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Vitamin C for Lung Cancer and Why

The 7 Best Things You Can Do for Your Heart

Salt and Your Heart: Finding the Delicate Balance

Are Essential Fatty Acids the Secret to Becoming Healthy?

Home Cures That Work

Common treatment options for cancer, such as chemotherapy and radiation therapy, can be expensive and sometimes ineffective. However, Dr. Saunders show how effective high-dose vitamin C in combination with standard treatment can be on health outcomes for patients with cancer.

Your heart is the hardest working organ in the body. A well-rounded routine of health eating, exercise and other factors are essential for supporting the centerpiece of your cardiovascular system and everyone's favorite wellness muscle!

We're being told to reduce our sodium intake. But some experts argue that we aren't getting the whole story – about why salt may not be the killer we've been told, and where the real dangers may lie.

You should know the fats the heal and the fats that kill. Essential fatty acids are linked to longevity, energy level, fat loss and strongly suggest they play a role in prevention and reversal of everything from cancer to heart disease and more.

Your heart matters to you. Prevention should be front of mind for everyone. It can be hard to know where to do or where to start. Home Cures That Work remind you it doesn't have to be a million changes overnight, but just taking small steps from this month's issue in the direction of a healthier heart can have a lasting effect.

For your health,

Cheryl Ravey, Editor
Home Cures That Work

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VITAMIN C FOR LUNG CANCER AND WHY

by Scott Saunders, M.D.

Being a doctor offers me unique opportunities to get the intimate details of people's stories. I had a patient who died a few years ago who was the rarest gem in the King's crown. I didn't realize how much of an impact she had on me until about one year after she died. Deepressed and feeling sorry for myself, I looked up from my bedroom couch and saw the wreath Eileen made for my wedding a year ago. There was such love put into this. She folded many one, five, and ten dollar-bills, accordion-style, and tied them to a wreath made of sticks in the shape of a heart. Each bill looked like a bow. Since she was not driving to Santa Barbara, I called to thank her for it. She said it would make sure there was always some money in the house, we would never be destitute. But that wreath has so much more value than the cash hanging from it.

Eileen came to us with an 8cm (3-inch) mass in her lung. The week prior, her oncologist told her flatly that she wouldn't live three months. She pointed her finger at him, looked him straight in the eye, and firmly snapped,

"There is no expiration date stamped on my ass, and you're not going to put one there! You don't know how long I'm going to live!"

Then she walked out of the office. Recommended by a friend, she came to see us at the Integrative Medicine Center of Santa Barbara to get high-dose intravenous vitamin C drips.

Lung cancer is difficult to treat. No matter which treatment used, it seems the life span doesn't change. Every treatment has about a 20% regression, or spontaneous remission. When those who are getting chemotherapy have regression, they thank the oncologist for saving their live. The oncologist assumes that they have done some good. However, the same percentage of lung cancer patients who have IV vitamin C get regression or remission. All treatments work in roughly the same percentages, but each credits their treatment for the remissions. Thus, there is so much confusion surrounding lung cancer. It's so hard to know which to choose because there is no clear standout for remission. I prefer, and recommend, IV vitamin C for one reason – quality of life. Those who do radiation and/or chemotherapy are generally miserable. They are not able to function at least while they are getting the toxins, or there are nasty long-term "side-effects." Whereas those on vitamin C feel better with treatment.

While chemotherapy is bad, radiation is worse. Radiation always causes cancer stem cells. Why would anyone do this? It only makes sense if there is no hope for treatment, so limit the benefit of radiation to terminal patients who need a tumor shrunk down. Anyone who says that radiation can cure cancer should die by her own devices – and she DID! Marie Curie was sure until the end of her life that her discovery would end cancer, even after the "Radium Girls" were sick and dying all around her. In 1934, Curie died from aplastic anemia due to the high radium exposure she experienced through her research. Even buried in a coffin made of one-inch-thick lead, her house continues to be radioactive a century later. If you want to look at her books, you must sign a waiver stating you know the risks of radiation and then put on a radiation suit for protection.

UCLA did research on the use of radiation for breast cancer showing that every dose of radiation causes cancer stem cells that can become cancer in 5 years. The published article was removed at the request of radiation oncologists because that kind of truth is bad for business. Despite this, radiation oncologists still bully their patients to succumb to being irradiated unnecessarily. This is especially true of: "We don't see any cancer, but you should have radiation just in case. If you don't it's going to come back – worse!" If they wanted to be truthful, they would have to say: "Do radiation because that's how we get paid. It will create cancer, but it will take five years or more so it will be off our 5-year survival statistics."

After a few months, the repeat CT scan of Eileen's lungs showed that the tumor had stopped growing, but it wasn't any smaller. We added glutathione every week. Glutathione is arguably the most important antioxidant in the body and is especially needed in the lungs. Three months later her lung cancer shrunk down to about 4 centimeters, half the size, and she remained active. Eileen continued coming to Santa Barbara every week for IV treatments. She would then drive back to Los Angeles, a two-hour drive, to go to work. She said the treatments energized her. She did not want to miss work.

Eileen was a parole officer working with reprobate adolescents in downtown Los Angeles. This woman was tough! But she loved the boys assigned to her. She knew them, their families, their situations, and their friends. She walked with them through downtown. Nobody messed with her. She had friends in low places. She told it like it was and didn't take any crap from them. No matter what they went through, she had been through worse. Nobody had an excuse in her eyes. Even in her 70s with lung cancer she commanded a lot of respect. She really loved her work.

After telling off her oncologist she never went back.

Doctors previously missed a diagnosis on

her son as a baby. So, she was not going to rely on the opinion of an expert. She had learned to rely on herself. Knowing the dismal statistics of treatment for advanced lung cancer, she was looking for alternatives, and ended up in my office. After a few months, she said that if she had gone for the treatments of the doctors she would be disabled or dead. For her, disability was the worst! She felt so happy to have a treatment that shrunk the tumor while at the same time allowing her to work. She never felt bad; she just felt normal. And she continued to smoke.

I am not of the opinion that alternative cancer treatments are better than anything conventional. However, it is essential to look at the risks of each. While IV vitamin C does not improve overall outcomes, statistically, it does at least as well as chemotherapy and is non-toxic. Even if it wasn't quite as good, I believe that chemotherapy would not be worth the risk. I have had too many people with disabilities from cancer treatments. They get neuropathy, leading to chronic numbness, tingling, swelling, pain, and rashes. It also causes brain problems like "chemo-brain" which leads to fogginess, and memory loss. It may affect every organ and system of the body.

Once, while she was in the office sitting in the IV chair for about three hours, I had a chance to sit down with her and talk. Every time she came in, she was knitting. I asked her about grandchildren. Her son was in Colorado and had a couple children. I asked her if she was knitting something for them, and she said, "No. It's winter, and the guys in the streets get cold. I knit caps for them to wear." These caps were not for "her boys," but they were for homeless people who lived around the downtown area. Amazed at her charity, I asked her about her life.

Elaine was born in Europe; she doesn't know when or where. There is no record of her birth nor her parents. She was probably the product of an American GI and a German woman during WWII. The first record of her existence was in an orphanage in Germany where she lived until she was about five. Transferred to Spain, she lived there for another three. At this time, the American military began to take responsibility for all the war babies. Scheduled to come to the United States, a military family planned to adopt her. She was on a ship bound for New York Harbor, but when they got to the Statue of Liberty they had to turn around and go back due to a report of an outbreak of tuberculosis in Spain. She went back for a few more years before she was finally taken to America.

She was assigned (ordered) to be adopted by a military family. The father was nice to her, but the mother told her she hated her. A year later the father died, and the mother told her to leave. She had nowhere to go, and she didn't know anyone, so, from about 13 years of age, she lived in the streets of Atlanta.

She wanted an education, so she went to school while living in the streets. She began working at a clothing factory, sneaking in, and sleeping in the cloth at night. In the morning she would get herself up and go to school, then come back after school and work in the factory. The other girls who lived in the streets told her that she could make more money and wouldn't have to work by selling her body to men. But she thought, "I'm not going to do anything I would have to explain to my children someday."

She did so well in school, that the principal wanted to advance her a grade. Told to bring her parents to the principal's office, she decided to go alone since she didn't have any parents. The next day, while she was walking to his office, she was thinking about how she was going to tell him why her parents couldn't make it. As she was crossing a street and a car driving very fast turned the corner and hit her. Taken to the hospital, they found she had several broken bones, a broken hip, and a concussion. She was unable to walk and put in a body cast.

The nurse tried to find and notify her family but couldn't find any records. The social worker confronted her while she was in the hospital bed, and she told her the whole story of her life. The social worker worked hard to find a family for her. When she got out of the hospital, she was placed with a foster family. But, within a short time, her foster parents became very abusive, so she ran away and found herself on the streets, homeless again. She had known the streets, and she thought it was much better than living with this foster family.

She continued to work to support herself and eventually finished high school and then went on to college. She was able to get a better job, and an apartment. There she met a man, and they married. Within a couple years she was pregnant with their first child, and her husband died. She had to go through the pregnancy and raising her son alone.

When her son was an infant, she noticed that he did not respond to voice, or noise. She brought him to the doctor and told him that her child was deaf. The doctor said, "Nonsense! His behavior is normal." She realized she was on her own and that she wasn't going to get any help from the doctors. So, rather than wait for a diagnosis, she studied on what to do. She began teaching him sign language and lip reading. It took two more years before the doctors figured out that her son was deaf. By then he was already proficient in sign language. (Her son came to the clinic with her on one occasion. He now has a cochlear implant.)

She eventually married again to a man

she loved very much -- the love of her life. But, after about ten years, he was diagnosed with cancer. She took care of him through all his treatment until he finally succumbed to the disease. Because of this, she learned the cancer industry, and how it serves the system more than the patients. She knew about the downside of chemo and radiation therapy. That's why she immediately looked for alternatives a few years later when diagnosed with cancer herself.

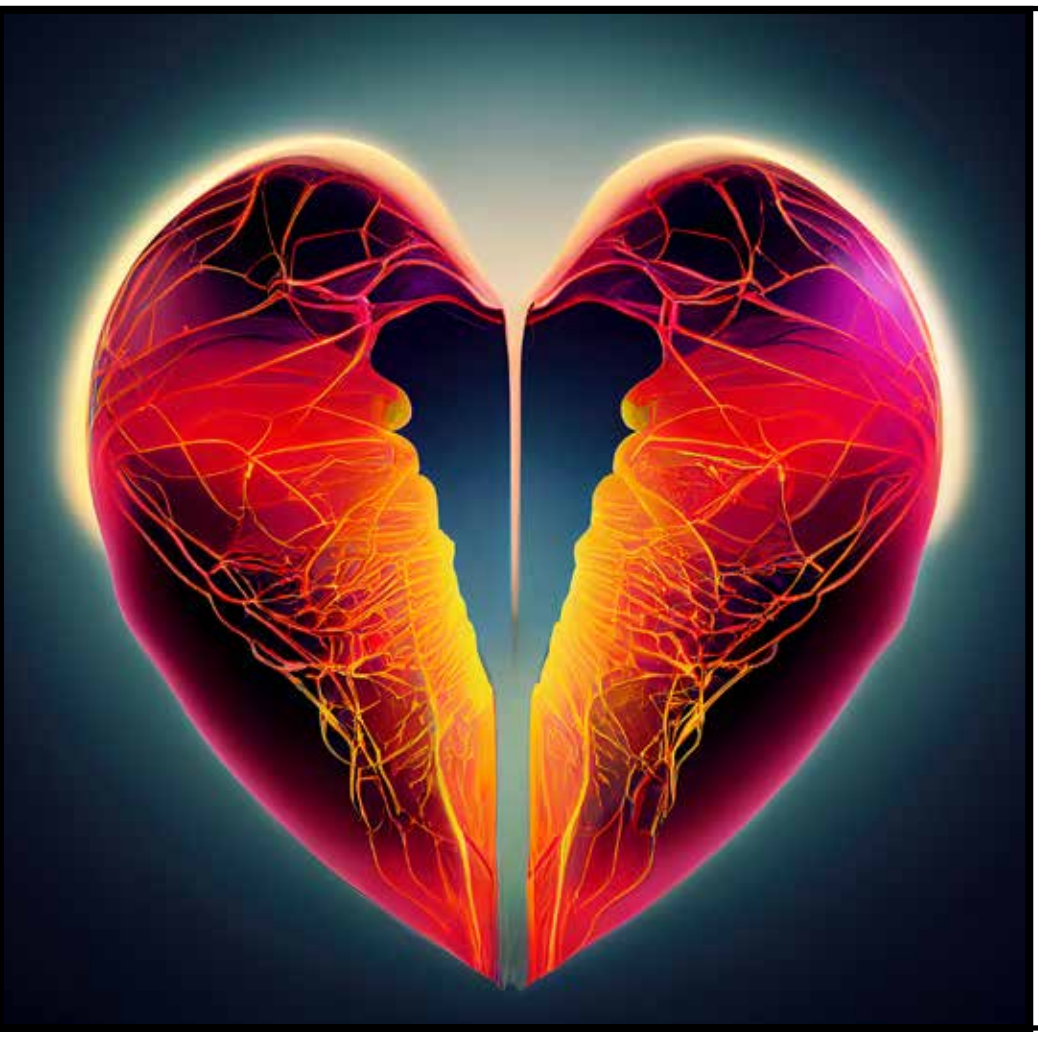
Eileen continued to be a weekly fixture in the clinic for almost two years. Then she started losing weight and having headaches, so additional tests showed multiple brain tumors. Lung cancer commonly metastasizes to the brain. Despite shrinking the primary tumor, it had spread long before she diagnosed. It can take five to eight years for a tumor to reach two centimeters (about an inch). IV vitamin C and glutathione did not seem to affect the brain metastases.

At that point she started declining in her ability to function. One day she called and said she was too weak to make the drive; she couldn't even make it to work. We never saw her again. When I got married, she sent the heart money wreath with a friend who personally drove all the way just to bring it to me. Eileen made it as she was literally dying of cancer. She was not absorbed in her own pain. She thought of others more. Certainly, this wreath has more value than the money on it, and more than sentimental value.

It represents hope in humanity -- that one person could come out of such hardship, pain, and suffering and be so loving. For me, it is a reminder that love exists. It is a priceless gift representing the gift I was given of knowing her – Eileen Cooper is my heroine

"The righteous cry, and the Lord heareth, and delivereth them out of all their troubles. The Lord is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit. Many are the afflictions of the righteous: but the Lord delivereth him out of them all."

Psalm 34:17-19



The 7 Best Things You Can Do for Your Heart

February is American Heart Month, offering us a great opportunity to take inventory of our own heart-health. Heart disease warrants our attention, because…[1]

- Heart disease is the leading cause of death in America.
- Heart disease is the leading cause of disability in America.
- More Americans die each year from heart disease than from all forms of cancer combined.
- Heart disease is very preventable.

As deadly and widespread as heart disease is, it really is quite avoidable. Some of the primary factors that lead to heart disease include:[2]

- Smoking
- High blood pressure
- High blood sugar
- Being overweight
- Lack of physical activity
- High stress

For the most part, all of these risk factors are preventable. That means that you and I can do something about them to reduce or eliminate our risk for contracting heart disease.

7 Best Things You Can Do for Your Heart

1. STOP SMOKING!

If you smoke or use tobacco, quitting is one of the most significant things you can do to reduce your risk of heart disease. Smoking constricts the arteries and damages virtually every organ in the body. Smoking starves the blood of oxygen and fills the body with toxins, while hindering the body's ability to remove them. Smoking also raises blood pressure.[3]

2. EAT WHOLE FOODS

The standard American diet (SAD) of fast- and highly processed food is killing us. The SAD diet is high in sugar and saturated fats; low in fiber and plant-based foods. The SAD diet promotes diabetes, obesity, and heart disease; and robs us of the nutrition we need.[4]Whole foods such as: fruits, vegetables, whole grains, meat, nuts and seeds, and some dairy are real food and offer far healthier choices. These foods help lower blood sugar, blood pressure, LDL cholesterol, and promote all-around health.[5]

3. EXERCISE REGULARLY

Our bodies are designed for motion, yet most Americans spend the bulk of their day sitting: at work, in a car, at the table, or on the couch watching TV.[6] Inactivity is a key risk factor for contracting heart disease, diabetes, obesity, and a host of other diseases.Shoot for 30 to 60 minutes of moderately intense exercise four to five days each week.[7] Include both aerobic and resistance or strength training. Start slowly and work up to this level of activity. Regular physical exercisecan lower blood pressure, cholesterol, triglycerides, and blood sugar. Exercise helps oxygenate the blood, improves circulation, strengthens the heart, and promotes good health.

4. LOSE WEIGHT

Carrying excess weight puts a strain on your heart, raises blood pressure, blood sugar, triglycerides, and LDL cholesterol. Being overweight increases your risk of heart disease and type 2 diabetes.[8]Eating whole foods and regular exercise can help you achieve weight loss. Here are some simple weight-loss tips that really work:

- Practice simple portion control
- Eat fewer carbs
- Don't skip breakfast
- Eat three meals per day
- Drink plenty of water
- Avoid sugary and diet drinks and juices
- Decide not to eat after 7pm
- Get your exercise

5. AVOID SUGAR

Research published last year in the JAMA Internal Medicine journal reported that people who get 25 percent or more of their daily calories from added sugar nearly triple their risk of dying from heart disease. And even those who consume moderate amounts of added sugar (10-25 percent) increase their risk of death from heart disease by 30 percent.[9]The low fat craze of the last decade replaced fat with sugar in many processed foods. Too much sugar makes us fat, elevates our blood sugar, makes us insulin resistant, increases inflammation in the body, and directly damages multiple organs, including the heart.[10]

Processed breakfast cereals, white bread, white pasta, white rice, sugary drinks, and snack foods are some of the major culprits. Stick to whole foods and avoid sugar as an additive or in its refined form.

6. GET PLENTY OF SLEEP

Lack of sleep means that we're not giving our body the opportunity to rest and regenerate that it needs for optimal function. Not getting enough sleep is also associated with greater risk for obesity, diabetes, heart disease, high blood pressure, and depression.[11]Most adults need 7 to 9 hours of sleep per night. Prepare for sleep by avoiding food and alcohol for at least three hours before bedtime. Try to stay on the same sleep schedule each day. Getting proper exercise can help you sleep better too.

7. REDUCE STRESS

Richard Swenson, MD, comments that stress-induced illnesses are "the new bread and butter of medical practice. A high percentage of patients who visit a primary-care-physician have stress-related ailments—headaches, hyperacidity/ulcers, irritable bowel, malaise and fatigue, insomnia, chronic-pain syndromes, anxiety, depression."[12]Stress levels play a direct role in our ability to eat, sleep and function normally. Chronic and acute stress contribute to heart disease due to the harmful stress chemicals that are released into the bloodstream and the fact that the immune system is compromised.[13]

There they are: seven lifestyle changes that can lower or eliminate your risk for heart disease, the number one killer in the US. Of those changes listed, which ones would bring about the greatest benefit for you? Which ones are you most likely to implement? When will you start? What else will you do to promote your success? Let us know how we can help!

▶

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Salt and Your Heart: Finding the Delicate Balance

Rewriting the Low Salt Rules

FEBRUARY IS AMERICAN Heart Month. Salt has been cited as a primary culprit in causing high blood pressure resulting in heart disease and other cardiovascular issues. As a result, doctors and the media have been pushing a low-salt diet for decades now. But new findings reveal that salt's role in your heart's health may surprise you.

What is Salt?

Salt's makeup is approximately 40% sodium and 60% chloride. Processed table salt contains about 97.5% sodium chloride. The other 2.5% are chemicals like ferrocyanide, aluminosilicate, and iodine.[1] Processed table salt also goes through a high-heat cleansing process that alters its chemical structure. By contrast, Himalayan salt and other unprocessed salts consist of about 84% sodium chloride. The other 16% is naturally occurring minerals.[2]

Salt—an Essential Mineral

You and I cannot exist without salt. Salt is crucial for numerous bodily functions. Salt:[3]

- Comprises a major part of blood plasma, lymphatic fluid, and extracellular fluid.
- Carries nutrients in and out your cells.
- Helps maintain proper body pH.
- Assists in proper brain function, especially creative thinking and planning.
- Is required for nerve function.
- Helps maintain and regulate blood pressure.
- Supports the adrenal glands.
- Aids in muscle function.

There is no controversy in the medical community about the vital role that salt plays in our health. We all need salt. The concern is over how much salt we are eating.

The average American consumes about 3700 mg of salt per day and this amount has remained constant for the past 50 years.[4] The American Heart Association recommends limiting our salt intake to no more than 2,300 mg per day with an ideal limit of 1,500 mg.[5]

Why the Concern over Too Much Salt?

Too much salt can cause water retention. This increases the amount of fluid in your blood vessels. And the additional fluid creates more pressure in the cardiovascular system raising blood pressure. High blood pressure is the number one risk factor in heart disease. One-third of adults in America have high blood pressure.[6]

The cause-and-effect of salt would seem to be pretty straight forward, but there's more to the story. Consider the following:

- About 77% of our salt intake comes from eating processed foods and only about 10% from the saltshaker. The remaining 13% comes from naturally occurring sodium in real foods.[7]
- The Japanese enjoy a lower occurrence of cardiovascular disease than most developed countries in the world. Yet their sodium consumption exceeds ours at 4650 mg per day.[8]
- An eight-year study in Europe followed 3,681 middle-aged healthy individuals. Researchers broke participants into three groups: those who consumed low salt, medium salt, and high salt. Over the course of the eight years, researchers tracked the mortality rates for each of the three groups. Fifty people died in the low-salt group; 24 died in the medium-salt group; and 10 died in the high-salt group.[9]
- Consuming too little sodium can result in hyponatremia (too low sodium) causing a variety of health issues, not the least of which is death.[10] Hyponatremia can occur after severe sweating during work or exercise, due to vomiting or diarrhea, or by aggressively restricting your intake of salt.[11]
- Tom and Dian Griesel, PhD wrote, "The optimal level of salt in our diets has been a controversial subject for at least 20 years. There is no disagreement that high blood pressure (even moderately high) is a risk factor for heart disease and stroke. However, salt consumption does not seem to have the same effect on everyone. In addition, there is usually no distinction on the type of salt used. There are many naturally harvested salts that also contain many trace minerals, which undoubtedly have an effect. Medical literature on the salt consumption (like many other things) is inconsistent."[12]

The above points merely scratch the

surface of the sodium controversy. The Washington Post reports:

A lack of conclusive evidence leads to disagreements among scientists over what constitutes threatening sodium levels in the diet. One group of scientists argues that the vast majority of Americans should lower their salt intake and calls for strict salt limits. Another group argues that most Americans are eating a healthy amount of salt and that lowering salt intake to the U.S. recommended levels actually increases the risk of cardiovascular disease.[13]

And Dr. Joseph Mercola, MD, boldly claims, “Twenty-five years of scientific evidence fails to show any benefit of a low-salt diet.”[14]

So, let’s draw several important points from what we read above.

- Since 77% of our sodium intake comes from eating processed foods, processed foods are the primary culprit and not sodium. If we stopped eating processed foods and only ate real food, we could still use the salt-shaker liberally and be well within the recommended daily limits.

- Studies on the impact of sodium on heart disease have failed to take other factors into consideration. For instance, one of the major ingredients in processed foods is sugar. Sugar negatively impacts our health to an even greater extent than salt. Too much sugar causes insulin resistance, which in turn causes diabetes, heart disease, high blood pressure, kidney failure, and a host of other chronic illnesses.[15] The fact that the Japanese eat more salt than we do, but enjoy a lower occurrence of heart disease may be explained by many other factors. Some of these include: eating more fish, getting more exercise, and numerous other Japanese cultural practices. Another factor is where we live and how much exercise we get. Hot, humid climates that cause one to sweat more and rigorous exercise both deplete sodium in the body. People who experience those conditions need more salt.[16] Medications like aspirin, ibuprofen, and other non-steroidal anti-inflammatory drugs may reduce levels of sodium in the body.[17] Finally, there is a strong link between sodium and potassium in the body. When this delicate balance gets out of whack, our health can suffer. The best way to achieve this balance is by eating real whole foods and avoiding processed foods.[18]

- The type of salt we use may be a contributing factor. As mentioned above, refined, processed table salt contains chemicals not found in natural salts. Remember, Himalayan salt and other unprocessed salts consist of about 84% sodium chloride. The other 16% is naturally occurring minerals. We cannot discount the effect that these trace minerals may have on our overall health.[19]

Since the primary cause for concern over salt is high blood pressure, let’s turn our attention to natural ways to lower blood pressure and maintain a healthy heart.

9 Tips for Lowering Blood Pressure Naturally[20], [21], [22]

1. Lose excess weight. Carrying around extra pounds profoundly affects your health. Losing weight can lower your blood pressure, make it easier for your heart to do its job, lower your blood sugar levels, give you more energy, and help you look better, feel better, and sleep better.

2. Exercise moderately. Engage in moderate exercise three-to-four times a week for 45 minutes. The key here is to find an exercise that you enjoy and one that is easy to work into your schedule and circumstances. Find an exercise partner to help keep you accountable and to make the experience more enjoyable.

3. Eat whole foods and avoid processed foods. Doing this will “kill many birds with one stone.” Eating only whole foods will help you lose weight, reduce your sugar and salt intake, and improve your gut and immune system. Whole foods are heart-healthy.

4. Eat potassium-rich foods. Remember that balance we talked about between sodium and potassium? Potassium lowers blood pressure. Some foods rich in potassium include: potatoes, sweet potatoes, tomatoes, oranges, bananas, kidney beans, peas, cantaloupe, honeydew melon, prunes and raisins.

5. Reduce stress in your life. Stress is one of the chief causes of high blood pressure in our culture. When under stress, your body produces stress chemicals that adversely impact your health. Simplify your life. Take a look at your calendar: if you’re running from one thing to the next all day long, decide which things you need to eliminate from your schedule. Also, seek to reconcile broken relationships. Take a 20-minute nap each day. Pray daily.

6. Get plenty of sleep. Lack of sleep can cause or worsen high blood pressure.

Adults need 7 to 8 hours of sleep per night. Getting plenty of sleep will also help reduce your stress.

7. Limit your alcohol and caffeine intake. Both caffeine and alcohol are stimulants that increase blood pressure. If you're already under stress, caffeine intensifies the effects of stress on your body, raising blood pressure. As you've probably heard, one glass of wine per day can actually lower blood pressure, but more than that has the opposite effect.

8. Quit smoking if you smoke. Nicotine raises blood pressure pure and simple. And inhaling smoke damages virtually every organ in the body.

9. Listen to soothing music. A regular routine of relaxing music has been shown to lower blood pressure. We invite you to try Wholetones to achieve this effect.

As we've seen, processed food is more the culprit than salt itself. Avoiding processed food and eating only whole foods is the key to maintaining proper amounts of sodium and potassium. This is heart healthy and can help you maintain normal blood pressure.

Below are a couple of heart-healthy recipes. Eating meals like these aren't like taking a pill that will lower your blood pressure after 20 minutes. But eating a regular diet of whole foods can help lower your blood pressure over time. In fact, I challenge you to put the above tips into practice for 30 days and see what impact it has on your blood pressure.

Balsamic Glazed Salmon

Ingredients for four servings [23]

- 16 oz. salmon filet
- Black pepper
- ¾ cup balsamic vinegar
- 1 Tbsp extra virgin olive oil
- 1 Tbsp lemon juice
- 2 heads of broccoli
- 2 large or four small sweet potatoes or yams

Directions

1. Heat oven to 450 degrees.
2. Season salmon to your liking with pepper. Place on a cookie sheet or in a 9x13 baking dish and bake 10-12 minutes.
3. While the salmon is baking, prepare the following:
4. Wash and cut broccoli into small florets and steam.
5. Prick yams or sweet potatoes with a fork and microwave on high until done, testing with a fork.
6. Combine balsamic vinegar, olive oil and lemon juice to make a glaze and mix well in a microwavable dish. Microwave at half-power for 1 minute, stir and microwave again for 1 more minute.

When all is ready, drizzle glaze over salmon and serve.

Chicken with Creamy Mushroom Sauce and Sautéed Greens with Pecans

Ingredients for the chicken with mushroom sauce for four[24]

- 10 oz. of baby bell mushrooms sliced. (Note: any combination of mushrooms can be used as long as you end up with about 12 cups uncooked.)
- 2 Portobello mushrooms, cleaned, halved and thinly sliced
- 8 oz. of sliced white button mushrooms
- 4 – 6 oz. skinless, boneless chicken breasts
- ¼ tsp Himalayan salt
- ¼ tsp ground black pepper
- 4 tsp coconut oil (divided)
- 1 tsp dried thyme
- ¼ cup water
- 1 Tbsp all-purpose flour
- ½ cup sour cream

Ingredients for the sautéed greens

1. 2 tsp coconut oil (divided)
2. 5 oz. baby kale
3. 5 oz. baby spinach
4. 1 tsp minced garlic
5. 1/8 tsp salt
6. ¼ tsp ground black pepper

7. 2 Tbsp finely chopped, unsalted pecans

8. 2 tsp white vinegar

Directions

1. Prepare all the mushrooms: wipe the baby bell mushrooms with a wet paper towel. Trim and discard the ends and thinly slice each mushroom. Clean the Portobello mushrooms by removing and discarding each stem. Use a spoon to scrape the black gills from the underside and discard gills. Slice each Portobello in half and then thinly slice each half vertically. Slice all mushrooms to about the same size.

2. Season chicken with salt and pepper. Add 2 tsp oil to a large non-stick skillet or large Dutch oven. Warm over medium-high heat and add chicken. Sauté until both sides of chicken are golden, about 8 to 10 minutes. Transfer chicken to a plate and cover with foil.

3. Add remaining 2 tsp oil to the pan and continue cooking over medium-high heat. Add all the mushrooms, stirring often until mushrooms are softened. Stir in pepper, thyme, and water. Use tongs to place chicken back into the pan. Increase heat to high; when boiling, cover with a lid and reduce heat to medium. Cook until chicken is done (about 15 minutes).

4. Meanwhile, prepare the sautéed greens. Add oil into a large nonstick sauté pan and warm over medium-high heat. Add all the baby kale, stirring constantly until wilted, about 2 to 3 minutes. Repeat, adding spinach and garlic, stirring constantly until wilted, another 2 to 3 minutes. Stir in salt, pepper, and pecans. Remove from heat. Drizzle vinegar over the greens and transfer to a platter. Transfer cooked chicken breasts to the platter on top of the greens.

5. The mushrooms have been cooking. Now, increase the heat in the pan to high and add flour, stirring constantly as the mushroom liquid thickens slightly. Remove from heat and stir in sour cream until dissolved. Pour mushroom sauce over chicken and serve.

We challenge you to take an American Heart Month challenge by following through with the 9 tips for lowering blood pressure above. Take your blood pressure now, then after a month of adhering to those tips, check your blood pressure again and see the difference. Keep in mind that if you've got years of poor health practices behind you, it may take a while to make significant gains in your health, but you can do it!

Eliminating salty foods doesn't have to be a drag - it can even be delicious. Here's how to swap fruits and veggies for carbs, make a delicious dairy-free chocolate ice cream and whip up anti-inflammatory eggs.

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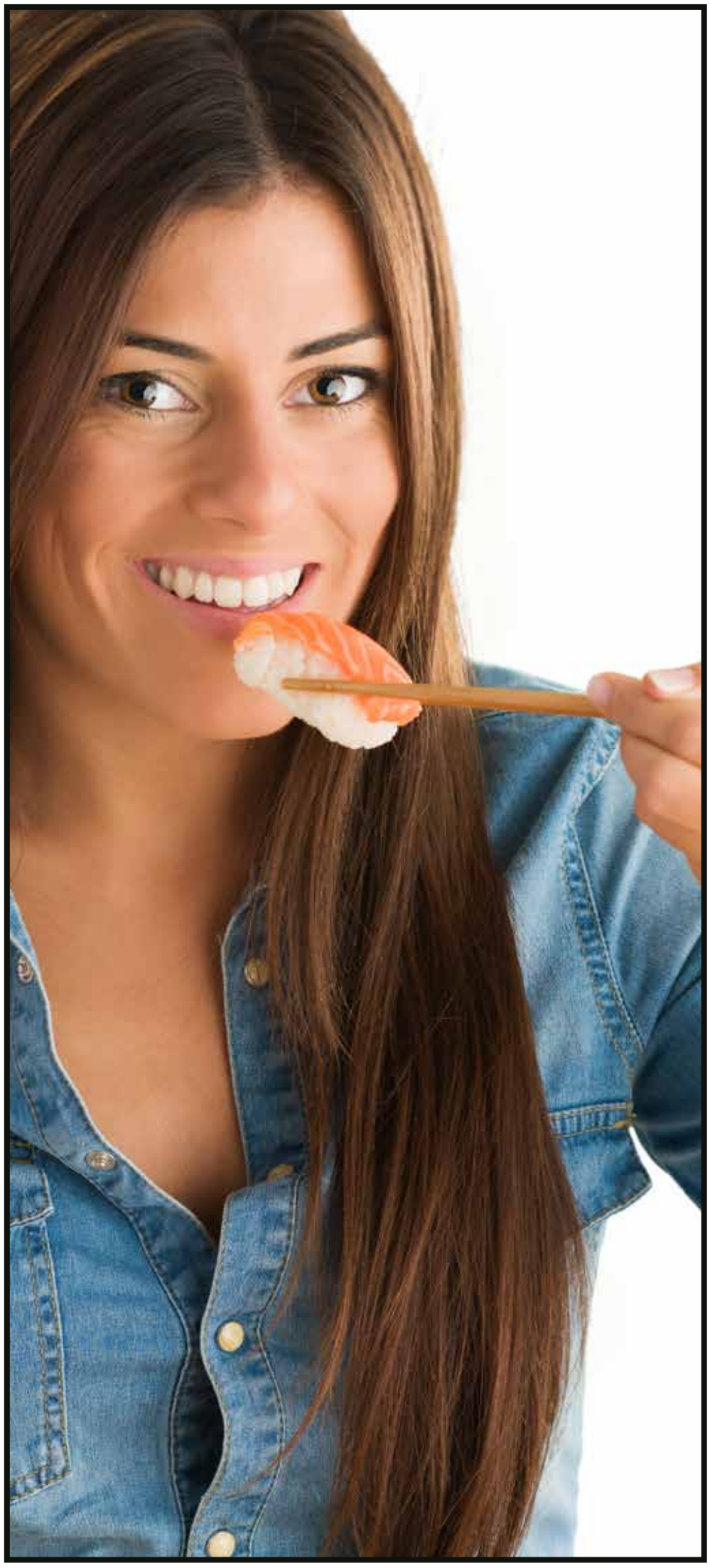

ARE ESSENTIAL FATTY ACIDS THE SECRET TO BECOMING HEALTHY?

YOU'VE HEARD THE hype – probably all your life. "Fat is bad for you."

The route to reversing your pre-diabetes diagnosis is similar to the pillars of living a healthy life; these 3 simple changes can be all that you need. Build them into your routine now and avoid diabetes all together.

Over the last six decades, the war on fat has been waged using people as the battleground. It was stripped from your diet, replaced with "low-fat" options that were purported to be "healthier" for you, and demonized as the cause of high cholesterol, heart disease, and obesity.

Just about every media outlet, doctor, university, and health "expert" jumped on board the "kill the fat" wagon…but it was premature! It also turns out that it was wrong. Fat is not the enemy.

In those same six decades of "fat propaganda," developed nations have seen steady spikes in heart disease, obesity, diabetes, cancer, depression, allergy sensitivity, autoimmune disease, and neurodegenerative diseases such as Alzheimer's and Parkinson's.

The Role of Essential Fatty Acids in Total Body Health

Essential fatty acids (EFAs) are the polyunsaturated fats omega-3 (alpha-linolenic acid) and omega-6 (linoleic acid) that your body requires to live but cannot produce on its own. They must be consumed through the diet.

THE JOB OF ESSENTIAL FATTY ACIDS

- Produce healthy cell membranes and regulate genetic function
- Normalize growth and development
- Transport and break down cholesterol
- Enable proper blood clotting
- Regulate blood pressure as well as contraction and relaxation of arterial walls
- Balance hormone activity, metabolic processes, and thyroid function
- Ensure reproductive health
- Maintain liver and kidney function
- Control inflammation and the immune response
- Support brain and central nervous system health
- Promote hair and skin health
- Assist in balance of moods and behavior disorders

In developed nations, we eat far too many damaged omega-6s in the form of processed foods and refined oils that lead to free radical damage.

Studies have shown that the average American consumes between 14-25 times more omega-6 than omega-3!

A study from The Center for Genetics, Nutrition and Health, in Washington, DC estimates in Western diets the ratio is 15:1 – 16.7:1 (omega 6 to omega 3 fatty acids). There is no balance.

The biggest example of this is the fast food explosion. The fast food industry uses millions of gallons of refined oils in the preparation of the "food" they serve annually. These oils are full of inflammatory omega-6's, there no viable healthy essential fatty acids found in them. They are nutritionally empty at cellular level due to initial processing at the refinery and the high temperatures (usually frying) when used.

Not only do you need both essential fatty acids in the proper ratios. Most non-industrial populations have an omega-6: omega-3 ratio of 4:1 or 1:4.

You have to be picky about where you get them. Organic sources are always best! Your body loves healthy fats and knows exactly what to do with it for the best results in all your organs and bodily functions.

When you overload your system with refined oils, refined sugars, and processed carbs, your body believes it is under attack. All those over-processed products are unnatural and your immune system regards them as toxins.

The resulting immune response causes inflammation that, over time, can become chronic. Scientists now understand that inflammation is a root cause of all serious diseases and the breakdown of human health.

Best Natural Sources of Omega-3 Essential Fatty Acids

- Fatty fish such as sardines, herring, salmon, shrimp, cod, and tuna

- Flaxseeds
- Walnuts
- Brussels sprouts, cauliflower, broccoli, bok choy, and winter squash
- Lean beef
- Spinach, kale, greens, romaine lettuce, and fresh basil
- Raspberries and strawberries

Best Natural Sources of Omega-6 Essential Fatty Acids

- Walnuts, Brazil nuts, and peanuts
- Peanut butter
- Pumpkin and squash seeds
- Safflower seeds
- Coconut oil

As Western society struggles under the epidemics of heart disease, diabetes, obesity, cancer, and dementia, there are places in the world – small pockets of people – that experience little to none of these health conditions.

Are These The Healthiest People on Earth? Meet the Kitavans

Researchers studied the long hearty life of the Kitavans of Papau New Guinea extensively and their findings were shocking: There were virtually no incidences of heart disease, obesity, diabetes, or dementia in the entire native population.

When it comes to consumption of what those of us in the United States consider "daily fare," the Kitavans little to none of these foods or beverages. In fact, researchers estimate that the Kitavans consume less than 0.2% of "Western diet" staples.

MISSING IN KITAVA DIET…

- Dairy
- Alcohol
- Coffee or Tea
- Cereal or other processed grains
- Processed oils or margarine
- Refined sugar

Where do their calories come from? They consume heavy quantities of root vegetables such as yams and potatoes, fruit, and fish.

However, between 30-60% of the Kitavans' daily caloric intake is derived from a natural saturated fat that is a staple of many tropical nations around the world and has been for millennia.

This healing fat is a carbohydrate that does not result in an insulin spike in your body. More than 50% of the fat consists of a special acid, scientifically proven to prevent and destroy disease. The amount found in this incredible organic substance is higher than any other source found in nature.

The Kitavans represent an entire of society of people that are lean, have strong teeth and bones, healthy skin, and aren't agonized by the epidemics of so-called "civilization!"

You Need Essential Fatty Acids to Live!

Healing fats give the Kitavans their strength and vitality. They can supercharge your immune system and restore balance to your health that prolonged surges of inflammation – caused by diet and lifestyle – have destroyed.

If you're ready to improve your brain function, boost your immune system, "bulletproof" your body against sickness and disease, and restore youthful energy and vitality to every aspect of your life, then you need to add essentially fatty acids to your life right now!

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