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a barton publication

Why Isn't My Blood Sugar Going Down?!

The Holiday Food That Can Smooth Away Cellulite

12 Hormone-Altering Chemicals You Must Avoid

Too Busy To Think?



Home Cures That Work

Diabetes can be frustrating, and it is hard work to control it. Unfortunately, a lot of people feel like they have failed when they see their blood sugar on the rise. While it's important to do everything you can to manage your type 2 diabetes, there are several factors that can up your A1C that are beyond your control. Here are a few things that can potentially raise your blood sugar and steps you can take to help reverse their effects.

Chemicals are one factor that might be affecting your endocrine system, hormone levels, and stress levels. With just a few of these changes, you can make a drastic difference in your exposure in a matter of days. This is practical advice worth taking!

And if you are feeling a lot of stress and anxiety, we offer some simple tricks so you can model the habits and strategies of a successful person stacking on track... and consistently knocking out your biggest priorities with ease.

Are you expecting the upcoming holidays to hurt or help you? The holiday season is usually marked by delicious meals, sweets, and festive cocktails. But did you know that one of the holiday foods that we commonly eat could help you get your glow on? Our super-charged cranberry sauce can smooth your skin!

Each of you is a unique being and each of us has our own lifestyles. Whether you have high blood sugar or high blood pressure, you are a meat eater, a vegetarian, a vegan, gluten free, dairy free...the list could go on... Home Cures That Work has something for you. These articles help guide your way through the aisles of different health-styles. Take a look at a few of the things we've pulled together for you and [visit our website for more](#).

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For your health,

Cheryl Ravey, Editor
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Chemicals are changing your family's health & hormones and what to do about it

THE HOLIDAY FOOD THAT CAN SMOOTH AWAY CELLULITE

With this breakthrough knowledge in wellness solutions, you can help roll back middle-age spread and fight unsightly cellulite, all by sitting at the holiday table!



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Proper planning and preparation is key for your success, and it doesn't have to be complicated. When you implement these 3 steps and plan for success...You'll win your morning...And own the day.

WHY ISN'T MY BLOOD SUGAR GOING DOWN?!



by Dr. Scott Saunders, M.D.

“ I’ve done everything, and it still isn’t working!” Janice was exasperated because she was trying so hard to reverse her diabetes, but the numbers weren’t coming down. She was eating right, and had lost a little weight, but her HbA1c actually went UP one point. “This is so hard!” she was almost in tears.

Some people have little trouble reversing their blood sugar numbers with a small effort. However, there are many who seem to have a hard time. Those who make big changes in their lives, including diet and exercise, may have other issues preventing them from seeing the results they seek.

Let’s talk about the things that get in the way of reversing diabetes. There may be many different factors that influence how sugar is used in the body, the most common include:

- Insulin
- Cortisol/stress
- Sex hormones and thyroid

- Drugs: diuretics, inhalers, steroids, statins, Caffeine, etc.
- Circadian Rhythm
- Protein
- Fat
- Exercise/activity
- Insulin

The most important hormone associated with diabetes is insulin. Without insulin, there is no way for sugar to get into most cells to create energy, so the glucose stays in the blood. We always need some glucose in the blood to feed hungry cells, such as brain, heart, and kidney cells. But when we have too much glucose, insulin will cause the liver, fat and muscle cells to take up the extra sugar and store it for later use.

Insulin opens the ports and allows sugar (glucose) into the cell. As the muscles cells fill with sugar, they start making a starch called glycogen for short-term storage. However, if there is not

enough exercise to use up that excess energy, they get crammed with glycogen and block insulin receptors. The cell then cannot take up glucose, so the blood sugar levels stay high.

Fat cells use sugar to make fat as energy storage for the body. They can also become insulin resistant when they get too full of fat, but may continue to produce fat out of sugar.[1]

High insulin levels in the blood indicate insulin resistance, meaning your cells cannot take up the extra sugar from your blood. You will also tend to gain fat easily. Insulin resistance can keep your blood sugar high even if you have a perfect diet!

If your insulin is low, your pancreas may not be making enough to get the sugar from the blood into the cells, and the blood glucose will remain high. This is Type 1 diabetes. If you don't make enough insulin, your blood sugar will remain high despite a low carb diet.

You may also have both, low insulin and insulin resistance, or Type 1.5 diabetes. In this case there is very little insulin, but you are resistant so the blood sugar stays high because it cannot get into your cells.

Insulin sensitivity is essential to get the blood sugar down and reverse diabetes. Most people on a ketogenic diet, such as "PHASE I" of the Diabetes Solution Kit will have immediate improvement in insulin resistance. They find their blood sugar comes to normal easily. However, for those who don't they may have insulin resistance. It is important to test for this.

Cortisol

The second most important metabolic hormone is Cortisol. This is the adrenal hormone that controls your sleep/wake and metabolism. Cortisol affects every cell in the body:

- Turning on the energy systems,
- Turning off the immune system,
- And causing the "catabolic" state, where the body is working and breaking down food, muscles, bones, and connective tissue.

Cortisol also makes you resistant to insulin. This is essential to understand, because the problem is not primarily the cortisol, but the insulin. Remember that insulin causes the fat cells to make fat, and prevents the body from burning fat. Cortisol makes this worse. If you have a great diet and exercise program, but have a lot of stress, you may be making a lot of cortisol, which can cause diabetes.

Since stress raises cortisol, it can induce diabetes. I had one patient, Julie, who was overweight and couldn't control her blood sugar no matter what diet she ate and what medications she was on. At one point, she had four diabetes medications and injecting a large amount of insulin, but it was still high all the time. Then one day her daughter moved out of the house and into her own apartment and suddenly Julie's blood sugar dropped to normal – and she got off all her medications! She only had diabetes because of the stress of living with her daughter. Don't underestimate how powerful stress is in insulin resistance. This is one hormone I always measure.

Sex Hormones and Thyroid

The sex hormones aren't just for reproduction, they affect metabolism, or the use of energy, to a great degree. For example, lower estrogen causes higher blood sugar, lower progesterone causes insulin resistance.[2] This means that as women age, and go through menopause, they are at increased risk for getting both higher blood sugar and more insulin resistance, even if they have a good diet and exercise program.

On the other hand, men also benefit from estrogen and progesterone. Men make smaller amounts of estrogen from testosterone, and when testosterone is low, the estrogen is also lower, which increases insulin resistance and raises blood sugar. [3] Progesterone in men only comes from the adrenal glands, and during times of stress, it goes down, increasing insulin resistance.

Testosterone is associated with better blood sugar and lower diabetes. Men with diabetes tend to have lower testosterone levels.[4] So, keeping the testosterone up to normal is important for being able to reverse and prevent Type 2 diabetes.

Thyroid disorders also contribute to insulin resistance. But with the thyroid, either too high or too low can cause insulin resistance. Low thyroid makes the muscles resistant to insulin, causing the blood sugar to be high, and high thyroid causes the liver to be insulin resistant, with the same results![5]

If your blood sugar is not coming down in spite of a good diet, consider a hormone imbalance as a possible cause.

Protein

There are a lot of people who try to go on a low carbohydrate diet by increasing protein. Some will eat over a hundred grams of protein per day (20 eggs, or a pound of meat). A high protein diet can increase insulin resistance.[6] [7] More is not better. If you are having trouble getting your blood sugar down, even though you are eating low carbs, try lowering protein as well.

Fat/oil

The oils we eat cause insulin resistance in the muscles.[8] Saturated fats do considerably more damage as they increase inflammation as well.[9] Within three hours of eating a meal high in fat the muscle cells become resistant to insulin. If you find you are eating a ketogenic diet with high fat, and you still have high blood sugar, you may be insulin resistant due to a diet high in fat. The answer, then, is to eat a low fat and low carbohydrate diet by adding a lot of fiber.

Fiber

Actually, since type 2 diabetes is a disease of calorie toxicity, it is best to detox from ALL calories, including carbohydrates, fat, and protein. People ask, "Then what will I eat?" Fiber. Eat foods that are high in fiber and low in calories: Spinach, lettuce, celery, cucumbers, avocado, tomatoes, peppers, and so forth. Beans and lentils are quite high in fiber, as are nuts and seeds. There are no limits to the amount of fiber you can eat, and it does wonders to bring down blood sugar, even if you have some calories (carbohydrates, fat, protein) with it.[10] Aim for about 40 grams of fiber daily.

Drugs

There are many drugs that affect blood sugar metabolism. Some actually cause diabetes.

- Diuretics of all kinds increase insulin resistance and can contribute to high blood sugar.
- Statins increase insulin resistance and impair the function of the pancreas.[11]
- The medications specifically given for type 2 diabetes often increase insulin production by the pancreas causing insulin resistance.
- Also, remember that cortisol has a huge effect on blood sugar – this means that all the “steroids” including creams and asthma medications may have this same effect.

If you are having trouble controlling your blood sugar, despite a low-carb, low-calorie diet, look to see if your medications are the cause.

Circadian Rhythm

Our sleep-wake cycles are connected to the metabolic system intricately. When we don't keep a good circadian rhythm, when we stay up late, or eat before bed, we don't go into “anabolic” or repair mode at night, and we continue to have inflammation that makes us more insulin resistant. Stop eating after 6pm and go to sleep by 10pm to put your body in repair mode. This will also lower your cortisol and improve insulin resistance.

Activity

Your amount of activity has a large influence on the blood sugar and insulin resistance. Insulin causes more sugar to go in the cells, eventually causing resistance to insulin. Any type or amount of exercise uses up the sugar in the muscle cells, allowing the insulin to work better and decreasing insulin resistance.[12] Exercise can also allow muscles to take in glucose without insulin.[13] This effect is increased by heavy exercise, such as lifting weights or interval training. If you are on a low carb diet and find that your blood sugar is not going down, try more exercise!

Make a plan

As you can see, there are many reasons your blood sugar is not coming down easily with the PHASE I diet on the Barton Publishing Diabetes Solution Kit. It's not just about food, as hormones and stress also have a large effect on your blood sugar. Testing is essential. It turned out that Janice had autoimmune diabetes. She was making antibodies against her insulin, so even though she was making insulin, it wouldn't work because the antibodies were inactivating it. If you don't test, then you won't know what to do.

Plan: If you are having difficulty lowering blood sugar, you may need to test for the following:

- Insulin level
- C-peptide
- Insulin antibodies
- Islet-cell antibodies

- Hemoglobin A1c
- Blood glucose
- Morning Cortisol
- DHEAS
- Estrogen
- Progesterone
- Testosterone
- Thyroid panel (Free T3; Free T4; TSH)

The results of these tests will tell you if you have a biochemical abnormality that needs to be corrected first. At the same time, make sure you are also doing the following:

- Increase fiber and lower fat and protein. Try for 40 grams of fiber daily.
- Exercise daily, ideally with HIIT (High Intensity Interval Training) where you exercise hard for 10 seconds, and then lightly for 30 seconds for twenty minutes per day.
- Lower stress with yoga, meditation, connecting with others, letting go of pain and excess.
- Get off all unnecessary drugs.
- Don't eat after 6pm
- Go to sleep by 10pm
- Be patient—sometimes it just takes time.



Sources: [1] DIABETES AND THE ENDOCRINE PANCREAS I: EDITED BY DAVID HARLAN; *What causes the insulin resistance underlying obesity?*; Hardy, Olga T.a,b; Czech, Michael P.a; Corvera, Silviaa [2] <https://prescriptionhope.com/blog-does-estrogen-affect-blood-sugar-levels-estrogen-and-insulin-resistance/> [3] Science News; *Role of estrogen in controlling Type 2 diabetes*; February 12, 2019 [4] *Meta-Analysis Int J Androl*; 2011 Dec;34(6 Pt 1):528-40. doi: 10.1111/j.1365-2605.2010.01117.x. Epub 2010 Oct 24. *Type 2 diabetes mellitus and testosterone: a meta-analysis study*. G Corona 1, M Monami, G Rastrelli, A Aversa, A Sforza, A Lenzi, G Forti, E Mannucci, M Maggi [5] *Review Endokrynol Pol*. 2014;65(1):70-6. doi: 10.5603/EP.2014.0010. *Insulin resistance and thyroid disorders*; Marcin Gierach 1, Joanna Gierach, Roman Junik [6] *J Nutr*. 1982 Apr;112(4):681-5. doi: 10.1093/jn/112.4.68. *Effects of high protein diet on insulin and glucagon secretion in normal rats*. M Usami, Y Seino, S Seino, J Takemura, H Nakahara, M Ikeda, H Imura [7] <https://www.nature.com/articles/ejcn2014123> [8] *Diabetes*. 1999 Feb;48(2):358-64. doi: 10.2337/diabetes.48.2.358. *Rapid impairment of skeletal muscle glucose transport/phosphorylation by free fatty acids in humans*. M Roden 1, M Krssak, H Stingl, S Gruber, A Hofer, C Fürnsinn, E Moser, W Waldhäusl [9] <https://nutritionfacts.org/video/lipotoxicity-how-saturated-fat-raises-blood-sugar/> [10] *Review J Nutr*. 2018 Jan 1;148(1):7-12. doi: 10.1093/jn/nxx008. *Impact of Dietary Fiber Consumption on Insulin Resistance and the Prevention of Type 2 Diabetes*. Martin O Weickert 1 2, Andreas F H Pfeiffer 3 4 [11] <https://www.peoplespharmacy.com/articles/atorvastatin-lowers-cholesterol-but-raises-blood-sugar> [12] *Review Adv Exp Med Biol*. 2020;1228:137-150. doi: 10.1007/978-981-15-1792-1_9. *Exercise and Insulin Resistance*; Stephney Whillier [13] *Review Int J Sports Med*. 2000 Jan;21(1):1-12. doi: 10.1055/s-2000-8847. *Exercise and insulin sensitivity: a review*; L B Borghouts 1, H A Keizer

12 Hormone-Altering Chemicals You Must Avoid



We live in a toxic world filled with hormone-altering chemicals. How do they adversely affect health? Let us count the ways. They increase or decrease the production of certain hormones as well as imitate or transform others. In addition, they make cells die prematurely and compete with essential nutrients. Exposure to these chemicals leads to cancer and brain damage along with high blood pressure, infertility and many other maladies.

The Environmental Working Group recently released its dirty dozen list of the 12 worst offenders of hormone-altering chemicals. Below is the list, including measures to take to minimize your exposure.

1. BPA

A chemical used in plastics, BPA imitates the sex hormone estrogen. It has been linked to heart disease, breast cancer, obesity, reproductive problems, early puberty, asthma and tooth decay. Government tests show 93 percent of Americans have BPA in their bodies.

How to avoid it? Since many canned foods are lined with this chemical, opt for fresh foods. Do not ask for cash register receipts because thermal paper is often coated with this chemical. Avoid plastics with a “PC” mark or recycling label #7, as many of these products contain BPA.

2. Dioxin

Dioxins form during certain industrial processes and perpetrate their harm by disrupting the signals of male and female sex hormones. They are powerful carcinogens and can impair the immune system. Other possible effects include infertility, skin lesions and nervous system disorders.

How to avoid it? Dioxins are prevalent in the environment, so they are difficult to avoid. Eating less processed meat, fish and dairy products can reduce your exposure.

3. Atrazine

Atrazine is a common agricultural herbicide used on corn crops. Consequently, it is a pervasive contaminant in drinking water. This chemical has been associated with prostate disorders, breast tumors, birth defects and delayed puberty.

How to avoid it? Purchase organic produce and procure a drinking water filter certified to remove atrazine.

4. Phthalates

A ubiquitous chemical in the average household, phthalates are found in

many products ranging from pacifiers to window blinds. Research shows they can trigger death-inducing signals to sperm cells, causing them to die prematurely. Phthalates are also linked to infertility, diabetes, ADHD, high blood pressure, thyroid disorders, obesity and birth defects.

How to avoid it? Do not buy plastic food containers, plastic wrap or toys that have the recycling label #3. When purchasing personal care products, avoid those with “fragrance” listed in the label

5. Perchlorate

Unbelievably, this ingredient in rocket fuel and firecrackers is in our water supply in addition to being present in some vegetable and dairy products. Perchlorate can cause thyroid disorders and developmental delays in babies.

How to avoid it? Install a reverse osmosis filter for your drinking water. You can reduce its potential harm by making sure you get enough iodine in your diet. Use iodized salt.

6. Fire Retardants

Fire retardants used in the manufacture of household products, especially polybrominated diphenyl ethers (PBDEs), are extremely persistent in the environment. Although the most toxic versions have been banned, these chemicals will continue to contaminate our food supply and water for years to come. PBDEs cause thyroid disorders, ensuing in lower IQs and ADHD.

How to avoid it? It is impossible to avoid fire retardants, but you can minimize your exposure by using a vacuum cleaner with

a HEPA filter and dusting frequently. Be careful when replacing old carpet because the padding may contain PBDEs. Avoid reupholstering foam furniture.

7. Lead

Older homes may have lead paint on the walls and in the soil around them, making it easy for children to be exposed when they play in the dirt. Lead is detrimental to nearly every organ system in the body and has been associated with a broad spectrum of health problems. These include permanent brain damage, hearing loss, lower IQ, miscarriage, kidney damage, nervous system problems and high blood pressure. Additionally, lead disrupts the body’s major stress system, leading to depression, anxiety and diabetes.

How to avoid it? Get rid of crumbling old paint – carefully. Dust and vacuum frequently if your home has lead paint. Use a filter to remove lead from your drinking water.

8. Arsenic

Inorganic arsenic, a synthetic compound used in pesticides, is a known carcinogen associated with lung, bladder and skin cancers. It is also linked to cardiovascular disease, diabetes, osteoporosis, immunosuppression, high blood pressure and growth retardation.

How to avoid it? Use a water filter that reduces arsenic levels.

9. Mercury

Mercury pollutes the air and oceans primarily through burning coal. Because of

this widespread pollution, fish and seafood are heavily contaminated with this toxic metal. Expectant mothers are most at risk because the chemical concentrates in the fetal brain, hindering its development. Mercury can also cause hair loss, kidney failure and extreme muscle weakness.

How to avoid it? In choosing fish, opt for wild salmon and farmed trout.

10. Perfluorinated Chemicals

These chemicals, also known as PFCs, are used to make nonstick cookware along with many stain-resistant and water-repellant products. They are so widespread and persistent that 99 percent of Americans have them in their bodies. PFCs are associated with neurological delays, infertility, early menopause, delayed puberty and low sperm count.

How to avoid it? Avoid nonstick pans as well as furniture, carpet and clothing with stain-resistant or water-resistant coatings.

11. Organophosphate Pesticides

These chemicals designed to attack the nervous system of insects are among the most commonly used pesticides today. Research links them to neurological disorders, lower IQ, ADHD, altered thyroid levels, lower testosterone and delays in reproductive development.

How to avoid it? Buy organic produce.

12. Glycol Ethers

Glycol ethers are common solvents in cleaning supplies, paints, brake fluids and some cosmetics. Exposure is associated with male infertility, allergies, asthma and impaired fetal development.

How to avoid it? Avoid products with ingredients like 2-butoxyethanol (EGBE) and methoxydiglycol (DEGME) on the label.



The Holiday Food That Can Smooth Away Cellulite



KNOW, THE TITLE sounds too good to be true. But, it really isn't! Let me make it clear though, that not all holiday foods are created equal. Your grandma's pecan pie or your mother's famous rolls won't get rid of cellulite. No, these foods - delicious as they are - will only contribute to more bumps and dimples.

The "magical" holiday food I am referring to is both nutritious and delicious and a gorgeous accompaniment to both turkey and ham. No, it's not stuffing or even gravy. It is simply cranberries!!

Cranberries are largely under appreciated and neglected all year long. They hardly reserve much space at the holiday smorgasbord, but they should! The ability to smooth cellulite is just one of many amazing properties of cranberries. This bright red berry is packed full of:

- Antioxidants: To fight off disease and slow the aging process
- Polyphenols: A potent form of antioxidant known to reduce the risk of cancer, strokes and heart disease
- Vitamin C: To boost the immune system

- Proanthocyanidins: To prevent the adhesion of bacteria, which is why cranberries are great for both UTIs and preventing cavities
- Resveratrol: The compound found in red wine renowned for its health benefits
- Flavonoids: To help strengthen capillary walls and connective tissue
- $\frac{3}{4}$ cup of honey or 2 tsp of Stevia (I prefer Nu Naturals Brand)

Directions:

Rinse your cranberries in a colander and pick out any possible bad berries. Bring your water and honey (if you are using stevia, add later) to a boil in a saucepan. Add the cranberries and begin to stir. Turn down the heat to medium, but continue to stir and let it boil. Once the cranberries have popped and the sauce starts to cling to the sides of the pan, remove from the heat. At this time if you are using stevia instead of honey, add the stevia. Let cool and pour into glass jars. This sauce can be frozen and defrosted, as needed.

But, how do cranberries actually smooth cellulite? Let me tell you!

Cellulite is often a by-product of a sluggish lymph system. Your lymph system helps carry out bacteria, dead cells and trapped fat globules. But, unfortunately, it can become overloaded and sluggish. This can lead to unevenly distributed fat globules and fluid under the skin. This accumulation is also known as cellulite. Cranberry contain the compounds malic acid, quinic acid and citric acid to help emulsify those trapped fatty globules in your lymph system. This, in turn, smooths cellulites bumps and dimples.

Your lymph system is also a major part of your immune system. Keeping it flushed and running smoothly helps you fight viruses and bacteria much more effectively. Drinking unsweetened cranberry juice each morning is a great way to incorporate cranberry into your diet. However, with the holidays upon us, a delicious cranberry sauce is another fantastic way to introduce more cranberries into your diet.

There are many variations you can make with the cranberry sauce, as well. This is a great time to experiment with what flavors you like best.

- Orange Cranberry: Replace the water with orange juice and add some orange zest once it's cooled.
- Spiced Cranberry: Add nutmeg, cinnamon or some allspice while cooking.
- Ginger Cranberry: Grate some fresh ginger into the sauce as it cooks.

Homemade Cellulite Busting Cranberry Sauce

Store bought cranberry sauce should be avoided - it is not a health food. Rather, it is packed with white sugar and sometimes even contains the dreaded high fructose corn syrup! If you make your own cranberry sauce, you can add natural sweetener (like stevia) to make it a much healthier and lower in calories.

Ingredients:

- 1 lb fresh or frozen whole cranberries
- 1 $\frac{1}{2}$ cups filtered water

Holiday Health

Holiday food doesn't have to be unhealthy. This year, you can end the holiday season with a new wardrobe. And I don't mean a larger one. Add cranberry to your daily routine and flush out that excess fat and accumulated toxins. Watch yourself shrink and your cellulite begin to smooth. You will have the Happiest Holiday you've had in years!





TOO BUSY TO THINK?

ARE YOU LIKE me? More often than not, I get too busy to think. 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.

I'm painfully aware that an hour of effective thinking is worth a month of hard work. Are you? Then why is it most of us don't spend enough productive time thinking and planning? Is it because we just get too busy? I have concluded that the answer is "Yes".

Remote Control Minds

That's a pity — and inexcusable. I know better, and so do you. So, why do we persist? Routines might be one answer. Routines suppress thinking and idea generation. We get stuck in comfortable remote control modes. Interruptions are another answer. How many times a day do you instantly react to someone or something that interrupts your schedule? If you think about it, these are moving parades of stress creating events. Imagine how much easier and less stressful the rest of our lives would be if we took time out for regular, private focused thinking.

Most of us don't though, and entire industries are built around this human weakness. Consultants abound to think for us. Let's take a look at estate planning.

Profit Plan for Life, Not Death

We typically spend more time planning our death than planning our lives. That's because planners do it for us because we are too busy. There are big profits here. They call themselves financial planners, retirement planners, estate planners or life insurance salespersons. They get our attention by pointing out the big benefits to us from their planning. Our estate taxes are reduced, our assets don't get tied up in probate, our loved ones get taken care of, our favorite charities benefit, and our businesses are protected.

But, how about us? The success of all this thinking and planning depends on our dying. Well, that sucks.

In all fairness, many of these planners perform good services. I just want to obsolete them, that's all. Most of them are clever and resourceful, and they can find other lines of work as society evolves. And evolve we will. I see a whole new industry springing up that plans for our longevity enhanced lives. Wouldn't it be more rewarding to help someone plan their long life than their death?

Now let's get back to thinking. Thinking takes work. But it also saves a lot more work. Try this for one month:

Mind-Storming A Mindset For Life

Set aside a half hour a day, or at least two to three times a week, to sit in a quiet spot where no one and no thing will disturb you. Shut off your phone and email. Close your door, and give instructions to everyone in your household or office to not disturb you except for extreme emergencies. Better yet, find a quiet peaceful place away from your home or office.

Take a tablet and a pen, and write your most pressing challenge or your biggest goal at the top of the paper. Then open your mind to any and every possible idea, solution or plan you can think of. There are no bad ideas. Write them out as fast as you can think. About the time you think you have exhausted your ideas, you will come up with your best solutions. That's because we usually write down the obvious at first, a lazy way of thinking. So, stretch a little.

How about taking some time to plan what you want to do in fifty years or longer? You are not too busy to think and plan the next 5 decades of living. When you get into this mindset, you'll tend to start laying out steps to help ensure you live fifty more years. These steps could include your changes in your diet, fitness program and more.

Now here's a critical key: After you finish your mind-storming, review your list carefully. Isolate your best ideas and immediately ACT on them. This is the step that makes your hour of thinking worth a month of hard work.





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

ADHD / ADD	Flu	Low Testosterone
Allergy & Asthma	Gallstones	Lyme Disease
Anti-Inflammation	Gout	Prostate Secrets
Arthritis	Graves Disease	Scabies
Back Pain	Hair Loss	Sinus Infection
Bad Breath	Herpes	Sore Throat
Cholesterol Secrets	High Blood Pressure	Ulcers
Depression	Hypothyroidism	Urinary Tract Infection
Diabetes	Irritable Bowel Syndrome	Wholesome Frequency
Erectile Dysfunction	Joint Pain	Music
Fat Loss	Kidney Stones	Yeast Infection
Fibromyalgia		

OUR MISSION

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