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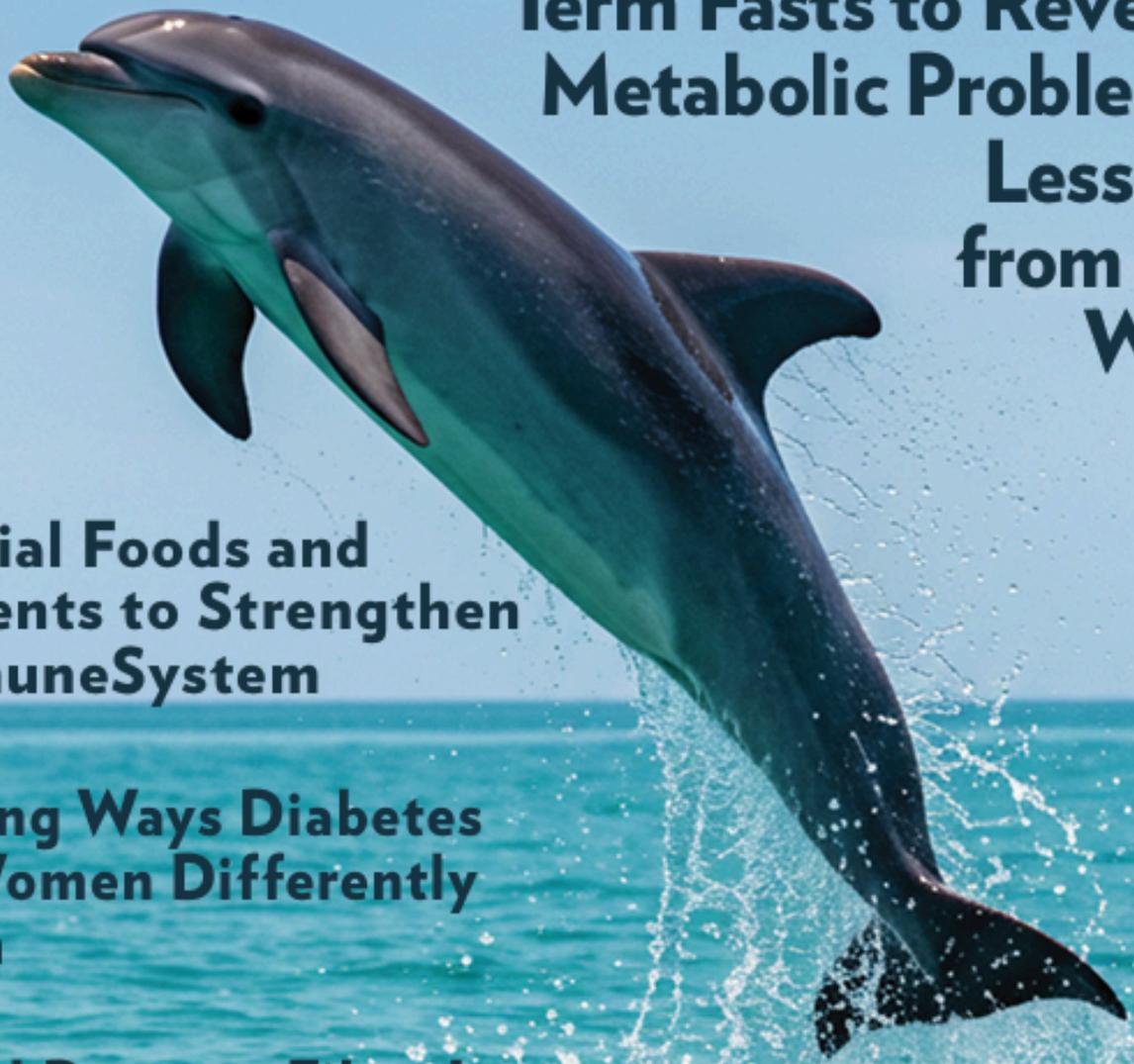
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The Nature of Fasting: How Nature Uses Long- Term Fasts to Reverse Metabolic Problems: Lessons from the Wild



**12 Essential Foods and
Supplements to Strengthen
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**6 Surprising Ways Diabetes
Affects Women Differently
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**7 Powerful Reasons Fiber Is
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LETTER FROM THE EDITOR

Health isn't about quick fixes — it's about daily choices that build resilience in our bodies and minds. This month, we've gathered four powerful articles that highlight simple, natural ways to strengthen your health, with a special focus on Dr. Scott Saunders' deep dive into fasting.

In his article, Dr. Saunders reveals how nature itself provides a blueprint for health. From bears in hibernation to hummingbirds in migration, animals rely on fasting cycles to restore balance, burn fat, and reset metabolism. He shows how we can harness this same rhythm to combat modern challenges like obesity, fatty liver, and type 2 diabetes. Fasting, he explains, is not starvation but restoration — a chance to heal and thrive.

Alongside this, you'll find practical ways to take charge of your diet. Our fiber article reminds us that roughage isn't just about digestion — it's about stabilizing blood sugar, lowering cholesterol, and fueling overall health. For those navigating type 2 diabetes, we've included delicious, easy recipes that prove nutritious meals can be full of flavor and joy. And to round it out, our immunity feature shows how everyday foods — from vitamin C-packed fruits to green tea and zinc-rich meals — can help your body stay strong and ready to fight off illness.

Together, these pieces remind us that true health is about aligning with nature, nourishing our bodies, and using timeless wisdom to guide modern choices. I invite you to enjoy these articles and explore the rest of this month's issue of Home Cures That Work for even more insights and inspiration.

Cheryl Ravey
Editor, Home Cures That Work

THE NATURE OF FASTING: How Nature Uses Long-Term Fasts to Reverse Metabolic Problems: Lessons from the Wild

BY DR. SCOTT SAUNDERS, M.D.

Introduction

In the modern era, metabolic disorders such as insulin resistance, fatty liver disease, and obesity are often regarded as exclusively pathological. Yet, nature offers a radically different perspective. These metabolic adaptations are not pathological, but rather necessary for survival. They allow these animals to survive a winter or times of famine. Across the animal kingdom, long-term fasting is a powerful, cyclical tool that reverses the very metabolic problems humans struggle to manage. In wild animals, these fasting periods are not acts of deprivation, but sophisticated adaptations that restore metabolic health after phases of overfeeding and insulin resistance.

This article explores how various mammals, birds, and even marine species use purposeful fasting—through hibernation, migration, or breeding cycles—to reverse metabolic issues that arise during periods of food abundance. Drawing from a range of species, we examine the mechanisms and evolutionary significance of these fasting behaviors, focusing on periodic insulin resistance and restoration of normal metabolism.

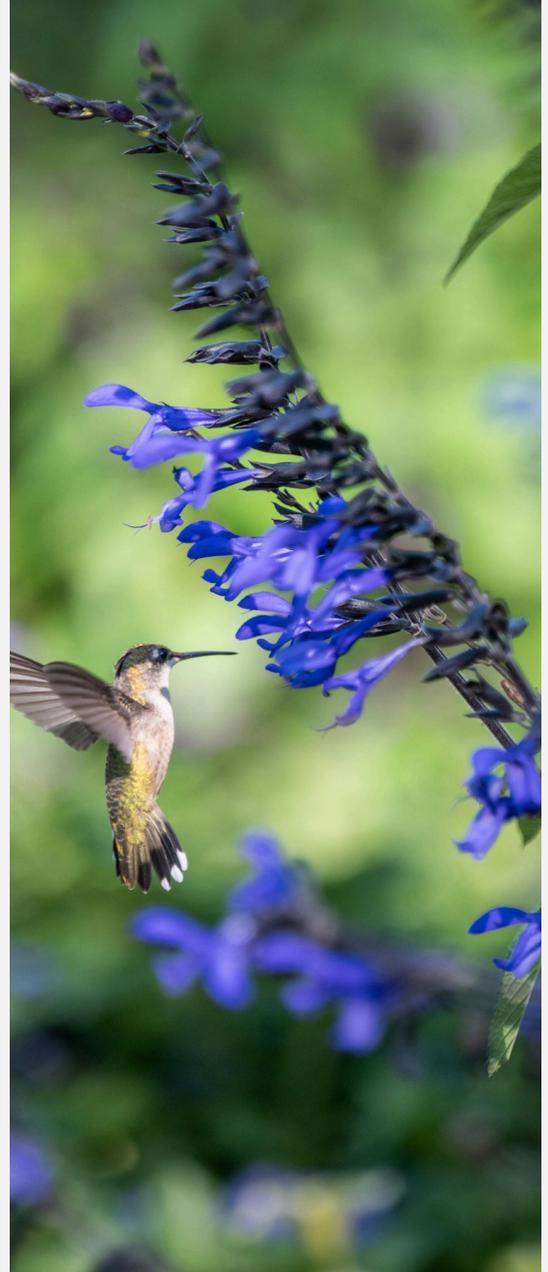
Physiological Insulin Resistance: An Adaptive Strategy

Insulin resistance happens when any animal eats excessive amounts of glucose, causing cells to fill with glycogen (a starch made from glucose), and triggering them to stop making insulin receptors. It is commonly viewed as a precursor to type 2 diabetes—with elevated insulin and glucose, eventually producing obesity, fatty liver, and fatigue. However, in the wild, insulin resistance is often a temporary, adaptive state that enables animals to store energy rapidly and efficiently during seasons of abundance.

The system is beautifully perfect! Once the liver and muscle cells fill with glycogen, high insulin causes excess glucose to be made into fat. Insulin is the hormone that blocks cells from using fat for energy, and increases fat storage. As fat cells grow, energy decreases. Animals become more fatigued as they get more insulin resistance, telling them it's time to settle in for a L-O-N-G nap![1]

For example:

- Bears gorge on high-sugar berries before hibernation.
- Hummingbirds feast on nectar, which is almost pure sucrose.
- And ground squirrels fatten up on fruit, seeds and nuts.



In these animals, insulin resistance causes rapid accumulation of fat, often leading to what would be considered “visceral obesity” and “fatty liver” in humans. Remarkably, these animals do not develop chronic hyperglycemia or diabetes; instead, their bodies use insulin resistance to stockpile energy (fat) for times of scarcity. They gain weight – a lot! In just a couple months eating berries, a bear will add more than 150 pounds of fat! [2]

Protection of Lean Mass: Lower insulin will allow the body to burn fat and conserve muscle and organ protein during fasting. This is why fasting is better than low-calorie diets. If you are eating, even very small amounts, you make insulin which blocks fat-burning, causing people to use protein (muscles) instead.[3]

Key Examples: Cycles of Insulin Resistance and Fasting in Nature[4]

Below is a summary of how various animals naturally manage and reverse metabolic problems through adaptive fasting:

Animal	How They Develop Insulin Resistance	Fasting Period and Reversal Mechanism
Ground Squirrels	Gorge on seeds, nuts, fruit and grain, leading to obesity, insulin resistance and fat storage.	Fasting for 6-8 months with low metabolic rate, restoring metabolism.
Bats (e.g., little brown bats)	Feed heavily on nectar in summer, developing insulin resistance to build fat reserves.	Fast for months in winter with torpor (low metabolism).
Camels	Consume high-energy forage during plentiful seasons, inducing insulin resistance, filling their humps with fat.	Fast for weeks to months in desert; moderate activity during fasting prevents muscle loss.
Northern Elephant Seals	Fatten on fish (high-fat diet) before breeding/molting, leading to obesity.	Fast for 1-3 months on land restores insulin sensitivity.
Fat-Tailed Dwarf Lemurs	Feast on fruits and insects in active season, showing elevated glucose/insulin and resistance for fat accumulation in tails.	Hibernate for months in dry season; fasting reverses resistance, unique as the only hibernating primate.
Hedgehogs	Build fat from insects/fruits in summer, causing excess fat stores.	Hibernate for months; fasting clears metabolic issues, akin to squirrels.
Dolphins (e.g., bottlenose)	Excessive feeding on fish with fat to gain weight.	Fast for days to weeks with high activity level

Migrating Birds and Whales

Migratory birds, such as warblers and geese, also get insulin resistance as a means to store fat before a long migration. During extended flights, these birds fast while burning through both glycogen and fat reserves at a high metabolic rate, restoring normal metabolism.[5]

Humpback and baleen whales rely on seasonal migrations between high-latitude feeding grounds where they consume massive amounts of krill and small fish during summer, and tropical breeding grounds (where food is scarce). This results in a fasting period of over six months, during which they live off stored blubber reserves without eating. These are not insulin resistant, and they have no metabolic derangement, they just get fat so they can survive and thrive while fasting for six months in warmer waters with their young. [6]

Fasting Repairs Metabolism

Long-term fasting in animals triggers several biochemical processes that clear the hallmarks of metabolic syndrome. These include:

- Using fat for energy reduces both liver and visceral fat.
- Improved insulin sensitivity – as cells empty out glycogen over a couple days, they start making more insulin receptors.
- Liver Detoxification: Fasting more than two days promotes autophagy, which clears fatty deposits and cellular debris from tissues and blood vessels.

- Anabolic metabolism during fasting makes protein metabolism more efficient to maintain essential muscle mass. It also improves brain function with ketone bodies.

In hibernators, the drop in metabolic rate minimizes energy needs, allowing for months-long fasting without significant muscle loss or organ damage. In active fasters like hummingbirds, migrating birds, or dolphins, rapid energy consumption and high metabolic rates drive quick reversal.

Protection of Lean Mass: Lower insulin will allow the body to burn fat and conserve muscle and organ protein during fasting. This is why fasting is better than low-calorie diets. If you are eating, even very small amounts, you make insulin which blocks fat-burning, causing people to use protein (muscles) instead.[7]



Nature's Wisdom: Survival, Not Pathology

Thus, insulin resistance is not an illness, and fasting is not just from lack of food, they are an adaptation for survival. These mechanisms allow animals to thrive in environments with unpredictable food availability, ensuring they can store energy when it is abundant and mobilize it efficiently when it is scarce. This cycle also allows for migrations and caring for their young without having to worry about food supply.

For humans, these patterns provide a blueprint for understanding metabolic health. While chronic insulin resistance in humans is dangerous, the natural, cyclical use of insulin resistance and fasting in animals suggests that metabolic flexibility—not avoidance of all resistance—is key. Evolution has equipped many creatures with the ability to transition smoothly between anabolic (storage) and catabolic (consuming) states, preventing long-term harm from temporary metabolic shifts.

Similarly, these same metabolic tools equip the human body. Like bears or emperor penguins, humans can store large amounts of energy in the form of fat during periods of abundance. This innate attribute, once vital when food was unpredictable, allowed our ancestors to endure long stretches of scarcity by drawing on internal reserves.

When humans fast, the body runs out of glucose in less than two days and begins mobilizing fat stores, converting them into ketone bodies and free fatty acids for use by the brain and muscles. This metabolic switch mirrors the adaptations seen in wild animals, sparing muscle protein while efficiently burning fat for energy. In this state, insulin sensitivity is gradually restored as tissues use up glycogen and regain their responsiveness to it.

Periods of fasting also activate cellular maintenance programs like autophagy, which clear out damaged components and help rejuvenate organs, much as seen in animal models. This process offers protection against the buildup of metabolic waste and supports overall organ health, echoing the liver detoxification and protein-sparing mechanisms seen in wild species.

For people who accumulate excess fat due to continuous caloric surplus or a sedentary lifestyle, these ancient metabolic pathways offer a blueprint for regaining health. By periodically engaging in well-timed fasts, individuals can tap into these dormant survival strategies—reducing visceral fat, restoring insulin sensitivity, and promoting cellular renewal. Such practices, deeply rooted in our biology, may help counteract the metabolic pitfalls of modern living and encourage a return to the cyclical, restorative rhythms that once sustained our species.



Approaches to Fasting: Insights from Nature

Fasting encompasses a range of practices, each paralleling distinct survival mechanisms observed within the animal kingdom. To optimise fasting's potential benefits, it is important to account for not only its duration and intensity but also accompanying physical activity and hydration.

Short-Term Fasting: The Hummingbird's Night[8]

The hummingbird, noted for its rapid metabolic rate, sustains itself through frequent feeding during daylight yet undergoes nightly periods of fasting, relying on stored energy until morning. For humans, an overnight fast—typically spanning 12 to 16 hours—is readily achieved by abstaining from evening meals and resuming food intake at breakfast. This fast allows the circadian rhythm to go into anabolic mode and repair the body every night.

- Consume two meals daily, concluding by 4pm, then refrain from further eating until the next morning.
- These brief fasts don't require exercise, since they do not deplete glucose stores.
- Hydration: Drinking small amounts more frequently hydrates better than a lot all at once.

Intermediate Fasting: The Lion's Feast and Fast[9]

Between short and long-term fasting, many animals embody intermittent or periodic fasting patterns. Lions, for instance, may go several days without eating between successful hunts, alternating periods of feasting and fasting. Dolphins eat a lot and then fast for days to weeks to use up the accumulated fat. Similarly, emperor penguins fast for weeks while incubating eggs, relying on stored energy reserves. In humans, mimicking these natural rhythms could take the form of 24–48 hour fasts or "5:2" approaches (five days of normal eating, for every two fasting days). Since it takes a little more than a day, this method facilitates metabolic switching, whereby when glycogen stores are depleted, fat mobilization initiates, and cellular repair is supported.

- Implementation: Try fasting for 24 hours once or twice per week.
- Physical activity: keep active to maintain muscle mass.
- Hydration: Continue fluid intake during fasting, water only.



Long-Term Fasting: The Bear's Winter Slumber[10]

Bears exemplify prolonged fasting, utilising stored fat reserves throughout months of hibernation while largely preserving muscle mass despite reduced activity. In humans, extended fasting might be a few days to a few weeks. While true hibernation is unattainable, fasting for a week or more with water serves as a human analogue.

- **Preparation:** It is advisable to practice short-term fasting prior to undertaking a lengthy fast. A few one-day fasts may be enough, but a three-day fast is ideal because that is about the time required to switch to fat-burning metabolism. The length will depend upon your fat stores. Approximately one pound of fat is lost per day during water-only fasting so you should limit your fast to the number of days that you are pounds overweight.
- **Physical activity:** Like dolphins and camels, sustained physical activity during fasting—especially resistance exercises and walking—encourages muscle preservation by signalling protein-sparing adaptations and enhancing fat metabolism.
- **Hydration:** Adequate water consumption is important. Extended fasting, more than a week, may also warrant electrolyte supplementation either by adding salt, or having sixteen ounces of bone broth daily.



Finding Your Rhythm: Adaptive Strategies

Optimal fasting regimens are contingent upon individual requirements, energy reserves, and activity levels. Daily time-restricted eating or intermittent fasting may suit some individuals, whereas others may benefit from periodic extended fasts. Nature illustrates that strategic fasting promotes organ rejuvenation, restores insulin sensitivity, and supports metabolic health.

- **Active fasting:** Remaining physically active during fasting—via walking, resistance training, or yoga—can help safeguard and strengthen muscle mass, akin to migratory birds maintaining flight muscles during prolonged journeys with limited food access.
- **Listening to the body:** Adapt fasting length and intensity according to personal tolerance, physical demands, and overall health status.
- **Timing:** It's easy to know when to fast – when the bear gets fat and lethargic it goes in and sleeps for six months. Likewise, when you feel fatigue, and have belly fat that you want to use up, you can fast until it's gone. You should lose just under one pound for every day of fasting.
- **Maintenance:** Once you arrive at your ideal body weight, fasting like wild animals is still a good option.
 1. Hummingbird: No food after 6pm to keep a good circadian rhythm.
 2. Dolphin: Fast one day per week for 24 hours without food or water to balance metabolic hormones.
 3. Lion: Fast for 72 hours every month to keep your metabolism efficient, clean out your body, and repair all damage.

The ideal system would be to do all three. Keeping this program on a continual basis will ensure your longest and healthiest life.

In sum, fasting is most beneficial when it reflects nature's wisdom—timed, purposeful, and paired with proper hydration and activity. Whether mimicking the hummingbird's nightly rest, the bear's winter slumber, or the adaptive flexibility of our ancestors, these strategies offer pathways to restore metabolic health and resilience.



Conclusion

From bears to bats, camels to lemurs, and seals to hummingbirds, nature demonstrates a remarkable capacity to use long-term fasts as a restorative process for metabolic health. By cycling between phases of fat accumulation and extended fasting, animals reverse physiological insulin resistance and avoid the chronic diseases that plague modern humans.

These natural cycles underscore an important lesson: fasting, when properly timed and physiologically appropriate, is not simply an act of scarcity or deprivation. It is a deeply rooted biological strategy for maintaining health, resilience, and survival—one that has been part of life from the beginning. Understanding these patterns may offer new insights into how we approach metabolic disorders and the potential benefits of mimicking nature's fasting rhythms in human health.

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7 POWERFUL REASONS FIBER IS THE MISSING PIECE IN YOUR OPTIMAL HEALTH

When it comes to healthy eating, most people focus on protein, carbs, and fats—but there’s another nutrient that often gets overlooked: fiber. And yet, fiber may be one of the most powerful tools for [weight management](#), heart health, and overall wellness. Many health experts even consider fiber to be one of the cornerstones of a balanced diet because of how many different systems in the body benefit from it.

Why Fiber Matters

Fiber is a unique type of carbohydrate that the body can’t fully digest. Instead of breaking down into sugar, it moves through the digestive system, helping regulate how your body uses nutrients. This simple process has big benefits:

- **Keeps you full longer** – Fiber adds bulk to meals, helping you feel satisfied without extra calories. When you feel full and satisfied, you’re less likely to snack unnecessarily or overeat later in the day.
- **Supports healthy digestion** – It promotes regularity and keeps your gut in balance. A diet rich in fiber helps prevent constipation and can even reduce the risk of certain digestive issues like diverticulitis.
- **Balances blood sugar** – By slowing the absorption of sugar, fiber helps prevent spikes and crashes. This is especially important for people with insulin resistance or diabetes, since stable blood sugar supports steady energy and fewer cravings.
- **Protects your heart** – Research shows that high-fiber diets support healthy cholesterol and reduce long-term risk of heart disease. Soluble fiber, in particular, acts like a sponge in the digestive tract, binding to cholesterol and carrying it out of the body.

In fact, studies suggest that a diet rich in fiber can sometimes be as effective as certain medications when it comes to supporting healthy cholesterol levels. Beyond heart health, fiber has also been linked to lowering the risk of stroke, obesity, and even certain cancers, making it an all-around nutrient hero.

How Much Fiber Do You Need?

Most adults should aim for 25–35 grams per day. Unfortunately, the average person gets far less than that—closer to 15 grams per day. This shortfall means that most people are missing out on the protective benefits fiber offers.

The best way to close the gap is by increasing your intake gradually—about 3 to 5 grams per week—so your body adjusts without digestive discomfort like bloating or gas. For example, if you typically eat very little fiber, you might start by adding an apple with breakfast or a side of beans at dinner. Over time, these small changes add up to a big difference in your daily total.

Food First, But Supplements Can Help

Ideally, you should get most of your fiber from whole foods such as vegetables, fruits, beans, seeds, and whole grains. These provide both soluble fiber (which helps with cholesterol and blood sugar) and insoluble fiber (which promotes regularity), along with a variety of vitamins and minerals that your body needs. Eating whole foods also delivers antioxidants, phytonutrients, and other compounds that work in synergy with fiber to boost overall health.

But when life gets busy, it’s not always easy to reach your daily target through food alone. That’s where supplements can be helpful. Powders, capsules, or even fiber-rich snack alternatives can provide an extra boost. Supplements can also be a good option for people with specific health goals or dietary restrictions who might struggle to get enough fiber from meals.

For a convenient option that combines fiber with nutrient-rich greens, try [Fiber Greens](#). It’s an easy way to increase your intake while also supporting digestion, energy, and overall health. Because it’s quick to mix into water or a smoothie, Fiber Greens can help bridge the gap on days when vegetables and fruits are in short supply.



6 SURPRISING WAYS DIABETES AFFECTS WOMEN DIFFERENTLY THAN MEN

Diabetes doesn't impact men and women in the same way. For women, hormonal fluctuations, reproductive health concerns, and unique risks make managing blood sugar more complex. These differences can raise the risk of cardiovascular disease, contribute to greater emotional challenges, and affect overall quality of life. Understanding these distinctions is key to helping women navigate health challenges more effectively and take steps to protect themselves long term.

1. Menstrual Cycles and Blood Sugar Fluctuations

Unlike men, women experience monthly shifts in estrogen, progesterone, luteinizing hormone, and follicle-stimulating hormone. These changes can alter insulin sensitivity throughout the cycle. Some women notice rising blood sugar after ovulation due to increased progesterone, while others find they're more insulin sensitive at the start of their period.

This fluctuation can make it tricky to predict and manage blood sugar from one cycle to the next. For women trying to keep their levels stable, tracking symptoms and blood sugar patterns across multiple months can provide helpful insights. Some find that adjusting nutrition, activity, or medication during certain phases of their cycle allows for steadier control. While men experience fairly consistent hormone levels, women must account for this added layer of complexity every month.



2. Pregnancy and Diabetes Risks

High blood sugar can complicate pregnancy, but with proper preparation, many women have healthy outcomes. Blood sugar control is critical before and during pregnancy, since elevated glucose early on increases the risk of miscarriage or birth defects. During pregnancy, a woman's body naturally becomes more insulin resistant to provide glucose for the developing baby. For women already managing diabetes, this means extra monitoring and care. Frequent blood sugar checks, careful meal planning, and working closely with a healthcare team are essential steps. In some cases, women may require adjustments in medication or insulin to maintain safe blood sugar levels.



Gestational diabetes, a temporary condition that develops during pregnancy, also highlights the unique risks women face. Even though it often resolves after delivery, it increases the chances of developing type 2 diabetes later in life. This makes ongoing follow-up and preventive care crucial for long-term health.

3. PCOS and Insulin Resistance

Polycystic ovarian syndrome (PCOS) is common in women with high blood sugar because both conditions are linked to insulin resistance. Together, they can worsen symptoms like irregular cycles, acne, and weight gain.

When insulin resistance is present, the body has a harder time moving glucose into cells for energy, leading to higher blood sugar levels. Over time, this can worsen both PCOS symptoms and diabetes risk. Lifestyle changes such as balanced nutrition, regular exercise, and stress reduction play a vital role in improving insulin sensitivity.

Medical treatment may also be necessary. For many women, a combination of approaches works best—helping regulate menstrual cycles, improve fertility outcomes, and support better blood sugar control. Addressing PCOS and high blood sugar together, rather than separately, often produces the best results.



4. Menopause and Metabolism

During perimenopause and menopause, estrogen levels decline, which can increase insulin resistance and make blood sugar harder to control. Many women also gain weight around the midsection, raising cardiovascular risk. These changes in body composition can be frustrating and may require women to adjust eating habits and physical activity to maintain balance.

On top of physical changes, this stage of life may also increase rates of depression and sleep disturbances. Women with high blood sugar are more likely to enter menopause earlier, which means facing these challenges sooner than their peers.

Healthy habits make a significant difference. Strength training, for example, helps preserve muscle mass and improve metabolism, while a high-fiber diet supports both digestive health and blood sugar stability. Managing stress through mindfulness, yoga, or other relaxation techniques can also buffer the emotional toll of this life stage.



5. Vaginal and Sexual Health

Chronic high blood sugar can encourage bacterial and fungal growth, leading to more frequent urinary tract and yeast infections. This happens because excess sugar in the urine and tissues provides a breeding ground for harmful organisms.

Over time, nerve and blood vessel damage from poorly managed blood sugar may also affect sexual health. Women may experience vaginal dryness, reduced sensation, or even sexual dysfunction, which can impact intimate relationships and emotional well-being.

The good news is that stabilizing blood sugar levels greatly reduces these risks. Open conversations with healthcare providers, along with proactive treatment, can protect sexual health and help women maintain quality of life.



6. Higher Emotional Burden

Women with high blood sugar report higher rates of depression and lower quality of life compared with men. The added challenges of hormone fluctuations, reproductive health concerns, and daily blood sugar management create additional emotional weight.

This emotional burden may also lead to something called “diabetes distress”—a state of frustration, exhaustion, or burnout from the constant effort required to manage the condition. Women are particularly vulnerable due to the additional physical and social pressures they face.

Support systems are essential. Access to education, counseling, support groups, and self-care practices can help women cope. Prioritizing mental health is just as important as managing blood sugar, since emotional well-being plays a major role in long-term success.

The Takeaway

High blood sugar affects women in ways that extend beyond glucose numbers, influencing reproductive health, sexual well-being, and emotional balance. By focusing on healthy lifestyle habits, seeking strong medical support, and staying proactive through life stages like pregnancy and menopause, women can manage these challenges and protect both their health and quality of life. With the right tools, women can navigate these unique differences and live full, thriving lives despite the added complexities diabetes may bring.

12 ESSENTIAL FOODS AND SUPPLEMENTS TO STRENGTHEN YOUR IMMUNE SYSTEM

As cold and flu season approaches, many of us start looking for natural ways to stay healthy and resilient. A strong immune system depends not only on lifestyle choices like regular exercise, good sleep, and avoiding smoking, but also on the nutrients we get from food. “Nutrients, the things we eat, are a very important part of how our immune system functions,” says Philip Calder, professor of nutritional immunology at the University of Southampton.

Dan Winer, an immune system researcher at the Buck Institute, adds that immune health isn't just about cutting out harmful foods like excess sugar or processed snacks—it's about actively feeding the body what it needs to thrive. Since the gut houses the largest collection of immune cells in the body, a healthy diet directly influences immunity throughout the system. Unfortunately, nearly half of U.S. children and one-third of adults have a poor-quality diet, which leaves their immune defenses weaker than they should be.

The good news? Small changes in your daily diet can make a meaningful difference. Here are 12 foods and supplements that science shows can support a strong, resilient immune system:

1. Vitamin C Foods

Vitamin C boosts the production of white blood cells, which are essential for fighting infections. Citrus fruits like grapefruits, oranges, and tangerines, as well as strawberries, broccoli, kale, peppers, and kiwifruit, are all excellent sources.

2. Beta-Carotene (Vitamin A)

Beta-carotene converts into vitamin A, an anti-inflammatory nutrient that helps your antibodies respond to toxins and viruses. You'll find it in carrots, spinach, kale, apricots, sweet potatoes, squash, and cantaloupe. Because it's fat-soluble, pair it with healthy fats like avocado, olive oil, or hummus for better absorption.

3. Vitamin E

This fat-soluble vitamin regulates immune function and supports cell health. Nuts, seeds, spinach, and avocado are rich sources of vitamin E.

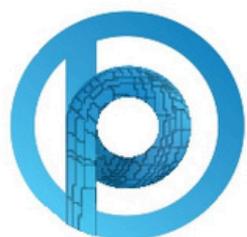
4. Green Tea

Packed with antioxidants and amino acids, green tea helps T-cells produce compounds that fight germs and reduce inflammation. Enjoy it hot, iced, or as matcha.

5. Selenium

An antioxidant that protects the respiratory system, selenium lowers inflammation and enhances immune defenses. Brazil nuts, seafood, lean meats, pasta, and rice are good sources.





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