

## Why NAC Should Be On Your Shelf!

Help for High  
Blood Sugar  
from Nature

Staying Healthy  
Through  
the Holidays

The Holiday  
Food That Can  
Smooth Away  
Cellulite



# Home Cures That Work

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It's the holiday season — a joyous time to celebrate life; for families and friends to reconnect and enjoy the season. These past two years have also shown us the importance of staying healthy, creating a positive environment, and purposefully spending time with loved ones.

We're committed to empowering you to live your best life, so to keep you and your family healthy, we recommend taking NAC to stop flu-like symptoms, keep your lungs clear and sweep those same free radicals right out of your body.

Calorie-laden meals, decadent treats, and festive drinks inundate people from Thanksgiving to New Year's Day, inviting blood sugar chaos as an unwelcome guest. Nature provides some clever ways you can avoid the unpleasant highs and lows while partaking in holiday fun.

It also turns this exotic fruit has the power to dissolve away cellulite! Cranberries are not only a delicious and healthful fruit, but they're full of antioxidants and fiber. They're also a powerful force that combats the toxins that invade your bloodstream and contribute to fat storage.

It may be true for some that the end of the holidays is better than the beginning. Taking the time to plan early (and keep the plan simple) is a great way to truly enjoy the season with your family and let go of a little more of the overwhelm that unfortunately can come with the season.

When you find yourself feeling stressed about the holidays, take a deep breath and revisit this issue!

## AUTHORS



### DR. SCOTT SAUNDERS, M.D.

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

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For your health,

Cheryl Ravey, Editor  
Home Cures That Work

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## 04 WHY NAC SHOULD BE ON YOUR SHELF!

Dr. Saunders prescribes N-acetylcysteine (NAC) for people with certain health problems (mentioned below). NAC is a building block of the antioxidant glutathione that helps detoxify foreign substances in our liver and lungs and also fights damaging free radicals. It is one of his top 5 supplements you should know about!



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## 08 HELP FOR HIGH BLOOD SUGAR FROM NATURE

If you have prediabetes or type 2 diabetes, chances are you already know the big things that are essential for blood sugar control—weight loss, diet, exercise and if need be, medication. But little things matter, too. Here are 7 simple diet and lifestyle tips to help you take control of your blood sugar—now.

## 10 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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With the long holiday season, it may be easy to eat pies and treats the entire time. One binge day is just a blip, but if you go four days making those kinds of choices, it'll be harder to get back into your routine. These tips have worked for me year after year to keep my weight from fluctuating during this festive season.

# WHY NAC SHOULD BE ON YOUR SHELF



by Dr. Scott Saunders, M.D.

**O**n July 29, 2020, the Food and Drug Administration (FDA) issued a letter[1] to seven companies who were selling a product containing N-Acetyl Cysteine (NAC) to prevent and treat hangovers. The FDA warned these companies that they must cease to advertise since the supplements are not approved by the FDA for such treatment. Moreover, the FDA stated it approved NAC as a drug in 1963, and it cannot be sold as a supplement. But there is only a hand-written note from that date with no signature, and it was only for an inhaled drug. Besides, the FDA has referred to NAC as a supplement for over 30 years. In spite of this, many companies have taken NAC out of their products. Amazon stopped selling

most brands of NAC, making it difficult to get.

Nobody is sure where the actual controversy comes from, but several have noted that NAC is effective in the treatment of COVID-19 infection.[2] The elderly who have low levels of glutathione, a very important antioxidant and immune modulator, are especially helped by this supplement.

N-acetyl cysteine (NAC) comes from the amino acid L-cysteine. Amino acids are building blocks of proteins and provide many functions for the body. NAC is especially important as a source of sulfur that provides many important benefits to the body, such as making hair strong, detoxifying drugs and other toxins, and thinning mucous secretions. Thus, it makes sense that this amino acid has many benefits.

## Benefits of NAC

NAC has been studied in many different illnesses, and has shown incredible results:

- Protects against scarring of the cornea (used in eye drops)
- Protects against heart disease
- Improves hair strength
- Improves stomach acid production
- Acts as an antioxidant
- Prevents cancer of stomach and pancreas
- Improves photosensitivity

- Improves insulin sensitivity
- Decreases vascular inflammation
- Thins mucous secretions
- Prevents aging
- Detoxifies acetaminophen (Tylenol) and many other toxins.
- Increases rates of ovulation and pregnancy in polycystic ovary disease
- Increase male infertility
- Decreases sleep apnea
- Reduces influenza symptoms
- Increases dopamine transport in Parkinson's
- Improves cognitive function in those with multiple sclerosis
- Weakens peripheral neuropathy
- Improves stroke outcomes
- Prevents noise-induced hearing loss
- Treats diabetic neuropathy
- Treats Crohn's disease and ulcerative colitis
- Reduces negative symptoms of schizophrenia
- Prevents further bipolar illness episodes
- Controls obsessive compulsive disorder
- Acts as a chelator for heavy metals and nanoparticles[3][4]

## Who would take NAC?

- People exposed to toxins such as painters, smokers, dry cleaners, lead, iron, chlorine, or any oxidizers.[5]
- Anyone who wants to prevent flu symptoms (including COVID-19)[6]
- Those aiming to improve hair and nail growth.
- Those with any inflammatory condition or chronic illness.
- Any who choose radiation or chemotherapy
- Those with immune dysfunction, including HIV
- People who have lung and breathing problems[7]

## Why is NAC so effective at so many different problems?

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### NAC PRODUCES GLUTATHIONE

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The primary reason is that it is one of the three amino acids that make glutathione. [8] Glutathione is the primary antioxidant in the body, protecting all your mitochondria that produce the energy for your cells. Glutathione is also a primary detoxifier in the liver. Even a small dose of acetaminophen (Tylenol) is highly toxic to the liver, but glutathione quickly detoxifies it. We can only get toxic from acetaminophen when we run out of glutathione. It also protects the kidneys from the toxicity of contrast dye and normal cells from chemotherapy toxins.

Some of the chemicals that glutathione is known to detoxify include:

- acetaminophen (Tylenol) and other pharmaceuticals
- acetone, solvents, paint removers
- fuels and fuel by-products
- heavy metals (mercury (dental amalgams, vaccines, tattoos), lead, cadmium, copper, etc.)
- pesticides, herbicides
- nitrates and other chemical food preservatives
- artificial sweetener aspartame
- synthetic food dyes
- benzopyrenes (tobacco smoke, barbecued foods, fuel exhaust)
- alcohol
- household chemicals (synthetically scented and colored detergents and fabric softeners, air fresheners, mothballs, mildew removers, cleaners and bleach, lawn and plant fertilizers, etc.)
- housewares chemicals (non-stick coating of pans and skillets, plastic containers and linings of tin cans and other food packaging)
- formaldehyde and styrene (photocopiers and toner printers)
- chlorine in treated water
- medical X-rays
- UV radiation
- electromagnetic fields (EMF)

- industrial pollutants[9]

Glutathione decreases with age.[10] From about age 20 there is a gradual decline in this essential antioxidant. For this reason, many believe glutathione production is the key to preventing aging. I believe it's only part of the picture, but an important part.

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#### NAC BREAKS UP MUCOUS

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Since the early 1960', NAC has been used for lung problems. People with cystic fibrosis have thickened secretions and often get mucous plugging and pneumonia. NAC can be inhaled into the lungs to thin the secretions allowing faster clearing and preventing pneumonia and collapse of the lungs. Since it is not specific, it can be used for any illness that causes thick secretions or mucous plugging. It can be used orally instead of mucolytics like Mucinex.

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#### NAC STRENGTHENS PROTEIN

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Collagen is a protein made of cysteine which forms disulfide bonds for strength. The connective tissues including skin, tendons, and ligaments all need this protein. It also helps the elasticity of these connective proteins. Hair is made up of a protein called keratin, which has a lot of cysteine in it. The cysteine forms the bonds between the amino acid chains, making hair thick and strong. It also works for nails.

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#### NAC REGULATES THE IMMUNE SYSTEM

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NAC lowers inflammation. Besides making glutathione, it is also an antioxidant. It also decreases autoimmunity by lowering interleukins, such as IL-17, which cause inflammation, clotting, and atherosclerosis.[11] However, there are many more effects. NAC has been shown to lower many other chemicals

that cause inflammation; besides IL-17, it also decreases TNF- $\alpha$ , IL-1 $\beta$ , IL-6, IL-8, and IL-10 serum levels in those with inflammation.[12]

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#### NAC PROTECTS THE DIGESTIVE SYSTEM

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NAC decreases acetaldehyde production and lowers the risk of cancer of the stomach and pancreas that is created by alcohol. Anyone who drinks even small amounts of alcohol will benefit from NAC supplementation. Also, NAC is rapidly made into glutathione in the small intestine which can lower inflammation in a number of digestive problems such as ulcerative colitis, celiac disease, and toxicity.[13]

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#### NAC DECREASES VASCULAR DISEASE

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NAC can decrease atherosclerosis, blood pressure, and risks of heart disease.[14] NAC was thought to increase homocysteine because homocysteine is a product of cysteine. However, in-vivo studies showed homocysteine levels actually normalized in those who had high homocysteine.[15] In other words, they got better, with lower homocysteine, and lower risk of atherosclerosis.

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#### NAC IMPROVES BRAIN FUNCTION

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NAC seems to improve irritability in children with autism. But it doesn't seem to help other autism symptoms. It has also been shown to be helpful with many neurological problems including schizophrenia, psychosis, Parkinson's disease, and Alzheimer's disease.[16]

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#### NAC REDUCES FLU (INFLUENZA) SYMPTOMS

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Taking N-acetyl cysteine by mouth seems to reduce flu symptoms.[17] The studies indicate that it doesn't prevent infection,

but rather when people get the flu, they don't get symptoms. This is especially important now with a coronavirus pandemic because the coronavirus infection doesn't kill people, the immune response is the culprit. NAC prevents the excessive immune response and could potentially save many lives and keep people out of the hospital.

## Are There Any Problems with NAC?

Because of the sulfur, NAC has an unpleasant odor that some people find hard to tolerate.

NAC might slow clotting which could cause excess bleeding in people with bleeding disorders, or those having surgery.

NAC also inhibits GABA in the brain and may increase anxiety in some people.

It has been tested up to 10,000 mg per day given in the veins, with no ill effects. The general recommendation is to maintain the balance of amino acids by using 2,000mg per day or less.[18]

## NAC Recommendations

Just because there are so many benefits to having an amino acid doesn't mean everyone should be taking it. Remember, the chemistry of the body is based on balance, and not so much on amount. It is uncommon to have a deficiency of cysteine in young people so most will have no benefit from taking more. I have tested thousands of people and have found about 20% (my guess) with

low glutathione, and low cysteine. Having said that, the reason I have listed all the things that can be helped by NAC is so you would know if it might help you. You can get tested, or you could just try NAC supplements.

Remember that it is an amino acid and should be taken on an empty stomach.

For those over 50, the anti-aging dose to increase glutathione includes glycine and NAC together for a week, then off for a week. This should be done for at least 6 months but could be continued for life to keep the glutathione elevated.

- Glycine 1,000mg per day
- NAC 600mg per day

For acute inflammatory conditions take NAC 600mg twice per day. When symptoms resolve, you can stop it, or decrease to the standard dose. If you don't notice any improvement within a couple weeks, you need to search for a different cause.

Standard dose for all other issues: Take NAC 600mg five days per week.

Clearly the controversy surrounding NAC is not about effectiveness or toxicity; it is simply about politics and money. This nutrient has a proven track-record, and thousands of studies. It has been sold as a supplement for decades with no evidence of toxicity. NAC is not needed for everyone, but if you have any of the issues listed above, it can be a life saver! Review them to see if you should be taking this vital nutrient.



Sources: [1] <https://www.fda.gov/news-events/press-announcements/fda-warns-companies-illegally-selling-hangover-remedies> [2] *Ther Clin Risk Manag.* 2020 Nov 2;16:1047-1055. doi: 10.2147/TCRM.S273700. eCollection 2020. N-Acetylcysteine to Combat COVID-19: An Evidence Review. Zhongcheng Shi 1 2, Carlos A Puyo 3 [3] *J Nutr Metab.* 2021; 2021: 9949453. N-Acetylcysteine: A Review of Clinical Usefulness (an Old Drug with New Tricks). Gerry K. Schwalfenberg [4] *Int J Audiol.* 2019 Mar;58(3):151-157. doi: 10.1080/14992027.2018.1543961. Epub 2019 Jan 17. Treatment of military acoustic accidents with N-Acetyl-L-cysteine (NAC). Ulf Rosenhall 1 2, Björn Skoog 3, Per Muhr 1 [5] <https://pubmed.ncbi.nlm.nih.gov/25731901/> [6] *Eur Respir J.* 1997 Jul;10(7):1535-41. doi: 10.1183/09031936.97.10071535. Attenuation of influenza-like symptomatology and improvement of cell-mediated immunity with long-term N-acetylcysteine treatment; S De Flora 1, C Grassi, L Carati [7] <https://wholefoodsmagazine.com/columns/legal-tips/nac-the-latest-health-success-story-to-become-an-fda-target/> [8] *Molecules.* 2018 Mar; 23(3): 575. Published online 2018 Mar 3. doi: 10.3390/molecules23030575. Effects of the Usage of L-Cysteine (L-Cys) on Human Health. Noelia Clemente Plaza, Manuel Reig García-Galbis, and Rosa María Martínez-Espinosa [9] <http://www.immunehealthscience.com/what-depletes-glutathione.html> [10] *Exp Gerontol.* 2004 Feb;39(2):203-10. doi: 10.1016/j.exger.2003.10.014. Age-related changes in glutathione availability and skeletal muscle carbonyl content in healthy rats. Laurent Mosoni 1, Denis Breuille, Caroline Buffière, Christiane Obled, Philippe Patureau Mirand [11] *Autoimmun Rev.* 2017 Sep;16(9):984-991. Effects of Interleukin 17 on the cardiovascular system. Marie Robert 1, Pierre Miossec 2 [12] *Curr Pharm Biotechnol.* 2021;22(12):1584-1590. The Potential Mechanism of N-acetylcysteine in Treating COVID-19. Nan Zhou 1, Xiaofan Yang 1, Aie Huang 2, Zhenbing Chen 1 [13] *Front Biosci.* 2015 Jan 1;20:872-91. doi: 10.2741/4342. N-acetylcysteine and intestinal health: a focus on its mechanism of action. Yongqing Hou 1, Lei Wang 1, Dan Yi 1, Guoyao Wu 1 [14] <https://www.openaccessjournals.com/articles/potential-role-of-nacetylcysteine-in-cardiovascular-disorders.pdf> [15] <https://pubmed.ncbi.nlm.nih.gov/25731901/> [16] *Nihon Shinkei Seishin Yakurigaku Zasshi.* 2016 Apr;36(2):29-35. [Effectiveness of N-acetylcysteine in the treatment of schizophrenia] Nobumi Miyake, Seiya Miyamoto [17] *Eur Respir J.* 1997 Jul;10(7):1535-41. doi: 10.1183/09031936.97.10071535. Attenuation of influenza-like symptomatology and improvement of cell-mediated immunity with long-term N-acetylcysteine treatment; S De Flora 1, C Grassi, L Carati [18] <https://pubmed.ncbi.nlm.nih.gov/18161828/>

# Help for High Blood Sugar from Nature



**W**hile medication may be what your body thinks it needs right now to control your blood sugar, it is not a natural, sustainable answer for insulin control. Thankfully, you can gain independence from medication with natural remedies – specifically supplements.

Dr. Ryan Bradley is a researcher at the natural medicine high blood sugar clinic of Bastyr University and has seen hundreds of patients restore their bodies to natural health by reducing their insulin medication with a slow and steady process of integrating natural supplements. Some patients have even completely removed their need for pharmaceutical dependence.

Though it may seem overwhelming to consider the many supplements available to you, here are 7 that will get you started down the right path. Don't forget to work with and speak to your health practitioner before starting any supplemental regime.

## Chromium to Lower Blood Sugar

[Chromium is a great supplement](#) to start with because it improves your body's own insulin production. As a result of taking chromium, you may require lower doses of medication, including insulin and sulfonylureas. While two or three decades ago, Americans were getting plenty of chromium, studies show that today's population isn't getting nearly enough,

and a chromium supplement is the best way for your body to increase its insulin sensitivity.

## Ginkgo Biloba to Lower Blood Sugar

This supplement, which acts as a blood thinning agent, was found to drop hemoglobin A1c by half a percentage point in a 2006 study. In general, it helps those with high blood sugar by increasing blood flow to the limbs and the eyes. However, it's imperative that you speak with a health professional if you are taking other blood thinning medications to avoid any complications.

## Calcium & Vitamin D to Lower Blood Sugar

Why both calcium and vitamin D, you may wonder? It's important to note that one or the other will not be effective on its own – the combination of both calcium and vitamin D is what makes this so effective for high blood sugar patients. A combined daily intake of calcium and vitamin D can decrease high blood sugar by 33%. [Vitamin D alone can help your suffering beta cells](#), but when combined with calcium, you are likely to see a dramatic reduction in rising blood sugar levels.

## Acetyl L-Carnitine to Lower Blood Sugar

This natural supplement does two very important things for those with high blood sugar – it helps reduce insulin resistance, as well as reducing your body fat so you can improve insulin sensitivity. Its fat burning properties make it a favorite among holistic health specialists. Acetyl L-Carnitine can also reduce nerve pain in high blood sugar individuals.

## Magnesium to Lower Blood Sugar

Magnesium is not just important for those suffering from high blood sugar – it's necessary for over 300 bodily reactions on any given day. However, its benefits are especially important for those with high blood sugar; [magnesium regulates blood sugar levels](#), heart rhythm and blood pressure. It also improves immune function and bone health.

## Cinnamon to Lower Blood Sugar

Many professionals believe cinnamon to be a valuable asset to high blood sugar patients. Not only does it improve your body's ability to metabolize glucose, but reduces the risk of free radical and oxidative damage that often happens to cells when blood sugar levels are consistently high. While you can aim for 3 to 6 grams of cinnamon from your kitchen cupboard a day, [supplement form is often a better option](#).

## Alpha-Lipoic Acid to Lower Blood Sugar

Oxidation plays an integral role in cell damage. This process leaves unstable cells that are not properly processing insulin, which can then become chronically inflamed. However, [alpha-lipoic acid helps restore insulin](#) function by removing glucose and delivering it to the cells before they become inflamed.

These are only some of the supplements available to you; and each one helps with a particular function of a body suffering from high blood sugar. A slow and steady integration of supplements can be just what your body needs to kick pharmaceutical dependence to the curb and move forward with a long, healthy and vibrant life.

It's time to think differently about high blood sugar and experience a natural remedy. Find out how to eliminate high blood sugar naturally with our [Fix Blood Sugar plan](#).



# 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!





# STAYING HEALTHY THROUGH THE HOLIDAYS

**T**HE HOLIDAY SEASON is a wonderful time of year that is full of laughter, love and good food....really good food. It is no surprise that January is one of the busiest months for me as a naturopath. People are looking for ways to shed those extra pounds they packed on during the holidays. They gain 10-15 pounds over the holidays and then spend several months trying to lose that weight, but only to cycle all over again the following year.

Wouldn't it be a much better idea to just avoid gaining the weight in the first place? Losing weight is stressful and time consuming. It is healthier, easier and much less stressful on your body than repeating another gain-lose cycle.

I am going to give you some of my tried and true tips for staying trim and healthy over the holidays. These tips have

worked for me year after year to keep my weight from fluctuating during this festive season.

## Keys To Holiday Health Success

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### 1. MODERATION

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Moderation is a given – all year round. If you completely deprive yourself, then you will end up bingeing on the things you have restricted yourself from for so long. The key with moderation is obvious: moderation. If you know once you start that you can't stop eating, then it would be a good idea to never start in the first place. On the other hand, if

you know you can have dessert without falling off the wagon, then by all means have some dessert!

I typically recommend the 90-10 rule during the holidays: eat extremely healthy 90% of the time so you can be much more flexible with the remaining 10%. Does this mean you fill the entire 10% with pie, cake and cookies? Absolutely not! But, it does mean you are not going to tip the scale with a slice of pie, a couple cookies or maybe an extra glass of wine.

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### 2. PICK YOUR "CHEAT FOODS" CAREFULLY

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Carbohydrates are the primary source of weight gain. It is always better to choose protein food or fat over carbs. For

example, bacon is less likely to cause weight gain than cookies and cake. If you are going to cheat during the holidays, then cheat with high fat vs. high carbs/sugar. Choose bacon wrapped shrimp over chocolate cake. Fat and protein also make you feel fuller longer so you are less likely to go back for seconds.

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### 3. STAY HYDRATED

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Drinking lots of water will help curb your appetite. Many times we feel hungry when we are truly thirsty. So, drink a large glass of water a couple minutes before you start eating and you can save several hundred calories.

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### 4. WEIGHT LOSS SUPPLEMENTS

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I am not a huge proponent of weight loss supplements; I believe diet is more important than a pill. But during the holidays, I do recommend some safe weight loss supplements that can help you safely get through the holiday season without gaining any weight. Two of my favorites supplements are white kidney bean and CLA.

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### White Kidney Bean

White Kidney Bean is a carb blocker. Although avoiding carbs is even better than resorting to pills, this extract can be taken if carbs are your weakness. Taken only with high carb meals, it blocks the digestive enzyme that converts carbs metabolizing into sugar. This is currently one of the most popular supplements on the market today.

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### CLA

Conjugated linoleic acid is a fatty acid naturally found in meat, dairy products and sunflower seed oil. Studies have shown that those who take CLA lose fat while gaining muscle. It does many other positive things for the body and is one of the safest weight loss supplements on the market.

By incorporating these healthy tips, you can enjoy the holiday season – even some of the holiday food – without worrying about weight gain and guilt. Using these 4 tips gives you the tools to a successful healthy holiday season!

Happy – and Healthy – Holidays!





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## OUR MISSION

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