

WEIGHT CONTROL • HEALTHY RECIPES • SPIRITUAL WELLNESS • LIVING HEALTHY

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Relieve Depression Without Big Pharma's Drugs

**Stunning New Research:
Turmeric Protects Your
Brain From Fluoride**

**10 Life Hacks for Eating
Healthier**

**Your Mother
and Your
Health**



Home Cures That Work

Most doctors will tell you depression is caused by a “chemical imbalance” in the brain that leads to low serotonin levels. And once you increase your serotonin levels, your depression improves, and you feel better. But this theory is more than 60 years old and doesn't tell the whole story.

Big Pharma has made a fortune on our modern epidemic of depression. Most doctors are quick to offer not just one but two, or even three pills for everything from low mood to major depression

Dr. Saunders tells his patients that the first thing they need to do is find the cause of their depression. But there are other natural ways to help with depression, too. Here are a few you can try today.

There are a few natural brain protectors out there, but did you know that one herb has shown more promise when it comes to supporting your neurological system than any other medical finding to date? It continues to amaze scientists with its remarkable cognitive health benefits. Get some of this powerful natural brain-protecting substances on the planet!

You can also save a lot of money on vitamin supplements and unnecessary visits to the doctor. ..dont't wait for your mind, weight, or joint pint to shock you to start focusing on vital food hacks. In fact, we offer 10 ways you can use to optimize your healthy eating and well-being.

Despite what you might believe... in some cases, having youthful energy, both short-term and long-term memory, a robust immune system, viable weight and more...isn't subject to the family genes! You have extraordinary power over the way you age. Here is what you can do...in this month's issue.

Modern medicine tends to overlook and exclude some of the most powerful remedies of all time. That's why you need to educate yourself with Home Cures That Work. It is time to stop treating and start healing!

For your health,

Cheryl Ravey, Editor
Home Cures That Work

AUTHOR



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RELIEVE DEPRESSION WITHOUT BIG PHARMA'S DRUGS

Darker and colder, winter just around the corner can be a difficult time for mental health. A wide variety of natural supplements have shown some benefit in reducing depression or anxiety. Learn more in our articles below.



10 LIFE HACKS FOR EATING HEALTHIER

A lot of people are not very fond of food habits. Some even groan at the mention of the word. You probably have not been keeping track of how often you eat your vegetables. But following these life hacks will come with a lot of advantage.

STUNNING NEW RESEARCH: TURMERIC PROTECTS YOUR BRAIN FROM FLUORIDE

Are you concerned about maintaining the health of your brain as you age? You're not alone. Please keep reading, because we'll tell you about an amazingly effective way to protect your brain from the ravages of cognitive decline and boost your thinking and memory abilities quickly, naturally and safely.



YOUR MOTHER AND YOUR HEALTH

Truth is, you really do have genes that could give you superpowers.

RELIEVE DEPRESSION WITHOUT BIG PHARMA'S DRUGS



by Dr. Scott Saunders, M.D.

“ I can't think! I can't work! I am feeling anxious, nervous, and jittery 24/7 since stopping the anti-depressants! I can't even sit still! It's HORRIBLE!”

James was very distraught. He is in his 50s, married with several grown children. He has been very active in sports, and hiking. He works as an engineer so he needs his brain to function, but he can't sit still and think. He was doing well for many years with no significant problems, but everything changed when he stopped taking anti-depressants that

he had been on for over ten years. It changed his life for the worse.

We have know about these withdrawal reactions for almost fifty years, but the medical community doesn't talk about it.[1]Jordan Peterson, a famous psychologist, called his withdrawal from benzodiazepines, “A year of absolute hell!”[2] Before coming to see me, James tried many different medications to alleviate his symptoms. He even tried vitamins and supplements, but without any change.

While researching solutions, I found this

from a review article:

The main areas of serotonin research provide no consistent evidence of there being an association between serotonin and depression, and no support for the hypothesis that depression is caused by lowered serotonin activity or concentrations. Some evidence was consistent with the possibility that long-term antidepressant use reduces serotonin concentration.[3]

The first part was what I was looking for! I wanted to see if there was a relationship

between serotonin levels and depression. But the last part was a surprise: antidepressant use causes reduced serotonin! In other words, the treatment is causing the disease – or at least the problems my patient was facing. This may explain why those who take antidepressants long-term are resistant to any other treatment.

Drug companies pushed the serotonin theory of depression because they had a drug for it! Their drug would temporarily increase the availability of serotonin in the nervous system. Since some people felt better, they assumed low serotonin causes depression. The problem is that there were as many people with side effects as were helped by the drugs.

Side effects include:[4] [5]

- insomnia
- nausea
- diarrhea
- anorexia
- dry mouth
- headache
- drowsiness
- anxiety
- nervousness
- yawning
- sexual disturbances
- bruising or bleeding
- hyperhidrosis (sweating)
- seizures (rarely)
- mania

- suicidal ideation and behavior (especially in teenagers)
- weight gain/loss
- decreased orgasm (anorgasmia and ejaculation latency)
- muscle weakness
- tremors
- pharyngitis

It wasn't just the serotonin drugs, the researchers found even less correlation with dopamine, adrenaline, or norepinephrine. While the medications are changing the brain, they are not dealing with the underlying problems.

Why Do Antidepressants Work?

All antidepressants are about the same as placebo.[6] In most studies, the study removes the “early responders” because they are the ones who respond by “the placebo effect.” In other words, antidepressants work about as well as a sugar pill for depression.

However, some definitely feel better on antidepressants. The way they seem to work is not to reduce depression, but to cause indifference. People don't care as much.[7] This is the same with many kinds of medications.

When I was working in the emergency department during residency, there was a young man who came in with a broken arm in several places. He was obviously in a lot of pain, so before x-rays I gave him some morphine. When I went in to review the x-rays with him, I asked about

his pain. He laughed, “It hurts like hell, but I don't care.” Pain medications do not fix the problem, they only mask the pain.

Antidepressants are to depression like morphine is to pain – “Sure I'm depressed, but I don't care.” I have had many patients who are in tune with their feelings tell me they don't like the medications because they can't feel – no lows, but also no highs. They have blunted emotions. This is the same reason alcohol has been the drug of choice for depression and anxiety since the beginning of time.

The point of the research is not that people shouldn't take antidepressants at all, but rather that the medications do not address the underlying cause. They don't fix the problem; they only cover it up. Because of this, they can cause severe withdrawal symptoms. Those who use morphine for years end up with more sensitivity to pain, and feel more pain. Likewise, those who take antidepressants long-term tend to have the same issues with anxiety and depression.[8] We have known this for over thirty years, but doctors are not aware of the research. [9]

All antidepressant drugs have the same issues. Now, more epileptic and antipsychotic drugs are being used by primary care physicians for anxiety and depression. Now, there are even more people with chronic depression and anxiety. Moreover, the withdrawal symptoms are much worse with the antipsychotics.[10] One of my patients struggled for several years after stopping an antipsychotic before committing suicide. There is a lot of evidence that antidepressants and antipsychotics contribute to suicidal behavior.[11]

Plan Your DETOX From

Antidepressants

James stopped his medications abruptly and immediately began to have symptoms. I have had many others who stop abruptly after years of being on antidepressants without any issues. It depends on the reason for the depression. If you have been on antidepressants, especially over a year, you need to consider a gradual detox. Work with your prescriber to decrease the dose slowly. Depending on the drug, it can take weeks, months, or even a year or more. I have one patient who, after two years, is still going through detox, decreasing by tiny amounts monthly. For some medications, detox may require supplementation with amino acids, vitamins, or minerals.

Find the Cause of Your Depression

Testing for James revealed some unusual elevations in organic acids. More specific testing found he had glutaric aciduria – a genetic disease. This problem causes a dysfunctional enzyme to build up toxic levels of glutaric acid, causing brain dysfunction, including depression and anxiety. When his doctors saw the depression and anxiety in his youth, they just started him on antidepressants. It worked for a decade by masking the symptoms, allowing him to function. However, as he developed more toxicity, his brain just could not function normally. He had no reserve brain power. We had to put him on a special diet and give him high doses of vitamin B2 to correct the problem. Nevertheless, he continues to have withdrawal symptoms from the antidepressants.

I have had many other patients with

reversible problems be put on antidepressants. Instead of finding the underlying cause of depression, it is common practice to give an antidepressant to everyone who says they feel down.

- One woman had been using Pepto-Bismol daily for months because of stomach problems. She got severe depression and anxiety to the point she would not leave the house. She got worse and worse on antidepressants! Her uncle literally dragged her into my office for evaluations. Testing showed she had bismuth toxicity. But with a series of chelation treatments, her symptoms completely resolved.
- Recently, one of my patients went on antidepressants without discovering the cause of his depression. He was even incarcerated in a mental institution for weeks and sedated with multiple medications. When he got out his parents brought him to my office to find the cause. He was still either manic or depressed on the medication. Testing revealed elevated adrenal hormone levels, caused by a brain tumor. He had the tumor removed and is now normal.
- Another woman who was on multiple antidepressants for many years had a genetic disease called porphyria. With a special diet and supplements, she felt well, and now she no longer needs drugs.
- Like many others, one young man found that his depression and anxiety cleared up completely with exercise. He was able to get off antidepressants by doing a thirty-minute run every morning.
- After having several long discussions, I discovered a young woman had PTSD from a very abusive childhood. Since psychiatrists no longer

do psychotherapy, they did not find out her traumatic history. They just put her on drugs, which did not help. After being on multiple drugs for years, and still depressed, she got the help she needed by doing EMDR therapy with a psychologist.

Before you start treatment, find the root cause

If you have anxiety or depression, or any other mental illness, the first thing to do is to find out why before starting a treatment. Causes might include:

- Toxicity (heavy metals, pesticides, organic acids...)
- Genetic problems (enzyme abnormalities, MTHFR...)
- Deficiencies (vitamins, minerals, amino acids...)
- Metabolic disturbances (diabetes, insulin resistance, blocks in energy...)
- Emotional issues (PTSD, grief...)
- Stress, especially long-term (lack of sleep, financial stress...)
- Hormone imbalance (progesterone, adrenal, pituitary, thyroid...)
- Circulation problems (stroke, atherosclerosis, small vessel disease of the brain...)
- Degenerative brain disease (Parkinson's, Alzheimer's...)

Anytime, for any reason, there is brain dysfunction, there is depression and/or anxiety. Antidepressants do not deal with the underlying problem and can worsen the depression and cause more problems.

Just like the wise use of morphine, sometimes an antidepressant is useful. It can be useful if you know why you have depression, and are working on it, but need help to temporarily function. It would be helpful to be working with a therapist to do this. But even in those cases, it might be better to take a supplement. Certain supplements support your normal neurotransmitters instead of depleting them. In fact, because of the effects on the brain, those who take antidepressants may be more resistant to other treatments.

- Serve as a volunteer, helping others
- Take up a hobby where you lose yourself in creativity
- Yoga and meditation
- Breathing exercises – try the Wim Hof Method <https://www.wimhofmethod.com/>
- Connect with the Infinite

seek the cause before prescribing treatment. Especially, beware of antidepressant drugs -- they can turn a short-term challenge into a long-term problem – or a nightmare!



Each of these therapies work as well as an antidepressant, but with positive side-effects. You feel better, and your health improves. You can even safely use multiple supplements and treatments.

Healthy Depressions Supplements Include:[12]

- 5-HTP - 100mg twice per day
- SAMe - 400mg twice per day
- Methylfolate - 15mg per day
- John's Wort - (follow the directions on the label)
- Vitamin D - 10,000 IU daily
- Omega 3 oils - 1,000 mg three times per day with meals

Treat the Cause, Not Just Symptoms of Depression

It is essential to find the underlying cause of chronic depression before starting any treatment. If you know why you are depressed, it's easy to know what to do. I would advise everyone to get help – don't think you can do this alone. You are not alone. You are never alone. Depression is “the common cold of mental illness.” Everyone suffers from it at some time, some have it worse, and more frequently. But if you have persistent symptoms, feeling like life is not worth living, you need help to find out why. It may not be enough to just start taking pills – drugs or vitamins – you may need testing to know what is going on inside.

If any professional offers treatment without knowing the underlying cause, go somewhere else. Ask them who might be able to help you find out why you are depressed, anxious, worried, afraid, or hopeless. Depression is not easy to treat, mainly because few doctors or therapists

Other Antidepressant Treatments Include:

- Exercise – any physical activity you enjoy
- Sunshine – get out in the sun every day
- Avoid processed foods with sugar and vegetable oils
- Connect with friends and family

Sources: [1] <https://withdrawal.net/antipsychotic/> [2] <https://www.benzofree.org/blog/rapid-benzo-withdrawal-jordan-peterson-and-his-russian-detox/> [3] nature molecular psychiatry systematic review article; Published: 20 July 2022. The serotonin theory of depression: a systematic umbrella review of the evidence. Joanna Moncrieff, Ruth E. Cooper, Tom Stockmann, Simone Amendola, Michael P. Hengartner & Mark A. Horowitz [4] *Ment Health Clin.* 2018 Nov 1;8(6):275-283. doi: 10.9740/mhc.2018.11.275. eCollection 2018 Nov. Major depressive disorder in children and adolescents, Sandra Mullen [5] https://www.statpearls.com/cmearticelcourses/showchapter/?ResultID=52743#link_30248178 [6] <https://ebm.bmj.com/content/25/4/130> [7] *Psychiatry (Edgmont)*. 2010 Oct; 7(10): 14–18. SSRI-Induced Indifference. Randy A. Sansone, MD, corresponding author and Lori A. Sansone, MD [8] <http://psychrights.org/Research/Digest/Chronicity/NeurolepticResearch.htm> [9] *Psychother Psychosom* 1994;61:125–131. Do Antidepressant and Antianxiety Drugs Increase Chronicity in Affective Disorders? Fava G.A. [10] <https://withdrawal.net/antipsychotic/> [11] *Review Psychiatr Danub.* 2010 Mar;22(1):79-84. Suicidality and side effects of antidepressants and antipsychotics .Mate Mihanović , Branka Restek-Petrović, Davor Bodor, Sven Molnar, Ante Oresković, Paola Presecki [12] <https://www.verywellmind.com/best-supplements-for-depression-5113773>

10 Life Hacks for Eating Healthier

Don't let the thought of eating less scare you. Once you make the shift to a healthier life, including more nutrient dense food, you will find that you just can't seem to eat as much or as often as you used to when quality was not an issue. Feeding your body correctly results in a rebalancing which leads to eating less. It really is a win-win situation!

You will no longer experience the highs and lows in your blood sugar which so often result in what is known as crashing. When you eat food that is not nutrient dense it impacts your blood sugar in such a way as you may have an immediate burst of energy followed by a low period when you become irritable, tired, and quite hungry. This hunger leads you to consume more food, and the whole cycle begins again.



When It Comes To Eating

When it comes to eating, we all have to do it. We all must take in nourishment to sustain the life force within us. Quite simply, without nutrients, we would die. However, what many people don't realize is that the higher quality nutrients that they consume, the less they have to take in. In other words, consuming foods that do a better job in sustaining us, repairing, and protecting the body creates a more efficient system.

This is the way we are designed to operate. The old saying, "Junk in equals junk out," is entirely correct. When we pump ourselves full of nutrient-void food, we require quite a bit more of it to derive any benefit at all. Much of what many Americans consume falls into the junk category, even though you may be misled to think that it is quite healthy. Therefore, eating higher quality food is the first key to eating less.

10 Tips For Choosing Quality Food

With the commercial food market flooded with propaganda, it's hard to know what is real food and what is not. Food manufacturers often put deceptive wording on packages that convey a sense of healthiness when, in fact, nothing about the particular food is healthy.

Author Michael Pollan wrote a clever book entitled [Food Rules: An Eater's Manual](#). In this book, Pollan talks about the basics of eating healthy, real food and does a fantastic job outlining the principles to stick to when it comes to choosing real nutrient-dense food. Here is a snapshot of some of his rules:

1. Eat mostly plants, especially leaves: Research indicates that a plant-based diet is ideal for managing weight, blood pressure, cholesterol and blood sugar. According to a study of almost 100,000 Seventh-day Adventist church members (which promotes a vegetarian diet), it was found that vegetarians had lower rates of [type 2 diabetes than non-vegetarians](#). Michael J. Orlich, M.D., an assistant professor of preventative medicine at Loma Linda University in California was involved in the study. He says, "The closer people follow a vegan diet, the more they stay at a healthy weight and prevent type 2."

Sharon Palmer, RD, and author of *The Plant-Powered Diet* says this, "Study after study has tightly linked eating a plant-based diet with decreasing a number of chronic diseases – type 2 diabetes, heart disease, Alzheimer's and certain cancers."

Eating mostly plants does not mean that you have to abandon meat altogether to reap at least some of the benefits. Keep in mind that if you do include meat in your diet, it should be high quality. (See the next food rule on meat selection.)

2. Eat animals that have eaten well: While the saying you are what you eat is true, it is also true that you are what you eat has eaten. In other words, if you are eating animals be it meat, seafood or chicken that have not been raised sustainably and are subject to feed that is not in their natural diet, your health will suffer. Choose grass-fed meat, free-range poultry, and fresh-caught seafood and avoid processed meats of any kind that contain harmful chemicals and have microscopic nutritional value.

3. Eat your colors: Pollan makes an excellent point regarding the color of food. The colors found in vegetables are a reflection of the different

antioxidant [phytochemicals they contain](#). A significant number of these chemicals can protect us from chronic disease. So, for best protection, keep your plate colorful and choose from a wide variety of vegetables.

4. Avoid white bread: Eating white bread is as bad as eating a candy bar, maybe worse. Minimizing your consumption of white flour will help your blood sugar balance and keep unwanted sugar crashes at bay. The same goes for enriched pasta, it will just send you skyrocketing and crashing shortly after. Eat whole, real grains in moderation including things like quinoa, oats, barley, millet and brown rice.

5. Shop the outside aisles of the supermarket, says Pollan, nothing good resides inside the aisles of the supermarket. If you shop at a traditional store, you will see that processed foods are mainly found on the inner aisles. Produce, meat, and dairy are found on the outside edges. If you want real food, stay to the outside edges.

6. Snack on unprocessed plant food: Snacking on unhealthy, processed items only leads to more eating and more eating. Limit your snacks to unprocessed plant food such low sugar fruits, raw nuts, and veggies.

7. Don't eat anything with three or more ingredients: If your food item has more than five ingredients, it is probably safe to say that it isn't too real.

8. Don't eat anything you can't pronounce: Don't eat anything that you can't pronounce. Suffice it to say, if you can't pronounce it, don't eat it.

9. Eat plenty of healthy oil/fat: Contrary to what you might think, fat does not make your fat. At least not healthy fat like organic cold pressed coconut oil,

avocado oil, organic butter, etc.. Be sure to include plenty of healthy fats in your diet. This will help keep you full longer and also fuel your metabolic furnace. Stay away from hydrogenated or partially hydrogenated oil at all costs.

10. Ditch Sugar: Refined sugar is your enemy, avoid it at all costs. Stay away from sugary drinks and anything with any added sugar.

Don't worry, there are lots of great alternatives to refined sugar. Try these delicious cookies made with coconut crystals.

Gluten Free Almond Meal Chocolate Chip Cookies

EatingWell reader Beverley Sharpe contributed this healthy chocolate chip cookie recipe. She gave it a healthy update by cutting back on sugar and replacing the roll oats with 1 cup almond meal.

Ingredients:

- 1 cup almond meal
- 1 cup gluten-free baking mix
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 cup butter, softened
- 1/4 cup coconut oil
- 2/3 cup coconut crystals
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup dark chocolate chips

Instructions:

Preheat oven to 350°F. Coat 2 baking sheets with cooking spray.

Stir almond meal, gluten-free baking mix, baking soda and salt. Beat butter in a large bowl with an electric mixer until fluffy. Add oil, coconut sugar, egg and vanilla; beat until smooth and creamy. With the mixer running, add the dry ingredients, beating on low speed until just combined. Stir in chocolate chips.

Drop the dough by heaping teaspoonfuls, at least 1 inch apart, onto the prepared baking sheets. Bake cookies, 1 sheet at a time, until firm around the edges and golden on top, about 15 minutes. Cool the cookies for 2 minutes on the baking sheets, then transfer to wire racks to cool completely.

Make Good Decisions

Did you know that on average we make about 35,000 decisions each day? These include decisions about what to eat, what to wear, what to believe, what to purchase, etc. It is astounding the number of

choices we make, many of them without even thinking. The truth is, every decision we make brings particular consequences – some good and some, unfortunately bad.

Over time, the consequences of our choices begin to accumulate and can take us down different roads. For most of us, our life's a journey that is peppered with both good and bad choices and our health balance sheet is a reflection of this truth.

Eating less is all about being mindful, being knowledgeable, being prepared and being committed. Each choice we make carries with it a consequence. As Albert Camus said, "Life is a sum of all of your choices." With that, it is important to choose well, choose real and eat food that will bring about healing through rich nourishment. This is the secret to eating less.



STUNNING NEW
RESEARCH:
TURMERIC PROTECTS
YOUR BRAIN FROM
FLUORIDE



CURCUMIN IS A polyphenol most commonly found in the Indian spice turmeric. Beyond the yellow stain color, [curcumin provides cardiovascular and neuroprotective benefits](#), and has potent antioxidant, anti-inflammatory, and anti-cancer properties.

Now, new research points to a lesser known benefit—curcumin as a fluoride fighter! There's just no avoiding fluoride. It's in our drinking water, nonstick pans, toothpastes...you name it! But we can avoid the dangers of fluoride, namely its destructive effects on the brain.

Curcumin and Brain Health

For over 5000 years, turmeric has been adding flavor to Indian cuisines and boosting brain health. India has four times lower rate of Alzheimer's than in America! Experts attribute the low rates of Alzheimer's disease in older Indian adults to the population's abundant intake of turmeric. One study showed that Alzheimer's patients who [supplemented with less than a gram of turmeric a day](#) experienced "remarkable improvements" in symptoms.

This brain power is all due to the [neuro-protective powers of curcumin](#), which has 150 evidence-based therapeutic applications. Over 200 peer-reviewed studies confirm that curcumin has some potent brain-saving potential.

Protect Against Fluoride with Curcumin

Pharmacognosy Magazine reports that curcumin may help guard against fluoride damage. Indian researchers divided mice into four groups. Each group received a different protocol for 30 consecutive days.

- Group 1 acted as the control group and received no fluoride.
- Group 2 received fluoride.
- Group 3 received fluoride, but also received curcumin to see if it counteracted any fluoride damage.
- Group 4 received no fluoride, but did receive curcumin.

Researchers studied the link between fluoride and curcumin by measuring levels of malondialdehyde (MDA) in the brain. High levels of MDA in the brain indicate oxidative damage! Group 3 (the fluoride-only group) had substantially high MDA versus the non-fluoride groups. As for curcumin's effect on fluoride damage—results showed that Group 3 (fluoride + curcumin) experienced much lower MDA levels than those of the fluoride-only group, suggesting a nullifying effect.

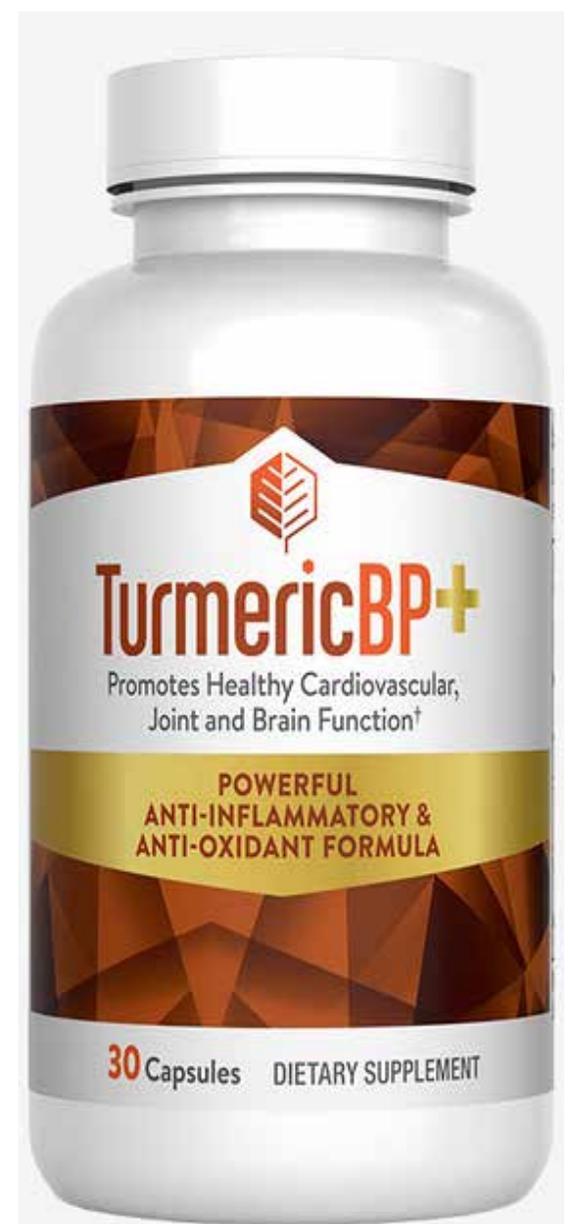
Researchers explain:

"Our study thus demonstrates that daily single dose of 120 ppm F result in highly significant increases in the LPO [lipid peroxidation, i.e. brain rancidity] as well as neurodegenerative changes in neuron cell bodies of selected hippocampal regions. Supplementation with curcumin significantly reduce the toxic effect of F to near normal level by augmenting the antioxidant defense through its scavenging property and provide an evidence of having therapeutic role against oxidative stress mediated neurodegeneration."

Where Does Curcumin Get Its Powers From?

Curcumin is loaded with antioxidants that help to combat free radicals before they can cause oxidative damage to the brain and the body. It stands out because it is able to cross the blood-brain barrier, which not all polyphenols can do. Research suggests that curcumin crosses the blood-brain barrier, breaks up plaque buildup in the brain, and stops injurious amyloids from developing in the brains of Alzheimer's patients.

Add some organic turmeric to any savory dish whenever you have the opportunity. It's also wise to troubleshoot any underlying health issues with a daily dose of curcumin from [a high quality curcumin supplement, such as Barton Nutrition's TurmericBP+](#).





YOUR MOTHER AND YOUR HEALTH

WHAT YOUR MOM'S health can teach you about your own.

- Your freckles
- Your wavy hair
- Your foolproof memory
- Your laugh
- Your patience

Your mom passed a lot of great things on to you that make you think of her every day. But there are also many things you might have in common with your mom that you may not be aware of. Take the opportunity to have a chat with her about her health so that you can gain a better understanding of your own.

The important thing to remember when assessing your own health, as it relates to genetics, is that you can prevent many problems if you know what to avoid;

several of the following risk factors can be greatly minimized or prevented if you maintain a healthful diet, exercise regularly and eliminate dangerous habits such as smoking and drinking.

Many factors contribute to your overall health and they can be divided into two categories: nature (genetics) and nurture (environment and lifestyle).

Women are susceptible to genetic factors in health, so understanding your mother's

milestones and health issues can help you in the long run.

Your mom's genes can affect everything from your body shape to your energy level to your risk of heart attack, so it's important to cover a wide scope of topics when talking with her about her health.

For example, studies have shown that a majority of daughters begin their menstrual cycles and menopause at the same age as their mothers. Also, you're more likely to inherit certain cancer genes, such as those that cause some forms of breast cancer, if your mother or maternal relatives had the gene.

[BreastCancer.org](https://www.breastcancer.org) states that 5 to 10 percent of breast cancers are caused by passed-on genes. The gene that everyone carries (BRCA1 and BRCA2) can be abnormal, but that does not mean a diagnosis is imminent.

Nurture: Environment and Lifestyle

Environmental risk factors begin to affect you even before you're born. A mother's nutritional preferences (what and how much she eats) and lifestyle choices (smoking, drinking, exercise, etc.) have a direct influence on the growth and overall health of her fetus.

After you are born, it is typically your mother who determines your childhood eating habits. Your mother is also often your first role model for healthy or unhealthy habits in life, and many women tend to continue to mirror their mothers' habits into adulthood. Recognizing your mother's attitude toward food, exercise, and even personal care can help you understand many things about your own

health.

Gathering a Family Health History

The best way to begin learning about your family's health history is by starting a conversation with your parents. Make a list of topics you'll want to discuss, or use a form that can be obtained on the Internet or from a doctor's office. Ask questions about their health, and then expand the conversation to the extended family. Some topics you might want to cover include:

- Cancer
- Heart disease, heart attacks, strokes, and high blood pressure
- Diabetes
- Asthma
- Obesity
- Alzheimer's disease
- Migraines
- Menses/menopause
- Allergies
- Mental illness
- Addictions (smoking, alcoholism, drug use, etc.)
- Birth defects (spina bifida, cleft lip, heart defects, etc.)
- Vision/hearing loss
- Vaccinations and any adverse

reactions

When talking with your mom, be sure to find out what ages any of these issues arose, if at all. Share the information you gather with your doctor at your next check-up; together, you can determine which health issues should be addressed immediately and which can be monitored over time.

You may always have your mom's eyes, her clumsiness, or her propensity to organize, but you don't have to accept all of her health issues as your own.





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

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.