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a barton publication

Unraveling the Complexities of Dysautonomia: A Healing Journey

7 Factors Hindering Your A1C Goals

Speed Up Your Metabolism with Food

More Reasons to Love Curcumin

Home Cures That Work

I’m excited to share a collection of captivating articles that will leave you pondering, exploring, and inspired. These articles delve into a variety of intriguing topics, offering fresh perspectives and insights.

In one piece, we unravel the mysteries of metabolism and uncover the foods that can give it a much-needed boost. Discover the surprising ways our diet can influence our body’s inner workings.

Another article takes you on a journey through the complexities of dysautonomia, shedding light on its causes, symptoms, and potential paths to healing. Prepare to be amazed by the resilience of the human body.

Discover the hidden power of curcumin, a polyphenol found in turmeric, as a potent antioxidant and anti-inflammatory spice that can protect your brain and consider incorporating it into your meals or exploring curcumin supplements for added health benefits.

Managing type 2 can be challenging, but understanding the obstacles can help you overcome them. Explore common reasons why individuals struggle with achieving their desired A1C levels and find potential solutions. Discover how the natural supplement CinnaChroma can support healthy blood sugar levels and enhance insulin sensitivity, providing an alternative option worth considering.

Stay informed, be proactive, and explore the fascinating world of natural remedies that may positively impact your well-being.

For your health,

Cheryl Ravey,
Editor, Home Cures That Work

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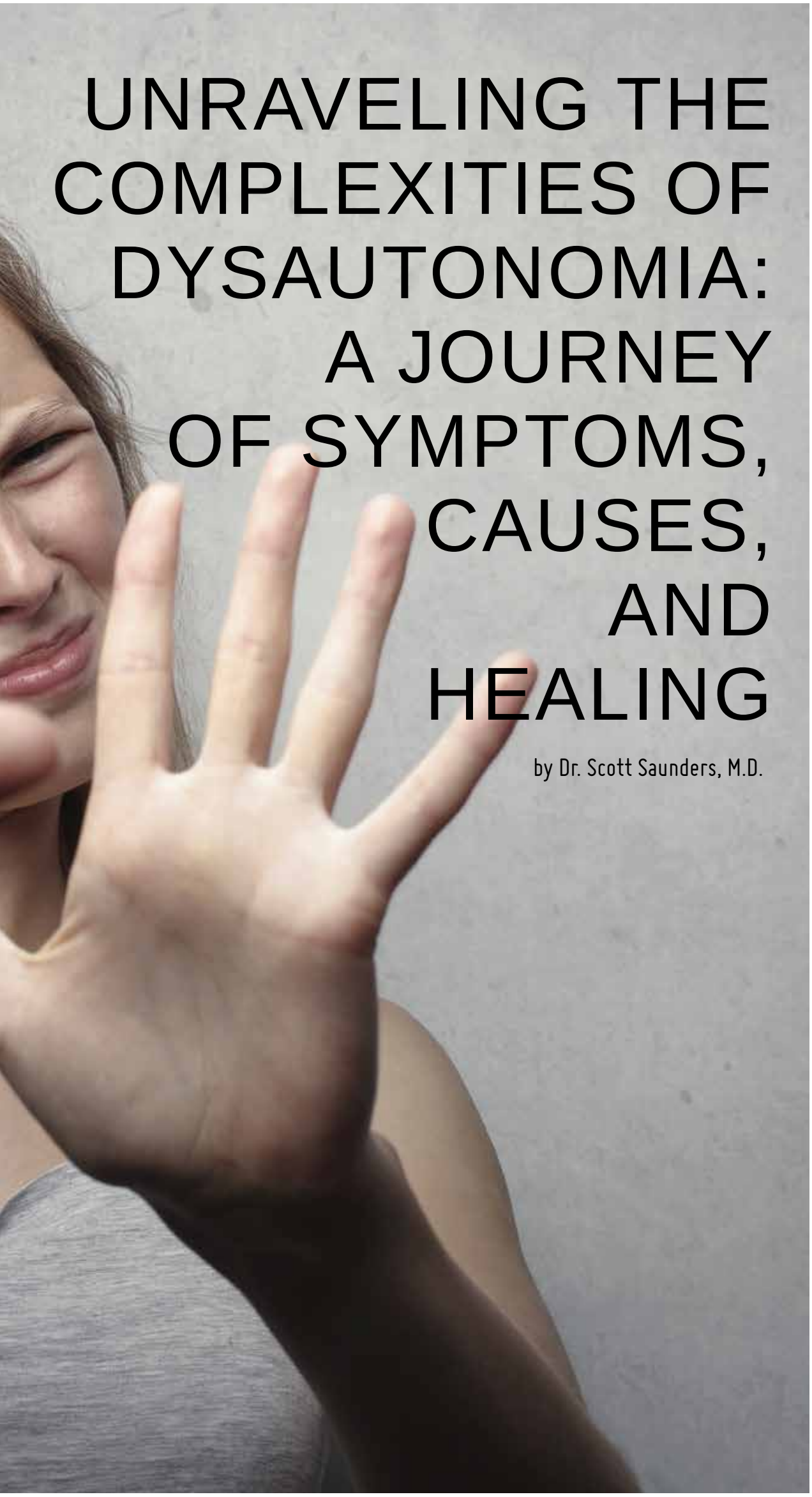
UNRAVELING THE COMPLEXITIES OF DYSAUTONOMIA: A JOURNEY OF SYMPTOMS, CAUSES, AND HEALING

by Dr. Scott Saunders, M.D.



Kelly came to me with ongoing symptoms of anxiety, nervousness, pain, dizziness, heart problems, breathing problems, and intestinal problems. She is one of those patients that doctors cringe when they see their name on the schedule for the day. Tests are always negative, so the patient is told that "nothing is wrong" but the symptoms persist. The patient says, "How can nothing be wrong when I feel so bad!?" They go from doctor to doctor, not getting anywhere. Finally, they are diagnosed with some description of their symptoms like POTS (Postural Orthostatic Tachycardia Syndrome), PANS (Pediatric Acute-onset Neuropsychiatric Syndrome), fibromyalgia (pain in the muscles tendons and ligaments), and so forth. These are not diagnoses, but just a description of what the patient is complaining about. They don't help to know why, nor do they indicate how to treat.

Kelly has had these symptoms for many years. She has EDS (Ehlers-Danlos Syndrome) which is a genetic problem with making collagen. The joints of the body are lax causing the person to be super flexible (double-jointed). EDS is commonly associated with dysautonomia.

When she was an adolescent, Kelly was in a severe car accident where she had head trauma and was not expected to live. She survived and after a great deal of physical therapy, returned to "normal." She got married, started a family, and

was doing well for several years. Then the family moved to a new location, and she started getting symptoms. At first it was just dizziness, but at times she would have different symptoms such as breathing problems, headaches, or heart palpitations. She visited the ER too often, where they found nothing wrong. Over many years she documented numerous symptoms including:

- Weakness
- Fatigue
- Heart palpitations, rapid or slow heart rate
- Blood pressure too high or too low
- Shortness of breath with low oxygen saturation
- Dizziness when standing, or with exercise
- Temperature instability with sweating, or feeling cold all the time
- "Brain fog" with memory lapses
- Vision impairment due to dilated or constricted pupils, needing sunglasses indoors, and not being able to focus or read
- Tremors that can be intermittent
- Intestinal problems such as nausea and vomiting, bloating, and abdominal pain
- Blood vessel problems like pooling, swelling of the hands or feet, flushing of the face
- Bladder or bowel incontinence
- Fainting spells with tremors or "absence" episodes (she thought they were seizures, and was once admitted to the hospital for a "stroke")
- Pain all over, randomly changing locations

The autonomic nervous system controls all the functions of your body that you don't have to think about, such as temperature, blood pressure, breathing, heart rate, digestion, organ function, blood vessels, sweating, and so forth. It makes sense, then, that if it isn't working a person could have all the symptoms above.

Kelly went to many doctors looking for answers, and had many tests on her blood, heart, inflammation, lungs, infections like Lyme disease or yeast, MRI, CT, and ultrasound scans. Everything came up negative, so she was told it was all due to "stress," or "it's all in your head." Ironically, that is truly the case, but not in the way they mean.

What causes dysautonomia?

Considering the large list of symptoms, one would expect there to be some serious health issue, genetic abnormality, inflammatory disease, autoimmune process, biochemical imbalance, or metastatic cancer, but none of these are found. The tests are all, literally, normal! People who have this can feel like they are dying, but the tests will still come up negative. This is because it is a neurological problem, and not an anatomical or biochemical issue. The only way to test for dysautonomia is to look at the functions of the body. It works if your temperature, blood pressure, oxygen level, and so forth are well-regulated. Any irregularities in the normal functions of the body may be signs of autonomic nervous system dysfunction. These can be caused by anything that affects the nervous system:

DIABETES

Diabetic autonomic neuropathy can occur as a complication of long-term uncontrolled diabetes and can damage the autonomic nerves.

AUTOIMMUNE DISORDERS

Conditions like multiple sclerosis, Sjögren's syndrome, and Lupus can cause autoimmune reactions that affect the autonomic nervous system. Also, autoimmune reactions or antibodies may specifically target the autonomic nervous system, such as autoimmune autonomic ganglionopathy.

INFECTIONS

Certain infections, such as Lyme disease, HIV/AIDS, and, Epstein-Barr Virus (EBV) can lead to dysautonomia.

TRAUMA

Physical trauma, such as head injuries or spinal cord injuries, can damage the autonomic nerves and disrupt their functioning. Post-surgical symptoms are common, and most often resolve within weeks, but sometimes persist.

NEURODEGENERATIVE DISORDERS

Disorders like Parkinson's disease, multiple system atrophy, and pure autonomic failure can cause dysautonomia because of progressive nerve degeneration.

MEDICATIONS AND OTHER TOXINS

Certain medications or exposure to toxins can disrupt the autonomic nervous system. For example, some chemotherapy drugs, blood pressure medications,

and some antibiotics have been associated with dysautonomia-like symptoms. Other drugs can become toxic, affecting the nervous system; there is an overlap with genetic factors when processing toxins is a problem.

GENETIC FACTORS

Some forms of dysautonomia have a genetic basis. For instance, familial dysautonomia (Riley-Day syndrome) is an inherited disorder caused by specific genetic mutations. Some people have inborn errors of metabolism that create neurotoxicity, or EDS, as noted above.

ADRENAL HORMONES

Some have increased sympathetic nervous system activity, leading to excessive release of norepinephrine, a stress hormone. This can result in symptoms such as rapid heart rate, palpitations, and elevated blood pressure.

SEX HORMONES

Imbalance in estrogen causes hot flashes, brain fog, fatigue, or sleep problems.

HYPOVOLEMIA

Some individuals may have reduced blood volume or blood pooling in the lower extremities upon standing. This can lead to inadequate blood flow and oxygen supply to the brain, causing symptoms. This could be from a lack of electrolytes. For example, EBV (Epstein-Bar Virus) poisons the proteins that pump potassium into cells, causing low cell volumes, and severe fatigue.

VITAMIN DEFICIENCY

There are many different nutrients that affect the nervous system. Some of the more common deficiencies that might lead to autonomic nervous system dysfunction include:

- B-vitamins
- Folic Acid
- Magnesium
- CoQ10
- Choline
- Inositol
- PTSD

There is one thing that is the elephant in the middle of the room that we always talk around, and that is the emotional part of this. Emotional traumas can cause lasting effects on this part of the nervous system. Most people with dysautonomia have PTSD from previous trauma: car accidents, divorce, death of a loved one, bullying, falls, fractures, severe illness, sexual abuse, physical abuse, and so forth.

The emotional part is huge, and if it isn't addressed properly, it is much harder to "fix" all the other things on the list above. There are many who have the same tests over and over, trying to find an underlying cause of their symptoms, but will not address the most important part of the autonomic nervous system – the brain. Control of the sympathetic and parasympathetic systems comes ultimately from the "limbic system" in the brain.

Wikipedia explains the Limbic system:

"The structures and interacting areas of the limbic system are involved in motivation, emotion, learning, and memory. The limbic system operates by influencing the endocrine system and the autonomic nervous system."

This is the emotional part of the brain that is involved in learning and memory, meaning that our memories are tied to our emotions. The effects of the limbic system are to influence hormones, and the autonomic nervous system. This is the connection to the problems associated with dysautonomia – they are controlled by the emotional part of the brain. This is why emotional trauma is so intricately tied to the symptoms.

Even the immune system that fights infection is controlled in the limbic system of the brain. People don't get mold, yeast, viruses, or other infections unless there is immune dysfunction, which usually comes from the brain.

TESTS:

- Hormone balance – including cortisol, DHEAS, estradiol, progesterone, and testosterone.
- Blood sugar metabolism – blood sugar, insulin, HbA1c, C-peptide to determine insulin resistance.
- Heavy metal toxicity – Depending on exposure: fish can have mercury, and living in an old house might have leaded paint.
- Infections such as Lyme, mold, or viruses, depending on your symptoms and exposures
- Nutrient testing if you might be deficient.
- Methylation tests – vitamin B6, B12, and Folic acid, homocysteine
- Inflammation and autoimmune disease with screening such as CRP, ESR, and ANA

HOW TO HEAL

The concept of healing these issues is to start with any underlying problems such as chronic infections, toxins or deficiencies. The next step is to develop resilience in the autonomic function so the body can tolerate a wide variety of environmental variability and still keep the body stable. This is done by providing both consistency, such as a sleep and eating schedule, and variability such as diet, temperature and breathing.

STIMULANTS

Avoid caffeine, sugar, drugs, marijuana, vaping, tobacco, nicotine, prescriptions, etc. Don't use anything to "make you feel…" anything.

CIRCADIAN RHYTHM:

- Eat breakfast by 8am
- No food or drink after 6pm.
- Sleep by 10pm.

DIET:

- Ketogenic – Training your body to burn fat is important. It allows your body to be metabolically resilient.
- Intermittent fasting – this is another great way to improve the flexibility in your metabolism. The best way is to eat breakfast and lunch, and skip dinner, keeping an empty stomach until breakfast. Water is OK.

HYDRATION:

- Sodium -- low sodium diets cause dysfunction so it is important to eat salt; sodium allows our body to hold on to water, keeping us hydrated.
- Potassium – all fruit and vegetables (16 ounces of celery juice is a great potassium supplement) Eating fresh fruit and vegetables can hydrate your body well. Those who have had EBV, or mononucleosis, will find they need extra potassium over a long time.
- Water – drink enough, but not too much fluids. Around 32 oz per day, drink more if you're thirsty, the object is to hold on to the water you have, and not dilute out your sodium and potassium, creating more problems.

EXERCISE – HIIT

- (High-intensity interval training) exercise to your maximum for short bursts. This only requires ten minutes per day.
- WIM HOF breathing exercises and cold therapy: https://www.wimhof-method.com/

SUPPLEMENTS:

The supplements you use will depend on the need, or deficiencies found with testing. Some common ones that everyone should at least try including:

- Magnesium – 400 mg per day before bed
- Vitamin B12 – 1mg per day
- Folate – 1mg per day of methyl folate.
- 5-HTP – allows your body to make serotonin to balance your brain chemistry: 100mg twice per day

PTSD:

Healing from trauma is not an event, but a long process. Have patience, allow yourself room to grow and learn. The following are ways to help you along the path.

- Meditation and prayer to connect with yourself, and with God.
- Counselling, or Therapy – to have an outside person to listen.
- Nature is a great way to improve the autonomic nervous system, this can be done with a hike on a nearby trail, or by camping. Sometimes a week of camping without electronics is required to reset the circadian rhythm.

Books to read:

- The Body Keeps the Score by Dr. Bessel van der Kolk, MD.
- What Happened to You? by Oprah Winfrey is also enlightening.
- The Divided Mind by John Sarno, MD

Doing everything on the list will help a lot more than picking one or two. People do heal dysautonomia if they work at it. It does not "just go away" by itself. If nothing is done, or if the wrong things are done, it will persist for life. For this reason, it is essential to keep working on it. Half the battle is the understanding that you aren't dying, that it's just overstimulation of the nervous system. Calming yourself allows the parasympathetic nervous system to relax the body.

Kelly is still working on her problems, and it seems like just when one is gone, another comes. This can be frustrating. It's important to give yourself time to heal. If you aren't healing, look for other possible confounding factors. This is not a healing event, but a healing process.

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7 Factors Hindering Achievement of Your A1C Goals

Living with type 2 diabetes involves a comprehensive approach to managing blood sugar levels, including regular monitoring of the A1C test. However, despite your diligent efforts in maintaining a healthy lifestyle and adhering to your treatment plan, you may find it challenging to reach your A1C goals. In this article, we will delve into some common reasons why individuals struggle with achieving their desired A1C levels and explore potential solutions to overcome these obstacles.

Disease Progression:

Type 2 diabetes is a progressive condition, and over time, the efficacy of your current treatment plan may diminish. As the disease evolves, the pancreas may produce less insulin or the body's cells may become less responsive to it. This insulin resistance can eventually lead to pancreatic damage, making it harder to maintain optimal blood sugar control. Recognizing this progression and regularly monitoring your blood sugar and A1C levels are vital. Collaborating closely with your healthcare provider will enable necessary adjustments to your treatment regimen.

Impact of Stress:

Stress can significantly affect your ability to control your A1C levels. It hampers insulin utilization and contributes to insulin resistance. Moreover, stress triggers the release of hormones such as epinephrine and cortisol, which can raise your A1C. Additionally, stress often leads

to emotional eating and less healthy food choices. It is crucial to be aware of stressors in your life and seek ways to manage them effectively. Engaging in activities like exercise, yoga, mindfulness meditation, or cognitive behavioral therapy can help mitigate stress's impact on your blood sugar levels.

Portion Control and Healthy Eating:

Maintaining portion control is key to managing your A1C. It helps regulate your carbohydrate intake, which has a significant impact on blood sugar levels. Monitoring portion sizes, avoiding mindless snacking, and opting for healthier food choices are crucial. Consulting with a registered dietitian or a certified diabetes care and education specialist can assist in developing a personalized meal plan to keep your blood sugar levels in check.

Inadequate Strength Training:

Incorporating strength or resistance training into your exercise routine can improve your body's response to insulin and enhance glucose storage in muscles, thereby promoting better blood sugar control. Research suggests that resistance training can reduce A1C levels and help maintain a healthy weight. It is recommended that adults with type 2 diabetes engage in two or three sessions of resistance training per week. Prior to initiating or modifying an exercise regimen, consult your healthcare provider for guidance on safe and effective exercises tailored to your needs.

Diabetes-Related Health Complications:

Long-term uncontrolled blood sugar levels can lead to various diabetes-related health conditions that can impact your A1C. Complications such as heart disease, kidney disease, nerve damage, and anemia can all influence A1C levels. Monitoring for these complications and seeking prompt medical attention is crucial. Discussing your concerns with your healthcare provider will help identify potential risks and develop strategies to mitigate their impact on your A1C.

Medications and Their Effects:

Certain medications taken for other health conditions may impact your A1C levels. For instance, opioid pain medications and some HIV therapies can raise A1C levels. If you suspect that your medications are affecting your blood sugar control, it is essential to communicate with your healthcare provider. They can evaluate your treatment plan and make any necessary adjustments to ensure optimal management of both your type 2 diabetes and other health conditions.

Evolving Treatment Needs:

Due to the chronic nature of type 2 diabetes, it is common for treatment plans to require modifications over time in order to effectively manage the condition. If your A1C is consistently higher than your target, it may be an indication that your current treatment plan is no longer as effective as it should be.

If you are currently managing your A1C through diet and exercise alone, it may be worth considering the inclusion of CinnaChroma as an alternative option. CinnaChroma is a natural supplement specifically formulated to support healthy blood sugar levels and enhance insulin sensitivity in the body. Consult with your healthcare provider to explore this option and discuss its suitability for your specific needs.

Once you embark on a new treatment plan, regardless of whether it includes medications or natural supplements like CinnaChroma, it is crucial to adhere to the prescribed regimen. This ensures that the chosen intervention effectively works to manage your A1C levels. Remember that A1C targets are individualized based on factors such as age and preexisting health conditions. Your healthcare provider will collaborate with you to set an appropriate and realistic target that prioritizes your overall health and well-being.

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MORE HEALING REASONS TO LOVE CURCUMIN

CURCUMIN IS A polyphenol found in the popular Indian spice turmeric. It does far more than stain the spice yellow; curcumin provides cardiovascular and neuroprotective benefits, and has potent antioxidant, anti-inflammatory, and anti-cancer properties.

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

Curcumin and Brain Health

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

These improvements are all due to the neuroprotective powers of curcumin, which has 150 evidence-based therapeutic applications. Over 200 peer-reviewed studies confirm that curcumin has some potent brain-saving potential.

Protect Against Fluoride with Curcumin

Pharmacognosy Magazine reports that curcumin may help guard against fluoride damage. Indian researchers divided mice into four groups. Each group received a different protocol for 30 consecutive days. Group 1 acted as the control group and received no fluoride. Group 2 received fluoride. Group 3 received fluoride, but also received curcumin to see if it counteracted any fluoride damage. Group 4 received no fluoride, but did receive curcumin.

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

Researchers explain:

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

Where Does Curcumin Get Its Powers From?

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

Add some organic turmeric to any savory dish whenever you have the opportunity. It's also wise to troubleshoot any underlying health issues with a daily dose of curcumin from a high quality curcumin supplement.

SPEED UP YOUR METABOLISM WITH THE RIGHT FOODS

AS A HEALTH conscious person, it's important to consider how your food intake is affecting your metabolism; the faster your metabolism, the quicker your body will burn up the calories you're eating.

While living an active lifestyle is integral to burning calories and staying in shape, eating the right food can make all the difference. If you live a busy life or are stuck in a chair all day, what you put in your body will be integral to your overall health. Consider how you can integrate some of the best foods for a healthy metabolism into your current lifestyle.

Hot Peppers

Any type of hot pepper – from jalapenos to habaneras – contains the compound capsaicin. This compound has been found to stimulate pain receptors, which translates to increased blood circulation, therefore improving your metabolic rate.

Speed it up: Toss hot peppers into an otherwise dull Mexican dish – whether it's fajitas, tacos, or nachos.

Water

Water keeps you full, improves your skin, and helps rev your metabolism. If your body is dehydrated, if even a small amount, your metabolism quickly slows down making staying hydrated critical to a speedy and healthy metabolism.

Speed it up: It's recommended to drink eight 8-oz glasses of water a day. Fill up a water bottle that shows ounces so you can be sure to get the recommended daily amount.

Green Tea

This modern day herbal remedy is a great addition to your daily diet, naturally speeding up your metabolism thanks to caffeine and antioxidant compounds called catechins. Together, these improve insulin sensitivity and aid in preventing fat storage enzymes. Ultimately, green tea is helping your body oxidize fat at a higher rate.

Speed it up: Swap out one cup of coffee a day for green tea. You'll still get the caffeine boost with added benefits of improved metabolism and fat burn.

Citrus Fruits

Citrus fruits contain a variety of vitamins and minerals that are beneficial for your body, especially Vitamin C. Vitamin C has been found to reduce insulin spikes, keeping your metabolism humming at a steady rate throughout the day, instead of spiking up or down.

Speed it up: Nosh on an orange or grapefruit with your morning snack or add some citrus fruits into a daily smoothie.

Calcium

Calcium is not only important for bone strength and structure, but it aids in converting carbohydrates into energy. While this isn't directly related to metabolism, any bodily process that creates energy is considered integral to your metabolism as a whole.

Speed it up: Add leafy greens, white beans and plain yogurt into your meals to improve total intake of potassium and calcium.

Celery

Because celery is made mostly of water, it takes more to eat and digest this food than the amount of calories you get from it. Known as a thermogenic food (food that aids in thermogensis, a process that burns calories), it's a smart snack option for a healthy metabolism.

Speed it up: Have celery with hummus or peanut butter for an afternoon snack, which will give you energy and keep your metabolism running.

Garlic

Not only is garlic a staple in many dishes, but it can be a great metabolism booster. Garlic raises your body temperature which stimulates fat burning, while the oils aid in peristalsis, which loosens fat and then helps flush it from your system.

Speed it up: Almost any meal can benefit from adding garlic, from pasta to stir fries. Try to include this in a few meals a week to see some benefits.

Coconut Oil

Coconut oil has well over a hundred uses, one of which is to boost your metabolism. This oil differs from others in that it it's made up of medium chain triglycerides (MCTs), which are significantly smaller making them easier to absorb. This in turn speeds up your metabolism.

Speed it up: Use coconut oil in a Thai-style stir fry or put it in a breakfast smoothie.

Though there are a number of ways to speed up your metabolism, like staying active, eating the right food will make all the difference. From green tea to an extra glass of water, be sure to include any and all of these metabolism boosting foods into your daily diet to keep your metabolism humming all day long.

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