

Microplastics & Plastophobia: Hidden Dangers and Detox Tips

Rethinking Plastics:
The Problem and
the Solutions

6 Quick and
Healthy Recipes for
When You're Short
on Time

A Yearlong Guide to
Fitness Goals



Home Cures That Work

Plastics and natural health are deeply connected as we face their profound impact on the environment and personal well-being. Plastics have revolutionized modern life with convenience and versatility, but their environmental toll and infiltration into air, food, and water through microplastics raise significant health concerns. While the risks of microplastics are not fully understood, chemicals like BPA and phthalates in plastics are known endocrine disruptors linked to hormonal imbalances and other issues. By reducing single-use plastics, avoiding heated plastic containers, and opting for natural products, individuals can minimize exposure and support a healthier lifestyle. Supplements like milk thistle, NAC, ALA, and calcium-d-glucarate can further aid detoxification and mitigate potential risks.

A holistic approach to health also includes embracing seasonal fitness, which aligns workouts with the changing rhythms of nature. By adapting physical activities to the energy and demands of each season, you can foster resilience, prevent burnout, and maintain steady progress year-round. Pair this with quick, nutritious meals to fuel your body even during busy times. Recipes like curried chickpea salad, turkey taco bowls, and slow cooker chicken tacos offer wholesome, easy-to-prepare options for maintaining a balanced diet.

Together, these strategies promote natural health while addressing environmental challenges. By adopting sustainable habits, nourishing your body, and syncing with nature, you can thrive while contributing to a healthier, more sustainable future.

For your health,

Cheryl Ravey,
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MICROPLASTICS & PLASTOPHOBIA: HIDDEN DANGERS AND DETOX TIPS

by Dr. Scott Saunders, M.D.

Plastics are the miracle and the terror of our modern world. Modern plastics have only been around for about a century, but the industry has grown exponentially!

In the 1967 movie “The Graduate” there is a famous exchange between a successful businessman, Mr. McGuire, and a student, Benjamin, that goes something like this:

Mr. McGuire: “I just want to say one word to you. Just one word.”

Benjamin: “Yes, sir.”

Mr. McGuire: “Are you listening?”

Benjamin: “Yes, I am.”

Mr. McGuire: “Plastics.”

Benjamin: “Exactly how do you mean?”

The word “plastics” symbolized a booming industry and the promise of financial success. But, it also hinted at how artificial and empty it is to pursue such a path. This duality almost a century later is manifest in the modern world. Plastics are unavoidable. Many plastics never break down in the environment.[1]

Many that do break down may take more than a century. First, they break down into tiny pieces, called microplastics. These are particles of plastics less than five millimeters in size found everywhere. They float in the air as dust, and breathed into the lungs. They are in the food supply, grown into fruit and vegetables, as well as meat and fish. The deepest ocean waters are home to microplastics, as well as on the highest mountains.[2]

The word “plastic” means “moldable. When neurologists say “the brain is plastic,” they don’t mean that it consists of polypropylene. But rather that it changes over time – it is moldable. Before our modern plastics, the world had natural moldable things like metals, glass, cellulose, and wax. Glass is silicon-based, and wax and cellulose

are carbon-based.

Most modern plastics come from petroleum and are therefore carbon-based. The different types of plastics are different ways that the carbon-hydrogen-oxygen chains link. There is usually a “poly-“ before the type of structure to indicate that it is an indefinite chain of that structure. For example, “polycarbonate” is multiple carbonates linked together. “Polyethylene” is a long chain of ethylene molecules. These substances are not digested by humans because we don’t have any enzymes that can break the bonds, like the cellulose and other “fiber” in our diets. Other types of carbon-hydrogen-oxygen polymers are foods used by humans, such as starch, sugar, and fat only because we have the enzymes in our bodies to break them down.

Are microplastics dangerous?

The answer to this question is: we don’t know.[3] There may be health risks, but it is not clear. There are many other types of carbon polymers that we cannot use that are called “fiber” in our diets. We don’t have the means to break them down, so they just go through the digestive system unchanged. This has been the assumption of the effect of plastics. But, here there is a caveat: Plastics may contain other chemicals that can be harmful.

A main issue with this question is that it may take a large amount to expose the toxic nature of plastic. Toxicity depends on the amount. People inject the most toxic substance, Botox, into their faces every three months or so to prevent and treat wrinkles in their face. This might sound ridiculous to use something so toxic for a problem that doesn’t cause damage,

but the amounts of the toxin are so small that it only works locally. Also, almost every drug and medication is toxic; we call this toxicity “side-effects.” This may be an issue with plastics. We know that there are some chemicals in plastics that are potentially toxic, but the question is if there could be enough exposure to these to cause harm. The two primary types of chemicals that are known to be harmful are: Bisphenol-A and Phthalates.[4]

BPA danger

Bisphenol A has been around since 1891. Because of its strength and stability properties, it is used in food and beverage containers, plastic water bottles, baby bottles, toys, eyeglasses, CDs, and so forth. It is also used to line metal products such as canned food products and dental sealants. One place where a significant exposure to BPA can occur is in thermal paper such as tickets and receipts, which uses it to stabilize the thermal ink. This BPA rubs off onto your hands, and studies have shown the skin absorbs it.[5]

BPA is an “endocrine disrupter” because it has an estrogen effect in the body. That means women will have more stimulation of estrogen receptors that can lead to ovarian cysts, cancer, irregular menstrual cycles, as well as obesity and diabetes. The effect in men is to lower sperm counts and decrease libido by lowering testosterone.[6]

Phthalates danger

Phthalates [7] refers to a group of “plasticizers” used in the manufacture of many plastics, especially PVC, or vinyl. Plastics everywhere have phthalates.[8] All over

the house, phthalates is in tiles, varnishes, paints, sealants, construction materials, toys, bottles, food packaging, cosmetics, perfumes, creams, candles, shampoos, adhesives, artificial leather, and waterproof clothing. They get into the body through food and breathing microplastics, or through the skin. Infants who suck on plastic things get significant amounts of phthalates. They are endocrine disrupters because they block androgens like testosterone. Thus, they affect development and fertility.

Plastic DETOX

Most of the hype we see about microplastics intends to scare people. It seems like most of the plastics themselves are not toxic in the amounts exposed to humans. They are probably like all the other hydrocarbons or carbohydrates in the world that we cannot digest, like cellulose. The two that may be a problem are BPA and Phthalates because they have biological effects on people at the levels exposed to in their environment. Most exposure to these chemicals comes from the ingestion of contaminated food.

It seems that the best way to decrease your exposure to these potential hazards is to simply not use plastics with foods. If you make your own food at home, and avoid packaged, boxed, or prepared foods, you will be exposed to much less plastic. Don't take receipts, or you can them in a plastic bag. The exposure from plastic bottles and other containers is very little, unless heated.

Other ways to avoid toxic ingestion of plastics:

- Avoid artificial fragrances
- Stay away from warm or hot plastics near food
- Avoid conventional personal care products like shampoos, soaps, moisturizers, and makeup
- Eat real, whole foods – (fresh foods have less packaging and less plastic)
- Use basic cleaning products like alcohol, bleach, hydrogen peroxide, and sodium bicarbonate
- Avoid cheap supplements (some fillers used are plastics)

Besides avoiding exposure to plastic chemicals, you can aid the liver to detoxify them with a few supplements.

- Milk Thistle: A study in mice[9] showed that milk thistle extract reduced the toxicity of BPA in the liver. Another study also showed protective effects against phthalates.[10] The silymarin in the milk thistle helps the liver to detoxify the chemicals in the plastics – and other things.
- Calcium-d-glucarate: helps things that the liver has detoxified to go out with the stool instead of getting reabsorbed from the intestines.
- NAC: N-Acetylcysteine is an amino acid used to make glutathione, which is one of the primary detox pathways in the liver.
- ALA: Alpha Lipoic Acid is an antioxidant that works on both fat and water-soluble toxins. It helps the liver to restore glutathione as well.

Your Plastic Detox Program

I don't know how much you are exposed to these chemicals, but it seems that doing a periodic cleanse would be a good idea. ►

This does not just get rid of the toxins in plastics, but also all the other toxins made in your body, ingested, or breathed in.

- Fasting for 3 days with about 16oz of water twice per day (no supplements).
- After fasting eat a high-fiber diet (40 grams of fiber per day).
- Add Milk Thistle, 500mg twice a day for 2 weeks.
- Take ALA 600mg twice a day for two weeks.
- NAC 600mg twice a day for two weeks.
- Calcium-d-glucarate 500mg twice a day for two weeks.

You can do this program about 4x per year to remain clean. If you have a lot of exposure, you can do it longer, or every month.

If you consider the source of plastics – petroleum – you might think they will be around forever. After all, the petroleum itself has been around for a very long time underground. As we continue to make plastics, the levels will build up as more are added because what is there is not getting broken down in the environment. It is, therefore, logical to consider this to be a real environmental problem.

However, the health problems with microplastics are, at least with our current exposures, more hype than reality. But there are potential issues, and I'm glad there are people who monitor and look out for toxicity before everyone dies. It was postulated in the New England Journal of Medicine in 1983 that Rome fell because of lead toxicity.[11] Maybe we can prevent the fall of modern society by heading off plastic toxicity!

Sources:

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A Yearlong Guide to Fitness Goals

Our approach to fitness often ignores the natural rhythms of life. Yet, like the changing seasons, our bodies and minds thrive on cycles of energy, rest, and renewal. Nature teaches us the value of ebb and flow: trees shed their leaves in fall, rivers rise with spring rains, and animals adapt their activity to the climate. Why, then, do we expect our fitness routines to remain static year-round?

Fitness works best when aligned with the rhythms of life. While consistency is key, rigid repetition can lead to burnout or stagnation. Instead, adopting a seasonal approach to exercise can help you stay motivated, prevent plateaus, and nurture steady improvement.

By embracing a seasonal fitness mindset, you can align your workouts with the natural cycles of the year. This approach

not only enhances physical results but also fosters mental resilience, improves recovery, and keeps your routine fresh. Drawing inspiration from “periodization,” a method that adjusts workouts in cycles to maximize gains and minimize injury, this guide incorporates the natural shifts in energy, weather, and lifestyle demands throughout the year.

Below is a detailed breakdown of how to align your fitness journey with the seasons. Each quarter offers unique opportunities to set goals, harness energy, and navigate challenges for optimal progress and satisfaction:

First Quarter: January to March

Theme: Reflect, reset, and build a

foundation.

Energy: Moderate and introspective.

Winter invites introspection, making it an ideal time to evaluate your current fitness level and set clear goals for the year. Rather than diving headfirst into intense regimens, use this season to lay a thoughtful foundation with small, consistent actions.

Goals

January: Plan three months of fitness and nutrition milestones. Map out weekly and monthly goals to stay on track.

February: Schedule fitness assessments to establish a baseline and identify areas for improvement.

March: Review your progress, make

adjustments, and celebrate small wins to build momentum.

Challenges

Time and focus can waver in winter. Commit to achievable daily actions, like 15-minute walks or light stretches, to maintain consistency.

Tips

Embrace seasonal produce like root vegetables and citrus to support your immune system and energy levels. Incorporate warming, hearty meals to complement the cooler weather.

Seasonal Activities

Try indoor yoga, Pilates, or swimming to stay active. If you love the outdoors, skiing, snowboarding, or winter hiking are great ways to mix fitness with adventure.

Second Quarter: April to June

Theme: Renew energy and take action.

Energy: High and enthusiastic.

Spring is a season of growth and renewal. As the days lengthen and temperatures rise, nature's energy provides a boost for both body and mind. This is the perfect time to pick up the pace, set ambitious goals, and enjoy the fresh air.

Goals

April: Start a fitness journal to track progress and note how exercise impacts your mood and energy.

May: Visit farmers' markets to source fresh produce and experiment with plant-based meals.

June: Retest your fitness levels and reflect on the progress you've made since January.

Challenges

Spring rains and unpredictable weather can disrupt outdoor workouts. Be flexible and consider online classes or home workouts when needed.

Tips

Use this season to refresh your mindset by decluttering your space, trying new activities, or signing up for a fitness challenge. Nature walks, cycling, and outdoor yoga are excellent ways to embrace the season.

Seasonal Eats

Incorporate fresh greens, asparagus, berries, and artichokes into your meals. These nutrient-dense foods can boost energy and support recovery.

Third Quarter: July to September

Theme: Balance and adaptability.

Energy: Fluctuating between high and low.

Summer brings longer days and high energy levels, but it can also introduce challenges like heat, vacations, and social commitments. This season is all about staying flexible and maintaining balance.

Goals

July: Prepare for summer travel by packing workout gear and identifying ways to stay active on the go.

August: Shift workouts to early mornings when it's cooler, and enjoy the sense of accomplishment from starting your day with exercise.

September: Reflect on your progress so far and set intentions for the final quarter of the year.

Challenges

High temperatures can drain energy, so prioritize hydration and adjust workout intensity as needed.

Tips

Explore outdoor activities like paddleboarding, hiking, or tennis. If the heat becomes overwhelming, opt for indoor workouts or water-based activities like swimming.

Seasonal Eats

Take advantage of summer's bounty with

fresh tomatoes, melons, berries, and peaches.

Fourth Quarter: October to December

Theme: Harvest results and prepare for renewal.

Energy: Contemplative and grounding.

As the year winds down, autumn invites reflection and preparation for the year ahead. This is the time to consolidate gains, address unfinished goals, and find joy in the progress you've made.

Goals

October: Refresh your workout wardrobe with weather-appropriate gear to stay comfortable and motivated.

November: Carve out time for introspection and set intentions for the coming year.

December: Accomplish one final goal,

like decluttering your fitness space or completing a milestone workout.

Challenges

Colder weather and holiday commitments can disrupt routines. Keep workouts flexible and incorporate seasonal fun, like ice skating or group fitness classes.

Tips

Focus on staying nourished with warming foods like soups, stews, and roasted root vegetables. Avoid overindulgence by practicing mindful eating during celebrations.

Seasonal Activities

Combine fitness with community by participating in turkey trots or holiday-themed runs. Indoor cycling, yoga, and strength training are also excellent options for this season.

Conclusion

Your fitness journey doesn't need to fight against nature's rhythms. By aligning your exercise and health goals with the seasons, you can enjoy steady progress and a deeper connection to your body's natural cycles. This yearlong guide offers the tools you need to stay inspired, adaptable, and ready to thrive—no matter the time of year..





RETHINKING PLASTICS: THE PROBLEM AND THE SOLUTIONS

PLASTICS REVOLUTIONIZED HUMAN life with their convenience and durability, but their environmental and health impacts are staggering. By rethinking our reliance on these materials, adopting sustainable practices, and pushing for systemic change, we can help mitigate the plastic crisis.

The Plastic Predicament

For most of human history, life thrived without plastics. Now, these versatile

materials dominate daily life, bringing serious consequences for the environment and human health. Plastics pollute oceans, harm wildlife, and expose humans to harmful chemicals. The challenge ahead is clear: how do we reduce our dependence on plastics while safeguarding the planet and ourselves?

The answer starts with individual action, such as reducing single-use plastics, but it doesn't stop there. We need a cultural shift toward minimalism and sustainable consumption. At the same time, governments, businesses, and industries must innovate and legislate for circular economies and more eco-friendly alternatives.

A Brief History of Plastics

Plastics originated as a resource-saving solution in the 1860s, replacing scarce materials like ivory and shellac. World War II expanded their production, and by the 1960s, plastics became ubiquitous. Today, production continues to soar, with dire consequences: only 9% of plastic waste is recycled, and vast amounts accumulate in oceans and landfills, breaking down into harmful microplastics.

Innovations and Alternatives

To tackle this crisis, researchers are exploring alternatives like biodegradable bioplastics made from corn, soybeans, or even shrimp shells. Innovations like polylactic acid (PLA) offer promise but require further refinement to improve degradation and reduce carbon costs. Other breakthroughs include turning carbon dioxide into plastic, which could mitigate greenhouse gas emissions.

Health and Environmental Risks

Plastics don't just harm the planet—they endanger human health. Microplastics are pervasive in food, water, and air, with the average person ingesting tens of thousands of particles annually. Additionally, chemicals in plastics, such as BPA, disrupt hormones, contributing to obesity, diabetes, and even developmental changes in children. Avoiding plastic packaging, using glass or stainless steel

containers, and limiting exposure to synthetic materials can help mitigate these risks.

Turning the Tide

Packaging accounts for nearly half of global plastic waste, making reductions in single-use plastics a powerful strategy. Simple changes—like using reusable bottles, bags, and food storage containers—can make a big difference. Advocacy for corporate and governmental action, such as bans on plastic bags and expanded recycling efforts, is also critical.

Individuals can further reduce their plastic footprint by supporting sustainable brands, repairing items, and advocating for systemic change. By adopting these measures and demanding better from manufacturers and policymakers, we can pave the way for a healthier planet—and a healthier future.

Small Steps, Big Impact

Every decision matters. Whether choosing bamboo toothbrushes, filtering laundry microfibers, or supporting zero-waste stores, small actions add up. Together, we can reduce our plastic dependence, protect ecosystems, and build a sustainable world for generations to come.





6 QUICK AND HEALTHY RECIPES FOR WHEN YOU'RE SHORT ON TIME

SIMPLE, NUTRITIOUS OPTIONS to fuel your day, no matter how busy it gets. Busy days often leave little time for preparing meals, but that doesn't mean you have to sacrifice health for convenience.

These quick and easy recipes are filled with wholesome ingredients that will keep you fueled, focused, and satisfied, even on your most hectic days.

COLD CURRIED CHICKPEA SALAD

Makes 2 servings | Prep time: 10 minutes

Ingredients

- 1 15-oz. can chickpeas, drained and rinsed
- 1 cucumber, diced
- ¼ cup chopped cilantro
- ⅓ cup shredded carrots
- 1 tsp red or yellow curry paste
- ¼ cup plain, full-fat Greek yogurt

- 1 tbsp lime juice
- ½ tsp sea salt
- ⅛ tsp freshly ground black pepper
- Seed crackers or Bibb lettuce for serving

Directions

Place the drained chickpeas in a large bowl and mash about half of them with a fork for texture. Add cucumber, cilantro, and carrots, and stir to combine. In a small bowl, whisk together the curry paste, Greek yogurt, lime juice, sea salt, and pepper. Add the yogurt mixture to

the veggie mixture and mix well. Serve with seed crackers for scooping or wrap in Bibb lettuce leaves.

QUICK STEAK FAJITAS

Makes 2 servings | Prep time: 10 minutes
| Cook time: 15 minutes

Ingredients

- 1 lb. steak, thinly sliced
- 1 bell pepper, sliced
- 1 small onion, sliced
- 2 tbsp olive oil
- 1 tbsp lime juice
- 2 tsp ground cumin
- 1 tsp chili powder
- ½ tsp garlic powder
- ½ tsp paprika
- Salt and pepper to taste
- Tortillas for serving
- Toppings: Fresh cilantro, avocado, lime wedges, sour cream

Directions

To make the marinade: In a small bowl, mix cumin, chili powder, garlic powder, paprika, salt, and pepper. In a medium bowl, whisk together 2 tbsp olive oil, lime juice, cilantro, and half of the spice mixture. Add the sliced steak, toss to coat, and marinate for 30 minutes at room temperature or up to 2 hours in the refrigerator.

Preheat oven to 425°F and line a half-sheet pan with aluminum foil. Place the pan on the top rack in the oven to preheat. Toss the peppers and onions with 1 tbsp olive oil and the remaining spice mixture, then spread them onto the hot pan. Roast for 5 minutes. Remove the pan from the oven, push the vegetables to one side, and add the steak to the other side. Roast for an additional 8–10 minutes, until the steak is browned and vegetables are soft. Serve with tortillas and toppings.

PROTEIN ENERGY BITES

Makes 10–12 bites | Prep time: 10 minutes
| Chill time: 1 hour

Ingredients

- 1 cup protein powder (your choice of flavor)
- ¼ cup honey
- ½ cup almond butter
- 1 tsp almond extract
- Cocoa powder or shredded coconut for coating

Directions

Mix the protein powder, honey, almond butter, and almond extract together to form a stiff dough. Chill the dough for at least an hour. Once chilled, scoop into small balls (about 1½ teaspoons each) and roll them in cocoa powder or shredded coconut, or both. Refrigerate in an airtight container.

TURKEY TACO SALAD BOWLS

Makes 4 servings | Prep time: 10 minutes
| Cook time: 8 minutes

Ingredients

- 1 lb ground turkey
- 1 packet taco seasoning
- 1 head romaine lettuce, chopped
- 1 cup salsa
- 1 avocado, diced

Directions

In a medium pan over medium heat, sauté the ground turkey until cooked through, about 7–8 minutes. Add the taco seasoning and mix well. Chop the romaine leaves into long strips and divide among four bowls. Top each bowl with cooked ground turkey, salsa, and avocado.

HEALTHY CHOCOLATE CHIP MUFFINS

Makes 12 muffins | Prep time: 10 minutes
| Bake time: 15–17 minutes

Ingredients

- 2 cups almond flour
- 2 large eggs
- ¼ cup maple syrup
- 1 tsp baking soda
- 1 tsp vanilla extract
- ¼ cup almond butter

- ¼ cup unsweetened applesauce
- ½ cup chocolate chips

Directions

Preheat oven to 400°F and grease a muffin pan or line it with cupcake liners. Place all ingredients except chocolate chips into a blender and blend until smooth. Pour the mixture into the muffin pan and sprinkle with chocolate chips. Bake for 15–17 minutes, until the edges are golden brown. Let cool for 10 minutes and store in an airtight container for up to one week.

SLOW COOKER CHICKEN TACOS

Makes 4 servings | Cook time: 4–5 hours

Ingredients

- 4 boneless, skinless chicken breasts
- 1 packet taco seasoning
- 1 cup salsa
- Tortillas for serving
- Optional toppings: Avocado, shredded cheese, cilantro, lime wedges

Directions

Add all ingredients to a slow cooker and cook on high for 4–5 hours, or until the chicken shreds easily with a fork. Serve with tortillas and your favorite toppings.

These quick and easy recipes prove that healthy eating doesn't have to be complicated or time-consuming. With just a few simple ingredients and minimal prep, you'll have nutritious meals ready in no time!





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