

How Turmeric May Improve Type 2 Diabetes

Is CBD Right For You?

The Best Organic Food Budget for Now

5 Amazing Ways Cucumbers Improve Your Health



Home Cures That Work

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Turmeric is thought to be one the most powerful herbs on the planet at fighting and potentially reversing disease. The health benefits of turmeric are incredibly vast and very thoroughly researched, with MANY peer-reviewed articles. Turmeric has a long history of use in natural medicine. Here's what you need to know about turmeric and curcumin benefits and more.

As the hype over CBD oil continues, maybe you've found yourself looking for more information about its potential health benefits and uses. Although the use of "medical marijuana" continues to be an emotionally and politically charged issue for many people, research is pointing to the amazing health benefits of CBD oil, and many are beginning to take notice. What is CBD oil good for? Find out all about CBD, including the extensive CBD oil benefits list, CBD oil uses and the many different CBD oil forms.

You may have always assumed that cucumbers were full of water but offered little other nutrients. Well, think again when it comes to cucumber nutrition. What are the benefits of eating cucumbers? As you'll learn in this issue, they're more than just a way to make pickles or reduce puffiness around your eyes — cucumber nutrition benefits include fighting free radical damage and inflammation.

Eating healthy can be a challenge. But eating healthy on a budget can seem next to impossible. Luckily, that doesn't have to be the case, as it's surprisingly doable to maintain healthy eating on a budget if you're both informed and strategic. I've gathered my best tips and tricks for keeping costs down and still eating a nutritious, delicious diet.

To help combat or prevent an existing condition or simply improve general health, Home Cures That Work articles covers wellness trends that have lasted decades, like turmeric, and new research, such as CBD oil, so you can trust what nature has provided!

For your health,

Cheryl Ravey, Editor
Home Cures That Work



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Turmeric is the reigning champ for helping to resolve blood sugar problems. It has been fortified with many reliable studies that has made this doctor weigh in with his own formulation!



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by Dr. Scott Saunders, M.D.

How Turmeric May Improve Type 2 Diabetes

Many years ago, a doctor friend of mine who was selling supplements told me about the benefits of turmeric on health and aging. I was told that there was nothing turmeric couldn't cure! The list included arthritis, heart disease, cancer, diabetes, Alzheimer's disease, and many others. It seemed like a panacea, something I've heard before – but these promises are never fulfilled. I was skeptical, and never did any

searching to see.

Now, years later, I work for a company that sells turmeric! When I first began researching turmeric, I found that it was a good anti-inflammatory, such as might be obtained from ibuprofen. I studied its absorption and utilization; turmeric needs to be “cooked” and is best absorbed with black pepper. So, I helped create the supplement that is as good as, or better than, any on the market, [TurmericBP+](#). Now, I am doing more research about the benefit of turmeric for other illnesses,

such as for type 2 diabetes. I have said turmeric might help inflammation, but now I see a lot of studies to show many more benefits.

Turmeric Studies May Not Be Reliable

It is common for a company to create a supplement from a natural ingredient and

then pay for a bunch of studies to prove it will cure everything. I don't know if any of you remember the resveratrol debacle? A researcher was paid to show that resveratrol would erase heart disease, even if the rats ate junk food. Essentially, its effectiveness was all made up. There is so much fabricated research for pharmaceutical drugs that the editor of the most prestigious medical journal in the world said she could not trust anything published in the New England Journal of Medicine.[1] The Lancet, probably the second most prestigious journal, recently published an article that hydroxychloroquine was dangerous and didn't work for COVID-19. But they later admitted it was completely fabricated.[2] It is obvious I can't trust medical journals, and I can't trust supplement research. So, how do I go about finding any truth?

I was gratified to find a great deal of research on turmeric including thousands of studies over many decades. There are animal and human studies. Most of them are not paid for by a marketing company. Funding comes from government research grants or non-profits. I also didn't find much conflict-of-interest in these studies. Some of them were student projects, supervised by university professors. Moreover, some research comes from India, while others come out of Europe, China, and the United States. Moreover, they are in all sorts of medical journals including nutrition, medical, supplement, and specialty journals. Thus, I tend to find the bulk of the research on turmeric to be reliable.

Turmeric for Diabetes

One study from India demonstrated that turmeric lowers blood sugar, HbA1c, inflammatory markers, and cholesterol in those who had T2DM and were on

Metformin.[3]

Turmeric given to half of 240 people with pre-diabetes for only 9 months prevented them from progressing to diabetes. In the other half, 16% progressed to diabetes.[4] None of these were on metformin. In fact, similar research on metformin shows turmeric to be superior.

Curcumin supplements may increase the secretion of insulin.[5] This is similar to the effect of most of the diabetes drugs on the market, but remarkably, it doesn't increase insulin resistance, but rather improves it. This makes turmeric far superior to prescription medications for diabetes because it won't cause progression of disease. One study on mice was not just preventative, but actually reversed type 2 diabetes. The authors wrote: "We therefore conclude that orally ingested curcumin reverses many of the inflammatory and metabolic derangements associated with obesity and improves glycemic control in mouse models of type 2 diabetes."[6]

Turmeric vs. Curcumin

It is common for us humans to parse out the "active ingredient" of everything and assume it is the same as the whole food. For example, we take d-alpha-tocopherol as vitamin E and assume it is the same as the spectrum of tocopherols and tocotrienols that make up vitamin E in nature. The combination in the whole foods is probably better than the isolated "active ingredient." [7]

There is some evidence that turmeric, not isolated curcumin, may work better on the NF-kappa-B to prevent cancer and aging.[8] However, there was one study that showed both turmeric and curcumin improved diabetes, but the curcumin was

more effective.[9] This may be due to the higher dose of curcumin.

Overall, the studies indicate that there are some benefits to the whole turmeric spice, but also others, especially for diabetes for the curcumin extract.

Why TurmericBP+?

TurmericBP+ is a unique formulation that includes both the whole herb AND curcumin extract to assure maximum benefit for diabetes.

The curcuminoids in turmeric are generally not well-absorbed in the intestines. They need some processing (cooking) and are absorbed over 2,000 percent better when combined with black pepper (Bioperine). (People have thought the BP stands for Barton Publishing, but it really relates to Black Pepper, or Bioperine.) The black pepper allows the supplement to be absorbed at a high rate.

The dose is one daily for general use. If there is arthritis it can be taken three times per day. Those with diabetes can take between one daily, up to 2 capsules three times per day. How do you know? Test. If you have more inflammation, you might find more is better. Try one, and then increase the dose. If you notice that your pain improves, and/or your blood sugar is better, you may do well with a higher dose.

Take [TurmericBP+](#) with a meal that contains fat to improve absorption. This also prevents stomach upset that may occur from taking it on an empty stomach.

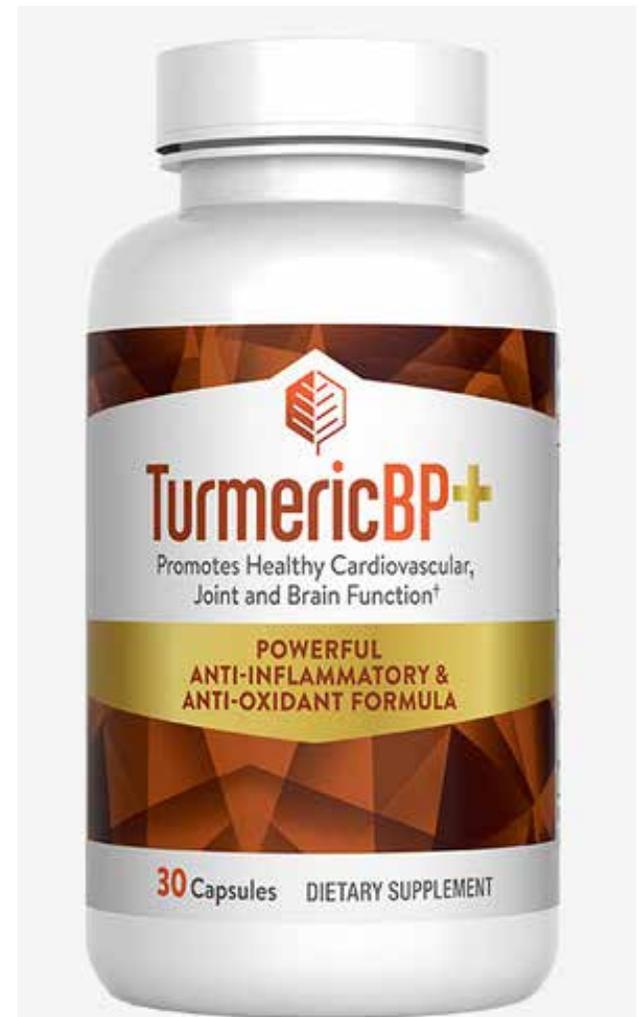
Turmeric's Multiple

Benefits

I could go on for a long time touting the benefits of turmeric. It won't cure everything, but it helps a multitude of problems because of its amazing ability to lower inflammation, and all the associated problems. Indeed, as I was told many years ago, it seems like turmeric is a panacea:

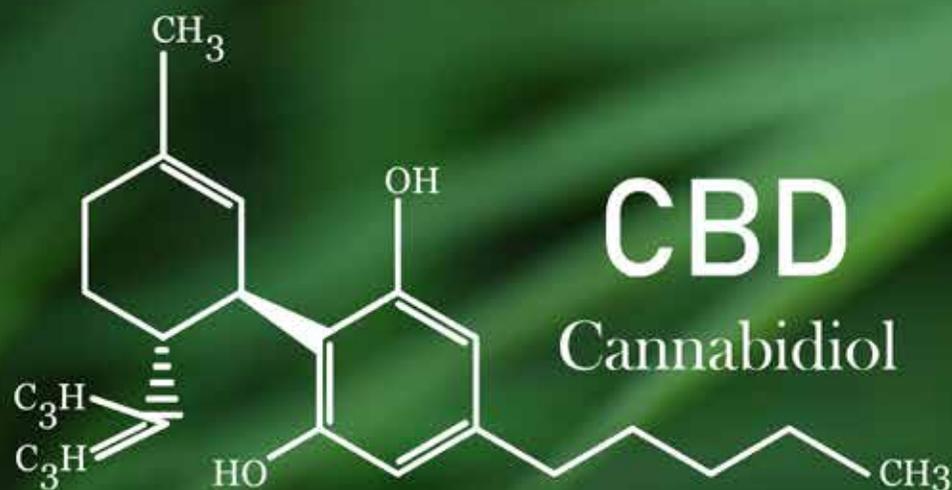
- Lowers blood pressure
- Improves diabetes
- Lowers cholesterol
- Prevents memory problems
- Prevents heart disease
- Prevents cancer
- Helps in the treatment of cancer
- Slows the aging process

And this is just the beginning. This is not to say that all of disease would disappear, and we would all live forever if everyone took turmeric. But it is a great addition to any anti-inflammatory, anti-aging, or metabolic program to reverse such problems. I don't think it would take the place of a good diet, but it sure is a great addition. Coming from me, the skeptical pill-pusher, this is significant. I don't like taking pills, but now that I know the benefits, I'm going to use more turmeric! [Get TurmericBP+ for yourself!](#)



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by Dr. Scott Saunders, M.D.



Is CBD Right For You?

Common Cannabidiol (CBD) Oil Benefits and Side Effects

DOWN THE STREET from my house is a very ordinary-looking house. The yard is well-kept by weekly gardeners. We have never seen anyone moving in or out, so we didn't know who lived there. Nothing seemed unusual.

Then, one day there was a ton of activity. "Los Federales" (the DEA) surrounded the house with black Navigators and Chevy Caprice cars with dark-tinted windows. Men in military uniforms or in black suits with sunglasses came out with guns drawn. They knocked down the doors and raided the house. What

they found inside the house right in our neighborhood was amazing!

The entire house was gutted. All the walls on the inside were taken out. The windows were blackened so no light could show through. The garage was sealed and a complete hydroponic system for growing marijuana plants was installed. The entire house had 24-hour grow lights for maximum growth. The police estimated that the growers had made millions from the harvest in the several years they had been operating.

Many people believe marijuana is legal in Washington and Colorado. Actually, Federal law still prohibits the sale and

possession of marijuana. It's illegal even in the 25 states that have a "compassion use" law for recreational use of marijuana.

But in 2014, Congress passed a law prohibiting the DEA from arresting people using it for medical purposes in states that allow it.[1] Doctors are still not allowed to prescribe it for their patients because it is a "Schedule 1" drug. This means it can only be used for research with permission from the DEA.

The "drug" in question is called tetrahydrocannabinol, or THC. THC can be obtained directly from the plant by eating or smoking it. Most dispensaries are

selling the oil extract, hash oil, or THC oil.

The Magical Weed

Over the years, the marijuana plant has had many names and uses. It has been both knighted and vilified by the same people. Just about any health benefit and injury has been attributed to marijuana. The short list of things it has been thought to help, includes:[2]

- Anorexia
- Nausea
- Vomiting
- Pain
- Inflammation
- Multiple sclerosis
- Heart disease
- ADHD
- Neurodegenerative disorders
- Epilepsy
- Glaucoma
- Osteoporosis
- Schizophrenia
- Cardiovascular disorders
- Cancer
- Obesity
- Metabolic syndrome
- PTSD

Indeed, there seems to be nothing that the amazing marijuana plant cannot do. It is even claimed that the widespread use of marijuana could bring WORLD PEACE, and not just by John Lennon.[3]

Trouble in Paradise

On the other hand, there are many troubling side-effects to the use of marijuana or THC. These occur, depending on the person, amount of use, and method of use:[4]

- Impaired coordination
- Attention deficit
- Impaired learning
- Impaired memory
- Delusions
- Paranoia
- Depression
- Schizophrenia
- Panic Attacks
- Heart attacks
- COPD (impaired lung function)
- Lack of motivation
- Psychosis
- Cancer
- Physical addiction
- Irritability
- Sleeplessness

- Anxiety
- Impaired Appetite
- Aggression

Obviously, the first thing we will notice is the contradictions in these lists. Does it cause cancer or treat cancer? Does it help schizophrenia or cause it?

Because many states are legalizing marijuana, it is important to distinguish between truth and hype. I have people in my office frequently asking if they should be using it. Here is the truth I provide them.

Addiction or Dependence

Many are saying that there is no addiction to marijuana use. The problem with this thinking is defining addiction. Is it addiction if marijuana causes a person with ADHD to function normally?

The problem is ADHD. Marijuana merely relieves the symptoms of the problem. When you stop marijuana, the problem returns. This isn't addiction, as much as marijuana not solving the problem. Marijuana only relieves the symptoms temporarily. Others experience a worsening of ADHD symptoms, including paranoia.

The human psyche is not fixed or static. Each of us is constantly changing according to our experiences. We are also different in so many ways. At this time, there is no way to predict who is going to react badly to marijuana and who will respond favorably. The fact is, this weed is psychoactive, changing the way people think and feel. It is a change, however, that is unpredictable.

The underlying principle is that if we are dependent on a substance to think, act, or feel a certain way, it is generally only useful for a short period. This principle applies equally to sugar, alcohol, heroin, caffeine, or prescription drugs. When we become dependent on the drug, we lose our own freedom to choose.

Most don't understand that the brain is malleable. It is changing constantly and can improve over time like anything else. We easily understand that exercise will build muscle, and that eating calories will make us fat. But we don't understand that we can change how we think, act, and feel. Our brain responds to everything we think, eat, say, and do. When we feed the brain the right nutrients, it works better. When we choose to think about growth and improvement, we improve.

One German study on college students showed that by learning to juggle, an MRI scan could reveal the specific areas of growth in the brain.[5] Demosthenes put rocks in his mouth to teach himself how to speak clearly. He overcame a speech impediment to be one of the greatest orators Rome ever had. Such examples are abundant since the beginning of time.

Thus, it is imperative to consider the reason for the use of marijuana. The questions to ask are:

- Will marijuana build me up?
- Will marijuana help me improve?
- Or will marijuana foster dependence?

I would recommend staying away from dependence and instead seek growth and improvement.

The Other Marijuana —

CBD Oil

Most don't know that the cannabis plant has two different oils. The first is tetrahydrocannabinol, or THC. THC is the oil that causes the "high" feeling and is psychoactive. This is the drug that is so controversial.

The other oil is cannabidiol, or CBD. This oil is not psychoactive so it doesn't have the effects of THC. CBD may have many of the benefits for pain, nausea, cancer, and so forth. CBD has a stimulating effect on the brain. It creates alertness, but doesn't have any sedating effects. CBD also doesn't have the problems with psychosis, delusions, or paranoia.

There is no Federal or state restrictions on the use of CBD oil. In the world, only Canada has restrictions on its use. It is considered an herbal extract and can be sold over-the-counter.

Wild hemp produces both types of oil. However, breeding has now produced different strains. Some hemp is bred for high THC, while others are bred for CBD. There are strains now that produce only trace amounts of THC, while making large amounts of CBD. This oil can be obtained on the internet, but I would be careful to source it well. There are many "watered-down" versions, or those that contain too much THC.

What's most amazing is that this form of cannabis can help people who have the negative effects from THC. CBD can help treat addiction and even the lack of motivation that comes from marijuana use.

The list of CBD benefits continues to grow with more research. The benefits of CBD are numerous.

- CBD has anti-inflammatory effects.

- It has been shown to improve heart function and speed healing after a heart attack (in rabbits).[6]
- It is also helpful for inflammatory bowel diseases[7] and possibly cancer.[8]
- However, it shows more promise for certain neurological conditions such as epilepsy,[9] schizophrenia[10] and Alzheimer's disease.[11]
- It also has protective effects on the brain, including strokes.[12]
- Those who use CBD oil after a stroke have less damage, and recover faster, recovering more function as well.[13]

There is more research to uncover to see all the benefits of CBD oil. However, the same issues apply as with any drug or herb. It may help some cases, or some people, with these specific problems. But others will not benefit at all. Personally, I have found few that CBD oil has helped. My cancer patients who take it still have nausea and lose weight. Those with bipolar disorder still get depressed. And, people with chronic pain syndromes still have pain.

While CBD seems promising, it isn't the panacea reported on the internet. People who sell things will generally try to relieve your pain. One of the best movie lines comes from *The Princess Bride*: "Life is pain, Highness. Anyone who says differently is selling something."

So far I've stressed the importance of seeking the cause of suffering, not just relief from symptoms. Those looking for a "quick fix" or an answer to all their problems will not find it in "loco weed."

On the other hand, CBD has none of the bad side-effects noted above for THC. Thus, it is more like other herbal remedies that may help and won't do any harm.

Recommendations

In spite of the dangers and cautions I've listed above, I cannot deny that some people might be helped with marijuana. When used with judgment and skill, it can relieve symptoms and help the body heal. But this is not an herb that people should just randomly try for any ailment. I recommend consulting with a health practitioner who is knowledgeable and skilled in the use of the marijuana plant.

As I have researched, I have found potential uses for CBD. Primarily, problems with the brain that are inflammatory and not genetic seem to respond well. For example, patients with neurodegenerative problems like strokes and injuries to the nervous system or brain could try CBD oil. Again, only under the guidance of a health practitioner with the skill in using CBD oil. Preserving the nervous system has great short- and long-term benefits.

Over time, we will gather more information. As the magical side of the hype wears off and reality sets in, research and experience will tell us how to use the marijuana plant to our benefit and health.



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5 Amazing Ways Cucumbers Improve Your Health

by Rob Fischer

DURING THOSE HOT summer days, one of the most refreshing foods you can eat is a cucumber. Cucumbers rank fourth among the most cultivated vegetables in the world.[1] They are members of the gourd and squash family and grow on crawling vines on the ground.[2]

We can categorize cucumbers as either slicing cucumbers or pickling cucumbers.[3] And among each category we find a wide variety of options.

Cucumbers are tied with iceberg lettuce containing more water per serving than any other vegetable.[4] Packed with vitamins, minerals, and nutrients, cucumbers qualify as a superfood.[5]

Cucumbers provide a great source for:

- Vitamin A
- Vitamin B1
- Vitamin C
- Vitamin K
- Folate
- Potassium

- Molybdenum
- Flavonoids
- Magnesium
- Lignans
- Silicon
- Sulfur
- Electrolytes

- Fiber
- Copper
- Triterpenes[6]

With all those healthful ingredients, it's no wonder cucumbers are good for us!

help lower blood pressure.[9] Cucumbers also contain three lignans known to reduce the risk of heart disease and breast, prostate, uterine, and ovarian cancers.[10] Cucumbers are also helpful for the diabetic. These low glycemic, delicious vegetables contain a hormone that assists the cells of the pancreas in producing insulin.[11]

5 Ways Cucumbers Improve Your Life

1. CUCUMBERS REFRESH AND KEEP YOU HYDRATED.

With 96% water and all those minerals, cucumbers provide a great way to replenish electrolytes in the body and eliminate toxins.[7] And the vitamin B1 in cukes stimulates a sense of well-being and provides an energy boost.[8]

2. CUCUMBERS PREVENT AND FIGHT DISEASE.

When eaten regularly, cucumbers

3. CUCUMBERS REJUVENATE YOUR SKIN.

Cucumbers enhance skin function when applied topically and supply a common ingredient in cosmetics. [12] Spas are known for their use of cucumber slices to reduce puffiness of the eyes. The ascorbic acid and caffeic acid in cucumbers prevent water retention in the skin, reducing swelling. Apply cucumber skin to sunburn, inflammation or eczema to experience welcome relief.[13]

4. CUCUMBERS PROMOTE HEALTHY JOINTS.

As an excellent source of silica, cucumbers strengthen the connective tissues in the body, promoting

healthy joints, and healthy nails and hair. [14], [15] Cucumbers also reduce uric acid for the prevention and relief of gout, arthritis, kidney stones and gallstones. [16]

5. CUCUMBERS HELP YOU LOSE WEIGHT.

A one-cup serving of cucumber boasts only 15 calories and just 4 grams of low glycemic carbohydrates.[17] This makes cucumbers a great choice for a low-cal, low-carb diet. If you have an issue with constipation, you can remedy that by eating cucumbers daily.[18] For those on the run, cucumbers are easy to pack as a low calorie snack.

Cucumbers are available year-round, are inexpensive to purchase, and relatively easy to cultivate. When buying cucumbers, those commercially grown are often sprayed with pesticides that are difficult to wash off. If those are the only cucumbers available, it's best to peel them before eating. Better yet, buy organic cucumbers or grow your own.[19]

Recipes: Three Delicious Ways to Enjoy Cucumbers

AUSTRIAN GURKEN SALAT (CUCUMBER SALAD)

If you ever eat in a Gasthaus in Austria, you'll likely find this light, delicious salad on the menu.

1. Peel a large burpless cucumber and cut it into 1/16-inch slices
2. Dice a small onion and about a teaspoon of fresh dill
3. Toss the cucumber slices, onion and

dill together

4. Stir in about a cup of sour cream (just enough to coat the slices)
5. Add salt and pepper to taste and serve chilled

CUCUMBER AND TOMATO SALAD

Here's a very tasty and refreshing way to combine two superfoods:

1. Wash and cut a cucumber into 1/8-inch slices
2. Cut an equal amount of your favorite tomatoes into bite size pieces
3. Chop 1/8 cup of fresh basil
4. Cut up 1/2 cup mozzarella cheese into small, bite size pieces
5. Crush one garlic clove
6. Toss all ingredients sprinkled lightly with olive oil
7. Douse liberally with balsamic vinegar
8. Add salt and pepper to taste and serve at room temperature

CUCUMBER INFUSED ICE WATER

You've probably enjoyed ice water with lemon slices. The cool, subtle flavor of cucumber slices creates a delightfully refreshing summer beverage as well.

1. Wash and cut just enough of a cucumber to obtain 8 to 10 thin slices.
2. Place cucumber slices in a large pitcher and add ice and water.
3. Allow to stand in the refrigerator for an hour before serving.

According to Richard Folkard in Plant Lore, there may be one more unexpected way in which cucumbers can improve your life. "To see cucumbers in a dream denotes that you will speedily fall in love. Or, if you are in love, then you will marry the object of your affection." [20]

Now if a cucumber can do that, what more could you wish from a superfood?



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The Best Organic Food Budget

IN THE CURRENT economic situation, it's more important than ever to make some resolutions around financial health. The higher prices that food makers have been warning about for months have hit U.S. grocery carts. One of the best ways to get your finances "in shape" is to make and stick to a food budget.

Without question, the easiest way to save money in the kitchen is cooking from scratch. Thankfully, I enjoy it, so I'd definitely never drop it! I tried couponing and trying to save money, but I ate more processed convenience foods in one year than in my entire life —just because it was "free." I realized free wasn't worth it. But, cooking from scratch is. I would much rather spend the time in the kitchen at home than in the stores and on the net trying to find deals.

However, even with cooking from scratch, I'm having a hard time keeping the grocery budget under control with rising prices and expanding appetites.

My goal is to list all the real food practices and foods that you really should be eating and divide them into those that will save money over a conventional diet and those where you must spend more to get more, like organic food or superfoods.

Here is Where You Save

HOMEMADE CHICKEN OR BEEF STOCK

Homemade broth is highly nutritious, boosts immune system function and can help relieve symptoms of a long list

of common ailments. Real broth is one of the main components of the GAPS diet because of its gut healing properties. The homemade goodness of real broth is very easy to achieve and economical to make at home.

Making beef stock is pretty straightforward. I used a simple recipe as a guide, but basically all you have to do is roast some beef bones in a crockpot and then simmer them for a loooooong time until all the marrow and meat scraps are falling off the bone. You can add some veggies and spices for added flavor to make a broth if you'd like.

BUY IN BULK

If you want to save more money in your pocket, buy food in bulk and divide the order with others. Staples such as organic brown rice or oatmeal (even

spices) are great to order and split with friends.

Check out [Azure Standard](#). It's a virtual "whole foods" store at incredible prices. You can find anything from grain to meat to sunscreen. Azure has drop-off locations throughout the US. Place your order online (they also have a catalog) and once a month, meet at a specific spot. A large truck pulls up and the driver hands you your goods.

Sometimes, you really need to get to know the right people. Try a local farmer's market, chat up your farmer, or strike up foodie conversations at church. In no time at all, you'll gather around you a list (keep their emails!) of people with whom you might find deals.

Also, you can sign up for "Subscribe and Save" through Amazon, which enables you to order products at a discount and get free shipping. This is great for organic, unprocessed sweeteners!

PICKING AND FREEZING YOUR OWN FRUIT

Every list of superfoods includes berries, particularly blueberries. They have multiple benefits including weight maintenance, disease prevention and contributions to longevity. Another of their greatest benefits is that they are combat inflammation which contributes to all chronic diseases.

Berries are high in fiber, low in fat and have no cholesterol, which also lowers your risk of heart disease. Other health benefits include promotion of gastrointestinal health, protection against macular degeneration, and berries may reduce the effects of age-related conditions such as Alzheimer's disease.

If you're not growing your own berries, which very few people are, you stand to

save a bundle by visiting your local U-Pick fruit farms. In case you are not familiar, u-pick farms provide you an opportunity to pick their fruit at prices highly discounted from normal grocery produce prices. To find out where you can pick blueberries or other fresh fruits, an on-line website called [Pick Your Own](#) lists U-Pick farms throughout the States.

Once you've picked your fresh berries, wash and drain them, then remove damaged berries. To reap the benefits of berries throughout the year, place the washed and dried berries in a zip-lock bag and store them in the freezer.

Remember that an apple, even a conventionally grown one, is always better than a jar of applesauce with X chemical on sale with a coupon.

BEANS

No surprise here. You probably already know about this great food buy. Dry beans are easy to cook in a slow cooker and can be used in just about anything. One pound of beans generally makes the equivalent of about 4 cans.

Beans are great for stretching out a meal. Soups, pastas, and many Mexican dishes can be almost doubled with a wide variety of beans. As a kid, my mom always made beef tacos with beans and potatoes in the mix. I thought this was "normal" but later realized she was stretching her dollar.

If you have any leftover they also freeze well. Plus, the canned variety won't break the bank either.

This is Where You Spend

There's no getting around it — high quality animal food products always cost more,

as does organic produce. It's a bummer, but you can still balance the budget while eating well if you focus on spending more here.

COCONUT OIL

Here is a short list of why I love coconut oil so much:

Has antiviral, antibacterial, antimicrobial properties (can kill colds and viruses). I like to make my own toothpaste with coconut oil!

- Fights yeast infections/Candida
- Contains lauric acid, which:
- Reduces the symptoms of Alzheimer's sufferers
- Inhibits cancer growth
- Promotes heart health
- Has medium-chained triglycerides, which is great for energy and metabolism, as well as your cholesterol levels!
- Promotes strong bones

Use coconut oil as a buttery spread on toast, in soups and smoothies, or as a nourishing skin creme.

Make sure you choose an organic coconut oil that is unrefined, unbleached, made without heat processing or chemicals, and does not contain genetically modified ingredients. Try buying in bulk for a better price point.

FREE RANGE EGGS

Personally, eggs are one of my top 10 superfoods. They are one of the highest quality proteins you can find. They may get a bad rap, but the truth is they are a

great source of essential amino acids, a perfect protein building block for lean muscles, maintenance and repair of your body tissues such as your skin and internal organs. But, there's not much you can do about the price of free-range eggs. I console myself that eggs are super healthy and pound for pound generally cost less than meat.

For on-farm pickup, eggs are available year round. Check out Eatwild.com to find local stores, restaurants, and markets that feature grassfed products (eggs, dairy and meat - see below).

GRASSFED MEAT

I'm not a poor college student any more, but putting myself in debt for organic, grassfed meat is a questionable habit. However, I do care about my health. No amount of money saved is worth consuming antibiotics, chemicals, and whole host of other questionable ingredients. I try to buy grassfed beef because there is definitely a difference nutritionally and in taste. The difference may just help you and me look better, feel better and perform better later in life. ►

I pool together with my friends to buy a cow from a local farmer here. Some farmers, I've heard, even store the beef for you so you don't have to buy a chest freezer. Our cost for grassfed organic meat tends to be about \$5/lb.

Check out Eat Wild to find an organic farm selling grassfed meat near you.

ORGANIC PRODUCE

My biggest splurge would be buying organic produce. I like to think that my money is doing more good for my health when I put it towards organic fruits and vegetables.

If you have budget constraints, choosing wisely is important to maximize getting what you pay for. A good rule of thumb is to buy organic fruits and vegetables that have skins (like apples) because they absorb most pesticides and herbicides.

Also, try to stick to the Dirty Dozen/Clean Fifteen list. I don't worry as much about conventional broccoli, cauliflower or avocados, but when it comes to apples and greens, I splurge a little. Because right now in America, going totally organic is pricey, here is the list of the Dirty Dozen and Clean Fifteen from the Environmental Working Group to help you minimize your exposure to chemical residue on your produce: <http://www.ewg.org/foodnews/summary.php>

If you become a member of a co-op or CSA, then you can get a box of fresh, all organic produce for a fraction of what you'd pay at the store. [Check Local Harvest](#) for a CSA near you.

Frankly, I want to prioritize the overall quality of all my food.

Let me make one simple statement. Buy whole foods. Why pay for cardboard boxes and plastic with prepackaged foods when you can use that money to buy actual food!

We all know it takes wisdom to help balance care for your health and your budget, while trying not to spend forever in the kitchen. Finding affordable sources for excellent ingredients will help. You can turn the couponing ship around and live a more natural life without filing for bankruptcy after shopping for groceries! Make real super food a budget priority. Spend some time cooking and meal planning, and you can eat almost exclusively whole foods and even good, real well-grown food.



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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OUR MISSION

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