

www.homecuresthatwork.com

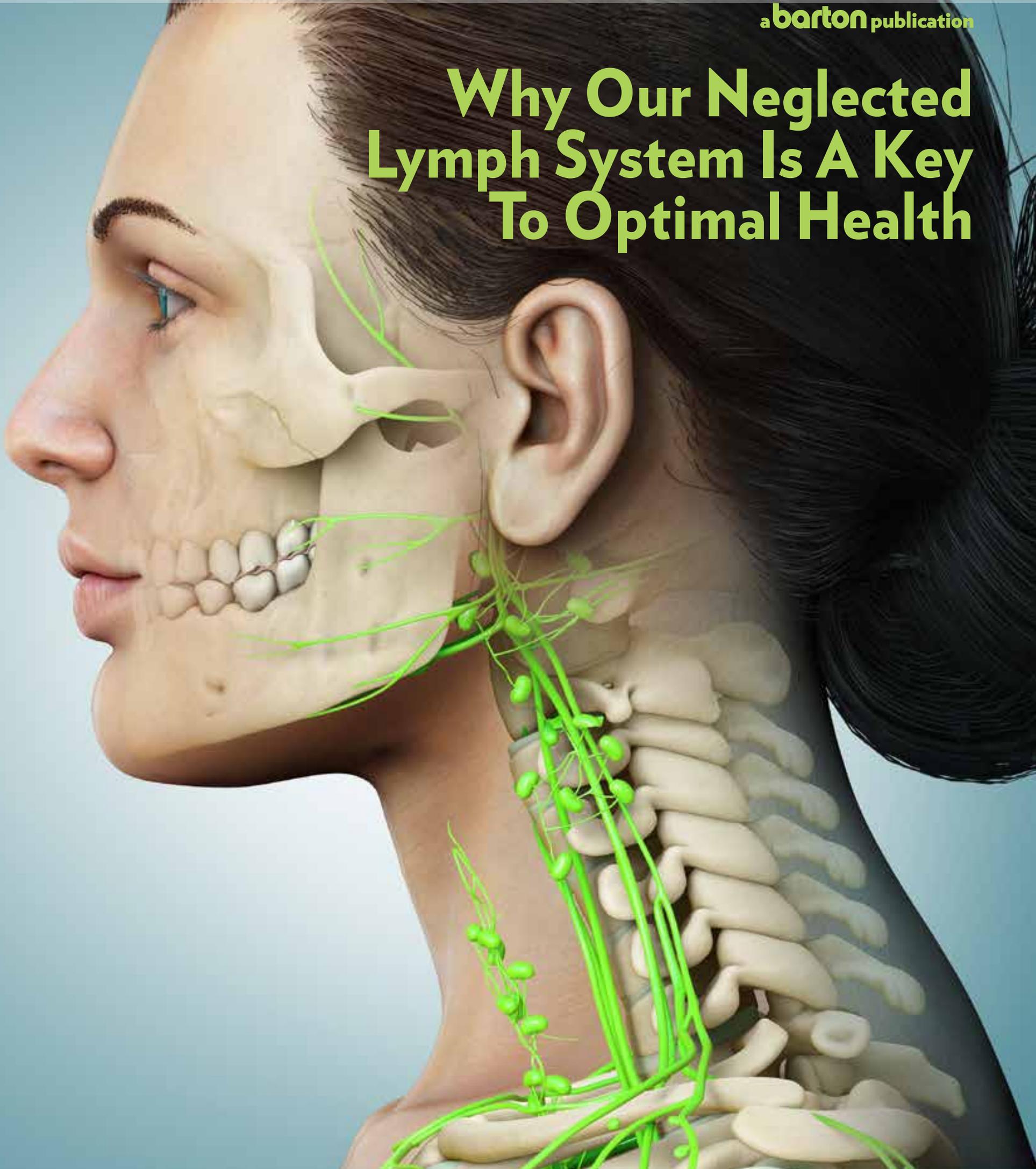
JUNE 2022

# homeCures **that work**

WEIGHT CONTROL • HEALTHY RECIPES • SPIRITUAL WELLNESS • LIVING HEALTHY

a **barton** publication

## Why Our Neglected Lymph System Is A Key To Optimal Health



# Home Cures That Work

---

You've probably heard of the lymphatic system, but do you really know what it does? It does more for us than you might think. The lymphatic system is a critically foundational system in helping us feel well and age better. It's actually part of both our circulatory and immune systems, responsible for fluid regulation, cellular clean-up, detoxification, inflammation mitigation, and more. I'm excited for you to read more about this neglected part of the body in this month's issue with Dr. Scott Saunders.

Grass, pollen, pollution, and just about anything and everything seems to affect allergies. Also, it seems like everyone is dealing with allergies. Sneezes and sniffles shouldn't get in the way of you living your life, so we've put together the best natural remedies and supplements to try.

Is aspartame dangerous? Depends on who you ask. This artificial sweetener has found its way into more than 6,000 products. Is your health worth the risk? In my experience, trusting natural real food will always win on industrialized, imitation, fake-food sell-outs. The people making the claims can be bought, like Donald Rumsfeld.

We have been writing about the benefits of turmeric — and its active ingredient curcumin — for years. As the star ingredient in curry, the studies keep pouring in showing the benefits of this ancient medicinal spice. Especially when it comes to reducing inflammation and supporting healthy blood sugar. Our TurmericBP+ outperforms all the most popular solutions for blood sugar, memory, and joint concerns.

Get your body finally feeling like its working, “right” with a lymphatic massage and TurmericBP+ to help you feel the way you did decades ago. Plus, these new Home Cures That Work let your life your life as you want while resting easy knowing you are supporting your body, naturally.

---

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://drsaundersmd.com>



## 04 WHY OUR NEGLECTED LYMPH SYSTEM IS A KEY TO OPTIMAL HEALTH

Your lymphatic system helps eliminate your body's waste, helps you absorb fats, and plays a key role in the immune system. So it is important to detox every day of the year.



## 09 BEATING NATURAL AIRBORNE ALLERGIES WITH NATURAL REMEDIES

June means allergy season is in full swing again, but there's no need to panic. This article has the best ways to prevent seasonal allergies — they're easy and you can incorporate a couple into your daily routine!



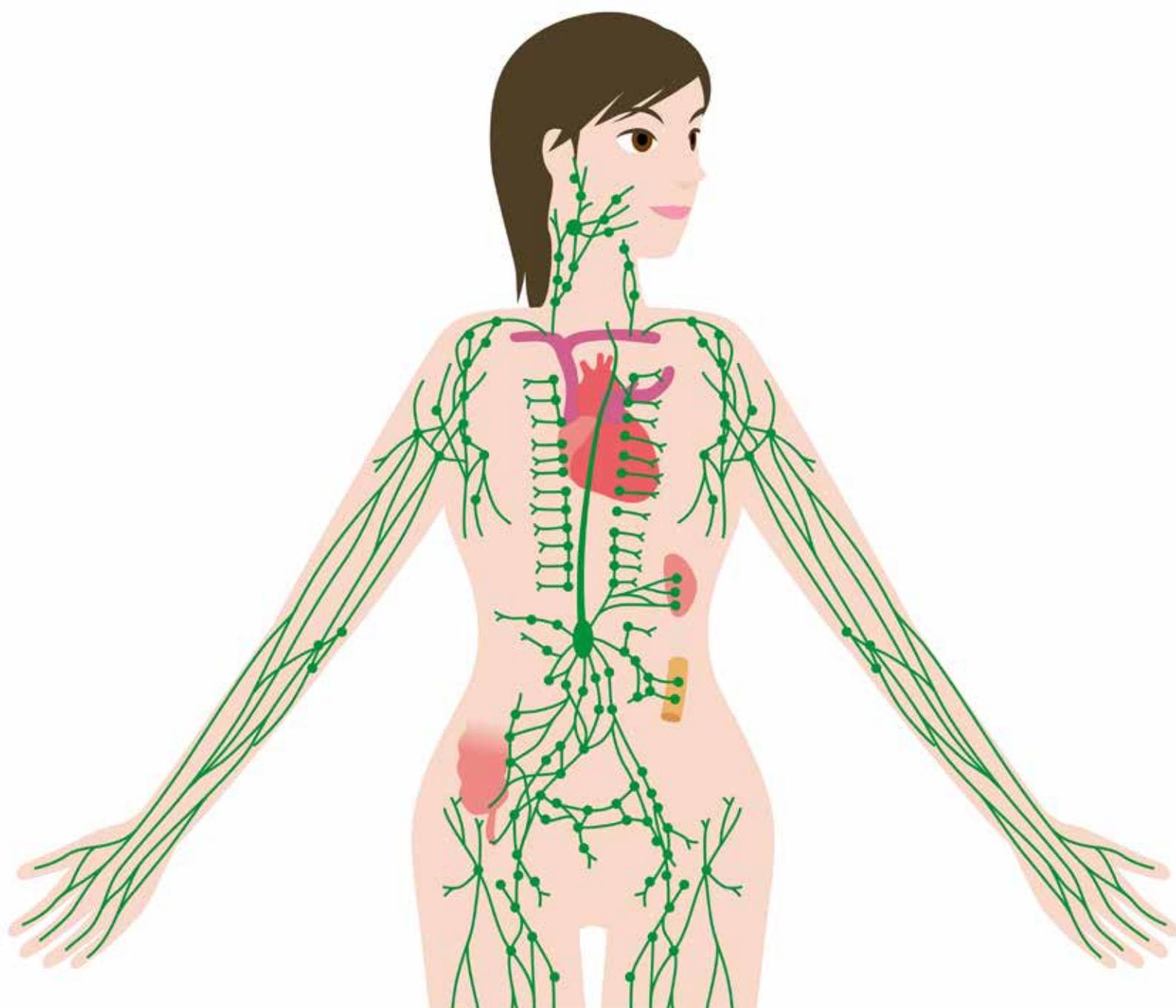
## 13 INFLAMMATION: THE LONGEVITY KEY IS IN THE DETAILS

Could an ancient kitchen spice be the stem cell powerhouse of the century for younger brain, joints, heart, eyes, and more? TurmericBP+ is a game changer for inflammation support and pain relief!

## 13 ASPARTAME AND DONALD RUMSFELD DISEASE

Lying on the artificial sweetener issue has been the FDA's Modus Operandi ever since Donald Rumsfeld put aspartame on the market. Aspartame is a "toxic and patently unsafe for human use" sweetener...[READ MORE!](#)

# WHY OUR NEGLECTED LYMPH SYSTEM IS A KEY TO OPTIMAL HEALTH



**M**ary is a spry 78-year-old woman with her right arm significantly larger than her left. Several years ago, she was diagnosed with breast cancer. The surgeon removed her breast, along with most of the lymph nodes in her right axilla (armpit). Since that time, she has had swelling of the right arm, which bothers her, especially at night.

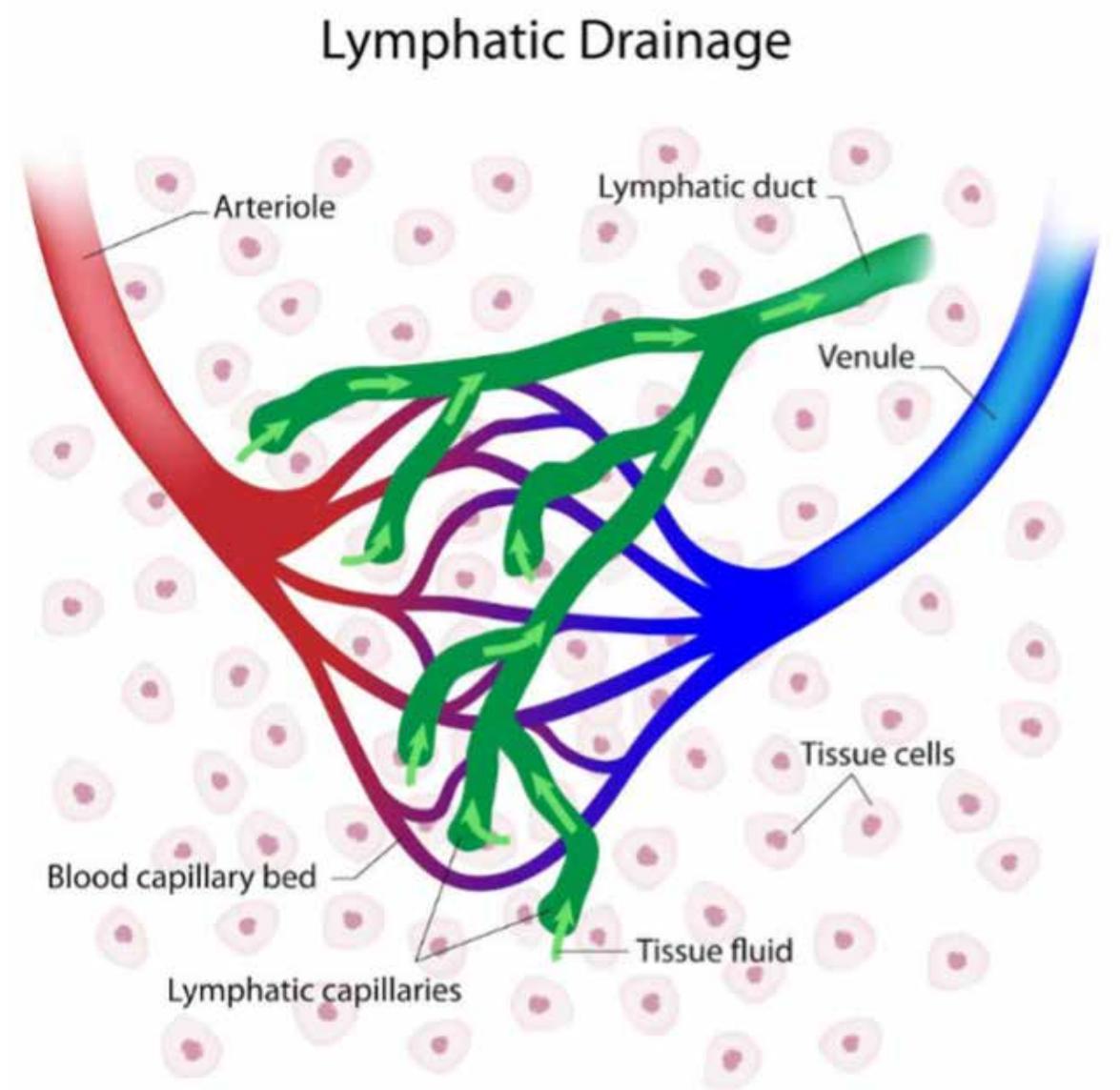
## You Have TWO Circulatory Systems

Most people don't know that they have two separate circulatory systems in the body. The blood system is a closed system that keeps the red blood cells, and most proteins, inside at all times. This allows only the plasma to leak into the tissues and around cells bringing nutrients such as sugar, oxygen, vitamins and minerals – everything a growing cell needs. However, while most of the fluid is taken up into the veins after it feeds the cells, a significant portion is left behind. This fluid builds up over time and can create a lot of swelling. To get that fluid back into the circulation, the body has a separate system of vessels – twice as many as the blood vessels – called the lymphatic system.[1]

The lymphatic system has three functions:

- To bring fluid from around the cells back to the blood circulation
- To remove bacteria, viruses and other infections, and cancer
- To remove waste from the cells

Mary's discomfort came because when the surgeon removed the lymph nodes it cut off the lymph vessels. Now her lymph



system can no longer bring the excess fluid back to the heart so her arm gets bigger as the fluid increases.

The primary function of the lymph system is to drain excess fluid from around the cells. This amounts to about 15% of all the fluid that comes out of the blood to bathe the cells. As we move around, the lymph vessels push this fluid through one-way valves towards the heart. Here the fluid enters the veins and ends up back into blood circulation. Amazingly, the vessels themselves also have muscles that contract and push the lymph through the vessels.

Mary needs to wear a pressure sleeve to keep her arm from continuously getting larger. The extra pressure squeezes the fluid into the venous system to get back into the circulation. This doesn't get all the fluid back, but it keeps her arm from becoming gigantic.

Lymphedema after left mastectomy with removal of lymph nodes.[2]



Moreover, the lymph system cleans out the excess waste from cells. Since the blood vessels only take up dissolved fluids and salts, the lymph system must take care of the larger molecules and debris left behind. The lymph vessels are very porous, allowing proteins, bacteria, viruses, cancer cells and cell parts to get into the lymph. Macrophages in the lymph nodes engulf and digest waste to be recycled. (The lymph system is very environmentally friendly!) Also, larger nutrients, like fat from our intestines, cannot get into the blood vessels so the lymph systems pick them up and deposit them directly into circulation – without going through the liver first!

The lymph system takes up the constituents of blood such as proteins and minerals, but by far the most important part is fats. Most of the fats from the diet end up in the lymph system and are dumped directly into the blood.

## Identify Lymphatic Issues

Now that you know what the lymphatic system is, and what it does, you can guess what will happen if it isn't functioning well. Some of the problems associated with a poorly functioning lymphatic system include:

- Edema, or swelling
- Regional pain syndromes
- Toxic overload, including heavy metals
- Poor digestion
- Weight gain
- Headaches

- Rashes and skin problems
- Frequent infections, colds/flu or skin infections
- Cancer, especially lymphoma or Hodgkin's Disease

## How to Care For Your Lymphatic System

### 1. EXERCISE

Body movement is an essential ingredient to getting your lymph moving. Muscles in the lymphatic vessels help the lymph move along. But walking, running and using your muscles causes the majority of all lymph flow. Breathing is also important because when you suck in air, you also suck lymph into your heart. (Maybe this solves the mystery of a sigh?) So, regular deep breathing not only helps you get more oxygen, it assists in lymphatic detoxification of your body.

### 2. SWEAT

One way to assist the lymph system is by sweating. Many people sit in a sauna, steam room, or sweat box to open their pores and let out toxins. However, this is not always necessary. While movement itself helps the lymph to flow, exercising to sweat also helps remove toxins. Thus, you can "kill two birds with one stone" by doing regular exercise – enough to sweat.

### 3. INTESTINAL CLEANSE

The intestines need time to repair, which

happens when we aren't using them. Almost every "cleanse" program is a modified fast of some kind. Some restrict you to "lemonade" for thirty days, such as the "master cleanse." Others use herbal teas, juice, water or broth. It has been shown that fasting shuts down the lymphatic system in the intestines and rebuilds it in 3 days. Thus, I usually recommend at least a 4-day cleanse once per year.[3]

### 4. DETOX

The liver is the most important organ for detoxification. Remember, everything from our intestines (that isn't in the lymph system) goes through the liver first. The liver makes a lot of lymph as well. A good detox program gives the liver what it needs. This includes vitamins, minerals, amino acids, and anti-oxidants, so the liver can continuously remove toxins from your body. Optimally, this is done on a regular basis by eating nutritious foods.

We often consider toxins to come from factories and ground water. BUT, we forget that 99% of the toxins come from our own cells as they make energy, proteins, and other metabolic processes. The importance of the lymphatic system is to drain these out. We can overload the system by taking in excessive foods such as processed foods, and chemical foods.

### 5. GOOD NUTRITION

Many think they are going to get healthy by taking a magic pill, but we know in our heads that this doesn't happen. Good nutrition is about choosing good food, including things we may not like. Not that we have to eat broccoli all the time, but occasionally it is highly nutritious.

Supplements are often given for lymphatic

detox. These may be helpful on a temporary or occasional basis, but they do not take the place of good nutrition from food. Good nutrition keeps the oxidative damage to a minimum, and helps the immune system to function well, which is all part of the lymphatic system.

---

## 6. ACUPUNCTURE

---

In patients with edema because their lymph nodes were removed, acupuncture worked twice as well as a diuretic.[4] The acupuncture needles may stimulate the lymph vessels to function. As they function more, they create new vessels, even after multiple lymph nodes were removed. Surgical removal of lymph nodes cuts off the lymph vessels that supply them causing chronic edema. Increasing lymph flow allows new vessels to grow, improving lymphatic drainage.

---

## 7. MASSAGE

---

A massage therapist who is expert in the lymphatic system can help lymphatic circulation. Chronic tension in the muscles can block circulation of lymph and cause swelling and pain. Also, there is a specific type of gentle massage that induces lymphatic flow. This is important for those who are blocked by cancer, infections, or inflammation.[5] Lymphatic massage is light touch to the skin. This light touch stimulates the lymphatic vessels to contract, increasing flow through the system. Deep massage can also help, but for other reasons. Relaxing the muscles helps open up the lymphatic flow.

To be sure, there is nothing magical about the stones. You can get them made out of rose quartz, jade or other stones – or even plastic. I suspect they work either way for their intended use.

---

## 8. DRY BRUSH MASSAGE

---

This is a light, gentle-touch massage with a brush to stimulate the lymph system in the skin. Use a natural bristle brush to brush along the top of the skin towards the heart. This causes the lymph vessels to contract, moving the lymph along. Dry brushing can be a daily detox. It is a simple technique, easily learned, and done at home, as explained by a video by one of my colleagues in Santa Barbara: <https://youtu.be/kqKPaG0gAnk>

I have had patients practice lymphatic draining for congestion in the breast. This effectively removed lumps in the breast that were thought to be breast cancer.

---

## 8. HOT STONES

---

Some are using hot stones placed on the body or as massage instruments to help lymph drainage. The stones are heated to about 130 degrees to warm the skin prior to a massage. The warmth may increase circulation because it dilates blood vessels. However, there is nothing magical about rocks, this warmth can be done with an infrared heater, warm oil, warm bath, or other heating device. The rocks do feel good, though, I think it is the weight of them (they are only a couple of inches in diameter).

---

## 10. BREATHING

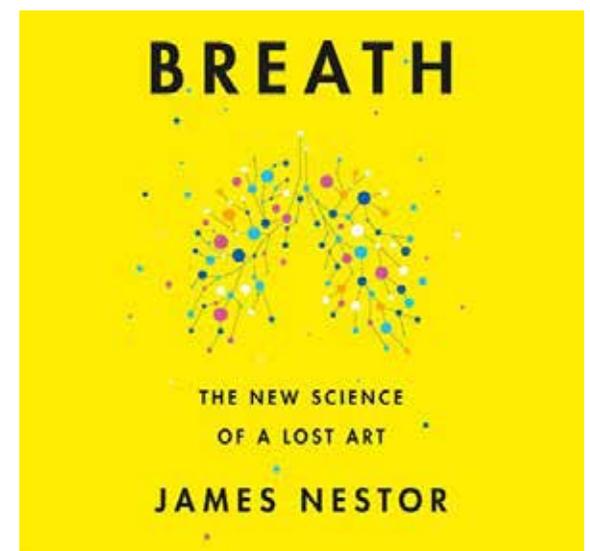
---

Since the lymph system has no pump, the flow must be created in other ways. One way is to breathe. If a person breathes in short, shallow breaths, there is little pressure created to move the lymph through the vessels. This specifically applies to the lymph from the intestines that is taking in all the fat you just ate. It needs to be dumped into the circulation, which

happens as you breathe. Deep breathing helps the blood flow even more than exercise![6] The combination of exercise and deep breathing is excellent. Generally, using your full lung capacity is the best. Take slower and deeper breaths. It takes practice because we are not used to thinking about our breathing.

Several traditional and new programs have emerged for breathing. Yoga encourages using more of your lung capacity, as to many of the breathing techniques for singing. A newer course is the WIM HOF method, found at <https://www.wimhofmethod.com/>

There also are some great breathing techniques in the book: BREATH by James Nestor.



## Your Thyroid Might Be a Clue

Eighty percent of those with lymphedema were low in thyroid.[7] Thyroid hormone is important to get things moving, including the lymph vessels. Since the circulation of the lymph is dependent on movement, including contractions of the lymph vessels, lack of thyroid hormone causes it to be sluggish too.[8] If you notice swelling of your skin, you may want to have your thyroid checked.

Notice the punctate holes in the cheek. This is edema in the outer layers of skin, which may indicate poor lymph flow from thyroid. The best way to deal with this is not from the outside, like massage, but rather by fixing the thyroid hormone imbalance.



Even though the lymphatic system is twice as big as the blood circulation, it is often left out of the discussion on

health. But this collection of vessels is extremely important for removing toxins from around all the cells of your body, as well as preventing infections and cancer. If you take care of your lymph system, it will take good care of you by protecting and defending your body.

## CHECKLIST for Lymphatic Health:

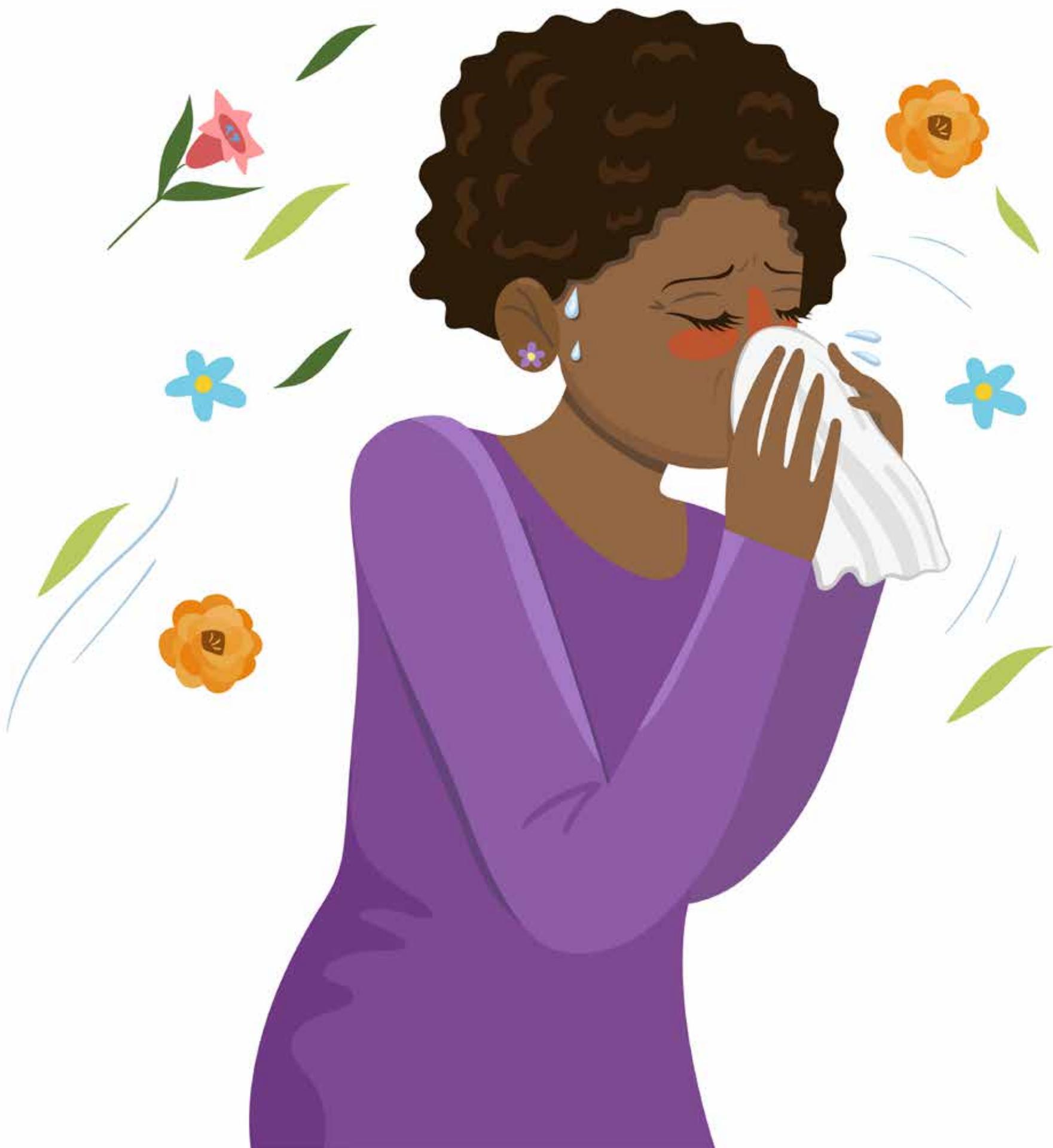
- Eat a high-fiber diet so you don't dump too much fat into the lymph system and cause inflammation.
- Exercise at least 3 days per week with HIIT (enough to sweat) to clean out the lymph.
- Fix low thyroid problems so the lymph system isn't sluggish.

- Breathe deeply to get the lymph back into circulation.
- Massage, including deep, light touch, hot stones, and dry brush can all be helpful, especially when you have a lot of stress.
- Fast with water or plain herbal teas (cinnamon, ginger, licorice, chamomile) four days once each year to reset, and rebuild the intestinal lymphatic system.

The lymph system is really important! As you will notice, the recommendations for keeping a good functioning lymphatic system is the same for keeping good health. So, take care of your lymphatic system and you will have good general health.



Sources: [1] <https://pubmed.ncbi.nlm.nih.gov/27173782/> [2] <https://denise4health.wordpress.com/tag/lymphedema-and-breast-cancer/> [3] [https://www.trekdesk.com/images/Treadmill\\_Desk\\_Research/Detox.jpg](https://www.trekdesk.com/images/Treadmill_Desk_Research/Detox.jpg) [4] <https://www.sfadvancedhealth.com/blog/treating-lymphedema-with-acupuncture> [5] <https://www.medicalnewstoday.com/articles/324518#how-to-perform> [6] <https://lymphaticyoga.net/deep-breathing-and-the-lymphatic-system/> [7] *Klin Med (Mosk)*; 1994;72(2):33-6. [Lymphedema and hypothyroidism][Article in Russian]; N P Lurkevich, T V Savchenko [8] <https://thehypothyroidismchick.com/2021/03/22/did-you-know-that-having-a-clogged-lymphatic-system-could-be-halting-your-thyroid-from-healing-25-tips-on-how-to-unclog-it/>



# Beating Natural Airborne Allergies with Natural Remedies

**I**F YOU'RE ONE of the 35.9 million people in the US who suffer from seasonal allergies, then you know the routine: sniffles, sneezing, teary eyes and post nasal drip — among others. And within days, you're taking over the counter medication to ease the many uncomfortable symptoms. 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.

But when your foggy brain becomes clear again, do you think about what chemicals you are actually putting into your body?

## The Antihistamine Science

When you begin suffering from airborne allergies, your body is releasing histamine into your system. The release of this chemical causes the tissues in your nose to swell; your eyes will also begin to itch and in some cases run. Thus, the popularity of antihistamines; they are a direct attack on histamine, easing symptoms quickly.

Most name brands, including Claritin and Benadryl, use antihistamines to calm your symptoms. Unfortunately, these drugs have also been linked to:

- Drowsiness
- Abdominal issues
- Blurred vision

- Dizziness
- Nausea and vomiting
- And more

However, if your body was having such adverse reactions to food, then you would likely cut that out of your diet. So, instead of going back for more — consider what natural options you have that will not only relieve your allergy symptoms but work with your body, not against it.

## Finding Natural Relief

Lucky for you, name brand antihistamine drugs are not the only way to go. Mary Hardy MD, Integrated Medicine Director at Cedars Sinai Medical Center in Los Angeles told Web MD, “Using nature-based products can be a very useful way to handle mild allergies and a useful adjunct for more significant allergies, and there are many types of treatments you can safely try.”

Before grabbing your standard allergy medication, consider which one of these might alleviate your symptoms without the adverse side effects.

---

### QUERCETIN

---

Found naturally in citrus fruits, apples, parsley, broccoli and wine, this plant-derived healer keeps your mast cells from releasing histamines by stabilizing them. While this is found in many common foods, you may also want to use supplements to fully kick allergy symptoms to the curb.

---

### BUTTERBUR

---

This natural allergy fighter contains petasin, which attacks the histamines your body is releasing. The leaf, root and bulb are often used to make medicine. Take this in a supplement form to decrease nasal tissue swelling and other symptoms.

---

### STINGING NETTLE

---

The leaf of this herb is what you want to ease your allergy issues. It is in the leaf that you'll find its natural histamine blockers, making it an effective method for allergy relief. You can find this herb in the supplement section of your local supermarket or drug store.

---

### LIFESTYLE CHANGES

---

Though you don't want allergies to affect your way of life, some simple changes can make all the difference. For example, keeping your windows rolled down when driving or avoiding the use of ceiling fans when house windows are open — both of which will pull pollen into your direction causing histamines to release.

If you suffer from allergies, then you know the discomfort from a runny nose, itchy eyes and stuffy nasal glands all too well. However, you don't have to reach for dangerous antihistamine drugs this time around. If you're dealing with seasonal allergies this Spring, be sure to grab the natural option that is just as effective — from butterbur to simple lifestyle changes, keep your body healthy and free from allergies the natural way.

# Inflammation: The Longevity Key is in the Details



**L**ET US START with the difference between “normal” Inflammation and “chronic” Inflammation.

## Normal Inflammation

Inflammation is a biological response central to healing tissue and responding to your body’s intruders. What happens

is a damaged tissue causes white blood cells to multiply as ‘assets’ to repair the damage. This is nature’s natural path.

## Chronic Inflammation:

Chronic inflammation is simply when the 'initial (i.e., 'the normal' inflammatory response') does not subside and remains engaged causing tissue stress and 'cell multiplication' to a point that causes DNA and/or organ damage. [1]

This is important because inflammation is considered a trigger in almost every chronic disease.

Sadly, this largely reversible syndrome, impacts over 133 million Americans. At its most insidious, chronic inflammation undermines the body's natural autoimmune responses.

This may lead to hotspots that become the natural reservoir for an array of maladies and worse, propagate maladies ranging from organ degradation, osteoarthritis to hypertension and depression.

## Physical Flares to Look Out For

---

### 1. STRESS

---

Prolonged stress leads to hyper physiological levels of cortisol. As your body heals, inflammation becomes a response to stress. Like stress, inflammation is beneficial, although when stress becomes chronic, it can lead to constant tissue breakdown and impairment of the immune system.

---

### 2. LACK OF SLEEP

---

Even with enough sleep – if you are constantly tired, this is another indication that your body is stealing resources

– i.e., working 24/7... to fight the impact of chronic inflammation.

---

### 3. BODY PAIN

---

It is all interconnected - elevated, cytokines attack muscle and joint tissue. This is the redness and swelling that you experience after an injury. If the sensitivity remains in the joints and muscles, you may be dealing with a classic marker for systemic inflammation.

---

### 4. DIGESTION PROBLEMS

---

Leaky gut syndrome is becoming more common – yes, more toxins are leaking out of the intestine into the body. The result is often constipation and abdominal pain. And yes, this is part of the inflammation cycle.

## An Accessible and Proven Defense

One easily accessible step is the consistent use of [TurmericBP+](#).

TurmericBP+ is a proprietary nutraceutical that is formulated in the USA with key natural actives.

This formulation is designed to provide protection against the ravages of chronic inflammation.

Experience the power of organic turmeric picked fresh and formulated with

our proprietary technology. This high-energy blend preserves the full spectrum of antioxidants naturally found in turmeric. Besides natural turmeric root, [TurmericBP+](#) contains turmeric extract concentrates, piperine, and a specialized Bioperine blend, to ensure maximum absorption.

Each of these nutrients plays a major role to:

- Regulate a healthy inflammatory response
- Support joint health
- Soothe stressed tissue
- Fix insulin resistance and lower blood sugar
- You have one year to love it — We have a one year money-back guarantee

I hope I have provided some clarity here regarding the details of inflammation. Chronic inflammation is problematic and prevalent... but there is natural path to mitigate this impact - [consider TurmericBP+](#).

Plus, [TurmericBP+](#) serves as a powerful inflammation reducer - which is very important for folks with type 2 and blood flow issues that diabetics face. And by reducing inflammation, you'll find it easier to maintain healthy blood sugar and even decrease insulin resistance that often accompanies it.



Neuroscientist John Olney, who founded the field of neuroscience called excitotoxicity, says that aspartic acid is an excitotoxin that stimulates neurons into hyperactivity until they exhaust and die.

## Test Subject Loses Sight In One Eye

Psychiatrist Ralph G. Walton, medical director of Safe Harbor Behavioral Health, had to abruptly stop his own human clinical trial on aspartame when some of the subjects had serious reactions. One participant, the hospital's administrator, suffered a detached retina and went blind in one eye. Another had bleeding of the eye; others reported being poisoned.[2]

Walton says that "Aspartame is a multipotential toxin and carcinogen," which also lowers seizure thresholds, produces "carbohydrate craving," and in vulnerable individuals, can cause "panic, depressive and cognitive symptoms." [3]

There are up to 10 breakdown products of aspartame.[4] The largest (diketopiperazine) appears to be the cause for brain tumors in animal feeding studies. Olney says when it is processed (nitrated) by the gut it produces a compound closely resembling a powerful chemical (N-nitrosourea) that causes brain tumors.[5] Author and neurosurgeon Russell Blaylock, suggests that a jump in brain tumors in the U.S. population in the 1980s is linked to the introduction of aspartame. [6] Blaylock refers to an Italian rat study[7] in which "they fed animals aspartame throughout their lives and let them die a natural death. They found a dramatic and statistically significant increase in the related cancers of lymphoma and leukemia, along with several histological types of lymphomas."

He said, "What the Italian study found is that if you take these same animals and expose them to formaldehyde in the same doses, they developed the same leukemias and lymphomas." [8]

## Would You Like Seizures With That?

The FDA compiled a list of 92 symptoms from the more than 10,000 consumer complaints they received about aspartame. These included four kinds of seizures, blindness, memory loss, fatigue, change in heart rate, difficulty breathing, joint, bone and chest pain, speech impairment, tremors, change in body weight, lumps, blood and lymphatic problems, developmental retardation and problems with pregnancy, anemia, conjunctivitis, male sexual dysfunction, and death. Roberts' medical text also identifies neurodegenerative disease, cancer, diabetes, obesity, and sudden cardiac death, among others.

Aspartame happens to be genetically engineered.[9] The amino acids are grown using genetically modified (GM) E. coli bacteria. It is unclear if the process of genetic engineering contributes to any of the problems linked to aspartame.

## History Of Deceit

According to material submitted to the FDA by Mark D. Gold of the Aspartame Toxicity Information Center,[10] the FDA had discovered alleged fraud in the aspartame tests submitted by G.D. Searle. In a January 10, 1977 33-page letter from FDA Chief Counsel Richard Merrill to U.S. Attorney Sam Skinner, Merrill asked

the justice department to investigate the company's failure to file required reports to the FDA, and "for concealing material facts and making false statements in reports of animal studies..." Their so-called safety studies were riddled with problems. For example, they allegedly:

- Delayed autopsies on dead animals by as much as a year, so that much of the tissues were unusable;
- Lost samples, then found some, then lost some;
- Submitted contradictory information. For example, "One animal was reported alive at week 88, dead from week 92 through week 104, alive at week 108, and finally dead at week 112."
- "Many of the animals from which G.D. Searle claimed had blood drawn from were actually dead..."

The Justice Department pursued fraud charges, but on July 1, 1977, the U.S. Attorney on the case quit his job to work for the G.D. Searle law firm Sidley & Austin. Then an assistant U.S. Attorney, William Conlon, let the Statute of Limitations run out on the aspartame charges. He too, like his predecessor, later accepted a job with Sidley & Austin.

With the FDA and the Justice Department trying to prosecute, how in the world did the G.D. Searle get their sweetener approved? In 1977, they hired a new company president. He was a former Congressman, and Chief of Staff under Gerald Ford. You guessed it, Donald Rumsfeld.

Rumsfeld was part of the Reagan transition team. According to attorney and FDA watchdog James Turner,[11] in January 1981 "Rumsfeld told a sales meeting, according to one attendee, that he would

call in his chips and get aspartame approved by the end of the year. On January 25th, the day the new president took office, the previous FDA commissioner's authority was suspended, and the next month, the commissioner's job went to Dr. Arthur Hull Hayes."

Hayes was a Defense Department contractor, and described often as a friend of Rumsfeld. His first major decision was to approve aspartame. Hayes later stepped down from the FDA in controversy over accepting corporate gifts. He went to work for the PR firm that handled G.D. Searle and Monsanto.

Rumsfeld also hired Robert Shapiro to become G.D. Searle's general counsel. After Monsanto bought the company in 1985, Shapiro became the head of Monsanto, and was responsible for the aggressive fast-tracking of genetically modified organisms (GMOs) in the US.

There are untold numbers of people who allegedly suffer from symptoms related to aspartame. Some who know the story of its approval have a name for their condition: Rumsfeld's Disease.

Safe eating.



Sources: [1] Woodrow Monte, "Aspartame: Methanol And the Public Health", Journal of Applied Nutrition, Volume 36, Number 1, 1984. [www.dorway.com/monte84.html](http://www.dorway.com/monte84.html) [2] Ralph G. Walton, et al., "Adverse Reactions to Aspartame: Double-Blind Challenge in Patients from a Vulnerable Population," Biol. Psychiatry v.34 pp.13-17 1993 [3] Woodrow Monte, "Aspartame: Methanol And the Public Health", Journal of Applied Nutrition, Volume 36, Number 1, 1984. [www.dorway.com/monte84.html](http://www.dorway.com/monte84.html) [4] Personal communication from Jeffrey Bada to H. J. Roberts. Bada is Professor of Chemistry at the University of California and researcher at the Amino Acid Dating Laboratory of the Scripps Institution of Oceanography. [5] Russell L. Blaylock, Excitotoxins: The Taste That Kills, Health Press, Sante Fe, NM, 1997 [6] Russell L. Blaylock, Excitotoxins: The Taste That Kills, Health Press, Sante Fe, NM, 1997 [7] Morando Soffritti, et al., Aspartame induces lymphomas and leukaemias in rats, Eur. J. Oncol., vol. 10, n. 2, pp. 107-116, 2005 [8] Mike Adams, Interview with Dr. Russell Blaylock on devastating health effects of MSG, aspartame and excitotoxins, NewsTarget.com September 27 2006, <http://www.newstarget.com/020550.html> [9] M. Wolf, "World's Top Sweetener is Made with GM Bacteria," The Independent, June 6, 1999 [www.wnho.net/gmbacteria.htm](http://www.wnho.net/gmbacteria.htm) [10] [http://www.fda.gov/ohrms/dockets/dailys/03/Jan03/012203/02P-0317\\_emc-000202.txt](http://www.fda.gov/ohrms/dockets/dailys/03/Jan03/012203/02P-0317_emc-000202.txt) [11] James S. Turner, The Aspartame / NutraSweet Fiasco, <http://www.stevia.net/aspartame.htm>



**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](http://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.