

## Nature Deficit Disorder - How Nature Affects Longevity

A woman with long brown hair, wearing a red, short-sleeved, sequined dress, is smiling and holding a young child with blonde hair in a red dress. They are standing in a field of tall, green grass. The woman is holding a white hat in her left hand. The background shows a rolling hill under a bright sky.

**10 Things That  
Make You Happy**

**God's Clean  
Eating Tips**

**Do Cell Phones  
Cause Cell Damage?**

## AUTHORS



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# Home Cures That Work

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During the last year of quarantine, we have spent a lot of time inside in front of screens. The long months of being cooped up compounded the concern that children and adults are suffering from nature deficit disorder. While it is not a medical diagnosis, it describes the consequences of spending less time outdoors and become disconnected from nature – which has a strong correlation with mental health. But mindful time in nature can reconnect us and help counteract this deprivation that has become so endemic to our culture.

Please, leave your cell phone behind! There's no doubt that cell phones are dangerous — at least in one way: texting and driving leads to countless car accidents, injuries, and deaths.

But cell phones may also be harmful in other ways — producing radiation that potentially disrupts bodily functions in small ways that build up over time. As a result, some health advocates advise taking precautions to limit cell phone risks, just in case they are eventually proven to be significant.

The outdoors thrills some of us. But you want to do things that make you happy, and the quest for happiness is a big part of who we are, and it's a way for our brain to tell us when things have gone right, what things are beneficial. Soon, life will be better than you thought!

This innate desire for good food is embedded deep within all of us, isn't it? The experience of eating rich, flavorful foods with a variety of textures and flavors is one of life's greatest joys. If dealing with health issues causes you to take a closer look at the food you are putting, you're your body or if you've ever wondered, "What does the Bible say about food?" this post will cause you to think. Here are the reasons why food matters to the Christian life and how to implement a Biblical diet into your life.

Nature can be your medicine, too. It takes only five minutes of exercising in nature to boost mood and self-esteem, according to one British study. But like medications, there's a dose-response effect—the more you do, the greater the benefit...without any side effects, of course.

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For your health,

Cheryl Ravey, Editor  
Home Cures That Work



## 04 NATURE DEFICIT DISORDER – HOW NATURE AFFECTS LONGEVITY

Spending time in nature or green space around plants is linked to longevity, vitality and radiant health. But the deficit of spending time in nature can lead to diminished use of one's senses, attention difficulties and higher rates of physical and emotional illness. And what do our children lose by not experiencing enough nature? They can improve in areas of motivation, problem solving and self-esteem by getting into nature! Don't wait. Get outside! Now!



## 10 GOD'S CLEAN EATING TIPS

There are certainly verses in the Bible that encourage you to eat your vegetables for good health, but there are also verses talking about the sweet decadence of honey. There's a balance there to be found, but one thing is certainly true: Food is a gift to us, a tangible expression of His love.

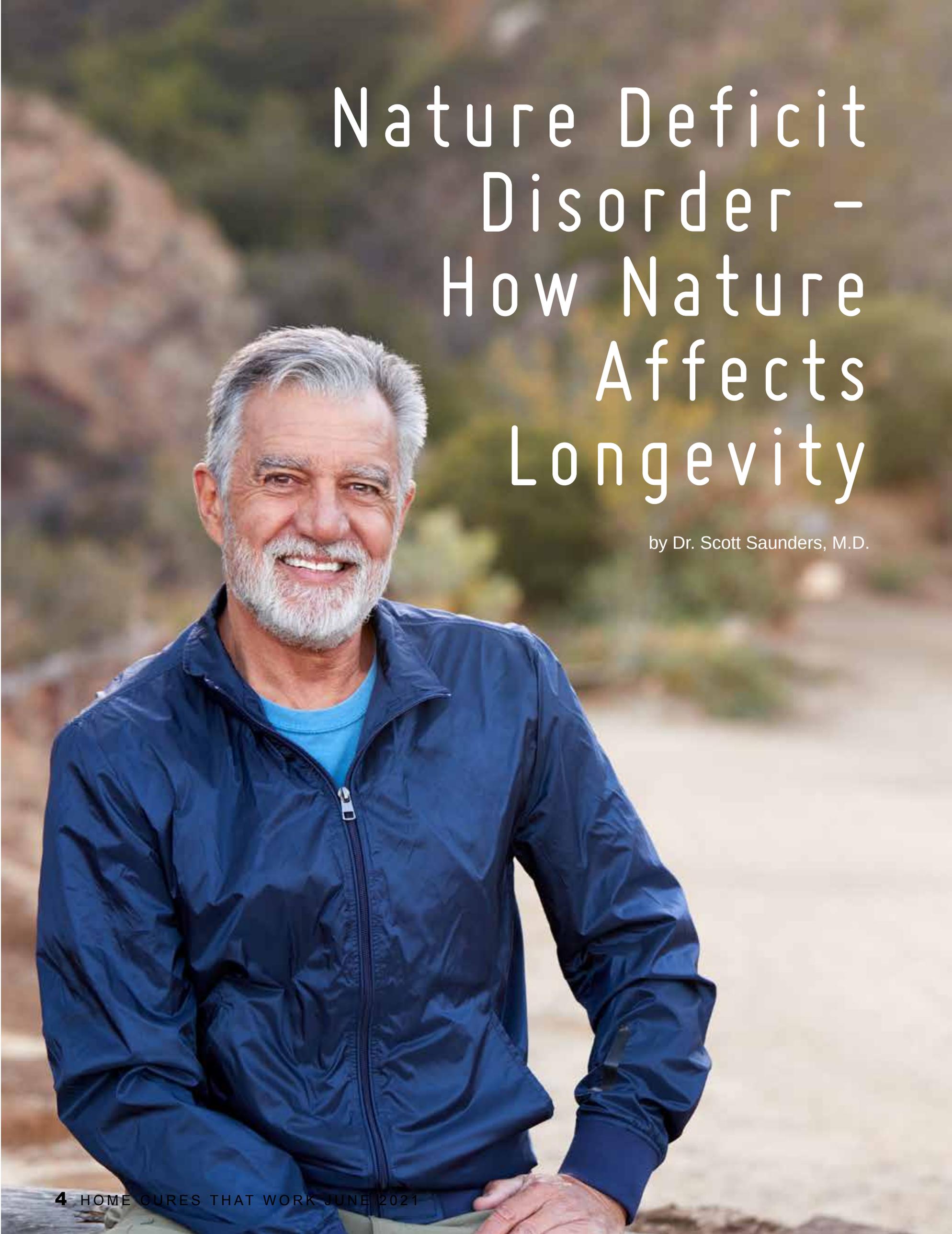


## 11 DO CELL PHONES CAUSE CELL DAMAGE?

While cell phones provide an efficient and easy way to communicate with friends, family, and co-workers, excessive use can take a toll on your health. Don't gamble on your life, and learn about the reasons why increased cell phone use can have short-term and long-term effects on your health.

## 13 10 THINGS THAT MAKE YOU HAPPY

It's the little things, you know? When everything is going wrong, sometimes, it's the silliest little things that have the power to brighten up even the worst days.



# Nature Deficit Disorder – How Nature Affects Longevity

by Dr. Scott Saunders, M.D.

**A**S I FLY in to LAX I look over the huge megalopolis in which I grew up. The perfect east-west and north-south grid of streets is very familiar. I recognize certain buildings. I can see nicely-groomed parks. I get my bearings from the freeway system, both from the air, and on the ground.

I grew up in the suburbs of Los Angeles -- I was a "city boy." I didn't get dirty, play in the mud, or do anything except in a clean sandbox or park. The lawn was clipped. My world was paved. I always wore shoes and had some sort of wheels under me (bicycle, skateboard). I breathed smog a lot. In those days we had "smog alerts" and were told to stay indoors and not exercise. I would go out on my skateboard anyway, and my lungs would burn. I didn't even get clean air! I was insulated from nature in so many ways.

Today, we are so easily separated from nature. Many things we called "nature" weren't really wild. We had pets, including chickens, rabbits, and a few mallard ducks. We grew gardens in nice rows, pulling out all the weeds. Indoors, I still don't have any real plants because they invariably die. Too much water, not enough water, I don't know! All my "plants" are plastic -- but they look so real!

I am grateful that my parents took my siblings and me out to the mountains, the beach, parks, streams, and other natural places at times. Nature is part of who we are. The Earth is part of us. We are part of our Mother Earth. We cannot leave. If we go out into space, off the Earth, we must take a piece of her with us. Our bodies are renewing from the earth all the time. We take in carbon and minerals from plants, which they get from air and soil, and creates oxygen for us to breathe. However, there is more. Our energy comes from the earth, processed from the sun. We are so intricately connected,

and yet we try to insulate ourselves from the very thing that brings life. The consequences of this can be devastating.

## What is Nature Deficit Disorder?

Children who don't regularly experience life in a natural environment lose certain abilities. As time goes on children spend more time indoors. Even children who live near forests and mountains are spending more time indoors. The average American child 5-15 years old spends 5-7 hours in front of a screen each day. [1] Moreover, according to the National Institutes of Health increased screen time can increase the risk of:

- Obesity
- Diabetes
- Heart disease
- Anxiety
- Sleep problems
- Attention problems
- Depression[2]

These are exactly the issues that comprise "Nature Deficit Disorder" a made-up term to stress the importance for kids to be out in nature. It's not a real disorder, or a medical diagnosis, rather it is a term to describe the deficiencies children experience when they aren't outdoors in a natural environment. Richard Louv, author of *Last Child in the Woods*, states, "Nature-deficit disorder contributes to a diminished use of the senses, attention difficulties, conditions of obesity, and higher rates of emotional and physical illnesses." [3] Much of

this stems from lack of movement, since nature presents opportunities for physical activity. However, there are many other lessons to be learned in nature. In Japan there has been a movement since the 1980s of "forest bathing," where people go into the forest for hours to days to "take a bath in nature." The research has indicated many benefits of stress reduction. [4]

Stress causes many problems in children, including obesity, poor mental function, depression, anxiety, OCD, eating disorders, and poor social skills, to name a few. [5] In fact, stress does more damage than poor diet or lack of exercise. By far, stress contributes the most to physical, mental, emotional, spiritual, and psychological problems.

For these reasons, children need to experience nature. We cannot understand anything we do not personally experience. A video of "Those Amazing Animals" is not the same as being there and experiencing them. We can see all the pictures, but it isn't the same as the experience of being there.

Last week my fourteen-year-old son and I went camping overnight. As we walked along the trail, there were clean, perfect two-inch sand pits beside the trail. I wondered what they were, and found there was an insect at the bottom. The larva of the antlion digs a pit as a sand-trap for ants and other bugs. When an ant goes over the edge, it rolls down the hill and cannot crawl out because of the steep walls of sand. The antlion is waiting under the sand at the bottom, and eats the trapped ants. Bugs making sand traps -- how amazing is that!

## Nature for Mental Health

Nature is our instructor. From plants, to insects, to large mammals, we learn from

what they do. Birds taught man to fly, or at least that it was possible. In a process called “biomimicry,” engineers can look at how things are done in nature. They have designed everything from modern conveniences to getting rid of trash.[6] Skyscrapers have been engineered like bamboo.[7] Indeed, much of what we know comes from the infinite variety of nature.

Intelligence comes from testing limits. We test our limits in nature because all nature is set up to test every limit of life – cold, hot, wet, dry, feast, famine. There is no limit that cannot be tested in nature, building our mental abilities. As they develop, children who have more experiences with nature have more intelligence and creativity. Nature provides infinite variability, whereas in man-made areas everything is the same. Another movie with the same plot, another house with three bedrooms, another paved parking lot, another video game, and so forth. There is so much to learn in nature!

In nature we have rocks and trees to climb, which dramatically increases intelligence. Climbing a rock is not the same as climbing stairs or a handicap ramp. Climbing trees requires skills. Every tree is different, every limb is different, there is much more thought that has to go into climbing a tree. We have to test the limb to be sure it won't break, that it will hold our weight. We need to be looking to the next limb and know if we can stretch to reach it.

## Nature for Stress Reduction

At home we can easily get overwhelmed with so much to do, and constant entertainment. The mind and body don't have

time to relax and re-charge. Even when we are “relaxing” at home it is stressful. An unfocused mind is a stressed mind. We need to have focus and attention to prevent our minds from seeking danger by default.

Nature tells us how to relax and avoid stress by keeping the mind focused. The antlion builds a sand trap and waits. The spider spins a web and waits. If you have ever been fishing, you cast in your line, and wait. The quiet time allows us to reflect on our lives, to learn who we are. Quiet focus can take away stress, giving time to think about things. Nature provides time. There is time. The only clock is the sun. While it is day, we can do what we need to do, and at night we let go and relax.

I have many patients who suffer from anxiety and depression because of adrenal fatigue. One cure for adrenal fatigue is to go out in nature without a clock.

- Go to bed with the sun and wake up with the sun
- Eat breakfast in the morning and skip dinner

This will get people on track, making them anabolic (building-up) instead of catabolic (breaking-down). Only thirty minutes per day in nature can help people:

- Make more melatonin
- Make more human growth hormone
- Make more other anabolic hormones,
- Improve sleep
- And reduce stress hormones.[8]

Decreasing stress is especially important for children. Nature provides freedom

of movement that takes away all the stresses of modern life. There is no “have to,” like homework or chores. Children can integrate all their faculties, including emotional, physical, and spiritual senses.

## Nature for Emotional Health

Nature teaches us the greatest emotional lessons. When the rain destroys a spider's web, the spider doesn't get angry or discouraged, it just makes another one. All nature is patient and forgiving. There are no judgments on what is done, it is just done. Nature accepts what is. The reality of death is accepted as a fact, and nature moves on. Nature responds to devastating fires in California every year by growing back. Within a few years, there are few traces of the burn.[9]

Out in nature it never helps to hold back, or wallow in self-pity. Life goes on. Everything in nature is looking forward. Everything is about growth, and life. Nature is the perfect example of resilience, teaching us the lessons of moving forward despite obstacles and setbacks. We are almost required to learn emotional flexibility while in nature.

## Nature for Physical Health

Nature can have a great effect on the physical development of children. The ever-changing and constantly uneven surfaces train the muscle-memory to be ready for anything. Walking along a road is good, but a trail with rocks, twists, and turns gives the physical body much more

strength and resilience. Climbing rocks and running up and down mountains builds more strength, agility, balance, and bone mass than running on a road. [10] This becomes more important as we age – what we build up in youth, we continue in old age. The strength of our bones that we build in our youth will keep us from getting osteoporosis in our twilight years.[11]

Getting out in nature, fording streams, jumping rocks, and walking ledges helps us to understand our physical limits. We come to know about our endurance, balance, and strength. Since being out in nature requires us to use muscles, we will naturally build strength.

Also, our senses are sharpened. We can begin to feel the change in temperature of the air. There are many different smells and tastes. Hearing is improved as we distinguish all the different sounds of birds and animals. Most of all, nature is quiet. We can be still. Vision is improved and sharpened as well. People exposed to sunshine have better eyesight than those who are always indoors.[12]

## Nature for Spiritual Health

It's no wonder prophets of all time have traveled up into a mountain to talk with God. Somehow, He is there. When I was 12 years old, my dad, my two older brothers and I went with some Boy Scouts on a fifty-mile hike in the High Sierras in California. The trail was hard. I had a heavy backpack. As the trail rose to high altitudes, I got altitude sickness. My dad stayed back with me while the rest went on to camp. When I felt better, we followed. A couple days later we were near a peak of twelve thousand feet. We

camped by a meadow with a small lake. I walked up a hill by the camp, alone. I was the youngest boy there, and my brothers didn't want me to "bother" them. At the top of the hill, I looked out over the meadow with the snow-capped peak reflected in the lake. It was so beautiful! Breathtaking! I remember looking up at the peak and I knew there was a God. I don't know how I knew at such a young age -- I just knew for sure.

Nature is our servant, given to us to use and to take care of. We create things that are the same. We make every dish in our cupboard the same. Our food needs to taste the same every time we go to McDonalds. We like what is familiar. God is different. Nature has the signature of God on every level. No two things in nature are identical. No two snowflakes are the same, no two sunsets are alike, no two leaves are exactly alike, indeed, nothing in nature is a perfect twin. There is nothing boring about nature.

Nature tells us about the Universe, and our place in it. No two people are exactly alike either, everyone is different, and all are needed and loved.

## Why You Should Experience Nature

Nature Deficit Disorder is not a diagnosis or an illness, but rather the deficits that come to children, individually and collectively, who are not exposed to nature. They miss-out on certain developmental milestones that are only found in nature. Those who are not bathed in nature are more likely to have many different symptoms of anxiety, depression, as well as the problems associated with obesity and inactivity.

Shut off the computer, put aside social media, stop snacking on Cheetos, and go outside. If you live in the city, find the nearest trail where you can hike. Take the kids camping to where there is no cell service. If you live in the desert, take them for a walk in the early morning or late afternoon. Go swimming in a stream. Take time to be away from the insulation of the city, let them touch the earth, and climb rocks and trees. For many, this will require some planning and effort, but I can assure everyone, ¡VALE LA PENA! (it's worth it)



Sources: [1]<https://medlineplus.gov/ency/patientinstructions/000355.htm#:~:text=Most%20American%20children%20spend%20about%203%20hours%20a,child%27s%20risk%20for%20attention%20problems%2C%20anxiety%2C%20and%20depression.> [2] National Institutes of Health; U.S. National Library of Medicine; Home → Medical Encyclopedia → Screen time and children [3] <http://richardlouv.com/blog/what-is-nature-deficit-disorder/> [4] <https://www.japan.travel/en/guide/forest-bathing/> [5] <https://psychcentral.com/lib/how-stress-affects-children-how-to-manage-it#1> [6] <https://www.nationalgeographic.org/activity/engineering-inspirations-nature/> [7] <https://www.dezeen.com/2018/01/24/taipei-sky-tower-skyscraper-inspired-shape-bamboo-antonio-citterio-patricia-viel-architecture/> [8] <https://wellnessmama.com/205858/camping-benefits/#:~:text=The%20Benefits%20of%20Camping%201%20Light%20Therapy%20for,1980s.%203%20Improved%20Sleep.%20...%20More%20items...%20> [9] <https://mashable.com/feature/woolsey-fire-rains-photos-land-renewed-malibu-california/> [10] <https://www.corerunning.com/trail-running-best-exercise-for-health/#:~:text=In%20effect%2C%20trail%20running%20provides%20better%20strength%20training,trails%20full%20of%20rocks%2C%20roots%20and%20uneven%20terrain.> [11] <https://orthoinfo.aaos.org/en/staying-healthy/osteoporosis-prevention-starts-earl> [12] <https://batesvisioneducation.org/using-sunshine-to-improve-eyesight/#:~:text=Sunning%20is%20the%20most%20important%20thing%20you%20can,and%20face%20the%20sun%20with%20your%20eyes%20closed.>

# God's Clean Eating Tips

by Amanda Pierce



**P**ERHAPS YOU'VE NEVER thought about it before, but it's true. God cares about you. He cares if you are sick and He wants us to take care of our bodies. Yet what you eat is your choice. You have free will over what you put in your mouth. God cares what you eat, but He is not going to dictate your every bite.

In the Old Testament, God gave the Israelites specific dietary guidelines. Those principles do not apply to us today.

So why was God so specific about what the Israelites ate? I believe He cared about them and wanted them to be healthy! Think about it. There were millions of people living in the desert, wandering around with no running water or bathrooms. The conditions weren't exactly sanitary. What if sickness broke out? It would have spread like wildfire! So God set up guidelines to help the Israelites avoid unwanted bacteria and

keep their immune systems strong.

Most people have never taken the time to study and understand why God forbade specific foods and practices during that time. They are just happy to know they are no longer bound to these customs! They are free to eat their Cheetos and bacon without consequence.

## Biblical Guidelines for Eating

America is definitely not the Garden of Eden. Much of what we eat in the West is a far cry from "farm to table" food. This is a far cry from what God designed for us to eat. Instead, we favor of genetically altered, enhanced, preserved, and processed foods.

There are several verses in the Bible

that provide guidelines for eating. The most popular seems to be Deuteronomy 14. God never forbids any plants for consumption. However, it is this chapter that considers which specific animals are clean to eat or not. The Israelites were forbidden to consume the following animals:

- Animals that "chew the cud," but don't have a divided hoof. This meant avoiding eating pigs, camels, and rabbits.
- Creatures in the water that do not have both scales and fins. This eliminated eating fish without scales, such as catfish. It also excluded eating sea creatures without fins, such as shrimp, crab, mussels and lobster.
- Most birds were considered clean except the raven, vulture, eagle, falcon, owl, stork, heron, or bat.
- Flying insects were considered unclean.

There is a lot of debate today around whether or not we should avoid these animals. Many animals are now “farmed” and are not caught in the wild anymore. Though some farming practices have improved our food, some have made things far worse. A lot has changed in 4000 years!

Many claim that God forbade eating these particular animals because they were scavengers. Scavengers eat garbage, which lends them to higher toxicity levels and overgrowth of bacteria. Shrimp, lobster, and crab are often called the insects of the sea. They feed on the bottom of the ocean and eat the flesh of dead fish and whatever else hits the ocean floor. Catfish and other fish without scales bottom feed, as well. They eat almost anything including other fish’s excrement.

The birds to avoid feed on dead animals, as well. So, of course, these birds are more likely to carry disease and parasites.

But, why avoid pork? Why should we give up our delicious bacon? Many argue it is because pigs can pass trichinosis to us through their meat. This parasitic infection can become a serious, and even life threatening problem for humans. It is also difficult to eliminate trichinosis from our bodies.

But, what if we raise pigs in a clean environment, virtually eliminating the chance of trichinosis? What if we fed them organic grains and other natural foods, instead of letting them feed on waste? Were pigs forbidden just because they are pigs, or because of the potential harm from contamination.

This is where I have to separate my opinion from those who strictly adhere to diets such as The Makers Diet, What Would Jesus Eat, and The Biblical Diet. I don’t agree that avoiding all the foods in Deuteronomy 14 is still necessary. This

is because I believe it is “WHY” God forbade something that is important, not solely the WHAT.

Did God forbid high fructose corn syrup? What about genetically modified organisms? Or better yet, cloned animals? Of course not. These things were not around thousands of years ago! But does that mean they are acceptable and considered healthy for us to eat? One could argue that because they are not mentioned, they are acceptable. But honestly, this is really missing the point.

The big picture here is that God set up guidelines for health. Although we are now not bound to those Old Testament principles anymore, we should take to heart why God was so specific. Under all those rules written in black and white, I believe lies a principle that rings true, even today: Eat clean foods.

## Modern Day Clean Eating

Clean can mean a lot of different things to a lot of different people. Telling your children to clean their room has an entirely different meaning than cleaning a surgical room in a hospital. Eating clean foods meant something entirely different to the ancient Israelites than what clean food means to us today.

In the Old Testament, God gave specific rules for cleanliness, both for the sake of ritual and health. Now, thanks to Jesus, we are no longer bound to these rituals. Eating God’s list of approved foods is now optional. Just read Acts 10:9-15:

*“It was about noon the next day. The men were on their journey and were approaching the city. Peter went up on the roof to pray. 10 He became hungry. He wanted something to eat. While the meal was being prepared, Peter had a vision. 11*

*He saw heaven open up. There he saw something that looked like a large sheet. It was being let down to earth by its four corners. 12 It had all kinds of four-footed animals in it. It also had reptiles of the earth and birds of the air. 13 Then a voice told him, “Get up, Peter. Kill and eat.”*

*14 “No, Lord! I will not!” Peter replied. “I have never eaten anything that is not pure and ‘clean.’”*

*15 The voice spoke to him a second time. “Do not say anything is not pure that God has made ‘clean,’” it said.”*

Let me be clear in stating that I don’t believe adhering to Deuteronomy 14 diets are wrong. I believe they are very healthy and have brought many people both wellness and healing. However, I believe that God has made the “unclean” foods acceptable, as it states above.

Some may take advantage of this verse and say that all things are now considered clean. I have to disagree. This is where common sense and practical wisdom come into play. Personally, I understand the “why” behind the “what” in the list God gave the Israelites.

If the “why” is that those foods contained something that could make them sick, then we should take this principle and apply it to ALL foods. Even foods not listed and foods that have recently joined us in the last 50 years need to be measured against that guideline.

I avoid genetically modified foods, preservatives and artificial ingredients. I don’t consider them clean. They may not be tainted with bacteria, but I know they can make me very sick.

I believe a modern day Clean Diet adheres to these principles:

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1. EAT FOODS IN THE FORM GOD DESIGNED THEM.

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This means foods free of pesticides and genetic modifications. This also eliminates artificial ingredients and processed foods. Instead, shop at your local farmers market and health food stores. Or better yet, grow your own in a garden!

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2. EAT ONLY ANIMALS THAT ARE RAISED HUMANELY IN CLEAN ENVIRONMENTS, FREE OF CHEMICALS, HORMONES, OR ANTIBIOTICS.

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This not only applies to meat, but to eggs and dairy, as well! Look for words like free-range, pastured, grass fed, rBgh free, and organic on labels. These are always much healthier choices.

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3. AVOID ANY FOOD THAT INCITES AN UNNATURAL RESPONSE IN YOUR BODY.

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Sugar spikes your blood sugar, artificial ingredients can modify cell responses, and excess salt can raise your blood pressure. Even certain “healthy” foods can initiate a response based on your body’s allergies or intolerances. The right foods will make you feel great. They will never make you feel tired, bloated, or sick in any way.

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4. IF YOU CAN’T PRONOUNCE IT, DON’T EAT IT!

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I can confidently say that nearly everything that God designed for you to eat, you also know how to pronounce. Those big words that sound like chemicals are usually just that! Read labels on everything from your bread to salad dressings. Chemical ingredients hide out everywhere!

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5. DON’T OVERINDULGE. MODERATION IS ALWAYS BEST!

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Even clean and healthy foods can be overdone. For example, eating too much fruit can contribute to insulin resistance. Also, overindulging even with healthy foods can cause weight gain.

Adhering to these principles will not only keep your body clean and free from toxins, but also enhance your ability to fight off disease.

## Clean Food Recipes

I don’t know about you, but my garden is currently overflowing with zucchini! This put me on the hunt for clean and healthy recipes to use up this versatile vegetable. I stumbled across this zucchini fritter recipe, and I’m happy I did. These fritters taste delicious and are packed full of healthy ingredients. This recipe is not set in stone. Feel free to experiment by adding other vegetables like shredded carrot, cauliflower, or sweet potatoes. I enjoy topping my fritters with a dollop of sour cream and a touch of hot sauce.

## Grain Free Zucchini Fritters

Ingredients:

- 2 medium zucchini grated
- 2 green onions thinly sliced
- ¼ cup almond flour or coconut flour
- ¼ cup grated Parmesan cheese
- 2 eggs
- Salt and pepper to taste

- Oil for frying (I used 2 tablespoons coconut oil)

Instructions:

1. Grate zucchini with a medium sized grater.
2. Add salt and place shredded zucchini in a clean dish towel and squeeze to get as much liquid out of it as possible.
3. Once squeezed place back in bowl and add beaten eggs, thinly sliced green onions, almond flour, Parmesan cheese, and black pepper. Mix thoroughly.
4. Heat 2 tablespoons of oil over medium heat.
5. Once oil is shimmering, add spoonfuls of mixture in hot oil and fry until golden brown on each side, about 2-3 minutes per side.
6. Place on platter lined with paper towels to soak up any grease that sticks to the fritter and serve with sour cream or other condiment.

If you have ever eaten heirloom tomatoes, then you’ve noticed not only their beautiful array shapes and colors, but also their amazing flavor! God sure got creative when he designed tomatoes! Heirloom tomatoes differ in that they come from seeds that have been passed down from generation to generation. Some seeds have a history of 100-300 years! You can find heirloom tomatoes at your local farmers market.

This recipe utilizes these beautiful and tasty tomatoes in a delicious salad. If you can’t find heirlooms, any fresh tomatoes will do.

## Heirloom Tomato Salad

### Ingredients:

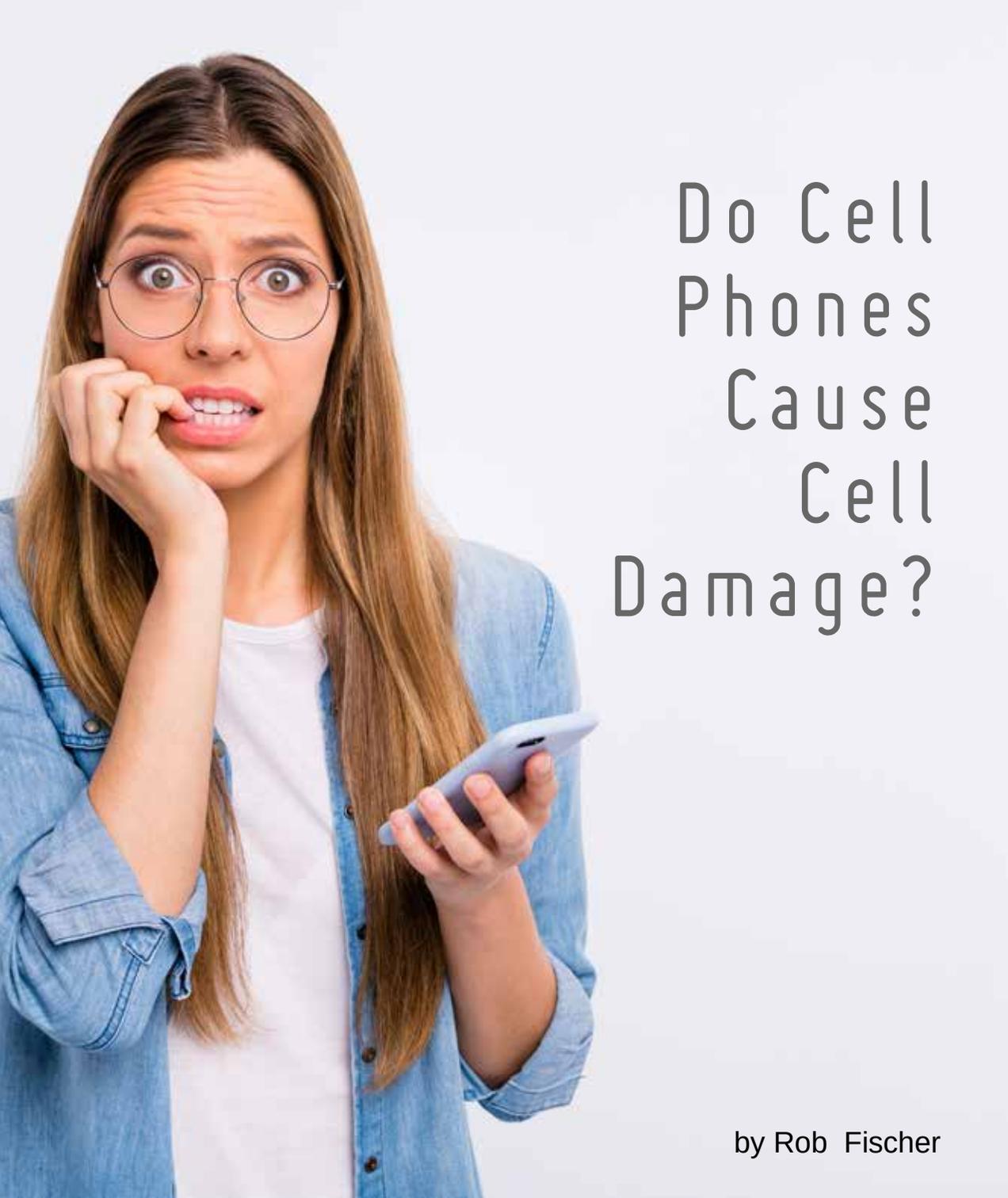
- 5 medium sized heirloom tomatoes, sliced
- 1 large ear of organic corn, cooked
- 1/2 of a small red onion, diced
- 2 slices pastured nitrate free bacon, cooked and diced (optional)
- 1 oz blue cheese crumbles
- 1 small handful basil leaves, chopped
- 2 tbsp fresh lemon juice
- 1 tbsp olive oil
- Salt and pepper to taste

### Instructions:

1. Lay sliced tomatoes onto a large, serving platter.
2. Remove kernels from ear of corn, and spread evenly over tomatoes.
3. Now sprinkle the plate of tomatoes evenly with the red onion, bacon, basil and blue cheese.
4. In a small bowl, whisk together the lemon juice, olive oil, and salt & pepper. Drizzle the dressing evenly over the salad, and top with a bit more salt and pepper. Serve immediately.

Though God has given us free will to eat as we please, we won't be exempt from the consequences of bad food choices. God designed our bodies and he also designed natural foods specifically for those bodies. When we eat what God designed, foods that are natural and free from chemicals and toxins, we reap the benefit of health. When we eat what scientists and chemists designed as food, we reap weight gain and disease. The choice is yours. Personally, I trust God's food and I hope you will as well.





# Do Cell Phones Cause Cell Damage?

by Rob Fischer

**I**S YOUR CELL Phone Putting You into a “Dead Zone?”

In 1973, Motorola launched the first mobile telephone, affectionately referred to as “the brick” due to its size and shape. Today, nearly all adults and most teens in America rely on their cell phones for a wide variety of tasks.

Recently, I sat in an airport terminal waiting for my plane. I looked around at the myriad of travelers sitting there and noticed that nearly everyone had their heads down, focused on a cell phone.

In recent years, with the sharp rise in cell phone use, some are beginning to question whether they present any potential

dangers. The real, looming question centers around electromagnetic radiation (EMR) and its long-term effects on the human body.

Conflicting information on the internet about the potential dangers of cell phones hints at: conspiracy, corporate deception, and radical claims about their harmful effects. Frankly, it can be difficult to sift through all the information and arrive at an informed conclusion. But one thing is for sure: as with the history of carcinogens like tobacco and asbestos, we cannot afford to assume that cell phones are innocent until proven guilty.[1]

The question also arises, if cell phones are dangerous, why were they ever

allowed to be so widely distributed in the first place? According to one insider, the companies that brought cell phones to the market, “pressured government regulatory agencies to allow cell phones to be sold without pre-market testing. The pressure worked, and cell phones were exempted from any type of regulatory oversight, an exemption that continues today.”[2]

There is no dispute that cell phones, as well as other electronic devices, emit electromagnetic radiation.

The radiation specific to cell phones is called radiofrequency (RF) energy by the cell phone industry. But as Dr. Devra Davis warns, this designation is misleading. “In fact, a cellphone is a two-way microwave radio. If people understood that they were holding a two-way microwave-radiating device next to their brain or next to their reproductive organs, they might think differently about it.”[3]

In the early 1990s, questions about the safety of cell phones arose when a man filed a lawsuit alleging that cell phones caused brain cancer in his wife that killed her. The cell phone industry responded by creating Wireless Technology Research (WTR), a non-profit organization, to conduct research to demonstrate the safety of cell phones. They appointed Dr. George Carlo as the head of WTR’s research team.[4]

Dr. Carlo recruited an elite team of scientists and they began their research. More than 50 studies that were peer-reviewed and published in many medical and scientific journals demonstrated that...

Cell phone radiation “caused DNA damage, impaired DNA repair, and interfered with cardiac pacemakers.”[5]

But in 1998, when WTR was ready to communicate its findings to the public,

the cell phone industry stepped in and conducted all sorts of nefarious activities aimed at discrediting WTR's findings and shoving them under the carpet.[6]

In Great Britain, in 2000, Dr. William Stewart issued a warning on behalf of the Royal College of Physicians that advised teenagers not to use cell phones due to the possibility of their harmful effects.[7]

Then, in 2011, the International Agency for Research on Cancer (IARC), part of the World Health Organization (WHO), concluded that there may be a connection between cancer and EMR emitted from cell phones.[8]

In 2013, the National Cancer Institute posted on their website, "Studies thus far have not shown a consistent link between cell phone use and cancers of the brain, nerves, or other tissues of the head or neck. More research is needed because cell phone technology and how people use cell phones have been changing rapidly." [9]

Then late last year, the US Centers for Disease Control and Prevention (CDC) issued a precautionary health warning about cell phone radiation and provided tips for reducing one's risk to exposure. [10] However, inexplicably, the CDC retracted this warning 10 days later. Media experts speculate about their reasons for this retraction.\*

If you read the safety information that came with your cell phone, it talks about the SAR value, or the Specific Absorption Rate at which the body absorbs RF energy.[11] But Dr. Davis argues that SAR only estimates one component of risk from cell phones and "does not gauge the risk from the frequencies of the cell phone, the erratic pulsing and modulation of the signals, or the magnetic fields from batteries." [12]

Dr. Davis warns that studies have shown that pulse digital signals from cell phone radiation can alter and weaken cell membranes and increase the production of free radicals in the body, which are very damaging.[13]

## How to Reduce Cell Phone Radiation Exposure

Following are tips for reducing exposure to EMR from cell phones:[14], [15]

- Use a hands-free option: the speaker-phone, headphones, or other headset and remove from your head when finished with a call.
- Proximity matters: don't carry a cell phone in your pocket. Carry it at least 10mm (3/8") away from your body.
- Cases with metal parts may change the RF performance of the cell phone in a manner that has not been tested.
- Meet with people face-to-face instead of on a device.
- Frequency of exposure matters. Ask yourself, "Do I really need to be texting, calling, watching, or listening on my cell phone all the time?"

It appears that the jury is still out on whether cell phone use literally places us into a "dead zone." But as more and more organizations warn about their potential danger, it seems prudent to heed their cautions.

Comment about iPads interfering with pacemakers.

The iPad2 has been found to interfere with pacemakers in some people when held up to their chest. With respect to

the iPad2, the culprit seems to be the magnets that help hold the lid closed on the iPad according to the Heart Rhythm Society.

Any device with magnets or that emits radiofrequency energy can potentially impact a pacemaker or other cardiac rhythm devices. The iPads, when held at reading distance from the subjects, did not appear to affect their pacemakers.

Other devices that emit electronic radio-frequency energy and may interfere with cardiac rhythm devices include anti-theft systems, metal detectors, cell phones, MP3 players, MRIs and other electronic medical equipment.

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# 10 Things That Make You Happy



What you do every day matters more than what you do once in a while.

**T**HE BLAME FOR addiction stretches for miles.

It covers everything from depression and tough times to a little something to help you sleep and a little something to help you stay awake. But any way you'd care to look at it, addiction is a killer, a beast that lives within the addicted person and calls to them for attention. And what it craves will eventually put them in an early grave.

This beast will tell an addict things – things they may or may not want to hear – just to get them to succumb to the urge to “use.” When we examine this phenomenon a little closer, the root of the problem is clear: addiction is a direct result of being unhappy or having negative thoughts and fears of rejection.

Think about it. Would you have ever had a beer if someone didn't first coax you into drinking it?

So the addict would never have taken that first drink, pill, puff of marijuana, line of cocaine, shot of opiate, or whatever else. This is an example of fear of rejection.

Also, the drug of choice has a much-desired ability to mask negative thoughts and temporarily bring the user happiness. Once the drug has worn off, the addicted person is then forced to deal with reality again and might turn to another “dose” for relief.

The good news is it doesn't have to be this way. Not you or anyone you care about needs to face addiction – even if they are already abusing substances.

Why?

Because when we understand the root cause, we can effectively address it and work toward making the change that safely, naturally, and healthily brings happiness, drowns fears, and silences negative thoughts spewed by the parasitic beast whose only mission is to kill its host.

You may be thinking that addictions such as alcoholism are inherited. Truth is, only the root cause of the addiction is inherited and this creates vulnerability. It is vulnerability that feeds the beast and deepens the problem. To level the ground and simplify the treatment process, understand that treating this disease must always begin at the root cause. That is the common factor in all addictions.

Therefore, in order to overcome the reliance on unhealthy substances, it is important to first get happy.

Laugh in the face of the beast to shut him up for good.

Laughter is therapeutic on many levels. It can instantly crush depression, bring on a natural state of euphoria, and help defeat addiction. Doing things that are out of the ordinary and make you feel good is a great place to start.

Something as simple as a new haircut could bring rock-solid confidence and deep feelings of joy and excitement.

This thought leads to the top 10 addiction-busting ideas for a stronger, healthier life.

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#### 1. GIVE YOURSELF A MAKE-OVER.

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Simply picking up some new clothes, adopting a new hair-style, even washing your car can work miracles for your state of mind.

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#### 2. CHANGE YOUR ROUTINE WHENEVER POSSIBLE.

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If you like to write, pick up a great new pen that flows smoothly and sets the ink to paper in a crisp, ultra-clear fashion. If you cook, pick up a new, professional chef's knife. If you drive a lot, stop listening to talk shows or traffic reports – pop in a CD of your favorite music and enjoy the commute. Throw a fresh coat of paint on some walls in your house and de-clutter. This is one of the best ways to make yourself feel great!

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#### 3. IF YOU DON'T USE IT – LOSE IT.

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Things collect around the house easily and quickly. A good way to keep the frowns off your face is to get rid of things you don't need. So take inventory – if there are items around the house that bring you down or that you don't use anymore, chuck them, give them to Goodwill or at least stick them in a storage unit. The most important thing is to get them out of your sight.

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#### 4. TURN OFF THE NEGATIVE INTERNAL DIALOGUE.

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There's probably a tape loop running in your head. What it plays is entirely up to you. If constant negative messages or hurtful, bad thoughts are making you feel lousy – work on replacing that tape with positively-charged words of encouragement, pleasantries, and supportive ideas of Health Wealth.

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#### 5. GO GREEN AND GROW HEALTH RICH.

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Switch to paperless bills, fix energy sucking defects in your home, recycle,

repair a leaky faucet, and turn off lights and appliances when you aren't using them. Even if you're not an environmentalist, this admittedly simple idea will still make you feel good just knowing you'll be saving money!

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#### 6. GIVE BLOOD – KNOWING THAT YOU'RE DOING SOMETHING TO SAVE LIVES IS A NATURAL PEACE BOOSTER...

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You could even save someone you know or love.

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#### 7. SET A POSITIVE TONE TO EVERY DAY IN JUST 10 MINUTES.

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Peaceful, kind, and gentle thoughts for 10 minutes in the morning will clear your mind and set your day in motion up the road to happiness.

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#### 8. EMBRACE THE IMPORTANT THINGS IN LIFE.

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Sit down with a piece of paper (and your new pen) and write down all the important things in your life. Use whatever comes to mind to start: fortifying your spouse, hugging your children, painting or repairing something around the house that's been causing you unrest. As you visit this list, keep adding to it. The act of writing it down causes you to visualize the important things in life which in turn tells your brain to engage and act on them.

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#### 9. A SENSE OF COMMUNITY IS GOOD FOR THE SOUL.

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Give to charity whenever you can. It'll make you feel good and supports your desire to belong. If you listen to public radio, give a few bucks when they do their fund raising drives and BAM – you're instantly invited to the party!

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## 10. GET OUT, NETWORK, AND MEET NEW PEOPLE.

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Just saying “Hi” to strangers is a good way to get your confidence built up so you can eventually present thoughtful ideas to new groups of people. You never know what can come of it. It might bring a great new career, you might find a product or service you never knew you needed, you could even meet your soul - mate just because you smiled and said “hello” to a handful of people on the street. Plus, unless they’re miserable, zombified, drones (and you don’t want them in your life anyway – they’re energy suckers and downers) they’ll smile back. It’s a win-win where everybody feels good.

Take control of your life again – you never needed drugs or alcohol when you were a kid.

When you were a child, the days were longer, there was fun to be had: playing barefoot on a summer lawn, riding bikes with your friends, making snow angels in the winter, and laughing when the

butterflies were released in your stomach as you drove down a hill. You seemed to have it all – everything you needed to have a happy, natural and fun life. The one thing you didn’t have was substance addiction. Ask yourself, “Did I need drugs and alcohol back then?” Well you don’t need them now either.

What you’re effectively doing by practicing (and eventually becoming an expert at) these 10 specific ideas is talking back to the beast.

You don’t need the rotten, disease-causing garbage he forces you to take. Again, you’re fixing the root of the problem. Eventually, as you become more involved in your life again the voice of the beast will fade; he’ll realize that he no longer has control over you and what you put into your body. He has failed to take you down. Then, he will die. He cannot survive without your complete cooperation. Once that’s gone, so is the beast.

The 10 steps above are more than just ways to distract you from the beast; they

offer you the chance to shift your paradigm. To look at life for what it is: a journey, not a destination.

But don’t take it one day at a time...this is a major cause of relapse.

By saying, “I won’t use today, but maybe tomorrow,” this keeps the beast alive, just waiting to talk you into it the next day. But if you say to yourself, “I’m NEVER, EVER going to use again!” Stick to it, and the beast will become terrified, confused, and sick. Then you’ve won the battle and it is you who will be waiting — waiting for him to die.

Talk about this new approach to life with your friends and family. They will happily sign on to help you accomplish all of your goals to stay healthy, mentally sound, happy, and drug - and alcohol - free.





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## OUR MISSION

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