

Growing Great Gardens Gives Grand Gains

Laugh Away
Illness

How to Milk
a Camel

GERD: The
Burning Within



Home Cures That Work

Gardening has made a rebound this year. One great part of planting your own personal garden is that you can choose an array of foods that appeals to your senses: after all, you control what goes into (and onto) it. Many of us find information on the harmful effects of pesticides in our produce consuming our thoughts, and shoppers continue to learn about the “Dirty Dozen” list. Nothing can keep the contamination from spreading, and yet, achieving a healthy diet means eating fruits and veggies. What do we do? Grow a garden! Dr. Saunders produces a hobby that gives you a workout and yields the literal fruits (and vegetables) of your labor.

Medications don't fix the problem: At least one in three American adults suffer from acid reflux. But before you are forced to deal with side effects or worry about mixing the antacid with any other medications you might be taking, keep reading to garner some information on a more natural alternative. An apple a day may not keep the doctor away, but it will help with problem meals. So, let's go over the disease itself, its causes, symptoms and the other 8 natural ways to end GERD.

Camel milk is unique in its potential ability to help with allergies and autism, to mitigate autoimmune disease and diabetes and for heart and immune health. It has even been used around the world as a supplement to breastmilk! Sound crazy? I thought so too, but it turns out that the milk from a camel is an entirely different animal (pun intended) than milk from a cow or a goat. Here's why...

We all know that it feels good to laugh. ... In fact, we've all heard the phrase “Laughter is the best medicine.” Now a recent study shows that laughter can transform our physical health. The study showed that laughing can be a powerful immune system booster. The benefits of laughing are far reaching. Laughing has previously been found to help fight infections, relieve hay fever, ease pain, and help with chronic fatigue. A few benefits of the ‘therapy’ behind laughing are in this issue!

For your health,

Cheryl Ravey, Editor
Home Cures That Work

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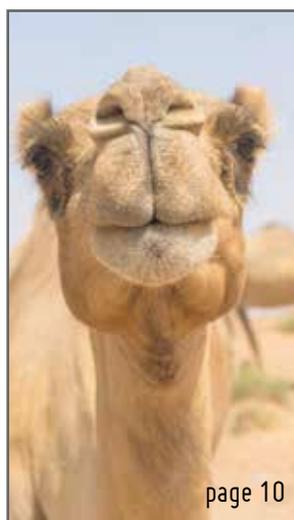
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04 GROWING GREAT GARDENS GIVES GRAND GAINS

Here's some advice: Go get dirty! Yup...dig, water, pot, plant. You're really not into all that gardening stuff? Once you hear the many wonderful health benefits you can get from not just eating veggies but from growing them as well, we bet you'll be digging down to find your own inner gardener!



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08 GERD: THE BURNING WITHIN

Approximately 20 percent of the American population has gastroesophageal reflux disease (GERD). Heartburn is the most common symptom. Aside from losing weight — as little as five pounds — to alleviate acid reflux symptoms, Dr. Saunders has some other suggestions.

10 HOW TO MILK A CAMEL

Most of the Western world has been slow on the uptake when it comes to the benefits of camel's milk. However, that means everyone's missing out on what it can do for the body, such as...



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12 LAUGH AWAY ILLNESS

Did you know that laughter and joy have unparalleled healing power? It's true! Yet, with everything that has happened over the past couple of years, it can be pretty easy to forget about this "best medicine." That's why I want to share this with you.

GROWING GREAT GARDENS GIVES GRAND GAINS



As the world changes and there are disruptions in the supply chain, many have considered growing a garden. There is no right or wrong way. I have patients who have “tower gardens” that use very little space on their patios, or even in their apartments. Others I know have full farms with fruit and vegetables growing over many acres. Your garden could be in pots on your balcony, or on a community garden plot in the city. No matter what you do, this is one activity that will benefit your health in so many ways.

Gardening for Exercise

The larger the garden, the more work it takes. I don't know about you, but I'm not a treadmill person. I cannot see my efforts wasted so much as running and going nowhere. If I'm going to use muscles, I want to see some benefits! Gardening is a great way to use muscles. Digging, moving dirt, bringing in topsoil, mulching, building boxes, raking, hoeing, weeding, all help to build muscle and improve blood flow. Exercise is so important for health and creating and maintaining a garden can be a wonderful way to provide that exercise.

Gardening for Sunshine

Being out in your garden on a sunny day is more than just joyful, it is healthy. Regular sunshine has many benefits for the body including increased energy and better sleep.

The sun regulates your circadian rhythm, keeping you awake during the day, and helping you sleep at night.

Sunlight increases serotonin which prevents anxiety and depression, allowing relaxation and good sleep.[1]

The sunlight on the skin in the infrared spectrum warms you, but also turns on proteins in your cells that make energy.

The UV light also makes vitamin D. Studies show that only 30 minutes in the sun can make up to 10,000 IU in dark-skinned people, and 50,000 IU of vitamin D in light-skinned people.[2] This stimulates the immune system, which is why colds and flus happen in the winter, instead of the summer.

The sun keeps us healthy. Working outdoors in your garden gives you all the benefits of sunshine.

Gardening is Grounding

Also known as “earthing,” grounding is getting your body to touch the earth. Walking barefoot, lying in the grass, walking through a forest, or digging with your hands in the dirt all allow a connection with the earth.

An electrical circuit requires a ground wire to prevent the build-up of electricity in your devices from shocking people. The human organism also runs on “electricity” or positive ions. Over time negative ions build up and disrupt the normal flow of energy. Grounding releases the negative ions and restores the flow of energy. Studies show two benefits of grounding:[3]

- The circadian rhythm becomes regular, and cortisol levels become normal. Multiple studies show that camping, being out in nature, or gardening can lower stress hormone levels.
- Improves circulation in the body.

There are a lot of issues related to circadian rhythm and circulation. A good circadian rhythm keeps the adrenal glands functioning for energy and longevity. Fibromyalgia, arthritis, and back pain are mostly related to blood flow. Regularly working in your garden, getting your hands in the dirt, can relieve pain, and improve function. Periodic grounding is good for your immune system, preventing many kinds of illnesses.

Gardening for Probiotics

The soil holds a plethora of microbiological benefits. The organisms in the soil are good for us in many ways. We are often told things are “dirty” and must be cleaned. We wash the dirt off our hands and food before eating. While washing off the chemicals sprayed on the food is a good idea, the bacteria, and fungi, and even viruses, are actually good for us.

There are bacteria in the soil that increase serotonin and make people happy.[4] Those who have more exposure to soil bacteria as children have less autoimmune problems, allergies, and asthma.[5] The immune system functions better with good bacteria growing in the intestines. If someone has little exposure as a child, they can benefit from more exposure as an adult. The key is to get a lot of different bacteria. The bacteria grow in your colon from food, like “prebiotic” fiber, from the fruit and vegetables in your garden. Thus, a garden is a perfect mix of prebiotics and probiotics to maintain a healthy gut – and a healthy brain.

Gardening is Bonding with Others

Gardening is a great group activity. If you

have a family with young children, they can gain all the benefits from growing food or other plants. When I was a child, my mom paid us to pull weeds – a penny a weed – in her garden. We started pulling and found that the weeds often broke off. We then pulled the rest and got paid double! My mom got smart and started paying a penny for a root. (Don't tell her, but we found out that we could carefully split a complex root system into many multiples... ☐) I think we had a lot of great experiences from those gardens. We ate food that we grew. If I was hungry, I could go out to the garden and pick a carrot and eat it (I don't remember if I washed it – more soil probiotics). My brothers and I bonded while working in the garden.

If you don't have your own yard to garden, some towns have community garden areas available. People who live in the neighborhood can claim a plot and grow what they want on this land. Communities can come together over gardens. They share watering or fertilizing. They often share the harvest with others in the neighborhood. In ancient times, Abraham did this. He had gardens growing where travelers could stop to rest and eat.[6] Sharing our food with others bonds us to them.

Gardening for Healthier Food

The food that comes from a garden has no pesticides, or chemicals. It has nutrients that you do not get from food that is in the store, even when it's fresh. When plants are still growing, they make volatile nutrients, such as sulfur compounds, that are lost as the food ages. Fresh-picked food is more nutritious than packed and shipped store-bought food, which loses its nutritional over time.

Spinach loses 100% of its vitamin C content in seven days if stored at room temperature, and 75% if refrigerated. Carrots lose 27% of their vitamin C content when stored for a week at room temperature.[7] This happens because the living food still has cellular activity. The enzymes in the fruit and vegetables are still using the nutrients, but those nutrients aren't being replaced by the plant.[8] Produce may be sitting in the grocery store more than a week before you get to it so it will be less nutritious than food that has just been picked.

Also, much of our produce is grown for shipping and shelf-life and not for nutrition (or even taste!) I won't buy an apricot from a store anymore because even though they are my favorite fruit, those in market taste like squash! I enjoy the ones off my tree. MMMMMM! GOOD! Tomatoes and most fruit are picked green so they can be transported to stores all over the world. Your produce might come from Mexico, Chile, or even the Orient! Some fruit, like apples, are picked unripe and stored for months in cool warehouses. Unripe produce has less nutrition than fruit that is tree ripened.

When you have your own garden, you can pick everything at the perfect ripeness and get the best taste, and the most nutrition.

Gardening for Longevity

It isn't necessary to grow only food to get health benefits from your garden. Growing plants of any type is healthy. My mom, who is in her 80s, has a rose garden with over a hundred bushes. She works hard several days a week to fertilize, prune, and take care of her roses. When they bloom, she takes bouquets to her neighbors. Everyone appreciates “the

lady on the corner with the roses!”

An important part of life is not just living longer, but healthier. There is evidence that gardening helps people to remain healthy into their 90s and beyond by exercising and reducing stress.[9] The so-called “blue zones” where a larger percentage of people remain healthy for a century have one thing in common – gardening! Whether you grow fruit, vegetables, flowers, (or these days, marijuana), it is a good way to prolong your life and improve your function.

Gardening for Self-esteem

When I get vegetables out of my garden and make food for my family, it is especially satisfying. There is a lot of joy in picking fruit and eating something I have grown. I think this is so great because it relieves stress. I take photos of my harvest and share it with family and friends, or on Facebook. I don't have a green thumb. I'm not good at regular watering and weeding. But somehow, I get a few salads out of my garden, and even have some left over to give to others. Sharing is a great way to improve self-worth.

Gardening as a Work Ethic

There are a few things in life today that require continual work. Most of our lives are on autopilot, allowing us to think about other things. We have automatic dog

feeders, automatic washing machines, automatic lights in our homes, an automatic vacuum to clean up the floor, and automatic transmissions in my car; today, you can automate just about everything. A garden is different. Gardens need to be tended regularly. I have automated the watering schedule, that is easy, but I still need to pull the weeds in the garden. I also find that if I fertilize regularly the fruit is better. Walking out the door and seeing the garden full of weeds is my motivation to get to work so I can enjoy a good harvest later.

Gardening for Love

The last benefit of growing a garden is love. Love is when I sacrifice what I want or need to help someone else. Parents do this for their children, and sometimes children for their parents. My wife sacrifices for me. My friends also make sacrifices. The more the sacrifice, and the more the benefit, the more the love. Jesus said the greatest love is to sacrifice your life for the benefit of others.[10]

One day I was out in the garden, pulling weeds, and generally tending to my plants and I thought that I was just wasting time. There are so many other things I could be doing. It seemed to be quite a sacrifice that I was making for my garden. I take time out of my day. I get dirty. I dig, pull, and plant. I go to the store to find seeds or plants. I must make a great deal of effort so my garden will grow. As I looked at all the little fruit growing, yet to ripen, I realized that the garden gives back to me. I love my garden by making a sacrifice for it, and in return my garden loves me by giving my family fruit and vegetables.



Sources: [1] <https://www.healthline.com/health/depression/benefits-sunlight#mental-health>
[2] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2290997/> [3] <https://chopra.com/articles/grounding-the-human-body-the-healing-benefits-of-earthing> [4] <https://www.discovermagazine.com/mind/is-dirt-the-new-prozac> [5] <https://www.nature.com/articles/nature.2012.10294> [6] <http://www.crivoice.org/travelers.html> [7] <https://www.bbc.com/future/article/20200427-frozen-fresh-or-canned-food-whats-more-nutritious> [8] <https://www.livestrong.com/article/447449-how-do-fruits-and-vegetables-lose-their-nutrients-after-picking/> [9] <https://www.bbc.com/worklife/article/20181210-gardening-could-be-the-hobby-that-helps-you-live-to-100> [10] John 15:13



GERD: The Burning Within

Hearthburn, indigestion, acid stomach, reflux... There are many terms for the burning in the esophagus that is common to all, at least occasionally. From historical records, it appears that gastroesophageal reflux disease, or GERD, has been a problem for mankind from the beginning. Many remedies have been used over the centuries, some were even highly toxic.

Currently, medications for GERD are among the most-sold drugs in the world. The most recent drugs completely block acid in the stomach. They often work, but at the same time they inhibit the absorption of minerals, such as calcium and magnesium, and have been shown to cause osteoporosis when used on a long-term basis. They also block the absorption of vitamin B-12, which leads to nervous disorders.

Many don't want to take drugs forever so they opt for surgery, called a fundoplication. This can work, but is really successful less than half the time.

Because of these problems, many people ask me if there is anything that can be done without drugs or surgery to treat and relieve GERD. The following is my list; it is almost always successful in my patients.

1. Don't eat in the evening. A good rule is not to eat after 6pm or so. Eating stimulates stomach acid production and very often leads to nighttime GERD.
2. Avoid high-calorie, low-fiber foods. Pizza is a common problem because it is very high in calories, but has very little fiber. Meat, cheese, white flour products, white rice, pasta, and anything processed generally have little fiber. The stomach

empties according to the calories you eat so it will take a lot longer to empty a pizza than a salad.

3. The corollary to number 2 is to eat lots of foods with fiber. Have a salad with your meals. Have only fruit for dessert.
4. Drink only water between meals, no snacks. Often, the problem isn't too much, but rather not enough acid. Eating frequently causes lower stomach acid which may lead to GERD. Having the stomach empty between meals "resets" the digestive system, allowing you to prepare for another meal.
5. Don't drink with a meal. Those who drink anything with a meal (even water!) eat more, causing the stomach to get too full, and it dilutes the acid, raising the pH and creating indigestion. When we no longer produce saliva then we should stop eating. But, if we drink we can continue to wash-down the food, causing us to eat too much.
6. Avoid foods that seem to make heartburn worse. In some cases, people are sensitive to foods, or even have allergies, without knowing it. In one study, a biopsy done on the intestines showed 1% of "normal" people had celiac disease, an allergy to wheat. I have found that food allergies are a common cause of chronic GERD.
7. Eat small meals. Feasts should be occasional, not daily. The stomach works much better with a small meal.
8. Fast regularly. Not eating or drinking anything for at least one day per month helps the stomach to function properly. The stomach is more than just a holding tank; it is a complex endocrine organ that controls much of our digestion and absorption. I always say that it needs a rest periodically, just like every other part of the body.

With these principles, almost everyone is able to get off of their GERD medications, and avoid surgery. However, if you have persistent symptoms in spite of these, it's a good idea to find out why. There are diseases such as infections and cancer that can produce the symptoms of indigestion. I read of one case of a cardiologist who was giving lectures away from home who was found dead of a heart attack in his hotel room. His briefcase had lots of antacids. Apparently, he was treating the chest pain from his heart as "heartburn."



How to Milk a Camel



AN ARABIAN PROVERB warns, “If the camel once gets his nose in the tent, his body will soon follow.” Well, it seems that the camel has wheedled its way into the dairy industry in the US.

Camel’s milk has been enjoyed by nomads and Bedouins in the Middle East for centuries. In the Middle East, camel’s milk is often referred to as “liquid gold” or “white gold” because of the healing properties it is believed to possess.[1]

But until 2009 it was a felony offense to sell camel’s milk in the US.[2] However, in April, 2009, Dr. Millie Hinkle got over that “hump” by introducing a proposal to the Food and Drug Administration to change the law. Consequently, camel’s milk is now included in the dairy laws governing the sale of milk.[3]

Only since January, 2014 is camel’s milk available on the market for purchase. Camel’s milk is distributed by Desert Farms, the creation of University of Southern California student, Abdul-Wahab, a native of Saudi Arabia.[4]

Desert Farms receives its camel’s milk from seven small camel farms, mostly owned by Amish farmers.[5] Currently, camel’s milk sells for about \$18 a pint. The reason for the high price is due primarily to the scarcity of camels. With the camel population at only 5,000 in the US, cows out-number camels 18,000 to 1.[6]

But there are other challenges to milking camels. Camels are large, free-spirited beasts that can be downright cantankerous! Apparently, camels also have a very ticklish udder. (Do you find that embarrassing?) Larry Seibel, a breeder of exotic animals, explains that when you go to milk a camel, “You can forget what you know about cow milking.”[7]

Another challenge is that camels can’t give milk without the stimulation of a calf. This makes camel-milking more laborious and time-consuming. Also, the lactation cycle of a camel is shorter than a cow’s and camels have a very long gestation period (14 months).[8]

Why the hullabaloo on camel’s milk?

Camel milk is being touted as “the next superfood,” according to Frank King, a chiropractor and founder of a company that specializes in natural and homeopathic products. King also raises camels for their milk.[9]

With more absorbable calcium, less fat, fewer calories, 56 units of insulin per liter, and its other unique properties, some believe that camel milk can provide relief to those with:

- Colitis

- Crohn's disease
- Cancer
- Autism
- Asthma
- Diabetes
- Alzheimer's
- Lyme's disease
- Hepatitis
- Various allergies.[10],[11],[12]

Dr. Hinkle explains with regard to treating cancer with camel's milk, "We have seen such astonishing results with patients on the camel milk and have heard from patients around the world who have benefited from the camel's milk." [13] She is also conducting research on the benefits of camel's milk for autistic children and people with other diseases.

Abdul-Wahab, owner of Desert Farms, claims, "90% of our customers are parents who are using the camel milk for autism. Almost all the calls we receive on a daily basis are regarding autism, and that's because there are a lot of studies in the PubMed database showing a positive effect of autism and camel milk together." [14]

What does camel milk taste like?

Though I cannot speak from personal experience, Desert Farms claims that camel milk tastes "just like milk." "It does have a distinctive taste – slightly salty, some say, but always deliciously smooth,

refreshing and fulfilling." [15]

Other healthy milk alternatives

On the hunt for other healthy milk alternatives, there are a variety of non-animal "milks" available including: almond, coconut, flax, hemp and rice. [16]

On the more exotic side, you'll find donkey milk, llama milk and water buffalo milk. (Good luck trying to milk a water buffalo!) Ironically, donkey milk is touted as being the closest to human's milk. [17]

But perhaps the simplest, most available option is raw cow's milk. Apparently raw cow's milk has many of the same properties as camel's milk. We don't normally experience those benefits due to the pasteurization and homogenization process that most commercial milk goes through.

Dr. Deborah Gordon, MD, refers to raw cow's milk as "delicious medicine." She explains that this complex whole food contains digestive enzymes, complete with its own antiviral, antibacterial, and anti-parasitic mechanisms.

Raw milk is full of fat and water-soluble vitamins, numerous minerals, trace elements, all eight essential amino acids, more than 60 enzymes and the omega-6 fatty acid—CLA—that has an amazing effect on diseases such as insulin resistance, cancer, and cardiovascular disease. [18]

Many people who are lactose intolerant are able to drink raw milk and this simple healthful drink may reduce asthma and allergies in children. [19] Raw cow's milk is also being used to treat children with autism. [20]

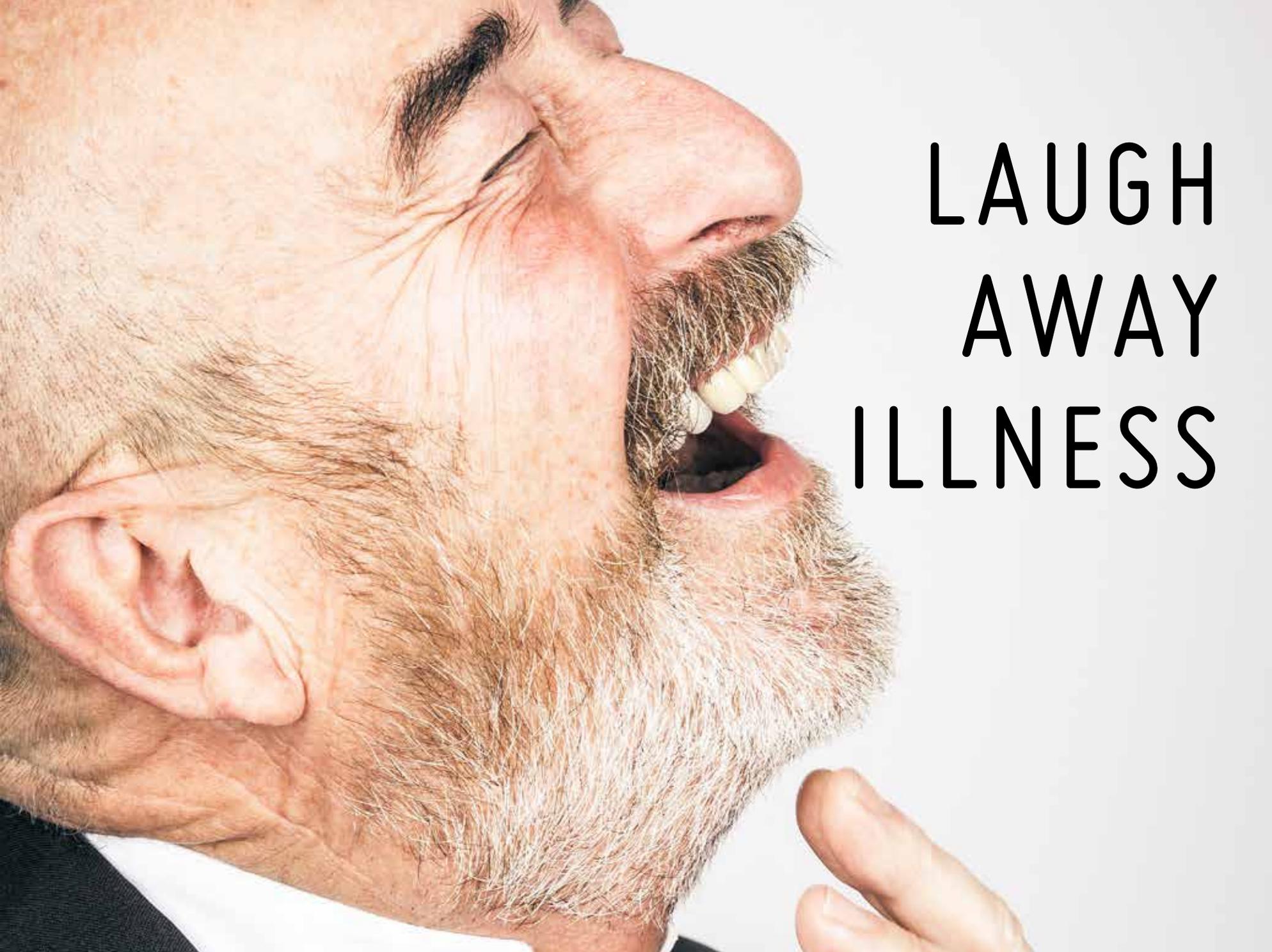
There is so much more data than we can cover in this brief article. The point is, before you shell out the big bucks for camel's milk, you may want to try good old-fashioned raw cow's milk. The key with raw milk is to know your source. Many health food stores and even some grocery stores now sell raw milk.

You can also purchase raw milk from local organic farms. Some questions to consider when buying from a local farmer are: [21]

- Does the farmer drink this milk?
- How long has the farmer been producing raw milk?
- In what environment are the cows raised?
- How frequently is the milk tested for purity and what are the results?
- Do the cows look clean?

You may not have to reach for the camel's milk if you find a good source of raw cow's milk and try it! But if you want to spend a little more and try the latest milk option, go to Desert Farms online and order a pint of camel's milk.





LAUGH AWAY ILLNESS

WHAT IF YOU could laugh all your worries away? What if pain relief came boxed as a giggle? What if a guffaw could help protect your heart from cardiovascular illness? Research suggests that laughter truly is medicine for the heart, mind, and body.

Laughter's Physiological Effect

Laughter is so powerful because it engages your whole brain. Let's analyze how your brain handles a joke.

- The left hemisphere of your brain deciphers the words used.
- The right hemisphere connects the humor behind the joke.
- The visual sensory area of the occipital lobe generates images.
- The limbic emotional system activates a feeling of euphoria.
- And the motor sections of your brain make you laugh and smile.

That's an entire workout for the brain!

The laughter workout extends throughout the body. Facial, diaphragm, abdominal, leg, and back muscles are stretched, as is the entire respiratory system. As muscles stretch and engage, a release of physical tension follows...and remains in effect for up to 45 minutes after laughing!

With every laugh, your pulse and blood pressure increase, thereby boosting heart rate. Maciej Buchowski of Vanderbilt University conducted a small study that calculated how many calories laughter burns. According to results, 10-15 minutes burns approximately 50 calories.

Your breath naturally comes faster when you laugh, enhancing your intake of oxygen. Blood, tissues, organs, and cells benefit from this oxygen influx. Laughter boosts blood flow, lowers blood pressure, and helps keep blood vessels relaxed. It's safe to say that laughter is a complete cardio tonic!

Keep up the giggles and you'll enjoy a cascade of feel-good endorphins. When we feel stressed and succumb to negative thinking, our bodies react on a chemical level. The brain releases stress hormones like cortisol and adrenaline that compromise immunity. The positive thoughts stimulated by laughter, on the other hand, release neuropeptides that counteract stress and its associated hormones, and stabilize mood.

Laughter also helps regulate blood sugar levels...just what the doctor ordered for insulin resistant pre-diabetics and diabetics. A study made up of 19 men and women with diabetes demonstrated the effect laughter has on blood sugar. Participants sat through a boring lecture after a meal. The next day, participants sat through a comedy flick after the same meal. Their blood sugar levels were notably lower the day they watched a comedy than they were the day they suffered through a didactic lecture.

And laughter doesn't stop there. Other health benefits include:

- Increasing disease-fighting cells like Gamma-interferon and T-cells
- Enhancing memory and learning
- Improving creativity
- Boosting alertness

Laughter is a very personal medicine. Some laughs are loud and boisterous, while others are dainty, barely audible chuckles.

We may all have a different sense of humor, but we also all have the capacity for laughter. Give yourself the gift of humor on a daily basis at least. Whether it be laughing at a joke or a funny video... or laughing with friends and family...don't be afraid to engage those abdominal muscles with a full-on belly laugh.

Your immune system will thank you with optimal health and wellness! ►



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