

## 7 Shocking Truths About Parasites & How to Naturally Cleanse Them

**Fasting for Health: Easy 9-Step Practical Guide to Longevity**

**10 Reasons Why Walking Counts as Amazing Exercise**

**Dreamy Coconut Macarons in 5 Easy Steps!**



# Home Cures That Work

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As we step into a new season, it's the perfect time to refocus on simple, natural ways to support our health and well-being. This issue explores some of the most effective yet accessible strategies for achieving vibrant health.

Fasting, for example, is more than just a weight-loss tool—it's a powerful way to boost heart health, balance blood sugar, and strengthen the immune system. Whether you're trying time-restricted eating or a full cleanse, fasting can help your body reset and thrive. Another easy yet impactful habit?

Walking! This low-impact exercise supports both physical and mental well-being, and with a few creative tweaks—like walking meetings or group strolls—it can become an enjoyable part of your daily routine.

We're also diving into the importance of parasite awareness. These often-overlooked invaders can contribute to chronic symptoms, yet natural remedies like garlic, pumpkin seeds, and fasting can help eliminate them. A structured parasite cleanse can support overall health, keeping these unwelcome guests at bay.

And of course, we couldn't forget a little indulgence! Our Tropical Coconut Macaroons offer a delicious way to enjoy wholesome, natural ingredients while satisfying your sweet tooth.

Here's to embracing simple, nourishing habits that support a healthier, happier you!

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For your health,

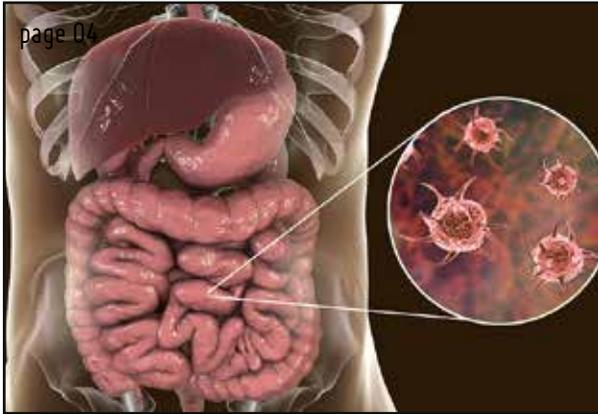
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page 04

## 7 SHOCKING TRUTHS ABOUT PARASITES & HOW TO NATURALLY CLEANSE THEM

Parasites are more common than most people realize, often causing undiagnosed symptoms, but natural remedies and periodic cleanses can help eliminate them.



page 07



page 10

## FASTING FOR HEALTH: EASY 9-STEP PRACTICAL GUIDE TO LONGEVITY

Fasting is a flexible and effective practice to enhance health and longevity by improving metabolism, promoting cellular repair, and boosting overall well-being.

## 10 REASONS WHY WALKING COUNTS AS AMAZING EXERCISE

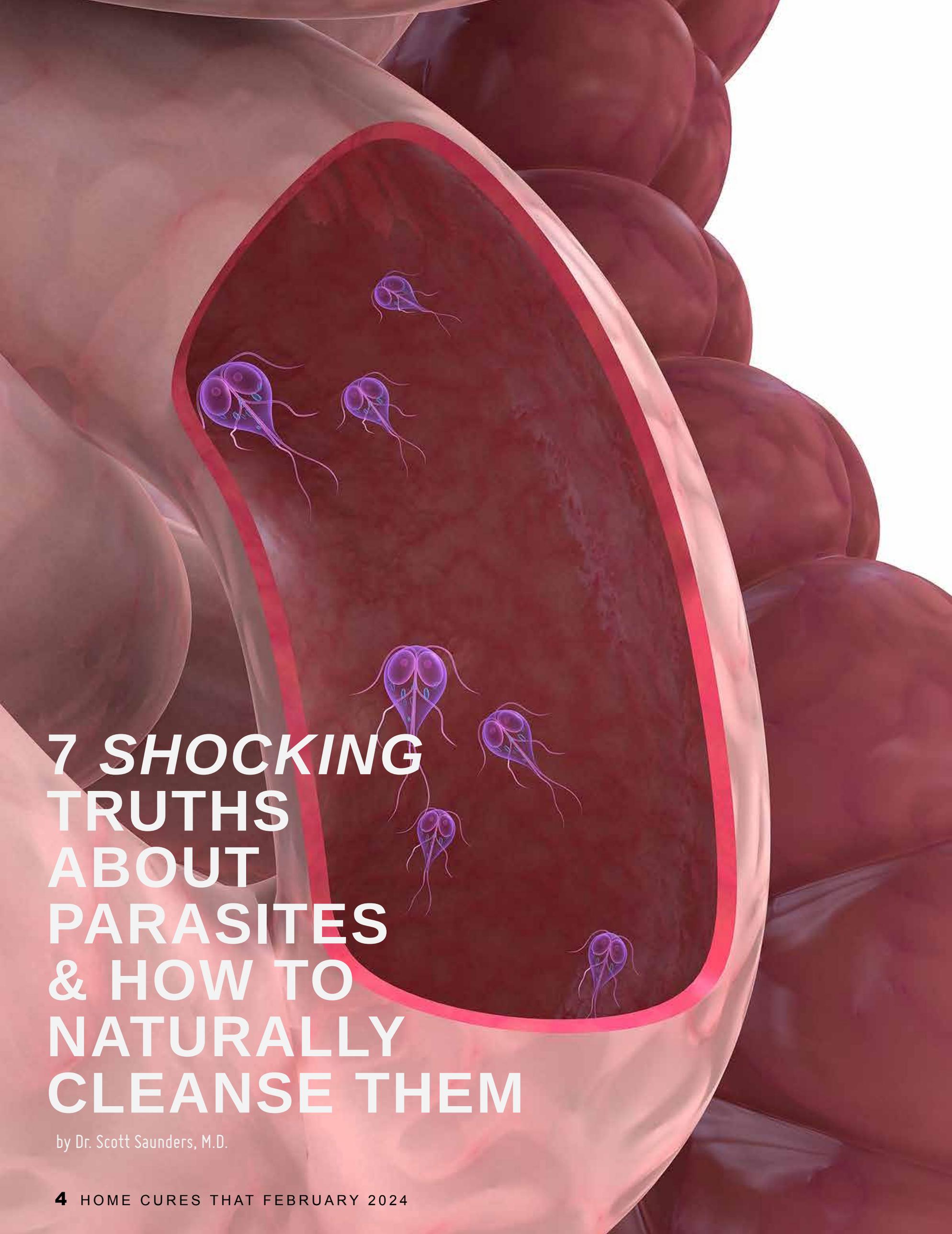
Walking is an accessible, enjoyable, and highly beneficial form of exercise that can easily be incorporated into daily life to improve physical, mental, and social well-being.



page 12

## DREAMY COCONUT MACAROONS IN 5 EASY STEPS!

These naturally sweetened coconut macaroons, made with almond flour, coconut cream, and maple syrup, offer a tropical twist to your dessert repertoire, combining creamy, chewy, and crispy textures in every bite.



# 7 SHOCKING TRUTHS ABOUT PARASITES & HOW TO NATURALLY CLEANSE THEM

by Dr. Scott Saunders, M.D.

**I**N THE EARLY 20th Century, a new problem arose in the general population – obesity. Women wanted to be thin while they continued to overeat, so a solution was found – Tapeworms!

“SANITIZED TAPE WORMS – Jar Packed.” They are easy to swallow, and have no ill effects. Yikes! There were plenty of ill-effects from this weight loss miracle. Although if you look on social media you find people still using this treatment. Some fare well, but for others, it’s more like: “FAREWELL!” Not much has changed in a century!

The word parasite comes from the ancient Greek word “parasitos” which means “one who eats at the table of another.” Using this definition, I could characterize many family members as parasites. Here, however, those animals that feed on our bodies and do harm are our concern. There are many organisms that live with us and require us to give them food. But they help us, such as the colon bacteria, our “microbiome.” We also have bacteria and bugs that live on the surface of our skin to help us by cleaning out our pores and preventing infection.

There are, however, many creatures that are parasitic, meaning that they feed on us and cause us harm. Some are single-cell organisms such as malaria and amoebas. Others are multi-celled animals, such as intestinal worms, scabies, or lice. I could go through all the boring details of each type of infection, but that just causes “Medical Student Syndrome.” (As we learn about illnesses, it feels like we get them.)

It is important to know that there are no specific symptoms of parasitic infections, except maybe in the case of lice and scabies. Even then, there are often no symptoms. When I was home with my children I noticed that my 4-year-old

daughter had nits in her hair. I checked for lice, and sure enough, she had it – bad! It looked like she had it for months, living in a house with two doctors. □ We checked the boys, and they were all infected. Then we checked each other, and we had it too! The whole family was infected, and none of us had any symptoms! We didn’t want to use the insecticide so we decided to use the mayonnaise and Vaseline trick, and comb out the nits. We looked like a bunch of monkeys preening each other. (As I write this my scalp started itching!) We all went to bed with shower caps on our heads. After washing it out over the next few days, my wife said her hair never felt better, and the treatment worked.

To date, there are at least 848 species of (non-mold) parasites known to infect humans.[i] Since doctors are told that parasite infestations don’t exist in the United States of America, most will not look for them as a cause of symptoms. unless the patient has traveled outside the United States to someplace that doesn’t have treated water, for example. The problem with this is that there are many people who carry parasites for years and don’t know it. They may have mild symptoms which they treat with over-the-counter medications. Though they are not widespread, and may only be in travelers or immigrants, we can find all types of parasites in the U.S.[ii] However, since the doctors aren’t looking for parasites, many cases go untreated as people suffer with chronic symptoms.

## Parasites in the US

Parasites are prevalent in the United States, affecting millions of people. Here are some key parasitic infections and their prevalence:

**Giardia and Cryptosporidium** are the

leading causes of diarrheal illness due to parasites, accounting for over a million cases annually.

**Toxoplasmosis:** Almost 60 million people in the U.S. are chronically infected with *Toxoplasma gondii*, that mostly comes from cat litter. New infections in pregnant women can lead to birth defects, and infections in those with compromised immune systems can be fatal. Doctors are told not to treat if people who are infected don’t have symptoms.[iii] Even children, who can get significant problems later, are left untreated.

**Trichomoniasis:** This is an extremely common and curable sexually transmitted disease, affecting 3.7 million people in the U.S. However, only about 30 percent of people will develop symptoms, so most aren’t treated.

**Chagas Disease:** *Trypanosoma cruzi* infects more than 300,000 people in the U.S., the parasite that causes Chagas disease, and more than 300 infected babies are born every year. This has a similar issue in treatment. About two-thirds of people who get the *T. cruzi* parasite don’t get symptoms, and the treatments themselves are toxic.[iv] While ivermectin is not effective, artesunate from wormwood does inhibit the parasite.[v]

**Cysticercosis:** This comes from undercooked pork. At least 1,000 hospitalizations for symptomatic cysticercosis occur annually in the U.S. with 2,000 new cases of neurological illness, including seizures.

**Toxocariasis:** is a roundworm from dogs, and sometimes cats. At least 14 percent of the U.S. population has been exposed to *Toxocara*, the parasite that causes toxocariasis. Each year, at least 70 people, mostly children, are blinded by the resulting eye disease.

**Enterobius** – pinworms are the most common parasite found all over the world in every culture and economic status. They even found pinworm eggs with fossilized dinosaurs! One study showed that 11% of school children in the US had pinworms.[vi] They are spread by scratching the itchy anus and getting the eggs under their fingernails. Handwashing prevents the spread.

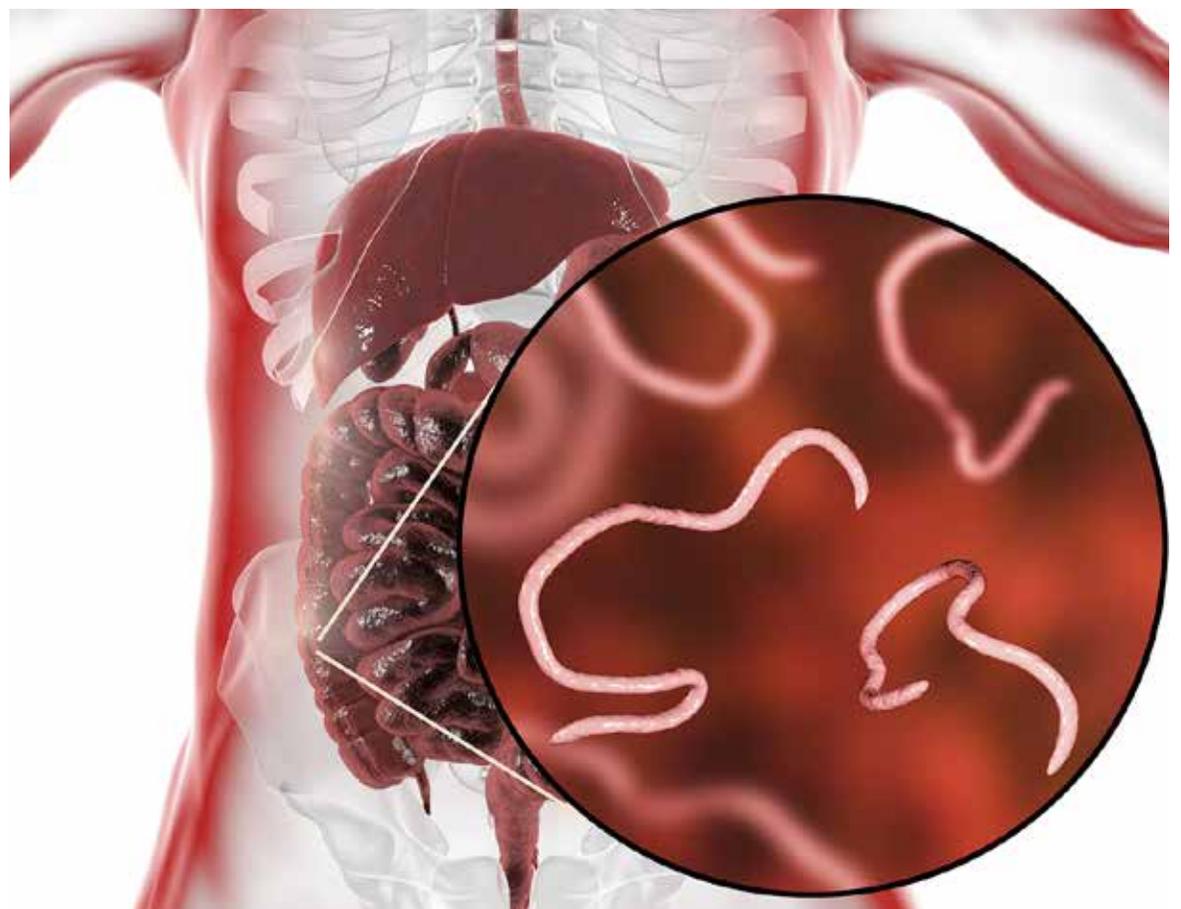
## Testing For Parasites

I have had people bring in “worms” that they dig out of their stool. Sometimes we send them for tests, but that is not always productive. Although some parasites may be well known to the anatomical pathologist, even they may not be looking for unusual parasites in a biopsy.[vii] Blood tests are not reliable. The problem is that it is very hard to know for sure if you have any -- they are not “ruled-out” by testing. If the test is positive, you can be sure you have the disease, but the tests often miss the illness because parasites have a life cycle where they intermittently reproduce, feed, and are active. Other times they just curl up into a ball and sit there doing nothing so the test will be negative. This can be very frustrating for those who have illness due to parasites.[viii] Mostly, we need to start with the symptoms, including:

- Autoimmune diseases
- Chronic inflammation
- Abdominal Pain, Nausea and Vomiting, Diarrhea, IBS or IBD
- Bloating and Gas
- Changes in Appetite (increased or decreased)

- Unexplained Weight Loss or gain
- Constipation
- Chronic fatigue and weakness
- Itchy Skin or Rash
- Lesions or Boils
- Itchy Anus (Pruritus Ani)
- Asthma, Coughing, or Wheezing
- Shortness of Breath
- Chest Pain
- Headaches
- Seizures
- Confusion or Memory Problems
- Behavioral Changes
- Allergic Reactions
- Eosinophilia (the white blood cell that causes allergies)
- Iron Deficiency Anemia
- Vitamin Deficiencies
- Fever
- Swollen Lymph Nodes
- Muscle or Joint Pain
- Visible Worms in Stool

The main issue is that it’s not simple to know if parasites cause these symptoms. I have had patients who just seemed to have parasites, but the tests came out negative. In these cases, I just go ahead and treat, and their symptoms often resolve. If I see a person with a seizure who hasn’t had one before, I do an MRI to see if there is any evidence of a pork tapeworm infection – cysts in the brain. When someone has an itchy anus, I just give them treatment for pinworms because the test is unreliable. Mostly, if there is any suspicion of a parasite as a cause of any of the above symptoms, we will generally opt for treatment of parasites.



# Parasite Treatments

It's interesting that we automatically give periodic parasite cleanses to our animals: dogs, cats, horses, and so forth, but we don't even have any help for humans. In fact, the same medication given to dogs every month that you can buy at any feed store or pharmacy for \$5 is hundreds per pill if prescribed for a human. This is the law of "supply and demand" in action. Outside the United States, in tropical areas that have lots of parasites, the medications are very inexpensive and mostly don't require a prescription. For these reasons, many people in the US have just been using animal medications, they are the same. In fact, I have patients who take periodic parasite treatment because they work around livestock.

There are other options. Regularly eating certain foods decreases your risk of parasite illness.

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## CHILI

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The capsaicin in hot peppers inhibits parasites in the intestines. Red-hot chili peppers are more effective than the prescription treatments for Chagas Disease. [ix]

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## GARLIC AND ONIONS

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You have heard about the benefits of garlic, so now there is some real research that it can help clear infections. Garlic and onions both contain sulfur compounds that inhibit and even kill both parasites and yeast. [x]

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## BERBERINE

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Berberine mostly stays in the intestines, and very little is absorbed, so it may not help systemic parasites, but it does wonders for intestinal parasites. Berberine was shown to cure giardia infections as well as antimicrobials. [xi]

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## PAPAYA SEEDS

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Papaya has enzymes that disrupt the parasites. A study in Africa found significantly lower levels of worms in the stool of those children taking a tablespoon of papaya seeds per day. [xii]

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## PUMPKIN SEEDS

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Pumpkin seeds have been discovered to inhibit both tapeworms and intestinal nematodes. [xiii]

I don't recommend eating all of these every day, but rather if you use them periodically, you can decrease your chances of having chronic parasitic diseases.

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## FASTING

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Fasting has been employed for millennia to remove parasites from the body. Fasting does this in several ways: [xiv]

- Deprives parasites of essential nutrients
- Encourages autophagy to eliminate parasite cysts
- Improves immune function

Doing a periodic fast for about 3 days will help to keep parasites out of your system.

# Parasite Cleanse

If you believe, or know, that you have intestinal or other parasites, there are natural remedies you can use to clear them, such as those mentioned above. For difficult cases, it may take more time. Some people combine fasting with a parasite cleanse. If you think you might have a chronic parasite infestation, this is a good place to start.

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## WEEK 1

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The cleanse involves fasting for seven days drinking water and taking the following:

Black walnut hull powder – take one capsule three times per day. [xv]

Wormwood powder – take one capsule three times per day.

Clove powder – take one capsule three times per day.

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## WEEK 2

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After the fast – Stop the herbs for one week. Begin to eat regular meals. Start with high-fiber foods. Take a probiotic daily with each meal.

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## WEEK 3

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Start the black walnut and cloves. Increase Wormwood to 2 capsules three times per day. Continue with all three herbs for one week.

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## WEEK 4

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Take a break from the treatment. Normal meals, probiotic.

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## WEEK 5

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This is the last week. Take Black Walnut, Wormwood, and cloves as in week 3.

This will clean out all the stages of the parasite: the eggs, the larvae, and the adults. It takes weeks because you need to catch the organism in its various growth phases in the intestines. It also can remove parasites from the body.

Despite the effectiveness, I do not recommend ingesting tapeworms to lose weight. People do get complications from these intestinal parasites. Parasites are found everywhere and are very common. However, since most people don't have symptoms, it's very hard to determine if a parasite is the cause of a particular symptom. People get rashes for all kinds of reasons, as well as arthritis, headaches, and all the other symptoms noted above. The key is to understand that it's a possibility, and as you are looking for the cause of illness, keep parasite infection in the back of your mind. If all else fails, try the parasite cleanse! □



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# Fasting for Health: Easy 9-Step Practical Guide to Longevity

**F**ASTING HAS GAINED widespread attention in recent years, with methods like water fasting, juice fasting, and intermittent fasting growing in popularity. But with so many options, how do you determine which fasting approach is right for you? And if you've struggled with fasting before, how can you make it a sustainable practice? 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.

The truth is, fasting doesn't need to be extreme to deliver results. With the right approach, fasting can enhance your health and longevity without overwhelming your lifestyle. Let's explore how you can unlock the benefits of fasting, even if you're new to the practice.

## Understanding Fasting and Its Benefits

Fasting is a deliberate pause in food consumption, which can range from a few hours to several days. Common methods include:

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## 12/12 METHOD

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Fast for 12 hours and eat within the next 12 hours (e.g., dinner at 6 p.m., breakfast at 6 a.m.).

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## 16/8 METHOD

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Extend the fasting period to 16 hours, eating only during an 8-hour window (e.g., dinner at 6 p.m., breakfast at 10 a.m.).

While fasting is often associated with weight loss, its benefits extend far beyond. Scientific studies have shown that fasting can:

**Improve Heart Health:** Lower cholesterol levels and blood pressure, reducing cardiovascular risk.

**Enhance Insulin Sensitivity:** Better regulate blood sugar and reduce type 2 diabetes risk.

**Boost Brain Health:** Increase levels of brain-derived neurotrophic factor (BDNF), supporting cognitive function and protecting against neurodegenerative diseases.

**Strengthen Immune Function:** Reduce inflammation and promote immune cell regeneration.

**Activate Cellular Repair:** Trigger autophagy—the body’s process of cleaning out damaged cells and regenerating healthier ones.

## The Role of Autophagy

Autophagy, a natural cellular maintenance process, is one of fasting’s most powerful benefits. During fasting, reduced nutrient intake prompts the body to shift from growth to repair mode, breaking down old

or damaged cells and recycling their components. This not only supports overall cellular health but also boosts energy efficiency and longevity. Autophagy begins to ramp up after about 12-24 hours of fasting, though the timing can vary based on individual factors.

## Choosing the Right Fasting Method

Fasting isn’t a one-size-fits-all solution. It’s essential to select a method that aligns with your health goals and lifestyle:

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### TIME-RESTRICTED EATING

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Includes the 12/12 and 16/8 methods, which are ideal for beginners and those seeking consistency.

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### 24-HOUR FASTS

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Provide deeper metabolic benefits and increased autophagy, suitable for occasional practice.

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### ALTERNATE-DAY FASTING

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Alternates between normal eating and significant calorie restriction.

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### PROLONGED FASTING

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Multi-day fasts that offer profound metabolic changes but may not be suitable for everyone due to potential muscle loss and other risks.

## Is Fasting Right for You?

Before starting, consider these factors:

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## HEALTH GOALS

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Define your objectives, whether it’s weight management, improved mental clarity, or enhanced metabolic health.

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## INDIVIDUAL NEEDS

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Age, sex, and health conditions can influence the suitability of fasting. For example, younger women may prefer shorter fasts to avoid hormonal imbalances.

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## MEDICAL CONSIDERATIONS

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Pregnant or breastfeeding individuals, those with a history of eating disorders, or people with chronic health conditions should consult a healthcare provider before fasting.

## Your Step-by-Step Fasting Plan

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### CHOOSE A START DATE

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Pick a day that fits your schedule to begin your fasting journey.

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### START WITH THE 12/12 METHOD

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Begin with a manageable fasting window to ease into the practice.

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### PLAN YOUR MEALS

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Focus on nutrient-dense foods, including proteins, healthy fats, and vegetables.

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### BE CONSISTENT

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Regular fasting delivers better results than sporadic long fasts.

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### LISTEN TO YOUR BODY

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Pay attention to energy levels and hunger cues, adjusting your approach as needed.

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#### BREAK YOUR FAST WISELY

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Choose balanced meals to end your fast, avoiding sugary or highly processed foods.

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#### STAY HYDRATED

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Drink plenty of water and consider adding electrolytes to support overall health.

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#### KEEP A JOURNAL

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Track your fasting hours, meals, and physical and emotional responses to identify what works best for you.

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#### GRADUALLY EXTEND FASTING PERIODS

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As you grow comfortable, experiment with longer fasting windows to deepen the benefits.

## Sample Meals to Break Your Fast

- Omelet with vegetables like kale and peppers
- Hard-boiled eggs with avocado
- Smoothie with spinach, protein powder, and flaxseeds
- Turkey patties with avocado-lime aioli

## Final Thoughts

Fasting is a versatile and effective tool for improving health and longevity when tailored to individual needs. By starting slowly, focusing on nutrient-dense meals, and paying attention to your body, you can make fasting a sustainable part of your lifestyle. Remember, the key is consistency and a balanced approach that aligns with your unique health journey.





# 10 REASONS WHY WALKING COUNTS AS AMAZING EXERCISE

**W**ALKING IS MORE than just a way to get from one place to another—it's an accessible and effective form of exercise. It strengthens muscles, improves cardiovascular health, supports weight management, and even enhances mental clarity. Plus, walking is suitable for all fitness levels and requires no special equipment beyond a comfortable pair of shoes.

## How to Walk More and Enjoy It

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### 1. FIND THE PERFECT TIME

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Incorporate walking into your daily schedule by finding times that work best for you. Whether it's a morning walk to start your day, a lunchtime stroll to refresh your mind, or an evening walk to unwind, make it part of your routine. Walking with family, friends, or pets can make it even more enjoyable.

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### 2. TAKE ADVANTAGE OF OPPORTUNITIES

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Turn everyday moments into walking opportunities. Opt for stairs over elevators, park farther from your destination, or walk instead of driving for short trips. Use public transportation, which often requires walking to and from stops, or consider walking while running errands. Every step adds up to significant health benefits.

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### 3. SET ACHIEVABLE GOALS

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Start small and build up gradually. Aim for 30 minutes of walking daily, as recommended by health experts, and split it into shorter sessions if needed. Over time, you can increase your distance or aim for milestones like participating in a walking marathon or setting a daily step goal.

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### 4. TRACK YOUR PROGRESS

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Using a pedometer, fitness tracker, or smartphone app can help you monitor your steps and stay motivated. While the general guideline is 10,000 steps per day, adjust your goal based on your fitness level and health needs. Seeing your progress can inspire you to keep going.

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### 5. MAKE WALKING A LIFESTYLE

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Embrace walking as part of your identity. Treat it as a legitimate form of exercise and a rewarding pastime, just like running or cycling. When you see walking as a sport, you're more likely to stay consistent.

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### 6. CREATE ENJOYABLE WALKS

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Choose routes that interest you. Whether it's a scenic park, a bustling city street, or a path to your favorite coffee shop, an engaging environment makes walking more fun. Invest in comfortable, supportive footwear and clothing that makes you feel good. Set realistic goals to keep your walks stress-free and enjoyable.

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### 7. SOCIALIZE WHILE WALKING

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Walking can be a great way to connect with others. Plan walking dates with friends, family, or coworkers. Invite your dinner guests for a post-meal stroll or suggest a walking meeting to your colleagues. Many cities have iconic walking spots, like New York's Central Park or San Antonio's Riverwalk—find a local equivalent to explore with company.

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### 8. TRANSFORM MEETINGS INTO WALKS

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Consider replacing traditional meetings with walking ones. This not only increases physical activity but can also boost creativity and focus. Visionaries like Mark Zuckerberg and Steve Jobs have embraced walking meetings, and studies show they can lead to better ideas and discussions.

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### 9. JOIN OR START A WALKING GROUP

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Walking with a group adds accountability and fun to your routine. Organize a neighborhood evening stroll or a lunchtime hike with coworkers. Join existing initiatives like Girl Trek, which promotes walking for Black women's health, or connect with organizations like America Walks to find local walking groups.

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### 10. BE PART OF THE WALKING MOVEMENT

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Walking is more than a personal habit—it's a growing cultural movement. Join campaigns to make your community more walkable and safer for pedestrians. Organizations like America Walks can connect you with resources and advocacy efforts to inspire change.

## The Benefits of Regular Walking

Walking regularly can:

- **Improve Physical Health:** Strengthen your heart, muscles, and bones while supporting weight management.
- **Boost Mental Well-being:** Reduce stress, enhance mood, and improve focus.
- **Increase Longevity:** Studies show that walking can extend your lifespan by reducing the risk of chronic diseases.

By weaving walking into your life, you'll not only improve your fitness but also enrich your overall quality of life. Lace up your shoes, step outside, and enjoy the journey!





# DREAMY COCONUT MACAROONS IN 5 EASY STEPS!

**B**RING A LITTLE tropical flair to your winter with these irresistibly creamy coconut macaroons. Sweetened naturally with pure maple syrup and infused with coconut cream, these bite-sized treats are a delightful way to enjoy a hint of sunshine in every chewy bite. Plus, this classic coconut macaroon cookie recipe is made with dairy-free ingredients!

## Ingredients for Macaroons:

- 2 cups (500 mL) unsweetened shredded coconut
- 1/2 cup (125 mL) almond flour
- 1/2 cup (125 mL) vegan protein powder (vanilla or unflavoured)
- 1/4 tsp (1 mL) sea salt
- 1/3 cup (80 mL) maple syrup
- 1/4 cup (60 mL) coconut cream
- 2 Tbsp (30 mL) coconut oil, melted
- 1 tsp (5 mL) vanilla extract

## Macaroon Directions:

1. Preheat oven to 325 F (165 C) and line baking sheet with parchment paper.
2. In large bowl, mix shredded coconut, almond flour, protein powder, and sea salt.
3. In separate bowl, whisk together maple syrup, coconut cream, melted coconut oil, and vanilla extract.
4. Combine wet and dry ingredients, mixing until everything is evenly coated and mixture is sticky.
5. Scoop 1 1/2 Tbsp (22 mL) of mixture into your hands, press firmly, and form into balls or mounds.

Place on baking sheet. Bake for 18 to 20 minutes, or until tops are golden and edges are crispy. Remove from oven and let cool on baking sheet for 10 minutes before transferring to wire rack to cool completely.

These macaroons are a perfect blend of sweet, creamy, and crunchy—ideal for satisfying your cravings while adding a tropical twist to your day!

Coconut macaroons are such an easy cookie to make, with simple the ingredients. Make this batch extra special by melting chocolate and dipping the cookies in it. It is delicious!

If dipping the macaroons in chocolate, melt the chocolate in a microwave-safe bowl at medium power, stopping and stirring at 30-second intervals, until just smooth and creamy. (Alternatively, melt the chocolate in a double boiler over simmering water.)

Dip the bottoms of the macaroons in the chocolate, letting any excess drip back into the bowl, and return to the lined baking sheets. Place the macaroons in the refrigerator for about 10 minutes to allow the chocolate to set.





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