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WEIGHT CONTROL • HEALTHY RECIPES • SPIRITUAL WELLNESS • LIVING HEALTHY

a **barton** publication

A man with a beard, wearing a grey suit, is leaning over a large, bright yellow suitcase. He is looking down at the suitcase with a focused expression. The background is a red wall with a white grid pattern. The floor is black and white checkered.

The **RIGHT** Way to Lose Weight

Is There One Recipe for Losing Weight?

4 Things You Didn't Know About Your Genes

Cold Water Therapy May Be the Secret to Losing Weight

Home Cures That Work

AUTHOR



DR. SCOTT SAUNDERS, M.D.

Dr. Scott D. Saunders, M.D. is a practicing physician, specializing in preventative health care, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine. View natural remedies with Dr. Saunders at: <http://drsaundersmd.com>

Studies have shown that just about any diet will result in weight loss, if it's one that someone can follow. The old adage is "eat less, exercise more," and this is still true, to some extent. But human beings are psychologically and sociologically complex creatures, and that adage is a lot harder to follow than it sounds. Dr. Saunders sees real people, but does he get real results? The following are a few of the many people that he has helped with their weight loss journey.

Some people who are overweight report that they eat no more than slender friends and exercise just as much, but still can't drop pounds. In this issue, we delve deeper into the extent to which genetics affect a person's weight, which genes play a part, and what you can do about it. We hope that knowing how your genes affect your weight will help you take steps toward a healthier life.

Maybe the day will finally come when the "magic" diet will be discovered for a "one-size-fits-all" approach to losing weight or staving off disease. But until that day...

Coldwater immersion activates the body's natural healing powers that can relieve the symptoms of many medical conditions and promote a sense of health and well-being...even lose weight. Plus, perhaps best of all, it is absolutely FREE.

Change your habits.

Change your life.

Get started losing weight with the experts from Home Cures That Work.

For your health

Cheryl Ravey, Editor
Home Cures That Work



04 THE RIGHT WAY TO LOSE WEIGHT

Many people struggle with being overweight, or even obese. It's a common topic at office visits. As a doctor, Dr. Scott knows that excess weight is associated with potentially serious health conditions. Patients may also worry about their appearance. Whether a patient is at risk for medical problems due to being overweight, or if it's a personal health goal, then it's his job to provide counseling. And this is the best he has to offer for weight loss patients!



13 4 THINGS YOU DIDN'T KNOW ABOUT YOUR GENES

Your DNA determines your hair color, nose shape, and eye color, so it makes sense that your genes play a role in your weight as well. Part of your ability to lose weight is encoded in your DNA, which is why everyone reacts differently to diets and workouts.

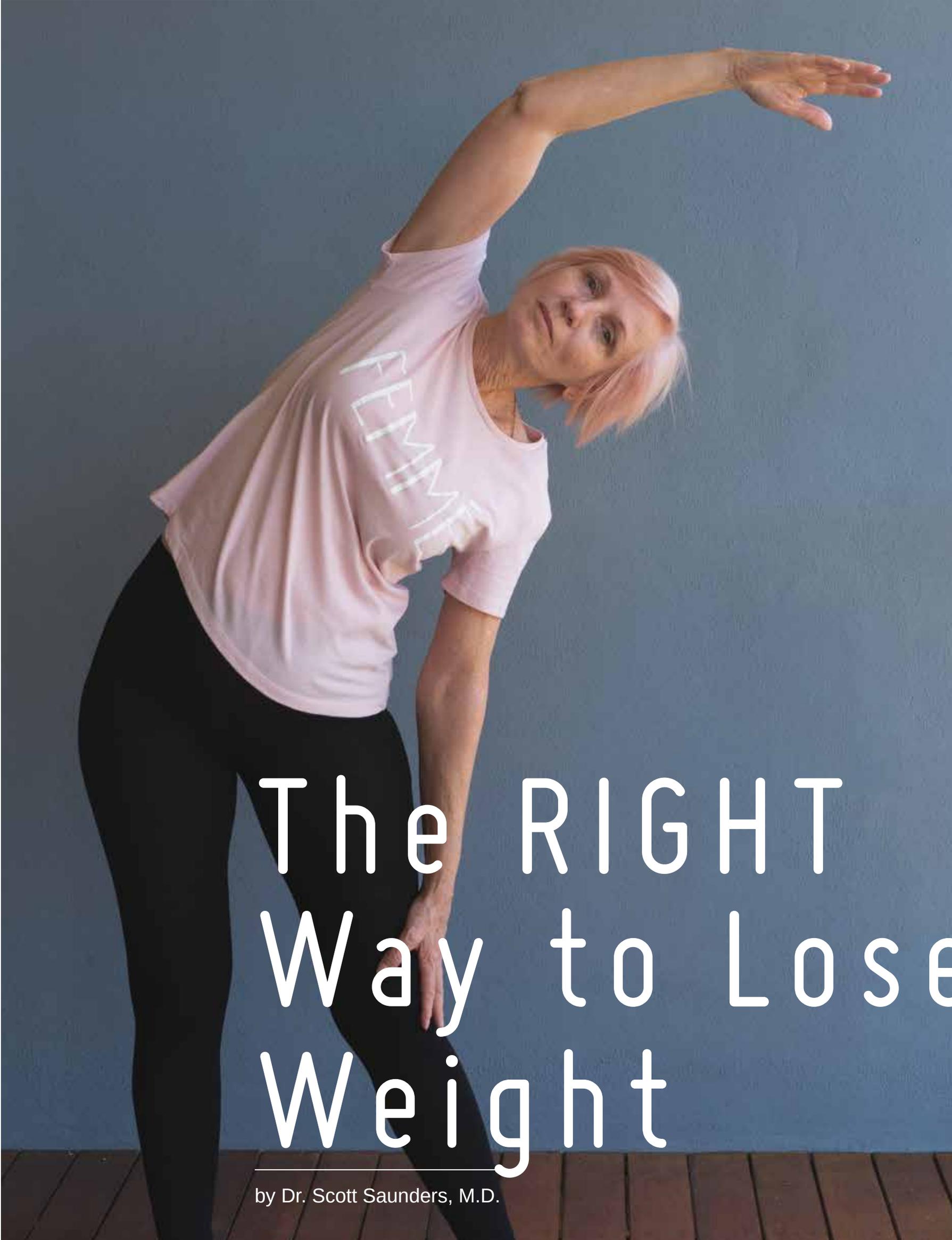


15 IS THERE ONE RECIPE FOR LOSING WEIGHT?

One size does not fit all. With that in mind, why do we still sign up to diets that follow the 'one-size-fits-all' approach? Wouldn't it make more sense....read more below!

15 COLD WATER THERAPY MAY BE THE SECRET TO LOSING WEIGHT

Conditioning your brain and your body to accept, endure and embrace cold water immersion may be challenging, but the health benefits in both the short- and long-run are well worth it. Activate your body's natural healing powers and induce weight loss with cold water therapy!



The RIGHT Way to Lose Weight

by Dr. Scott Saunders, M.D.



IF YOU COULD step inside my doctor's office for the next few minutes and be a fly on the wall, I think we could learn some things together. I invite you to observe a few patients who came seeking help for obesity.

KELLEY

Kelley is roundly obese, in her early 60s, and works in a church. She is very social and articulate. She is really worried about her kidneys because she knows someone on dialysis. She has been overweight all her life. She has tried multiple diet programs. She has been on the medically-supervised fasting program, and more than one that sends meals to her home. She has come to me to get healthy. We evaluated Kelley's hormone levels and metabolism. Turns out, she has borderline kidney function, high liver enzymes, and very high insulin levels. She states she is very motivated to make some permanent changes. However, after several months of treatment, our conversation went something like this:

Dr. S: How are you doing with the diet?

K: Great!

Dr. S: I see that your weight is unchanged, why do you think that is?

K: I don't know. I'm doing everything right.

Dr. S: Then why aren't you losing weight?

K: (Long pause) She looked up finally and sheepishly said, "I need it."

Dr. S: What do you mean?

K: Because it protects me. Since I was a little girl, I have been able to keep people at a distance by being overweight. When I'm fat, I'm transparent, people don't look at me. I don't exist. I have a wall of protection as long as I'm obese.

Dr. S: Why do you want to keep people away?

(Another long pause, then tears...)

K: I was sexually molested as a child, and I just can't stand the thought of anyone being close to me. I have never told anyone this, and have never understood why I couldn't lose weight before.

We discussed this further and what was the right strategy for Kelley to lose weight. It wasn't the course of treatment we were taking or those she tried for many years. She needed help with childhood trauma. She was suffering primarily from PTSD, and needed to address this need first. Then, she may be able to move forward with the physical illness. In the meantime, she continued taking her medications, and we added some nutrient supplements to help protect her kidneys and liver, as well as a yoga program to help her deal with stress.

JULIE

A very nice-looking 40-year-old blonde woman came in to see me. She was a filmmaker and valued her looks. She had started on one of our programs and was seeing the nutritionist, acupuncturist, and health coach. She was overweight, but not obese, and didn't have any health issues related to being heavy.

Dr. S: Describe what happened.

J: I started getting palpitations, and thought I was going to die. I had chest pain, like an elephant on my chest, and I couldn't breathe. My friend took me to the ER and they told me it was a panic attack. Since then I have had several episodes. I always feel like I need to go to the hospital, but my friend talked me out of it.

Dr. S: Have you ever had this before?

J: No. It has only happened since I've been on the program. I had the first one after I noticed that I lost ten pounds. It wasn't an "Oh boy!" experience for me, just a feeling of dread – and then I got a panic attack.

Dr. S: Oh, your positive results should have brought some rejoicing, but you had panic, is that right?

J: Yes, that's what it seems.

Dr. S: Why would you panic?

J: I'm not sure. I want to say that I don't want to be skinny.

Dr. S: Why not?

J: I think it's because all my life I have been defined by how I look. Twenty years ago I was a Calvin Klein model, traveling all over the world, having pictures taken of me, walking down runways, and being ogled and lusted-after. It was all about my looks. Nobody cared about me. Nobody knew me. They didn't want me, they just wanted my body. Now I have a good career. I love making movies, and I'm good at what I do. I don't want to go back to being that skinny girl that everyone looks at. I want to be seen for who I am, for my talents and abilities...

Her voice trailed off as she looked up at me.

J: Well, I guess I really don't need your help. Now that I know what the issue is, I can live with it, and I'm not going to lose weight.

DAWN

Dawn was only in her 30's and was very obese. We call it "morbidly obese" because this is something people die from. She was recently diagnosed with diabetes and was prescribed medications. But, the medications were making her sick. She was nauseated and had no energy. She would fatigue with only a little exertion. She hated the drugs and came to me to help her get off them.

For eight months we worked together, trying various things to lower her blood sugar. The different diets and supplements didn't seem to be working. At this point, I walked in the room and asked, "How is it going?"

D: Fine.

Dr. S: I see your blood sugar is still high, and your weight has not changed?

D: I'm doing everything you said!

Dr. S: (heavy sigh, exasperated) ...then why aren't you losing weight?

D: (in a monotone) Because I don't want to.

Dr. S: (shocked) Why not?

D: I came here to get off the medications that were causing me problems, I don't want to lose weight.

Dr. S: if you don't lose weight, we can't get the blood sugar down. Why don't you want to lose weight?

D: I saw a show about weight loss and there was this guy on it who had lost a hundred pounds. They showed his before and after pictures, and it was worse – he looked old. His face was saggy, his arms were saggy, and he had a bunch of skin hanging over his belt. It looked horrible! I don't want to look like that!

We discussed that she may not be saggy and that her skin would contract around her body as she slowly lost weight. But Dawn decided instead to go back to her other doctor and see if she could get on some different medications.

NATASHA

One of the most obese people I ever met was Natasha. We never knew exactly how much she weighed because our scales didn't go over 400 Lbs. at the clinic.

N: I eat a perfect diet, it makes no sense that I'm so overweight. I think it's genetic. My father was over 500 Lbs. but he ate like a pig!

Dr. S: Let's have you just write down everything you eat for a week. Write it down immediately so you get everything. Don't wait until the end of the day and try to remember what you eat. All I need is the date, time, what you eat, and how much.

(A week later)

Dr. S: Did you keep a record of what you eat?

N: (eyes as big as saucers) YOU WOULD NOT BELIEVE WHAT I EAT!!!

Dr. S: (smiling) Try me!

She showed me the list, and one evening looked like this:

Time: 6pm

Food: Lasagna

Amount: 1 pan

Dr. S: One pan? How big is the pan?

N: Oh, you know, one of those large frozen lasagna pans.

Dr. S: You ate the whole thing at one sitting?

N: No, I just took one small piece at a time over a couple of hours.

Dr. S: Then you got hungry again?

N: Well, I got hungry after an hour and went out for a hamburger.

Diet record (same date):
Time: 9pm
Food: hamburger
Amount: 6

N: Just the regular hamburgers from McDonald's.

Dr. S: Oh... What do you want to do?

N: Uhhh. (Looking down at the floor) I guess I don't need you anymore. I know what I gotta do.

ASKING THE RIGHT QUESTIONS

Part of the reason for me sharing these stories is to say that not everybody wants to be skinny. We have this idea in our world that, "You can never be too thin or too rich." But this is not everyone's ideal.

But mostly I want to point out that the most important part of starting a weight loss program is to begin with the question of "why?" If you are overweight, it is of primary importance to know why. Consider just some of the possibilities:

- High insulin causes carb cravings.
- High cortisol (stress hormones) cause insulin resistance and weight gain.
- Low thyroid is a rare bird – everyone wants to blame their thyroid, but it's usually a secondary issue.
- Changes in other hormones can cause changes in weight. (Progesterone increases appetite)
- Some people just like to eat.

- Being unaware of what you eat can cause overeating.
- Some have not grown out of the “oral phase” of development.
- People often substitute food for other desires: sex, thirst, connection, and so forth.
- Depression can cause people to eat.
- Anxiety may lead to food addictions.

Note that there are hormonal, chemical, developmental, and psychological causes of obesity. Everyone is different. Two people who live together and eat exactly the same food may not be the same weight. However, getting to the root of the cause before treating the symptoms is essential. As in the four cases above, just treating the symptoms isn't useful. I have had many people who try for many years to lose weight because they don't know what's going on in their own bodies. Both Kelley and Julie didn't know why they needed to be fat – their own subconscious brain was hindering them. It was only after another problem came up, and many failures that they were willing to look at why.

Most overweight people don't know why they eat. I have seen many who tell me they are on the perfect diet, and cannot understand why they aren't normal weight. After a few weeks with a diet record, they see, like Natasha. Also, going from diet to diet may not be helpful if you have a hormone imbalance.

FINDING THE CAUSE

You can do this! Try the following simple ways to start:

Keep a diet record.

DO NOT put any spin or judgment. In other words, don't leave things out because “It was just one,” or “It doesn't count.” Also, don't beat yourself up if you find yourself with a different written record than a mental record. Our brains do not record everything we eat, that's normal. In fact, most of the things we do automatically are NOT recorded in the brain. You don't remember how many steps you took, or how many breaths. Without a written record you would not know. So, just write it all down.

Write how you feel in a journal.

While keeping a list of the foods you eat can be helpful for part of your issues, it may not be the bottom-line. You may need to keep a journal daily of how you feel. How the food makes you feel. How it feels when you don't eat. Writing is a great way to organize your thoughts and keep you on task. Writing your feelings will bring out any subconscious blocks to your weight loss program.

It often helps to have someone you trust ask you why.

Your brain will lie to you, but is more likely to answer another person truthfully. They must keep asking. The answer “I'm hungry all the time” is not the bottom line, it's just a stopping point. There is another, “why?” underneath. See if you can get all the way to the bottom. It may take some time, and attention. In the cases above, I condensed months of visits into a few lines so it isn't like it all just came out on the first visit.

Most of the time, you will find your “WHY?” answers by using these methods. If you don't, there are several places to turn to look for root causes.

- A good counselor that can ask the right questions can be very helpful.
- A good doctor who can order the right tests of hormones to look at balance and ratios, as well as metabolic markers can guide you through the process.

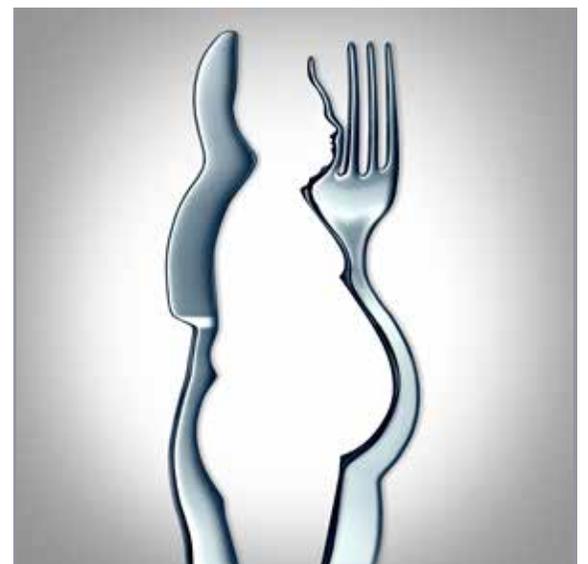
Your why is going to be different than anyone else's. Don't take another person's why as your own – unless it is your own. Once you know why, the rest is easy. Your “why” will tell you exactly “what” to do, and “how.” This is the light at the end of the tunnel. Anything is easy when you know how.



4 Things You Didn't Know About Your Genes

Are you under the impression that your inherited genes determine how you must live the rest of your life? Have you ever blamed your parents for the body you have? Let me ask you one more question. If you knew you could change your genes, would you?

by Sarah Stanley



WHILE IT'S TRUE that we inherit our genes, [it's also true that we can change our genes!](#) This is what's so fascinating about epigenetics! Our genes can be switched on and off. They are not hard wired. So if you don't like what you've been given, there is great news for you. You can change your genes starting today!

Here are the four main ways in which you can modify and improve your genes!

EXERCISE

Wikipedia defines gene expression "as the process by which possession of a gene leads to the appearance in the phenotype of the corresponding character." In lay terms, this means that the genes that make up our chromosomes are the blueprint for our development.

Additionally, our genes can be turned on and off (think of a computer or iPhone). The hardware is our genetics and the software is our epigenetics. To have a healthy body, we need both hardware and software to function. (Thanks [to Dr. Richard Denison](#) for explaining this!)

The first way to change your gene expression is through exercise.

I'm sure you know by now that exercise boosts your mood, improves your health, and makes your clothes fit. But the other amazing thing that exercise can change is our muscle and fat cells! Did your ears perk up hearing that?!

[Researchers at Lund University Diabetes Centre](#) in Sweden took sedentary, but healthy men, and sucked out some of their fat cells. They also measured their body composition, aerobic capacity, blood pressure, cholesterol levels and other indicators of health.

And then do you know what these scientists asked these men to do? They asked them to start moving their bodies and getting their sweat on (as I like to call it). With the supervision of a trainer, these men worked out for an hour twice a week, doing spin classes and other aerobic exercises. They continued this exercise plan for 6 months.

Not surprisingly, these men lost fat, which resulted in weight loss. They also improved their blood pressure and lowered their cholesterol. All from simply moving their body intentionally and being active! If that's not motivation to get active, I don't know what is. :)

In addition, this study found that the methylation (a fancy word for the atoms and molecules that make up our DNA) reversed the genes that were previously headed for obesity and diabetes! See how amazing fitness is?!

Other studies have found that...

...[A single workout altered gene DNA](#) from unhealthy cells to healthy cells.

If you are sitting reading this article you might want to jump up and go for a brisk walk, do some pushups, sign up for a 5k or a half marathon, go for a bike ride or go to yoga tonight. You can start changing the expression of your genes through exercise to live a healthy, disease-proof life!

LIFESTYLE

The color of your eyes, the color of your hair, and your body frame [are passed down through generations](#). Your genes are a result of the lives that your parents, grandparents, great-grandparents, and great-great-grandparents led. But only 2% of the genes you inherit cannot be changed. Only 2%! The other 98% can be changed!

This is why living a healthy lifestyle is such an important way to modify your genes. We really are a product of how we live!

People used to think that heart disease, diabetes, cancer, stroke and other disease were hereditary (because of our genes) or growing older. But according to recent findings, that assumption couldn't be further from the truth!

The way we live our life plays a large part in determining whether we get disease or not. This is because we can live in a way that creates health, longevity, and production of healthy cells (epigenetics). Or, we can live a life of disregard that promotes sickness, disease and illness.

Each one of us has cells that can cause disease (like cancer).

How we take care of our bodies on a daily basis can promote healthy cells that will prevent cancer and disease.

Or, our daily lifestyle can condition unhealthy cells to permit cancer and disease to flourish.

We have more power over our health than we realize! This is why making healthy habits a part of our daily life is so important.

As you just read, fitness is crucial to promoting healthy epigenetics cells. Of course, it's also a no-brainer to stop smoking, which only destroys cells. And, of course, the right nutrition is paramount to a thriving and disease-free body.

NUTRITION

What you eat can either prevent disease - including cancer - or have the opposite effect on your genes. And because what you eat changes your genes, therefore what you eat changes the genes for future generations, too!

What you eat today will either positively or negatively affect your children, your children's children and beyond!

As you probably know by now, our food system is pretty toxic. As a result, we have to be more diligent than ever to educate ourselves and learn about what we put in our body. Our food system is becoming more and more unsafe not only for our bodies, but our land, our air, and our water.

There are many ingredients in our food supply that are known carcinogens.

- [Coloring dyes](#), in particular, are linked to tumors, ADHD and ADD.
- The caramel coloring in popular Starbucks drinks is

a known carcinogen (Caramel Coloring IV E150d). [This caramel coloring](#) is also used in soft drinks. If you still drink them, now's a really great time to ditch this unhealthy habit!

- Pesticides from GMO crops are toxins to the body that will have adverse effects on your DNA. These harsh chemicals are free radicals that will speed up aging (yikes!), wrinkles, and encourage fat cells. Not something I think you want, right?! Choosing to eat organically is another way to help keep your gene expression in tip-top health shape.

THOUGHTS

I thought (no pun intended) this was really interesting. Even our thoughts have an impact on our genes. You have more control over your health than you think you do! And part of this is how you think. Remember this quote?

What you eat and drink is just as important as what you think. If our thoughts are negative (toxic), then they will have a direct effect on our overall health.

No matter the source of toxicity (food, drink, air, water, thoughts) it will impact us.

Our beliefs about ourselves are ingrained in us and start at a young age. If we've grown up in a dysfunctional or a non-nurturing family, unhealthy beliefs can alter our genes. Our beliefs can change our biology, according to Konstantin Eriksen, a biochemist.

So, what you believe about yourself can either help your genes and wellness or cause disease. [Click to Tweet.](#)

How can you change your thoughts to improve your health today?

- Positive self-talk
- A grateful heart
- Thanking others
- Surrounding yourself with positive people
- Speaking only kind, positive words
- And looking for ways to enjoy the moment may all contribute to healthy thinking.

TAKEAWAY'S

Hasn't this been an insightful read? I know for me it has! In life, we can't control everything, but we can control our genes more than we realize. This is incredible! It is so freeing! Because we can positively change our genetic expression, we can change the course of our life.

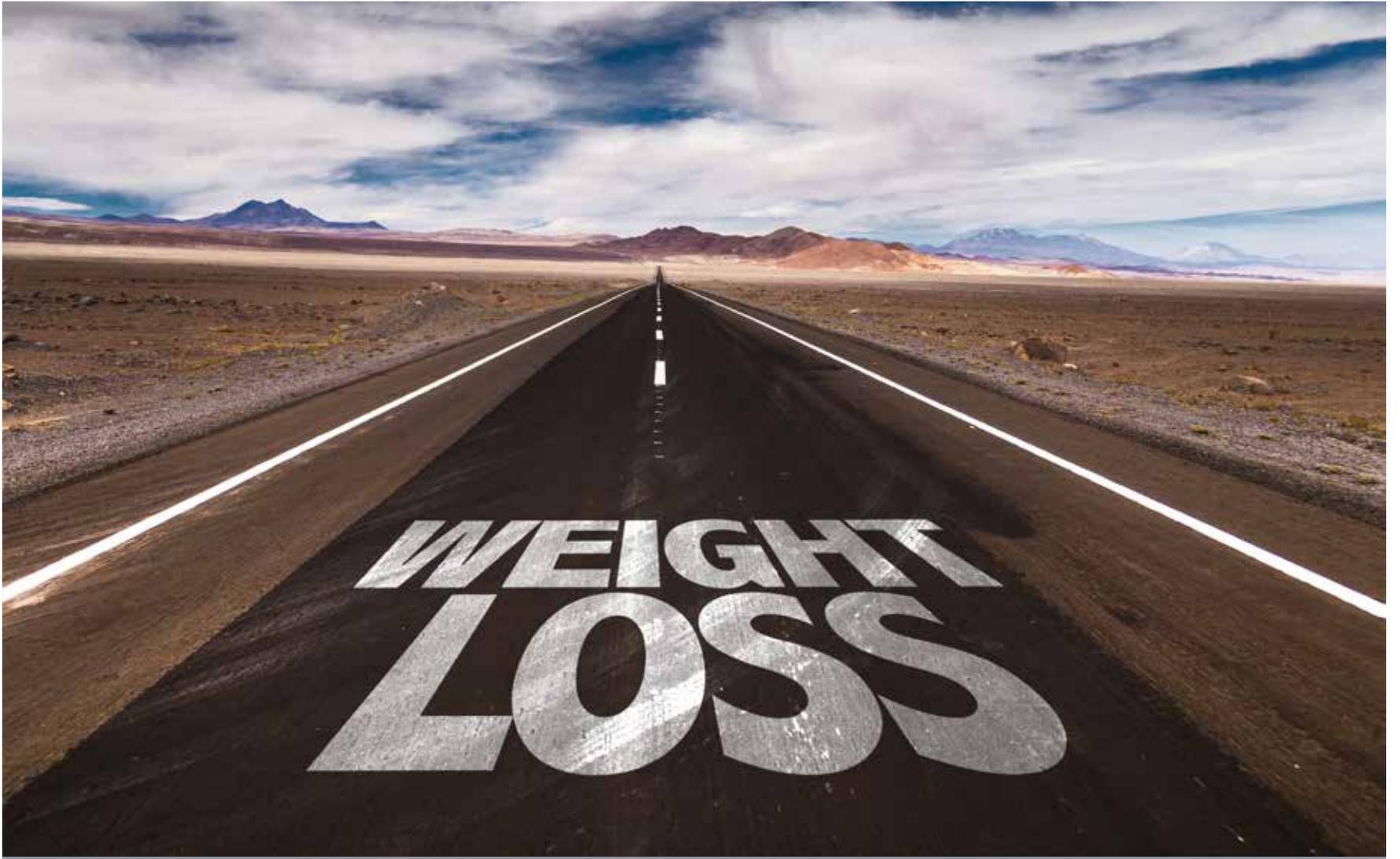
We can alter our DNA by creating a balanced lifestyle of fitness; eating real, organic food; and thinking positive thoughts.

For some, it may require a total life shift and how you go about your daily life. For others who have scars from childhood, it may require seeking out a reputable counselor/therapist who can help unravel your unhealthy beliefs into healthy, positive beliefs. In turn, we create positive thoughts from negative ones and change our genes into something beautiful.

There is so much we can do to take care of our genes! But it takes diligence to make wise choices daily. Remember, how we live today will impact our future generations.

Cheers to healthy genes!





Is There *ONE* Recipe for Losing Weight?

Obesity holds an epidemic status in the United States. More than [one-third of adults in this country are obese](#). Conditions linked to obesity such as type 2 diabetes, many forms of cancer, heart disease and stroke are some of the [leading causes](#) of preventable death.

In fact, statistics tell us that 44% of people diagnosed with type 2 diabetes are obese.

Why is this so? Why do so many people struggle with losing weight and keeping it off? The answer is not as easy as it may seem.

Bookstore shelves are bending with how to lose weight books and the obesity epidemic continues to skyrocket upward. In light of this, you might ask, is there a one sure standard tool to use in order to drop the pounds and keep them off? Some say, losing weight is simply a matter of following a strict recipe for success that includes ingredients such as, eating less and moving more.

Current weight loss strategies not working

How is this formula working so far? For some, it may work very well and the weight might fall off, but for others, it may just add fuel to an already existing and very complicated problem. This tells us that there is not one sure program for success, that the application of a recipe for one person may be just what is needed while for another it only worsens the issue.

While there are definite health benefits for everyone who eats a clean diet and embraces a healthy lifestyle, we have to remember that we are all complex human beings with often complex life stories to match. We are unique and it is our uniqueness that nullifies that one stop recipe for success theory.

In addition [to eating well and embracing a healthy lifestyle](#), many people need much more. Most need a personalized approach that takes into account individual life stories and personal struggles.

This is why so many people fail to stick to diets, fail to drop weight and keep it off.

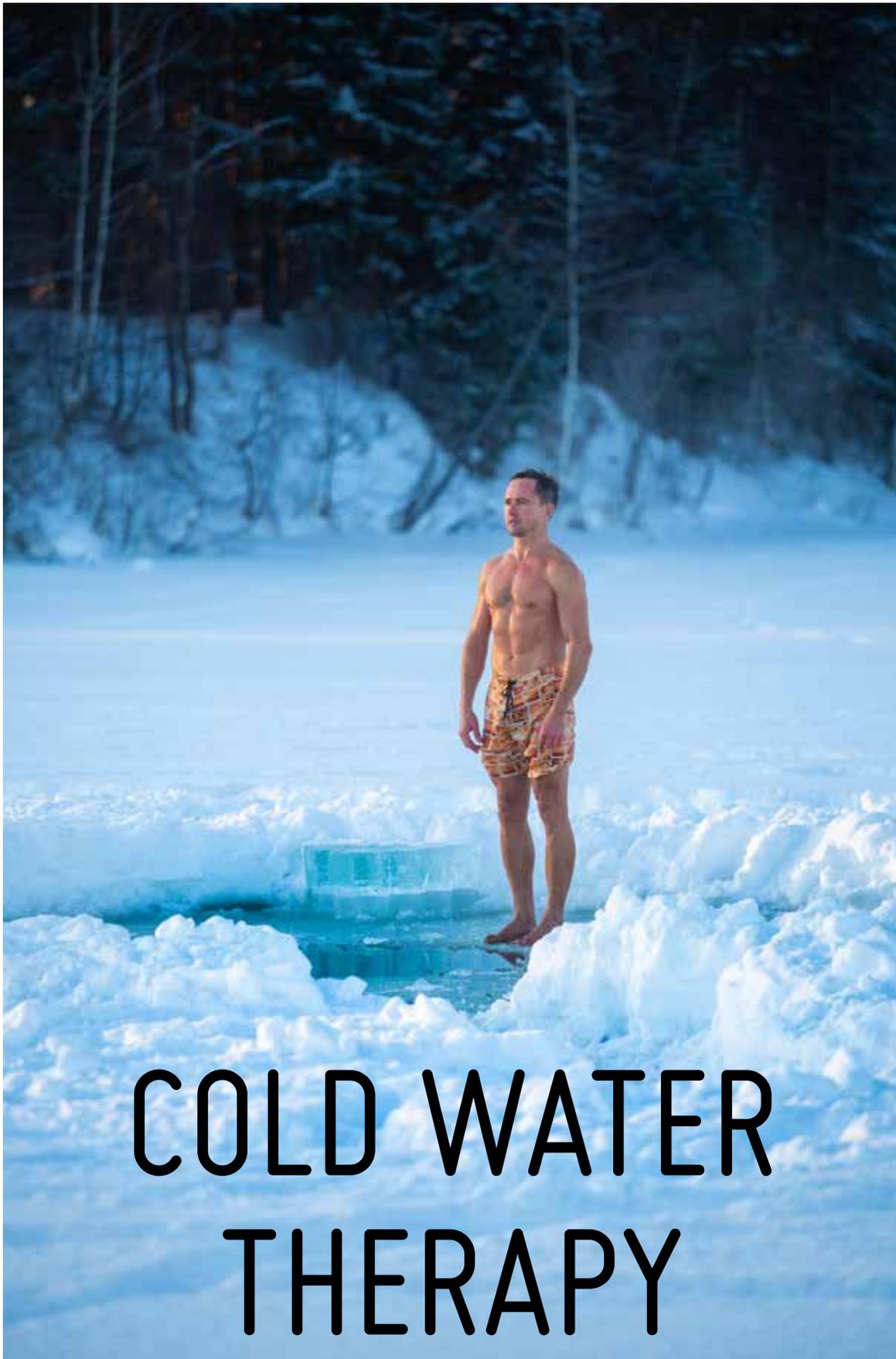
If we want to truly help, we must first see the person through the pounds. We must develop highly personal and caring programs for each individual that are tailored to their success. It is important not look at people as a statistic or a number on the scale. Learn how to care and learn how to listen. Most of all, stop judging and start helping.

A great place to start is to watch this TEDxMaastricht talk by Anna Verhulst titled, "Recipe to losing weight."

Click here---><https://www.youtube.com/watch?v=KfK3eK-kOQA>

Weight loss can be uniquely challenging if you're managing type 2 diabetes. To hit your A1C goal, lose weight, make medication adjustments, and more, let Barton Publishing show you how. [READ MORE.](#)





COLD WATER THERAPY

MAY BE THE SECRET TO LOSING WEIGHT



LEAVE IT TO NASA scientists to find the overlooked secret to shedding pounds! No, [it is not NOT rubbing bacon on it!](#)

Losing weight can sometimes feel like rocket science, but the formula for melting excess fat may be closer to rocket science than we could have imagined!

The secret... is body temperature.

NASA Scientist Discovers the “Body Temperature—Fat Loss” Code

Ray Cronise, a former NASA scientist, spent years trying to shed excess pounds but was never able to keep the weight off. Frustrated, he put his world-class brain to work. Using the tools available to him, he analyzed his goals and how to achieve them. The new dawn of weight loss then started to shed its glorious light. He realized there was something missing from

the multitude of popular diet and exercise plans available.

For more of us, losing weight focuses on controlling a few factors: diet, exercise and calories. However, we lack addressing one critical factor: the relationship between body temperature and our surroundings. This is critical, because the human body must maintain its temperature at about 98.6 degrees, regardless of the temperature of its surroundings.

“It takes a lot of energy to keep it that way, no different than heating your house,” Cronise explains.

So, what happens when you expose your body to colder temperatures? Your metabolism is kicked into high gear. Cronise doubled his weight loss in 6 weeks by exposing his body to cold temperatures! He dropped 30 pounds of fat alone!

One of the techniques Cronise used for exposing his body to cold temperatures was to take cold showers. Not only does speed up weight loss, it turns out cold water therapy has some overall health benefits.

POWER OF COLD WATER THERAPY

Modern science and history has proved the use benefits of cold water therapy for various health conditions:

- Chronic fatigue syndrome
- Chronic pain and inflammation
- Frequent colds
- High blood pressure
- Heart conditions
- Insomnia

Cold water therapy has even been useful for treating various forms of non-lymphoid types of cancer.

THE HOW-TO OF COLD WATER THERAPY

Don't have the guts to jump into the deep end of ice water? Don't worry, Dr. Alexa Fleckenstein, M.D., a board-certified internist who practices traditional and complementary medicine in the Boston area, advises the gradual approach to cold water therapy is best. The shock of stepping into a purely cold shower can have a too-strong effect on your blood pressure.

- Start with your usual warm shower.
- Once you've finished with your usual shower, you can step away from the water stream and turn off the hot water, while leaving the cold water running.
- Only then do you gradually ease yourself into the cold stream, moving slowly from your feet to your hands and then your face.
- Then finally you can step your whole body under the cold stream.

Work towards a full body cold shower at your own comfort. If the shock of a cold water therapy shower is intolerable, start with just your feet, hands and face. Your whole body will gradually adapt in body temperature to the duration and area of exposure.

Cold water therapy can vary. If cold showers are miserable, start with drinking cold water. Cronise recommends then varying exposure by immersing your face into a sink filled with water and ice cubes. Total dedication to cold water therapy may put you in the “polar bear” club, plunging into near freezing water!

As with many therapeutic health practices, the concept of cold water therapy has given rise to plentiful options. If you're willing to experiment (in the true NASA spirit), you're sure to find one you enjoy. Lastly, enjoy the secret benefit of weight loss that cold water therapy provides!





You have made a smart and important decision to join with others from around the world, learning how to use natural and drug-free home remedies that work to help you feel healthy again. For additional relief, visit www.bartonpublishing.com

ADHD / ADD	Flu	Low Testosterone
Allergy & Asthma	Gallstones	Lyme Disease
Anti-Inflammation	Gout	Prostate Secrets
Arthritis	Graves Disease	Scabies
Back Pain	Hair Loss	Sinus Infection
Bad Breath	Herpes	Sore Throat
Cholesterol Secrets	High Blood Pressure	Ulcers
Depression	Hypothyroidism	Urinary Tract Infection
Diabetes	Irritable Bowel Syndrome	Wholesome Frequency
Erectile Dysfunction	Joint Pain	Music
Fat Loss	Kidney Stones	Yeast Infection
Fibromyalgia		

OUR MISSION

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