

## How to Strengthen Your Immune System To Keep You Safe

## Using Your Shopping List to Cure Illness

## Reverse Diabetes with Diet and Exercise

## Broccoli Leaves: The Superfood Sitting in Your Garbage Can



# Home Cures That Work

## AUTHOR



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Prioritizing your health takes on greater meaning this year as people look to boost their immune system and prevent illnesses.

Your immune system is your body's security system. It's your natural defense against harmful organisms that cause sickness and contagious outbreaks. You come in contact with these agents every day and most are neutralized by your immune system without you even knowing it. However, if your immune system is weak, it may not win the battle against invading organisms, and that's when you can get sick. Learn how to fight with a winning multi-level defense system from Dr. Saunders!

Any virus is more likely to cause severe symptoms in unhealthy people with chronic inflammation, weak immune systems, obesity, or insulin resistance. Prevention is the best way to fight any virus or disease. The first thing to do is to ensure you have a strong defense!

The greatest impact on whether your genes for illness get triggered is by what you put into our bodies – what you eat. Our bodies are constantly shedding old cells and creating new ones. Recall that you build your cells from the foods you eat. That means you can literally transform from a sick, tired, achy body to a healthy, strong and vibrant body one cell at a time, one bite at a time. You are building your next body by the mouthful! You can get healthy one grocery list at a time.

We all know that broccoli is good for us, but did you know that the different parts of the broccoli plant each make their own unique contribution to its overall nutritional value — and that nearly all parts of the plant are edible? Yes, even the leaves...actually are a richer source of beta-carotene than either the stems or florets. Eating broccoli leaves gives you another source of the plant's high content of fiber, vitamins C and K, iron, and potassium.

Home Cures That Work and healthy food go hand in hand to build a strong defense system so that when another invasion comes, by a virus or bacteria, you can guess what happens - they are crushed out of existence!

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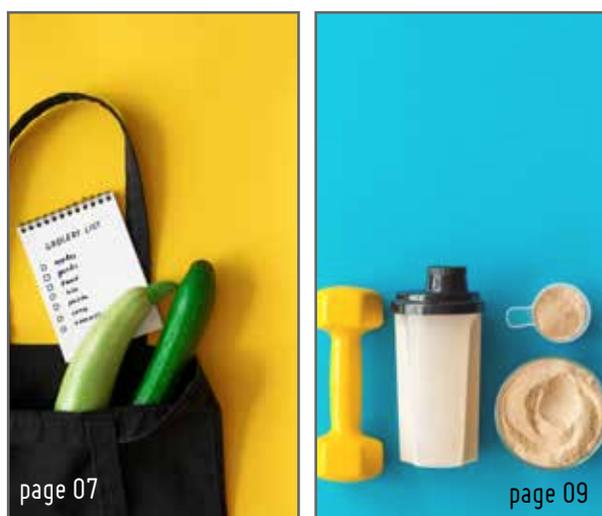
For your health

Cheryl Ravey, Editor  
Home Cures That Work



## HOW TO STRENGTHEN YOUR IMMUNE SYSTEM TO KEEP YOU SAFE

Your body has a personal army to protect you from disease; it is like a marvelous military force within. If invasion comes, by virus, parasite or bacteria, an overwhelming attack will be mounted and you can guess what quickly happens, the invaders are crushed out of existence. Your first line of defense is bolstered by healthy-living strategies such as these by Dr. Saunders.



## USING YOUR SHOPPING LIST TO CURE ILLNESS

The body can recover if you get out of its way by stopping the constant assault on it with dangerous foods. You can make a difference in your health just by changing your shopping list.

## REVERSE DIABETES WITH DIET AND EXERCISE

Be fit and free from disease with both movement and nutrient-rich foods as a normal part of daily existence.



## BROCCOLI LEAVES: THE SUPERFOOD SITTING IN YOUR GARBAGE CAN

With so much going for broccoli leaves, it's surprising that they are not much more popular than they are. The list of health benefits of broccoli leaves are as long and impressive as you would expect from a superfood.



# How to Strengthen Your Immune System To Keep You Safe

by Dr. Scott Saunders, M.D.

**W**E OFTEN THINK of the immune system as a single entity, but that is far from reality. It is a whole bunch of things, like the U.S. Military. The armed forces have multiple functions, with the general task of protecting the country. We have the Army, Navy, Air Force, Marines, as well as the National Guard. When they fight, they don't just go in and kill everyone! They have to kill only enemy combatants, and not kill those who don't pose a threat. Moreover, there are a lot of support staff, as many as ten times as many behind the lines as the number of soldiers. These support staff are essential to keeping the system working. Plus, there is also overlap. For example, the Army has more flying machines than the Air Force, and the Navy and Marines also fly. But each aircraft has different types of specialized weapons to suit their needs.

This is a great analogy of the immune system. We should think of our immune system as soldiers fighting off the micro-enemies that constantly threaten to invade our bodies. But the incredible collective of "armed forces" in our body do so much more. Our immune system is a combination of janitors, military police, and disposal services for the body. When our own cells become disabled, infected, or dead, our immune system cleans up the mess and takes out the compromised cells. When our cells go rogue and stop doing what they are designed to do, the immune system takes them out to prevent cancer and other illnesses. Amazingly, if one part of the immune system is compromised, the other parts can take over the function... but not as efficiently.

The Joint Chiefs of Staff, and the Commander-in-Chief, are in the brain, controlling every regiment. You need a good working brain for the immune system to function well. Without good leadership, the immune system goes crazy with lots of "friendly fire" called autoimmune diseases. Mostly, disorder in the ranks comes from emotional trauma and issues.

Emotional stress of any kind will prevent the proper response to a threat. An overactive immune system creates autoimmune disease. An underactive immune system allows chronic infections like Epstein-Barr or Lyme disease. You must keep everything in order. Every part of the system must function well, do their own job, and keep the body clean and free of invasion from within and without.

## How To Run an Army

You don't have to be a West Point graduate with honors to keep a good immune system. It's part of the AUTONOMIC nervous system and runs very well on its own – as long as it has the resources it needs. Give the army all its supplies, and they will do their job well. But deny them ammo, guns, food, or transportation, and they will flounder!

Remember the famous quote:

*"For the want of a nail the shoe was lost,  
For the want of a shoe the horse was lost,  
For the want of a horse the rider was lost,  
For the want of a rider the battle was lost,  
For the want of a battle the kingdom was lost,  
And all for the want of a horseshoe-nail."*

— Benjamin Franklin

So, your only job is to give your military everything it needs to function well. These include:

- Proper nutrition
- Good sleep
- Avoid toxins
- Stress reduction

The basics are easy:

- Sleep 8 hours a night; in bed by 10pm.
- Practice intermittent fasting; no food for 16+ hours, and no food after 6pm.
- Avoid sugar and artificial sweeteners.
- Forgive everyone of everything – forgiveness is the greatest emotional stress reducer.
- Take zinc, vitamin C and vitamin D.

Two more things you can do to turbo-charge your immunity:

## Meditation For A Strong Immune System

Meditation[1] is not an empty mind, but rather a focused mind. Stop multi-tasking! Learn to do one thing at a time. Start with a regular meditation practice. Remember that there are many different forms of meditation. Yoga can be great. Transcendental meditation works as well. You can even walk and meditate if you focus on one thing. Prayer is meditation focused on God and is a great way to connect with the Infinite! Meditate for thirty minutes twice per day. If you can only do once, it's fine. Three times is even better.

## Exercise For A Strong Immune System

Exercise helps the brain, and all areas of the immune system. [2] It keeps the hormones balanced and relieves stress. It can prevent cancer, as well as many kinds of infections. Physical activity is also essential to prevent aging. The exercise you do will depend upon what you enjoy. Find what you like to do. Walking is fine, but you get better results with short bursts of high-intensity exercise like interval training, wind sprints, or cross-fit. Playing games like basketball or soccer are great. Work up to a level that builds muscle; don't try to do it all at once. Find time every day to exercise.

## Other Supplements That Improve Immune Function

We often think antibiotics are going to fix everything, but they only work on the bacteria – they don't work for viruses, nor do they help your immune system. Even anti-viral drugs have limited function. Remdesivir was given to President Trump when he had SARS-CoV-2 infection, but the WHO says it isn't useful.[3] It's like giving the army guns with no ammo! Instead of these drugs, we could go back to using what has traditionally worked. Mushrooms and herbs have been used for centuries to fight infections and prevent illness by assisting the army to fight. Some that have proven benefits include:

- Reishi mushrooms activate the white blood cells to help them remove threats including infections and cancer.[4]
- Echinacea increases white blood cells and prevents viral infections.[5]

- Elderberry increased TNF-alpha by 44 times to increase the immune response to pathogens.[6]
- Green tea has EGCG and catechins that help the cellular immunity to prevent and get rid of cancer cells.[7]
- Quercetin is a free-radical scavenger, decreases allergy and increases viral response while lowering cytokines.[8] (Quercetin is very useful for COVID-19.)
- Vitamin E lowers inflammation in the cell membranes.[9]
- N-Acetyl Cysteine (NAC) is essential for glutathione production to decrease the inflammatory response.[10]

It should be noted that several of these suppress inflammation while increasing immunity. This is important because most of the time people with viruses don't die or get really sick from the virus itself, but rather from the immune response. For example, the coronavirus in COVID-19 is relatively harmless, but can set off a "cytokine storm"[11] that overwhelms the body and causes death. It's like the army dropping an atomic bomb on a whole city because they found one enemy soldier in it. This is why balance is essential for the immune system to remove the virus without killing the body by a huge reaction.

A good and functional immune system is amazing in its ability to keep the body free from enemies. The immune system protects not just from foreign invaders, but also the internal invaders such as cancer. It may not keep out the viruses but will allow you to get rid of them easily. The methods above will help to keep you safe from COVID-19, as well as all the other flu viruses. While you may be exposed, and even get the virus, your response will be able to handle it easily, and clear it without damaging your body.



Sources: [1] <https://www.forbes.com/sites/alicegwalton/2016/09/06/new-clues-into-how-meditation-can-boost-the-immune-system/#:~:text=%E2%80%9CMeditation%20is%20one%20of%20the,then%20lead%20to%20healthier%20aging.%E2%80%9D> [2] <https://medlineplus.gov/ency/article/007165.htm> [3] <https://www.who.int/news-room/feature-stories/detail/who-recommends-against-the-use-of-remdesivir-in-covid-19-patients> [4] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4684115/> [5] <https://pubmed.ncbi.nlm.nih.gov/15035888/> [6] <https://www.webmd.com/diet/elderberry-health-benefits#1> [7] <https://www.sciencedaily.com/releases/2011/06/110602143214.htm#:~:text=One%20of%20the%20beneficial%20compounds,health%20benefits%20of%20green%20tea> [8] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6273625/#:~:text=Quercetin%20is%20known%20for%20its,suppresses%20interleukin%20IL%20D4%20production.> [9] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7011499/#:~:text=Vitamin%20E%2C%20a%20potent%20lipid,known%20to%20modulate%20immune%20function.> [10] [https://www.healthline.com/nutrition/nac-benefits#:~:text=Ability%20to%20Boost%20Glutathione%20Levels,supplementing%20with%20NAC%20\(%2036%20\).](https://www.healthline.com/nutrition/nac-benefits#:~:text=Ability%20to%20Boost%20Glutathione%20Levels,supplementing%20with%20NAC%20(%2036%20).) [11] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7527296/>

# Using Your Shopping List to Cure Illness



**T**HE NEXT TIME you go to the grocery store, you might want to take a second look at the items on your shopping list. Many of them could have health benefits you never knew about! With medical and prescription drug costs rising quickly — just as new ailments are being discovered — more people are turning to alternative medicines, supplements, and food sources to treat their health problems.

## The Purpose of Supplementing

Our bodies should receive the nutrients we need to survive through food, but these days, most people's diets aren't providing them with all of the vitamins, minerals, and nutrients necessary. When our diets are lacking, we're more prone to infections, poor brain function, arthritis, pain due to inflammation, and a long list of other unpleasant side effects. The concept of supplemental treatment is to fill in those gaps and prevent or treat illnesses that are related to missing nutrients.

Food and supplements found at your local grocery store can treat and prevent so much more than the public is aware of. Here are five items from your cupboard that can start treating your ailments today:

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## BROCCOLI

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Broccoli is a great natural treatment for men with low testosterone. Two substances — I3C and DIM — are naturally occurring in broccoli, and both prevent men's bodies from turning their male hormones into the female hormone estrogen. Even men who are already taking extra testosterone will benefit from consuming more broccoli.

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## CINNAMON

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Most of us already have cinnamon on our spice racks, but few know that cinnamon has an uncommon effect when consumed: It helps regulate blood sugar as well as a prescription medication. Increasing cinnamon in your diet is especially useful for those who suffer from insulin resistance.

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## WHITE SUGAR

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It's common to use white sugar to sweeten our drinks and desserts, but did you know you could use it to heal pressure and venous ulcers of the legs and feet? You simply fill the wounds with sugar and wrap them to keep the swelling down, then leave the wounds alone for a week. The sugar prevents the growth of bacteria and brings fibroblasts to the area to assist in the healing.

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## BRAZIL NUTS

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Selenium is a trace mineral that is part of an enzyme called glutathione, the most powerful antioxidant in the body. This antioxidant can help , Parkinson's disease, asthma, and liver disease. The best way to supplement is by consuming Brazil nuts, and eating three to five nuts per week will give your body the right amount of this mineral.

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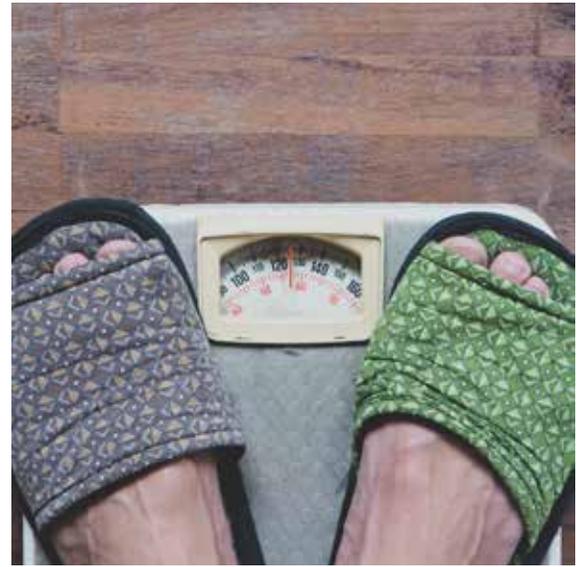
## KELP AND SEAWEED

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Kelp and seaweed have recently become hip items to add to your diet — and for a good reason. Both of these sea vegetables contain large amounts of iodine, a nutrient necessary in thyroid regulation. Making kelp and seaweed a part of your regular diet will help you prevent iodine deficiency, thyroid problems, and goiter.

The myth that supplements are “unproven” and unsafe has long been promoted by drug manufacturers, but the reality is that the vitamins, minerals, and nutrients found in supplements and key foods are simply essentials that our human makeup lacks. Replacing these nutrients is the safest and easiest way for us to prevent, treat, and cure so many of the ailments and diseases we suffer from today.





Stability can begin as soon as your day starts. A perfect combination breakfast can stabilize blood sugar for the entire day.

# REVERSE DIABETES WITH DIET AND EXERCISE

**D**IABETES (TYPE II) is actually a metabolic disorder and not a disease. It is caused by the way you eat and poor lifestyle choices. However, studies show that diet and exercise can keep diabetes at bay or even delay diabetes more effectively than prescriptions drugs alone.

According to a clinical trial conducted by the Diabetes Prevention Program (DPP), diabetes incidence in high-risk adults was reduced by 58% with changes to diet and exercise, while only 38% on in those on diabetes drugs alone. Changes as little as eating a healthier breakfast and exercising vigorously for 10 minutes a day can have a drastic improvement to your diabetes future.

If you don't have diabetes, are pre-diabetic or even worried about your health, then simple, or even drastic changes to your lifestyle can put you on the right path to a better, longer life, free of diabetes. The first step on this path is to eat a balanced diet that consists of adding powerful disease-fighting food groups into every meal, starting with breakfast. You should also focus on getting at least 10 minutes of vigorous exercise a day.

Breakfast is, unfortunately, the meal that we eat the unhealthiest food choices! Sugar-sweetened cereal, bacon, fried potatoes, fried eggs, sausage, butter-laden toast... oh my! Research has shown that diabetics (or anyone choosing a healthy lifestyle) who choose lean protein and high fiber carbohydrates first thing in the morning will help to stabilize their blood sugar levels, which will regulate their appetite and energy. By eating a healthy breakfast you can turn your whole day around!

Your breakfast should consist of a lean protein, an antioxidant, one healthy fat, a variety of herbs and spices and high-fiber grains. These food combinations have a low glycemic index, which mean they are low in sugar and are absorbed very slowly in the body due to their high fiber content, making these foods excellent choices for diabetics.

Listed are the 5 Key Food Groups along with food choices. Once you get the formula down, you can incorporate these five food groups into your lunch, dinner and snacks.

## 5 Key Food Groups

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### LEAN PROTEIN

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Good choices are plain Greek yogurt (full fat), eggs and egg whites, and whey protein powder. Try fish and lean meats at 3 oz per serving for lunch or dinner.

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### ANTIOXIDANTS

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Add the color of the rainbow to your meals. Load up with fresh berries, vegetables and leafy greens. You will fill up with fewer calories.

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### HERBS AND SPICES

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Try a variety of fresh and dried. 1 teaspoon of dried spices and 2 tablespoons of chopped fresh herbs.

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### HEALTHY FAT

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Add a fat such as 8 almonds or walnuts or 1 tablespoon of nut butter. Cook with 1 teaspoon of olive or coconut oil. Slice 1/2 an avocado into your salads.

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### WHOLE GRAINS

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1 serving for women and 2 for me. Make sure your choices have at least 4 grams of fiber per serving. Some choices are organic sprouted bread, quinoa, oatmeal, brown rice and whole wheat pasta.

Try also adding in vitamins and minerals such as a good multi-vitamin, extra chromium, resveratrol and 3 grams of quality fish oil into your daily schedule. These vitamins and minerals may help improve cells performance, insulin resistance, glucose stabilization and proper insulin receptor function. Few people know that foods and supplements actually stabilize your blood sugar swings much better than drugs and give us the added health benefits of reduced joint pain, sharper mental focus and increased stamina and energy.

Trying to reverse type II diabetes and pre-diabetes really can happen if you are willing to make changes to your lifestyle. Exercising, eating the proper whole-food diet and taking the right combination of vitamins and minerals will help get your body healthy again and on the road to a diabetes-free life.

# Breakfast Ideas Using 5 Key Foods

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## ALMOND BUTTER & FRUIT

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*Lean Protein:* 2 tablespoons almond butter

*Fiber:* 2 slices organic bread, toasted

*Herbs and Spices:* 1 teaspoon dried cinnamon, sprinkled on peanut butter, toasted

*Antioxidants:* 1/2 cup berries

*Healthy Fat:* 6 oz of almond milk

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## BREAKFAST OMELET

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*Lean Protein:* 2 eggs

*Fiber:* Spinach, tomatoes and onion added to egg

*Herbs and Spices:* 2 tablespoons of chopped, fresh basil

*Antioxidants:* 1 slice peach, sprinkled with ginger

*Healthy Fat:* 1 tablespoon coconut oil for cooking

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## YOGURT AND FRUIT PARFAIT

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*Lean Protein:* 1 cup Greek yogurt (full fat)

*Fiber:* 1 scoop flax seed

*Herbs and Spices:* 1 teaspoon cinnamon added to yogurt

*Antioxidants:* 1/2 cup berries

*Healthy Fat:* 8 sliced almonds, mix all together

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## PROTEIN SHAKE

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*Lean Protein:* 1 scoop whey protein in 1 cup of almond milk

*Fiber:* 1 scoop fiber powder and 1 cup of water

*Herbs and Spices:* 1 teaspoon Allspice added to protein drink

*Antioxidants:* 1/2 cup frozen fruit

*Healthy Fat:* 1 tablespoon flax seed oil, mix all in blender until smooth

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## OATMEAL WITH BERRIES

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*Lean Protein:* 1 scoop protein powder (preferably vanilla)

*Whole Grains:* 1 cup plain, steel-cut oatmeal

*Herbs and Spices:* 1 teaspoon cinnamon, sprinkle on oatmeal

*Antioxidants:* 1/2 cup berries

*Healthy Fat:* 1 tablespoon chopped pecans or walnuts

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## GRAB & GO SNACK CHOICES

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*Lean Protein:* 6 oz. carton of almond milk, 1 pre-packaged string cheese

*Fiber:* 1 Kashi, Luna or Larabee organic snack bar with 5 grams of fiber per bar

*Antioxidants:* Medium-sized apple or naval orange.



Sources: 1. The Lancet 374 (2009): 1677-686. 10- year follow-up of diabetes incidence and weight loss in the Diabetes Prevention Program Outcomes Study: The Lancet. The Lancet, 14 Nov. 2009. Web. 7 Feb. 2010. ([http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(09\)61457-4/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(09)61457-4/fulltext)).

# Broccoli Leaves: The Superfood Sitting in Your Garbage Can

Introducing the Next Supergreen: Broccoli Leaves



**U**NFORTUNATELY, THESE PRECIOUS greens usually end up in the trash can. But health professionals believe they meet all the requirements of a superfood because:

- One serving (1-2 leaves) delivers 100 percent of your daily dose of vitamin C and 340 percent of your vitamin K requirements. ([CleanPlates.com](https://www.cleanplates.com))

Broccoli leaves are also an excellent source of:

- Vitamin A: Important for good eyesight, strong bones and healthy skin
- [Potassium](#): Regulates electrolyte levels and blood pressure
- Folate: Helps reduce LDL “bad” cholesterol and builds red and white blood cells
- According to the [Natural Resources Defense Council](#), nearly 40 percent of food in the United States is thrown away, including broccoli leaves. So by eating your broccoli leaves you’re not only adding to your nutrition, but also helping reduce food waste.

Unless you grow broccoli at home, you may not even notice the leaves. Store-bought broccoli is usually trimmed of its leaves. But if leaves are still present, just cook them along with the broccoli for an added nutritional boost.

One of the only commercial brands of broccoli leaves available right now is [Foxy Organic's BroccoLeaf](#). So broccoli leaves may still be difficult to locate in most supermarkets and health stores. Instead, head to your local farmers' market to see if you can find broccoli leaves from your local farm. If you don't see any on display, ask for them; most farmers take food requests if they grow the item already.

Once you find some broccoli leaves, it's time to cook them. [Here are a few cooking ideas](#) and some recipes to try with this healing plant.

## How to Cook Broccoli Leaves

Broccoli leaves are similar to other tough, fibrous green leaves, such as Swiss chard and some types of kale. This means that you can cook them using relatively similar techniques. Try one of these simple cooking methods.

**Boil:** Boiling leaches nutrients from vegetables if you cook them too long. Use this method if you don't mind your leafy greens al dente and let them boil for no more than 5 minutes. Then, save the water you boil them in and incorporate it in the finished dish to retain some of those lost nutrients.

**Try it:** Toss boiled broccoli leaves with olive oil, apple cider vinegar, garlic powder, salt and pepper for a simple side dish.

**Quick Sauté:** This is one of the most delicious ways to bring broccoli leaves into a dish while retaining their powerful nutrients. The key is to add them to an already-heated pan and cook for only 7 to 10 minutes.

**Try it:** Sauté your broccoli leaves with broccoli florets, mushrooms and onions. Add light coconut milk, yellow curry powder and cooked chicken for a simple dinner.

**Bake:** Add raw broccoli leaves to any vegetable bake in place of other greens like kale.

**Try it:** Mix raw broccoli leaves, chopped onion, and chopped bell pepper into raw, scrambled eggs. Pour this mix into a muffin tins and bake for breakfast.

**Add to a smoothie:** Reap all the benefits of this superfood by adding it to a smoothie. This ensures that you get all the fiber (as opposed to juicing, which eliminates most of it), along with the nutrients. If you have a tough time digesting raw greens, massage them before adding, which breaks down the fibers that often cause digestive distress.

**Try it:** See our smoothie recipe below!

## Give Your Skills a Try

If you're not sure where to start with broccoli leaves, try one of these two simple recipes. Both yield one serving and can be easily adjusted for more.

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### BROCCOLI GREEN BREAKFAST SMOOTHIE

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Drink this smoothie in the morning if you're pressed for time. It tastes like dessert and you'll get protein, carbs, a little fat and plenty of vitamins to power your day.

Ingredients:

- 1 scoop vanilla or chocolate protein powder
- 1 tablespoon almond butter
- 1/2 medium-sized carrot
- 1 cup shredded broccoli leaves
- 1/4 - 1/2 apple, sliced
- 1 teaspoon cinnamon

Directions:

Add everything into a blender and mix.

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### BRIGHT RICE AND BROCCOLI GREEN BOWL

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The "bright" part of this recipe comes from the vinegar, which adds lightness to what can often be a heavier rice dish. It's best to eat in a bowl.

Ingredients:

- 1 cup cooked jasmine or brown rice

- 1/2 cup broccoli florets
- 1 cup broccoli leaves
- 1/2 cup chopped sweet potato
- 1/4 cup black beans
- 2 tablespoon red wine vinegar
- 1 teaspoon cumin
- 1/2 garlic clove, minced
- 1/4 shallot, diced
- 2 tablespoon fresh oregano
- 2 ttablespoon olive oil
- 1 cup cooked jasmine or brown rice
- 1/2 cup broccoli florets
- 1 cup broccoli leaves
- 1/2 cup chopped sweet potato
- 1/4 cup black beans
- 2 tablespoon red wine vinegar
- 1 teaspoon cumin
- 1/2 garlic clove, minced
- 1/4 shallot, diced
- 2 tablespoon fresh oregano
- 2 tablespoon olive oil

Directions:

1. Put half the olive oil, along with all of the shallots and minced garlic in a pan.
2. When the pan appears hot, add broccoli florets and sweet potato.
3. Cook for 5-7 minutes, and then add broccoli leaves, black beans, half the red wine vinegar and cumin.
4. Cook for another 3 to 5 minutes, take off the heat and place on top of one cup of hot cooked rice.
5. Add the fresh oregano, the rest of the olive oil and rest of the vinegar.
6. Mix the rice and vegetables well, and eat hot.

You've likely had your fill of kale and chard, so give these new supergreens a try. You can cook them in the same way you prepare other green leafy vegetables. But you'll reap even more benefits from broccoli leaves, like 100 percent of your daily vitamin K requirement and significant amounts of vitamin A, folate and potassium.

Head to your local supermarket, health store, or farmers' market to add this new superfood to your regular grocery rotation.



**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](http://www.bartonpublishing.com)**

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| Fibromyalgia         |                          |                         |

## OUR MISSION

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