

Vegetarian Diet for Lower Blood Sugar

B12 Deficiency Risk From Taking Metformin or Being a Vegetarian

Are You Deficient in Vitamin K?

Amazing Hemp Seeds

Home Cures That Work

Eating vegetables, fruits, whole grains, legumes, and nuts — features of a vegetarian diet — can improve blood sugar control and make your body more responsive to insulin. This may mean taking less medication and lowering your risk of diabetes-related complications. The benefits of a vegetarian diet depend on the type of diet you choose and the food choices you make when following the diet. Dr. Saunders will help you make that decision in this month's article.

When it comes to vitamins, some tend to hog the spotlight more than others in terms of popularity. Vitamin C, for example, comes straight to mind as we inch closer to winter, aka cold season (in terms of temperature and those agonizing nasal infections). However, we should ensure that we're getting enough of all vitamins to stay in good health year-round—vitamin K included.

In case you're less familiar with vitamin K, you'll want to keep reading. It plays an important role in coagulation and is necessary to support bone health. If you are a vegetarian, then it is possible you are not getting enough. Thank goodness there is ONE food that is rich in vitamin K that can be added to your diet and feel confident about it.

Vitamin B-12 deficiency may go undetected in people who eat a vegetarian diet – but also in those with take metformin. This is because the vegan diet is rich in a vitamin called folate that can mask vitamin B-12 deficiency. A lack of vitamin B-12 in a person's diet can adversely affect their physical and mental health. For this reason, it's important for you to consider vitamin supplements and vitamin-enriched foods.

Hemp is a super source of fiber and omega-3s. Hemp seeds are also the name of the game when it comes to plant-based protein. Plus, they're considered a complete protein source, which means they contain all the essential amino acids required by our bodies. Here are 2 brain-boosting hemp recipes that are so easy to make.

For your health,

Cheryl Ravey, Editor
Home Cures That Work

AUTHORS



DR. SCOTT SAUNDERS, M.D.

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



page 04



page 08



page 12



page 16

contents

04 VEGETARIAN DIET FOR LOWER BLOOD SUGAR

Going meat-free on the high-fat, low-carb plan can pose challenges. But with these tips and Dr. Saunders' help, you can lower blood sugar safely.

08 B12 DEFICIENCY RISK FROM TAKING METFORMIN OR BEING A VEGETARIAN

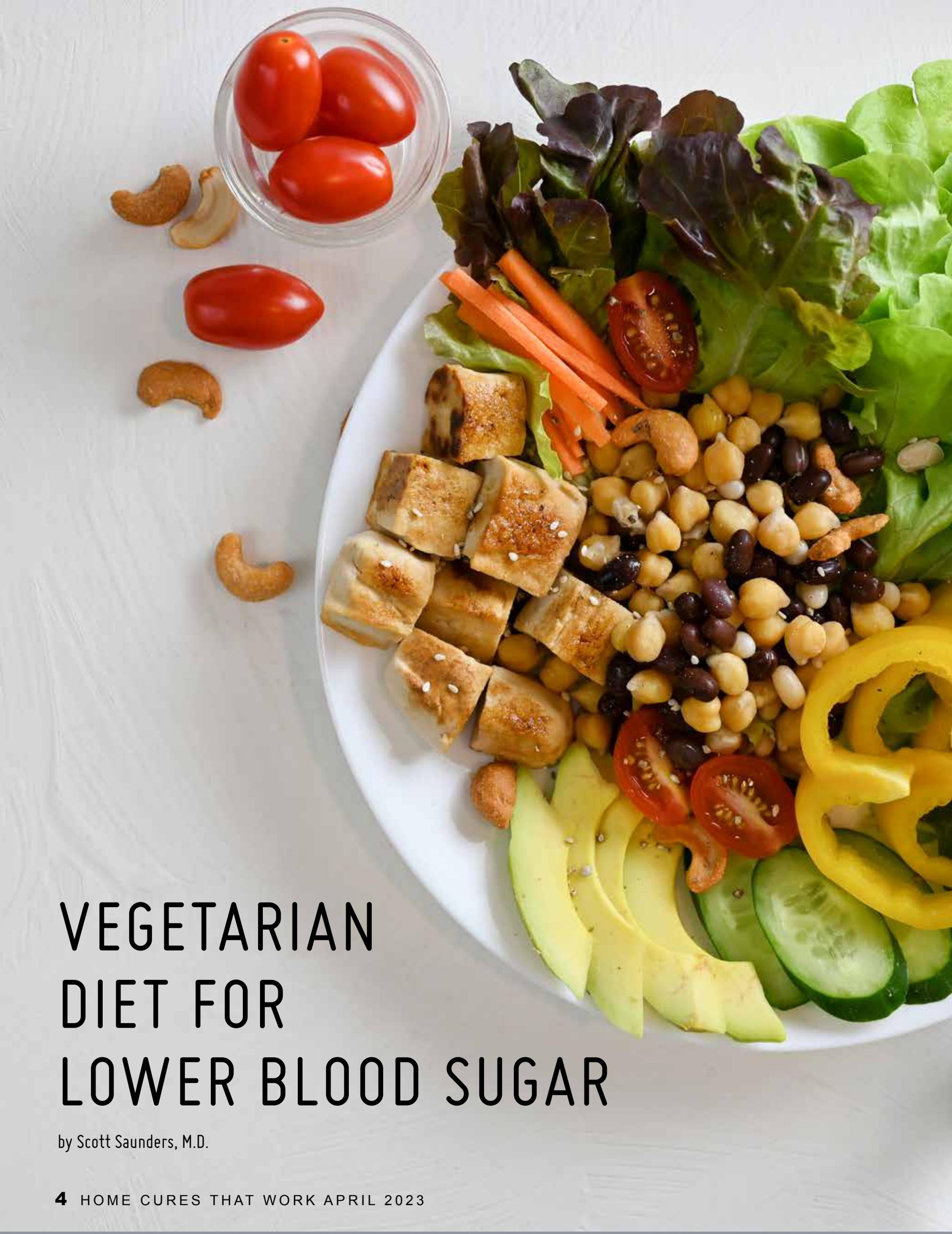
If you take metformin, or eat a vegetarian lifestyle, then you must take particular care to consume enough B-12. In this article, we look at how much vitamin B-12 is required and list good sources.

12 AMAZING HEMP SEEDS

Hemp seeds can be subtly added to almost any meal for beaucoup benefits! Don't sleep on these superstar seeds!

16 ARE YOU DEFICIENT IN VITAMIN K?

Vitamin K is one of the top nutrients for maintaining strong bones and a healthy heart. Fun fact: Vitamin K gets its name from the Danish word koagulation. (You really do learn something new every day.) Read on for more!



VEGETARIAN DIET FOR LOWER BLOOD SUGAR

by Scott Saunders, M.D.

Jack Sprat could eat no fat,

His wife could eat no lean.

And so betwixt them both, you see,

They licked the platter clean.

We use the word “fat” to mean any kind of lipid or oil. There are two main ways to produce energy in a cell, from carbohydrates, or fats. (Protein makes glucose first). People with type II (T2DM) are often told they need to do a ketogenic diet, using mostly fat for energy. Considered a low carbohydrate and high fat diet, people eat lots of meat for the KETO diet. It’s not new; as you can see from Jack Sprat’s wife; it has been around for centuries. Interestingly, around the turn of the last century, before there were drugs for epilepsy the best treatment was a ketogenic diet.[1] It not only prevented seizures in children, but it would also heal their brains, so they stopped having them altogether. It is still used for children with epilepsy who don’t respond to medications.

Then, in the 1970s a book by Dr. Robert Atkins[i] advocated a ketogenic diet for weight loss. He told people they didn’t need to restrict calories at all. They would have a bacon, sausage, and cheese omelet in the morning with cream to drink. On such diets, people have lost weight and are generally able to keep it off, until they go off it. But there are no long-term studies because it’s hard to maintain it. The keto diet works because the person does not eat enough carbohydrates for the body to maintain a normal metabolism, forcing the cells to burn fat for energy as in “starvation mode.”

This way of burning fat may cause problems on a long-term basis. Traditionally, keto diet includes eating few plants. Since many nutrients come from plants, there are several issues that may show up, including vitamin C and K deficiencies.

B-vitamins might also be an issue. Eating a high fat diet also make the blood vessels susceptible to damage on “cheat days,” when consuming sugar. In fact, cheat days are likely to be unhealthy in a variety of ways.[2] It’s better not to have any sugar, or even the taste of sweet, if you are trying to burn fat on a ketogenic diet.

High fat diets also decrease the energy in muscles[3] which may impair exercise ability, especially in competitive sports. Fat, it turns out, causes insulin resistance in the muscles of the body. The cells are not able to take up sugar, so any glucose in the diet stays in the blood longer, raising the blood sugar. The higher blood sugar tells the pancreas to put out more insulin resulting in insulin resistance. Without oil in the diet, it would be very hard to become insulin resistant. In fact, a very high carbohydrate diet that is low in fat will improve insulin sensitivity.[4]

FAT AND SUGAR

...butter and honey shall every one eat that is left in the land. (Isaiah 7:22)

Jack Sprat and his wife had it right. It seems that the primary problem is mixing sugar and fat. It isn’t just one of them, but rather eating both together that cause the epidemic of high blood sugar in the United States and the world. This is why either diet works. Either you cut out the fat, or the sugar, and your insulin resistance, or the need for insulin, goes down respectively. It’s not that carbs are bad, or fats are bad, but rather the mixture of them that causes insulin resistance and all the illnesses associated with it.

There are no natural foods that are

high in both carbs and fat. Fruit is full of sugar, but there is no fat – except avocados which are high in fat but have very little sugar. Meat is high in fat, but there is no sugar. Nuts that have fat are low-carb, and beans are high carb, but low fat. It’s when we put the fat and carbs together that we get high blood sugar, Alzheimer’s disease, hypertension, heart disease, and other metabolic problems. We take a perfectly good potato and slather it with butter or sour cream or fry it in oil. Chips and other fried foods are carbs that become filled with oil. Desserts like ice cream, chocolate, frosting, cake, and cookies are mostly sugar and oil. Using sweet sauces like ketchup and BBQ sauce on meats makes them unhealthy. These days, even gravy has a lot of sugar. Bread is good, until we put butter, avocado, or oil on it. Pasta with tomatoes is great, until we pour olive oil on it. Even salads are filled with both fat and sugar in the dressings used to make them tasty.

JACK SPRAT AND HIS WIFE AS VEGETARIANS

Those who are vegetarian can split up these fats and sugars and maintain a normal blood sugar. One is to cut out the carbs, the other is to avoid fat, since mixing them is the problem. It’s easy to separate them since no natural food is high in both. Let’s look at these two diets to find out which is better.

The first is the vegetarian ketogenic diet. [5]

This might seem impossible since plants are made of carbohydrates. However, most plants do not have digestible carbohydrates. The fiber in plants does not contribute to the sugar in the diet because

bacteria digest it in the colon, and it is not absorbed by the intestines. Fiber doesn't even count towards your carbohydrates in a day. We call this "net carbs" where we take the total carbs and subtract the fiber to find out how much sugar is in the food. There are plenty of plant foods that are low in "net carbs."

The other is a low-fat vegetarian diet.

This is sort of the opposite. You can eat all the carbs you want but avoid fat. This diet includes fruit, vegetables, and grains of all kinds, except those that contain large amounts of fat, such as walnuts, coconuts, or avocados. The best way to do this is with a whole food diet. It includes whole grains, beans, and fruit.

VEGETARIAN KETO

- Nuts and seeds
- Avocado Coconut
- Olive
- Whole Yogurt (unflavored)
- Cheese, Butter
- Eggs
- Salads with vinegar and oil dressing

VEGETARIAN LOW FAT

- Grains (Brown rice, Corn, Whole wheat)
- Quinoa
- Roots (Carrot, beets, potato, Yam, Sweet potato)
- Legumes (Beans, Peas, Lentils)
- Whole grain bread and pasta

- Any Fruit – except avocado
- Salads with vinegar and spices

The following are available on both diets because they are both low fat and low carb:

- Soy/Tofu/Natto
- Artichokes
- Mushrooms
- Leafy greens (Chard, mustard, kale, spinach, lettuce, beet greens, etc.)
- Tomatoes
- Cucumbers
- Peppers
- Onions
- Broccoli
- Cauliflower
- Zucchini
- Brussels sprouts
- Green beans
- Squash
- Garlic
- Bok Choy
- Celery

It is easy to see that either way can be a good diet. They each provide all the nutrients needed. They both have plenty of fiber. They are both good for you, but how do they compare for high blood sugar?

Remember, we established that fats

cause insulin resistance. Any type of oil does the same thing – it doesn't have to be saturated fat or come from meat or milk. Coconut oil, olive oil, and avocado oil are the same as animal fats for causing insulin resistance. We also established that it is very difficult to be insulin resistant if there is no oil in the diet. So, while on the "vegetarian keto" diet you will be more insulin resistant. However, this will be less important because you are not eating enough carbs to cause the blood sugar to rise. Insulin resistance will decrease somewhat just because the blood sugar is lower.

Although the ketogenic diet will improve high blood sugar quickly, it doesn't improve insulin sensitivity very much. The vegetarian low-fat diet can improve insulin sensitivity much more. Eating a high carb and low-fat diet will keep you very sensitive to insulin, which will allow your cells to take in glucose and amino acids. Because of what I know about the dangers of insulin resistance, apart from high blood sugar, I would lean towards the low-fat diet as the better of the two. Damage to kidneys, liver, heart, and brain are often evident long before there are any elevations in blood sugar due to insulin resistance.[6]

A special note about eating processed foods is in order here. Vegetarian diets are healthy only because they are high in fiber. Processing foods mostly takes out the fiber. Concentrating oils out of an olive or a coconut makes them less healthy. Concentrating the starch out of rice or wheat also makes them less healthy. It is essential to understand that these diets work because they include whole foods. Although you can eat all the sugar you want on the low-fat diet, it must not contain any processed sugar. The sugar needs to be in the apples, oranges, bananas, pineapples, and pears – and whole grains – without adding processed sugar or artificial sweeteners. Also, the

processed oils, nuts, and sweeteners in “KETO-FRIENDLY” foods are not healthy. I tell my patients: “If it has the word “KETO” on the label, avoid it.”

EXERCISE

Exercise is like a shot of insulin to the muscles. When we exercise, we don't need insulin for the muscles to take up glucose for energy. If you eat a ketogenic diet and are exercising, you will balance your blood sugar and fat well decreasing insulin resistance. If you are on a high carb diet, exercise will help you to use the carbs efficiently, decreasing insulin resistance even more. It is hard to over-stress the importance of exercise for metabolism.

FASTING

Having an empty stomach is another adjunctive way to improve insulin sensitivity. Fasting just means “empty stomach.” That means nothing in the mouth – no juice, bone broth, nut bars, not even water! The best time of day to have an empty stomach is at night because that is when we get the anabolic metabolism to repair the body. In the morning we have a catabolic metabolism that is breaking down, and that is the best time to eat. So, if you do intermittent fasting, eat breakfast only, or breakfast and lunch. Skip dinner. If you do more long-term fasting, break your fast in the morning (breakfast). Having one fast day per week is great, but three days once per month is better because it takes about that time to cleanse and detox. No matter how you do it, an empty stomach will improve insulin sensitivity and repair the body.

THE GREAT DIVORCE

Jack Sprat and his wife are metaphors for the different ways of eating to bring down insulin resistance. The essential ingredient is splitting up carbohydrates and fats. Today we have many types of delicious, rich foods available to us. My son used to have a tub of frosting with a spoon in it as he was playing video games all night when he was in college. The hydrogenated oil lowers the glycemic index of the powdered sugar preventing hypoglycemia (but he did get fat). Nutritionists are telling diabetics that this is a good thing – that they should include fats with their carbs because, “fat and protein can both blunt the blood sugar response after eating carbohydrate-containing foods.”[7] What they don't say is that it comes at the expense of more insulin resistance. Fats and carbs really should not be mixed! The best way to “blunt the blood sugar response” is with fiber. This is the beauty of the low-fat vegetarian diet – lots of fiber to blunt the response, without any fat to cause insulin resistance!

Perhaps the next step is to take Jack Sprat on his own and divorce him from his wife. This is difficult to do because of our culture and learning. A low-fat diet was concerning even back in the days of Babylon when Daniel was told to eat the king's meat so he could be healthy. Daniel and his friends devised a ten-day test.

Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink... And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat. (Daniel 1:12,15)

Maybe they were healthier (fairer and fatter) because they didn't have insulin resistance. Pulse is essentially the vegetarian low-fat diet consisting of legumes and vegetables. Yes, in only ten days of cutting out fat, insulin resistance will drop dramatically.[8] I suspect that as more research is done, the vegetarian low-fat diet will become the standard diet to prevent and treat Type II (and maybe even Type I).

FAQ

There are going to be many questions since this is new for most. I will try to anticipate some of them:

Q: IS PROTEIN A PROBLEM?

A: It is very easy to get all the protein we need from a whole-food plant-based diet. Beans are a good source of protein, and grains complete the essential amino acids. Broccoli and other vegetables also have significant amounts of protein. It is good to avoid concentrated forms of protein, as large amounts of (animal) protein do shorten life span and increase cancer rates.[9]

Q: DON'T WE NEED FAT?

A: However, all whole foods contain some fat, just very little of it. The germ of wheat, for example, has oils with essential fatty acids, mostly omega-6. Whereas green vegetables contain mostly omega-3 essential oils. The cows get all the essential oils they need from grass, which is mostly omega-3 (which is one good reason for eating grass-fed beef for those who eat meat).

Q: IS THIS FOR EVERYONE?

A: Yes, it can be for anyone. However,

I have had patients that have tried it for years and have not done well. They started eating meat again and their depression, rashes, or other symptoms resolved, so not everyone will do well on either diet.

Q: WHAT IF I PUT OIL ON MY SALAD?

A: If the salad is low carb, it will still cause insulin resistance. But unless you have sugar, such as fruit, or salad dressing, it won't cause your blood sugar to increase. Wait about 12 hours before eating any carbs.

Q: CAN I HAVE "CHEAT DAYS" WHERE I CAN EAT ANYTHING I WANT?

A: "Cheat days" consist of mixing fat and carbs such as eating ice cream, chocolate, French fries, chips, or donuts. Such food will set you back whether you do a ketogenic or low-fat vegetarian diet and is therefore not advisable.

Q: IF I ALTERNATE BETWEEN THESE TWO DIETS, HOW LONG WOULD I DO ONE OR THE OTHER?

A: The effect of fats on insulin receptors is

almost immediate, and lasts for about 10 hours.[10] Therefore, avoid carbs within 12 hours of eating fat. Reasonably, you could switch from a "keto" to a high-carb diet on a daily basis, although I have found no specific research on this. The days you include oil will increase your insulin resistance and may cause you to have higher blood sugar on your "low-fat" days.



Sources: [1] <https://www.sciencedirect.com/science/article/pii/S000291652320146X> [2] <https://news.ok.ubc.ca/2019/03/27/on-the-keto-diet-ditch-the-cheat-day-says-ubc-study/> [3] <https://www.minervamedica.it/en/journals/sports-med-physical-fitness/article.php?cod=R40Y2019N04A0600> [4] <https://www.drmcDougall.com/misc/2012nl/dec/fav5.htm> [5] <https://www.dietdoctor.com/low-carb/keto/vegetarian> [6] <https://pubmed.ncbi.nlm.nih.gov/2645122/> [7] <https://www.virtahealth.com/blog/insulin-resistance-diet> [8] Review Curr Opin Lipidol. 2005 Feb;16(1):55-60. doi: 10.1097/00041433-200502000-00010. Insulin resistance, low-fat diets, and low-carbohydrate diets: time to test new menus. Dawn Colleen Schwenke [9] <https://www.nih.gov/news-events/nih-research-matters/protein-consumption-linked-longevity> [10] <https://www.ambersnaturalnutrition.com/saturated-fats-and-insulin-resistance/>

B12 Deficiency Risk From Taking Metformin or Being a Vegetarian



VITAMIN B12 IS one of those micronutrients that our bodies require in order to live and thrive. Vitamin B12 also goes by the name cyanocobalamin. (No wonder we've shortened it to B12!) We need vitamin B12 to:[1]

- Produce red blood cells

- Create new DNA
- Build proteins, hormones, and lipids
- Release energy – without vitamin B12 your body cannot produce the energy it needs[2]

In short, we can't live without vitamin B12!

Fortunately, most American children and adults obtain adequate amounts of vitamin B12 through the foods we eat. However, vitamin B12 deficiency continues to be a concern in the US. Those most susceptible to vitamin B12 deficiency include: the elderly, pregnant or lactating women, strict vegetarians, those with low levels of stomach acidity, hyperthyroidism, those who have undergone

gastric bypass surgery, and people suffering with pernicious anemia.[3]

Approximately one-third of adults over 50 suffer from atrophic gastritis. This is a thinning of the stomach lining that hinders vitamin B12 absorption. As a result, about 3.2 percent of those over 50 are deficient in vitamin B12.[4]

Remarkably, the human body stores enough vitamin B12 in the liver to last several years. So a deficiency in vitamin B12 intake may not show up for a while.[5] As a result, its deficiency can also appear rather suddenly and without warning, or gradually intensifying over time.[6] A blood test is required to confirm vitamin B12 deficiency. The recommended daily allowance for adults is 2.4 micrograms per day.

Symptoms of vitamin B12 deficiency may include:[7]

- Anemia
- Fatigue/Loss of energy
- Weakness
- Constipation
- Loss of appetite
- Weight loss
- Neurological changes
- Balance issues
- Depression
- Confusion
- Dementia
- Poor memory

Sources of Vitamin B12

For most people, the best and most natural way to get vitamin B12 comes from the foods we eat. These sources of vitamin B12 are limited to animal products: meats, eggs, fish, and dairy. Otherwise, vitamin B12 is not found in plants, hence the reason strict vegetarians may experience a vitamin B12 deficiency. However, nutritional yeast offers vegetarians a good source of vitamin B12.

Foods with the highest amounts of vitamin B12 include:[8]

- Clams and other shellfish
- Beef liver
- Wild trout, salmon, sardines and tuna
- Beef
- Organic milk, cheese, and yogurt
- Eggs

Reasons for Vitamin B12 Deficiency

Sometimes the reason for vitamin B12 deficiency is not due to lack of intake, but can be traced back to the body's inability to absorb this crucial vitamin. In a healthy person, the stomach secretes hydrochloric acid and a glycoprotein called intrinsic factor, both of which are required for the absorption of vitamin B12 when food enters the digestive tract.

For this reason, prolonged use of proton pump inhibitors and other antacids can also cause vitamin B12 deficiency.[9] With

the prevalence of acid reflux and GERD in our society today, people think nothing of taking a daily dose of an antacid, not realizing the complications that long-term use can bring on. Vitamin B12 deficiency can cause irreversible neurological damage.

Other medications that may lead to vitamin B12 deficiency include antibiotics, and Metformin (a common drug prescribed for high blood sugar). Also, heavy use of alcohol or nicotine can also cause a deficiency in this vital micronutrient.[10]

In addition to the above, a number of physical conditions and diseases also impair vitamin B12 absorption. Pernicious anemia, celiac disease, inflammatory bowel disease, Crohn's disease, ulcerative colitis, bacterial overgrowth or parasites, and chronic pancreatitis are examples of such conditions.[11]

Supplementing with Vitamin B12

For those with a vitamin B12 deficiency, vitamin B12 supplements are available in a variety of forms including:

- Injection
- Intravenous
- Oral
- Nasal gel and spray
- And sublingual tablets (placed under the tongue)

Injections, intravenous, nasal applications and sublingual supplements bypass the digestive system in the event that there's a lack of stomach acid or intrinsic factor

present. For those with a healthy gut, but who simply don't get enough vitamin B12 in their diet oral supplements are available.

Vitamin B12 injections work quickly, but the shots can be very painful and costly, often requiring the administration of a healthcare professional. Intravenous supplementation is also expensive and even more burdensome. Oral supplementation with vitamin B12 can be effective, but one has to take fairly high doses due to the fact that only about 2 percent of the ingested supplement can be absorbed by healthy people.[12]

Many vitamin B12 supplement distributors claim all kinds of health benefits for increasing one's intake of vitamin B12. Some of these include: enhanced athletic performance, relieving depression, as a sleep aid, and as prevention for osteoporosis, high blood sugar, cardiovascular disease, and stroke. However, there is no science to demonstrate these claims in healthy people with good levels of vitamin B12.[13]

Advantages of Sublingual Vitamin B12 Supplements

Some manufacturers claim that sublingual vitamin B12 tablets are better absorbed and more effective than other forms of supplementation, but the research does not bear this out either.[14] However, sublingual tablets may have at least two real advantages.

First, for those with low stomach acid or intrinsic factor, sublingual tablets enable the absorption of the B12 vitamin without having to go through the digestive tract.

Second, for those who need to supplement with vitamin B12, sublingual tablets are much less expensive and less burdensome than receiving injections or intravenous supplementation.

So if your body is unable to metabolize vitamin B12 through your food intake, supplementing with sublingual tablets

may be a good choice for you.

B Proactive

Our bodies are intricately designed with specific nutritional requirements. Vitamin B12 is one of those micronutrients we cannot live without. Make sure that you eat foods that contain vitamin B12 and supplement with this essential vitamin if you find yourself lacking.



Sources: [1] Lauren Cox, "Vitamin B12: Deficiency & Supplements," *Live Science*, August 15, 2014, <http://www.livescience.com/47398-vitamin-b12-deficiency-supplements.html>. [2] WebMD, "Ways to Improve Your Energy," July 9, 2015, <http://www.webmd.com/a-to-z-guides/prevention-15/vitamins/energy-boosting-supplements?page=1>. [3] National Institutes of Health. [4] Dr. Andrew Weil, MD, "Facts About Vitamin B12," October 29, 2012, <http://www.drweil.com/drw/u/ART02810/facts-about-vitamin-b>. [5] Lab Tests Online, "Vitamin B12 and Folate Deficiencies," nd, <https://labtestsonline.org/understanding/conditions/vitaminb12/start/2>. [6] Patrick J. Skerrett, "Vitamin B12 Deficiency Can Be Sneaky, Harmful," *Harvard Health Blog*, January 10, 2013, <http://www.health.harvard.edu/blog/vitamin-b12-deficiency-can-be-sneaky-harmful-201301105780>. [7] National Institutes of Health, "Vitamin B12 Dietary Supplement Fact Sheet," <https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>. [8] National Institutes of Health. [9] Dr. Joseph Mercola, MD, "Long-Term Use of Proton Pump Inhibitors and Other Antacids Can Cause Vitamin B12 Deficiency," February 5, 2014, <http://articles.mercola.com/sites/articles/archive/2014/02/05/antacids-vitamin-b12-deficiency.aspx>. [10] Dr. Andrew Weil, MD. [11] Lab Tests Online. [12] Andrew French, "The Advantages of Sublingual Vitamin B-12," *SF Gate*, nd, <http://healthyeating.sfgate.com/advantages-sublingual-vitamin-b12-9022.html>. [13] Dr. Andrew Weil, MD. [14] Andrew French.



AMAZING HEMP SEEDS

WHAT COMES TO your mind when you hear the word “hemp”? Depending on your age and background you’re probably either thinking “rope” or “dope”!

When it comes to hemp seeds, both of those words are correct. Hemp seeds come from the same plant, *cannabis sativa*, from which hemp rope and marijuana are derived.

But have no fear; the plants that produce hemp seeds are cultivated in such a way that the seeds contain minutely low levels of the psychedelic drug THC.[1] There’s

no way a person could get high eating any amount of hemp seeds.[2]

Why are hemp seeds so amazing? They are touted as the “most nutritious seed in the world” and rank among the super foods.[3] Hemp seeds are a complete protein, meaning that they contain adequate amounts of all nine essential amino acids necessary for a healthy diet.[4]

Hemp seeds are also high in fiber (think rope) and very easy to digest.[5] Hemp seeds also provide a perfect blend of the essential fats – omega-3 and omega-6 and they boast a lengthy list of nutrients, vitamins, antioxidants and minerals:[6]

- Iron
- Carotene
- Phytosterols
- Vitamin D
- Chlorophyll
- Magnesium
- Copper
- Phosphorus
- Zinc

- Phospholipids
- Vitamins B1, B2 & B6
- Vitamin E
- Calcium
- Sulfur
- Potassium
- Enzymes

Hemp seeds are available in raw seed form, oil, flour and milk.

Benefits of Hemp Seeds

The blend of proteins found in hemp seeds make them one of the easiest proteins to digest. The proteins in hemp seeds render them more effective than most energy bars for sustained energy. And they do this without the sugar and saturated fats found in many of those bars.[7]

Just four tablespoons of hemp seeds contain: 15 g protein, 2.5 g fiber, 4.5 g carbohydrates and no cholesterol. And because their proteins are so easy to digest, the body is able to absorb more of them.[8]

Hemp seed oil consists of 78% essential fatty acids, beating out most other oils. Hemp oil also has more omega-3s than fish or fish oil supplements. As such, hemp seed products promote cellular health, reduce inflammation, improve cardiovascular health, aid in recovery from disease or injury, and boost the immune system.[9], [10]

Side Effects of Hemp Foods

Hemp seeds are considered generally safe. The amount of THC they contain is similar to the amount of opium you'd expect from eating poppy seeds.[11] However, there have been a few known cases of people testing positive for marijuana after eating hemp seeds. This is probably due to the fact that the tests are extremely sensitive, revealing parts per billion.[12]

Because hemp seeds are high in oil and fat (good fat), some people may experience mild diarrhea as with any high-fat food. You can avoid this unpleasant side effect by starting out with about a teaspoon of hemp seeds per day and working up to the recommended serving of 2 tablespoons.[13] (Other sources recommend 4 to 6 tablespoons per day.)[14]

Uses of Hemp Seeds

You can eat hemp seeds as you might eat any other seed or nut. They have a light flavor similar to sunflower seeds. Many health food and skin care products already contain hemp seeds. You can also sprinkle them on salads, include them in your favorite granola recipe, or use them in place of other nuts in breads and desserts. Keep in mind that hemp seeds are most nutritious when eaten raw.[15]

Here's a recipe from Bob's Red Mill for Hemp Seed Pesto:[16]

Ingredients:

- 1 cup basil leaves (washed)
- ½ cup parmesan cheese grated or chopped
- ¼ cup extra virgin olive oil
- ½ cup hulled hemp seeds

Directions:

1. Combine basil, parmesan cheese and olive oil in a blender or food processor and blend to the texture you prefer.
2. Add hemp seeds and blend only until all ingredients are well mixed.
3. Serve right away or stored in a covered container for up to a week.

Serving Suggestions:

Serve with crackers, pita bread, fresh vegetables, as a sandwich spread, tossed with pasta, or as a topping on your favorite grilled meat.

Hemp Seed Milk

Hemp seed milk is made by blending the seeds with water. Additional ingredients can be added to taste. The process yields a creamy, nutty-flavored milk.[17]

Hemp seed milk provides all the power-packed protein and nutrients of the raw seed and offers many more options for integrating this super food into your diet. Hemp seed milk is a great alternative for someone with an allergy to dairy products. Hemp seed milk boosts the immune system and can benefit your heart and skin.[18]

Hemp seed milk is easy to make at home in a blender:[19]

Ingredients:

- 1 cup raw shelled hemp seeds
- 3 cups filtered water
- ½ tsp vanilla extract

Directions:

1. Place ingredients in a blender and blend at low speed, then accelerate to high speed for about a minute.
2. For a sweeter milk, add soaked pitted dates or maple syrup.
3. For richer milk, add 1 Tbsp raw unrefined coconut butter.

Enjoy hemp milk in smoothies, shakes, or over your favorite granola or fruit.

Hemp seeds in their various forms are a highly nutritious food choice! The question is, how will you integrate this super food into your diet for a healthier you?

Will you give hemp seeds a chance? Think how you might use hemp seeds, or hemp seed oil, flour, protein powder or milk in one of your meals today.

If you have tried any hemp recipes, we'd love to try them! Please share your hemp seed recipes! Thank you!



Sources: [1] Heidi Almond, Live Strong, "Shelled Hemp Seed Side Effects," Oct 21, 2013, <http://www.livestrong.com/article/467050-shelled-hemp-seed-side-effects/>. [2] Chris Kilham, Fox News, "Food and Failed Drug Tests," October 19, 2010, <http://www.foxnews.com/health/2010/10/19/foods-failed-drug-tests/>. [3] Pure Healing Foods, "Hemp Seeds," nd, <http://www.purehealingfoods.com/hempHeartsInfo.php>. [4] Pure Healing Foods. [5] Clay McNight, Live Strong, "Benefits of Hemp Protein," January 16, 2014, <http://www.livestrong.com/article/88254-benefits-hemp-protein/>. [6] Pure Healing Foods. [7] Pure Healing Foods. [8] Pure Healing Foods. [9] Pure Healing Foods. [10] Healing Source, "Health Benefits," nd, http://www.healing-source.com/health_benefits_b.htm. [11] Jennifer Murray, Vegetarian.About.com, "Hemp Seeds—What are Hemp Seeds?" nd, <http://vegetarian.about.com/od/beverage1/a/what-are-hemp-seeds.htm>. [12] Chris Kilham. [13] Heidi Almond. [14] Pure Healing Foods. [15] Jennifer Murray. [16] Bob's Red Mill, "Hemp Seed Pesto," <http://www.bobsredmill.com/recipes.php?recipe=7053>. [17] Jennifer D'Angelo Friedman, Self, "3 Reasons to Try Hemp Milk (Dr. Oz Loves It!)," May 3, 2011, <http://www.self.com/flash/nutrition/2011/05/hemp-milk/>. [18] Healthy Blender Recipes, "Happy Hemp Seed Milk," February 23, 2013, http://healthyblenderrecipes.com/recipes/raw_homemade_hemp_seed_milk. [19] Healthy Blender Recipes.

Are You Deficient in Vitamin K?

Vitamin K is for Blood “Klotting” and Bone Health



ACCORDING TO DR. Cees Vermeer, one of the world’s top researchers in the field of vitamin K, nearly everyone is deficient in vitamin K—just like most are deficient in vitamin D.

Most people get enough K from their diets to maintain adequate blood clotting, but NOT enough to offer protection against some health problems.

Vitamin K comes in two forms, and it is important to understand the differences between them before devising your nutritional plan of attack.

Vitamin K1

Found in green vegetables, K1 goes directly to your liver and helps you maintain a healthy blood clotting system. It is also K1 that keeps your own blood vessels from calcifying, and helps your

bones retain calcium and develop the right crystalline structure.

Vitamin K2

Bacteria produce this type of vitamin K. It is present in high quantities in your gut, but unfortunately is not absorbed from there and passes out in your stool. K2 goes straight to vessel walls, bones, and tissues other than your liver.

You can obtain all the K2 you’ll need by eating 10-15 grams of natto daily, which is half an ounce.

The next best thing is a vitamin K2 supplement. Remember to take your vitamin K supplement with fat, since it is fat-soluble and won’t be absorbed without it.

Although the exact dosing is yet to be determined, Dr. Vermeer recommends between 45 mcg and 185 mcg daily for adults. Use caution with higher doses if

you take anticoagulants. Even though the risk of increased blood clotting tendencies may be small, it is real.

In 2004, the Rotterdam Study, which was the first study demonstrating the beneficial effect of vitamin K2, showed that people who consume 45 mcg of K2 daily live seven years longer than people getting 12 mcg per day.

Vitamin K and vitamin D work together to increase MGP, or Matrix GLA Protein, which is the protein responsible for protecting your blood vessels from calcification. And the results of human clinical studies suggest that concurrent use of vitamin K2 and vitamin D may substantially reduce bone loss. We may be seeing just the tip of the iceberg when it comes to vitamin K and its many valuable functions in your health.





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.