

## Uncovering the Hidden Causes of High Blood Pressure

**10 Tips to Lower High Blood Sugar Naturally**

**Understanding the 7 Essential Types of Rest You Need**

**The Remarkable Benefits and Uses of Basil Seeds**



# Home Cures That Work

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Dr. Scott Saunders recounts instances where patients, despite being on blood pressure medication, continued to experience adverse symptoms due to underlying conditions. From misdiagnosed medication for adrenal issues to overlooked stress-induced hypertension, each case underscores the complexity of hypertension management.

The article delves into primary and secondary hypertension and emphasizing the necessity of identifying root causes. Dr. Saunders explores various contributors, with practical advice on diet modifications, supplements, stress management techniques, and detox strategies, this article offers readers a roadmap to understanding and addressing the multifaceted nature of high blood pressure.

Likewise, managing high blood sugar levels naturally involves a multifaceted approach that includes monitoring carbohydrate intake and prioritizing fiber-rich foods. By making these lifestyle changes outlined in the issue, individuals with high blood sugar levels can take proactive steps to manage their condition effectively and reduce their risk of complications associated with high blood sugar.

The basil plant is one of the world's most famous herbs, and is used in numerous cuisines across the world. However, the seeds of this plant are often overlooked, despite having a rich concentration of powerful compounds and active ingredients that can impact human health. The most notable health benefits of basil seeds include their ability to improve digestive health, aid in weight loss efforts, regulate blood sugar, relieve stress, build strong bo

In today's fast-paced world, recognizing the various dimensions of rest is essential for maintaining health and resilience to high blood pressure, high blood sugar and more. Incorporating the restorative practices from this month's issue into our daily lives can help us combat stress and exhaustion, ensuring we have the energy and vitality to thrive.

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For your health,

Cheryl Ravey,  
Editor, Home Cures That Work

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## UNCOVERING THE HIDDEN CAUSES OF HIGH BLOOD PRESSURE

In this comprehensive guide, Dr. Scott Saunders sheds light on the often overlooked factors behind high blood pressure, drawing from real patient cases to illustrate the importance of personalized diagnosis and treatment.



## 10 TIPS TO LOWER HIGH BLOOD SUGAR NATURALLY

Implementing lifestyle changes such as monitoring carb intake, prioritizing fiber-rich foods, and staying hydrated can help individuals with high blood sugar levels manage their condition naturally.

## THE REMARKABLE BENEFITS AND USES OF BASIL SEEDS

If you want to switch up your chia seed game or just want to add a new drink into your summer beverage rotation, try some basil seeds on for size. Basil seeds, rich in antioxidants and nutrients, offer numerous health benefits including improved digestion, skin and hair care, weight loss support, and disease prevention.



## UNDERSTANDING THE 7 ESSENTIAL TYPES OF REST YOU NEED

Understanding the seven types of rest—physical, mental, emotional, social, sensory, creative, and spiritual—allows you to identify areas of deficiency and implement strategies to recharge and maintain your overall well-being.

# UNCOVERING THE HIDDEN CAUSES OF HIGH BLOOD PRESSURE

by Dr. Scott Saunders, M.D.



**R**ecently, I have had several patients in my office who have been on inappropriate blood pressure medications for different reasons.

Alex was given medication which didn't seem to be working. Basic testing showed that he was given the wrong medication. His problem was not in the kidneys, it was in the adrenals that caused vascular constriction, so the kidney medication didn't work. We found the underlying cause because his blood pressure was consistently around 200/100 morning and evening, except for two nights when it was 120/75 – normal! I asked about that, and he said, "Yeah, I noticed that. I don't know, except that it seems to happen whenever I have wine with dinner." He hadn't told me this, so I asked him to drink wine and check his blood pressure. It was normal. He asked, "What am I supposed to do, become a wino?" No. He was given a different medication, and his blood pressure was normal. Ultimately, he would do much better to reduce stress and get off the medication.

Recently, a woman who is 87 years old was given blood pressure medication by her cardiologist and then started getting dizzy spells. She almost passed out a few times because her blood pressure dropped too low. I recommended she get off the medication and she did, and within three days, it was back to normal. However, when she went back to her cardiologist, he gave her another blood pressure medication – and the same thing happened. After stopping the drugs, I had her monitor her blood pressure for a couple of weeks. The blood pressure in the morning was higher, 160/78 to 188/80, but the evening blood pressures was in the range of 140/75.

This brings up a very important point. The ideal blood pressure in young men (where all the original studies were done)

is around 120/80, but as we age, the blood vessels are less compliant, and we need more pressure to get adequate circulation.

This means that for people over 70, the ideal blood pressure is 140/75.

This woman's blood pressure was perfect in the evening when her cortisol was low, so the blood pressure medications caused her to get hypotension (low blood pressure) which is more dangerous than hypertension (high blood pressure).

Sometimes blood pressure is only high in the office. I make sure all my patients who have a potential problem with blood pressure take their blood pressure morning and evening for at least two weeks before diagnosing hypertension (that's 28 readings ☐). If the blood pressure is normal sometimes, then we can ask the question, "Why?" Really, if the blood pressure is normal when you are quiet and relaxed, you don't have a blood pressure problem. You only need to be concerned if your blood pressure is continually elevated.

[There are hundreds of different conditions that can raise blood pressure.](#) For this reason, most doctors will not look for the cause, and they will call it "essential hypertension." Then they will randomly pick a blood pressure medication to give. If that doesn't work, they will add another without stopping the one that didn't work. It's kind of a ridiculous system all the way around – from start to finish. Most people are not aware that they have "secondary hypertension," so this requires an explanation.

## Primary Hypertension

"Essential Hypertension" is what most of the doctors diagnose when someone has elevated blood pressure. That means they don't know what is causing it. One of

my professors in medical school used to tell us, "It's idiopathic – that means we're idiots because we don't know what causes it." The fact is, there is no such thing as primary hypertension, which would mean it's just high for no reason. Doctors who use the diagnosis of "primary hypertension" are not doing their work to find the cause. There is ALWAYS a reason, which means all hypertension is secondary.

## Secondary Hypertension:

Secondary hypertension refers to high blood pressure caused by an underlying condition. Some common causes include:

- Nephritis, inflammation of the kidneys
- Sleep problems such as sleep apnea
- Hormone imbalances
- Tumors
- Cancers
- Medications, including over-the-counter like decongestants
- Thyroid disorders
- Vascular diseases
- Brain diseases
- Autoimmune disorders
- Genetic conditions
- Metabolic derangements like diabetes
- Lifestyle issues such as diet
- Supplements
- Toxins

- Sensitivities to environmental chemicals

As you can see, there are hundreds of things that might cause hypertension. This is why doctors diagnose “primary hypertension;” it’s too hard to find the cause. However, just scanning the list, it would be important to know if you have hypertension due to cancer, a neuroendocrine tumor, kidney failure, toxicity, or brain disease. Finding the underlying cause is the only way to resolve the issue.

[One way to look at high blood pressure](#) is to start with the first level of why the pressure goes up. There are four basic categories:

- Inflammation
- Metabolism
- Stress
- Vasoconstriction

## Inflammation

Inflammation anywhere in the body may cause the blood pressure to go up. People with arthritis, colitis, and even gingivitis may increase blood pressure. The chemicals that are produced by inflammation cause the local area to have enlarged blood vessels, which is why the area of inflammation gets hot, red, and tender. However, the rest of the blood vessels are constricted, increasing blood pressure.

This category includes people who have chronic infections such as mold, Lyme, Epstein-Barr Virus (EBV), or even gum disease.

The key to reducing inflammation is to find the underlying cause. Once you know

why, you can take appropriate action to reduce inflammation and lower blood pressure.

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### HOW TO LOWER INFLAMMATION

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Find the source of inflammation (infection, autoimmune, omega 6, allergies, etc.) and remove it.

Supplements:

- [Fish oil 2 grams of omega 3 daily](#)
- Add Selenium 200 mcg because it is a common deficiency.
- [Turmeric 500 mg twice per day \(with black pepper\)](#)
- Boswellia 500 mg twice per day

## Metabolism

The primary metabolic problem that causes the blood pressure to go up is insulin resistance, or “pre-diabetes.” Human beings normally produce about sixty percent of their energy from fat. Yes, we are told that sugar is our primary energy source, but ideally, fat is the perfect fuel for the day-to-day running of the metabolism. It is “low-octane,” meaning it doesn’t create a lot of heat, or inflammation, and the ketone bodies that are produced from burning fat can also be used in the brain as a “low-octane” fuel. The excess insulin in those with insulin resistance suppresses fat-burning metabolism, causing less energy, and requiring the cells to use more glucose. Glucose is a great source of quick energy, but it also causes inflammation – raising the blood pressure.

Also, there are three organs that are very sensitive to energy production: kidneys,

heart, and brain. The other muscles and organs are not so picky about their energy source. When these three do not have enough energy because they can’t burn fat due to high insulin, they cause a rise in blood pressure. For example, the brain feels a lack of energy and assumes it is because there isn’t enough oxygen due to a lack of blood flow, so it causes vasoconstriction in the body to increase blood flow to the brain. The only way the brain can get more nutrients (oxygen, glucose, fat, and so forth) is to raise the blood pressure. Kidneys also have this same issue, raising blood pressure to improve energy production. The problem is that this works well for low oxygen, such as when you have anemia, but it does not work well for insulin resistance. Thus, people with metabolic syndrome just continue to have hypertension despite medications to lower blood pressure.

The best way to deal with metabolic problems is to change your metabolism. If nothing changes, then nothing is going to change. This is where blood pressure medications are not useful and may even cause harm. It is like putting a bandage over a melanoma skin cancer. Sure, you don’t see it, but it’s still there – and growing! Worse, the blood pressure medications starve the tissues (brain, kidneys, heart) for energy by decreasing blood flow, which may cause more damage.

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### HOW TO IMPROVE YOUR METABOLISM

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Diet: [A change in diet is essential](#). Change from carb (sugar, or glucose) to fat-burning metabolism by restricting sugars. Avoid the taste of sweets. Eat only 2 meals per day, breakfast and lunch, and skip dinner (no food after lunch). Fasting is a great way to cleanse from a glucose metabolism. When we don’t eat we stop making insulin and the body naturally changes to a fat-burning metabolism.

## Supplements:

- [Take Chromium 200 mcg per day \(add Vanadium 50mcg\)](#)
- Get enough Vitamin D - about 5,000 IU per day
- [Berberine 500 mg twice per day.](#)
- Exercise. The best exercise is the one you like. This is good to change, using different methods such as the following:
- HIIT 30 minutes
- 10,000 steps per day
- Gym, weights, Pilates, and so forth.
- Yoga

## Stress

When people are under stress, the adrenal glands make norepinephrine and epinephrine, causing vasoconstriction. Both affect blood vessels, but they work on different receptors of the body. Epinephrine mostly affects the heart by dilating blood vessels and the lungs by dilating the airways, whereas norepinephrine causes more vasoconstriction, raising the blood pressure.

While the adrenal glands make four times as much epinephrine (adrenaline) as norepinephrine, chronic stress changes this ratio. Over time, high levels of cortisol cause less epinephrine and more norepinephrine to be made. This has the effect of causing high blood pressure. Unless this cause is addressed, the effects of stress and hypertension will not be resolved, even if the blood pressure is controlled with medications.

## What to do to lower blood pressure:

- Ashwagandha lowers stress hormone levels (use according to the label)
- Phosphatidylserine (PS) 100 mg twice daily
- Exercise daily in the morning before eating.
- Sleep from 10:00 PM to 6:00 AM
- Skip dinner (no food after 6:00 PM)
- Eat breakfast by 8:00 AM

This program rejuvenates your adrenal glands, giving you a good circadian rhythm, which will increase your stress tolerance and change the norepinephrine to epinephrine ratio.

## Vasoconstriction

Ultimately, almost all blood pressure elevation is related to the constriction of blood vessels. As we discussed, inflammation, metabolic problems, and stress all cause vasoconstriction, but for different reasons. There is also a separate category of vasoconstriction because the blood vessels may be constricted for other reasons not discussed above.

For example, toxins of various kinds may raise blood pressure. There is evidence that heavy metals, dioxins, NO<sub>2</sub>, SO<sub>2</sub>, and other toxins can raise blood pressure. Nutrient deficiencies such as CoQ-10, potassium, magnesium, and omega-3 fats, are all associated with hypertension. Also, a lack of exercise falls into this category.

Those who do not have specific causes such as pre-diabetes, stress, or inflammation, may want to seek the cause by looking for toxins, nutrients, and using vasodilators.

The treatment for this is: adequate nutrition, detoxification, cleanse, and exercise.

## DETOX:

The best detox program is long-term fasting. This can take the form of a “cleanse” such as a drink like sixteen ounces twice per day of juice, broth, or soup, but is ideally just water – and no food. A cleanse such as the “master cleanse” normally goes for about 30 days, but some do shorter times. It may be important to consider low blood sugar, dehydration, and the fact that you will lose about a pound of fat per day (some people don’t want to lose 30 Lbs). This has worked very well for most of my patients who have hypertension due to toxicity.

## Supplements:

- L-arginine is an amino acid that helps make Nitric Oxide to dilate blood vessels. Citrulline is made into arginine. The best way is to take Citrulline 2 grams twice per day.
- Antioxidants such as fruit and vegetables.
- Bioflavonoids including fruit and vegetables, and horse chestnut seed extract.
- Beet root contains nitrates that relax blood vessels.
- Finding the cause

Seeking the underlying reason for hypertension is essential because blood pressure is only a symptom of some illnesses that could lead to problems. Just lowering blood pressure without dealing with the cause is potentially devastating. However, finding the cause and lowering your blood pressure is not an easy task. It may take the help of a physician who is experienced in finding the root causes. [This outline will give you some ideas of where to start, and what to do about it.](#)



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# 10 Tips to Lower High Blood Sugar Naturally



Photo by catscoming

**M**ANAGING HIGH BLOOD sugar levels can significantly improve symptoms for individuals with high blood sugar, and making simple lifestyle changes is key to achieving this goal.

Maintaining healthy blood sugar levels is crucial for preventing or delaying complications associated with high blood sugar, such as heart, kidney, eye, and nerve diseases, according to experts like Jill Weisenberger, RDN, and Jessica Crandall, RD, CDCES. Lifestyle modifications can even lead to the reversal of high blood sugar, reducing or eliminating the need for medication. [Making gradual adjustments to diet and daily habits can have a profound impact on overall health and well-being.](#)

Here are 10 natural strategies to help lower high blood sugar levels

## 1. Monitor Carb Intake

Being mindful of carbohydrates is essential for managing blood sugar levels. Tailoring carb intake to individual needs and adjusting according to blood glucose readings can help stabilize sugars.

Implementation: Keep track of carb intake per meal and snack, aiming for a balanced distribution throughout the day. Focus on complex carbohydrates such as whole grains, legumes, and vegetables, and limit refined sugars and processed foods.

## 2. Eat Moderately

Avoiding large meals and spreading food intake throughout the day helps regulate blood sugar levels and prevents spikes and crashes.

Implementation: Opt for smaller, frequent meals and snacks, keeping carb intake in check. Aim for a combination of protein, healthy fats, and fiber at each meal to promote satiety and stabilize blood sugars.

## 3. Prioritize Fiber

Including fiber-rich foods in your diet can help stabilize blood sugars, aid in weight management, and reduce the risk of cardiovascular disease.

Implementation: Incorporate fruits, vegetables, legumes, and whole grains into your meals to boost fiber intake. [Aim for at least 25-30 grams of fiber per day for women and 30-38 grams for men.](#)

## 4. Ensure Quality Sleep

Getting sufficient sleep is essential for blood sugar control and overall health. Poor sleep habits can contribute to insulin resistance and increase the risk of type 2.

Implementation: Aim for seven to nine hours of uninterrupted sleep each night and establish a consistent sleep schedule. Create a relaxing bedtime routine and avoid caffeine and electronic devices before bed.

## 5. Manage Weight

Losing excess weight can improve insulin sensitivity and glucose tolerance, leading to better blood sugar control.

Implementation: Set achievable weight-loss goals and focus on making small, sustainable changes to your diet and lifestyle. Incorporate regular physical activity and prioritize whole, nutrient-dense foods.

## 6. Stay Hydrated

Drinking an adequate amount of water helps flush out excess glucose from the body, contributing to lower blood sugar levels.

Implementation: Aim to drink at least half a liter of water per day and prioritize hydration throughout the day. Limit sugary beverages and opt for water, herbal tea, or infused water instead.

## 7. Reduce Stress

Stress can cause blood sugar levels to rise, so finding ways to manage stress is crucial for high blood sugar management.

Implementation: Practice relaxation techniques such as deep breathing, meditation, or yoga to reduce stress levels. Engage in hobbies, spend time outdoors, and prioritize self-care activities to promote relaxation.

## 8. Eat Breakfast

Consuming a high-protein breakfast can help stabilize blood sugar levels throughout the day and promote weight loss.

Implementation: Opt for breakfast options rich in protein, such as eggs, Greek yogurt, or protein smoothies. Include fiber-rich foods like whole grains and fruits to further support blood sugar control.

## 9. Incorporate Resistant Starch

Resistant starches, found in foods like potatoes, beans, and whole grains, can help stabilize blood sugars and promote gut health.

Implementation: Include foods high in resistant starch in your meals, such as lentil soup, baked sweet potatoes, or cold rice salads. Cook and cool certain foods like rice to increase their resistant starch content.

## 10. Stay Active

Regular physical activity improves insulin sensitivity and helps the body use glucose more effectively, leading to lower blood sugar levels.

Implementation: Aim for at least 30 minutes of moderate exercise most days of the week, and consider incorporating activity into your daily routine, such as walking or gardening. Find activities you enjoy and make a priority for overall health and well-being.

By implementing these lifestyle changes and focusing on overall wellness, [individuals with high blood sugar levels can take control of their health](#) and reduce their risk of high blood sugar complications with the [Fix Blood Sugar Solution Kit](#).





# THE REMARKABLE BENEFITS AND USES OF BASIL SEEDS

**B**ASIL SEEDS MAY seem like a trendy health craze, but in reality, they have been used traditionally in many cultures for their health benefits. Before adding them to your health routine, it's important to understand their source, potential uses, and any side effects.

## What are Basil Seeds?

Basil seeds, also known as great basil or St. Joseph's Wort, are the seeds of the basil plant (*Ocimum basilicum*). Basil is a widely used herb in various cuisines around the world. However, its seeds are often overlooked despite being rich in beneficial compounds such as dietary fiber, iron, protein, phytochemicals, and

antioxidants. These tear-shaped, black seeds, similar in size to chia seeds, are found in varieties like sweet basil, tulsi, Thai basil, lemon basil, and holy basil.

## Health Benefits of Basil Seeds

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### 1. DIGESTIVE HEALTH

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Basil seeds are rich in fiber, aiding digestion and promoting a feeling of fullness, which may assist in weight loss.

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### 2. SKIN CARE

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Loaded with antioxidants and flavonoids, basil seeds promote healthy skin

by reducing wrinkles, age spots, and blemishes.

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### 3. HAIR CARE

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Iron-rich basil seeds stimulate hair growth and prevent premature hair loss by improving blood circulation to the scalp.

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### 4. WEIGHT LOSS

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High in fiber, basil seeds expand in the stomach, curbing appetite and preventing overeating.

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### 5. CHOLESTEROL MANAGEMENT

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Basil seeds can lower LDL cholesterol levels, reducing the risk of heart disease and stroke.

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## 6. BLOOD PRESSURE CONTROL

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Basil seeds, particularly those containing eugenol, help regulate blood pressure and lipid metabolism.

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## 7. BONE HEALTH

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Minerals like calcium, magnesium, and manganese in basil seeds improve bone density and prevent osteoporosis.

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## 8. DISEASE PREVENTION

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Antioxidants in basil seeds combat oxidative stress and inflammation, reducing the risk of chronic diseases and infections.

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## 9. DIABETES MANAGEMENT

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Studies suggest basil seeds may have anti-diabetic effects, helping manage type 2 diabetes and related complications.

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## 10. STRESS RELIEF

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Basil seeds possess anti-stress properties, promoting relaxation and reducing

stress hormone levels.

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## 11. IMPROVED VISION

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Basil seeds, rich in vitamin A, support eye health by preventing cataracts and macular degeneration.

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## 12. PAIN RELIEF

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Basil seeds alleviate pain associated with conditions like arthritis and headaches due to their anti-inflammatory properties.

## Culinary Uses

Basil seeds are commonly used as a thickening agent in Asian beverages, including juices and smoothies. They can also be added to sherbet, milkshakes, salads, soups, stews, yogurt, and pasta dishes. To consume, soak them in water until they swell, releasing their nutrients.

## Side Effects

While basil seeds offer numerous health benefits, they may pose risks, including:

\* **Hormonal Impact:** Basil seeds can affect hormone levels, making them unsuitable for pregnant women or those with thyroid issues.

\* **Choking Hazard:** Improper consumption, especially in those with swallowing difficulties or young children, may lead to choking due to the seeds' gelatinous texture when soaked in water.

Before incorporating basil seeds into your diet, it's advisable to consult with a healthcare professional, especially if you have existing health conditions.

# UNDERSTANDING THE 7 ESSENTIAL TYPES OF REST YOU NEED



**I**N OUR FAST-PACED lives, it's crucial to understand the different dimensions of rest to recharge not only our bodies but also our minds, emotions, creativity, social connections, senses, and spirituality.

Many of us wear busyness as a badge of honor, but this can lead to neglecting our need for rest. Whether driven by societal pressure, economic stress, or personal

fears, the avoidance of rest can have serious consequences for our health. Amelia Nagoski, coauthor of *Burnout: The Secret to Unlocking the Stress Cycle*, experienced firsthand the toll of a lack of rest, ending up in the hospital twice due to stress-related issues.

Rest is not a luxury but a necessity for maintaining health and well-being. Lack of sleep, for example, can lead to various

health problems, including heart disease, diabetes, and depression. Despite this, many people struggle to prioritize rest due to societal pressures and internalized beliefs about productivity and worthiness.

However, rest is not just about sleep; it encompasses different aspects of our lives. Sandra Dalton-Smith, author of *Sacred Rest*, identifies seven types of rest: physical, mental, emotional, social,

sensory, creative, and spiritual.

## 1) Physical Rest

This type of rest involves giving your body time to recover from physical exertion, whether from work, exercise, or daily activities. Signs of physical-rest deficit include lacking energy, a weakened immune system, and reliance on substances like alcohol or comfort foods to cope.

Implementation: Schedule regular rest breaks throughout the day, including short naps and stretching exercises.

## 2) Mental Rest

Mental rest is about quieting the mind and reducing mental clutter to prevent burnout. Signs of mental-rest deficit include feeling mentally foggy, irritable, or unable to concentrate.

Implementation: Practice mindfulness techniques such as meditation or deep breathing exercises to clear your mind and promote relaxation.

## 3) Emotional Rest

Emotional rest entails setting boundaries and taking breaks from emotionally draining situations. Signs of emotional-rest deficit include self-criticism, feeling depressed or angry, and excessive worrying.

Implementation: Take “one-minute rests” when feeling emotionally overwhelmed by focusing on your surroundings and practicing self-compassion.

## 4) Social Rest

Social rest involves spending time with people who uplift and energize you while avoiding those who drain you. Signs of social-rest deficit include feeling lonely, detached, or attracted to dismissive or abusive people.

Implementation: Prioritize quality time with supportive friends and family members who make you feel valued and understood.

## 5) Sensory Rest

Sensory rest is about reducing sensory stimulation to give your mind a break from constant inputs. Signs of sensory-rest deficit include sensitivity to loud sounds, aversion to touch, and discomfort in stimulating environments.

Implementation: Create a calming environment by limiting exposure to screens, noise-canceling headphones, and spending time in nature.

## 6) Creative Rest

Creative rest involves nurturing your creativity by taking breaks from work and engaging in activities that inspire you. Signs of creative-rest deficit include

self-doubt, feeling selfish for prioritizing self-care, and questioning the value of your work.

Implementation: Schedule regular “flow-break rhythm” sessions where you engage in creative activities followed by short rest breaks to recharge your creativity.

## 7) Spiritual Rest

Spiritual rest involves connecting with something greater than yourself, whether through prayer, meditation, or spending time in nature. Signs of spiritual-rest deficit include feeling unaccomplished, helpless, or numb.

Implementation: Practice spiritual activities that bring you peace and connection, such as prayer, meditation, or spending time in natural settings.

Understanding and prioritizing these types of rest can help you identify areas where you may be deficient and take steps to incorporate more restorative practices into your daily life. By doing so, you can enhance your overall well-being and resilience to stress, ensuring you have the energy and vitality to thrive in all aspects of your life.





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