

If You Want Better Health, Simply Take Pine Bark Extract

Benefits of
Healing Bone Broth

What To Eat and Drink
When You're Sick

How Long Does
Lifestyle Change
Control Blood Sugar?

Home Cures That Work

AUTHOR



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Tree is on the menu! Some people make pine needle tea and then there's eating the occasional pesto with pine nuts, but do you know anyone who eats the bark? Probably not. Though many consume it in the form of this supplement. As a dietary supplement to support general wellness and health, there is an overwhelming body of evidence to suggest that pycnogenol, or pine bark, is good for you and safe to use for a multitude of benefits, such as high blood pressures support, less arthritis pain and cartilage degradation, eye health, as well as supporting diabetes in multiple ways. In this month's article from Dr. Scott Saunders, will have you eating pine bark – in the safest way possible, of course!

Why not add chicken bones to the menu? Chicken soup isn't just good for the soul. There's a reason that it's prescribed by doctors and mothers alike when you feel under the weather. Bone broths are nutrient-dense, easy to digest, rich in flavor and boost healing. Research proves it can also boost the immune system and heal disorders like allergies, asthma and arthritis.

Another study shows chicken bone broth contains amino acids that make it so beneficial for colds and flu. Fortunately, there are additional flu natural remedies that can help boost your immune system to fight off the flu or relieve symptoms. When the flu and cold season sets in, here are you go-to remedies.

If you are suffering from diabetes, you don't have to worry, you can lead a happy and healthy life without constantly having to be concerned about your blood sugar. By following the proper fitness and diet plan, diabetes can be reversed to almost perfectly healthy levels. You can be virtually disease-free in a matter of time! The timer starts now!

Adding Home Cures That Work to your health is a no-brainer! It is easy and all outlined for you here this month!

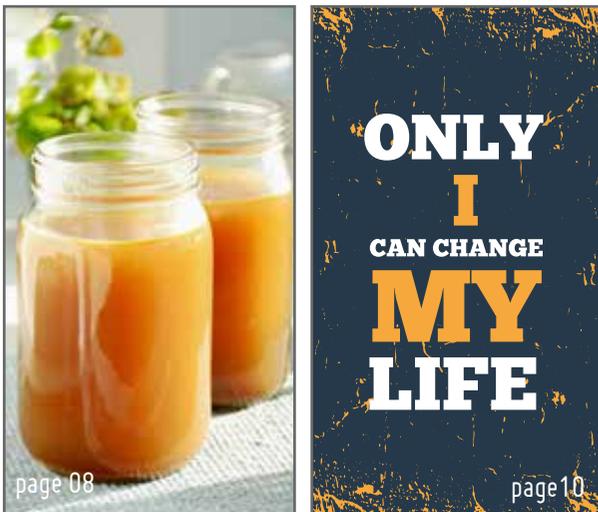
For your health

Cheryl Ravey, Editor
Home Cures That Work



IF YOU WANT BETTER HEALTH, SIMPLY TAKE PINE BARK EXTRACT

Pine bark extract known as pycnogenol offers some amazing benefits. From diabetes and brain health to sports performance and hypertension, pycnogenol may be worth exploring to provide results you're looking to achieve.



BENEFITS OF HEALING BONE BROTH

One common healing food that is now being recognized for its incredible health benefits is bone broth. It's so trendy that it's a staple of the Paleo diet. Let me share a few ancient secrets with you on what makes bone broth benefits so remarkable and explain exactly what is bone broth.

HOW LONG DOES LIFESTYLE CHANGE CONTROL BLOOD SUGAR?

Not everyone's blood sugar tumbles quickly, but there is plenty of research affirming that a healthy diet like ours combined with daily exercise can profoundly reduce blood sugar levels in just one to three months' time.



WHAT TO EAT AND DRINK WHEN YOU'RE SICK

How do you get rid of the flu naturally? Home remedies for the flu include vitamins C and D, herbal supplements, essential oils, probiotics and eating healthy. Try these flu natural remedies to help relieve your symptoms.

If You Want
Better
Health...



...Simply
Take Pine
Bark Extract

by Dr. Scott Saunders, M.D.

In 1535, two centuries before the cure for scurvy was found in England, the French explorer Jacques Cartier saved the lives of his men who had the dreaded disease by boiling pine bark. Pine bark extract has been a natural remedy for many things around the world. Native Americans have used it as a medicine for centuries. The Chinese used it as well. Today we can get the extract of French Maritime Pine bark in a pill form. There are many brands of pills, but most of the studies on this extract were done with pycnogenol. It is dried and pressed into a pill and given a standard amount of multiple compounds that help the function of the body.

Pine bark extract may be useful for many inflammatory conditions. It has been studied in all the following, with mostly positive results:[1][2]

- Arthritis
- Diabetes
- Erectile dysfunction
- High cholesterol
- Memory problems
- Menopause symptoms
- Pain during pregnancy
- Swelling
- ADHD
- Brain injury
- Asthma
- Hypertension
- Cancer
- Diabetic retinopathy
- Diabetic ulcers
- Tinnitus
- Hemorrhoids
- Facial hyperpigmentation (Melasma)
- Menopausal symptoms
- Motion sickness
- Traveler's thrombosis
- Lupus

How can one thing be used for so many things? Is this one of those “magic bullets?” Is it a scam? Let’s look at the research. Pine bark extract has two primary effects on the body.

1. Lower inflammation
2. Improves circulation micro-vessels.[3]

The way it does this is by lowering chemical mediators that cause inflammation, and relaxing blood vessels to allow more blood flow.

Think about it, all the problems listed above are either a problem with blood flow (hypertension, heart disease,

menopausal symptoms, retinopathy, and so forth) or a problem with inflammation (asthma, cancer, arthritis, Lupus, and so forth) – or BOTH!

Anti-inflammatory Effects

PINE BARK EXTRACT FOR TOXICITY

Pine bark extract reduces toxicity in the liver through its anti-oxidant effects.[4] It has the ability to protect the heart and bone marrow against the toxicity of chemotherapy agents without decreasing the effectiveness of cancer treatments.[5] This is an important finding because it prevents the loss of immunity during chemotherapy. If you feel toxic, have chemical sensitivities, or have problems with detox in the liver, pine bark extract may be useful.

PINE BARK EXTRACT FOR CANCER

Speaking of chemotherapy, pine bark extract caused breast cancer and ovarian cancer cells to stop growing.[6] Pine bark extract also caused leukemia cells to die and become normal, while reducing the adverse effects of chemotherapy and radiation therapy in rats.[7]

PINE BARK EXTRACT FOR ASTHMA

Inflammation in the lungs can cause the airways to constrict, preventing air flow, making it hard to breathe. We call this “asthma.” There are many reasons for having this condition. Some have allergies, others have chronic infections, and some have genetic abnormalities of enzymes that induce inflammation. No matter what the specific cause, certain anti-inflammatories can decrease the inflammation, allowing for better air flow. People who had asthma and took pine bark extract decreased their need for other anti-inflammatories, such as steroids, or a rescue inhaler.[8] It may work best with allergic type asthma, as it seems to improve allergies as well.[9]

PINE BARK EXTRACT FOR ITS CIRCULATION EFFECTS

Pine bark extract works on the circulation itself. Because of this there are many effects. Consider all the problems associated with poor circulation: diabetic ulcers, swelling of the legs, congestive heart failure, fibromyalgia, migraine headaches, and so forth. These may appear to be unrelated, but they are all connected by having circulation problems: poor blood flow. Pycnogenol may be able to improve the circulation, and thus the problems that are associated with it.

PINE BARK EXTRACT FOR VENOUS INSUFFICIENCY

Pine bark extract worked better than diuretics (water pills) and horse chestnut seed extract for healing venous insufficiency edema and hemorrhoids.[10] It even worked better than stockings![11]

PINE BARK EXTRACT FOR DVT

DVT stands for Deep-Vein Thrombosis, or clots that fill up the large, deep veins of the legs. This is very important because when the clots come loose and travel up the veins, through the heart and into the lungs they plug the circulation and can cause death. An extract of pine bark was better than aspirin and prescription medications for preventing clots. It also helped the post-DVT syndrome of painful swollen veins, or thrombophlebitis.[12]

PINE BARK EXTRACT FOR BRAIN HEALTH

There are small studies that indicate that pine bark extract may be helpful in improving focus. It may work better in adults.[13] This is one of those things that you just have to try and see if there is any improvement. One parent reported to me a significant improvement in ADHD in her child using pine bark extract. On the other hand, there are very promising results for using the extract in traumatic brain injury (TBI).[14]

PINE BARK EXTRACT FOR HYPERTENSION

Because it relaxes large areas of blood vessels, pine bark extract can lower blood pressure. Besides that, the antioxidant effect lowers inflammation, allowing blood pressure to go down to normal.[15] Studies in spontaneously hypertensive rats suggest a protective effect on microvasculature by pine bark extract thought to be due to antioxidant effects. Small decreases in systolic blood pressure were also observed.

PINE BARK EXTRACT FOR EYE DISEASE

Pine bark extract does prevent deterioration of the vision in diabetes, as expected, because it both lowers inflammation and improves blood flow. It also can help prevent macular degeneration.[16]

PINE BARK EXTRACT FOR HEART DISEASE

Pine bark extract lowers inflammation and improves circulation, the two things that comprise heart disease. It has been shown to stop atherosclerosis, improve cardiomyopathy (heart

muscle weakness), and lower LDL cholesterol.[17]

PINE BARK EXTRACT FOR JOINTS

People with arthritis are continually searching for some way to stop the inflammation and pain. There is, however, another important aspect – to repair the damage to the joint. Pine bark extract not only decreases inflammation, but also improves blood flow and induces hyaluronic acid and collagen, the connective tissue repair mechanisms, to prevent degeneration of joints.[18]

PINE BARK EXTRACT FOR DIABETES

The multiple effects of diabetes on the body are mostly due to inflammation and poor circulation. Since pine bark extract works on both, it is a good supplement for lowering blood sugar, and [preventing the complications of neuropathy](#), kidney failure, and heart disease.[19]

PINE BARK EXTRACT FOR ERECTILE DYSFUNCTION

Since pine bark extract improves blood flow, it might be expected to help with erectile dysfunction. One study showed just that. Pine bark extract improved the effectiveness of L-arginine by over 90%.[20] The truth is, there IS a safe way to get the same benefits of the blue pill – WITHOUT side effects – and it even has a few other health benefits along the way...[Here is how to get your mojo back.](#)

How Does Pine Bark Extract Work?

As you can see, there are many effects of a good anti-inflammatory, especially if it improves circulation. You may be able to find many other problems that can be helped by this extract.

It contains things that are in food, called bioflavonoids, and pro-cyanidins, which have always exerted an effect on the body. This is why your mom told you to eat your vegetables. One of the compounds, proanthocyanidin can be found in extremely small amounts in grapes, blueberries, cherries, and plums; in the barks of the lemon tree and the Landis pine tree; and in the leaves of the hazelnut tree. So, what we get from pine bark extract is a concentrated extract of what is found in nature. It takes over a thousand grams of French Maritime Pine tree bark to make one gram of pine bark extract. It isn't just one chemical, but contains a spectrum of nutrients. This can have a powerful effect on the body by suppressing inflammatory mediators, and dilating blood vessels.

But, since anything can be toxic if you get too much of it, can pine bark extract be toxic? The answer is, of course! When you get too much, the effects you want become excessive and cause problems. For example, it's great to lower the blood pressure, but if you lower it too much, you get dizziness and fatigue. It also can lower blood sugar, so if you are taking diabetes medications, you might get hypoglycemia.[21]

Be careful using this if you have any kind of transplant, or are taking certain medications:

- Immunosuppressants
- Chemotherapy drugs
- Diabetes medications
- Medications, herbs, and supplements that affect the blood or clotting

Pine Bark Extract Dosing

Doses range from 50mg to over 400mg. It seems that the most effective dose is between 100mg and 200mg per day. I noticed most of the rat studies were given about 100mg per kilogram, which would be equivalent to about seven grams per day for a human. There doesn't seem to be an upper limit of toxicity. Several studies showed increasing doses provided increasing benefits, such as the asthma study and the cholesterol study above.

My Analysis of Pine Bark Extract

With forty years of research, and multiple studies showing improvement in function, I see this as a useful adjunct to a program of healing. Some may find they need it long-term, but I don't think everyone should go out and buy it. Test it on yourself to find if it's useful. For example, if you have swelling in your ankles, you can take 200mg per day and see if your swelling improves. For those with diabetes, it would be good to take this until you get your blood sugar controlled – down to normal.

Most of the studies are commissioned by the company that has the patent on pycnogenol, and having done a great deal of research, I know “you get what you pay for.” However, as I have seen so many supplements be “a flash in the pan” and not live up to the promises made (i.e. Resveratrol, Protandim and all the nicotinamide derivatives) this one continues to show benefits. I have experience with it, and it works for some.

Be wise and don't assume that taking a pill will, by itself, restore health. If you have no inflammation, it might not be for you.

One last thing. I have seen that vitamins, minerals and herbal extracts have a greater benefit when taken intermittently. In this case, I have not found any problems with taking it daily, even over long periods, however, there were no studies specifically looking at that. Just consider taking it in the following manner, if you are going to take it long-term: take it for two weeks, and off for one week.

You may notice a difference, and want to continue it daily, which seems to be fine. This may allow the greatest benefit with the least likely possibility of harm. ►

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Benefits of Healing Bone Broth



“To feel safe and warm on a cold wet night, all you really need is soup.” — Laurie Colwin

IT'S TRUE, IF there ever was a comfort food—homemade soup surely fits the description.

But soup made from bone broth earns the highest rank—that of a superfood!

Bone broth is a nutrient-rich food that's especially beneficial for health and well-being. It's also relatively inexpensive and easy to make.

BONE BROTH MINERALS AND NUTRIENTS

Bone broth is made by leeching the minerals and nutrients from bones, cartilage, ligaments, and marrow by prolonged simmering in water. The process makes bone broth extremely rich in these healthful minerals and nutrients and

easy for the body to absorb.[1] In fact, because of their concentration and ease of absorption, bone broth may be far more beneficial than supplements.[2]

Here are just a few of the minerals and nutrients found in bone broth:

- **Amino acids:** arginine, cysteine, glycine, proline, glutamine. These amino acids assist the body in everything from boosting the immune system, regenerating damaged cells, the production of sperm, making bile salts, and improving sleep and memory![3]
- **Minerals:** calcium, magnesium, phosphorus, silicon, sulphur, chondroitin sulphates, and glucosamine. These minerals are essential to the health of our bones, hair, nails, joints and reducing inflammation.[4]
- **Collagen and gelatin** help people with food sensitivities and allergies. They protect and soothe the digestive tract, promote probiotic balance and growth, and reduce wrinkles and cellulite.[5]

BONE BROTH OTHER BENEFITS

Perhaps you've heard that chicken soup is good for a cold. Well, there's solid science behind that claim. The a thin the mucus in the lungs and improve the immune system, thereby accelerating the healing process.[6]

Bone broth is also touted as being a great gut healing agent. Systemically, as the health of the gut goes, so goes the health of the body.

The ease of digestion and its healing effect on the lining of the intestinal tract are two major reasons for this benefit. Simply make bone broth a regular part of your diet to obtain this benefit. Or, do a bone broth fast for 3 days to help rapidly repair a leaky gut.[7]

By the way, you won't get all these benefits out of a can, box mix or bullion.

Bone broth also provides a clever way to stretch your grocery dollars while doing something very healthy for you and your family. Next time you roast a chicken, eat ribs, chops, steak, roast, or other meat with bones, simply save all the bones, cartilage, scraps, and any other parts you might normally discard. Then, we'll show you below what to do with them.

HOW TO MAKE BONE BROTH

Making bone broth is so easy, if you can boil water, you can make bone broth!

Always begin with organic, pastured or grass-fed meats. This will ensure that you're only extracting the "good stuff" and not getting hormones or other harmful additives in your broth.[8] You can use practically any meat: beef, pork, veal, bison, fish, chicken, turkey, duck, as well as wild meats.

If you're using bones that have already been cooked in some way, there's no need for additional preparation. But if you're working with raw bones from the butcher shop, you'll want to roast these in the oven before tossing them in the stock pot. To roast raw bones, place them in a roasting pan in the oven at 350 degrees for 30 minutes.[9]

Don't think of making bone broth as a recipe. Like I said, it's nearly impossible to fail at it. Use a tall stock pot or similar large pot, place the bones and other leftover pieces (save the good, leftover meat for other purposes) and cover them liberally with water.

For a large pot, add 2 tablespoons of apple cider vinegar. The vinegar helps extract all the nutrients. If using a smaller pot, decrease the amount of vinegar. (You won't be able to taste the vinegar in the finished broth.)

We recommend adding some vegetables that will enhance the flavor and add to the nutrient-rich broth. Simply quarter an onion, rough-chop a couple carrots and celery stalks and throw in some parsley.[10]

Bring the whole mixture to a boil and then turn the heat down to a low simmer. The longer you cook the bones, the more nutritious your broth will be.[11] Recommended simmer durations are:

- Poultry: 24 hours
- Beef and other hooved animals: 48 hours
- Fish: 8 hours

You'll have to add water from time to time during the simmering process. After simmering the broth for the recommended duration, strain the broth through a fine-mesh colander or cheese cloth and discard everything but the broth. You can store the broth in the refrigerator for up to six days, or freeze it in zip-lock bags for longer storage.

USES FOR BONE BROTH

Use the bone broth as stock for soups, stews, casseroles, gravy, sauces, and sautéing. Substitute bone broth instead of water when making rice, quinoa, or couscous. If you have a cold or feel one coming on, simply heat up a mug of bone broth and drink it like tea—it's delicious!

How about starting a stock pot of nutrient-rich bone broth this week? Which broth will you make? Jot down some of the ways you'll use it once ready and begin to enjoy all the amazing benefits of bone broth! ►

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How Long Does Lifestyle Change Control Blood Sugar?

Q: If you managed to get your A1C under 5.4 without medications, then how long will it stay there assuming you can maintain the lifestyle changes?



A:

Lifestyle changes include changing diet, coupled with exercise and natural supplements. Those kind of lifestyle changes can control your blood sugar levels for as long as you continue practicing them. I'll say more about the nature of those lifestyle changes below.

The reason we recommend this natural approach to managing and reversing type 2 diabetes is because the medications don't solve the problem, but merely mask the symptoms. Additionally, the medications prescribed for type 2 diabetes carry with them some unpleasant and sometimes serious side effects.

On medication alone, the disease will continue to worsen in spite of the drugs. The reason for this is that we haven't addressed the factors that cause the overproduction of insulin by the pancreas and insulin resistance in the cells. Therefore, the disease will progress, requiring ever-increasing doses of medication and stronger drugs. Additionally, these medications are very costly.

[The lifestyle changes we promote at Barton Publishing](#) involve primarily a change in diet. Exercise and natural supplements will help too, but the dietary changes are essential. These are the factors that led to type 2 diabetes in the first place, so changing our diet to one which would not lead to diabetes in the first place also reverses the effects of the disease.

Unlike the medications, changing our diet and adding exercise target the cause of our type 2 diabetes and reverse it—as long as we stay with our new lifestyle.

We recommend a three-phase reversal process. The first phase requires that we reduce our daily carbohydrate intake to a mere 20 grams of low glycemic index foods. This will help cleanse our cells of sugar and allow them to regain their ability to accept new sugar, but at much more acceptable levels.

This low carb phase will reset the pancreas to produce normal levels of insulin, resulting in normal blood sugar levels. The goal of this first phase is to get your fasting blood glucose level under 100 mg/dL in a test at your doctor's office.

In Phase two, we recommend that you begin methodically reintroducing your favorite carbs while testing to ensure that they don't adversely impact your blood sugar levels.

Phase three is the culmination of your Phase two experimenting. Phase three represents a lifestyle change that you will want to maintain for the rest of your life. This lifestyle change will keep your blood sugar levels normal perpetually and prevent the disease from running its terrible course.

For more information, please view this free video featuring Dr. Scott Saunders: <https://www.youtube.com/watch?v=zjvMTrhGfLo>





What to Eat and Drink When You're Sick

IT'S MARCH AND we're in the height of the cold and flu season. The US Centers for Disease Control and Prevention (CDC) reports, "Despite declines in some key indicators, flu remains widespread across most of the country and severity indicators are still high."^[1] And apparently the flu vaccine isn't touching most of the circulating viruses.^[2]

With or without a flu vaccine, there are significant ways to prevent and minimize colds and flus. Chief among those ways are to boost your immune system and keep it robust should you contract a cold or flu.

In short, the way to maintain a strong immune system includes:

- Eat a nutritious diet of organic whole foods
- Drink plenty of water
- Get 7 to 8 hours of sleep each night
- Exercise regularly (outdoors if possible)
- Observe good hygiene
- Abstain from harmful habits: over-eating, consumption of refined sugar and processed foods, smoking, and drinking alcohol in excess

But what do you do when you've followed the above practices and still come down with a virus?

What to Eat When You Have the Intestinal Flu

When it comes to intestinal flu, you really have to “go with your gut” when it comes to eating. Don't put anything in your stomach that will upset it. If you have diarrhea, avoid solid foods for the most part, or only very easy-to-digest foods in very small quantities.

- Increase intake of fluids. Water, bone broths and teas are best. Drinking more fluids provides a moist respiratory tract that repels viral infection and improves the function of white blood cells.[3] Conversely, fruit juices and sugary drinks reduce the ability of white blood cells to fight infection.[4] Diarrhea and vomiting can dehydrate a person quickly, so drinking more fluids is vital.
- Follow the BRAT diet. BRAT is an acronym for bananas, rice, applesauce, and toast.[5] These are foods that are bland and easy to digest.
- Take ginger for nausea. Ginger in the form of tea or a chew is very effective for calming nausea.[6]

What to Eat When You Have A Cold

- Increase intake of fluids. Water, bone broths, and teas are best. Chicken broth boasts the amino acid cysteine that thins mucus, keeps nasal passages moist, and fights inflammation.[7]
- Follow a nutritional eating plan of organic whole foods. The research lists so many great foods to eat when fighting a cold that it seems best to simply continue the protocol that best strengthens immunity to fight off a virus.
- Add herbs and spices. Garlic and onion contain antiviral properties and cayenne pepper (capsaicin) clears sinus passages and relieves pain.[8], [9]
- Consider supplements. Echinacea, ginseng and black elderberry all offer immune-boosting, antiviral compounds.[10]

A cold or flu may not be entirely avoidable, but the foods, herbs and supplements listed above can lessen the symptoms and shorten your bout with the virus. ►

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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.