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# homeCures

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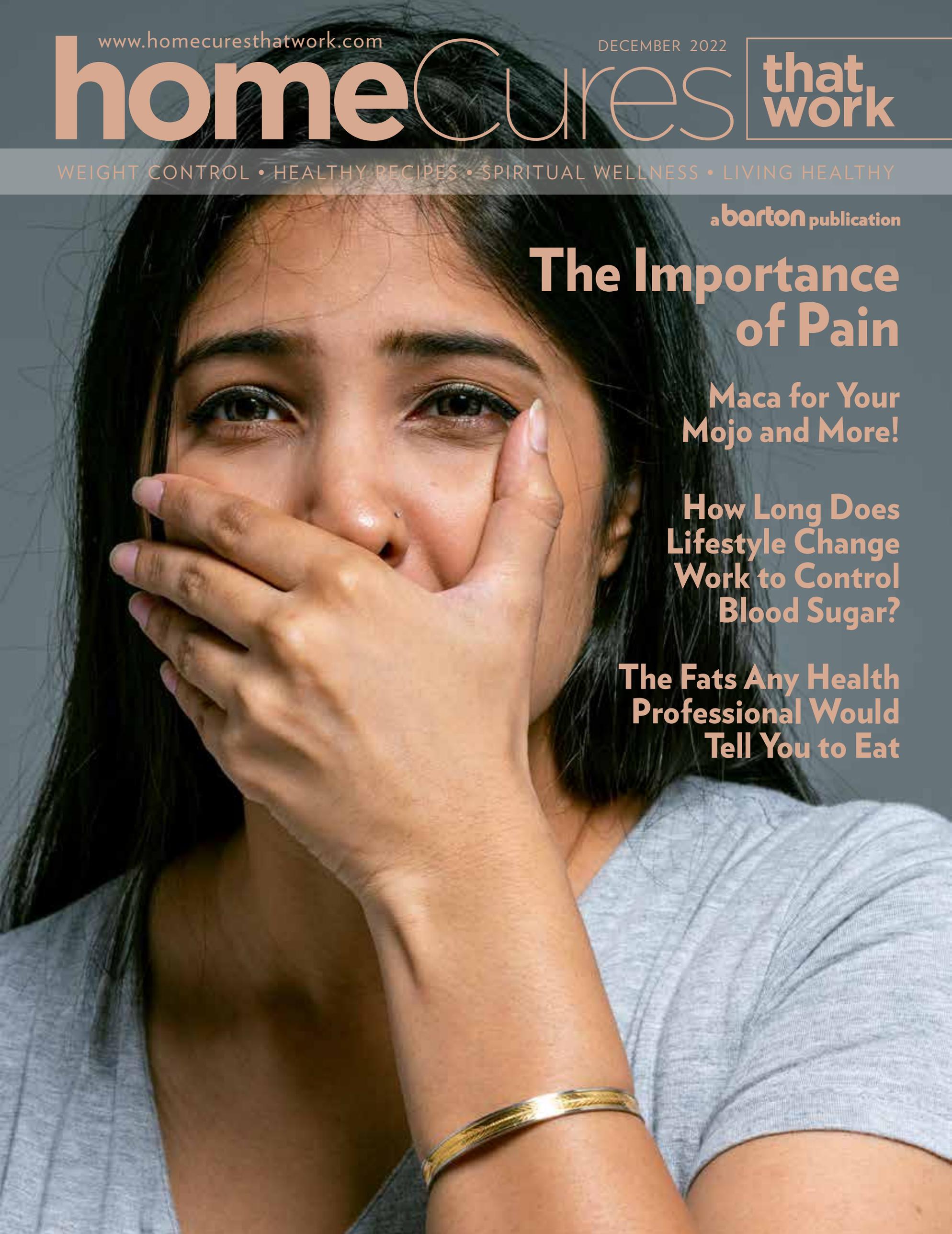
a **barton** publication

## The Importance of Pain

**Maca for Your  
Mojo and More!**

**How Long Does  
Lifestyle Change  
Work to Control  
Blood Sugar?**

**The Fats Any Health  
Professional Would  
Tell You to Eat**



# Home Cures That Work

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## AUTHORS



### DR. SCOTT SAUNDERS, M.D.

Dr. Scott D. Saunders, M.D. is a practicing physician, specializing in preventative health care, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine. View natural remedies with Dr. Saunders at: <http://drsandersmd.com>



### ROB FISCHER.

Rob has been writing professionally for over 35 years. His experience includes writing curricula, study guides, articles, blogs, newsletters, manuals, workbooks, training courses, workshops, and books. Rob has written for numerous churches, for Burlington Northern Railroad, Kaiser Aluminum, and Barton Publishing. He has also trained managers in effective business writing. Rob holds two Master's degrees, both focused heavily on writing. Rob has published eleven books and serves as an editor and ghostwriter for other authors.

A recurring lesson in my life lately is about the importance of having difficult conversations and saying the things that seem hard – to others and to myself. I've noticed many examples in my life where avoiding the hard conversation or suppressing a difficult feeling for fear of conflict or of hurting someone has led to more pain. It is something I've been working on being aware of and cultivating the skill of embracing. Dr. Saunders has put to words the realization of facing the painful things in life is the best way to love yourself and others.

“The quality of your life is directly related to how many uncomfortable conversations you are willing to have.” -Maston Kipp

I love using herbs and spices to support the body in healing itself. Maca root is a favorite because it's so supportive of the body's production of hormones. Since hormones rule a lot of the body's processes, maca is a great natural supplement for stress and hormone support.

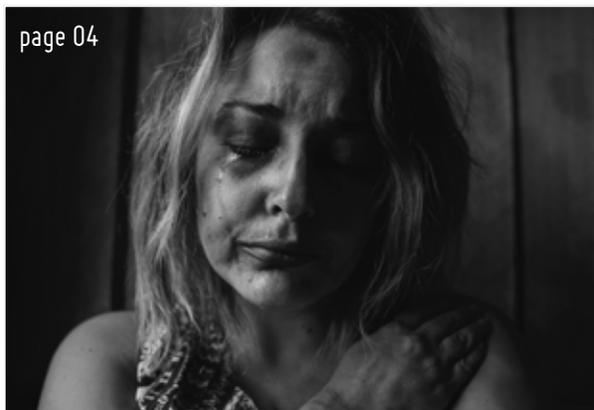
Today, we're starving for this missing food group. And our mental and physical health has been suffering big time because of it. But we can regain our nutrition by returning to an eating plan rich in this forgotten food group. These foods are among the most nutritious foods on the planet. Here are 3 creative and healthy fats to support heart and brain health.

When we listen to our pain and our bodies, we can create a relationship with them and maybe even start a dialogue - something different than just ignoring it. Pain is instructive. It tells us what not to do and it also shows us where we need to heal. This winter season, to answer pain, boost energy and restore hormones, I hope Home Cures That Work can help!

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For your health,

Cheryl Ravey, Editor  
Home Cures That Work



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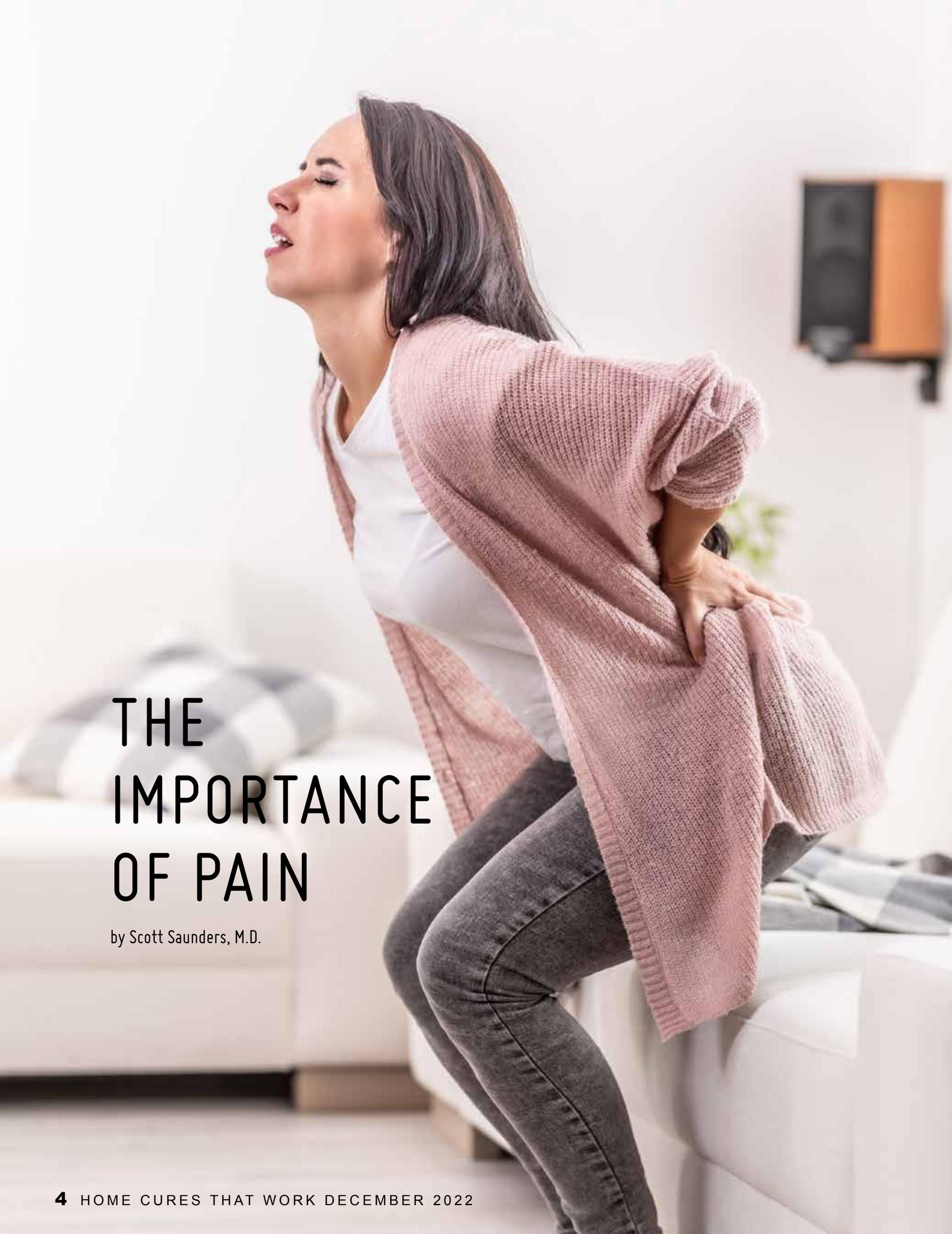
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# THE IMPORTANCE OF PAIN

by Scott Saunders, M.D.

did not set out to write an article saying that pain is a good thing. Anyone who has a kidney stone is not going to believe me. I also did not want to try to convince anyone to “love your pain.” I intend to give people tools to deal with pain, especially chronic pain. And in the process, I have changed my mind about pain. It turns out, pain is important!

To understand how important pain is, it may be instructive to think about what life would be like without it. There are a few people in the world who never experience pain. They are born with a genetic abnormality that may allow them to feel touch, and pressure, but not pain.[1] They are otherwise normal with normal intelligence and normal physical characteristics. Seems ideal, right? But it is a terrible illness! They do not pull their hand away from a fire and often get burn injuries. They may bite off the tip of their tongue and put things in their eyes. They walk on broken bones. They most often die of an overwhelming infection because they don't think it's important – because it doesn't hurt.

*“Life is pain, Highness. Anyone who says differently is selling something.”*

*--Westley, The Princess Bride*

Otherwise, everyone experiences pain in some way. Pain is whatever we find noxious, unpleasant, harmful, injurious, or that we want to avoid. However, the experience of pain is not consistent. Each person has a different “pain threshold” where it becomes intolerable. There are those who experience physical pain but say, “Sure it hurts, but I don't care.” Thus, pain is both a stimulus, and a response

to that stimulus.

I first noticed this when my children were young. One of my sons would come running to me with the slightest pain or injury like the world was coming to an end. His little sister, on the other hand, would be running and fall and get road rash on her hands and knees, and just get up bleeding and keep running. When she was two years old, she got a broken arm, and we didn't find out for two days (with two doctors in the house!) because she didn't complain until I picked her up by her broken arm.

## No pain, no gain!

We live in a generation today that feels pain. But rather than accepting it and finding the cause, we immediately seek relief. That's the reason many are on opiate drugs, alcohol, or marijuana. Others watch television and live in a make-believe world to escape pain. But as much as we try to avoid it, we make things worse. We need pain to tell us there is an infection, or a sickness, or something that must be resolved.

## “Pain is certain. Suffering is optional”

People attribute the above quote to many others, including the Buddha. It has expressed an important truth about pain for centuries. We all experience pain just because we live. One of my patients with chronic pain says, “It lets me know

I'm alive.”

Thus, pain really has two issues:

- The experience of pain
- The reaction to pain

Once these are separated, we can begin to have a choice. Rather than react automatically to pain, we can choose not to react at all.

Those people who are genetically pain-free may experience a feeling. They can feel the stimulus, but it has no meaning and is not noxious to them. In other words, they do not know when something is damaging their skin, such as a fire. They have a stimulus, it feels warm, but no reaction to pull away or avoid it. This underlies the essential aspect of pain: The stimulus is less important than the reaction.

One young man in college with misophonia, a condition that causes people to feel pain, or anger, with certain sounds, had to take tests in a testing center with lots of other students. The problem was that many of the students were eating, chewing gum, popping gum, or making smacking noises with their mouths. This was his trigger, and he was unable to concentrate on his own test. He would describe it as trying to solve a complex math problem while your feet are being dipped in boiling oil! He tried “noise cancelling” headphones, and all kinds of ear plugs, but finally he needed a note from a doctor to have a private room where he could take tests. He's the only one in the college who could feel pain from someone across the room chewing gum. It wasn't the stimulus of chewing gum, but rather the reaction created in his brain, that was painful.

This young man has a choice on how he can respond to pain. He noted that when

he had a girlfriend, she could “chomp” on gum, or her food, and it didn’t bother him at all. At that point, he recognized the space between the pain and the suffering. He could feel the pain, but there was no suffering. Because he was in love with her, she could hurt him all she wanted, but he did not suffer.

**“That which does not kill us makes us stronger.”**

**--Friedrich Nietzsche,  
Twilight of the Idols**

everyone experiences different levels of reaction to physical pain, emotional loss or damage can be devastating irrespective of the stimulus. Some people criticized Queen Elizabeth II because she didn’t cry at her husband’s funeral, Prince Philip, after 72 years of marriage. There may be no external signs of emotional pain. The British are known for keeping “a stiff upper lip.”

## Pain is Your Worst Enemy

Physical pain is the most obvious pain we see. People love to post and watch videos online of people falling, landing, getting hit, or otherwise experiencing pain. We get to laugh about the pain of others, or even our own – after the fact, like when a bunch of guys get together to show off their scars.

Emotional pain is not so visible. Just as

The very essence of pain is something to avoid. Defining the experience of pain requires it to be something we hate. Thus, pain can create avoidance behavior. This may start when we are little and get punished for doing something wrong – a spanking or some other “corporal” punishment. My dad would say, “This is going to hurt me a lot more than it’s going to hurt you!” but I didn’t believe

it. I think it hurt me more. And it was an incentive to avoid pain that gave me a good reason not to throw baseballs in the house anymore!

Thus, pain can create fear, or avoidance behavior. Life can revolve around preventing pain, which can be a big problem. The fear we feel may prevent us from living, causing us to avoid pain, instead of living life. Those who are afraid of pain do not go out of their way to love others. Fear is the opposite of love, as the apostle John tells us:

**“There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.”**

**(1 John 4:18)**

How are love and fear opposed?

LOVE	FEAR
GO	STOP
SEEKS HAPPINESS	AVOIDS PAIN
REWARDS EFFORT	AVOIDS PUNISHMENT
LIVES LIFE	AVOIDS DEATH
LEARNS AND GROWS FROM STRESS	TRIES TO STOP THE STRESS
GIVES TO OTHERS	NEEDS TO TAKE FROM OTHERS
HAS COURAGE	SEEKS PROTECTION OR SAFETY
SACRIFICES THINGS	HOLDS ON TO EVERYTHING
INCLUDES OTHERS	CAUSES SELFISH DESIRES
ACCEPTS WEAKNESSES	INTOLERANT OF OTHERS’ PROBLEMS
PATIENT	IRRITABLE, EASILY ANNOYED
KIND	ANGRY
REJOICES WITH THE BLESSINGS OF OTHERS	ENVIES OTHERS’ GOOD FORTUNE
BELIEVES LIFE IS PLENTIFUL, ABUNDANT	BELIEVES THERE’S NOT ENOUGH
SEES GROWTH AS IMPROVEMENT	SEES GROWTH AS HARD

Denial of pain is another primary cause of fear. In medicine we call it Post-Traumatic Stress Disorder, or PTSD. PTSD is a reaction to a painful event that becomes suppressed. The person who has had a trauma, either emotional or physical, does not want to remember the pain so they deny the trauma exists, causing them to live in fear of repeating such pain, and often bringing on more pain.

When pain brings fear is it your worst enemy because it is the opposite of life and love. I have seen many people who come to see the doctor trying to avoid pain. The irony is that most often, avoiding pain causes more pain. Many of my colleagues who are pain doctors have found that “pain relief” often does more harm than good by preventing people from dealing with the underlying cause of their pain.

For example, there are many with back pain who suffer for years because they are trying to avoid emotional pain. Dr. John Sarno, MD has written many books on how people suffer physical pain because they are trying to block-out emotional pain.[2] Another example would be avoiding going to the doctor to find the cause of an illness, allowing the illness to progress. Cancer, heart disease, diabetes, skin rashes, and all sorts of infections are often easier to treat if taken care of early. As the old couplet goes:

**A stitch in time saves nine.**

Thus, pain can cause people to live in fear, instead of love. This makes pain your worst enemy.

## Pain is Your Best Friend

On the other hand, those who

acknowledge pain, and accept it as an important part of life exhibit courage and can grow in love.

## Feel the BURN!

All the greatest philosophers and teachers throughout the history of civilized man have dealt with the problem of pain. You have a choice to avoid or face pain. We need pain. People with diabetes may get neuropathy and loose the feeling in their feet. Without the feeling of pain, they get infections that they are not aware of. They may see swelling and redness, but think, “If it was bad, it would hurt.” Since it doesn’t hurt, they let it go until it gets into the bone and it’s too late – an amputation becomes necessary. The rest of us have pain nerves to say, “Hey! Look here! There’s something wrong!” And we stop walking on it, soak it, go to the doctor, take antibiotics, and do whatever it takes to remove the pain – and the infection. When you can’t feel pain, you get hurt easily, even getting permanent injuries. Thus, pain is essential to human existence. Pain is normal. Everyone experiences pain.

**“To hurt is as human as to breathe.” –**

**J.K. Rowling**

It’s not the pain that is the problem, but rather the reaction to the pain. The reaction is most often a choice:

- I can feel pain, and move forward despite pain, exhibiting courage, or I can withdraw and seek comfort and safety.

- I can choose to find the cause of my pain, or to wallow in it and become bitter and angry.

While in the immediate sense it may be wise to be safe, on the grand scale of life it causes withdrawal and decline.

Dr. Victor Frankl was in a Nazi prison camp and had everything taken from him, even his humanity, as described in his book *Man’s Search for Meaning*. He found the only thing that could not be taken was his freedom to choose his response to pain. He chose to love even the guards who hurt him.

**“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”**

**—Viktor Frankl, *Man’s Search for Meaning***

You can choose to look at the pain and acknowledge it, rather than try to relieve it or run away from it. Then, you can begin to ask why. Pain is telling you something. You can learn from pain. You can grow by finding out why you have pain. If you embrace pain with the anticipation of learning and growing from it, the pain will not be as bad, and it won’t last as long. We may not be able to be pain-free, but we still have a choice on how to respond, as immortalized in the Serenity Prayer.

**Lord give me the serenity to accept the things I cannot change**

**The courage to change the things I can**

**And the wisdom to know the difference.**

**--Reinhold Neibuhr**

# How to successfully use pain as a springboard to happiness.

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## 1. Acknowledge it.

You would be amazed by how many people do not acknowledge their pain, they just suffer without even saying, “That hurts!” Dr. Sarno explains why it is essential to acknowledge both physical and emotional pain. Those who do not acknowledge emotional pain, for example, will feel more physical pain. Sometimes, just acknowledging it can relieve it. View the pain, then write it all down. Focus on both the good and the bad of your pain. Be realistic.

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## 2. Accept it.

Accept pain as a part of life. Don't try to get rid of it. Rather than trying to take drugs or relieve the pain, face it squarely. Facing the pain allows us to learn from it. Take your pain and how you feel about it seriously, write about it, then share it with someone else.

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## 3. Be curious about pain.

Listen for what the pain is telling you. There is a reason. Sometimes, deep down, you know the reason, but often it's hidden. Many ascribe their last activity as

the reason. You can have a fall, injury, or some event, but that pain will go away quickly, any lingering pain may have a different underlying reason not related to the injury. A good counsellor can help.

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## 4. Find meaning in your life.

Finding meaning in the pain gives you a greater perspective. Write down your core values. Focusing on what is important to you gives you focus and drive. By focusing on what you value, you can cease to focus on pain. The pain nerves decrease the perception of pain when you change your focus to something positive.[3]

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## 5. Help others.

Your own pain can move you to take action and confront injustice. One 2017 study found that volunteers had less pain than those who didn't.[4] Look for ways to volunteer. You can go online to [justserve.org](http://justserve.org) to find opportunities in your own area. Remember, everyone has pain; you can help others in pain.

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## 6. Those with chronic pain have another unusual tactic – take on more pain.

In fact, it is helpful to find ways to bring on pain so you can make more endorphins. [5] Those who work out, run, immerse themselves in cold water, eat hot chili

peppers, or find other ways to bring on pain can increase their pain tolerance by increasing endorphins. It may sound crazy to tell people to create more pain, but people do it all the time. When running a marathon, or climbing Mt Everest, you don't expect your trip to be pain-free.

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## 7. Find the upside in your pain.

How does it help improve your life? What good can come from it? If people choose, the experience of pain can help them to grow and improve.

- Pain can give you compassion for others.[6]
- Pain can inspire you to seek out healthier habits and relationships. Sometimes seeking resolution of pain requires us to take care of ourselves.
- Pain makes you stronger. We set our meter to a level of pain we have experienced in the past. “I can get through this! I've had worse!”
- Dealing with pain can bring hope. Hope comes from finding a benefit in your struggle. Hope changes your physical response and decreases the response to pain.
- Pain brings you into the present – it forces you to attend to the immediate need. Living in the moment is a very important life lesson, often taught by the Buddha.

**“Mindfulness puts an end to such a limited perspective. The Buddha faced his own suffering directly and discovered the path of liberation. Don't run away from things that are unpleasant in order to embrace things**

**that are pleasant. Put your hands in the earth. Face the difficulties and grow new happiness.”**

*--Thich Nhat Hanh, Buddhism Suffering, The Heart of the Buddha's Teaching: Transforming Suffering into Peace, Joy, and Liberation*

As you go through these steps, write about how it changes your life. How you can improve, grow, learn, or become stronger.

While we find pain to be noxious and want to avoid it, yet we need pain. We need the contrast of pain to experience joy. There is evidence that those who experience more pain are happier than those who have not.[7] This may be due to contrast. There is no light without darkness. There is no black without white. There is no hot without cold. There is no noise without silence. It is in contrast that life exists. The Biblical story of creation is mostly about establishing contrast – dividing the heavens from the earth, the water from the land, the light from the darkness and

the woman from man. God created life by creating contrast. It appears that pain is also a part of that life; we must experience pain to understand joy and happiness because we need the contrasting experience.



Sources: [1] [https://en.wikipedia.org/wiki/Congenital\\_insensitivity\\_to\\_pain](https://en.wikipedia.org/wiki/Congenital_insensitivity_to_pain) [2] <https://simplysarno.com/> [3] <https://www.practicalpainmanagement.com/treatments/psychological/perseverance-loop-psychology-pain-factors-pain-perception> [4] <https://pubmed.ncbi.nlm.nih.gov/28601476/> [5] <https://www.psychologytoday.com/us/blog/striving-thriving/202111/why-choosing-pain-may-be-key-meaningful-life> [6] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4791068/> [7] <https://exploringyourmind.com/5-reasons-accept-pain-order-happy/>

# Maca for Your Mojo and More!



by Rob Fischer

**A**t extreme elevations in the Andes Mountains, the hardy inhabitants grow maca, probably the highest elevation food crop in the world. Temperatures in this region can drop to well below freezing and up to 60° F any time of the year. The wind blows incessantly and the sunlight is intense in this oxygen-poor environment.

This inhospitable climate requires a robust people who thrive on a highly nutritious diet. And that's where maca comes in.

For over 2,000 years, the people living in this region have cultivated maca as a staple in their diet and as a supplement for improved health. Maca looks similar to a radish or turnip. Maca is grown primarily for its bulbous root, but its leaves

are also edible. Because the climate is so harsh, maca usually requires two years to mature even though it's classified as an annual plant.

## Maca a Superfood

Maca belongs to the cruciferous family

of vegetables like cabbage, broccoli and cauliflower. The root bulb grows to a size of 1-to-3 inches in diameter. The Peruvians and Bolivians who grow maca eat it raw, boiled, roasted, or dried and powdered in an abundance of creative ways. Many describe maca's flavor as "pungent and sweet" and "pleasant" with a similarity to butterscotch. There are three varieties of maca root: black, red and cream-colored.

As a food source, maca root is extremely rich in nutrients. It boasts a higher calcium level than milk and contains good levels of:

- Zinc
- Iron
- Copper
- Manganese
- Magnesium
- Phosphorous
- Selenium
- Potassium
- Sulphur
- Sodium
- Iodine

Maca root also provides over 20 amino acids, 8 of which are essential. Maca is rich in the B vitamins, C, and E, and is high in protein and fatty acids.[1], [2], [3] All these factors qualify maca as a "superfood."

Maca is classified as an adaptogen like ginseng, licorice root, and Rhodiola. Many of maca's health benefits point back to this quality.[4] While dozens of

studies have been conducted on maca root's health benefits, most of these have been small. Some of these studies are on humans, while others are on animals.

As a result, some may wonder, "Why so few studies and with so few subjects?" But the majority of large clinical studies are funded and conducted by pharmaceutical companies who stand to gain financially from those studies. What that means is that those elaborate studies usually focus on a synthetic drug manufactured by a company for profit.

In the case of naturally occurring foods and supplements like maca, studies tend to be small because they are conducted by a college, university, or special interest group. A large pharmaceutical company has nothing to gain financially by demonstrating the health benefits of maca or other natural supplement.

There is a lot of anecdotal support for the claims around maca. But here again, people tend to dismiss purely anecdotal evidence in favor of hard, scientific proof. However, the fact that these cultures make certain health claims about maca after consuming it for 2,000 years must carry some weight!

We've already seen how nutritious maca is, so let's look now at some of its other health benefits. [5], [6], [7], [8]

## 7 Amazing Health Benefits of Maca Root

### 1. Helps balance hormones.

Maca's many amino acids provide what

our bodies need to regulate our hormones. This is good news for women dealing with symptoms of menopause and PMS. Clinical studies have demonstrated maca's positive impact in relieving many of the symptoms of menopause. Maca root has also been effective in treating acne brought on by hormone imbalance. Psychiatrist and functional medicine physician, Hyla Cass, MD claims, "In my practice, I have seen maca restore hormonal imbalance and related sexual desire and fertility in both men and women." [9]

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### 2. Reduces anxiety and stress and elevates mood.

These are characteristics common to adaptogens in general and supported by clinical trials as well. A 2008 study in Australia that followed two groups of women for 12 weeks reported significant improvement in anxiety and depression for those who took maca root over against a placebo.[10] This is great news for those who suffer from anxiety and depression as the prescription drugs for these maladies are highly addictive with nasty side effects. Dr. Joseph Mercola writes, "Studies show that maca is just as effective as pharmaceutical treatments for depression, but without the negative side effects associated with them." [11]

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### 3. Improves fertility.

In particular, black maca root has been shown to increase sperm count in men. While red maca improves ovulation and overall reproductive health. The studies that back these claims have been small but promising. In one study, nine healthy men were followed. They consumed maca for four months, after which they

experienced an increase in the volume and quality of their sperm.[12]

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#### 4. Heightens sexual libido.

Maca has long been used in the Peruvian culture as a means to enhance sexual desire. Since this is a general characteristic of all adaptogens, this should not surprise us. Again, studies have demonstrated this phenomenon in both men and women. Two such studies occurred in 2008. Both studies were reported in scientific journals and found that taking maca root as a supplement increased sexual libido in women. Another study demonstrated that maca root assisted men in overcoming erectile dysfunction. Maca is often referred to as “Peruvian ginseng,” because ginseng is another adaptogen credited with improving sexual function.

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#### 5. Increases energy.

As with other adaptogens, maca root can help increase energy and stamina to improve both athletic performance and aid with a busy lifestyle. In a study involving eight male cyclists, subjects completed a 25-mile, timed ride without the benefit of maca. Then they supplemented with maca for 14 days and completed the same ride again. After taking maca, they improved their riding time.[13]

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#### 6. Improves mental clarity and memory.

Animal studies have demonstrated that maca root improves learning and memory. A study published with the National Institutes of Health in 2016 confirmed that maca can help arrest age-related cognitive decline and therefore improve memory and mental clarity.[14] The Peruvians give their children maca to aid their cognitive skills in school.

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#### 7. Promotes healthy teeth and bones.

Maca root contains high levels of bio available calcium (higher than milk). Calcium is needed for healthy teeth and strong bones. In one animal study, half of the subjects received maca and the other half a placebo during a 28-week period. The maca subjects showed increased bone size and calcium content over against those who took the placebo.[15]

Numerous sources indicate that the color of the maca root is important depending on your intended purpose. Apparently, the mineral content accounts for the color. The three main colors of maca are black, red and cream. So if you choose to introduce maca into your life as a supplement, you'll want to find out from the supplier

what color maca they would recommend for your particular needs.

As a food, the recommended dosage is one tablespoon per day. There are no known side effects or dangers associated with maca root. However, some people report upset stomach from eating maca root, so you may want to start out with ½ teaspoon per day.[16] The dosage for maca root capsules is typically 500mg, twice daily.[17] Not enough is known about any impact on women who are pregnant or breast-feeding, so it's advised for them to avoid maca root.[18]

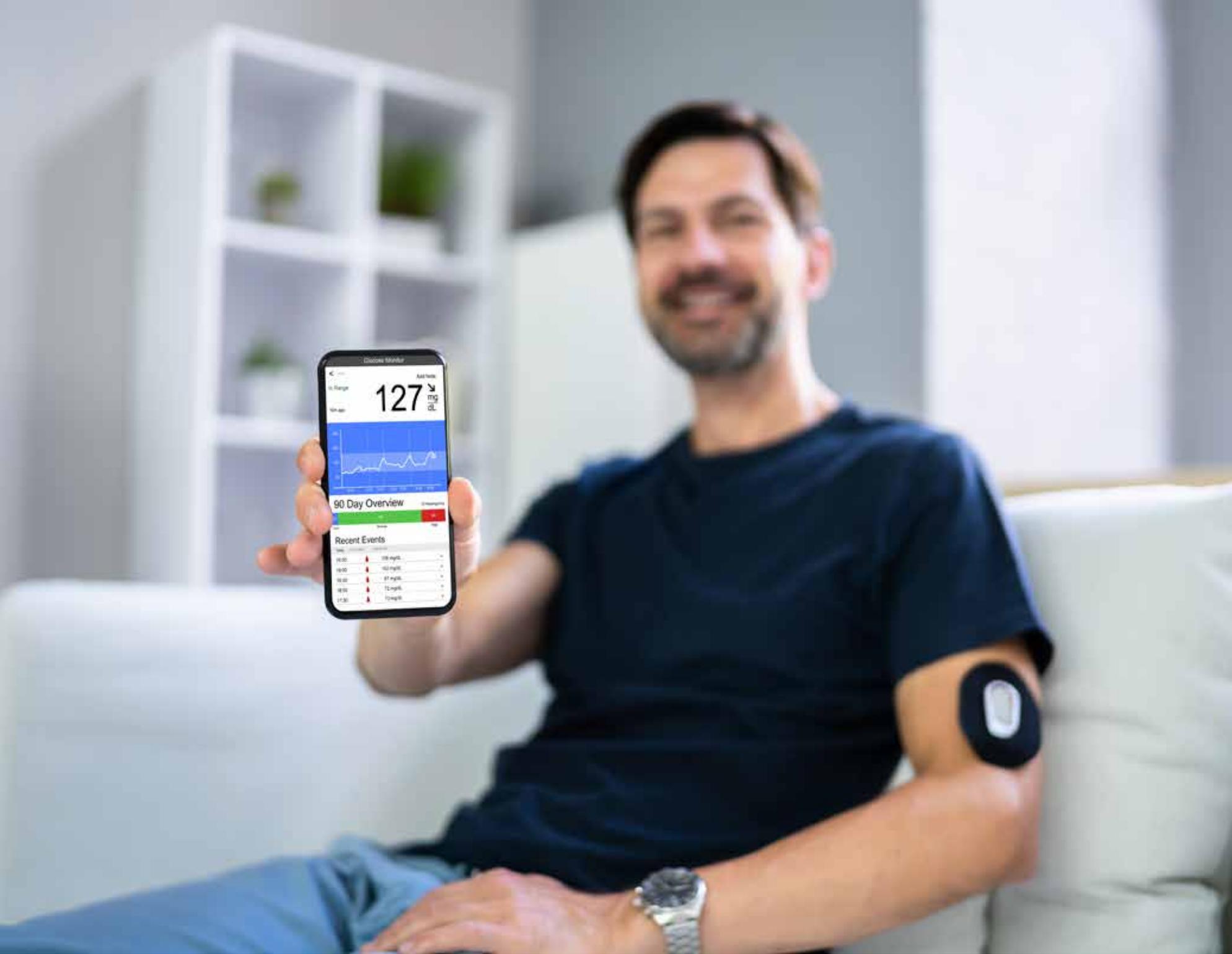
Here in the U.S., maca root is primarily available in powdered form either bulk or in capsules. You can add powdered maca to drinks, smoothies, meal entrees and dessert recipes, or simply take it as a supplement. You're only limited by your imagination when it comes to thinking up ways to integrate maca into your diet!

Maca powder is reasonably priced and with the tremendous variety of its applications you should have no trouble working it into your eating plan.

Which of the 7 health benefits of maca root has caught your attention? Why not order some and try it for a couple of months? See how you like it and what improvements you experience and let us know what you think.



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# How Long Does Lifestyle Change Work to Control Blood Sugar?

**Q** : IF YOU managed to get your A1C under 5.4 without medications, then how long will it stay there assuming you can maintain the lifestyle changes?

**A** : LIFESTYLE CHANGES include changing diet, coupled with exercise and natural supplements. Those kind of lifestyle changes can control your blood sugar levels for as long as you continue practicing them. I'll say more about the nature of those lifestyle changes below.

The reason we recommend this natural approach to managing and reversing high blood sugar is because the medications don't solve the problem, but merely mask the symptoms. Additionally, the medications prescribed for high blood sugar carry with them some unpleasant and sometimes serious side effects.

On medication alone, the disease will continue to worsen in spite of the drugs. The reason for this is that we haven't addressed the factors that cause the

overproduction of insulin by the pancreas and insulin resistance in the cells. Therefore, the disease will progress, requiring ever-increasing doses of medication and stronger drugs. Additionally, these medications are very costly.

The lifestyle changes we promote at Barton Publishing involve primarily a change in diet. Exercise and natural supplements will help too, but the dietary changes are essential. These are the factors that led to high blood sugar in the first place, so changing our diet to one which would not lead to high blood sugar in the first place also reverses the effects of the disease.

Unlike the medications, changing our diet and adding exercise target the cause of our high blood sugar and reverse it—as long as we stay with our new lifestyle.

We recommend a three-phase reversal process. The first phase requires that we reduce our daily carbohydrate intake to a mere 20 grams of low glycemic index foods. This will help cleanse our cells of sugar and allow them to regain their ability to accept new sugar, but at much more acceptable levels.

This low carb phase will reset the pancreas to produce normal levels of insulin, resulting in normal blood sugar levels. The goal of this first phase is to get your fasting blood glucose level under 100 mg/dL in a test at your doctor's office.

In Phase two, we recommend that you begin methodically reintroducing your favorite carbs while testing to ensure that they don't adversely impact your blood sugar levels.

Phase three is the culmination of your Phase two experimenting. Phase three represents a lifestyle change that you will want to maintain for the rest of your life. This lifestyle change will keep your blood sugar levels normal perpetually and prevent the disease from running its terrible course.

For more information, please view this free video featuring Dr. Scott Saunders: [by CLICKING HERE.](#)





# THE FATS ANY HEALTH PROFESSIONAL WOULD TELL YOU TO EAT

**F**AT: AT ONE point in our history, people were considered wealthy because they ate fatty meals and became large and round in stature.

Later fat was cast aside as an unhealthy “do not pass go” ticket to a heart attack. Now, most are split. While nearly every health professional will agree that healthy fats go a long way to promote a healthy body, many consumers are still paralyzed by its shaky past.

However, an important distinction to make is the one between good and bad fats. Bad fats, like trans fat and saturated fat found in processed foods increase your bad cholesterol, lower your good cholesterol and widen you in places you’d rather not see growth.

Yet healthy fats do just the opposite. Healthy fat is a necessary component in your nervous system and helps you absorb Vitamins A, D and E. But olive oil and avocado aren’t the only beneficial fats you can eat. Here are three more that any health professional would happily recommend.

## Macadamia Oil

Also referred to as macadamia nut oil, this is one of the least known beneficial fats on the market today. However, its “delicate flavor,” according to [InstituteForNaturalHealing.com](https://www.institutefornaturalhealing.com), makes it the perfect substitution for olive oil in homemade dressings. And, thanks to its resistance to oxidation, it’s perfect for cooking your favorite vegetables on the stove top. It’s bursting with antioxidants that protect against cell damage and has higher levels of monounsaturated fats than olive or flaxseed oil.

Use it: Add a nutty flavor to your next batch of homemade hummus with macadamia nut oil. Remember, just a dash will go a long way.

## Ghee

You may have heard it called clarified butter, but either way, this healthy fat is butter in its more pure form—butterfat. When butter is cooked long enough for the water in the butter to completely evaporate and for the milk solids to brown and produce a nutty flavor, you get a butter product called ghee. That doesn’t sound healthy, does it? Well, people in the East Indian culture have long known about the health benefits of ghee. The long list of reasons why you should too includes:

**Decreases inflammation:** Ghee has been found to reduce both leukotriene secretion and prostaglandin, overproduction of which is unhealthy and leads to inflammation.

**Easier to digest:** When you cook away the milk solids, the lactose is burned off, making it easier to digest than vegetable oil or regular butter.

**Packed with antioxidants:** Thanks to an ample supply of carotenoids and vitamins A and E, ghee: improves your immune system, fights free radicals and reduces the risk of heart disease.

Use it: Ghee can be used in place of cooking oil; add a delicious sear to your steak or a creamy texture to your curry stir-fry.

## Almond Butter

There are a slew of nut butters on grocery store shelves today, and for good reason: nut butters are an excellent source of monounsaturated fat, with a whopping 3 grams more per serving than peanut butter. A low sugar content, high omega-3 content and lack of hydrogenated oil makes it a powerhouse among nut butters. Not to mention it’s packed with calcium and magnesium, both of which improve your bone strength and muscle and nerve function.

Use it: Use almond butter in any and every dish—add protein to your oatmeal, put a spoonful in your smoothie, smear it on a slice of sprouted bread or just eat it right out of the jar.

As with any and all foods, regardless of how healthy they are, eat everything in moderation. If you eat a whole jar of almond butter in one sitting, it’s no longer a healthy fat, just fat. However, when you add moderate amounts of these items to your diet your body will thank you. From an improved immune system to higher fat burning, any health professional would recommend these three healthy-fat superstars.





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