

5+ Reasons Low Dose Naltrexone (LDN) May Work for Your Pain

**This 19-Second “Lung
Exercise” Forces Out
Toxins And Helps Detox
The Body (Try it Now!)**

**Diet Soda or High Blood
Sugar Soda? The Not
So Healthy Choice**

**Technology Brings Us Tasty
Yet Poisonous Food Choices**

Home Cures That Work

AUTHORS



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Most doctors don't even think to tell you about low dose naltrexone (LDN). It is not only affordable, but it helps to balance the immune system, suppress inflammation, and reduce pain and increase energy. LDN may help with thyroid disease, fibromyalgia, chronic fatigue, neuropathic pain and more! If you haven't heard of LDN, read Dr. Saunders' article right now. I'm confident it can change your life in just a minute or two. Read it!

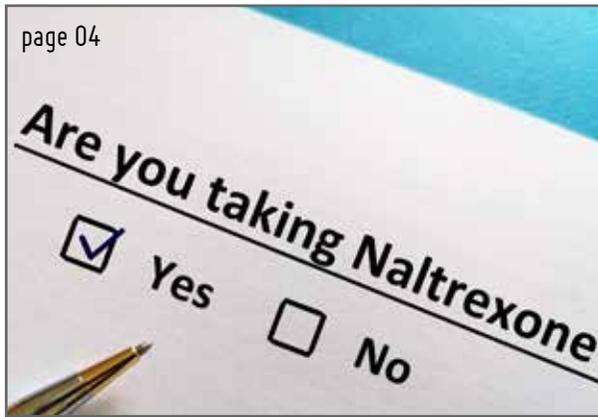
You might be surprised to learn how lung function is also related to longevity. Larger lungs equal a longer lifespan. The exciting part is that this is something we can practice. Exercise and breathwork are two powerful tools at our disposal to "work out" our lungs and enhance our health span in the process. Breathing is also foundational for reducing stress and regulating the parasympathetic nervous system. Esther shares one of the easiest variations of breathwork we can all do throughout the day to slow down and feel better.

Breathwork has become an increasingly popular tool for emotional wellness in recent years. It turns out that pairing dietary cleansing — the conscious minimization of exposure to toxins through diet — with breathwork — a form of detox — together can be extra potent. The truth is that we eat many mainstream products in our daily lives that could lead to poisoning or even early death. Before your next shopping trip, assess whether you've been incorporating the most toxic foods into your diet.

Eliminating common health issues may be as easy as LDN. But combine at-home breathwork and food cleansing to complete your wellness toolkit. Consider Home Cures That Work your companion to health!

For your health,

Cheryl Ravey, Editor
Home Cures That Work



5+ REASONS LOW DOSE NALTREXONE (LDN) MAY WORK FOR YOUR PAIN & MORE

LDN is believed to be a miracle drug for people with debilitating autoimmune illnesses. It's the medicine your doctor never told you about (but should have) because it has undeniable applications for dozens of health concerns!



THIS 19-SECOND "LUNG EXERCISE" FORCES OUT TOXINS AND HELPS DETOX THE BODY (TRY IT NOW!)

The way we breathe impacts everything from how well we sleep to our metabolism, cognitive function, immunity, and more. That's why it's so alarming that most of us are doing it wrong. I hope you'll read to learn more.



DIET SODA OR HIGH BLOOD SUGAR SODA? THE NOT SO HEALTHY CHOICE

[Alert] Diet soda may be giving you diabetes! Now, I know kicking your soda habit will NOT be easy. But I have some tasty alternatives...

TECHNOLOGY BRINGS US TASTY YET POISONOUS FOOD CHOICES

Every day, thousands of Americans are sick because they eat processed, dead and poisonous food and want their doctor and to "fix them." Instead of enjoying the best years of their life, their exposed to the world's deadliest diseases. Put a stop to it today.



Naltrexone

by Dr. Scott Saunders, M.D.

5+ REASONS LOW DOSE NALTREXONE (LDN) MAY WORK FOR YOUR PAIN & MORE

Naltrexone is a patent medicine invented in the 1960s to block opiates and prevent people from abusing them. If someone takes Naltrexone, then heroin, opium, codeine, morphine, and so forth, just don't work. They can't get high. They can't even get pain relief; Naltrexone is stronger at blocking the receptors and keeps the drugs from binding. The problem is, like many drugs, it works too well! In fact, it works so well, it doesn't even let the natural endorphins bind to their normal receptors – they're blocked-out! So, people taking it could never feel good, and quit taking the medication. LDN stands for Low Dose Naltrexone. Since the standard dose is 50 mg the lower doses must be compounded by a compounding pharmacist in doses from 0.5 mg to 4.5 mg.

Endorphins

Endorphins are peptide (short protein) hormones made in the pituitary gland that bind to opiate receptors. It is not one, but several different peptides. When they attach to a receptor it causes a reaction that blocks pain and makes people feel good – among many other actions. These receptors are found on all cells of the body and can have different effects depending on their location. The effect on a pain nerve, or muscle cell is different from that of a lymphocyte or immune cell. It is important to note that if you take morphine or any opiate medication, it lowers your production of endorphins,[1] preventing you from getting all their good effects.

Morphine

Human cells make their own morphine,[2] which is identical to the process found in the opium poppy. When there is damage, they can suppress the pain both locally, and in the central nervous system. Studies show that women with higher levels of endorphins have less pain with childbirth, for example.[3] When a person takes morphine (or any opiate) it suppresses the body's own production, making people more sensitive to pain, which is why people get "hooked" on, or tolerant of, pain medications – without the medication they can't even feel normal. This is just the opposite of LDN.

How does LDN work?

Don't get NALTREXONE confused with NALOXONE, which is similar, but fast-acting; NALTREXONE may take a couple hours to work. The very low dose of naltrexone means it won't last long in the body. If people take it at night, while they sleep, it works, and it's gone by the time they get up. As naltrexone blocks the opiate receptors, the system is trying to stimulate those receptors. The natural reaction of the body is to make more endorphins to make up for the lack of stimulation. This is exactly the opposite of what people hooked on opiate drugs do. While those taking drugs get more and more pain as endorphins decline, those who take LDN are increasingly able to create internal pain control. Moreover, the naltrexone binds to receptors on the immune cells, preventing them from releasing inflammatory cytokines that stimulate the immune response. So, LDN has a double benefit – more pain relief, and lower inflammation.[4] LDN can increase your production of endorphins by as much as 300%! [5]

What is LDN good for?

- Chronic Pain
- Inflammation
- Multiple Sclerosis
- Fibromyalgia
- Crohn's Disease
- Chronic Fatigue
- Chronic infections (yeast, EBV, Lyme, etc.)
- Depression and Anxiety
- Autoimmune disease

LDN for DEPRESSION and ANXIETY

Endorphins are made in the brain when there is stress and anxiety. In fact, it comes from the same hormone that causes your adrenal glands to produce stress hormones, ACTH. Endorphins affect the levels of serotonin,[6] which are directly related to anxiety and depression. In a case report by doctors experienced in the use of LDN the authors conclude: "without successful LDN treatment of fibromyalgia, remission of depression may be unlikely." [7]

LDN for AUTOIMMUNE DISEASE

Endorphin receptors are found on the lymphocytes, regulating immune function and antibody production.[8] They also decrease the cytokines that stimulate immune response, as well as increasing the cytokines that decrease the immune response.

There are several studies that have shown a benefit in Hashimoto's thyroid disease.[9]

LDN seems to be more beneficial for inflammatory arthritis than degenerative arthritis,[10][11] meaning rheumatic or inflammatory arthritis may respond better to LDN therapy. [12] This makes sense because degenerative arthritis is not caused by an overactive immune response.

LDN for CHRONIC PAIN

Chronic pain and inflammation in Multiple Sclerosis, Fibromyalgia, Crohn's Disease, and Other Chronic Pain Disorders are mediated by the immune system as well as the autonomic nervous system. If a person is low in endorphins, they can be much improved by LDN. Endorphins lower stress hormones and help lower the pain threshold.

LDN for PARKINSON'S DISEASE

PARKINSON'S DISEASE is caused by low dopamine. Endorphins stimulate opiate receptors which increase dopamine. There have been several studies to show that some people with Parkinson's disease may respond to LDN.[13]

LDN for CHRONIC INFECTIONS

Yeast, Lyme, Epstein-Barr virus, and so forth are common infections. Some people get chronic infections because their immune system is not functioning properly. The issue is not the presence of the infectious organism, by itself, but rather the fact that the host is immune deficient. So, even though endorphins are shown to lower pain, they also increase the number of T cells, improving the immune response.

Who should take LDN?

The bottom line is that if you have an autoimmune disease, or a chronic pain

syndrome, or fatigue, anxiety or depression you should consider trying LDN. It definitely does NOT work for everyone, in fact, most research shows that across the spectrum of illness, only about 30% of people are helped by it. So, how do you know? Try it. There is no downside. There are few, if any, side effects, and if you have any side-effects they will go away quickly when the medication is stopped. If you have low endorphins, you may benefit greatly from LDN. If your endorphins are not low, then you are not likely to notice any difference. However, if your body is low in endorphins, you may find a remarkable improvement over time.

One way to know if you are low in endorphins is to take a dose of an opiate medication such as codeine, morphine, hydrocodone, or oxycodone. If it calms and relaxes you, and you feel “normal” for a few hours, then you probably lack endorphins. You may do well on LDN.

How to take LDN

Since it is such a low dose, many physicians start with 3mg or even 4.5mg. The problem with this is that it is more likely to have side-effects. It is simple to just start with 0.5mg and increase after one week. Gradually increase by 0.5mg each week. The stopping point is either when you feel the symptoms have resolved, or when you get side effects. If you have difficulty sleeping, the most common side effect, it is a good idea to continue the same dose for a few days since the symptoms generally resolve by then. If not, then go down on the dose. Most people will feel best between 3 and 4.5mg. If it is not helping at 4.5mg, then it probably isn't for you.

There is one interesting caveat to LDN therapy. While taking the LDN it is a good idea to avoid milk and milk products,

including cheese. Milk contains proteins that act like endorphins when they are processed in a certain way.[14] (Some people crave milk because they get “high” from it.) These can interfere with the natural production of endorphins.

Now, let's consider other options:

Making your own (how to increase your endorphins without a prescription)

There are many ways to make endorphins: studies indicate that exercise, meditation, sex, and laughter all increase endorphin levels in the blood. [15] Also, surgery, stress, and acupuncture increase endorphins. Many people use food to increase their endorphins. Some things can be healthy, others not so much, I would like to just evaluate some healthy ways to increase endorphins. You can, and should, consider doing some or all these even if you are doing LDN. Don't expect that the LDN is going to fix everything.

EXERCISE

Sustained exercise more than 30 minutes, enough to sweat and get tired increases endorphins. Exercising with others may increase your endorphins more than exercising alone.

I had a patient who was a middle-aged woman with a teenage son that played soccer with my kids. Her husband was a police officer. She came to my office regularly for chronic pain. One day she admitted that she had multiple doctors giving her pain medications which she used between her doses of IV heroin to keep her from getting withdrawals. She wanted to get off all opiates, so we tried various medications that are used to wean off, or prevent withdrawals, or calm

the anxiety... but nothing worked. She couldn't overcome it, and gave up. One day, a few years after our last visit, I went into a business, and there she was, the human resources director. I asked, “How are you doing?”

Knowing what I was referring to, a big smile came across her face, and she said, “Clean and sober for over a year!”

“After all we tried, I'm amazed and need to know... How did you do it?”

She responded quietly. “Have you ever heard of a runner's high?”

“Of course!”

“When I need a hit, I go for a run, pushing hard, hoping to hit ‘The wall’ so I can push through it, and when I do... I feel great! And the great thing is, that I don't get anxious or worried about where my next “fix” will come from so I no longer have anxiety!”

MEDITATION

Having a time for a focused mind helps to lower pain and anxiety, releasing endorphins.

COLD THERAPY

There are many ways to do cold therapy. Some places have a chamber cooled by liquid nitrogen that people sit in, another way is to take cold showers or ice baths.

Wim Hof has a whole program to improve function of the autonomic nervous system which induces endorphins.[16]He uses breathing techniques with cold water to

modulate the normal response to environmental changes. It isn't just being cold, but relaxing in the cold with deep breathing that gives the greatest benefit. This both increases endorphins, and the receptors so your body gets more benefit from the endorphins you have.

FASTING

One study indicated that endorphin levels are increased during the first few days of fasting, but not with longer fasts.[17] However, the great benefit of fasting is to have more sensitivity to your natural morphine, to help you relax and have less pain.

The question of "Who should try LDN" is not simple to answer. LDN can be a great way to increase endorphins to get rid of pain and fatigue, but it doesn't work for everyone, even if they have the "same illness." We also indicated other methods that don't require a prescription, and work in multiple ways, not just to improve the endorphin system, but also other neurological and metabolic functions of the body. Rather than using drugs, working with your body's own natural mechanisms to relieve pain, anxiety, stress, depression, and so forth will bring much more benefit in the long run.



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This 19-Second “Lung Exercise” Forces Out Toxins And Helps Detox The Body (Try it Now!)

BREATHE

by Esther Johnson

WE often take our most vital life force for granted, but breathing is the most important bodily function.

It oxygenates the body, helps deliver vital nutrients, vitamins, and minerals – and allows the brain to function at optimal

levels.

Every breath you breathe fills your lungs with oxygen that gets transported to your blood and organs. And each time you exhale, you eliminate toxins and waste in the form of carbon dioxide.

However, most people are not breathing at optimal levels.

The body absorbs vitamins, minerals, and nutrients more efficiently - all while promoting healthy white blood cells, a healthy immune response, and even releasing stress, anxiety, and improving sleep!

The best part?

You don't have to be a yogi or experienced

meditator to do breathwork. Breathwork is a powerful tool that anyone can do to improve mental, physical, and emotional well-being at any time.

During a breathwork practice, you simply change your breathing pattern and the way that you inhale and exhale each breath.

Although there are many different types of breathwork exercises, there are a few simple techniques you can start doing right away to breathe deeper and stronger for greater health!

The Power of Breathwork for Toxin Release

Since proper deep breathing is responsible for releasing the majority of toxins in our body, it's important to start focusing on this right away.

In the last 50 years, toxic chemicals have begun to dominate our daily society. A lot of toxins have been linked to major illnesses, affecting millions of people worldwide. These toxins can come from a variety of both man-made and natural occurring pollutants, such as air pollutants, pesticides, chemicals from cleaning or beauty products – and even certain molds and bacteria.

A recent report from the Environmental Working Group (EWG), stated that people are exposed to over 100 dangerous chemicals every single day!

Harvard also reports that several of these toxins can play a major role in weight gain, insulin and blood glucose disruption, and even dangerously impact the kidneys and liver.

That is why finding a natural and safe solution to jumpstart clearing dangerous toxins is crucial for overall health and there are certain breathing techniques that can help you do just that!

When you practice deep rhythmic breathing, your diaphragm expands.

When this happens, your body relaxes and your lymphatic system (which helps in the waste elimination process) gets massaged.

If you aren't breathing deeply or moving on a regular basis, your lymphatic fluids can become stagnant and blocked from releasing waste.

This can lead to high blood pressure, heart problems, weight gain, fatigue, and inflammation.

Learning to breathe deeply is an easy process, and once you get accustomed to deep breathing exercises, your day-to-day breathing will become less shallow and allow your body to work more efficiently.

How To Breathe Out Dangerous Toxins (Try This Now!)

There are several signs that your body could have toxic buildup.

These include:

- Fatigue
- Brain Fog
- Hair Loss

- Brittle Nails
- Nausea
- Weight Gain
- Bad Breath

While these are generally shorter-term side effects, long-term toxicity can be linked to several major illnesses like heart disease, diabetes, high blood pressure, cancers, and more.

The good news is, there is a powerful breathing exercise you can try right now... and it only takes 19-seconds to do!

The breathwork is called the 4-7-8 technique and it was developed by Dr. Andrew Weil.

To perform the 4-7-8 technique, sit down and do the following breathing pattern:

- First exhale and empty your lungs of all the air
- Inhale deeply through your nose for 4 seconds
- Hold your breath for 7 seconds
- Exhale forcefully through your mouth for 8 seconds (purse your lips and make a "woosh" sound).
- Repeat up to 4 times

If this breathing pattern is too difficult for you to start with, Dr. Weil advises that you can practice a shorter pattern as you start to work on your lung capacity.

To do the shorter version:

- Inhale through the nose for 2 seconds
- Hold the breath for 3.5 seconds

- Exhale through the mouth for 4 seconds

*Please note: After you finish, you may notice a feeling of euphoria, so it's important to not do this while you are standing, driving, or operating machinery.

You can use this practice throughout your day, and something incredible about it is that the more you do it, the stronger the results you'll get.

This is also a great practice for those who experience insomnia or wake up in the middle of the night and have trouble falling back to sleep.

Practicing Breathwork Today And Beyond

4,7,8 is an easy, fast, and powerful breathing technique, but there are many more exercises to continue using breathwork for mental, physical, and emotional healing.

Another easy practice to start incorporating breathwork into your life is to practice breath awareness.

Breath Awareness is simply the act of paying attention to how you are breathing throughout the day. It is a mindfulness practice. It does not require changing your breathing patterns at all.

This can also be called "breath-watching."

You can do this whenever you watch tv,

read a book, grocery shop, and most importantly during times of stress and anxiety.

By bringing awareness to how you are breathing during different times throughout your day, you will start to notice a trend with your breathing patterns.

This will help you recognize when you aren't breathing as deeply as you should, and help you know when to add a breathing session into your routine.

Conclusion

The human body can go months without food, and days without water.

However, we can only survive a few minutes without oxygen. There are many benefits to deep breathing and detoxing the body is one of them.

We are exposed to more pollutants and chemicals than ever before, and maximizing lung health through deep breathing is a powerful and natural way to revitalize overall health.

Practice 4,7,8 and other deep exercises daily to help restore lung capacity, clear dangerous toxins, and promote a healthy life.

About The Author:

Esther Johnson is a health writer for the Barton Publishing family. She is also a Board-Certified Holistic Health Practitioner and Breathwork Facilitator.

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Diet Soda or High Blood Sugar Soda? The Not So Healthy Choice



WHEN YOU ORDER a diet soda instead of the regular flavor, you assume you're making a better choice for your health, while still indulging. Despite previous studies which touted its blood sugar-friendly nature thanks to a lack of sucrose, this common misconception may be inching you closer to high blood sugar than further away.

As recent as 2011, health advocates believed that artificial sweeteners such as NutraSweet or aspartame, had no connection to a rise in insulin within the body, allowing diabetics to indulge freely. However, France's National Institute of Health and Medical Research recently stated that they had found otherwise.

Shine.Yahoo.com reported: "Drinking just one 12-ounce can of an artificially sweetened fizzy drink per week can increase your risk of high blood sugar by 33 percent, French researchers found..." But why is that?

The Diet Science

You choose diet soda for any number of reasons, one of which is to make the healthier choice. However, despite what you see on the nutrition label, zeros ("0") in every

category you care about – fat, sugar, and calories – it may not be as healthy as you'd like you to believe.

The reason you are seeing all zeros is the inclusion of artificial sugar that takes the place of traditional sucrose – this is called aspartame, and can be found in many other diet foods such as yogurt, flavored water and more.

While this artificial sweetener has long been controversial for its potential carcinogenic properties, French Scientists now know that it's the driving force behind high blood sugar. When enjoying a can of diet soda you are sending your blood sugar on a roller coaster:

- Each sip causes a rise in glucose (blood sugar) within your body, which causes a rise in insulin.

When these two things happen your body begins to crave more, causing you to head for seconds – and therein-lies the

problem. This new study, conducted with over 66 thousand middle-aged women, found that diet-soda drinkers had 2.8 glasses a week, as compared to 1.6 for those who consumed regular.

Choosing the Better Option

If you're already diagnosed with or at risk for high blood sugar diet soda is far from recommended. So, if you're drinking diet soda to stave high blood sugar or control your insulin, you may want to consider your other options.

Whether you turn to diet soda for a caffeine fix or you just want something bubbly, there are a handful of healthier options you can choose instead.

- Caffeine: Coffee or caffeinated tea are better options, in moderation.
- Bubbly: Indulge in unsweetened seltzer water – if you don't like it plain, mix in naturally frozen fruit.
- Other options include milk, traditional V8 (not V8 splash which also contains artificial sweeteners), naturally flavored tea (hot or cold).

If you're an avid drinker, taking away the one or two diet sodas you drink a day can seem nearly impossible. So, if you can't go cold turkey, start by eliminating two or more a week, and ease into it. This will allow you to see what other drinks satisfy you making the transition more comfortable.



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TECHNOLOGY BRINGS US TASTY YET POISONOUS FOOD CHOICES

THE SAME FORCES THAT ARE CREATING A HEALTH REVOLUTION ARE KILLING US

Many years ago, when I formed Maximum Life Foundation, we saw very little in the news about longevity, let alone radical life extension. Now, hardly a day goes by where you don't see some reference in

the national or world news. I just Googled "aging" and got 1,680,000,000 results. "Longevity" yielded 448 million.

Then I went to Amazon's site. "Aging"

got me an astounding 226,820 results. Virtually all of them were published in the past ten years. "Longevity" had 108,642.

We're in the middle of a life extension

revolution. Health and wellness is becoming a way of life for millions. So, why are we, as a nation and as a world, getting fatter and, in many cases, dying sooner? This really bothers me, because with the emerging extreme life-extending technologies, the stakes in this longevity game are being raised from an extra 10-20 years to possibly indefinite youth.

Look, for the first time in history, we have a shot at the longevity brass ring. From the beginning of civilization, people have yearned for extended youth and an escape from the ravages of aging. You are part of the most fortunate generation ever. So count your blessings, and cherish and take advantage of your first-time-in-the-history-of-the-world opportunity. Benefit from what most people squander.

Along with these great life-extending technologies come tasty, but poisonous, food choices. Technology makes food

cheaper and life a lot easier as well. So easy in fact, that most people get away from regular exercise. On one hand, science gives you a life-saving opportunity while tempting you to not take advantage with the other. High-tech living can also be unpredictable and stressful.

My good friend Rose Cole, along with Deepak Chopra, Andrew Weil and other notables, published yet another longevity book called *Audacious Aging*.

Rose is a top natural health advocate and speaker. In this anthology, Rose shares her story of moving from a sugar addicted, poisonous, psoriasis-suffering fashion model to the sought after health professional she's become by choosing food that promotes "thriving instead of surviving." 100% of the proceeds from all copies sold at her website will be donated to CARE (www.care.org).

In the book, Rose explains the connection

between our physical bodies and the food with which we fuel it: Says Rose, "98% of the atoms that comprise your body now will be replaced in six months; those cells are made primarily from food. If you've messed up your health over the years, you can have a new body in ninety days. All food has a vibrational core. Food that makes your body function well has a higher vibration, whereas food that drags your body down has a lower vibration."

If you balance your body's chemicals, you can self heal with astounding results.

Your life. Your choice. Read all the health and life-extending technology books you can, join a gym, eat sensibly, see an anti-aging physician, manage your stress, and read *Home Cures That Work!*

Will I see you in the future? Long Life!





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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Cholesterol Secrets	High Blood Pressure	Ulcers
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OUR MISSION

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