

## The 5 Principle Rules of German New Medicine

**Becoming Real -  
In a Virtual World**

**How Do I Reduce  
Cravings for Carbs?**

**Treating Urinary Incontinence and  
Overactive Bladder Without Surgery**



# Home Cures That Work

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Every symptom has a story. It is the story of conflict that the person has experienced and what the body is communicating. Interpreting the symptoms involves the mind and emotions. German New Medicine is a process that looks at symptoms to heal yourself through mindset transformation because, after all, you can trust your body. Symptoms make sense from a biological perspective and your body is programmed to get out of it. You can accomplish this outcome with German New Medicine and the five basic principles for self healing.

For example, if you struggle with bladder incontinence, you don't have to just use "band-aid" medicine. You can get to the heart of the matter with the exact cause and find Home Cures That Work.

Mainstream medicine has also missed the mark on how to reduce carb cravings. Most everything they're telling you to stop craving sugar is not only not helpful — it could actually be harmful. To get healthy and stop sugar fixes, you might need to follow the Home Cures That Work natural way.

We all want to be our best, but many people wonder if it's possible to become a better person, or even authentic. Becoming a real version of ourselves can also minimize the stress we experience in relationships, or even how we live in this world. Here are plenty of opportunities to practice being real in this month's issue.

This issue may cause you to think twice...there are things science can't explain. You CAN take control of your own body and mind...with Home Cures That Work!

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For your health,

Cheryl Ravey,  
Editor, Home Cures That Work

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# THE 5 PRINCIPLE RULES OF GERMAN NEW MEDICINE

by Dr. Scott Saunders, M.D.

**I**N 1981 A German physician, Dr. Ryke Geerd Hamer, MD,[1] was diagnosed with testicular cancer. Since he was working in an oncology hospital, he knew that this cancer was treatable and mostly curable. However, he had some doubts. He began to wonder why he had this particular type of cancer, and how it could be related to the death of his son three years before. His son was shot in an apparent accident and was treated for four months before succumbing to the trauma. His father, a doctor, could not even help him, which became a great source of grief for the physician. Now, with a diagnosis of testicular carcinoma, he knew he had to deal with the loss of his son before treating the cancer. He faced his fears and grief, and after a year of counseling, without any other treatment, the testicular cancer was gone.

From his personal experience, Dr. Hamer realized the power of treating the psyche over traditional treatments of surgery, chemotherapy, and radiation. So, he set out to begin researching it. The university with which he was associated just dismissed his thesis outright and would not allow him to work there. He began treating patients in his own clinic, but there was a great deal of opposition. The district government finally revoked his license because he “failed to convert to the tenets of official medicine,” (as if it were a religion) since he didn’t treat cancer patients with chemotherapy like everyone else. Despite this, he persisted in treating patients, and found that other illnesses are also based in the psyche. From his research and experience, he developed what is called The German New Medicine.

The German New Medicine is an entirely different form of medicine called Brain Body Medicine, which can be broken down into three parts:

1. Psyche: The psyche is consciousness, which provides the body with life.
2. Brain: The brain controls the body through the nervous system. The brain is the mediator between the psyche and the body. The brain is trying to bring about conflict resolution in the psyche, using the tools it has in the body organs and tissues.
3. Organ or Tissue – Organs and tissues are the physical hardware of the body.

Dr. Hamer said, “Through the millennia, humanity has more or less consciously known that all diseases ultimately have a psychic origin, and it became a ‘scientific’ asset firmly anchored in the inheritance of universal knowledge; it is only modern medicine that has turned our animated beings into a bag full of chemical formulas.”[2]

The German New Medicine, or GNM, is based on disease being caused by psychic trauma. If the trauma is resolved, there is no illness. However, if the trauma remains unresolved, the brain will create a lesion in the body that has the purpose of helping the psyche resolve the conflict. Dr. Hamer came up with five absolutes.

## The Five Principles[3]

1. Disease comes from unresolved conflict shock.
2. There are two phases of illness: Conflict-active, and healing.

3. Tumors are controlled in the brain by their embryological tissue type.
4. Microbes exist to help healing.
5. Disease has biological meaning to help the organism respond to a psychic conflict.

The purpose of the brain is to control the body according to the needs of the psyche. The brain cannot serve a conflicted psyche. Resolve the conflict first, and then things can run smoothly. The brain controls the blood flow, immune function, and autonomic systems in the body to resolve conflict. For example, if there is the shock of the loss of a child, the brain creates extra tissue, tumors, in the gonads (testicles or ovaries) to increase the chance of creating a child.

Essentially, the brain is using the tools at its disposal to manage conflict in the psyche. In doing so, there is some sort of language being used to transmit that information. The tissues and organs affected will be related to the type of psychic conflict that must be resolved.

Interestingly, Dr. Hamer had a completely different view of microbes, as you will notice in #4 above. He found that various microbes existed to help repair tissues in the healing phase. Different types of microbes worked on different types of tissues. For example, he thought tuberculosis was healing lung cancer, causing it to be locked into calcified masses, and that by getting rid of the bacteria in the lungs, people are more susceptible to lung cancer.

## Mind-Body Medicine

Does the mind really create physical illness? Science proves the association.

Nevertheless, medical school teaches physicians it is the other way around. We learn to treat just the physical symptoms of disease with chemicals and surgery. Every time I hear an advertisement for a drug, I notice the statement:

“This medication may relieve the symptoms of...”

...whatever ailment it is purported to treat. We are taught about relieving symptoms, and not curing illness. In fact, we should never use the word “cure.” We are also taught to avoid accusing patients of having a psychic origin of disease.

The body and the mind are inextricably woven together; one affects the other in meaningful ways. This morning I spoke with a young woman who is suffering from multiple issues related to “fibromyalgia syndrome.” This is a “wastebasket” diagnosis. This means whenever people have pains without a physical injury, they may call it “fibromyalgia syndrome.” This causes muscle, joint, and fascia pain all over the body due to a decrease in blood flow causing hypoxia. The lack of oxygen in the tissues causes pain as the lactic acid builds up and is not removed due to the lack of blood flow. The sympathetic nervous system impairs circulation and causes constriction of arteries, which decreases blood flow.

While all illness is not caused by “psychic trauma,” many illnesses are. In his book, *The Body Keeps the Score*, Dr. Bessel van der Kolk, MD, describes how trauma to the brain can show up in the body in multiple ways. He calls it Post-Traumatic Stress Disorder, or PTSD. Dr. John Sarno, MD also found emotional causes of many different types of illnesses. He started searching for the cause of back pain, and ended up finding many illnesses: neck pain, fibromyalgia, migraine headaches, arthritis, and autoimmune diseases were all associated with emotional trauma. He

wrote many books on the subject. It is interesting how each of these researchers came to the same conclusion from very different angles. Dr. Hamer started with cancer, Dr. van der Kolk with mental illness, and Dr. Sarno from back pain, and all ended-up in the same place. Emotional trauma causes illness. AND the cure is dealing with the emotional issues. It can resolve the problem entirely.

This last part is important because those who persist in seeking a physical cause continue to have problems. Those with depression and anxiety may be temporarily helped by medications but continue to get worse. People who have surgery for back pain, neck pain, shoulder pain and so forth end up with multiple surgeries and are still in pain. If you don't fix the problem and restore blood flow, the surgery will not heal properly. Then you are more likely to get infections and other complications, and the pain comes back. In fact, back surgery for pain does not have good evidence. A review article on the subject concluded:

"The available evidence does not support the hypothesis that spine fusion confers a clinical benefit compared to non-operative alternatives for low back pain associated with degeneration... or thoracolumbar burst fractures." [4]

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#### WHAT TO DO?

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Having introduced you to the "IT'S ALL IN YOUR HEAD" hypothesis, I want to make something very clear. People want to apply their discoveries too broadly, thinking that everything can fit into their paradigm. That is most certainly not the case. There are many reasons for illness:

- Toxins
- Anatomical abnormalities
- Infectious disease

- Deficiencies of nutrients
- Reactions, such as allergies
- Autoimmune disease
- Genetic abnormalities
- And others...

First, and above all, find out the reason for your pain. Telling someone to get over their psychic trauma when they have mercury toxicity will not help. You probably won't think away your urinary tract infection, either. However, if you have chronic headaches, back pain, or fibromyalgia due to PTSD, you must deal with that first. In the case of cancer, you must be willing to look at the possibility of emotional, as well as genetic, and metabolic factors.

## Cancer and Dr. Hamer

The point is, there is no single thing that is the "root cause of all disease." Be open to all the possibilities. Consider everything. Go down each road and find what applies to your illness. But remember that there are many illnesses that have their roots in emotional trauma. If you just deal with the obvious tumor, for example, you will not get to the root, and may miss an opportunity to cure the cancer.

I think the greatest benefit Dr. Hamer gave us is his own story. There are thousands of people who listened to him because of his personal experience. They found their own emotional issues and were able to heal their illnesses. Dr. Hamer himself had case histories of over 20,000 patients [5] who responded to the treatment.

## Blaming the Victim

Many see the theory of an emotional basis for cancer to be "blaming the victim." While blame is not at all useful, there is another way to look at it. Dr. Hamer wanted to show that the psyche was trying to help, that diseases, including cancer, were an attempt to bring peace and unity to the body and mind. Thus, as in his own case, the patient upon finding the underlying cause of his disease, rather than be ashamed of being the cause, is empowered by knowledge.

Many years ago, scurvy was the bane of every doctor. Treatments included all sorts of poisons, such as mercury, and noxious potions, being buried up to your neck in hot sand, or blowing smoke into the colon. Despite such inhumane treatments people died of scurvy anyway. Then, one day, a British naval researcher found the cure – lime juice! It was so simple that nobody believed it, and sailors continued to die of scurvy for fifty years, until the captains defied the doctors and insisted on lime juice aboard their vessels. Knowledge of the cause cured the illness forever. I have never seen a case of scurvy. Only knowledge of the cause can bring a cure.

Likewise, we have such inhumane treatments for cancer, and people continue to die of cancer at the same rate [6]. If we could find the underlying cause we could cure cancer, instead of treating it. Don't be afraid to look inside and empower yourself to remove the cancer from your body. Your immune system has the capacity to clean up ANY cancer so long as you are living. There are many remarkable recoveries that attest to this. No treatment for cancer is universally curative. It is therefore incumbent upon each person to investigate the underlying cause.

- Toxins?
- EMF?
- Metabolic disturbances?
- Infections?
- Yeast?
- Bacteria?
- Fungi?
- Viruses?
- Inflammation?

Yes, yes, and yes – all of these influence cancer, but you must remember that the body still allows it to grow. Don't think

that your body cannot get rid of it. It can, at any time. Emotions control the autonomic nervous system, meaning blood flow, as well as the immune system that can clean up a cancer mess. Thus, emotions can have a large effect on cancer.

## Curing the Incurable

Reading stories of others who have found the courage to face their pain, grief, loss, and trauma can be very helpful. I had a recent patient who had prostate cancer and a doctor did a cystoscopy that was very traumatic, bringing to his mind an old memory of sexual abuse that he had forgotten for forty years. He understood the connection between the trauma and

the cancer and continues to work on his emotional issues as he gets treatment for the prostate. Whatever else you do, don't leave out the emotional part. As the title of the book by Dr. van der Kolk attests: **THE BODY KEEPS THE SCORE**. You can suppress emotional trauma for many years, but it doesn't just go away. As Dr. Hamer had to deal with the loss of his son, each must deal with grief, loss, and a broken heart by facing it with courage.



Sources: [1] <http://www.newmedicine.ca/bio.php> [2] <http://www.newmedicine.ca/german-new-medicine.php> [3] <http://www.newmedicine.ca/german-new-medicine.php> [4] *Internal Medicine Journal Clinical Perspectives. Lumbar spine fusion: what is the evidence?* Ian A. Harris, Adrian Traeger, Ralph Stanford, Christopher G. Maher, Rachelle Buchbinder. 05 December 2018 <https://doi.org/10.1111/imj.14120> [5] <http://www.newmedicine.ca/science.php> [6] <https://www.cancer.gov/about-cancer/understanding/statistics>



# Becoming Real - In a Virtual World

by Dr. Scott Saunders, M.D.

**V**irtual Reality is an oxymoron. There are things that are virtual, and things that are real. There is nothing in virtual that is real. Things that are virtual are not real, they are fake, made-up, fraud, deception, or just representations of reality. The real thing is so much better than what is in a book or movie.

Watching the Normandy invasion in

Saving Private Ryan from the safety of your living room is not the same as being in that battle. Reading about a sexual encounter, watching sex on your phone, or even masturbation is not the same as connecting with someone you love. Seeing and smelling the food at a great restaurant is not the same as eating there. I have assisted in over two hundred deliveries, but I don't know what it's like to have a baby because I have never experienced it. Human beings cannot understand what we don't experience. We must

feel the whole variety of human experiences to live, learn, grow, and understand.

We can sometimes be in the experience and not understand it. I had a professor of obstetrics and gynecology at the Harbor General Hospital in Los Angeles whom the students and residents called The Dragon Lady. She felt it was her duty to teach all doctors about abortions and birth control so no unwanted child would ever be born. I told her I did not want to participate in abortions so she tricked

me by telling me to go into a D&C procedure. During the procedure I felt dark, depressed, and grief, like a loss. I didn't know why until I saw a tiny arm going through the clear plastic suction tube. Then I knew what it felt like to abort a baby. We didn't talk about it; nobody said anything. We just filed out of the room after the procedure and wrote down all the stats -- just check the boxes. Blood loss, sponges, heart rate, blood pressure... numbers. That's how we deal with feelings.

On the other hand, I also experienced the deliveries of many beautiful babies. The joy that is felt at the delivery is palpable. Everyone smiles, even the nurse assistant walking past the room starts to smile, and doesn't even know why. The Dragon Lady did not smile. She probably didn't even feel the joy of birth, nor did she feel the grief of abortion. She was numb, dead, a zombie. She used drugs to manipulate her feelings.

There are all sorts of drugs to imitate real experiences. Doctors are told to be sure nobody is having a bad day. Everyone should feel good. Thus, there are drugs for every feeling:

- Drugs to calm you down
- Drugs to lift you up
- Drugs to comfort your sorrow
- Drugs to soothe your pain
- Happy pills to relieve depression
- Drugs to make you sleep
- Drugs to wake you up
- Drugs to calm your fears
- Drugs to relieve anxiety

Drugs are virtual reality. Sleeping pills knock you out and make you unconscious, but do not give you rest. Caffeine can pick you up and allow you to pretend you are awake, but you are still half-asleep all day; it's not real. Thus, most people in the world are half-asleep all day, and half-awake all night. In reality, they are dead -- Zombies.

The idea that people should not feel pain, sorrow, grief, or suffering is completely misguided. We need to feel every human experience. Life is in the experience of it. Going through life sitting on a couch watching others have virtual, made-up, and fake experiences is not living. It is death. As virtual reality becomes more common, there are more zombies in the world. Their world is not real. They live in a fantasy. There is nothing there to experience for real. It is in the struggle that life is found. Life comes from the extremities. Hot and cold. Sorrow and joy. Pain and pleasure. Light and dark. Awake and asleep. Work and rest. If all we ever experience is peace, rest, happiness, and comfort, then we are always lukewarm, not living life.

Spiritual life is filled with imitations. Many say there is no such thing as a spirit because you can take psychedelic drugs and simulate a spiritual epiphany. They don't know the difference between the counterfeit and reality. The experience of knowing God is not the same as taking a drug. I don't want the drug. I want to know God. Eating a lollipop when you really hungry is not the same as having a steak dinner. The candy is like a virtual meal, it has flavor and calories, but without substance. It does not satisfy the hunger. The candy is one-dimensional, giving a semblance of being able to satisfy, but without anything substantial. I don't want candy, I want real food. I don't want Disneyland, "The Happiest Place on Earth," with its perfectly-groomed lawns and actors with perfect smiles painted-on. I want real

happiness. I only want real experiences.

- I don't want the virtual.
- I'm not interested in partial.
- I don't like staged experiences.
- I want what is real.
- I want to feel real pain, grief and sorrow.
- I want to experience true love, joy and happiness.
- I want to know reality on an intimate level, the highs and the lows.

## WHAT IS REAL?

Family is real. Blood is thicker than water. We maintain a relationship with family because they are family, not because we like them. We can be real with family, there is no pretense, no need to impress, no airs or facing. It is real. You know all their faults and weaknesses. You know and you are known, being accepted as you are.

A marriage is real. There is a real person to whom you are committed, and must learn to love entirely to become one.

Children are real. The baby needs. Parents learn true love by getting outside of themselves, sacrificing for their child.

Business is real. You must produce something that others want, requiring you to think of other people, and what they want.

Injuries are real. Blood, broken bones, and pain are real. Living can be painful sometimes.

Illness is real. People get sick. Those who are trying to avoid illness, will be zombies, which never get sick.

Grief is real. Loss is a part of life. All who live life will experience loss of what they love the most, and know grief first-hand. Some people say their parents tell them life isn't fair. My mom used to tell me: Life is perfectly fair, sooner or later it breaks everyone's heart.

Evil is real. There are people who are bent on the destruction of others, who only think of themselves at the expense of others.

God is real. All that exists allows us to see God.

The Holy Ghost is real, the Comforter is so much more rich and fulfilling than drugs for comfort.

Joy is real. Those who are willing to make sacrifices will experience pain, and joy. Having children is a great example of knowing pain, and joy.

My mom told me that God does not want us to have good experiences, He wants us to sacrifice what we think is good so we can have the best. Virtual experiences are good, but real experiences are the best. After seeing pictures of the Parthenon in Greece for many years, I finally went to visit. The experience of being there was so much different than seeing pictures and even movies. It was awesome! It filled me with awe!

## BE REAL

- Turn off the TV.
- Put away the VR set.

- Avoid theme parks.
- Stop gaming.
- Don't eat candy, or pastries.
- Stay away from processed foods.
- Shelve the fantasy novels.
- Ditch social media.
- Shun watching sports.
- Be there for others, in person, hang-out, talk.
- Hug everyone.
- Get married.
- Stay married.
- Have children.
- Love your children.
- Play sports.
- Learn to play the piano.
- Take care of your aging parents, grandparents, aunts and uncles.
- Create or work in a business that provides real goods and services (not drugs, ha ha!).
- Learn languages and experience cultures.
- Ask about the beliefs and ideas of others.
- Learn a new skill.
- Eat nourishing food, learn to cook real, living food.
- Seek God, truth, reality, and ye shall

find.

- Ask God for wisdom, and it shall be given.
- Knock on Heaven's door frequently, and it shall be opened.

Why reject tasty junk food? So you can live a healthy life.

Why give up porn? So you can have real intimacy.

Why sacrifice video games? So you can have energy.

Why give up coffee? So you can be fully awake.

Why fast? So you can have a clean spirit and body.

Why go to bed early? So your body can rejuvenate.

Why get married? So you can have a real relationship.

Why have children? So you can grow up with them.

Why sacrifice the things of the world? So you can know God.

The best experiences are available to everyone who is willing to make the sacrifice of the things they like, want, and need.

## DON'T BE SAFE

Anyone who tells you to be safe does not care about your life. The purpose of life is to have the best, to be your best, to live and learn and grow. There is so much good that can be done in the world, there is no excuse for living a virtual life, or

being a zombie. Zombies are safe. Those who are dead only watch others live life. They watch videos of people crashing on their One Wheels, laughing at people who are living life. They pretend to live through virtual means. Their activities are virtual, their entertainment is virtual, their exercise is virtual, their relationships are virtual, their intimacy is virtual, their fun is virtual -- they only pretend to live, but they are safe.

Those who live life are not safe. Rich came into my office one day with full protection gear on -- helmet, wrist braces, elbow pads and knee pads. It was surprising to me because I knew him to be a conservative man in his 60s. "Are you riding around on a skateboard these

days?" I asked. He explained that he got a One Wheel motorized skateboard and goes everywhere on it. "You're going to fall, so it's important to wear protection." In spite of the "protection" he showed me his injuries and scars from falling. "It's a great way to get around town, I go all over Santa Barbara and Goleta on my One Wheel!" He continues to ride it in spite of the danger (or, perhaps, because of it!) knowing he is going to fall, protecting himself as best he can, while still living life. This is real. He will have great balance when he's a hundred years old because he rides a One Wheel around instead of driving a car.

Life is taking chances. Jump in. Don't even think about it, "Just Do It!" Life is

to be lived blindly. You never know until you try. You cannot understand before you experience it, so just go for it, experience it, do something real, try something unsafe. Safety is death. Climb a mountain. Take up a new sport. Open that restaurant you've always wanted to do. Odds are good that it will fail within five years. It's not safe, but you will learn, especially when you fail. The point is not to be stupid, but rather to stop shrinking into the safety of your virtual, pretend world. Get out and do something! By taking chances, your life will become real, and you will be real.





Controlling  
When You  
Have to  
Go to the  
Bathroom -  
NATURALLY

# TREATING URINARY INCONTINENCE AND OVERACTIVE BLADDER WITHOUT SURGERY

by Dr. Scott Saunders, M.D.

**S**EVERAL YEARS AFTER her surgery, Marge began having frequent urinary tract infections. Eventually, she had a cystoscopy. The surgeon looked into the bladder and found what she had feared – mesh. The plastic mesh placed to suspend Marge’s bladder had worn through the wall of the bladder, creating inflammation and infection. She needed surgery to remove the mesh. The problem, however, was that tissue had grown around the mesh. As expected, scar tissue formed to protect the body from the foreign material. The entire mesh sling was no longer a separate piece of plastic that could be removed. It had become an integral part of the pelvic organs from the skin to the bladder, and even the uterus and ovaries.

After three surgeries she was better – for a while. But more mesh was found that had been missed. She continues to have chronic bladder problems.

It all started when Marge was having urinary incontinence and went to the doctor. They looked at the options. Medications weren’t very helpful, though they did improve the urgency to go. Finally, they settled on a surgical procedure called a sling that would pull the bladder up, so the tube (urethra) wasn’t “kinked.” This procedure has been used for years with good success, and Marge wouldn’t have to take medications. The sling seemed to be the simplest solution, but she didn’t know the potential complications.

## Normal urinary function

The urinary system is a beautiful work of complex fluid mechanics and engineering. The kidney pushes urine into the bladder. Under pressure, the bladder

stretches to fill like a balloon. Valves prevent urine from going back up into the kidneys. The bladder also has a sphincter to hold in the urine as it fills, preventing it from leaking urine. Normally, the bladder can hold up to 500 milliliters of fluid (about a pint).

The wall of the bladder itself is a muscle that actively contracts to push out the urine when we go to the bathroom. Sometimes it takes a few seconds to develop pressure to make the urine flow. This coordinates with the sphincter at the base holding in the urine, which needs to relax. Most of the time, the muscle in the bladder muscle wall is relaxed, allowing the bladder to fill, and the sphincter is tight, preventing leakage. These roles reverse for just a few seconds to let the urine out when we go to the bathroom.

## 4 Types of Urinary Incontinence

The word incontinence means the inability to hold urine. Sometimes the system doesn’t function properly and urine leaks at unexpected times.

Urinary incontinence is the forgotten stepchild of medicine. Nobody wants to talk about it. Most people who have it don’t bring it to the attention of their doctors. They just assume that they are “getting old” and wear pads, pull-ups, or diapers. Most don’t know that there are four distinct types of urinary incontinence.

- Stress incontinence
- Urge incontinence
- Overflow incontinence
- Functional incontinence

I am going to explain each type of incontinence, how you can know which type you have, and what you can do about it. I hope to spare anyone from having unnecessary surgery, and possible complications.

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### 1. STRESS INCONTINENCE

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Women have stress incontinence much more than men. Urine can leak out when a person laughs, coughs, sneezes, lifts something heavy, or strains in any way. When abdominal pressure pushes against the bladder, a weak urethral sphincter will leak urine.[1]

Its prevalence in women is probably due to pregnancy, which stretches, or tears, the muscles of the pelvis. The weakened muscles don’t produce enough pressure to hold the urine in the bladder as it fills. Moreover, the pelvic muscles that normally hold up the bladder in the pelvis become weak and allow the bladder to “fall.” Adding pressure from the abdomen during any kind of straining pushes the urine through the loosened sphincter.

The treatments for stress incontinence include surgery, such as a sling or bladder neck suspension, or devices to hold the urine in.

Women may be given a “pessary,” a device inserted into the vagina to hold up the bladder. Poise makes one called “Impressa.” Some use a “urethral plug” to stop the urine during exercise, for example.

There are several types of clamps for men that put pressure on the penis, closing the urethra to prevent leaking urine. There is also an “implantable artificial sphincter” for men who have incontinence from having the prostate removed.

These should be used after consultation with a urologist.

Ultimately, tightening the pelvic muscles is the key to prevent and treat stress incontinence. Treatments to help strengthen muscle function include:

- Exercise
- Electrical stimulation
- Estrogen

Electrical stimulation is done with surgical insertion of electrodes. Or, there is a vaginally-inserted stimulator called Apex M that can help build the muscles. This could be helpful for women who are unable to do exercises regularly or properly.

Estrogen, in the form of vaginal creams or suppositories, helps improve the tone of the pelvic organs. This requires a prescription. I prefer to use ESTRIOLE (E3), a natural weak estrogen that works locally. But some women require ESTRADIOL (E2), a stronger natural estrogen.

Exercising is simple, and can be done anywhere. But these daily exercises require a few months before seeing results. You may have already heard of “Kegel exercises.”

Kegel exercises contract the pelvic muscles to strengthen them and tighten them. Stronger pelvic muscles hold up the bladder and provide support around the sphincter. The exercises are easy, but should be done twice per day for about 3 weeks before seeing any results. The way to learn which muscle to exercise is simply to try to stop the flow of urine while you are urinating. That’s the muscle. The buttocks and pelvis should not move, and the abdomen should stay soft.

Once you learn how, start a schedule of alternating between quick contractions, as fast as you can for ten seconds, and then slow contractions, using more force, for thirty seconds.[2] Keep alternating these for ten minutes in the morning, and ten minutes at night. Or, you can do them anytime as you are sitting, at work, in the car, or in the waiting room in a doctor’s office, for example.

There are other exercises that help stress incontinence. “Core strengthening” exercises such as abdominal, back, and thigh also improve the function of the pelvic muscles. Many people do PILATES or YOGA for good core strength. Simple calisthenics that we all learned in Jr. High school such as sit-ups, push-ups, and leg-lifts are all helpful. I have one patient who watches old Jack Lalanne videos for her private training sessions.

It is essential to have a daily program to see results. Occasional forays into a gym class won’t suffice.

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## 2. URGE INCONTINENCE

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“Overactive bladder” happens when the muscle in the wall of the bladder starts contracting before we’re ready and pushes urine out prematurely. This is a, “When I gotta go...I gotta go NOW!” problem. People who have this know where all the bathrooms are on their route, because they can’t hold it in.

Urge incontinence requires some skill to diagnose. Generally, the bladder contracts too much when it’s irritated. This can happen for many reasons:

- Infection
- Inflammation, such as interstitial cystitis

- Allergies, usually to food, medications, or anything excreted in the urine
- Nervous system damage or inflammation

Most doctors will just give medications that relax the bladder to stop the spasms. The problem is that medications don’t just affect the bladder. There are “side-effects” or toxicity from these medications, including:[3]

- Dry mouth
- Blurry vision
- Constipation
- Tachycardia
- Drowsiness
- Dizziness
- And, over time, may contribute to Alzheimer’s Disease

I would avoid these medications, if possible.

Long-term treatment for overactive bladder depends on the cause. Kegel and other exercises can be helpful in holding the urine long enough to get to a bathroom, but may not solve the problem. Often, proper diagnosis requires the help of a doctor to see if you have infections, inflammation, toxins, allergies or nervous system problems. Once the issue is found, the treatment presents itself.

Over the years, I have found the first things to try are diet and exercise. Food sensitivities are a big issue causing inflammation. The “inflammatory mediators” or chemicals created by the food sensitivity reaction are excreted in the urine, sitting in the bladder, causing inflammation, and incontinence.

An “elimination diet” removes foods from your diet to which you might be sensitive for 4 weeks. Then, you add them back slowly to see if you react. The key is within a few weeks of removing the offending foods, the bladder problems should disappear. If they don’t, you need to try other foods, medications, or things ingested. The best way to start the elimination diet is to avoid:

- Gluten
- Dairy
- Nuts
- Seeds
- Nightshades (tomato, potato, peppers, eggplant)
- Sugar

Sometimes just avoiding these will eliminate inflammation and cure many symptoms besides overactive bladder.

Herbs that may help improve bladder function include:

- Angelica archangelica
- Uva ursi
- Pumpkin seed extract

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### 3. OVERFLOW INCONTINENCE

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When the sphincter is tightly holding the urine inside the bladder, but the bladder isn’t contracting or there is an obstruction preventing urination, the bladder may continually leak small amounts. The person usually leaks urine unaware. They just find they’re wet, dribbling all the time,

but not able to produce a good urine stream or empty the bladder.

The reason this happens is the bladder is overfull because it isn’t draining. Any of the systems could be the cause. Sometimes it is because the bladder wall muscles don’t contract, or the urethral sphincter doesn’t relax. This can happen for several reasons:[iv]

The nervous system isn’t controlling bladder emptying.

- Diabetes can affect the nervous system.
- Spinal cord injuries can destroy the nerves that control the bladder.
- Multiple Sclerosis, or other disorders of the nervous system.

Medications either prevent the sphincter from relaxing, or prevent the bladder from contracting.

- Sleeping pills
- Allergy medications
- Narcotic pain relievers
- Incontinence medications
- Blood pressure medications
- Anti-depressants

There is an obstruction of the bladder outlet, or urethra.

- Men often have prostate enlargement, the most common cause of overflow incontinence.
- Women may have a “fallen bladder” or cystocele that “kinks” the urethra.
- Tumors can cause obstruction of

urine flow.

- Sometimes constipation can push against the bladder sphincter, preventing urine flow.
- Scar tissue from damage to the urethra, or surgery can also obstruct the urine.

Treating overflow incontinence requires that you first know the reason why. Each problem has a very different treatment. Some are as simple as stopping or changing a medication, while others require major surgery. Repairing nerve damage may be the most difficult to reverse. But there are ways now, including nutrients, physical therapy, and implanted nerve stimulation. Proper diagnosis usually requires the help of a urologist, a doctor who specializes in the urinary tract.

Men with prostate problems may take medications to relax the prostate and sphincter, allowing better urine flow. Sometimes surgery helps, but it’s just as likely to cause stress incontinence. The best way to avoid this is to exercise, and reduce inflammation.

All of the core-strengthening exercises will be helpful in this. It is essential to remove belly fat for two reasons.

First, it changes your estrogen-testosterone ratio, which may increase the size of your prostate.

Second, it mechanically puts pressure on the bladder, which “kinks” the urethra against the enlarged prostate.

For women, sometimes, severe cases of cystocele, rectocele, and uterine prolapse just require surgery to correct. Minor cases may be helped by a pessary. Pelvic floor exercises can still be very helpful, and may eliminate surgery in more mild cases.

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## 4. FUNCTIONAL INCONTINENCE

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When people hold their urine for too long, not getting to the bathroom in time, they can lose all, or some, of the urine. This is more common in those who are debilitated in some way and don't make it to the bathroom in time. Children may have this kind of incontinence when they try to hold the urine too long.

When I was five, my mother put me on a plane by myself to fly from Los Angeles to San Francisco to visit my grandma. I felt the need to urinate soon after the plane took off. But I couldn't even imagine a toilet on an airplane, so I held it... and held it... until I could hold it no longer. I wet myself, the seat, and everything around! It was VERY embarrassing! (Which is why I remember it so vividly.) That is functional incontinence.

People with dementia may "forget" to go to the bathroom until it's too late. These people are best put on a schedule to urinate every few hours. The caretaker doesn't ask if they need to go, they just go on a schedule to avoid "accidents."

## Other Incontinence Treatments and Options

- Physical Therapy – A physical therapist who knows how to do pelvic floor

therapy can be very helpful for most types of incontinence. I refer everyone with this problem to a physical therapist, even if they are having surgery.

- Biofeedback – Training with the various forms of biofeedback can be very helpful for the different types of incontinence. This is a process of becoming aware of your body, and how it functions, helping you to make it function properly.
- Homeopathic Formulas – There are several homeopathic formulas for bladder problems. I'm not well-versed in them, but I do have patients who have used them successfully. I look at it like this: It can't hurt, and it might help!
- Heat – There are several new treatments that use heat to "injure" the pelvic tissues, causing a repair response that improves the pelvic area.
  - Radiofrequency
  - Laser

I have read about these heating therapies, and they seem to work well. But I don't know if I could recommend them because, while the short-term studies and results are good, I don't know of any long-term studies. I'm a little wary of damaging tissues to "fix" them. ►

If you have urine leaking you aren't just getting old. It is most assuredly NOT inevitable. You do NOT need to suffer with this problem. There are good, safe, and effective ways to prevent and treat almost all the causes of urinary incontinence. It can be complex, and may require the assistance of a good specialist who will look for the cause, but don't settle for toxic pills. You can improve and even cure your condition so you can have a full and active life. It's worth the effort to stay continent all your life.

To this end, I have some simple recommendations for any who wish to avoid this problem:

- Exercise regularly, especially core-strengthening, consider Kegel exercises periodically, as well.
- Eat good food, avoid inflammatory foods (sugar, starch, bad fats)
- Don't allow yourself to get too much fat in the abdomen. If you do, change your diet to remove it. (The Barton Publishing Diabetes Program works well for this).



# How Do I Reduce Cravings for Carbs?

**E**ATING CARBOHYDRATES, ESPECIALLY those we crave, elevates blood glucose levels. This is something that type 2 diabetics want to avoid! So curbing our craving for carbs is crucial, but how?

Keep in mind that we need to eat carbohydrates as fuel for our cells. But not all carbs are created equal. Some carbs like sugar, white bread, most breakfast cereals, desserts, and some very sweet fruits have a high glycemic index and tend to raise blood sugar very rapidly. Other carbs like whole grains, sweet potatoes, vegetables, and berries tend to raise blood sugar levels more slowly and not as high.

Why do we crave carbs? When we think of craving carbs, we're often referring to "sweets." For one thing, sweet things taste good! Other carbs with a high glycemic value like white bread, muffins, potatoes, white rice and pasta may also trigger the craving.

When we consistently eat these high glycemic foods, the pancreas counters the speedy influx of sugar to the blood stream by producing more insulin. The insulin's job is to move the sugar out of the blood stream and into the cells. When this happens, blood sugar levels plunge and we get a craving for something sweet again and the cycle continues. This cycle is especially harmful for a person with type 2 diabetes.[1]

The good news is that we can break that cycle. The bad news is we often don't want to! But like the old adage goes, "We can't continue doing the things we've always done and expect different results." We've got to make changes.

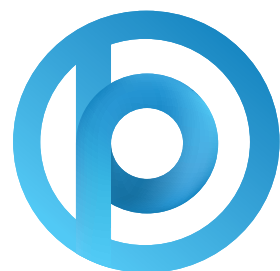
Here are five ways to reduce your cravings for carbs:

1. Determine to make a lifestyle change and stick with it. Believe it or not, our minds can override our physical cravings! Simply set limits, make decisions, plan your meals and snacks and stay with it. This step is necessary if you want to break the vicious cycle described above.

2. Stay away from all sweet, flavored drinks. These are one of the worst foods for diabetics! The sweetened beverage enters the bloodstream even faster than solid foods and will perpetuate the craving for carbs. Even though some diet drinks tout zero calories and no carbs, their sweet taste still sends the message to the pancreas to make more insulin. Drink water and unsweetened herbal teas instead.[2]
3. When a craving for carbs comes, satisfy the craving with a low glycemic carb. We may not think of these low glycemic carbs as satisfying that craving because they take longer for the body to process, but they will. Instead of grabbing a donut, chips, or candy bar, satisfy your craving with fresh berries, nuts, seeds, or raw vegetables.
4. Make good choices easy and convenient to make. Chips, crackers, candy and other sugar-loaded carbs are packaged for convenience and we can learn something from that. Make your healthy snacks convenient. Have cut-up fresh vegetables readily available in the fridge. Keep nuts, seeds, berries and other low glycemic fruits around. Use disposable, sealable bags or other reusable containers to take these snacks with you.[3]
5. Eat consistently at regular mealtimes. The pressures of life may tempt us to skip breakfast or work right through lunch or supper. Then we find ourselves compelled to satisfy our craving with a snack that's readily available. Unfortunately, those snacks typically come from a vending machine, fast food restaurant, or some highly processed, packaged carb. By maintaining regular meal times, we avoid that dilemma and can plan our meals in a healthy way.[4]

It may take your body two or three weeks to adjust to the changes in diet you make, but eventually you will adjust and those cravings will subside.

Sources: [1] Dr. Joey Shulman, "Craving Carbs? Here's How to Stop!" 2014. Truostar Health. [http://www.truostarhealth.com/members/cm\\_archives59ml4p1a48.html](http://www.truostarhealth.com/members/cm_archives59ml4p1a48.html). [2] Dr. Scott Saunders, Barton Publishing, "Diabetes Reversal Talk." 2014. <http://www.youtube.com/watch?v=i573US92pMM>. [3] Popsugar. "3 Ways to Beat Carb Cravings." 2013. <http://www.fitsugar.com/How-Stop-Carb-Cravings-25351666>. [4] WebMD. "13 Ways to Fight Sugar & Carb Cravings." <http://www.webmd.com/diet/features/13-ways-to-fight-sugar-cravings>.



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