

homeCures **that work**

WEIGHT CONTROL • HEALTHY RECIPES • SPIRITUAL WELLNESS • LIVING HEALTHY

a **barton** publication

3 Ways to Activate AMPK and Boost Your Metabolism

4 Ways to De-Stress After a Crazy Day

What To Eat When You're Sick

How to Keep Your Ship Afloat and Not Sink!

Home Cures That Work

As captain of your own ship, it's your responsibility to make sure you arrive at your destination.

And no matter what obstacles are thrown your way, you're prepared. Because you have your map. If you don't have a map, how can you get to your destination? You can't. You're simply guessing, hoping you end up where you want to go. The same goes for how you start your days if you want to be healthy.

Without a detailed map, you're leaving everything up to chance. Without a plan (map), the whirlwinds of life can throw you off course. They can lead you away from your desired destination. They can keep you from becoming healthy.

But with Home Cures That work, you know exactly where you need to go to become healthy and exactly how you're going to get there.

For example, Home Cures That Work explains why you need AMPK, a very important enzyme in your body. AMPK works kind of like a traffic cop by moving excess sugar and fat into your cells to be burned as energy. And when AMPK is activated, incredible things happen.

And when it comes to getting a cold or the flu, it is natural remedies found in the kitchen rather than taking medicines that allows the body to recover. For example, the B.R.A.T. (bananas, rice, apple sauce, toast) diet is good if you are recovering from an upset stomach. And adding spices to your food can help ease nasal congestion. These are just a couple of ways you can feel better faster with Home Cures That Work.

Feeling anxious and overwhelmed? Breathing in fully through your nose instantly engages the rest and restore parasympathetic nervous system and helps the body metabolize stress hormones....it works!

So don't leave things up to chance—give yourself the map that'll lead to the destination of health – Home Cures That Work! You deserve it!

For your health,

Cheryl Ravey, Editor
Home Cures That Work

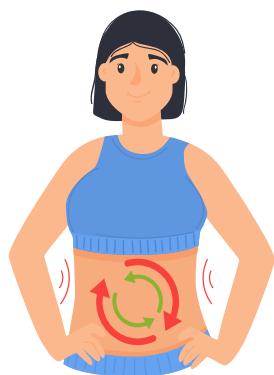
AUTHORS



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://drsandersmd.com>

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04 3 WAYS TO ACTIVATE AMPK AND BOOST YOUR METABOLISM

AMPK truly is an anti-aging wonder. Found in every cell in your body, it functions as an energy sensor... and turns on when your cellular energy levels are low. It's often referred to as your "master metabolic switch." It is also a powerful weapon against diabetes. So how does AMPK work?

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07 WHAT TO EAT WHEN YOU'RE SICK

Even healthy people sometimes get sick. And with "cold and flu season" approaching we want to share some of the best ways we know to stay healthy naturally and some natural ways you can treat symptoms so you can recover quickly if you do get sick.

09 4 WAYS TO DE-STRESS AFTER A CRAZY DAY

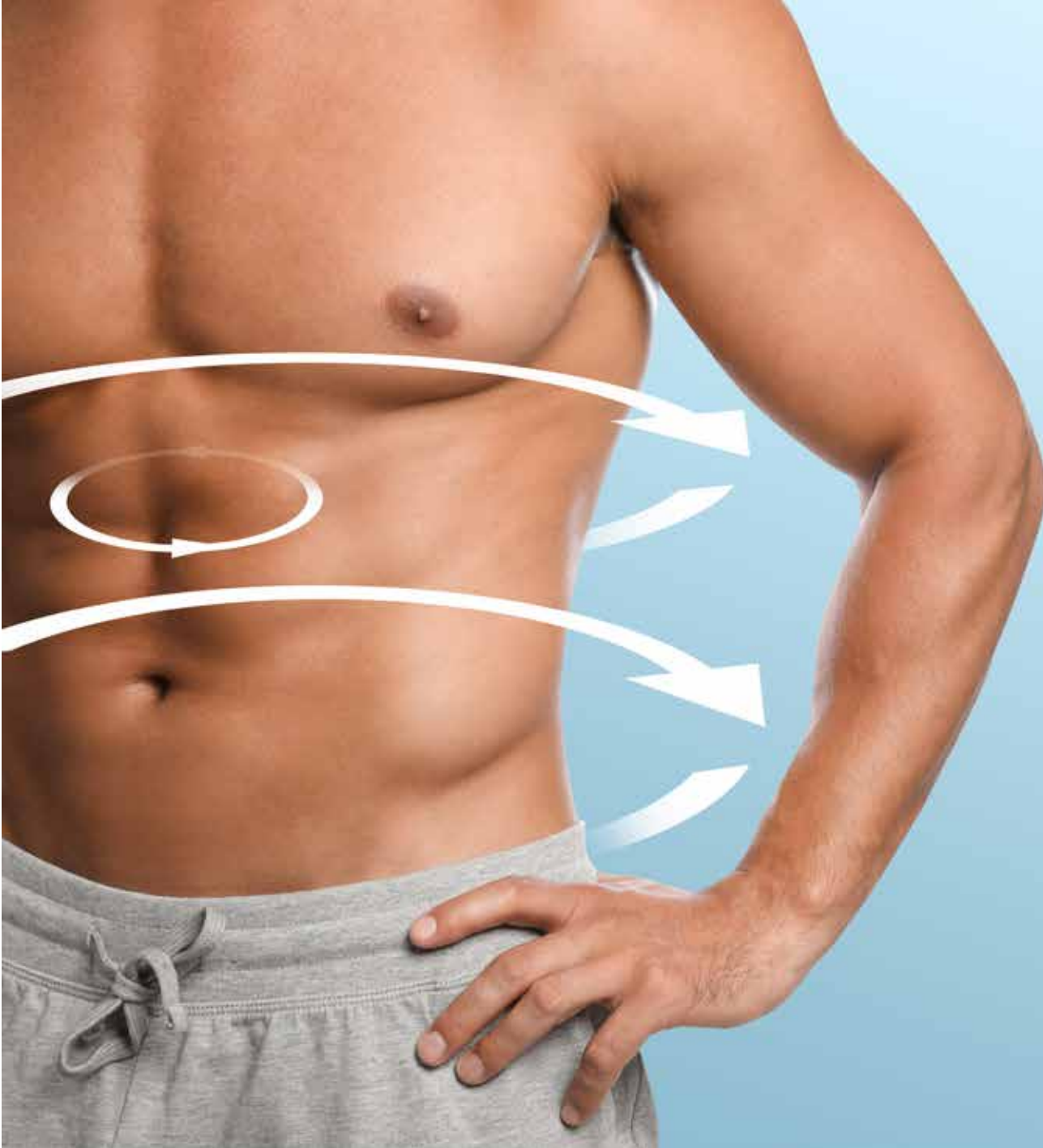
Stress is a fact of life. But Home Cures That Work has some simple solutions that you relief from stress "on the go" whenever and wherever they need it.

11 HOW TO KEEP YOUR SHIP AFLOAT AND NOT SINK!

Imagine you're the captain of a ship. No matter what comes up, just like the captain, you're prepared. And you should be, since you are a captain. You're the captain of the ship that is your life, the ship that is your business. And as the captain, you owe it to yourself, as well as your crew (your family, your team members) to make sure the ship is headed in the right direction every single day.



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3 WAYS TO ACTIVATE AMPK AND BOOST YOUR METABOLISM

by Dr. Scott Saunders, M.D.

What do we do when we find a very important chemical in the body that performs many essential functions that are indispensable? Well, we market it, of course. A drug company will find a drug to stimulate it or block it, or a vitamin company will find a way to do the same. This is how “money makes the world go ‘round.”

There is a great deal of hype surrounding each discovery of a new chemical of the body. They are sold as miracle healing supplements such as:

- Arginine
- Carnitine
- Nicotinamide (NAD)
- Peptides
- ...and countless others

You can be reasonably skeptical of all supplements. It's not that these are not important, they seriously are, but we rarely have a deficiency of any of them. There is a better way to improve the function of the body without adding another pill, or two, or three... This is exactly what I will explain about AMPK.

to certain proteins to turn them on or off. To look at this protein in two-dimensions is staggering:[1] (red is “off” and green is “on”)

As you can see, this is not a small protein with few effects. Now, if we were to blow up what each of the other proteins, DNA and RNA does, we could not put it in one book. Thus, AMPK is a big player in the metabolism of every body. No wonder it has become such a darling of the body-hackers!

When there is a lack of energy in the cells, an enzyme called AMPK is made, which induces:

- Resveratrol

AMPK is an enzyme that adds a phosphate

- Energy conservation

- Use of stored materials
- Use of fat
- Decreased glucose in muscles
- Increased glucose in brain
- Turns protein into sugar
- Makes more mitochondria (the power plant of cells)

So, now that we know what it is, and what it does, we can find ways to improve the function of the body. The body is a most miraculous machine. There are redundant systems to keep everything working well.

AMPK stands for AMP-dependent Protein Kinase. Like ashes left after a fire, AMP is what is left over when energy is made in the cells. If there is a lot of AMP, either it means you are using up energy too fast, or not making it fast enough. So, AMPK senses the excess AMP and goes to work to make your body efficient, making more energy in all the ways listed above.

AMPK is activated by:

- Low blood sugar
- Lack of oxygen
- Mitochondrial toxins

None of these are great things that you want around. For example, low blood sugar, or hypoglycemia, often causes fatigue, headache, weakness, nausea, and dizziness. Low oxygen can be deadly, such as in diseases like congestive heart failure, asthma, or chronic obstructive pulmonary disease (COPD). Mitochondrial toxins, such as lead, mercury, carbon monoxide and other poisons can also cause death and disability.

However, there are safe and natural ways

to induce AMPK and improve function of all your cells. This is, ironically, using the same mechanisms as the undesirable things above.

HYPOGLYCEMIA

Low blood sugar can be safely achieved simply by fasting. When we stop eating, blood sugar goes down, causing mitochondria to make less energy which is the safe way to produce AMPK. It is very hard to write in one little paper all benefits from fasting. This is just one small part.

HYPOXIA

Low oxygen can be safely and easily done with exercise. Every time you work out enough to get “winded” where you are doing “anaerobic respiration” you have a low oxygen level, inducing AMPK. This means the ideal exercise is “interval training” where exercise is done to your limit in short bursts.

TOXINS

METFORMIN, a medication commonly used for diabetes, is a mitochondrial toxin that induces AMPK.[2] [3] It also decreases the risk of cancer because it causes the body to get rid of abnormal cells (autophagy).[4] [5] But because of its toxic effects on the liver and muscles, many want to avoid it. There are safer alternatives. One herb, Gynostemma pentaphyllum extract (actiponin), is marketed as an AMPK inducer. It has been shown to help people lose weight[6] as it has the same effects as metformin. Another herb, berberine also induces AMPK and it seems to have all the benefits of metformin with none of the risks. [7] [8]

All this makes it easy to decide: you WANT AMPK!

It makes your body:

- Energy efficient
- Prevent cancer
- Reduce sugar
- Lower weight
- Cleanse and detox
- Burn fat
- Increase mitochondria (energy)

Since these are GOOD things, do you run out to the store and buy a pill to induce AMPK? There is a better way.

RECOMMENDATIONS:

Fast periodically.

Fast one day a week, or three days in a row once a month. This is an ideal, but even one day per month is helpful. Fasting means having an empty stomach, so don't run into the trap of eating small amounts or drinking every time you're hungry. Hunger is good. Hypoglycemia is also good when you are fasting.

Exercise regularly.

Interval training to tolerance, meaning you just exercise to your limit for about 10 seconds, then do light exercise for 30 seconds to one minute.

Not everyone is going to need a supplement. However, if you have a mitochondrial deficit, as evidenced by fatigue, congestive heart failure, brain fog, or atrial fibrillation, it would be a good idea to take one. My favorite is berberine. Whenever I look at using berberine for a health problem, I find it useful, and, most important, non-toxic.

Take Berberine.

Take Berberine 500mg twice per day with meals for one week, then off for a week to keep it working well for your body. (Herbs taken every day lose their effects over time.)

AMPK is an amazing enzyme that benefits the body in so many ways! But you don't need to spend a small fortune to make it. The basics of health – diet and exercise – are sufficient to keep it working for you every day. And, for those with energy problems, adding an herb to give it a boost will also be helpful.



Sources:[1] Nat Rev Mol Cell Biol. Author manuscript; available in PMC 2017 Dec 12. Nat Rev Mol Cell Biol. 2012 Mar 22; 13(4): 251–262. Published online 2012 Mar 22. doi: 10.1038/nrm3311 [2] <https://pubmed.ncbi.nlm.nih.gov/31781324/> [3] Exp Cell Res. 2017 Mar 1;352(1):75-83. doi: 10.1016/j.yexcr.2017.01.017. Epub 2017 Feb 1. Metformin activation of AMPK suppresses AGE-induced inflammatory response in hNSCs Ming-Min Chung 1, Christopher J Nicol 2, Yi-Chuan Cheng 3, Kuan-Hung Lin 4, Yen-Lin Chen 5, Dee Pei 1, Chien-Hung Lin 6, Yi-Nuo Shih 7, Chia-Hui Yen 8, Shiang-Jiun Chen 9, Rong-Nan Huang 10, Ming-Chang Chiang 11 [4] Curr Drug Metab. 2018;19(9):793-797. doi: 10.2174/1389200219666180416161846. Anti-cancer Effects of Metformin: Recent Evidences for its Role in Prevention and Treatment of Cancer. Masoumeh Kheirandish, Hamidreza Mahboobi, Maryam Yazdanparast, Warda Kamal, Mohammad Amjad Kamal [5] <https://microbeformulas.com/blogs/microbe-formulas/what-damages-your-mitochondria-and-how-fixing-them-boosts-energy> [6] Obesity (Silver Spring). 2014 Jan;22(1):63-71. doi: 10.1002/oby.20539. Epub 2013 Sep 5. Antiobesity effect of Gynostemma pentaphyllum extract (actiponin): a randomized, double-blind, placebo-controlled trial; Soo-Hyun Park 1, Tae-Lin Huh, Sun-Young Kim, Mi-Ra Oh, P B Tirupathi Pichiah, Soo-Wan Chae, Youn-Soo Cha [7] Curr Pharm Des. 2020;26(39):5054-5066. doi: 10.2174/1381612826666200523172334. AMPK and its Activator Berberine in the Treatment of Neurodegenerative Diseases Siru Qin 1, Huiling Tang 1, Wei Li 1, Yinan Gong 1, Shanshan Li 1, Jin Huang 1, Yuxin Fang 1 2, Wenjuan Yuan 3, Yangyang Liu 1 2, Shenjun Wang 1 2, Yongming Guo 1 2, Yi Guo 4, Zhifang Xu 1 2 [8] <https://roguehealthandfitness.com/berberine-promotes-fat-loss-and-activates-autophagy/>



What To Eat When You're Sick

It's February and we're in the height of the cold and flu season. The US Centers for Disease Control and Prevention (CDC) reports, "Despite declines in some key indicators, flu remains widespread across most of the country and severity indicators are still high." [1] And apparently the flu vaccine isn't touching most of the circulating viruses. [2]

With or without a flu vaccine, there are significant ways to prevent and minimize colds and flus. Chief among those ways are to boost your immune system and keep it robust should you contract a cold or flu.

In short, the way to maintain a strong immune system includes:

- Eat a nutritious diet of organic whole foods

- Drink plenty of water
- Get 7 to 8 hours of sleep each night
- Exercise regularly (outdoors if possible)
- Observe good hygiene
- Abstain from harmful habits: over-eating, consumption of refined sugar and processed foods, smoking, and drinking alcohol in excess

But what do you do when you've followed the above practices and still come down with a virus?

What to Eat When You Have the Intestinal Flu

When it comes to intestinal flu, you really have to "go with your gut" when it comes to eating. Don't put anything in your stomach that will upset it. If you have diarrhea, avoid solid foods for the most part, or only very easy-to-digest foods in very small quantities.

Increase intake of fluids. Water, bone broths and teas are best. Drinking more fluids provides a moist respiratory tract that repels viral infection and improves the function of white blood cells. [3] Conversely, fruit juices and sugary drinks reduce the ability of white blood cells to fight infection. [4] Diarrhea and vomiting can dehydrate a person quickly, so drinking more fluids is vital.

Follow the BRAT diet. BRAT is an acronym for bananas, rice, applesauce, and toast. [5] These are foods that are bland and easy to digest.

Take ginger for nausea. Ginger in the form of tea or a chew is very effective for calming nausea.[6]

What to Eat When You Have A Cold

Increase intake of fluids. Water, bone broths, and teas are best. Chicken broth boasts the amino acid cysteine that thins mucus, keeps nasal passages moist, and fights inflammation.[7]

Follow a nutritional eating plan of organic whole foods. The research lists so many great foods to eat when fighting a cold that it seems best to simply continue the protocol that best strengthens immunity to fight off a virus.

Add herbs and spices. Garlic and onion contain antiviral properties and cayenne pepper (capsaicin) clears sinus passages and relieves pain.[8], [9]

Consider supplements. Echinacea, ginseng and black elderberry all offer immune-boosting, antiviral compounds.[10]

A cold or flu may not be entirely avoidable, but the foods, herbs and supplements listed above can lessen the symptoms and shorten your bout with the virus.



Sources: [1] US Centers for Disease Control and Prevention, "What You Should Know for the 2014-2015 Influenza Season," February 6, 2015, <http://www.cdc.gov/flu/about/season/flu-season-2014-2015.htm>. [2] US Centers for Disease Control and Prevention. [3] Michael Murray, ND, *The Pill Book Guide to Natural Medicines* (New York: Bantam Books, 2002), p. 907. [4] Michael Murray, ND. [5] Catherine Roberts, "10 Best Foods to Eat When You're Sick," April 15, 2013, <http://www.activebeat.com/diet-nutrition/10-best-foods-to-eat-when-youre-sick/8/>. [6] Cindy Shih, "The Best and Worst Foods to Eat when You're Sick," Greatist.com, February 12, 2014, <http://greatist.com/health/best-foods-eat-when-sick>. [7] Cindy Shih. [8] James A. Duke, PhD, *The Green Pharmacy* (Emmaus, PA: Rodale Press, 1997), pp. 135-137. [9] Catherine Roberts. [10] James A. Duke, PhD.

4 Ways to De-Stress After a Crazy Day



IN AN UNSTABLE world, a stable mind, a fit and strong body, as well as an unshakable spirit, constitute an impenetrable shield against the devastating effects of stress and anxiety. The following tools for relaxing can help you build that shield.

Breathing

Simple deep breaths can do wonders for reducing stress and anxiety. Take time out for twenty seconds to release tension when things get rough. To relax, breathe in slowly and deeply through the nose and breathe out through the nose. Do this three to four times.

Visualization

By using mental pictures, you can change attitudes and behaviors. Improve your organization by imagining what your office would look like when it is in order or improve your posture by imagining puppet strings attached to the top of your head and shoulders. Professional athletes are very successful in improving their performances using visualization

training.

Mental Imagery

During or after the final stretch of your workout or anytime during your work day, clear your mind and focus on one single image. This could be a shape, a color, your favorite place or anything you associate with quiet and peace. It is simply a “mental vacation.” It takes practice to avoid letting your mind wander to other things or let stress and anxiety trigger panic images. Combine this technique with slow, deep breathing.

Progressive Relaxation

Progressive relaxation trains your muscles to release tension as it builds up instead of storing it throughout the day. Lie in a comfortable position (on your back or on your side with bent knees are best). Close your eyes. Start by taking several slow, deep breaths. Now, as you breathe in, you are going to tense a muscle or a muscle group, as you exhale let the muscle relax.

Follow this sequence:

- Inhale, flex your right foot.
- Exhale, let it relax.

- Inhale, flex your left foot.
- Exhale, let it go.
- Repeat with the following contractions, inhaling and exhaling each time.

Tighten both legs and press them together.

- Tighten the thighs.
- Tighten the buttocks.
- Pull in the abdominal area and flatten the back.
- Tense the chest and shrug the shoulders.
- Clench your fists and press your arms into the floor.
- Close your eyes tight and contract your facial muscles.

If you still feel tension, stress or anxiety in an area, continue contracting and relaxing until the tightness disappears. Don't forget how beneficial deep breathing can be.

When stress, anxiety and fatigue hits you, how do you wind down and relax?





HOW TO KEEP YOUR SHIP AFLOAT AND NOT SINK!

IT WAS APRIL 15, 1912. Passengers on the Titanic were celebrating the vacation of their lives on the world's biggest and most luxurious cruise ship on its maiden voyage. Management knew they were in dangerous waters. The ship was informed of the ice floes, yet they steamed full throttle with only enough lifeboats for half the passengers. Denial? Overconfidence? Sloppiness? Their lack of preventative measures cost 1517 lives.

Imagine being on the dance floor without a care in the world.

Suddenly, you hear a deafening crash and get thrown to the floor by a sudden powerful jolt. What goes through your mind? Probably panic, right? But, then what?

According to archived data, passengers generally reacted three ways.

- Some stayed in a state of panic.
- Others slipped into denial, continuing to drink and party.
- A smaller percentage kept their cool,

planned rational action, followed instructions from the crew and then initiated their actions.

Which group do you think had the highest survival rate? Exactly, it was those who planned and then initiated their plans.

Did you know many ran to their staterooms to rescue their money, jewelry and other belongings? Many of those whose first concern was their wealth took it to their watery graves.

When they first felt the impact, the

passengers had no idea that within two and a half hours, the Titanic would rest on the ocean floor.

Like those passengers, we are on a sinking ship. Sure, we have more than two and a half hours. You have how many? Ten, twenty, thirty or more years? But, guess what? We do not have a lifeboat to fight over. The good news is, we are building one for you now.

Do not go down on aging's Titanic. Choose to survive.

Like the Titanic's management, who in denial of the looming dangers, chose to go full speed ahead, society, including governments and corporations, have their heads in the sand when it comes to aging. They party on, ignoring the reality of our pending demise. They do not consider building a lifeboat to cure aging.

Instead, they tend to the sinking ship's maintenance, patching leaks here and there, bailing out water when it does get in, and they continue treating symptoms. Most industries follow their lead.

Then, when something goes wrong, people panic. They pull all stops to cure what should have been prevented. They never considered fixing aging in the first place.

Preventative medicine and lifestyle changes seemed like too much of a bother. After all, they had a mortgage to take care of twenty years ago and yearly vacations to plan and save for. They live hand to mouth and, like lemmings, they follow big government's and big pharma's direction to their premature deaths.

Others cling to their wealth instead of investing a portion in their health and longevity and in the technologies that might prolong their lives. They die rich when they could have survived longer and

gotten even richer.

Then there are a growing minority who invest in their personal health and who invest in the type of technologies described in Part I of Life Extension Express. Maximum Life Foundation is spearheading that movement.

Ironically, early investors in these technologies may not only be the first beneficiaries of their life-extending properties, they may even be able to multiply their wealth from the potential returns from their investments.

How would you like to own a piece of the company or companies that develop age-reversing treatments or products? What would a cure for aging be worth?

We have some work to do first. For example, there is an ongoing lifeboat collision between close-minded cultural traditions and the moving boundary of what is possible in medical science. Traditions threatened by any major change, like what can be done and should be done about aging, are powerful things.

"Curing" aging, like so many advances that medicine has seen at one time or another, breaks those traditions. We see a certain level of hostility when traditions are challenged. This is true of longevity science in general.

Over the years ahead, the research community will, with sufficient directed funding, slow and reverse the course of aging, and ultimately eliminate aging entirely, including the frailty and age-related diseases it brings. However, a substantial proportion of the population does not yet see this as a desirable goal. That is a problem, our problem, and another challenge of longevity and surviving we have to surmount.

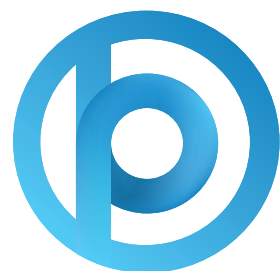
So, who is the captain of your ship? If not you, you choose to give control to someone else like many on the Titanic. Whether it's government, big business or antiquated traditional ideas, that "someone else" does not have your best interests at heart.

Are you going to panic and let someone else steer you into an iceberg, or are you going to take control of your own destiny?

It's sink or stay afloat. What life-loving person would choose to go down with the ship? That decision is made years before the ship sinks. Insurance is not for sale when you need it.

How do you keep your head above water when life starts to pull you under or overwhelms you?





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P U B L I S H I N G

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.