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How to Manage the Rising Costs of Insulin

This Mineral
Deficiency
Linked to Every
Known Illness

How to Spring
Clean Your
Health

The Secret
Science of
Skin Care
Made Simple

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Home Cures That Work

Chances are, if you're a diabetic, you will be affected by President Joe Biden's reversal of a rule signed by President Trump in December which was designed to lower prescription prices. Decide for yourself if this approach helps the affordability of insulin for diabetic patients.

Most health-conscious people have heard of magnesium (Mg), but many of them don't know a whole lot about it. Magnesium is a vital nutrient that's essential for good health, playing a critical role in metabolism, and more than 300 biochemical reactions. Those processes support your immune system, promote a healthy nervous system and brain, maintain cardiovascular health, and build strong muscles and bones. So, it's no surprise that when you do not get enough of this mineral, your health can be negatively affected. If you're concerned that you aren't getting enough magnesium in your diet, we have something for you!

When it comes to your health, there's no better time to hit the refresh button on your well-being than with a spring "cleanse." For people who can't seem to lose those stubborn pounds, or whose digestion may be a bit sluggish, this spring refresh can get things moving again.

In some ways, your skin is like a road map of your life. The chin scar from when you fell off your bike in third grade, the crinkles around your eyes from decades of laughter, the crease that appears when you're deep in thought... These signposts mark your unique journey. Yet some signs of aging — sagging skin, wrinkles, or spots — are preventable and reversible, and you can slow them down with healthy lifestyle and nutritional choices.

Your skin, and your whole body, tell your life story. Make healthy changes a part of it!

For your health,

Cheryl Ravey, Editor
Home Cures That Work



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04 HOW TO MANAGE THE RISING COSTS OF INSULIN

Diabetes is now one of the most expensive chronic condition in the United States. The insulin prices many diabetics pay have been going up a lot. Given the rising costs, it is worth understanding what is driving these increases.



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11 THIS MINERAL DEFICIENCY LINKED TO EVERY KNOWN ILLNESS

Getting adequate magnesium is crucial to achieving optimal health, yet more than 75 percent of people do not get enough of this mineral and can lead to a host of health woes, including anxiety, sleep disorders, weight gain, and asthma. This deficiency is easy to correct and we can help!

11 HOW TO SPRING CLEAN YOUR HEALTH

If you're trying to clean up your diet this spring (and even if you're not), it's imperative your diet is in check. That means lots of fresh, organic fruits and vegetables are a must and making these drinks can be a great way to ingest them.



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13 THE SECRET SCIENCE OF SKINCARE MADE SIMPLE

The aging process is a natural part of life, and the way you look as you get older is a reflection of where you've been. While you can't turn back the hands of time, you can help your skin stay as healthy as possible for as long as possible.

How to Manage the Rising Costs of Insulin!

by Dr. Scott Saunders, M.D.



MODERN MEDICINE HAS made a big difference in many lives. Some drugs can actually cure or treat the disease. But most drugs relieve the symptoms of illness and don't fix the problem. Moreover, most have side-effects that limit their usefulness. Case in point: antibiotics and antidepressants.

- Antibiotics work well for acute and chronic infections, but are often used improperly, causing problems with mitochondria, and gut bacteria.
- Antidepressants help people feel better, when used appropriately – before they were available, people just suffered – but they also deplete the normal neurotransmitters.

We also have great pain medications, but every one of them has terrible side-effects and should not be used long-term. However, one drug stands out among all the others as a real benefit, not just relieving a symptom, but actually restoring function to the metabolism: INSULIN.

Insulin is not a drug; it's a hormone. It is the metabolic hormone that allows nourishment to your cells. Cells in the body need amino acids to make proteins, and glucose (sugar) to make energy. Insulin is the hormone that lets them in. It is the key that unlocks the door, allowing the cell to take up both amino acids (protein) and glucose (sugar). This is very important because if you don't have insulin, then you cannot get significant amounts of these nutrients into your cells and they will shrivel-up and die of starvation. You could eat all the food you want, but you would still die of starvation. That's what happened to people with diabetes (what we now call type 1 diabetes mellitus – or T1DM) before the discovery of insulin.

Over the last 100 years since the discovery of insulin and its connection to diabetes, millions of lives have been affected by this one substance. There are now multiple patented insulin-like drugs that mimic the action of insulin but have different effects. Some bind very strongly to the insulin receptor, and stay around all day; others work very quickly and disappear. All of them require injection into the body because they are broken down in the intestine if ingested as a pill. The exception is for one inhaled version of insulin that can be taken-up in the respiratory system and used in the body.

The Trump-Biden Football Game

However, there is a dark side. Because it is one of the few “drugs” necessary for life, insulin has become a political football.

In July 2020 President Trump signed four executive orders that affects drugs, and specifically insulin. In essence They demanded:[1]

1. Federally Qualified Health Clinics would provide insulin at cost.
2. Medicare programs would pay the lowest price on the international market.
3. People would not be prevented from buying their insulin (and other drugs) from other countries.
4. Rebates (kickbacks) to Pharmacy Benefits Managers would be eliminated.

The first Executive Order regarding insulin was published by the Federal Register on December 23rd. The stated purpose was to help those who are low-income, without insurance or have a high share-of-cost for their health care. The EO states:

“The list price for a single vial of insulin today is often more than \$250 and most patients use at least two vials per month...”

“This final rule establishes that health centers receiving funding under section 330(e) of the PHS Act are expected to offer insulin... at or below the price the health center paid through the 340B Program, plus a minimal administration fee.”[2]

Thus, the actual executive order does not regulate the cost of insulin, only that these clinics offer it at or below their cost of acquisition with a minimal administration fee. This doesn't apply to pharmacies or private clinics, unless they receive federal funding as an FQHC.

When a new president takes office, the Executive Orders that have not been implemented are often suspended. Thus, when President Biden took office, he suspended all that President Trump had done, including this executive order.

I suppose it would be good to briefly discuss what an executive order is. The president of the United States has the tremendous job of executing all the laws made by congress. One of the “checks and balances” of the system, is that the president can choose not to enforce or execute certain laws. Also,

because there are so many laws a huge bureaucracy has been created to administer them. The president writes executive orders to tell them what to do. The executive orders do not apply to individual citizens, only to those who work for the President of the United States. He is like the CEO of a very large corporation. He cannot dictate what the general population does, except as the laws enacted by congress are administered.

In this case, the president told clinics under federal controls to give insulin at or below their cost, which only affects those who use these clinics.

The Actual Cost of Insulin

Why has insulin become so expensive? There is a complex system that determines the cost of drugs in the United States. Drug companies, health insurance plans, and pharmacy benefits management companies (PBMs) all work together to raise the prices. Everyone makes more money if there is a higher price, so there is no incentive to lower prices. You might think that insurance companies, or PBMs want lower prices, but they make a percentage of what is bought and sold, or bonuses on what is written-off so the higher the price, the more they make. The government is not allowed to be part of that negotiation. [3][4]

Since insulin is necessary to sustain life, it is perfect for price increases. People will pay anything because they need it. The insurance companies know this, and since they make money based on how much they discount prices, they have an incentive to keep prices high. The manufacturers of insulin have stated that they could drop prices by almost 90% and still be profitable.[5] So, about 90% of the cost of insulin is due to insurance companies and pharmacy benefits managers.

For these reasons, the cost of insulin has been increasing much faster than inflation. The cost of insulin has doubled since 2012. People without insurance who have diabetes, on average, spend over \$10,000 per year on diabetic supplies, including insulin.[6] Over the last twenty years, it has increased more than 15% per year. The United States represents about 15% of the market, but generates about 50% of the revenue.[7]

Making Sense Of It All

It makes sense, then that President Trump would sign executive orders allowing acquisition of medications outside the United States and preventing PBMs from getting kickbacks. These two things will affect many more diabetics than the EO requiring FQHC's to sell insulin at cost, because that cost is still high. He cannot in any way regulate the prices, except by allowing competition. Since the companies work on a global scale, then competition can work on a global scale. The four executive orders that were initially signed in July 2020, are now under a new chief executive. Federal agencies are not required to follow the orders of a previous chief. Their new boss will tell them what to do, and these orders are, in essence, rescinded, or at least on hold.

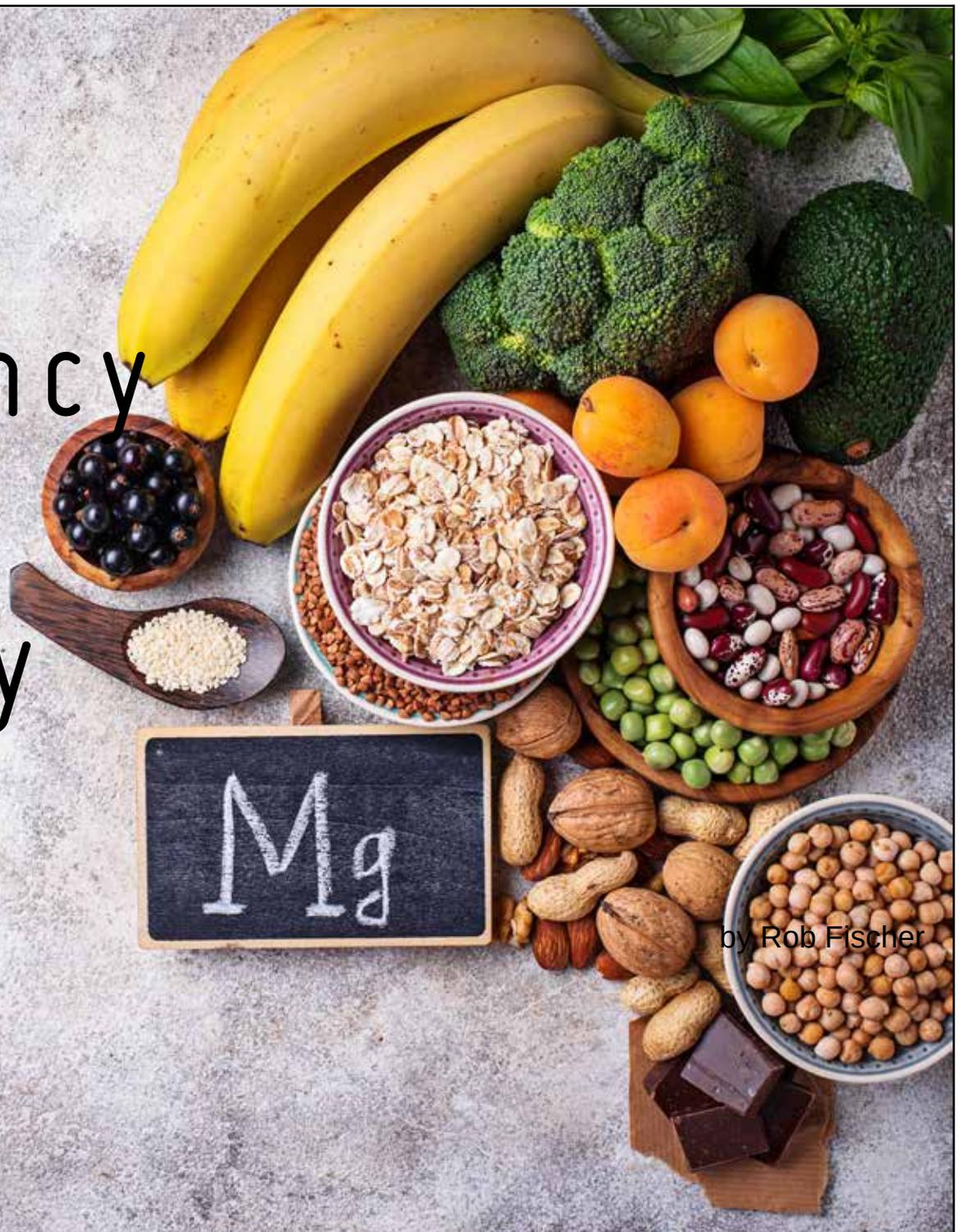
What does that mean for those with diabetes? Continued increases in cost. Even people with insurance pay out-of-pocket around \$2,500 per year for diabetes supplies.[8] Those without insurance can pay over \$1,000 per month for insulin. The same vial of insulin that costs \$360 in the United States is sold for \$32 in Canada.[9] Indeed, the world has become much smaller, and we can look to resources all over the world, as long as it's legal.

While President Joe Biden would do well to allow competition to lower the prices of insulin, he does not have specific control over its actual cost. Moreover, whether FQHC clinics offer insulin at cost does not affect the price of insulin in the United States. All the rhetoric from pundits about President Biden causing insulin prices to go up is just not true. It is a shame that politicians continue to play games with people's lives, we thought such things would end with World War II. It's also a shame that our government does not seek the benefit of the people of the United States who have diabetes, but rather drug companies, insurance companies, and pharmacy benefits managers. Perhaps we could all encourage President Biden to institute these same orders.



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This Mineral Deficiency Linked to Every Known Illness



THIS “MASTER MINERAL” is absolutely essential for over 300 metabolic processes in the body. This mineral is so vital to human health, only oxygen and water surpass it in importance. Yet, the World Health Organization estimates as many as 80% of Americans are deficient in this mineral.[1]

The mineral is magnesium. And neurosurgeon Dr. C. Norman Shealy, claims, “Every known illness is associated with a magnesium deficiency.”[2]

In her book, *The Magnesium Miracle*, Dr. Carolyn Dean, MD, lists 56 conditions that have a direct clinical correlation to magnesium deficiency and respond to treatment with magnesium supplementation. Some of the medical conditions linked to a magnesium deficiency include:[3]

- Acid reflux
- Adrenal fatigue
- Alzheimer’s disease
- Angina
- Anxiety and panic attacks
- Arthritis
- Asthma
- Atherosclerosis
- Blood clots
- Depression
- Diabetes
- Fatigue
- Headaches and migraines
- Heart disease
- High cholesterol
- Hypertension

- Hypoglycemia
- Inflammation
- Insomnia
- Irritable bowel syndrome
- Kidney disease
- Kidney stones
- Osteoporosis
- Nerve problems
- Obstetrical and gynecological problems
- Muscle cramps, spasms, twitches, etc.
- Parkinson's disease

can all deplete magnesium in the body. Other drugs increase the body's need for magnesium, resulting in low magnesium levels.[10]

In the medical community, magnesium deficiency is largely overlooked. The result is that many physical ailments are being treated needlessly with expensive drugs that may actually be contributing to the problem rather than solving it.[11]

Why is Magnesium Deficiency so Wide-Spread?

In 1900, the average American consumed about 500 mg of magnesium per day. Today, we barely manage 175-225 mg per day—about half of the FDA's minimum daily requirement.[4] There are several reasons for this decline in magnesium intake:

Modern farming methods that rely heavily on chemical fertilizers, pesticides, and insecticides have drastically depleted the soil of minerals.[5]

Drinking water can be a great source of magnesium. But drinking water from urban sources generally comes from surface water, in which magnesium is low or absent. Also, if fluoride is added to the public water, it binds with magnesium making it insoluble.[6] And softening water removes magnesium. Added to all this, few people drink enough water to begin with.

Processed foods have been stripped of their fiber, which is generally what contains magnesium. Dr. Dean explains, "The typical American diet, which is rich in fat, sugar, salt, synthetic vitamin D, phosphates, protein, and supplemental calcium, not only is deficient in magnesium but actually increases the need for magnesium in the body." [7]

Calcium supplementation to prevent bone loss and osteoporosis is especially common among women, who are more prone to magnesium deficiency than men.[8] The problem is that calcium supplementation without corresponding magnesium supplementation depletes magnesium, because magnesium is required for the body to effectively use calcium.[9]

Many common pharmaceuticals are known to cause a magnesium deficiency. Diuretics, antibiotics, painkillers and cortisone

Symptoms of Magnesium Deficiency

Testing for magnesium levels in the body is extremely difficult. According to the National Institutes of Health, "No single method [for assessing magnesium status] is considered satisfactory." [12] For this reason, we need to rely on a combination of lab tests and assessment of common magnesium deficiency symptoms.

Following is a list of symptoms that may indicate a magnesium deficiency, especially if you are experiencing several of

these:[13], [14], [15]

- Calcium deficiency
- Heart problems
- Weakness
- Muscle cramps
- Tremors
- Nausea
- Anxiety
- High blood pressure
- Type 2 diabetes
- Respiratory issues
- Dizziness
- Fatigue
- Potassium deficiency
- Difficulty swallowing
- Poor memory
- Confusion
- Insomnia
- Irritability
- Headaches & migraines
- Body odor
- Constipation
- Poor dental health
- Kidney stones
- Gut disorders
- Abnormal heart rhythm
- Low energy
- Hormonal imbalances

How to Boost your Magnesium Levels

The FDA recommends a daily allowance of 320-420 mg for adults. However, for optimum health, some experts push that to 500-750 mg per day.[16] There are two primary ways to increase your intake of magnesium: through diet and supplementation.

Increase your magnesium levels daily by eating whole foods. A good rule of thumb to follow is that if a food has fiber, it has magnesium.

Foods that are especially rich in magnesium include:

- Nuts and seeds
- Leafy green vegetables
- Squash
- Dried beans and lentils
- Whole grains: oat meal, quinoa, brown rice, etc.
- Avocados
- Sage and basil
- Organic dairy products

- Dark chocolate with 70% or higher cacao

Be sure to buy organic to obtain the optimum levels of magnesium in those foods. Also, drink plenty of water. Ensure that your drinking water contains magnesium, or find a source that does.

When supplementing with magnesium, it's important to choose a reputable source. Dr. Scott Saunders recommends EasyRelief Magnesium

Remember, if you're eating magnesium-rich foods every day, you are merely augmenting your magnesium levels with supplements. So, start out slowly with a magnesium supplement as it can cause loose stools. Magnesium is essential to optimum health with a direct relationship to virtually every system in the body.

You may be one of the 8 out of 10 Americans living with a

magnesium deficiency.

Armed with the information presented here, assess your need to increase your magnesium intake. Make dietary changes and begin supplementing with magnesium to make up the difference. Magnesium—the “master mineral” can leverage huge benefits in your health at very little cost.



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How to Spring Clean Your Health

by Susan Patterson

Refresh Your Health in Just One Day

SPRING IS JUST around the corner, and you know what that means - it's time for spring cleaning! Of course, that doesn't only mean cleaning up your home, it's a perfect time for spring cleaning your body too!

While many people think about detox diets or cleanses when it comes to kicking off better health, there are an array of unhealthy diets out there that won't do you or your waistline any favors. The Lemon Detox diet, for example was voted the worst fad diet in the world by over 50 nutritionists as part of a survey conducted in 2011 by the Dietitians Association of Australia. One look at that diet and it's easy to see why - all it includes is drinking a concoction of lemon juice mixed with

cayenne pepper and maple syrup six times a day for 10 days. Definitely not something you want to do to your body or your mind!

But the good news is that spring cleaning your health doesn't and shouldn't mean following an unhealthy trend. Instead follow this guide for getting on the right path to health and wellness.

Eliminate Toxins and Focus on Whole, Raw Foods

One of the best things you can do to kick-start better health, and support weight loss, is to follow a diet focused on raw foods and plenty of water. Ideally, you should follow it every day for seven days, and then continue it once a week over the long term. If there is just no way you can follow it for a full week, you can still experience a significant difference in health and well-being by incorporating it into your diet routine one day each week. Just be sure to eliminate the junk!

By “junk,” we mean alcohol, caffeine, sugar and processed foods. That means eating blueberries, actual raw blueberries, and not a blueberry muffin. Choose ingredients you can easily recognize and pronounce, such as those you might use to make a homemade version of a dish in your own kitchen.

Try to keep meal ingredients to a minimum, and include a source of lean protein and healthy fats at each meal. Think wild-caught salmon over a bed of kale leaves drizzled with extra-virgin olive oil. Or, a couple of eggs scrambled with spinach that’s paired with apple slices coated with a little almond butter.

No matter how you decide to spring clean your body, it’s time to rethink your drinks. Not only should you eliminate alcohol, but soda too. Soda is loaded with sugar, and diet soda is no better, with its artificial sweeteners and host of chemical compounds. Replace sodas with water. You can add lemon, lime, orange or cucumber slices to your water for a refreshing twist.

Get in Touch With Your Gut Instincts

Detoxing by getting rid of the junk and flooding the body with nutrients helps you to get in touch with your “gut instincts.” This will help you stop eating when you aren’t truly hungry. And, you’ll develop a natural hunger for the right foods - colorful, raw fruits and veggies you enjoy.

To retrain your gut to understand when it’s really hungry, drink a glass of water at the first stomach growl. You may also want to add a teardrop of food-grade, 35-percent hydrogen peroxide for every two ounces of water. This is to kill anything that may be lying dormant in your body, such as fungus, yeast and radiation residue.

Wait for about 15 minutes after drinking the water, and then make a green veggie juice. Some of the most beneficial greens include spinach, dandelion and kale. Others additions may include pears, apples, celery, beets fennel and Jerusalem

artichokes. Make a quart using a combination of those fruits and veggies, and slowly sip it for as long as possible. Or, sip it until you feel the urgent need to run to the bathroom, a sure sign poisons have been released from body’s cells and are trying to get out, . This is just what you want to have happen during a cleanse.

Flushing Juice Recipes

Here are a couple of my favorite flushing juice recipes. Not only are they tasty but they are loaded with nutrition and will encourage a natural detox.

GREEN GINGER DELIGHT

Place all ingredients in a juicer and drink chilled.

- 2 stalks celery
- 1/2 cucumber
- 2 cm ginger piece
- 1/2 cup fresh parsley
- 1/2 lemon
- 1 green apple
- 2 cups spinach

TROPICAL BURST

Place all ingredients in a juicer and drink chilled.

- 2 stalks celery
- 1/2 cucumber
- 2 cups spinach
- 3 cups mint leaves
- 1 cup cubed pineapple
- 1/2 lemon

SOLID FOODS

When you hit a hunger wall and need something solid to eat, choose foods that nature has provided, such as raw fruits and vegetables. The longer you can go without solid food, however, the faster your body will be able to eliminate those toxins. Just be sure to drink plenty of water. Coconut water, too, can assist it in detoxing through sweat, urine, etc.

While it can be challenging to eat this way at first, by getting creative it can be done, and can even be satisfying. The most important thing is to be sure that it's all raw. If you can't tolerate raw foods, you might steam some vegetables with spices, or make a big salad with spaghetti squash and beets or avocado. Tossing a handful of nuts on top adds a satisfying crunch and healthy fats that can help you feel fuller longer.

The Benefits of a Limited Caloric Intake

A raw food/juice cleanse like this automatically leads to a lower caloric intake. Often, much lower than you'd normally eat. And there has been a significant amount of research that has suggested limited caloric intake offers health benefits. Much of that may be because insulin is released when food is consumed. When you aren't eating, there is less insulin secretion. That results in less fat being stored, and more being burned. Many people also feel more clear-headed during a fast, which means it may provide other physical and mental benefits as well.

A two-year trial, with results published by the National Institute of Aging, showed that restricting calories can even lead to a longer lifespan.

Happy Spring Cleaning!



The Secret Science of Skin Care Made Simple



YOUR SKIN, REFERRED to as your largest organ, has a dual barrier function. Skin:

- Preserves crucial hydration of cells.
- Shields against infection and allergens.

From the moment of your conception, from a single unit of life called the cell, “cell division begins.” You began your life from this single solitary point of biology, which reproduced itself about 60,000,000,000 times just so you could be here, this very moment, reading this article “in the flesh.”

Before I can give you the real secret to youthful looking skin, you first need to understand the importance of adequate cell hydration.

The miracle of life is made possible due to the vital cellular function of “water regulation.” This built-in ability to preserve the crucial hydration of your cells is well established right from go. Each new cell needs to be sustained by nutrient-rich water; this is especially so considering seventy five percent of each cell is pure water.

Your skin’s need for vital water continues through the fetal stage of development, into childhood and throughout adult life.

During childhood this whole hydration process is most important because often, as with adulthood, fluids are consumed in place of pure water. Take cow’s milk for example, it barely contains enough water to aid the digestion of the milk and should NOT be considered a source of water.

Once a child’s skin has to deal with “dehydration,” the body triggers the release of histamine. Histamine is already abundant in children because it’s used as a growth hormone and too much can lead to bronchial restriction, triggering stress mechanisms and “allergic reactions.”

Dehydration can defeat the dual barrier function of your skin altogether.

So, there you have it. Water is your skin’s oldest and best friend and is an often-overlooked secret to youthful looking healthy skin and long life.

Dehydration is common in adults due to the same misunderstanding that fluids like tea, carbonated drinks, coffee and juice provide adequate hydration. PLUS, dehydration is compounded even more by pollution and stress. All of these factors have a negative accumulative effect upon the aging process and your skin.

As you may already know, the first signs of aging are usually noticed in changes in your complexion and the subtleness of your skin. Before you can reverse your biological age, you must learn how to slow the aging process down.

Read on!

The Rediscovered Fountain Of Immortality

Never before in the history of the world has there been a more exhaustive scientific search for the lost keys of longevity than there is right now. From ancient Zen legends of immortal masters, to Ponce de Leon’s fountain of youth and the discovery of the Okinawan centenarians, there’s been at least one common theme, which is the youth restoring power of vital water.

Using modern technology, scientists have found a connection between the pristine mineral waters in Okinawa and the subtle, organized energy fields that sustain the youthful qualities of skin, tissue and bone.

By studying “Blue Zones,” where people live significantly longer and healthier than the general populations, scientists are discovering the blueprint for longevity — what they call, “The Immortal Cell.”

Did you know your entire body is basically a biological Internet of wireless signaling and your DNA is like the hard drive on your computer? It’s true!

That means you can reprogram your cells by simply providing the correct “software.” What I’m about to tell you is very complex, but I hope I can make this simple and easy for you to understand and use.

I was fascinated to learn these wireless “energy signals” include genetic information which regulates all metabolic functions, such as skin cell division. Some of these energy signals are biochemical signals, but more than half of these are electrical. As you already know, all cellular signaling stops and your biological Internet crashes without adequate water.

However, plenty of energized water is only one of the keys to physical immortality.

Your youthful appearance and vitality also depend on enzymes, antioxidants, fats, proteins and cellular salts like calcium, potassium and sodium, which can only come from certain raw, whole food sources.

Your food source is literally the software that “switches” on or off the genes to your immortal cell. Your whole body originally grew from a single cell, and the blue print for every new skin cell is still locked away deep within this genetic code.

Only healthy cells have the capacity to gain, resonate, transduce and transmit the information to reprogram your genetic blueprint. Unhealthy cells do not. The more energized your cells

are, the healthier your body. That's the lost secret.

Nobel Laureate Alexis Carrel said, "The cell is immortal. It is merely the fluid in which it floats that degenerates. Renew this fluid at regular intervals, give the cells what they require for nutrition, and as far as we know, the pulsation of life can go on forever."

There are strong, primal connections between your food, your cellular body and your genes. The secret of youthful vitality is to nurture your skin cells' environment at every level and you will increase your life force, making you look and feel many years younger than you thought you could.

So, now that you understand the primary importance of sustaining your skin's health through hydration, lifestyle and diet, let's look at other key factors that can nurture that immortal glow we all crave.

After all, your chronological age doesn't really matter, does it? The only real thing that matters is your biological age — and your skin is the final reflection of that.

Read on!

The Dilemma of Skin Softness and Roughness

One of the biggest factors suspected in developing rough, dry skin is from the loss of protein (epidermal keratin), so easily absorbed by the surfactants in detergents and soaps. Soaps are designed to absorb and denature protein, and so many studies have been done on the subject.

Dermatological (skin) problems due to exposure to soaps and detergents have recently become a very serious problem. Leading researchers agree that "roughness and scaling" of your skin can be caused from 5 harmful actions of chemicals (surfactants) found in detergents:

1. Removal of natural fats and oils (lipids) from skin surface.
2. Rinsing away of free amino acids that have water-binding properties.
3. Denaturing of protein (epidermal keratin).

4. Interfering with natural enzymes in the upper layer of skin.
5. Accumulation of soap and chemical irritants.

These harsh detergents and soaps can be categorized as "pollutants," and common sense tells you that exposure to pollutants is the opposite of nurturing the cellular fluids surrounding your sensitive skin cells.

So, how can you protect the youthful vitality of your skin?

Essential Oils Protect Skin and Tissue From Genetic Damage

Doctors and scientists know many pollutants can cause abnormal growth in tissue cells like breasts, ovaries, thyroid and uterus because the chemicals mimic hormones. These hormone impostors activate hormone receptors on skin and tissue cells alike, increasing risk of hormone-dependent cancers.

Not only does the loss of important proteins and skin oils lead to rough and dry skin, it can seriously damage the genetic blueprint inside your cells, risking skin and tissue cell mutation, increasing risk of skin cancer.

Living essential oils help protect, energize and replenish these important proteins. In fact, there are anti-cancer therapies that recommend using living essential oils and nutritional supplementation. These oils help nurture and protect good skin and tissue cells, while assisting in the elimination of bad cells — even cancer cells like melanoma.

Once your "original genetic information" (blueprint) is damaged, it can be spread from one generation of cells to another. Living essential oils from plants actually help your body heal and reprogram damaged DNA strands, stimulate detoxification and encourage healthy enzyme function.

In other words, essential oils from living plants work like energized foods in the sense they also function as software for your biological Internet-DNA interface.

Here are 7 living oils being studied for their amazing abilities to encourage your body's own healing processes:

- Rosemary
- Sandalwood
- Lemongrass
- Frankincense
- Orange
- Peppermint
- Lavender

You already know, when dealing with skin and health issues in general, that medicine never comes with a guarantee. That's why it's so important for you to educate yourself about these things, ancient and new, to determine for yourself what you need to do to improve your health, increase your longevity and regenerate a lasting youthful vitality of skin and soul.

Your skin is the mirror of your overall health and there is no magical potion, crème or pill that will turn back the hands of time. However, by using a holistic, scientific approach that addresses your health from every direction, inside and out, there is every good reason to be optimistic about your results.

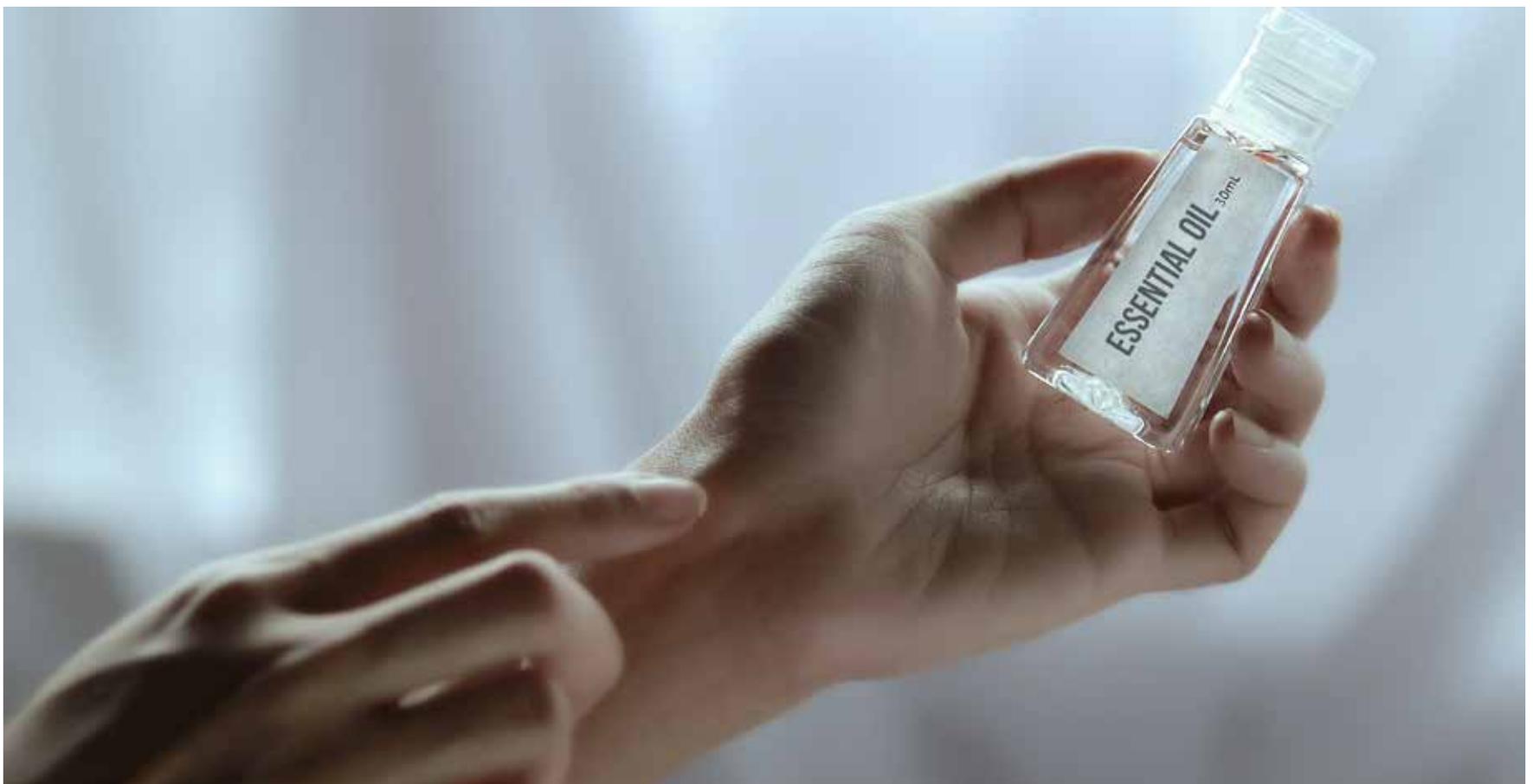
If you can identify the cause of something, you can better eliminate the unwanted effects. Here are 5 keys to cellular longevity

(more are being discovered every day):

1. Drinking plenty of fresh, pure water helps eliminate the effects of cellular dehydration.
2. Having a diet rich in raw plant food sources eliminates the effects of under-nutrition.
3. Getting the right amount of direct sunlight eliminates the harmful effects of over or underexposure.
4. Protecting your body from harmful chemical and electrical pollution helps eliminate the aging effects of toxicity and DNA damage.
5. Bathing your skin with living essential oils and natural mineral salts, helping eliminate the cause of rough, dry and damaged skin and tissue cells.

The real secret to youthful skin is in using the many keys of longevity that both modern remedies and ancient science have verified for you. That is, by simply "nurturing cell membrane health," you will have more life energy, heal faster and age slower.

Natural science is your inheritance. Let it revitalize, regenerate and reactivate the immortal cell within you.





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

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Cholesterol Secrets	High Blood Pressure	Ulcers
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We help people experience vibrant, amazing health through natural healing remedies.