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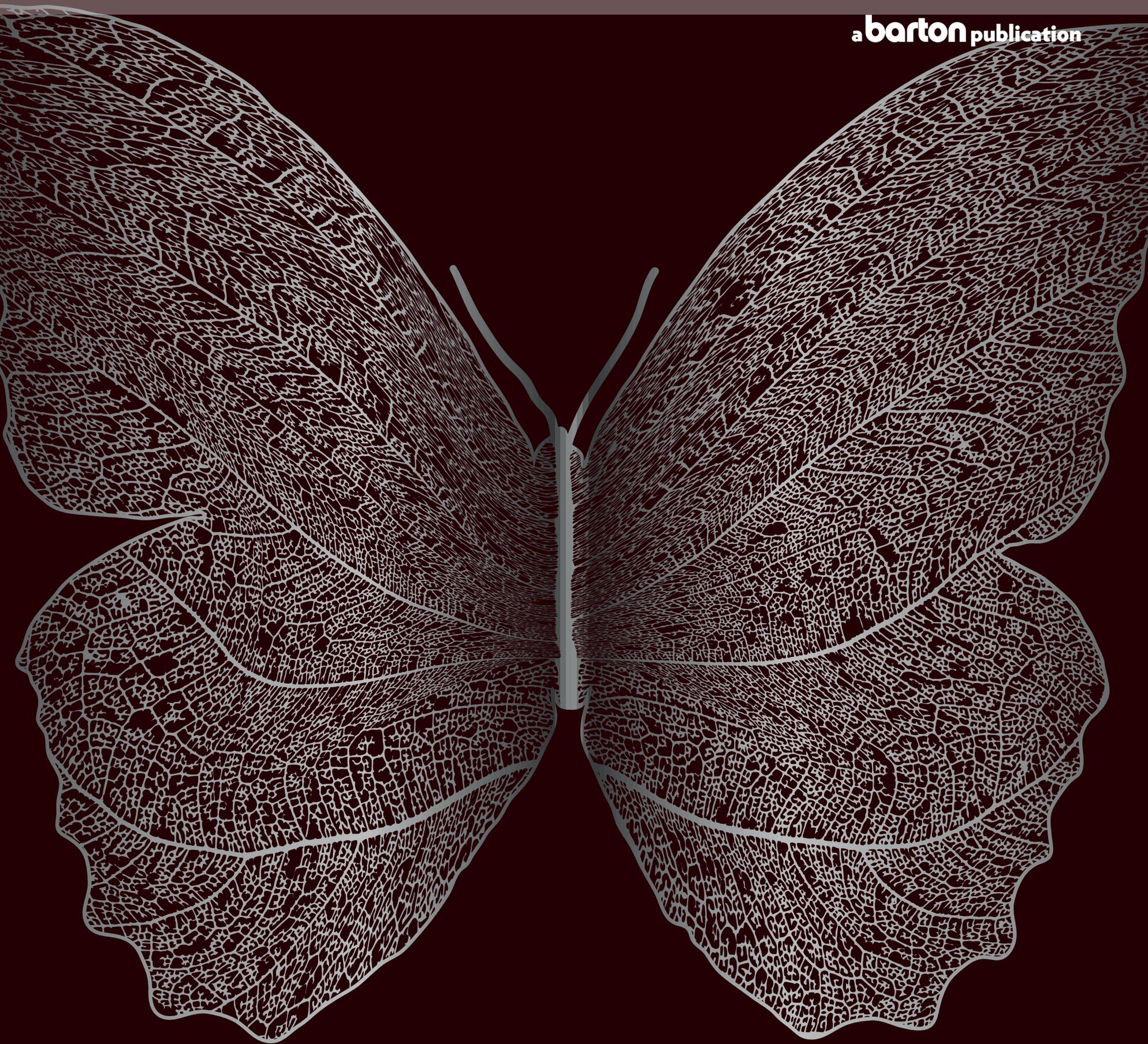
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## The Osteoporosis Reality You Should Know

# Home Cures That Work

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



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Rob Fischer has been writing professionally for over 35 years. His experience includes ghostwriting, creating curricula, study guides, articles, blogs, newsletters, manuals, workbooks, and training courses. He has written over a dozen books and serves as an editor for a nationally known copywriter.

To dispel some of the common myths about osteoporosis, Dr. Scott Saunders offers insights about what you can do to boost your health to prevent osteoporosis. If you are taking osteoporosis medications, then get prepared for long-term health complications! Understanding osteoporosis is not that difficult – nor is the care of.

Exercise can help. Certain types of exercise strengthen muscles and bones, while other types are designed to improve your balance — which can help prevent falls. Stay active and young to reduce your risk of life-altering injuries.

Eating potassium-rich foods such as bananas, tomatoes and orange juice can help prevent osteoporosis, according to a one study. But the riches of potassium reach far beyond bone health. Perhaps it is just the hidden guardian to a healthy life!

Exercise is also one of the most important ways to detoxify. Detoxing the body with water and exercise will help you to have a healthy and strong body. Detox with exercise, detox with water. In other words, this is an easy way to detox!

Watch the replay of Dr. Saunders being interviewed about his osteoporosis article in this month's issue here:

<https://www.facebook.com/bartonpublishing/videos/401097748243787/>

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For your health,

Cheryl Ravey, Editor  
Home Cures That Work



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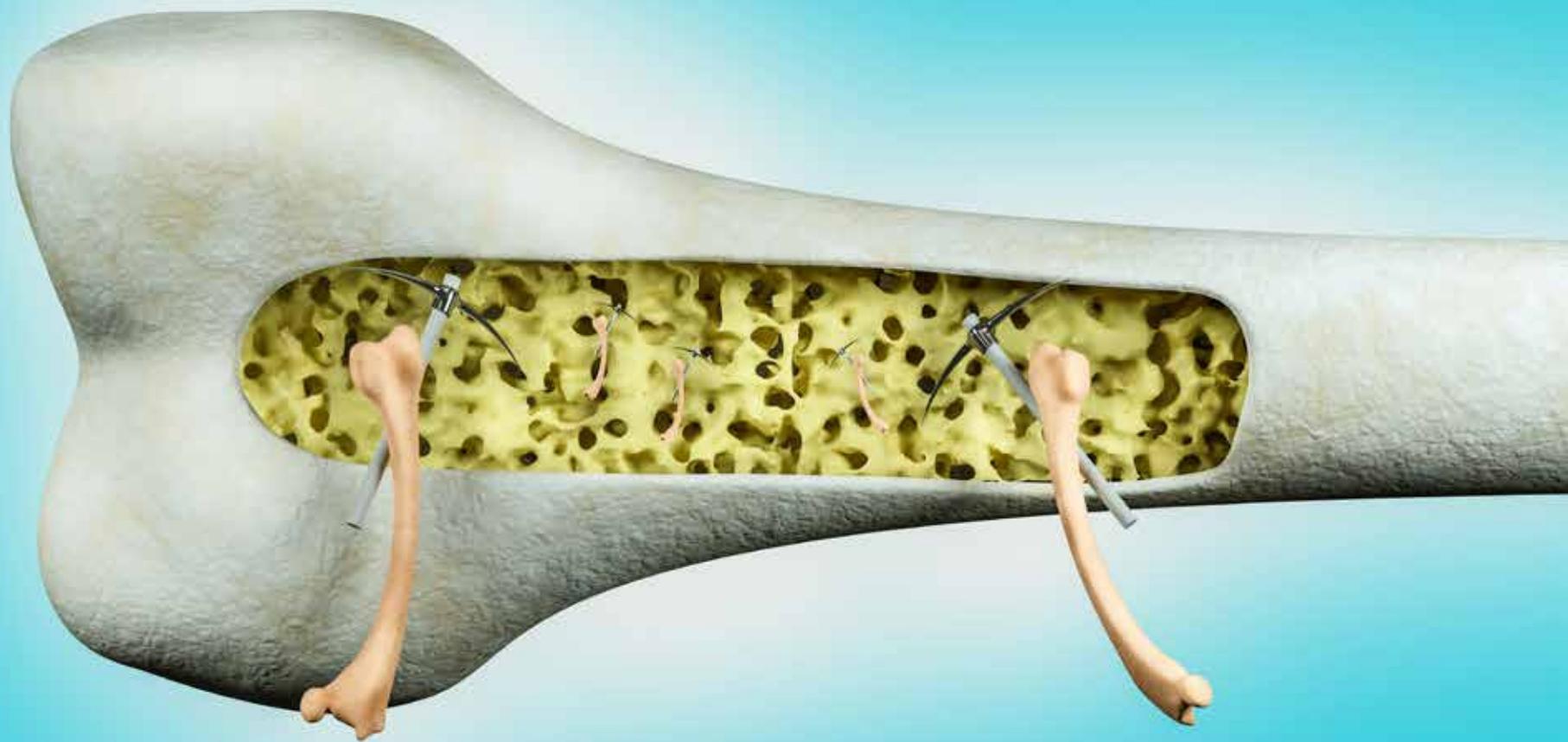
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by Dr. Scott Saunders, M.D.

# The Osteoporosis Reality You Should Know

“Grandma fell and broke her hip,” is the story we were told. She went into the hospital and had a surgery, but it was the beginning of the end. It was all downhill from there. She was unable to walk, lost her zest for life, and within weeks she had died.

People fear these fractures, and rightly so! But then they go to their doctor who orders a test and warns that fractures will happen if a certain medication is not taken. Then we see a famous actress in a commercial looking half her age, telling us how important it is to take osteoporosis medication. There is a whole culture of fear surrounding the aging process! Fear that it’s going to strike us – and we never know where it

will strike next. Out of fear we take calcium and prescription drugs to ward it off.

But, the problem is, everything you have heard about osteoporosis is wrong!

## Is Rickets Really Osteoporosis?

The reality of osteoporosis is very different. In many ways, osteoporosis is a disease of the Industrial Revolution. Prior to that time, people lived, worked, and traveled outdoors in the sunshine, and got plenty of exercise, but since that time

several changes happened. Work moved indoors under artificial lighting. Cities also became polluted with soot and smog. Children, especially among the wealthy class, stayed indoors and didn’t play or do manual labor. After all, children were to be seen and not heard.

Many may remember the story of Heidi. Her friend, Clara, lived in the city and was in a wheelchair, getting weaker, until she went to visit Heidi in the mountains where she gained strength and was miraculously able to walk again. Her recovery was attributed in the story to the clean mountain air. Really, however, Clara had a disease called “rickets.” The “clear mountain air” was the sunshine she was getting for the first time in her life that made vitamin D.

The Secret Garden is another story about a child, Colin, with Rickets, who was healed by being outside in the sunshine. These stories were common because Rickets was common. During the industrial revolution in England, and most of Europe, there was an epidemic of Rickets.[i] People felt they had to get away from the “bad air” of the city and go out into the country to recover. The smog of the city actually prevents ultraviolet light from making vitamin D, so there was some truth to the idea.

Later, through a series of scientific investigations, the cause of Rickets was elucidated. Ultraviolet light from the sun produced a hormone that they called “vitamin D.” By the middle of the 20th Century everyone knew what Rickets was and how to prevent it. Doctors knew the value of sunshine to make vitamin D, which allows the intestines to absorb calcium from food. Also, a source of supplementation for vitamin D was found in Cod Liver Oil. When I was little, my mom lined us kids up for a dose of Cod Liver Oil every week. YUCK!

Rickets all but disappeared. The next generation doesn’t understand deficiency diseases, and few have even heard of Rickets. However, it has shown up as “osteoporosis,” a mild form of Rickets found in adults. As people aged, and did less exercise, remaining indoors and not getting much vitamin D, the body uses the calcium in their bones, and the bones get weaker, leading to fractures.

## Causes of Osteoporosis

Vitamin D isn’t the only cause of osteoporosis, there are multiple factors:[ii]

- Stress increases cortisol, the stress hormone, that causes more bone breakdown.
- Lack of exercise, especially weight-bearing exercise, is common as we age.
- Deficiency of vitamin K is common in those who do not eat greens.
- Magnesium deficiency also contributes.

There are many other things that cause people to lose bone:[iii]

- Autoimmune Disorders
- Celiac disease
- Inflammatory bowel disease (IBD)
- Weight loss surgery
- Cancer
- Multiple sclerosis (MS)
- Spinal cord injuries
- Depression
- Eating disorders
- Diabetes
- Hyperparathyroidism
- Hyperthyroidism
- Cushing’s syndrome
- Low levels of testosterone and estrogen
- Chronic kidney disease
- Poor diet

Anything that affects absorption of nutrients, increases stress and inflammation, or decreases the ability to exercise will lead to osteoporosis.

## Osteoporosis Causing DRUGS

When a drug was manufactured that would “build bone” the name was changed from “Rickets” to “osteoporosis.” The treatment for Rickets was vitamin D, but the treatment for the same problem by a different name, osteoporosis, is a drug.[iv]

Warning: Prescription drugs for osteoporosis should be avoided. They kill bone cells, called “osteoclasts” doing permanent damage. They may cause a disease called “osteopetrosis” which is thick, brittle bone, as well as necrosis of bone, especially of the jaw. They also damage the lining of the esophagus and may lead to esophageal cancer. This is the first kind of medication I remove from every patient who comes in my office.

There are four main kinds of drugs prescribed for osteoporosis:[v]

1. Bisphosphonates:
  - Alendronate (Fosamax)
  - Ibandronate (Boniva)
  - Risedronate (Actonel)
  - Zoledronate (Reclast)
2. Calcitonin (Miacalcin)
3. PTH analogs (Forteo)
4. Antibodies (Prolia)

Generally, they all do the same thing – inhibit the osteoclasts which break down the bones. This may sound like a good thing, but there are problems with this! You see, bone remodeling is going on all the time, and these medications prevent that from happening properly. For this reason, they cause unusual fractures, and/or death of bones.

## Bone Resorption According to the Kidneys

The big question is: why are my bones getting thinner in the first place? The body is an amazing machine that runs on efficiency. Whatever is needed is added, and whatever is not needed is taken away. People don't realize that as they are exercising they make tiny fractures in the structure of the bone. These microfractures are repaired at night, and made stronger so it doesn't happen again. Bone that is not being used is resorbed and the calcium and phosphorus are used by the body. It's a beautiful system controlled mostly by the kidneys.

The kidneys have the job of keeping all the minerals of the body in balance. If calcium drops low, kidneys will:

- Activate more vitamin D to absorb more calcium from the intestines
- Decrease the calcium lost in the urine
- Increase hormones to take calcium out of bones – by osteoclasts.

## Vitamin D and K

## to Prevent Osteoporosis

Now, dermatologists are now telling us to avoid the sun. We use sunscreen; we wear hats and clothing, we stay indoors or stay shaded from the “cancer-causing sunshine.” (This is the topic of another discussion.) And, we work under artificial lighting all day. I have tested thousands of people for vitamin D levels in the blood and can count on two hands the number who have normal levels who aren't supplementing.

Vitamin D helps us to absorb and use calcium which is required by the body at a constant level. Without a consistent supply of calcium from food, the body takes it out of our bones to make our muscles and nerves work. Osteoporosis is just a mild form of Rickets. Osteopenia is mild osteoporosis. All of them are related to the amount of calcium in the bones.

Vitamin K works with vitamin D to build bone.[vi] While vitamin D causes more calcium absorption from the intestines, vitamin K is needed to put that calcium into the bones. The recommended daily dose of vitamin K based on coagulation studies is much lower than what is needed for bone health.[vii]

## Achieving Bone Balance

If you take calcium supplements you may cause imbalances in other areas such as magnesium. If you don't have good balance of nutrients the calcium deposits in your body causing bone spurs, kidney stones, and hardening of the arteries.[viii]

It is a mistake to take more calcium to build the bones because the food we eat has plenty. What we need is balance and proper usage.

The nutrients that work together to build bone are complex and should be derived from food. Vitamin D supplementation is essential, however, for all the reasons we discussed.

Vitamin D works with vitamin K and vitamin A as well.

Moreover, there must be adequate magnesium to build bone, which is found in green vegetables, whole grains, nuts and seeds. Since Americans don't live on these, but rather eat them occasionally, it's common for people to be deficient in magnesium. One study on people with celiac disease indicated that the cause of osteoporosis was not a lack of calcium, but magnesium. When the people took extra magnesium their osteoporosis resolved.[ix]

## Exercise for Stronger Bones

You cannot build bone without exercise. I repeat: If you don't stress the bone, you can take all the supplements you want, but you won't increase the strength of your bones. I cannot emphasize enough the value of regular (3-5 times per week) weight-bearing exercise. Walking is good if you walk a lot, or fast. Running is better for short exercise duration. Studies show that those who are doing significant exercise gained as much as 5% of bone in a year, whereas those who didn't exercise, or just walked comfortably, lost as much as 5% of their bone mass.[x] Even older people build bone with regular exercise – there is no age limit.

Most will have to start slowly and gradually increase to a one-mile jog. Jack LaLanne-style calisthenics at home are also a great idea. (Besides, it's the BEST way to stay out of a nursing home!!!) Watch videos here. I want to encourage this because of our tendency to think we can take a pill instead – don't even think about it. Don't skip to the supplements – exercise! There is no substitute for activity to build bones.

## Healthy Bone Recommendations

- Exercise regularly.
- Exercise some more.
- Guess what? YES, EXERCISE!
- Vitamin D3 - 50,000 IU once or twice per week. A good daily dose is 10,000 IU.
- Vitamin K2 about 2 mg per week (best if eaten in dark green vegetables)
- Vitamin A (natural form of mixed retinoids and carotenoids) 50,000 IU per week.
- Magnesium 400 mg in the evening before bed. (Better yet: eat more green vegetables, whole grains, legumes, nuts and seeds!)
- Continue exercising 3-5 times per week – FOR LIFE!

Another important way to build bone is to kick-start your circadian rhythm with your anabolic metabolism. This can be accomplished with three rules:

- Eat breakfast before 8 am.

- No food after 6 pm.
- Go to bed before 10 pm.

This lowers stress hormones, and allows the release of Growth Hormone (HGH) every night to re-build your bones stronger than they were before.[xi]

## Stamp Out Osteoporosis

This would be adequate to build bone, as well as improve your strength, stamina, energy, and immune system. Moreover, your chances of getting cancer would drop by about 50%![xii] Studies in nursing homes where residents never see the light of day show that there is much more to vitamin D than just building bones.[xiii] It also prevented acute upper respiratory infections. Good nutrition that includes dark green vegetable to give vitamin K and magnesium, and regular exercise does make a difference, both in testing and in the lives of each individual. Using the above recommendations to reverse or prevent osteoporosis will have many other health benefits!



Sources: [i] [http://www.actareumatologica.pt/oldsite/conteudo/pdfs/ARP\\_2007\\_3\\_205\\_AR\\_-\\_Raquitismo.pdf](http://www.actareumatologica.pt/oldsite/conteudo/pdfs/ARP_2007_3_205_AR_-_Raquitismo.pdf) [ii] <https://www.healthline.com/health/osteoporosis-causes#hormones> [iii] <https://www.nof.org/patients/what-is-osteoporosis/> [iv] <https://www.pdr.net/drug-summary/Fosamax-alendronate-sodium-352.460> [v] <https://www.health.harvard.edu/womens-health/osteoporosis-drugs-which-one-is-right-for-you> [vi] <https://pubmed.ncbi.nlm.nih.gov/33255760> [vii] <https://pubmed.ncbi.nlm.nih.gov/15018483/> [viii] <https://www.ahajournals.org/doi/full/10.1161/JAHA.116.003815> [ix] <https://pubmed.ncbi.nlm.nih.gov/9116391/> [x] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4889622/> [xi] <https://pubmed.ncbi.nlm.nih.gov/8627466/> [xii] <https://www.cancer.gov/about-cancer/causes-prevention/risk/diet/vitamin-d-fact-sheet> [xiii] <https://pubmed.ncbi.nlm.nih.gov/27861708/>

# The Benefits of Potassium

by Rob Fischer

## Potassium — A Tiny Mineral with a Huge Impact



**A** very great king wrote the following prayer to God, “You made all the delicate, inner parts of my body and knit me together in my mother’s womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it.”[1]

His words ring so true when it comes to potassium and its role in the human body.

You and I cannot live without potassium. Potassium is chief among those minerals called “electrolytes.” Other electrolyte minerals include: sodium, chloride, calcium, magnesium and phosphorus.[2]

Potassium is the most commonly measured mineral in the blood. We each carry around a little over a quarter pound (120 grams) of this precious mineral, but 98 percent of it is distributed in miniscule portions throughout the cells of our bodies.[3]

In our cells, potassium serves as the primary positive ion responsible for a myriad of biochemical and electrical functions. Potassium plays a significant role in:[4],[5]

- Regulating the heartbeat

- Building and operation of the muscles
- Maintaining bone health
- Keeping blood pressure down
- Assisting the cells in the production of proteins
- Sending electrical impulses to the nerves
- Maintaining normal body growth
- Metabolizing carbohydrates
- Sustaining energy levels

## Where Does Potassium Come From?

The body cannot produce potassium, but most of us get all the potassium we need from eating healthy foods. In fact, nearly all natural foods (from living organisms) contain potassium.[6]

However, it is possible to suffer from hyperkalemia (too much potassium)

or hypokalemia (too little potassium). Hyperkalemia usually only occurs when there are other serious medical issues. Under normal circumstances, the kidneys function to rid the body of too much potassium.[7]

Hypokalemia is more common and can be brought on by many factors including:[8]

- Diarrhea
- Vomiting
- Other gastrointestinal problems
- Excessive sweating
- Diuretics
- Eating a high sodium diet
- Poor diet of too much sugar and junk food

Severe hypokalemia can lead to very serious consequences and even death. Symptoms of hypokalemia can include:[9],[10]

- Fatigue
- Weakness in the muscles

- Slow reflexes
- Dry skin or acne
- Cardiac arrhythmia
- Muscle cramps
- Impairment of glucose metabolism
- Insomnia
- Anorexia
- Depression
- Nervous disorders

If you engage in sports or other physical activity at a higher than moderate level, you may experience the fatigue, muscle cramps and other symptoms associated with loss of electrolytes. When you exercise hard, you lose these minerals through your sweat.

## What's the Best Way to Replace Electrolytes (Potassium)?

Contrary to popular opinion, reaching for a sports drink is not the best way to replenish potassium and the other important electrolytes in your system. Those drinks are also usually packed with sugar, food dye and other unnatural ingredients. [11]

Instead, the best source of potassium is found in healthy, whole foods. Potassium is found in nearly all whole foods, but here are some foods with the richest levels of potassium:

- Fruits—citrus fruits, bananas, cantaloupe, kiwi, prunes, raisins, dates, and apricots (especially dried apricots)
- Vegetables—broccoli, peas, lima beans, tomatoes, potatoes (with the skin), sweet potatoes, leafy green vegetables, avocado, and winter squash
- Meats and fish—beef, chicken, halibut, salmon, cod, sardines
- Dairy—milk and yogurt
- Nuts

I recently went on a very long hike into the mountains and took along fresh fruit and a healthy trail mix of dried fruits and nuts to replenish my electrolytes.

Most people do not need to supplement with potassium and you should consult your doctor before doing so, because of the delicate balance of potassium required by the body.[12]

## How to Make a Homemade Electrolyte Drink

If you are physically active and find the need to replenish your electrolytes you can easily mix your own electrolyte drink. Here's what I do:

1. Fill a tall glass with pure drinking water.
2. Add about a ¼ teaspoon of salt (sea salt or Himalayan salt is best)
3. Mix in about 1 tablespoon of lime or lemon juice.

4. If desired, add organic cane sugar to taste.
5. Stir until the salt (and sugar) is completely dissolved.
6. Drink it down—"To your health!"

We have seen that potassium plays a huge role in maintaining good health. But did you notice that, as with so many areas of good health maintenance, first and foremost we must eat healthy whole foods.

Take inventory of your current diet. How do you fare when it comes to avoiding prepackaged, prepared foods that contain who knows what? To what extent do you avoid excess sugars, fats and empty carbs? Stay away from junk foods and fast foods.

The best way to maintain healthy levels of potassium and the other essential minerals is simply to eat those healthy whole foods. And don't forget to exercise!



*Sources: [1] Psalm 139:13-14, Holy Bible. New Living Translation copyright© 1996, 2004, 2007, 2013 by Tyndale House Foundation. Used by permission of Tyndale House Publishers Inc., Carol Stream, Illinois 60188. All rights reserved. [2] MedlinePlus, "Electrolytes," 15 August 2014, <http://www.nlm.nih.gov/medlineplus/ency/article/002350.htm>. [3] Elson M. Haas, MD, "Role of Potassium in Maintaining Health," *Periodic Paralysis International*, July 17, 2011, <http://hkpp.org/patients/potassium-health>. [4] Elson M. Haas, MD. [5] University of Maryland Medical Center, "Potassium," July 10, 2011, <http://umm.edu/health/medical/altmed/supplement/potassium>. [6] University of Maryland Medical Center. [7] Elson M. Haas, MD. [8] Elson M. Haas, MD. [9] Elson M. Haas, MD. [10] FitDay, "Potassium: Why It's Essential for Your Body," nd, <http://www.fitday.com/fitness-articles/nutrition/vitamins-minerals/potassium-why-its-essential-for-your-body.html#b>. [11] Hollis Templeton, "5 Foods that Help Replenish Electrolytes," nd, <http://www.fitbie.com/slideshow/5-foods-help-replenish-electrolytes>. [12] University of Maryland Medical Center.*



# DETOX — FACT, FICTION OR FAD?

**D**ETOX IS NOT a FAD. “Detoxification” has become a nice buzzword lately. It sounds good, rolls off the tongue easily. But do you know what detoxification really is and why is it so important?

I get asked this question a lot. Many people think, “I eat healthy. I don’t smoke or drink much. Why should I worry?” Why? Because our bodies aren’t made to handle the amount of toxins we’re constantly exposed to. Toxin overload can lead to a whole host of illnesses and side-effects.

Detoxification is critical to health. In fact, a compromise in the ability of the body to detox is one of the roots of illness. The

gut is one of the core systems in the body that must be working well for you to be healthy. If you feel lousy, then it’s likely you’re toxic.

Feeling sluggish or out of sync? Having skin problems, aches and pains or digestive problems? Straying from your healthier habits lately? Having trouble kicking off your weight loss? It might be time for a body detox.

Detoxification is the body’s natural process of eliminating toxins or neutralizing toxins. This happens via the liver, kidneys and lungs, as well as in urine, feces and through sweat. Yet, your body can become so overloaded that its natural detoxification system can’t keep up. When this happens, the toxins build up and can affect virtually all of the systems

of the body.

I liken a toxin-overloaded organ to a stagnant pool of water that soon begin to breed bacteria and mosquitoes, causing other live organisms like fish and frogs to die. Stench and toxic fumes begin to be emitted, causing the surrounding area to stink and affecting people living in the neighborhood. This is how it is with our toxin-overloaded organs: blood cannot flow properly, cells start to die, bacteria starts to breed, and soon there is a toxicity of blood, inflammation and pain. All kinds of diseases start to set in and if neglected further ... cancer. A good detox program flushes out these toxins and makes the environment good again.

## The Body Burden

Scientists refer to the level of a person's chemical and toxin exposure as an individual's "body burden" – the consequence of lifelong exposure to industrial chemicals that are used in thousands of consumer products and found in the air we breathe, the food we eat, the soil we walk upon and the water we drink.

Unfortunately, people today carry within their bodies a veritable chemical cocktail of modern-day industrial chemicals, pesticides, food additives, heavy metals, anesthetics and not to mention the residues of modern pharmaceuticals.

What's more, they accumulate in fat, blood and organs, or are passed through the body in breast milk, urine, feces, sweat, semen, hair and nails.

Carrying a high body burden translates into all sorts of maladies: headaches, insomnia, constipation, fatigue, weakness, blurred vision, greater susceptibility to infection, allergic reactions, joint pain, recurrent respiratory problems, back pain, mood changes, stomach pain, digestive problems... the list goes on and on.

The sad but undeniable truth is that we have created a living environment that is toxic to our bodies.

## The Detox Bad News

In today's world, the body's natural detoxification system becomes quickly overburdened and is unable to function like it is meant to and like it has in past generations. Since we are unable to process or eliminate these "modern" toxins, they become stored in our glands, tissues and cells, slowly breaking down all body systems on a cellular level, altering our

body's metabolism causing enzyme dysfunction, nutritional deficiencies and hormonal imbalances. This process takes place gradually and undetectably, until the onset of obesity and disease finally signals their presence.

## The Detox Good News

Fortunately, the human body is quite resilient. When we take the steps necessary to alleviate our body burden, we assist it with its natural process of detoxification. We literally give our body the extra nutrients, natural substances and energy it needs in order to set the balance straight and get the process of detoxification back in high gear.

Now – more than ever before – it is imperative that we assist our body's detoxification processes. Detoxification is a natural, health-preserving therapy, which helps remove harmful toxins from the cells and tissues, restoring their immune-protecting functions.

## So What Is Detox?

Practiced for centuries by many cultures around the world, detoxification is about resting, cleaning and nourishing the body from the inside out. By removing and eliminating toxins, then feeding your body with healthy nutrients, detoxifying can help protect you from disease and renew your ability to maintain optimum health.

## Start With A Colon Cleanse

Clearing out the colon first just makes good sense because dumping liver toxins, blood toxins, heavy metals and other toxins into a congested colon just makes the detoxing process harder on the body than it has to be.

The best colon cleanse programs I've personally used all seem to employ a two-part approach. These programs will include bulk forming fiber as well as herbs and other ingredients designed to move out waste.

## Is Detoxing Really All That Important?

Doesn't our body know how to detox and keep us cleaned out? Even if you choose to undergo a detoxification regimen, how do you know what the best detox program to use is?

Completing a detoxification program that cleans all systems of the body is an essential step to achieving maximum health and wellness. Where do you start?

When beginning your search for the right detox program, a good question to ask is whether or not a detoxification program addresses all systems of the body and whether the program is designed to address each system effectively.

I recommend finding a detoxification program that comes pre-assembled and ready-to-use so that you do not have to

spend hours and hours searching for all the right components.

This basic routine will help to correct problems caused by toxicity, maximize your body's own detoxification capacity and help you safely eliminate stored toxins.

Remember, getting rid of toxins and learning how to optimize your detoxification system is essential for creating optimal wellness and this is just the start.

## How Does Detoxification Work?

Basically, detoxification means cleaning the blood. It does this mainly by removing impurities from the blood in the liver, where toxins are processed for elimination. The body also eliminates toxins through the kidneys, intestines, lungs, lymph and skin. However, when this system is compromised, impurities aren't properly filtered and every cell in the body is adversely affected.

A detox program can help the body's natural cleaning process by:

- Resting the organs through fasting.
- Stimulating the liver to drive toxins from the body.
- Promoting toxic elimination through the intestines, kidneys and skin.
- Improving circulation of the blood.
- Refueling the body with healthy nutrients.

## How Do You Know If You Need To Detoxify?

I suggest that everyone should detox at least once a year. A short detoxifying program or whole body cleanse is generally safe. In fact, scientific studies show that a detox is beneficial for health. However, I do caution against detoxifying for nursing mothers, children, and patients with chronic degenerative diseases, cancer or tuberculosis. Consult your health care practitioner if you have questions about whether detoxing is right for you.

Today, with more toxins in the environment than ever, it's critical to detox. Detoxification works because it addresses the needs of individual cells, the smallest units of human life. I recommend detoxing for symptoms, such as:

- Unexplained fatigue
- Sluggish elimination
- Irritated skin
- Allergies
- Low-grade infections
- Bags under the eyes
- A distended stomach, even if the rest of your body is thin
- Menstrual difficulties
- Mental confusion

## Where Do You

## Begin?

First, lighten up your toxin load. Eliminate alcohol, coffee, cigarettes, refined sugars and saturated fats, all of which act as toxins in the body and are obstacles to your healing process. Also, minimize use of chemical-based household cleaners and personal health care products (cleansers, shampoos, deodorants and toothpastes) and substitute natural alternatives.

Another deterrent to good health is stress, which triggers your body to release stress hormones into your system. While these hormones can provide the "adrenaline rush" to win a race or meet a deadline, in large amounts they create toxins and slow down detoxification enzymes in the liver. So it's a good idea to detox stressful life situations along with detoxifying your body. Yoga and meditation are simple and effective ways to relieve stress by resetting your physical and mental reactions to the inevitable stress life will bring.

## Which Detox Program Is Best For You?

There are many detoxification programs and detox recipes, depending on your individual needs. Many programs follow a 7-day schedule because it takes the body some time to clean the blood. My program involves fasting on liquids for two days, followed by a carefully-planned five-day detox diet to allow the digestive system to rest. I also advise supplements, herbs, exercise, and practices such as dry-skin brushing and hydrotherapy to enhance circulation.

I also recommend a 3-7 day juice fast drinking only fresh fruit and vegetable juices and water, as an effective way to release toxins.

Other popular detoxing programs and natural body cleanses include:

- Cleansing supplement packages, which generally contain fiber, vitamins, herbs and minerals. There are several safe products on the market, with easy-to-follow instructions.
- A routine of drinking only water one day each week — an ancient practice of many cultures.

## 10 Ways To Help Your Body Detoxify

After a detoxification program, you can cleanse your body daily through diet, supplements and lifestyle practices.

1. Eat plenty of fiber, including brown rice and organically-grown fresh fruits and vegetables. Beets, radishes, artichokes, cabbage, broccoli, spirulina, chlorella and seaweed are excellent detoxifying foods.
2. Cleanse and protect the liver by taking herbs such as dandelion root, burdock and milk thistle and drinking green tea.
3. Take vitamin C, which helps the body produce glutathione, a liver compound that drives away toxins.
4. Drink at least two quarts of water daily.

5. Breathe deeply to allow oxygen to circulate more completely through your system.

6. Transform stress by emphasizing positive emotions.

7. Practice hydrotherapy by taking a very hot shower for five minutes, allowing the water to run on your back. Follow with cold water for 30 seconds. Do this three times, and then get into bed for 30 minutes.

8. Sweat in a sauna so your body can eliminate toxic wastes through perspiration.

9. Dry-brush your skin or try detoxifying patches or detox foot spas/foot baths to remove toxins through your pores. Special brushes are available at natural products stores.

10. What is the most important way to detoxify? "Exercise," says Bennett. "Yoga or jump-roping are good. One hour every day." Also try qigong, a martial-arts based exercise system that includes exercises specifically for detoxifying or cleansing, as well as many other exercises with specific health benefits.

## Chemical Cocktail Reversed

The simple truth is that toxic chemicals enter our bodies every day in the form of unhealthy and refined foods, additives, drinking water, household air, pesticides and environmental pollutants. As a result, our systems have a lower threshold of resistance to disease, obesity and host of other illnesses and side-effects.

But it doesn't have to be that way. Remove and reverse the current level of chemical cocktail that burdens your body with the details of detoxification you have read here today for optimal health wellness and repair your body for the proper immune-protecting functions.



# Longevity Miracle: Studies Prove Exercisers Live Longer



**A** LARGE STUDY AT the National Health Research Institutes in Zhunan, Taiwan, published in The Lancet, found that as little as 15 minutes of physical activity a day can reduce the risk of dying by 14% and increase lifespan by three years.

More exercise leads to greater life gains.

Every additional 15 minutes of daily exercise further reduced all-cause death rates by 4%. This trend continued until a person was exercising for 100 minutes a day.

High intensity exercise though, is the gold standard for fitness... and longevity. It was recently endorsed by the European Society of Cardiology. A study conducted among cyclists in Copenhagen, Denmark showed it's the relative intensity, and not the duration of cycling, which is most important in relation to all-cause mortality. It's even more pronounced for coronary heart disease mortality. The study concluded that men with fast intensity

cycling survived 5.3 years longer, and men with average intensity 2.9 years longer than men with slow cycling intensity. For women, the figures were 3.9 and 2.2 years longer, respectively.

Exercise reduces disease and death dramatically for all major progressive

diseases.

According to a research study involving over 13,000 participants cited by Ray Kurzweil in *The Future of Aging*, the overall death rate for moderate exercisers was 60% less than the sedentary group—and the high fitness group scored much better with longevity. Yet some 70% of Americans do not participate in any type of physical activity.

As Dona Folk, my close friend and breast cancer survivor will tell you, exercise can also treat serious diseases such as cancer. A new report issued by Macmillan Cancer Support argues that exercise should be part of standard cancer care. It recommends all patients getting cancer treatment should engage in moderate-intensity exercise for two and a half hours every week.

A previous Harvard Medical School study found that breast cancer patients who exercise moderately for three to five hours a week cut their odds of dying from cancer by about half. In fact, any amount of weekly exercise increased a patient's odds of surviving breast cancer. This health benefit also remained constant regardless of whether women were diagnosed early on or after their cancer had spread. Finally, research has found that exercise reduces the risk of breast cancer recurrence by about 40 percent.

Research has also shown that exercise can reduce your risk of dying from

prostate cancer by up to 30 percent.

If you have cancer or any other chronic disease, tailor your exercise routine to your individual scenario, taking into account your stamina and current health and physical activity level. Always listen to your body, and if you feel you need a break, take time to rest. But even exercising for just a few minutes a day for longevity is better than not exercising at all.

Exercise is critical to help dodge or reduce diabetes as well as most other diseases. According to the American Diabetes Association, exercising moderately for only thirty minutes a day coupled with a 5-10% reduction in body weight resulted in an astonishing 58% reduction in diabetes. They also report that 90% of all people with diabetes are overweight.

Any exercise that gets the heart pumping may even reduce the risk of dementia and slow the condition's progression once it starts, reported a Mayo Clinic study published in the September 2011 issue of *Mayo Clinic Proceedings*.▶



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