

Beyond Medication: Enhancing Focus in Attention Deficit Disorder

10 Strategies for Blood Sugar-Friendly Baking and Sweet Treats

**Irresistible Cottage Cheese Ice Cream:
A Creamy Delight with Endless Flavors**

**Understanding the Vagus Nerve:
A Key Player in Health and Relaxation**

Home Cures That Work

In this month's issue, we explore the theme of focus, attention, and overall well-being. Dr. Saunders article discusses the brain's filtering mechanism and its role in attention deficit issues. It emphasizes that focus is crucial for memory and learning and suggests that medication may not be the only solution to improve focus.

To illustrate this point, the article includes a personal example from the Dr. Saunders, who reveals he has lived with ADD throughout his entire life, struggling with continuous difficulty in focus. The doctor also shares the various strategies he used to work around this challenge.

The focus shifts to maintaining healthy blood sugar levels while still enjoying desserts. If you haven't already adopted these changes, these practical tips to make desserts blood sugar-friendly will be some of your favorite go-to blood sugar savers.

This new trend may be part of your blood-sugar friendly arsenal: Cottage Cheese Ice Cream. This healthier alternative to regular ice cream is low-carb and high-protein, while offering various flavor variations.

Lastly, I want to introduce you the significance of the vagus nerve in maintaining physical and emotional well-being. Given its far-reaching influence on multiple bodily systems, the vagus nerve is a fundamental component of the nervous system, affecting physical, mental, and emotional health. Maintaining a healthy vagus nerve through various practices and techniques can contribute to overall well-being and improved quality of life.

Making conscious choices regarding dessert options and following blood-sugar friendly alternatives can be an essential aspect of nurturing nerve health, including the vagus nerve, and ultimately lead to improved overall well-being. Ultimately, focusing on physical and mental well-being allows us to lead fulfilling lives while enjoying the pleasures that come our way.

For your health,

Cheryl Ravey,
Editor, Home Cures That Work

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04 BEYOND MEDICATION: ENHANCING FOCUS IN ATTENTION DEFICIT

The brain's filtering mechanism is crucial for focus and memory, and attention deficit is often a result of underdeveloped filtering. While medications like stimulants can aid in short-term focus, long-term solutions should involve brain development through practice and natural supplements.



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The vagus nerve plays a crucial role in regulating the parasympathetic nervous system. Stimulate the vagus nerve through various natural methods mentioned here to contribute to overall physical and emotional health.

BEYOND MEDICATION: ENHANCING FOCUS IN ATTENTION DEFICIT DISORDER

by Dr. Scott Saunders, M.D.





Ethan was seven years old when his mother brought him into the office. She was in tears. She had collapsed under the school pressure. And put Ethan on medication for attention deficit disorder because he was not able to pay attention in class. But he still had issues. The school told her they would not allow him back to class if he wasn't given more medication. Then they threatened to put him in a "special" program. She didn't want to do it, but she didn't know what else to do.

We think of the brain as our thinking computer that takes in all the information around us. What we often don't consider is that the brain is mostly a filter. But the brain filters out more than 90% of all the information coming into our eyes, ears, and sense organs. This is because the brain is like a stage which only allows one act at a time. If you have two or more things going on this creates distractions and prevents focus and clarity.[1]

If the brain is able to filter out all that is extraneous noise, the mind can focus on one thing which allows you to gain knowledge. Without focus, distractions jumble the memory. We often call it "attention deficit" but it isn't an inability to pay attention. Rather, it is distractibility and lack of focus. If the brain doesn't filter out everything except the one thing that keeps your attention, then there is too much information. So, the mind cannot put things in short-term, or long-term memory.

The brain works best when focused because there is only one thing allowed in the consciousness at a time.[2]

People think they can "multi-task" but, all they do is go back and forth from one thing to another. This is fine for unimportant or repetitive things but is not helpful

for things that require attention and focus. [3]

This problem of focus happens because of a lack of development of the brain. It is perfectly normal for an infant brain to not have focus. Infants are easily distracted. But by the time a child reaches 5-8 years old, most have gained enough brain power to focus on one thing because their brain can filter out everything else. Some don't develop this ability -- or we each develop it to different levels. Everyone handles things differently because everyone develops differently. The lack of ability to focus is simply an undeveloped brain.[4]

ADD Drugs

Conventional ways of treating people who have difficulty focusing is to give them drugs such as stimulants to force the brain to focus. Doctors put children on amphetamines so they can focus on school. Teachers often require some sort of chemical stimulants to allow children in their classrooms. People often use caffeine to focus. Now, adults and children are commonly using "energy drinks" to focus their attention.

Stimulants are chemicals that stimulate the brain to allow it to filter-out distractions. This keeps only one thing in the consciousness so it can focus. There have been many that have used these drugs to get through school, and they do help. By far the most used drug for focus is caffeine. Every society in a millennium have used caffeine all over the world in almost every society. Interestingly, there is no specific problem with using caffeine. Some people get over-stimulated with nervousness or shaking. But when they stop using caffeine the symptoms resolve.

The drugs prescribed by doctors are related to caffeine by stimulating a release of norepinephrine, most of which are amphetamines like:

- Adderall XR (amphetamine)
- Concerta (methylphenidate)
- Dexedrine (amphetamine)
- Evekeo (amphetamine)
- Focalin XR (dexmethylphenidate)
- Quillivant XR (methylphenidate)
- Ritalin (methylphenidate)
- Vyvanse (lisdexamfetamine dimesylate)

Antidepressants, blood pressure medications and others are thought to increase epinephrine or norepinephrine in the brain and improve focus, such as:

1. Guanfacine
2. Strattera
3. Catapres
4. Effexor
5. Bupropion
6. Tricyclic antidepressants

When they help, the medications are fine, for the time being. The problem with them is that they do not change the brain. Those who use chemicals to focus remain infantile and will always require the drug. Even years of using stimulants does not help the brain to focus better. People will still use some chemical help when they need to concentrate. I know many adults who tell me "I'm no good unless I have my caffeine."

ADD Supplements

Ethan was taken off medications and started on a supplement that is specifically made to help attention. His mother was happy to try it. A month later she came back with a smile. She did not tell the teacher what we were doing, just that she took him to the doctor, and he was on a new prescription. “His teacher said he was a delight to have in class, and that she was grateful for the ‘medication’ he was now taking.” Then the mom asked, “Could I take it too? I have had problems with focus and attention all my life.” A month later they were both doing much better.

Some people seem to have a brain development delay due to a missing nutrient. Studies on various nutrients have shown improvement in symptoms, including:[5]

- Omega 3 oils
- Vitamin D
- Inositol
- Phosphatidylserine
- Zinc
- Iron
- Magnesium

There are many supplement combinations with the nutrients above along with others. The supplement used for Ethan was Daily Essential Nutrients made by Hardy Nutritionals. I have used this supplement successfully many times. Others are available. I have had some parents give their children Focus Factor with good results. Some will only need supplements for a time to improve their nutrition. Others will need to take the supplement for life.

Practice, Practice, Practice

Besides chemical stimulants, there are other ways to help the brain to focus. Some people use music or TV while they read or study as background noise to filter out and help them focus. Others need quiet. Another option is to practice focusing. When we don’t have an ability, we must use practice to achieve it. If I wanted to learn Mandarin, I would need to take a lot of time, and put in a lot of effort to become fluent. If I want to have perfect hand-eye coordination in shooting baskets, some say I will need 10,000 hours of practice![6] This is the same with all areas of development. The brain is “plastic” meaning it is moldable or changeable, but it takes a lot of effort. You can build muscle, but it’s going to take a lot of work. You can also build your brain in the same way.

There are games that help focus[7] such as:

- Sudoku
- Crossword puzzles
- Chess
- Jigsaw puzzles
- Word searches or scrambles
- Memory games
- Video games[8]

Besides playing games, hobbies and activities are a great way to practice focusing the mind.

- Painting

- Reading
- Playing a musical instrument
- Genealogy
- Building
- Art
- Sports

The best sports for ADD are those that have lots of physical participation, with concentration. These are martial arts, horseback riding, or heavy physical activity such as swimming or running.[9] Over time, you will find what works best for you.

It seems the key to learning to focus is to pursue an interest and become proficient. Some have found academic pursuits help them to focus, such as studying, reading, writing, and learning math. Going to college and learning to write has helped me a lot.

My Story

I have lived with attention deficit disorder all my life, with continuous difficulty focusing. I had friends who had laser focus and quick brains, but I never did. I needed an undistracted environment, or I could not learn. Even then, I would need to continually bring my focus back to the task at hand. It took me a long time to read textbooks in college. Supplements didn’t seem to help me to focus. I had to find other ways to learn. I used “flash cards” to memorize concepts. I would set a timer to see how long I could read without distraction. I got up at 4am when nobody else was around so I could focus. Then, I found that writing allowed me to focus. I needed to see, say, and use my fingers to type out the words, then to move them

around to make sense. I started writing everything down. I have written thousands of pages in multiple journals just to understand concepts and focus so I could learn. I don't, and I don't imagine anyone else, will ever read what I have written, but that is not its purpose. I need to write to learn because writing allows me to focus. I don't just write. I write and re-write to polish everything so I can have clarity. I still struggle a little, and I don't have a quick mind. I give myself time, and continually work at it, but I know how to maintain focus and learn a lot. I have worked around my disability, gaining a

great deal from it, while avoiding drugs.

Attention deficit is not so much a disorder as a lack of development. Since there may be many different reasons for this delay. There is no single treatment for everyone. Some will need medications to help them function in society. Others will use supplements. However, no matter what, there is a constant need to train the brain to focus. This is done with a lot of practice, patience, and work.



Sources: [1] <https://www.quantamagazine.org/to-pay-attention-the-brain-uses-filters-not-a-spotlight-20190924/> [2] <https://www.psychologytoday.com/us/blog/brain-babble/201502/is-how-the-brain-filters-out-unimportant-details> [3] <https://www.verywellmind.com/multitasking-2795003> [4] <https://chadd.org/attention-article/developing-a-brain-filter-how-to-help-highly-impulsive-children-and-teens-stop-and-think-before-acting/> [5] <https://www.additudemag.com/vitamins-minerals-adhd-treatment-plan/> [6] <https://strategiesforinfluence.com/malcolm-gladwell-10000-hour-rule/> [7] J Am Geriatr Soc. 2014 Jan; 62(1): 16–24. Ten-Year Effects of the ACTIVE Cognitive Training Trial on Cognition and Everyday Functioning in Older Adults Dr. George W. Rebok, PhD, et al. [8] Front Hum Neurosci. 2017; 11: 248. Neural Basis of Video Gaming: A Systematic Review Marc Palaus,1,* Elena M. Marron,1 Raquel Viejo-Sobera,1,2 and Diego Redolar-Ripoll1 [9] <https://www.additudemag.com/slideshows/best-sports-for-kids-with-adhd/>



Deliciously Smart: 10 Strategies for Blood Sugar-Friendly Baking and Sweet Treats

HAVING HIGH BLOOD sugar doesn't mean you have to completely give up on desserts. Incorporating a few smart strategies can make sweet treats part of a healthy blood sugar diet without compromising your health.

Adopting an "all-or-nothing" approach to cutting out desserts can lead to feelings of deprivation and backfire in the long run. Moderation is a healthier practice, especially for maintaining steady blood sugar levels.

Here are some tips to keep your baking blood sugar-friendly and still enjoy the occasional treat:

SWAP UNHEALTHY FATS FOR HEALTHIER ONES

Instead of using butter high in saturated fat, opt for healthier alternatives like olive oil, or avocado oil, which are rich in beneficial monounsaturated and polyunsaturated fats that lower LDL cholesterol.

GET CREATIVE WITH NATURAL SWEETENERS

Replace table sugar with unsweetened applesauce or mashed bananas at a 1:1 ratio. These options not only avoid added sugars but also bring in vitamins, minerals, and fiber to your baked goods, helping slow the rise in blood sugar levels.

EXPERIMENT WITH SUGAR SUBSTITUTES

Artificial sweeteners like stevia, monk fruit, and sugar alcohols (xylitol or erythritol) can be used to add sweetness without adding sugar or carbohydrates to the baked goods. Combine them with a small amount of sugar for better taste

and browning results.

TRY ALTERNATIVE BAKING FLOURS

Swap all-purpose flour with white whole-wheat flour, almond flour, or coconut flour. These alternatives add fiber and nutrients, but be mindful of the higher fat content in almond and coconut flour.

USE DARK CHOCOLATE OR UNSWEETENED COCOA POWDER

Opt for dark and unsweetened chocolate in recipes as they offer antioxidants and may improve blood sugar levels for people with high blood sugar.

ADD VEGGIES FOR EXTRA MOISTURE AND NUTRIENTS

Incorporate shredded zucchini, riced

cauliflower, carrots, or spinach into your baked goods to boost their nutritional value and add moisture.

TRY AN OPEN-FACED FRUIT PIE

Reduce carbs, sugar, and butter by leaving the top crust off a pie or using a simple crumb topping with healthy ingredients.

DOWNSIZE YOUR PORTIONS

Create smaller portions using mini baking tools to avoid overeating and enjoy your treat mindfully.

PLAN YOUR MEAL INTAKE

If you plan to indulge in a sweet dessert, cut back on carbohydrates in other meals and snacks to balance your intake.

CHOOSE TREATS WISELY

Prioritize your favorite dessert and enjoy it, while skipping others that don't hold as much appeal to you.

By following these tips, you can continue to enjoy delicious desserts while maintaining a balanced and healthy blood sugar diet.



IRRESISTIBLE COTTAGE CHEESE ICE CREAM: A CREAMY DELIGHT



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.”

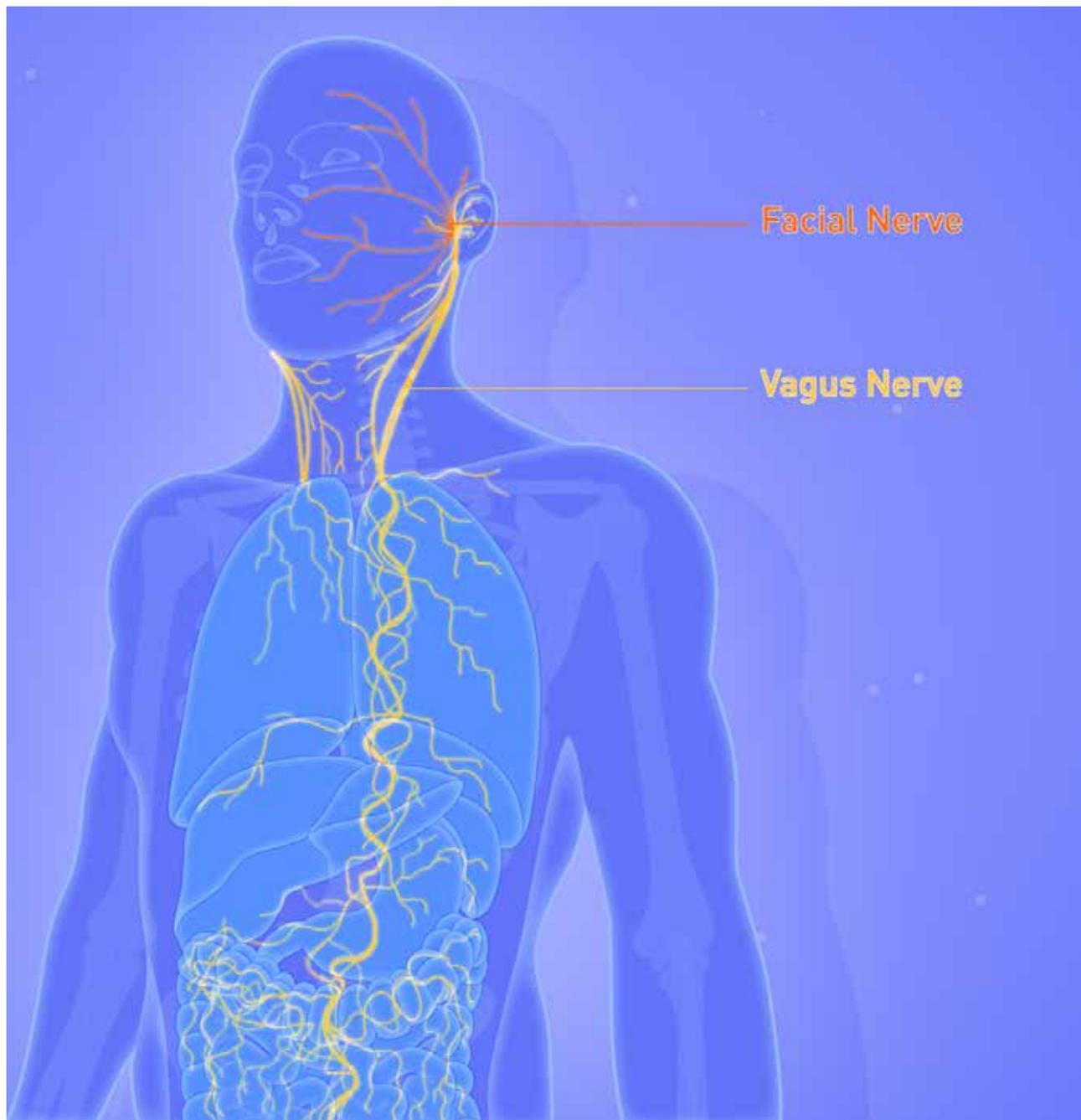
Curcumin is loaded with antioxidants that help to combat free radicals before they can cause oxidative damage to the brain and the body. It stands out because it is able to cross the blood-brain barrier, which not all polyphenols can do. Research suggests that curcumin crosses the blood-brain barrier, 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](#).



Where Does Curcumin Get Its Powers From?

UNDERSTANDING THE VAGUS NERVE: A KEY PLAYER IN HEALTH AND RELAXATION



THE VAGUS NERVE, comprising the right and left vagus nerves, emerges from the brainstem and intricately winds through the body, connecting vital organs and culminating in the gut. This cranial nerve plays a significant role in linking the brainstem to the gut and other essential organs, operating within the parasympathetic nervous system.

Vagal tone, the measure of the vagus nerve's health, is crucial for achieving a relaxed state. Studies have highlighted a positive feedback loop between high vagal tone and overall physical and emotional well-being. A well-toned vagus

nerve contributes to better health, while improved physical and emotional health, in turn, elevates vagal tone.

The functions of the vagus nerve in the body are diverse and essential:

BRAIN-GUT CONNECTION

The vagus nerve facilitates communication between the brain and gut, constituting the gut-brain axis. It relays information via electrical impulses, influencing our gut feelings and responses.

CONNECTION TO VITAL ORGANS

Beyond the gut, the vagus nerve

establishes connections with various organs, regulating heart rate, lung function, and sensory information transmission.

PARASYMPATHETIC NERVOUS SYSTEM CONTROL

Responsible for the “rest and digest” aspect of the nervous system, the vagus nerve stimulates relaxation and recovery through acetylcholine release, which reduces heart rate.

DIGESTIVE STIMULATION

The vagus nerve activates digestion by signaling the gastrointestinal tract to

produce gastric juices even before food intake.

MEMORY CONSOLIDATION

Vagus nerve stimulation has been found to enhance memory consolidation by releasing norepinephrine.

INFLAMMATION REGULATION

An extraordinary function of the vagus nerve is its ability to prevent chronic inflammation by releasing anti-inflammatory neurotransmitters when detecting inflammation signals.

Various natural methods can stimulate the vagus nerve without surgical interventions or side effects:

COLD THERAPY

Acute cold exposure activates the vagus nerve, promoting parasympathetic activity and reducing the fight-or-flight response.

DEEP BREATHING

Engaging in deep, slow breathing induces relaxation, improving vagal tone and facilitating future relaxation.

SINGING, HUMMING, AND GARGLING

These activities activate the vagus nerve, as it is attached to the vocal cords.

INTERMITTENT FASTING

Fasting serves as a physiological activator of the vagus nerve.

WAVE VIBRATION

Wave vibration therapy, involving low-level vibrations, positively stresses the body and activates the vagus nerve.

PROBIOTICS

Certain probiotics, such as *Lactobacillus Rhamnosus*, stimulate the vagus nerve and may enhance stress resilience.

HEALTHY FATS AND OMEGA-3S

Consumption of omega-3-rich foods, like fish, has been associated with enhanced vagal activity and parasympathetic dominance.

EXERCISE

Physical activity stimulates the vagus nerve and contributes to relaxation.

MASSAGE

Massage therapy and foot reflexology can be beneficial in vagus nerve stimulation.

LAUGHTER AND SOCIAL ENJOYMENT

Positive emotions resulting from social interactions improve vagal tone and overall health.

ACUPUNCTURE

Ear acupuncture and foot reflexology have been found to benefit the cardiovascular, respiratory, and gastrointestinal systems through vagal modulation.

Stimulating the vagus nerve offers a range of health benefits, and with easy-to-implement techniques, such as deep breathing, singing, or meditation, it becomes a simple and accessible way to enhance physical and emotional well-being.





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

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Diabetes	Irritable Bowel Syndrome	Wholesome Frequency
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Fat Loss	Kidney Stones	Yeast Infection
Fibromyalgia		

OUR MISSION

We help people experience vibrant, amazing health through natural healing remedies.