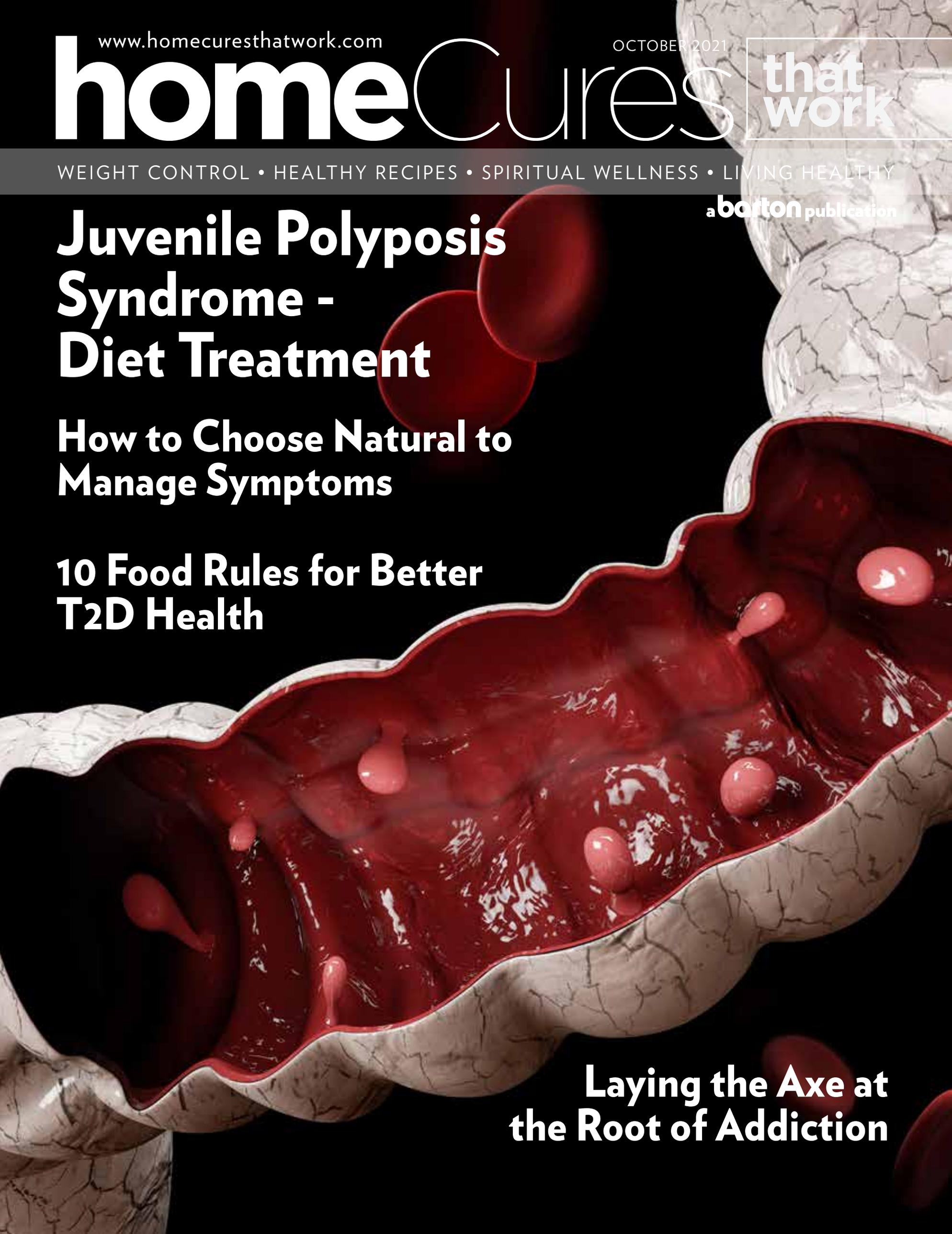


## Juvenile Polyposis Syndrome - Diet Treatment

### How to Choose Natural to Manage Symptoms

### 10 Food Rules for Better T2D Health

### Laying the Axe at the Root of Addiction



# Home Cures That Work

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Colon polyps are small clumps of cells that form in the lining of the colon. Some are genetically disposed to colonic polyps because of Juvenile Polyposis Syndrome. The good news is diet can play a large role in reducing colon polyp formation. A healing diet that includes plenty of antioxidants, fiber and essential nutrients helps to protect the large intestine and may be beneficial if you have been diagnosed with polyps. This issue has more dietary tips and guidelines for preventing colon polyps.

Research shows these foods are beneficial for people with high blood sugar. Find out how this approach can improve your blood sugar and help you lose weight — and how to get started.

There's an almost endless list of substances and behaviors that can lead to addiction—from potato chips to social media—and everyone is vulnerable, even more so during the pandemic and lockdowns. We present one most effective method to start reclaiming your life.

You may not need meds to get a better handle on your health problems. Sometimes making a few key lifestyle changes can eliminate the need for medication. Here are a few ways to do it, no prescriptions required.

Home Cures That work is here to provide natural approached to manage pain, addictions, high blood sugar and polyps!

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For your health,

Cheryl Ravey, Editor  
Home Cures That Work

## AUTHORS



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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>



## 04 JUVENILE POLYPOSIS SYNDROME – DIET TREATMENT

How do you shrink colon polyps? Many people choose diet and natural supplements to shrink colon polyps instead of conventional treatment. These natural home remedies can be utilized for preventing colon polyps or reducing the risk of associated complications.



## 06 10 FOOD RULES FOR BETTER T2D HEALTH

This style of eating can also reverse weight loss! Learn more here about its perks for managing and preventing high blood sugar.

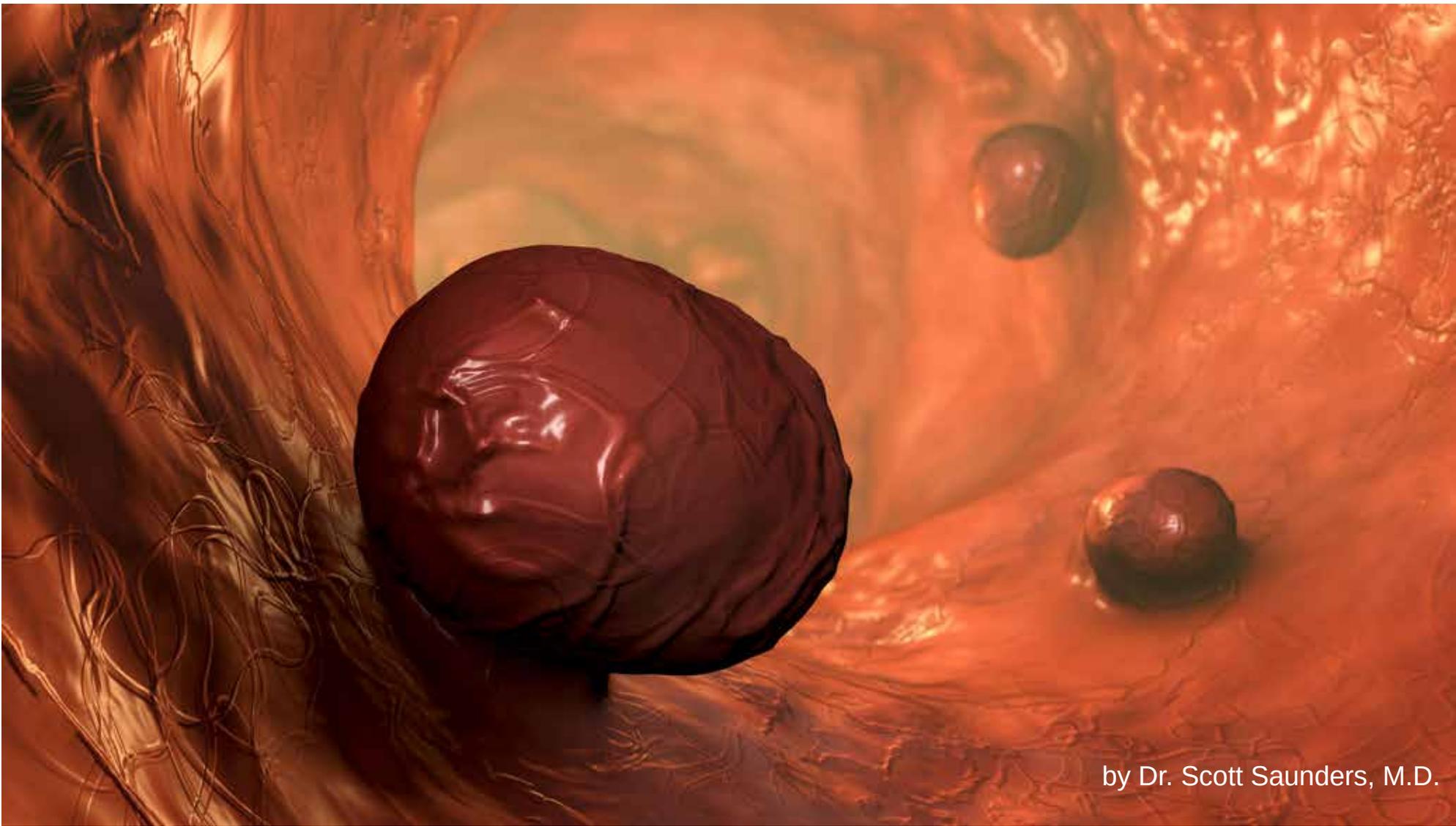
## 09 HOW TO CHOOSE NATURAL TO MANAGE SYMPTOMS

Ready to crush your health goal? Turn to these natural solutions that can help you hit your target.



## 12 LAYING THE AXE AT THE ROOT OF ADDICTION

Addictions are a controversial topic, but there is one healing that can tackle them all.



by Dr. Scott Saunders, M.D.

# Juvenile Polyposis Syndrome - Diet Treatment

“Juvenile” in Juvenile Polyposis Syndrome does not refer to children. Rather, it pertains to the “young” nature of the polyps themselves, which are mostly found in adults. Juvenile Polyposis Syndrome is a rare genetic disease that increases proliferation of the lining of the colon, causing “polyps.”

There are several possible genes that can be affected, and about 50% of them are found in multiple family members. The other half may be new mutations. Since it is caused by several different genes, there is no specific treatment for all cases. The recommendation is to have a periodic colonoscopy, and to have the “suspicious” polyps removed. Those

who have hundreds of polyps are often recommended to have colectomy – surgical removal of the colon.

I think these are extreme treatments. There is a simple way to lower the polyps, and significantly decrease the possibility of colon cancer. This can be done by reducing inflammation in the colon. Keep in mind that one single program is not going to work for all cases. But no matter the cause, the following is the best possibility of avoiding the complications of Juvenile Polyposis Syndrome.

## The Role of Lectins

Lectins are a sort of “immune system” of plants. The lectins are proteins in food that bind to carbohydrates, forming glycoproteins.

One effect they have is to decrease the proliferation of the epithelial lining of the bowels, or permeability in the gut. In a normal person, this can cause “leaky gut,” or spaces between the cells that can let toxins get into the blood or leak out, causing widespread inflammation throughout the body. However, if you have polyposis, lectins may decrease the production of polyps.

## The Role of Inflammation

Normal colon epithelial lining can produce polyps when there is inflammation in the colon. If someone has a genetic pre-disposition to polyps, this may increase the number of polyps dramatically. It is therefore essential to lower inflammation as much as possible. This is normally done by the bacteria in the colon.

Certain bacteria can either increase or decrease inflammation based on food. The best way to lower inflammation is to make more butyrate or short-chain fatty acids out of fiber-rich foods. A good quality probiotic may also be helpful.

## Dietary Help for Familial Polyposis

The simplest diet is to have a low protein, low fat, and high fiber diet. The more the fiber, the better. Fiber supplements can be used, but it is best to have whole foods because they will have different types of fiber. The fiber supplements also have no lectins. Therefore, the diet should consist of:

- Fruit
- Vegetables
- Whole grains
- Beans
- Lentils
- Nuts/seeds
- Mushrooms

Avoid:

- Meat

- Dairy
- Eggs
- Oil/fat/lard/butter
- White flour, or rice
- Sugar

There should be no high-fat, high-protein, or processed foods.

Ideally, the daily diet should have over 40 grams of fiber. If small amounts of food are eaten, have more raw vegetables, beans, and lentils to keep the fiber high.

The other important part of the diet is to find out if there are any reactions to foods, and then to avoid them. The elimination diet is one of the best ways to find food sensitivities. There are many resources for elimination diets. Here are two ways to go about the elimination diet:

Eliminate specific foods for at least 2 weeks and then eat them back into your diet to see if there is a reaction.

Do a “cleanse” with herbal teas (chamomile, Licorice, ginger) for two weeks without any food. Then add in certain types of foods one day at a time.

The other possibility is to test for antibodies against foods. Then remove just those foods following the elimination diet.

## Time Off to Repair the Colon

Give the colon a rest by fasting periodically. Three days per month is adequate to keep the inflammation down and allow the normal lining of the bowels to

regenerate. There are many ways to do this. Any of these three you choose will work well.

1. Fast 3 days in a row once a month. Break the fast in the morning. –OR–
2. Fast one day per week for 24 hours. Break the fast at breakfast. So, for example, you might eat breakfast on Saturday, and not eat until breakfast on Sunday. –OR–
3. Do daily “intermittent fasting” by eating breakfast and lunch, then skip dinner. You would usually have an 8-hour window of eating, ideally between 7:00 am and 3:00 pm. Be sure to go to bed hungry, with an empty stomach, because that allows the anabolic metabolism to repair the gastrointestinal system at night.

## Supplements For Your Colon

Besides fiber, which is, by far, the most important nutrient for the colon, there are a few other things to keep everything functioning well.

- Selenium – 200 mcg per day
- Iodine – 1 mg per week.
- Vitamin D3 – 10,000 IU per day
- Probiotics with Lactobacillus and Bifidobacterium with more than 10 billion per dose. Use it every day for two weeks, then take it once per week.

Just keeping these principles should be sufficient to give the best chance of avoiding surgery and cancer.



# 10 Food Rules for Better T2D Health



**D**on't let the thought of eating less scare you. Once you make the shift to a healthier life, including more nutrient dense food, you will find that you just can't seem to eat as much or as often as you used to when quality was not an issue. Feeding your body correctly results in a rebalancing which leads to eating less. It is a win-win really!

You will no longer experience the highs and lows in your blood sugar which so often result in what is know as crashing. When you eat food that is not nutrient dense it impacts your blood sugar in such as way as you may have an immediate burst of energy followed by a low period when you become irritable, tired, and quite hungry. This hunger leads you to consume more food, and the whole cycle begins again.

## When it Comes to Eating

When it comes to eating, we all have to do it. We all must take in nourishment to sustain the life force within us. Quite simply, without nutrients, we would die. However, what many people don't realize is that the higher quality nutrients that they consume, the less they have to take in. In other words, consuming foods that do a better job in sustaining us, repairing, and protecting

the body creates a more efficient system.

This is the way we are designed to operate. The old saying, “Junk in. Junk out.” is entirely correct. When we pump ourselves full of nutrient-void food, we require quite a bit more of it to derive any benefit at all. Much of what many Americans consume falls into the junk category, even though you may be misled to think that it is quite healthy. Therefore, eating higher quality food is the first key to eating less.

## Tips for Choosing Quality Food

With the commercial food market flooded with propaganda, it’s hard to know what is real food and what is not. Food manufacturers often put deceptive wording on packages that convey a sense of healthiness when, in fact, nothing about the particular food is healthy.

Author Michael Pollan wrote an incredibly clever book entitled Food Rules: An Eater’s Manual. In this book, Pollan talks about the basics of eating healthy, real food and does a fantastic job outlining the principles that one should stick to when it comes to choosing real nutrient dense food. Here is a snapshot of some of his rules:

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### 1. EAT MOSTLY PLANTS, ESPECIALLY LEAVES

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Research indicates that a plant-based diet is ideal for managing weight, blood pressure, cholesterol and blood sugar. According to a study of almost 100,000 Seventh-day Adventist church members, which promotes a vegetarian diet), it was found that vegetarians had lower rates of those with high blood sugar

than non-vegetarians. Michael J. Orlich, M.D., an assistant professor of preventative medicine at Loma Linda University in California was involved in the study. He says, “The closer people follow a vegan diet, the more they stay at a healthy weight and prevent type 2.”

Sharon Palmer, RD, and author of The Plant-Powered Diet says this, “Study after study has tightly linked eating a plant-based diet with decreasing a number of chronic diseases - type 2 diabetes, heart disease, Alzheimer’s and certain cancers.”

Eating mostly plants does not mean that you have to abandon meat altogether to reap at least some of the benefits. Keep in mind that if you do include meat in your diet, it should be high quality.

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### 2. EAT ANIMALS THAT HAVE EATEN WELL

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While the saying you are what you eat is true, it is also true that you are what you eat has eaten. In other words, if you are eating animals be it meat, seafood or chicken that have not been raised sustainably and are subject to feed that is not in their natural diet, your health will suffer. Choose grass-fed meat, free range poultry, and fresh caught seafood and avoid processed meats of any kind that contain harmful chemicals and have microscopic nutritional value.

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### 3. EAT YOUR COLORS

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Pollan makes an excellent point regarding the color of food. The colors found in vegetables are a reflection of the different antioxidant phytochemicals they contain. A significant number of these chemicals can protect us from chronic disease. So, for best protection, keep your plate colorful and choose from a wide variety of vegetables.

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### 4. AVOID WHITE BREAD

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Eating white bread is as bad as eating a candy bar, maybe worse. Minimizing your consumption of white flour will help your blood sugar balance and keep unwanted sugar crashes at bay. The same goes for enriched pasta, it will just send you skyrocketing and crashing shortly after. Eat whole, real grains in moderation including things like quinoa, oats, barley, millet and brown rice.

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### 5. “SHOP THE OUTSIDE AISLES OF THE SUPERMARKET”

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...says Pollan. Nothing good resides inside the aisles of the supermarket. If you shop at a traditional store, you will see that processed foods are mainly found on the inner aisles. Produce, meat, and dairy are found on the outside edges. If you want real food, stay to the outside edges.

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### 6. SNACK ON UNPROCESSED PLANT FOOD

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Snacking on unhealthy, processed items only leads to more eating and more eating. Limit your snacks to unprocessed plant food such low sugar fruits, raw nuts, and veggies.

Here are a few more real food rules to consider:

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### 7. Don’t eat anything with three or more ingredients:

If your food item has more than five ingredients, it is probably safe to say that it isn’t too real.

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### 8. Don’t eat anything you can’t pronounce:

Don’t eat anything that you can’t pronounce. Suffice it to say, if you can’t pronounce it, don’t eat it.

## 9. Eat plenty of healthy oil/fat:

Contrary to what you might think, fat does not make your fat - at least not healthy fat like organic cold pressed coconut oil, avocado oil, organic butter, etc.. Be sure to include plenty of healthy fats in your diet. This will help keep you full longer and also fuel your metabolic furnace. Stay away from hydrogenated or partially hydrogenated oil at all costs.

## 10. Ditch Sugar:

Refined sugar is your enemy. Avoid it at all costs. Stay away from sugary drinks and anything with any added sugar.

Don't worry, there are lots of great alternative to refined sugar. Try these delicious cookies made with coconut crystals.

# Make Good Decisions

Did you know that on average we make about 35,000 decisions each day? These include decisions about what to eat, what to wear, what to believe, what to purchase, etc. It is astounding the number of choices we make, many of them without even thinking. The truth is, every decision we make brings particular consequences - some good and some, unfortunately bad.

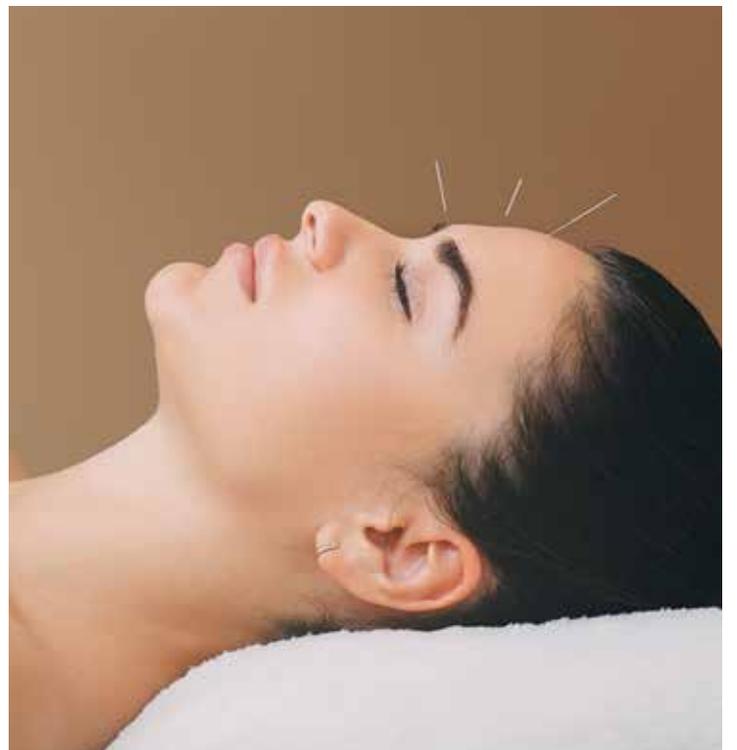
Over time, the consequences of our choices begin to accumulate and can take us down different roads. For most of us, our life's a journey that is peppered with both good and bad choices and our health balance sheet is a reflection of this truth.

Eating less is all about being mindful, being knowledgeable, being prepared and being committed. Each choice we make carries with it a consequence. As Albert Camus said, "Life is a sum of all of your choices. With that, it is important to choose well, choose real and eat food that will bring about healing through rich nourishment. This is the secret to eating less.

CHECK THIS OUT: [Want to learn how to use real food to reverse your high blood sugar?](#)



# How to Choose NATURAL to Manage Symptoms



IT'S ALL ABOUT the business. And businesses lean on marketing to make money. However, in this case, the business is drugs, and the consumers? Well, let's just say there were 4.02 billion prescriptions filled by pharmacies in 2011; that's an average of 13 prescriptions for each man, woman and child, according to Natural News.

Clearly their marketing is working.

"In order to market their product, they've taken to going to the government and saying okay in order to keep our monopoly, or small group of people then we're going to form an FDA and in order to get any medication you have to go through this FDA."

And who's running this arm of the government? The people from the drug companies.

Still, despite their best efforts, "4 years ago the tide turned to 50%; so now more than 50% of money is spent on natural medicine,"

[says Dr. Saunders](#). Despite the benefits of western medications, there are always risks and luckily for you, there are natural solutions, as well.

## Risks of Medication

There is a cholesterol myth that states it causes heart disease, and you need medication to make it better.

“In blocking cholesterol, what else do you block? Well you block energy production, you block testosterone, you block pregnenolone, and your ability to make cortisol – these really important hormones in your body.”

The truth is as you lower cholesterol levels, you lower levels of other important hormones. One study saw a decrease in testosterone, says Dr. Saunders, and that’s just one type of medicine.

Other medications can also have adverse reactions or side-effects that bring on new problems. You often “learn” about these by speed-reading the fine print risks and side-effects from television commercials or magazine ads. For example:

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### Allergic reactions:

This can happen with any drug and can range from a rash to a deadly anaphylactic episode.

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### Chemical-structure reactions:

Purely based on the chemical structure of certain drugs, a reaction is caused. For example, the allergy drug diphenhydramine, otherwise known as Benadryl, helps with allergy symptoms, but suppresses acetylcholine to do so. The suppressing of this body chemical leads to drowsiness, dry mouth and more.

Other reactions range from minor to serious, including:

- Swollen tongue
- Irritability

- Blood clot in your lung
- Shingles
- Nerve Pain
- Hallucinations
- Extreme Fear
- Coughing up blood
- Liver Damage

Keep in mind; these aren’t unusual reactions, either. “An analysis of numerous studies in which the cause of hospitalization was determined found that approximately 1.5 million hospitalizations a year were caused by adverse drug reactions,” according to [WorstPills.org](#), a public citizen organization.

## Pros of Medication

As with anything, there are always pros and cons. In this case, end of life care—palliative care—is an area where medication is beneficial; for both the family and the person who is dying. Whether they’re dying of old age or after a long battle with a chronic disease, sometimes medication is the only way for them to go comfortably.

“A range of medications will need to be considered at end of life to address worsening symptoms related to breathing, pain, saliva management and anxiety,” according to [MNDCare.net.au](#). These medications range from opioids to sedatives, and the weakest dosage will almost always be used first.

The protocol used to administer these drugs is also very specific and regimented. It starts with an evaluation of the cause of current symptoms, and how that can best be treated. Options are discussed with family members and an explanation of the need and benefits is given.

This kind of treatment is individualized, priorities are identified, and the patient is regularly supervised. Similar to this is the use of specialty medications, which are used to treat rare or complex diseases.

In this case, the drug administering process is highly involved,

in which the physician works closely with the patient. Once administered, the patient is educated about the drug and is constantly monitored for safety and side-effects.

## How to Choose a Holistic Doctor

If you don't fall the preceding categories, it may be wise to seek out a natural solution, which will help you move away from prescription drugs. The first step in moving to a natural healthcare provider is finding the right one for you. Here are the four main types of holistic health practitioners.

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### Naturopathic

Developed in ancient Greece, this type of healthcare uses a number of techniques to prevent sickness and pain, or treat it when necessary. With a focus on whole health and general well-being, naturopathic doctors believe that the body should be treated as a whole entity; if you're having headaches, something is wrong with your body as a whole, not just in your head.

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### Homeopathic

This practice involves very specific treatment, focused solely on the individual—the same disease in one person may be treated differently in another person based on their needs, medical history and body. Treatments are based in nature, focusing on the use of plants and minerals; often these treatments are prepared by hand and the hope is that they will help the body heal itself.

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### Chiropractor

You don't have a kink in your back? You may still want to pay a visit to your local chiropractor. This holistic form of medication is based on the theory that proper spinal alignment leads to better health, and allows the better to better heal itself. For example, you may see a chiropractor for chronic headaches or neck pain, as well as back pain.

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### Acupuncturist

This form of holistic healing has gained popularity in recent years for its weight loss powers. However, it's most prominently, and originally, used for relieving allergies, breathing complications, headaches and nausea. By pinpointing specific areas of a person's body with needles, it's believed that acupuncture will allow energy to flow back into the body by relieving blockages at these specific points.

In the big business of drugs, we are the ones being fooled. Thanks to strategic partnerships between the drug companies and the government, and expensive marketing, most American's are on at least one drug, if not more to manage the symptoms caused by the first one.

While some drugs are beneficial, as with those used to manage end of life care and complex medical situations, most are unnecessary and overprescribed. Seek out your local holistic healthcare professional and find the natural way back to health.





# LAYING THE AXE AT THE ROOT OF ADDICTION

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The longings and cravings are a part of a divine design, for those who acknowledge they are powerless are in a place to receive supernatural help

**A**S I WRITE this article on the roots and spiritual origins of addiction, my cup of hot Caffe Americano is sitting inches from my keyboard. If it were not here I would be wishing it was. To some degree, we each use things and people to sustain or reach levels of well-being. Sadly many things are destructive and addictive, and even moderation enslaves if there are deeper wounds and insecurities which we are seeking to medicate. It's common for people to medicate inadequacies with things that leave them even more ravished.

Hundreds of millions of people struggle with compulsive addictions such as smoking, substance addictions, food addictions, sexual addictions, gambling and shopping. Society smiles at some addictions (i.e. caffeine or body art) and shames many others (i.e. masturbation or internet porn). Few would connect the dots and see any commonality between the workaholic and the cutter though they both stem from the same emotional and spiritual roots.

A popular comedian gets a laugh noting that he drinks so much Scotch because he has so many thirsty demons inside him. What's not funny is that there is a very real demonic dimension to the things that seek to exploit, control, possess and destroy us. Denying the spiritual dimension treatments.

We need truth to set us free (John 8:32). Addicted people aren't living in the truth - they aren't telling themselves the truth and they aren't telling others the truth. That same comedian jokes – “You wanna get the truth out of me, get me hammered.” The irony is that when we remove the deception, the addiction has nothing to hold on to anymore. A man once told me he drinks to drown out the condemning and accusing thoughts that come into his head. His problem wasn't alcohol; his problem was his head was full of things that weren't true.

There are known genetically-inherited chemical and neurological predispositions to certain addictions. But even these aren't the root. These are our vulnerable soft spots where the roots most easily penetrate and take hold. Addictive behaviors are only a form of compensation for underlying problems, unhealed wounds and inadequacies and deceptions. For example, rejection is a common a root cause that manifests down the road in a variety of destructive compulsions. Rejection communicates noxious falsehoods to people about who they really and truly are as those who bear God's image. All addictions at some level are rooted in the need to be loved and valued.

In dealing with a hurting teenager recently, I discovered she was the product of an unplanned pregnancy. Her whole life she had been told she was an “accident” which made her feel unwanted and I discerned this was fueling self-image and self-worth problems which were feeding unhealthy behaviors. Things started to shift when I addressed the fact that she was not a mistake, that she was not just the next random mutation of some unguided evolutionary process. Unapologetically, I tell people that life doesn't begin at conception; it begins long before that in the mind of God. The Bible says every day of our life is ordained long before the creation of the world. God has a dream for each life that only manifests in a mother's womb at conception. When these truths replaced the falsehoods she'd been told and believed, the shackles binding her to addictions started to fall off.

Honesty and truth about who we really are in God and how powerless we are without him are steps one and two in severing the emotional and spiritual roots that feed addiction and out-of-control living. Addiction is the loss of self-control. The Bible lists self-control as one of the fruits of the Spirit. The lack of self-control is evidence we are functioning solely in the flesh. It is not possible to muster up enough will in and of ourselves to shake off the shackles of rooted addiction. The starting place in most addiction recovery programs is some form of acknowledgment that we are powerless to overcome our addiction in our own strength. It is “the truth that sets us free,” and those who overcome are those who first come to this honest place about themselves. Those who acknowledge they are powerless are in a place to receive supernatural help.

Addiction is also evidence of an unmet longing. I have a friend who says it this way: “There are inescapable cravings deep within every human heart that cannot be ignored, denied or pacified. They must be satisfied.” We are each body, soul and spirit and there is a cavity of the spirit that cries out to be filled. These cravings are part of our divine design and are nothing to feel bad about, repent of, or try to change. Where we get into trouble is when we seek to fill these deep longings of the heart with unhealthy, ungodly and destructive things. These deep longings are only truly satisfied in a relationship with God..





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