts 31 g. of protein per cup as well as vitamin B12.

Since Vitamin B-12 is an essential nutrient found only in meat and dairy products, it may be a good idea for vegetarians to drink organic milk or eat Greek yogurt to boost their B12 levels.

8. The Incredible Egg

This formerly maligned food is a great source of protein, along with other key nutrients like carotenoids and choline. Even the American Heart Association now permits one egg per day for healthy adults. However, like dairy foods, it is best to buy the organic variety.

Looking for some vitamin B12 from your eggs? Don't skip the yolk!! While egg whites are a valuable source of protein for vegetarians, the yolk contains much-needed micronutrients.

Millions of people around the world are enjoying the health benefits of the vegetarian diet. The critical point to reiterate for those on this diet is to eat a variety of foods to ensure the body takes in all the essential amino acids.



Sources: 1. <http://www.everydayhealth.com/diet-nutrition/ask-jillian-what-are-the-best-soy-free-vegetarian-protein-sources.aspx> 2. <http://www.foxnews.com/health/2012/06/04/vegetarian-diet-provides-good-nutrition-health-benefits-study-finds/> 3. <http://www.thehindu.com/life-and-style/metroplus/article3512339.ece> 4. http://www.huffingtonpost.com/2012/05/24/vegetarian-protein-sources_n_1539928.html 5. <http://www.mayoclinic.com/health/whole-grains/NU00204> 6. <http://www.webmd.com/diet/features/good-eggs-for-nutrition-theyre-hard-to-beatew> [5] https://en.wikipedia.org/wiki/M%C3%A9n%C3%A8re's_disease



CHOCOLATE- DIPPED PINEAPPLE RINGS

DRIED PINEAPPLE RINGS dipped in melted chocolate and sprinkled with chopped macadamia nuts are a healthy dessert with tropical flavor. Customize this chocolate-dipped fruit recipe by using different nuts or even dried papaya spears instead of pineapple.

Ingredients:

- 2 tablespoons chopped macadamia nuts, toasted
- 1/2 cup bittersweet chocolate chips
- 12 dried pineapple ring

Instructions:

1. Line a baking sheet with parchment or wax paper.
2. Place chocolate chips in a small glass bowl. Microwave on Medium for 1 minute. Stir, then continue microwaving in 20-second intervals until melted, stirring after each interval. (Alternatively, melt in the top of a double boiler over hot, but not boiling, water.)
3. Dip half of each pineapple ring into the melted chocolate. Let the excess drip back into bowl. Place the dipped fruit on the prepared baking sheet. Sprinkle macadamia nuts over the chocolate. Refrigerate until the chocolate is set, about 30 minutes.

Nutritional Info:

Serving size: 1 piece

Per serving: 128 calories; 3 g fat(1 g sat); 1 g fiber; 28 g carbohydrates; 1 g protein; 0 mcg folate; 0 mg cholesterol; 26 g sugars; 0 g added sugars; 500 IU vitamin A; 0 mg vitamin C; 1 mg calcium; 1 mg iron; 0 mg sodium; 5 mg potassium

Carbohydrate Servings: 2

Exchanges: 1 1/2 fruit, 1/2 fat





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