

Revolutionary New Approach to Cancer Treatment

**7 Unbelievable Reasons
You're Not Hitting
Your A1C Goal**

**4 Glorious Health
Benefits of
Castor Oil**

**8 Dependable
Home Remedies
for UTI Relief**



Home Cures That Work

In this issue, we explore the evolving landscape of health and wellness, emphasizing the importance of integrating various treatment modalities for more effective care.

Dr. Scott Saunders' article challenges conventional cancer treatments like chemotherapy and radiation, which often fail to improve survival rates and can cause harm. He highlights the potential of alternative treatments such as IV vitamins, dietary changes, and fasting, advocating for a personalized, multi-faceted approach to cancer care. By treating cancer as a metabolic issue and incorporating repurposed drugs, you can develop smarter, patient-specific strategies.

We also delve into the versatile benefits of castor oil. Derived from the castor bean, this affordable remedy is celebrated for its applications, from promoting thicker eyelashes and softer skin to reducing joint pain and relieving constipation. Rich in ricinoleic acid, antioxidants, and essential fatty acids, organic, cold-pressed castor oil can enhance hair health, treat minor injuries, and reduce inflammation and pain.

Managing high blood sugar effectively requires adaptability. Despite careful management, factors such as stress, portion sizes, and diminishing treatment effectiveness can hinder optimal A1C levels. Regular consultations with healthcare providers are crucial for adjusting management plans to meet these challenges.

Lastly, we address urinary tract infections (UTIs). While antibiotics are standard, home remedies like staying hydrated, consuming probiotics, and using cranberry juice can alleviate symptoms and reduce future risk. Supplements like D-mannose and good hygiene practices are beneficial, but for persistent cases, professional consultation is essential.

This issue underscores the need for integrated, personalized care and regular consultations to navigate health and wellness complexities effectively.

For your health,

Cheryl Ravey,
Editor, Home Cures That Work

AUTHORS



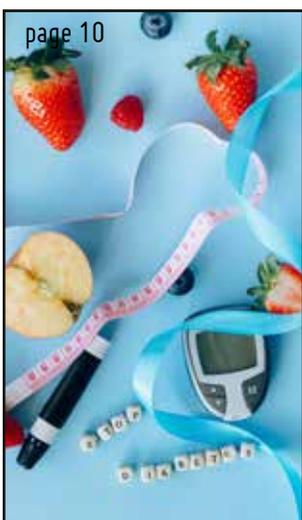
DR. SCOTT SAUNDERS, M.D.

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



104 REVOLUTIONARY NEW APPROACH TO CANCER TREATMENT

The article discusses the limitations of traditional cancer treatments, the importance of integrating various therapies, and the potential of a new treatment paradigm that combines multiple approaches tailored to individual patients for more effective cancer care



111 7 UNBELIEVABLE REASONS YOU'RE NOT HITTING YOUR A1C GOAL

Several factors, including stress, portion control, lack of strength training, other health conditions, and medication interactions, may prevent you from reaching your A1C goal despite diligent diabetes management.

117 4 GLORIOUS HEALTH BENEFITS OF CASTOR OIL

Castor oil offers a range of health benefits, including skin softening, joint pain reduction, and constipation relief, and is widely used in traditional and modern remedies.



124 8 DEPENDABLE HOME REMEDIES FOR UTI RELIEF

Home remedies like increased hydration, probiotics, and cranberry juice can help manage UTI symptoms and possibly prevent future infections, but it's important to avoid ineffective treatments and certain irritants.

REVOLUTIONARY NEW APPROACH TO CANCER TREATMENT

by Dr. Scott Saunders, M.D.



Pancreatic cancer is the best thing that ever happened to me!" Sitting at the kitchen table in the home of Dr. Bob to sign papers for the purchase of his practice, his exclamation gave me a start. He had my full attention. I looked up with the obvious question on my face and he went on. "I was given three months to live, but I've managed to stretch it out for two years with IV vitamins, and other natural treatments. In these last two years I have been able to visit friends in South America, repair a relationship with my daughter, make sure my wife is taken care of, and now I am tying up the last loose end – I think you will take good care of my patients." He died two weeks later.

Cancer has been a big topic of conversation since the beginning of time. It has always been associated with death. I have seen many patients die of cancer in the past thirty years of being a doctor, including my best friend.

Eddy called me one day twenty years ago to tell me he had been diagnosed with lymphoma in the brain. I immediately got on a plane and flew to his house and researched all the possible treatments. Then we went to his oncologist the next day and asked her about each one. She had never heard of them. I asked what she had available. She said, "MOPP therapy." MOPP is an acronym for Mustargen (nitrogen mustard), Oncovin (Vincristine), Procarbazine, and Prednisone. I was quite surprised, because that treatment had been around for decades, and known to cause cancer.[1] I was also surprised that she didn't know about any of the alternatives such as IV vitamin C, Vitamin D, guided imagery, fasting, and so forth. Eddy did the MOPP treatment, several years later had a bone marrow transplant, lost all his hair, gradually wasted away. He died

as expected.

The problem with cancer treatment is that nobody is keeping statistics. If you had cancer and your oncologist recommended a treatment, you might ask how well the treatment works. But the problem is, nobody knows. There are no statistics kept. It seems to work... about 20% of the time. This is how every cancer treatment purports to work. Statistically, there is going to be about 20% remission rate, no matter what treatment is used. The alternative clinics point to their 20% who get better to prove that it works, while the conventional clinics do the same.

Spontaneous remissions are much more common than previously thought. It has been thought that it was very rare. However, when actual research is done it is much greater. In one study on breast cancer in Norway, they found that advanced breast cancer actually resolved by itself 22% of the time.[2] Spontaneous remission of malignant melanoma has also been estimated to be around 20%.[3] One small study in biopsy-proven kidney cancer the spontaneous remission rate was 6.6%.[4] This is why any therapy for cancer seems to work about 20% of the time.

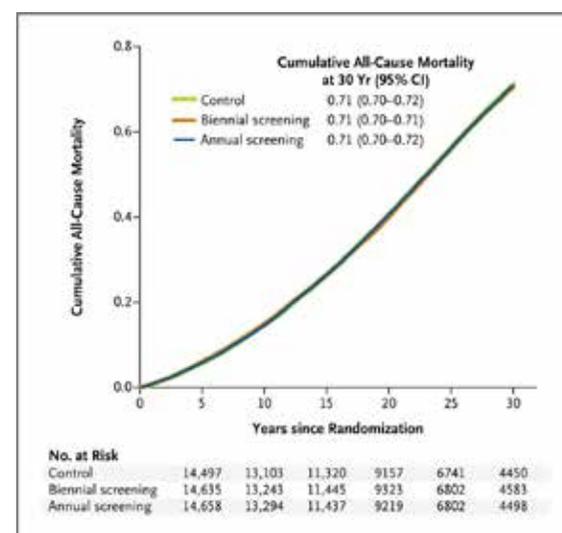
Just to emphasize the matter, if you look at cancer death rates, they do not change with treatments. As new treatments come out, the latest and greatest is supposed to be better than the old treatments! But the overall death rates do not change with ANY treatments.

Cancer Screening Increases Treatment Problems

Women who have mammograms are

misdiagnosed with cancer 30% more than those who don't. When they don't have cancer, the problem is being told they do AND they get treated for a cancer they don't have, increasing their mortality. Indeed, a meta-analysis shows that women who treated with radiation and chemotherapy for breast cancer have a higher mortality than those who are not treated. Much of this comes from treatments causing new cancers.[5] They don't die of breast cancer; they die from the effects of toxic treatments. Thus, the Institute of Medicine has said that most "breast cancer survivors" are really just chemotherapy survivors.[6] Your oncologist will say the treatment "worked" not knowing you didn't have cancer in the first place.

Colon cancer has the same issue. If we look at mortality in those screened by any means, vs. those not screened we see no difference at all.[7] Looking at the following graph, notice that all three lines follow the same pattern:



You can see that they follow the same curve – no matter what screening or what treatment is used. The best way to evaluate cancer treatment is to look for "ALL CAUSE MORTALITY." The people who are marketing treatments avoid showing this by just looking at deaths from "colon cancer." This makes it appear as if the other causes of death are not important. Those who have colon cancer, but die from a heart attack, for example, would not be

included, assuming that the treatment for colon cancer doesn't cause heart attacks or does not contribute to death, when it actually does.

Many of the treatments for cancer have never undergone placebo-controlled studies. When they do, it is often found that the placebo works better, such as in the melanoma study cited above. One study on the use of placebos found that they worked better than the treatments in a meta-analysis of multiple studies.[8] So, are the treatments just placebos? Probably. But they do damage, making them worse than a placebo.

As noted above, solid tumors such as colon, breast, pancreatic and lung cancers show no value in conventional treatment – the treated group does not differ from the untreated group. However, there are certain cancers that are treatable with standard chemotherapy drugs, such as testicular cancer, Hodgkin's Disease, and ALL (Acute Lymphocytic Leukemia). There is no way to have a single type of treatment for all cancers.

Natural Cancer Treatment

For many years I treated cancer with intravenous nutrients. I used glutathione, vitamin C, and other herbs, vitamins, minerals and diets. I did see some amazing results, but they were very inconsistent. One woman was especially interesting.

Eileen was a 73-year-old tough smoker who still worked in downtown LA as a parole officer for adolescent offenders. She came to us with an 8-centimeter mass in her lungs. When the oncologist in Pasadena told her she had three months to live she looked him straight in the eye and said, "There's no expiration

date stamped on my ass, and you're not going to put one there!" She walked out and found our clinic. We started IV vitamin C, but after three months the tumor had not changed. We then added IV glutathione after the vitamin C and the subsequent CT scan showed that the tumor had shrunk to 4 centimeters – about half the size. She continued to drive from Pasadena to Santa Barbara every week for treatments. She also continued to work with "her boys" in LA. Since the IV took a couple of hours she would sit there knitting hats for the homeless people downtown. After about two years, she complained of headaches and was found to have several tumors in her brain – a common place for lung cancer to metastasize. We continued the IV treatments, but she died about three months later.

I think there are two issues to consider. The first is that she lived much longer than expected. She continued to smoke, and work in her very stressful job; she loved her work, and she loved her "kids." The second is that the treatment she got allowed her to continue to work and live a normal life. She was not debilitated by the treatment. Like Dr. Bob, her last years were joyful, and not miserable, like Eddy.

In 1976 Linus Pauling reported that 22% of a hundred cancer patients treated with intravenous (IV) vitamin C survived for more than one year compared to only 0.4% of control patients.[9] A clinical trial in Japan independently showed a similar result.[10] Subsequent studies on vitamin C and cancer showed no difference, but the patients were given very small doses of oral vitamin C, instead of large intravenous doses. It's important to look at how the studies are done.

Despite mildly improved survival time, and better quality of life, the fact remains that any of these individual treatments do not cure cancer. There must be a better

way to remove the cancer from the body.

The Old Way to Treat Cancer

Previous treatments have centered on the genetics of cancer. Chemotherapy, radiation, and IV vitamin C only work on fast-dividing cells by destroying the DNA that is needed to make a new cell. Those that are currently in the process of replicating their DNA will be killed, but all the rest (the majority) are unaffected by the toxins. Thus, these treatments can shrink tumors, but can never kill all the cells in a cancer mass. Moreover, they don't touch the cancer stem cells that wait there to start growing later, in some other tissue. And when the cancer returns it is resistant to the treatments that seemed to help the first time. There are spontaneous remissions, as with any treatment, but no survival benefit.

A big issue with standard treatments is the inability to deal with cancer stem cells. Each radiation treatment causes cancer stem cells, which may become a new cancer in five to ten years. Thus, it is common for those treated for cancer to die of a different cancer a few years later. Since they didn't die from the one that received the treatments, they are considered "cured." We have no way of knowing if any treatment actually works because no statistics are kept for our current treatments.

Thus, up to now, our treatments for cancer have been dismal. The reason for this is because they all center around the treatment. Everyone is trying to find "the cure for cancer," as if there were one thing that would get rid of all cancers. You go to one clinic to get one treatment, and another to get a different treatment. Dr. Burzinski

does his treatments, and only his treatments, and has a remission rate about equal to everyone else, even though it is a different treatment.[11] If you go to Mexico, you can get treatments that are banned in the United States, but they don't have the statistics to show a remission rate greater than 20%. If you go to the local oncologist, she doesn't know anything about any other treatments, just MOPP! If you go to a radiation oncologist, you get burned – in more ways than one! The old paradigm of “one size fits all” is dead. Literally. There must be a better way.

A New Cancer Treatment Paradigm

Having seen so many failures of cancer therapy, I have had a pessimistic attitude about cancer treatment. I have told people, “It doesn't matter what you do, there is a 20% chance of overcoming cancer, as if to say, “there is no value in treatment.” However, having done more research, I feel differently now. I think there are things that can be done to increase life. I don't think it's hopeless, nor do I think there is only one way to handle it.

The two ways that don't seem to work is:

1. Putting all your eggs in one basket. Thinking that one thing can cure or heal, and nothing else would work. Many put all their trust in one person, one treatment, or one doctor or clinic.
2. Doing everything you hear about. So many people freak out and just do everything they can. A friend tells them about some strange treatment with oil and cottage cheese that seemed to work for someone else is immediately adopted as if it will bring a cure.

Looking At All the Cancer Treatment Options

It seems like adding treatments together may be of greater benefit. Dr. Bob did multiple different things for pancreatic cancer and lived longer and better. Eileen did not get better with just IV vitamin C, but improved dramatically when glutathione was added. My friend, Eddy, went with the standard of care and got exactly what was expected.

The current research is now going in a different direction than in the past. The failure to affect any change in cancer mortality has spawned a new treatment paradigm. It turns out that treating cancer as a metabolic problem, instead of a genetic problem, has many advantages. The genetic treatments can only affect the active tumor, whereas the new treatments can remove the cancer stem cells as well. Moreover, the metabolism of cancer can be targeted at many different levels.

Dr. Paul Merik has written a book[12] that summarizes much of the research on alternative cancer treatments. In it, he makes recommendations based on what the current research shows. I'm going to include his list here for your interest.

These have a strong recommendation:

- Ketogenic diet
- Exercise
- Sleep
- Vitamin D
- Melatonin
- Green tea
- Metformin

- Curcumin (turmeric)
- Mebendazole (anti-fungal)
- Omega 3 oil
- Berberine
- Atorvastatin
- Disulfiram
- Cimetidine
- Mistletoe
- Sildenafil/Tadalafil

The following have a weak recommendation:

- Low-dose Naltrexone
- Doxycycline
- Wheatgrass

The following have no specific recommendations:

- Resveratrol
- Aspirin/Diclofenac
- Nigella sativa
- Reishi mushrooms
- Ivermectin
- Dipyridamole
- High-dose IV vitamin C
- Dichloroacetate
- Cannabis
- Fenofibrate

Pao PereiraThe following are **NOT** recommended:

- Laetrile
- Shark cartilage

These recommendations are not specific for types of cancer. Also, this list doesn't take into account the synergistic effects of using certain substances together. Just going through the previous list and taking everything recommended may not be of any benefit. Some of those with no specific recommendations may be just what you need for your cancer, and others may hurt your chances. This also doesn't look at other alternatives, such as fasting.

Fasting As a Cancer Treatment

There is now good evidence that fasting is not just something that could be included in cancer treatment but must be. It is a key part of any treatment that is chosen.[13] Dr. Valter Longo at USC in Los Angeles has shown that fasting during chemotherapy not only helps the chemotherapy to work three times better, but it also prevents toxicity to normal cells. People who fast for 48 hours before a chemo treatment and continue for 24 hours after have much better results. They also do not get nausea, vomiting, diarrhea or acute toxicity. But more importantly, they don't lose their hair or lose weight.[14] Fasting is a key to treatment for several reasons:

- It induces immunity against cancer
- It causes autophagy (where the body "eats" the cancer)
- It puts normal cells to sleep so they don't get toxic when getting toxic therapies. Remember, the toxic therapies

only kill dividing cells. After about 48 hours of fasting, the normal cells stop dividing, and only cancer cells continue to grow. This includes chemotherapy, radiation, and IV vitamin C

- It limits the available nutrients for cancer to grow
- It stops the growth hormones (mTOR, insulin, IGF-1, incretins, anabolic steroids) that promote cancer cell growth

Thus, fasting protects normal cells, and makes cancer cells more susceptible to treatment. It is the perfect adjunct to treat all forms of cancer. However, the caveat is that it must be used carefully, and be applied specifically for each type of cancer, and each patient. Just fasting for long periods may cause a lot of weight loss without destroying the cancer, as Jane McLelland explains.

In her book, *How to Starve Cancer... Without Starving Yourself*[15], Jane McLelland takes us through her journey with cancer, and her subsequent research to find out the metabolism of cancer, or what tumors need to grow. She found that cancers are not all the same, and some things that would destroy one cancer might help another to grow. For example, a ketogenic diet could stop breast cancer, but may cause prostate cancer to grow. That's why there is no single treatment for all cancers. Moreover, she found that there are some herbs, repurposed drugs, and vitamins that act synergistically. Even though any one of them may not help by itself, together they can be the "magic bullet" that removes cancer stem cells. Each cancer may require a different set of treatments. What she has discovered is that it will take a combination of treatments to cure many types of cancer.

Intelligent Cancer

Treatment

Therefore, I would like to propose a more reasonable and intelligent way to treat cancer. Rather than having a cancer clinic that focuses on a specific treatment, there are now oncologists that know and use all the possibilities. They can look at cancer types in specific patients and recommend a treatment regimen that would best fit that patient. Intelligent cancer treatment is specific to the patient, instead of the treatment. Rather than focusing on a single treatment, conventional or alternative, the new way can treat cancer from multiple angles. But, how do you know which to choose?

This new way requires intelligence because it will be different for each patient. The oncologist must study each patient, find out what the individual has, look at the metabolism, and how to block it. The lifestyle, hormones, genes, stressors, and metabolism of the person who has cancer must be taken into account. This can be done with ANY type of cancer, making every type of cancer potentially "curable."

The point is to change our whole way of thinking about cancer treatment. Rather than just throwing things at it, create an intelligent plan based on what is known. It is amazing how much is known about all the different types of cancer. A little research can go a long way. When the best treatments don't work, the oncologist will intelligently make changes to improve the outcome using the following rules:

1. Treat the whole cancer, using both the treatments that kill the growing cells, and those that kill stem cells.
2. Block the metabolism of the cancer – don't give it what it needs to grow. This is done with diet, herbs, and repurposed drugs.

3. Kill the growing cells. This may include IV vitamin C, fasting, and/or chemotherapy drugs. by limiting treatments to “only natural alternatives” or “only conventional.” Broaden the scope of possibilities and look at everything out there as a tool.
4. Avoid making new cancer stem cells. Use radiation judiciously, if at all. If radiation is used, it should be with IV vitamin C, fasting, and repurposed drugs to block the stem cell formation or growth. Some are not the right tools for your treatment, just use the ones that are.
5. Be specific to your type of cancer. Cancers that use fat for energy should not have a ketogenic diet. Those that are slow-growing will have a different metabolism than those that are fast-growing. Eddy’s oncologist only knew one thing, and it didn’t help. Both Dr. Bob and Eileen used multiple treatments and had better results. Jane McLelland used all of them and continues to live a normal life. As you change your way of looking at cancer treatment, it is essential to broaden your scope of possibilities. It would be best to work with an oncologist who is familiar with all the options and knows the metabolism of your particular type of cancer, or even knows how to test you and your specific cancer. I believe these principles will radically alter both cancer treatment and mortality in the future. We will see more than 20% remission – it will be cured in most cases.
6. Change the treatment as needed for the metabolic type. Using one cocktail for a time can slow the growth, and once weakened, a different treatment can be used to remove it.
7. Use all the tools that are available. Many people short-change themselves 

Sources:

[1] https://www.lymphomainfo.net/therapy/chemotherapy/mopp.html#google_vignette [2] <https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/773446>
 [3] <https://academic.oup.com/jnci/article/93/14/1047/2906229?login=false> [4] <https://pubmed.ncbi.nlm.nih.gov/9562580/> [5] *J Econ Perspect.* 2021 Spring; 35(2): 119–140. *Mammograms and Mortality: How Has the Evidence Evolved?* Amanda E. Kowalski, Gail Wilensky Professor [6] <https://www.nytimes.com/2021/09/27/health/breast-cancer-chemotherapy-lung.html> [7] <https://www.nejm.org/doi/full/10.1056/NEJMoa1300720> [8] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3655171/> [9] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8557029/> [10] <https://www.cancer.gov/research/key-initiatives/ras/news-events/dialogue-blog/2020/yun-cantley-vitamin-c> [11] <https://www.burzynskiclinic.com/> [12] <https://covid19criticalcare.com/wp-content/uploads/2024/02/MARIK-Cancer-2024-Webinar-1.pdf> [13] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9530862/> [14] <https://aacrjournals.org/cancerdiscovery/article/12/1/90/675618/Fasting-Mimicking-Diet-Is-Safe-and-Reshapes> [15] <https://www.howtostarvecancer.com/>

7 Unbelievable Reasons You're Not Hitting Your A1C Goal



A HIGH A1C COULD indicate that it's time to revisit your type 2 high blood sugar management plan.

You're diligently managing your type 2 high blood sugar by watching your carb intake, exercising regularly, and following your treatment plan. You avoid harmful habits like smoking and take steps to maintain your overall health. Yet, your A1C is still not where you want it to be. Why?

The A1C test measures your average blood sugar over the past two to three months. According to the American Diabetes Association (ADA), the target A1C for most adults with type 2 high blood sugar is below 7 percent. Your doctor

uses this number to evaluate how well your high blood sugar management plan is working. A high A1C might signal the need for adjustments to your treatment plan.

"A lot of time, when A1C rises, a person might say, 'What did I do wrong?'" says Dr. M. James Lenhard, an endocrinologist and medical director of Christiana Care Health System's Diabetes & Metabolic Research Center in Newark, Delaware. "High blood sugar can be frustrating, and it's hard work to control it. Unfortunately, a lot of people feel like they have failed when they see their A1C on the rise, when the cause is often due to progression of their type 2 high blood sugar."

Dr. Lenhard emphasizes that it's not

always your fault. While you should do everything you can to manage your high blood sugar, several factors affecting your A1C are beyond your control.

Here are a few reasons why your A1C might be high and what you can do about it.

1. Your Type 2 High Blood Sugar is Progressing

Type 2 high blood sugar can evolve over time, potentially making your current treatment less effective. In type 2 high blood sugar, your pancreas may produce insulin, but your cells might not respond

to it effectively. Over time, this can damage the insulin-producing cells in the pancreas, reducing its ability to meet your body's insulin needs. "I remind my patients that type 2 high blood sugar is a progressive disorder," Lenhard explains. "Maintaining a healthy weight and staying active can slow the process but won't stop it." Regular monitoring of your blood sugar and A1C levels with your doctor is crucial for adjusting your treatment as needed.

2. You're Stressed Out

Stress can significantly impact your A1C levels, says Alyssa Gallagher, RD, a certified high blood sugar care and education specialist at St. Luke's Humphreys Diabetes Center in Boise, Idaho. Stress can affect your body's insulin utilization, contribute to insulin resistance, and increase levels of epinephrine and cortisol, which raise A1C. People often eat more and less healthy foods when stressed. Pay attention to signs of stress like poor sleep, increased heart rate, and high blood pressure, especially during major life events. Discuss stress management techniques with your doctor, such as exercise, yoga, mindfulness meditation, or cognitive behavioral therapy.

3. You're Eating Healthy Foods, But You're Eating Too Much

Portion control is vital for managing your A1C. Monitoring how much you eat helps manage your carb intake, which significantly affects blood sugar levels. The Centers for Disease Control and Prevention (CDC) suggest measuring

portions of snacks and asking for half of your meal to be wrapped when dining out. A registered dietitian can help create a meal plan to keep your blood sugar in check.

4. Your Exercise Plan Doesn't Include Strength Training

Strength or resistance training, such as using free weights or resistance bands, can improve your body's response to insulin and increase muscle glucose storage. It also helps maintain a healthy weight, reduce body fat, control blood pressure, and improve strength. The ADA recommends adults with type 2 high blood sugar engage in resistance training two or three times a week. A study published in *Medicine & Science in Sports & Exercise* found that increasing aerobic and resistance exercise reduced A1C by 0.15 percent in one month. Consult your doctor before adding strength training to your routine.

5. You Have a High Blood Sugar-Related Health Condition

High blood sugar can damage your heart, blood vessels, nerves, eyes, and kidneys, potentially leading to conditions like kidney failure, liver disease, and anemia, all of which can affect your A1C. "Glucose is sticky, and one of the things it sticks to is red blood cells," says Lenhard. Disorders affecting red blood cells can influence A1C levels. Rising A1C may indicate complications, so consult your doctor about your risk and

strategies to mitigate it.

6. You're Taking Medications for Another Health Condition

Certain prescription drugs, such as opioid pain medications and HIV therapies, can raise A1C levels. If your medications for other conditions are affecting your blood sugar, discuss potential changes to your treatment plan with your doctor. You might need [a more aggressive approach to manage your high blood sugar](#). Always consult your doctor before stopping any medications.

7. Your Treatment May No Longer Be Effective

Since type 2 high blood sugar is chronic, your treatment may need to change over time. A higher-than-target A1C might indicate your current plan isn't working effectively. If diet and exercise aren't enough, you might need prescription medications to lower A1C or improve insulin processing. If oral medications are less effective, you may need to try a different one or change the dose. Your doctor may also recommend insulin or non-insulin injectables. Follow your prescribed regimen for the best results.

"High A1C is particularly dangerous for the elderly and those with preexisting conditions like [heart disease](#)," Lenhard explains. "I set lower A1C targets for young, healthy individuals and more lenient ones as people age. An A1C between 7 and 8 percent is acceptable for most people in their 80s, but the target is individualized." ►

4 GLORIOUS HEALTH BENEFITS OF CASTOR OIL



CASTOR OIL, A versatile one-ingredient remedy, offers a range of health benefits, including skin softening, joint pain reduction, and constipation relief.

Castor oil is currently trending, particularly on TikTok, where over 100 million videos highlight its benefits. Users promote its application for thicker eye-lashes and softer skin, and many endorse the Ayurvedic practice of navel pulling—applying castor oil to the belly button before bed to alleviate menstrual cramps,

improve digestion, or aid weight loss.

While this practice might seem unusual, the medicinal properties of castor oil, derived from the castor bean, are well-documented. The plant, known as palma Christi or “palm of Christ,” has been used since ancient Egypt for lamp fuel and beauty treatments, with Cleopatra reportedly including it in her beauty routine.

Castor oil is a cornerstone of traditional Ayurvedic treatments and an FDA-approved constipation remedy. Its emollient properties make it a common

ingredient in skincare products and cosmetics, such as lipsticks. The active ingredient in castor oil, ricinoleic acid, stimulates muscle contractions and contains antioxidants, antimicrobial compounds, and essential fatty acids. Despite its extensive benefits, castor oil remains affordable, with a pint costing around \$10.

For oral consumption, it’s recommended to choose organic, cold-pressed castor oil to avoid the loss of beneficial compounds due to heat and chemical processing.

Here are several ways to use castor oil effectively.

1. Constipation Relief

Ricinoleic acid in castor oil stimulates the muscles of the lower bowel, providing quick constipation relief, typically within four to six hours. Because of its potent effects, it's best to avoid taking it before bed. Pregnant women should also avoid castor oil unless trying to induce labor.

2. Hair and Scalp Health

Though claims that castor oil promotes hair growth are mostly anecdotal, its emollient properties help moisturize dry hair, reduce frizz, and smooth strands. When massaged into the scalp, its antimicrobial properties may alleviate dryness and itching. Due to its density, mixing castor

oil with a lighter carrier oil like coconut or jojoba is recommended before applying it as a pre-shampoo treatment. Ensure thorough washing to prevent buildup.

3. Skin Health and Wound Healing

Castor oil is an excellent moisturizer, helping protect skin from dryness. It can be particularly effective for rough skin areas, such as feet, especially when combined with aloe vera. Unlike lotions with complex ingredient lists, castor oil is a pure, safe ingredient. Its antibacterial properties are potent enough to combat bacteria causing staph infections, making it useful for treating scrapes and other minor injuries.

4. Inflammation Reduction and Pain Relief

Castor-oil packs, created by soaking a piece of flannel in castor oil and applying it to the affected area with a heating pad, are a traditional method for alleviating pain. The anti-inflammatory and pain-relieving properties of ricinoleic acid contribute to this benefit. Research has shown that castor oil can be as effective as certain NSAIDs in relieving knee pain from osteoarthritis without the associated side effects. Additionally, castor-oil packs placed on the abdomen can provide relief from painful menstrual cramps.





8 Dependable Home Remedies for UTI Relief

EXPERIENCING A BURNING sensation during urination can be a sign of a urinary tract infection (UTI), a condition that, unlike the rewarding burn of a workout, signals a need for relief and prevention strategies. While traditional treatments are essential, several home remedies—such as taking probiotics, drinking plenty of water, and consuming cranberry juice—may alleviate symptoms and potentially prevent future UTIs. UTIs are a widespread issue, particularly among women, and can cause significant discomfort and disruption. Understanding how to manage symptoms effectively at home, while knowing what to avoid, is key to maintaining urinary tract health.

Understanding Urinary Tract Infections (UTIs)

UTIs arise when bacteria, most commonly *Escherichia coli* (E. coli), infect any part of the urinary tract, which includes the urethra, bladder, ureters, and kidneys. Most infections are confined to the bladder and urethra, but if untreated, they can spread to the kidneys, potentially leading to more severe health issues. Symptoms often include a burning sensation during urination, frequent urges to urinate, cloudy or foul-smelling urine, pelvic pain, fatigue, and sometimes fever.

Top Home Remedies for UTIs

1. MAINTAIN GOOD HYGIENE

Proper cleaning before and after sex, and avoiding irritants like douches and scented products, can reduce UTI risk. Wiping from front to back and opting for showers over baths are also recommended.

2. INCREASE PROBIOTIC INTAKE

Probiotics, particularly *Lactobacillus* strains, support urinary health by fostering a balanced gut microbiome. Incorporate probiotic-rich foods or supplements into your diet.

3. STAY HYDRATED

Drinking ample water helps flush bacteria from the urinary tract. Aim to drink enough fluids to keep your urine light yellow or clear.

4. TAKE VITAMIN C

This vitamin may help make urine more acidic, deterring bacterial growth. It's beneficial for overall immune health and can be found in supplements or fruits.

5. CONSUME CRANBERRIES

Cranberries and their active compounds, such as D-mannose, may prevent bacteria from adhering to the urinary tract lining. Regular consumption can help reduce the incidence of UTIs.

6. USE D-MANNOSE

This natural sugar, available in supplement form, helps prevent bacteria from sticking to the urinary tract walls.

7. TRY BEARBERRY LEAF AND DANDELION

Bearberry (*uva ursi*) and dandelion are traditional remedies that may decrease UTI frequency. However, consult with a healthcare provider before use due to potential interactions with medications.

8. ADD APPLE CIDER VINEGAR

While research is limited, apple cider vinegar's antimicrobial properties might help manage UTIs. It can be added to water or cranberry juice.

What to Avoid

Certain home remedies and dietary choices can be harmful or ineffective. Avoid using baking soda as it may cause adverse effects without proven benefits. Also, limit consumption of bladder-irritating foods and drinks, such as caffeine, spicy foods, artificial sweeteners, alcohol, and carbonated beverages.

Additional Considerations

UTIs are more prevalent in women due to anatomical factors and are often triggered by sexual activity or certain contraceptives. Other risk factors include diabetes, obesity, pregnancy, menopause, and a weakened immune system. Adopting preventive measures and consulting with a healthcare provider for persistent symptoms are crucial for effective management.

Conclusion

UTIs are common but manageable with the right strategies. While antibiotics are the standard treatment, incorporating these home remedies can provide relief and may help prevent future infections. Good hygiene practices and lifestyle adjustments play a significant role in maintaining urinary tract health.

What strategies have you found effective for managing UTIs? Share your experiences below!





You have made a smart and important decision to join with others from around the world, learning how to use natural and drug-free home remedies that work to help you feel healthy again. For additional relief, visit www.bartonpublishing.com

ADHD / ADD	Flu	Low Testosterone
Allergy & Asthma	Gallstones	Lyme Disease
Anti-Inflammation	Gout	Prostate Secrets
Arthritis	Graves Disease	Scabies
Back Pain	Hair Loss	Sinus Infection
Bad Breath	Herpes	Sore Throat
Cholesterol Secrets	High Blood Pressure	Ulcers
Depression	Hypothyroidism	Urinary Tract Infection
Diabetes	Irritable Bowel Syndrome	Wholesome Frequency
Erectile Dysfunction	Joint Pain	Music
Fat Loss	Kidney Stones	Yeast Infection
Fibromyalgia		

OUR MISSION

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