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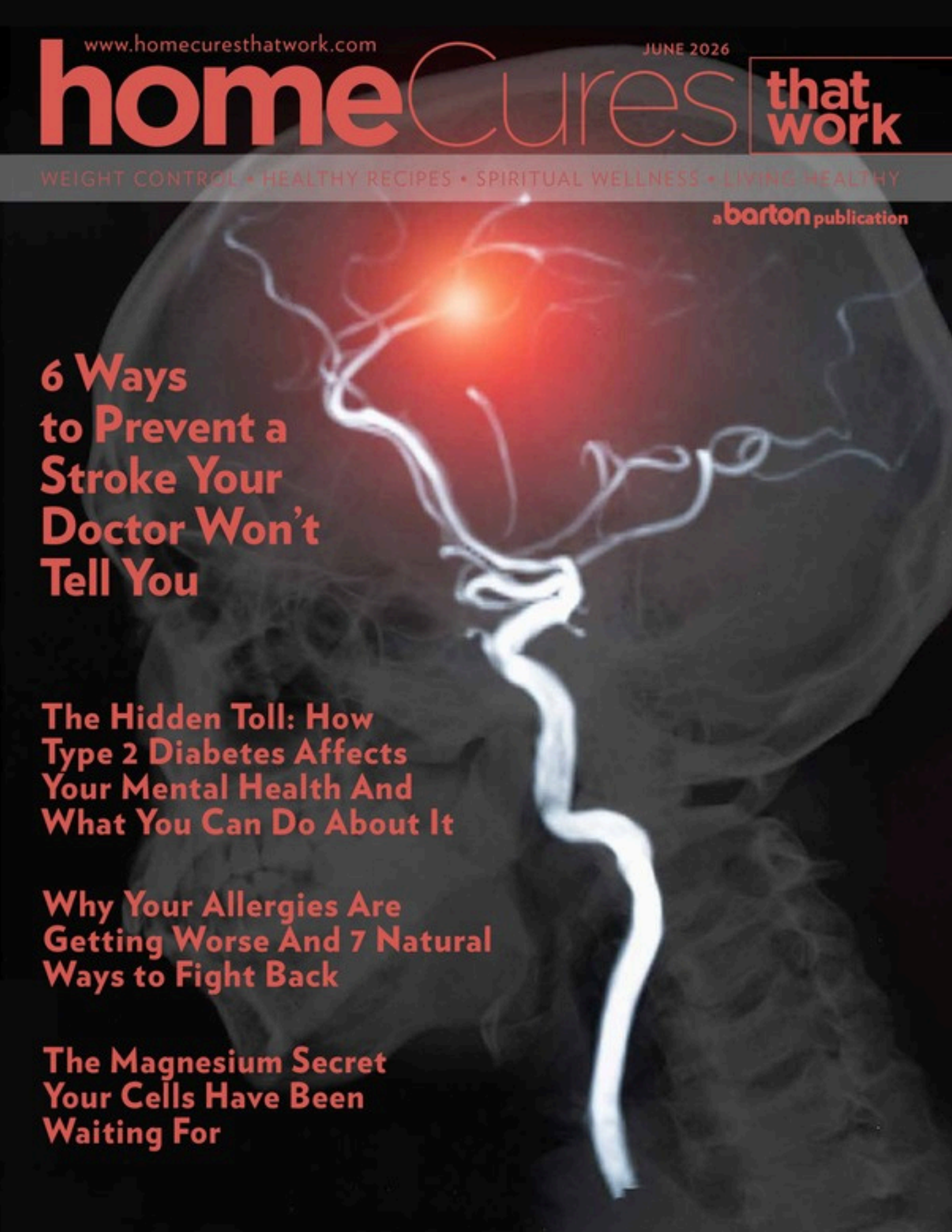


6 Ways to Prevent a Stroke Your Doctor Won't Tell You

The Hidden Toll: How Type 2 Diabetes Affects Your Mental Health And What You Can Do About It

Why Your Allergies Are Getting Worse And 7 Natural Ways to Fight Back

The Magnesium Secret Your Cells Have Been Waiting For

Table of Contents

From the Editor

Welcome to the June issue of Home Cures That Work. This month is all about the health threats hiding in plain sight, the ones that quietly build up while we trust the wrong solutions to protect us.

Dr. Scott Saunders kicks us off with a feature that may change the way you think about stroke. Most of us have been told that blood pressure medications and cholesterol drugs are our best defense. Dr. Saunders digs into the research and tells a very different story. The real drivers are inflammation and metabolic dysfunction, and up to 80 percent of strokes can be prevented when you address those root causes through omega-3 supplementation, fasting, anti-inflammatory eating, and targeted exercise. This is one you will want to share with the people you love.

That theme of looking deeper carries through the entire issue. Millions of people managing type 2 diabetes are fighting a battle most doctors never ask about: depression, anxiety, and emotional burnout. We explore why mental health is so tightly linked to blood sugar and share six natural strategies to break the cycle. Meanwhile, seasonal allergies are hitting harder and lasting longer than ever, and the answer goes well beyond antihistamines. We unpack what is driving the surge and lay out seven natural remedies that build genuine resilience from the inside out.

Tying it all together is magnesium, the one mineral that touches nearly every topic in this issue. It calms inflammation, supports sleep, eases stress, and helps regulate blood sugar, yet up to half of Americans are not getting enough. Our supplement spotlight reveals why this single nutrient could be the missing piece in your daily routine.

Cheryl Ravey

Editor, Home Cures That Work

6 Ways to Prevent a Stroke Your Doctor Won't Tell You

There is a standard narrative that if your blood pressure is high, you will get a stroke. Your doctor says, "You need to take this medication so you don't get a stroke!" Fear sets in, and you acquiesce. But, what they don't tell you is that medications may slightly lower absolute risk for stroke, but they cause other problems.

A recent report from a long-term study done in Pomerania (SHIP) showed that lowering blood pressure with medications increases your risk of death.[1] The authors state: "Individuals with medication at baseline always had a higher risk for all-cause mortality irrespective of measured blood pressure compared to the reference group…" No matter how you look at this large, prospective, recent study, your risk of death increases with medications.

It is also risky to lower blood pressure if you have a stroke. If blood pressure is lowered during a stroke, then blood flow to the brain slows down, and damage is worse. This treatment is dangerous, and the FDA has recommended that it not be used, [2] but in some places, it persists. The temptation to lower severe hypertension is just too great for many doctors.

A stroke is a lack of blood flow to an area of the brain. The blood flow to the brain is directly correlated with the blood pressure. What the doctors don't know is that the blood pressure goes up because the brain is demanding more blood flow, so a stroke causes hypertension, not the other way around.

There are two different kinds of strokes.[3]

1. **Hemorrhagic stroke** is bleeding in the brain from a ruptured blood vessel. It can be caused by trauma, such as a fall or automobile accident, or by an aneurism, a weak spot in a blood vessel that ruptures. These account for about 13% of strokes.

2. **Ischemic stroke** is a lack of blood flow to an area because of clogging of an artery. This can happen when material from plaques in an artery breaks off, travels into the brain, and clogs an artery, or when the blood clots in an artery. This is by far the most common cause of strokes, about 87%.

Transient Ischemic Attack

A temporary stroke is called a transient ischemic attack, or TIA. These are always ischemic, or blockage of arteries. It generally lasts for less than a day, and the symptoms resolve completely.

The body will dissolve clots, or use collateral circulation to get blood to the area. The important thing to note about a TIA is that they aren't benign. Just because they go away quickly and resolve completely doesn't mean there is no damage. They also indicate a risk for a major stroke in the same area, so they should not be ignored. If you have any kind of TIA, you need to do all you can to lower your risk of stroke.

Stroke is very common

According to stroke.com:

- Each year nearly 800,000 people experience a new or recurrent stroke.
- A stroke happens every 40 seconds.
- Stroke is the fifth leading cause of death in the U.S.
- Every 4 minutes someone dies from stroke.
- Stroke is the leading cause of adult disability in the U.S.
- Up to 80 percent of strokes can be prevented." [4]

This last one is what we want to discuss. How can 80% of strokes be prevented?

High blood pressure and stroke

Let's first look at the standards of society. We have been told that stroke is caused by high blood pressure. Even today, most of the medical websites on stroke tell the same story, such as that found on WEBMD:

- "Experts say 80% of strokes can be prevented. The single best way to do that is to get your blood pressure in the healthy range. That means lower than 120/80." [5]

However, a thirty-year study of men showed that lowering blood pressure with medications didn't lower stroke risk compared to those who had normal blood pressure. The authors concluded:

- "In spite of a substantial reduction of their blood pressure, treated hypertensive middle-aged men had a highly increased risk of stroke... compared with non-hypertensive men of similar age." [6]

In other words, medications to lower blood pressure are no t as good as naturally having normal blood pressure. Other studies have shown similar results.[7]

The take-home message is that while people with lower blood pressure have a lower risk for stroke, those who started with high blood pressure continue to have a much higher rate of strokes, even if their blood pressure is lowered with drugs.

Cholesterol and stroke

Perhaps you may think that lowering cholesterol will lower your risk of stroke. However, this may not be true. A study of 45,000 [8] people showed no correlation between cholesterol level and stroke. There is a slight increased risk of stroke with lower cholesterol. [9] So, using medications is not helpful. What can we do to lower the risk of stroke?

Cause vs. Association

The reason that changing the "risk factors" doesn't change the risk is because they are not the cause of the problem. Hypertension and high cholesterol are associated with stroke, but don't cause stroke.
Real Risks

What causes stroke is clots that happen in the arteries. The two primary sources of arterial disease that can lead to stroke are clots come from:

1. Inflammation
2. Metabolism

Inflammation

When we have inflammation anywhere in the body, it increases our clotting mechanism. This allows clots to form in blood vessels, which can travel to the brain and cause a stroke. Inflammation is increased with obesity, diabetes, infections, and autoimmune disease.

Metabolic causes

It is interesting that type 2 diabetes has a far greater association with stroke than blood pressure. Type 2 diabetes is one reason for hypertension. This illness is a metabolic problem, or a disease that affects the energy production. Type 2 diabetes happens from eating too much, especially sugar and carbohydrates. It can also happen from having too much stress hormones, such as cortisol. Stress hormones raise the blood pressure and increase cholesterol and sugar. This gives us some ideas as to what we can do to lower our risk of stroke.

Preventing stroke for good!

Now, lets get to that 80% -- how can we lower our risk by that much?

Inflammation

The first thing is to lower inflammation. If you have any inflammatory condition, don't just take aspirin or other drug to relieve the symptoms, rather, find the cause and treat it. If you have arthritis, don't just mask the symptoms, find out why and remove the cause.

One of the best things to lower inflammation and prevent clotting is omega 3 oils. Studies indicate that just adding omega 3 lowers your risk of stroke more than lowering blood pressure.[10] It is important to avoid omega 6 vegetable oils, especially those that are in processed foods because they get oxidized. Then add omega 3. You can get a good quality omega 3 oil from Barton Nutrition here.

Also, make sure you have an anti-inflammatory diet with plenty of anti-oxidants in fruits, vegetables, and whole foods.

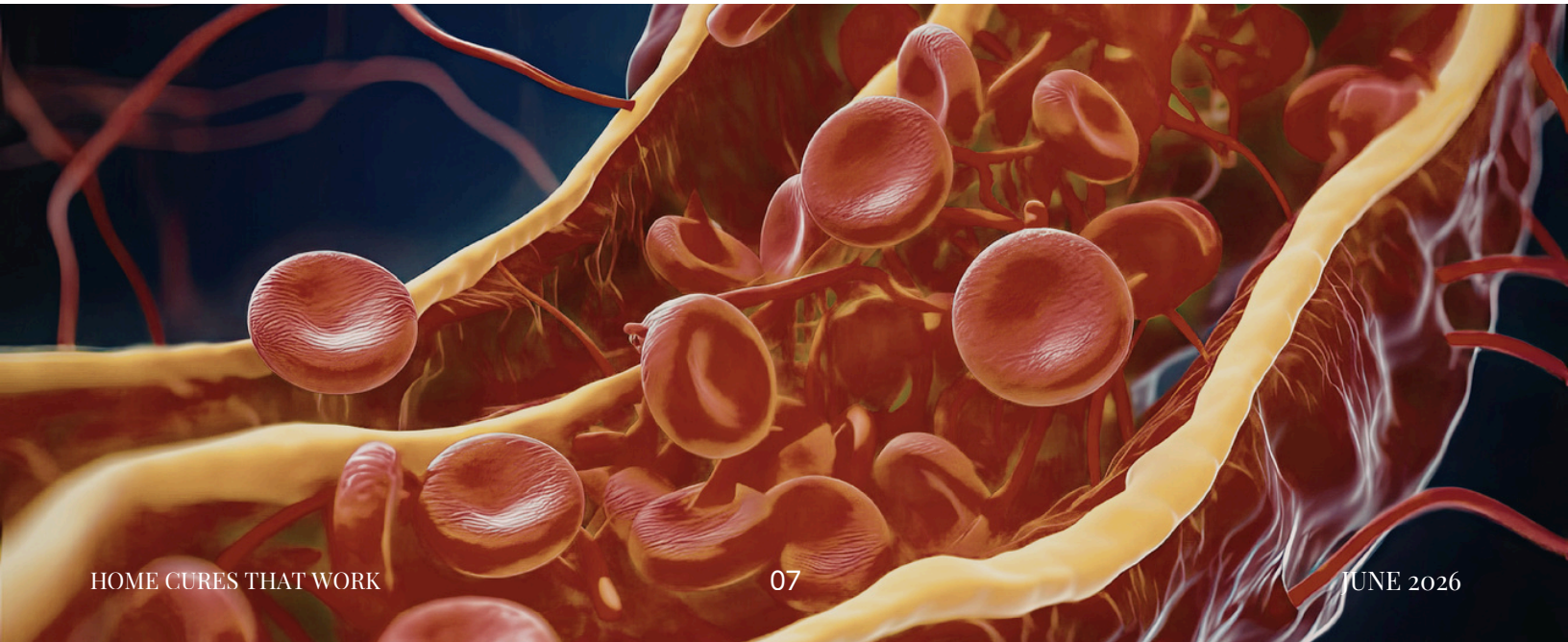
Atrial fibrillation

Those who have atrial fibrillation have an increased risk of stroke because clots can form in the heart and then go to the brain. The prevention of strokes requires preventing clots from forming in the heart.

Now, there is a WATCHMAN, which is a filter to catch the clots in the aorta so they can't get to the brain. Those with atrial fibrillation should make sure they have a good omega 6 to omega 3 ratio. They can also take vitamin E[11] (d-alpha tocopherol with mixed tocopherols – don't use dl-alpha tocopherol) 1200 IU daily, and Nattokinase[12] 200mg twice daily.

Metabolism

The best way to lower blood pressure to prevent stroke is to improve metabolism. This means allowing your body to use both glucose and fat. As the populations of the world are becoming more obese, the stroke rates increase, however, like blood pressure, obesity is only a symptom. We store all the extra energy we don't use as fat, but if we never use it, we just continue to store it. Excess fat in the body increases blood pressure and inflammation. The key here is to be able to use fat for energy. This also has the benefit of cleaning out the arteries.



There are several ways to do this:

- **Avoid sugar** - processed sugars cause inflammation.
- **Avoid carbohydrates** – to lower insulin.
- **Eat less** - smaller meals empty out of the stomach faster.
- **Eat fewer meals** (Intermittent fasting) give time for digestion to happen.
- **Ketogenic diet** for 90 days every year to clean out the sugar.

A combination, or all, of the above is the most helpful. The key is to burn fat. When we stop eating, we start using the fat we have stored. This is the single best way to lower stroke risk.[13] In fact, we don't even need to lose weight to get the benefits.[14] It's not the amount of fat we have, rather it's our ability to use it for energy that lowers our stroke risk. This is why there are many overweight people who don't get strokes.

Fasting is the best way to burn fat. People who eat low calorie diets use a lot of protein (muscles) for energy – about 25% of the weight they lose is muscle. During a fast, insulin levels drop, allowing the body to use fat, instead of muscles, for energy.[15] Studies done on people with hypertension showed that fasting for two weeks, drinking only water, worked 100% of the time,[16] meaning their blood pressure became normal.

I don't think a lot of people are going to check into a fasting clinic for 2 weeks, but there is another good option. It turns out that fasting for 3 days (72 hours) once per month can change the metabolism to fat-burning, and allow normal blood flow to the brain.

One person who tried it said:

"The key idea behind fasting isn't deprivation, it's giving your body a break from the constant work of digestion, so it can focus on deeper repair. When you step out of the cycle of constant eating, you trigger metabolic shifts that help lower inflammation, balance hormones, and even clear the skin from the inside out. It's not about discipline, it's about creating the space for your body to do what it's designed to do."[17] — Donna Bartoli

Blood pressure plummets without medications, inflammation drops, fat decreases, the body runs better, turning on all the repair mechanisms. This includes decreased clotting, lowering the risk of stroke.

Exercise

Studies show that heavy exercise decreases stroke risk by 25%. That's better than blood pressure medication! Exercise improves blood flow and prevents clots from forming in the arteries. It increases nitric oxide and the function of the blood vessels. It decreases insulin to improve metabolism. The more you exercise the lower your risk of stroke.[18]

The best exercise is HIIT (High Intensity Interval Training) where you push hard for 10 seconds, and then do light exercise for 30 seconds. It only takes about 15 minutes a day 5 days a week to improve your metabolism and decrease your risk of stroke.

Summary:

- Balance **omega oils** by decreasing vegetable oils (omega 6) and take omega 3.
- Take vitamin E
- Avoid processed foods
- Avoid sugar
- Fast 72 hours once a month
- Exercise regularly

Strokes are feared so much that people are willing to spend thousands of dollars and take medications for their entire lives just for a very small probability of preventing them. There is a better way. Keep your blood vessels clean and clots don't form. This is why I believe that by following the principles outlined above, you can lower your risk of stroke not only 80%, but very near 100%.

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The Hidden Toll:
How Type 2 Diabetes Affects Your Mental Health—And What You Can Do About It.

Managing blood sugar is only half the battle. Protecting your emotional well-being may be just as important for living well with diabetes.

If you're living with type 2 diabetes, you already know how much mental energy goes into managing it every day. Checking blood sugar, watching what you eat, remembering medications, keeping up with doctor visits—it can feel like a second full-time job. But what many people don't realize is that the emotional weight of diabetes can be just as heavy as the physical demands.

Research now confirms what many diabetics have quietly felt for years: type 2 diabetes and mental health are deeply connected, and the relationship goes both ways. Depression can make blood sugar harder to control, and uncontrolled blood sugar can worsen mood, energy, and motivation. It's a cycle that can leave you feeling stuck—but there is a way out.

The Diabetes-Mental Health Connection: What the Research Shows

Studies consistently show that people with type 2 diabetes face roughly double the risk of developing depression compared to those without the condition. Anxiety is also remarkably common—affecting an estimated 40 percent of people living with type 2 diabetes. And these aren't just statistics. They represent real people who are struggling silently while trying to manage a demanding chronic illness.

The connection works on multiple levels. Biologically, chronic high blood sugar triggers inflammation throughout the body, including in the brain.

This inflammation can disrupt the production and function of neurotransmitters like serotonin and dopamine—the very chemicals that regulate mood, motivation, and feelings of well-being. At the same time, the stress of managing diabetes elevates cortisol levels, which further compounds inflammation and can contribute to insulin resistance, creating a vicious feedback loop.

There's also an emotional dimension that's often overlooked. The constant vigilance required by diabetes management can lead to what experts call "diabetes distress"—a specific form of emotional burden that's distinct from clinical depression, though the two often overlap. Diabetes distress includes feelings of frustration, defeat, and guilt about blood sugar numbers, as well as fear of complications and overwhelm from the daily demands of self-care.

Five Warning Signs You Shouldn't Ignore

Mental health struggles in diabetes don't always look like what you'd expect. Many people dismiss their symptoms as "just being tired" or "stressed out." Here are some signs that the emotional toll of diabetes may be affecting you more than you realize:

Persistent fatigue that sleep doesn't fix. If you're getting enough rest but still feel mentally and physically drained, it could be more than blood sugar fluctuations. Depression-related fatigue has a distinct heaviness that goes beyond physical tiredness.

Losing motivation for self-care. Skipping medications, avoiding blood sugar checks, eating impulsively, or canceling doctor's appointments are all signs of diabetes burnout—a state where the emotional demands of management simply overwhelm your coping resources.

Withdrawal from activities you once enjoyed. If hobbies, social gatherings, and family activities no longer appeal to you, this shift deserves attention. Social isolation tends to worsen both depression and blood sugar control.

Increased irritability or anxiety. Snapping at loved ones, feeling on edge, or experiencing a persistent sense of dread can all be signs that anxiety is becoming a significant issue alongside your diabetes.

Feelings of guilt or shame around food. Many people with diabetes develop a complicated relationship with eating. If every meal feels like a moral test, or if you're caught in cycles of restriction and indulgence, this emotional pattern can significantly affect both your mental health and your blood sugar.

Why Traditional Diabetes Care Often Falls Short

Here's the uncomfortable truth: most standard diabetes care focuses almost entirely on physical markers like A1C levels, blood pressure, and cholesterol numbers. And while those are absolutely important, this approach leaves a massive gap when it comes to emotional well-being.

Many people report that their doctor asks about blood sugar readings at every visit but never inquires about their mood, stress levels, or emotional coping. This isn't necessarily the doctor's fault—appointment times are short, and the medical system is designed to prioritize measurable outcomes. But the result is that mental health struggles often go unrecognized and unaddressed until they've become severe.

The International Diabetes Federation now recommends that mental health be assessed routinely at every diabetes check-up. If your healthcare provider isn't asking about your emotional well-being, it's worth bringing it up yourself.

Natural Strategies to Protect Your Mental Health

The good news is that there are many effective, natural approaches to strengthening your mental health while managing diabetes. These strategies aren't just "feel good" advice—they're backed by research and can meaningfully improve both your mood and your metabolic health.

1. Move Your Body—Even a Little

Exercise is one of the most powerful natural antidepressants available, and it has the added benefit of improving insulin sensitivity. You don't need to run marathons. Research shows that even a 20-minute walk can significantly reduce symptoms of depression and anxiety. Walking after meals is especially beneficial for people with diabetes because it helps blunt post-meal blood sugar spikes while simultaneously boosting endorphins.

The key is consistency rather than intensity. Find an activity you genuinely enjoy—walking, swimming, gardening, dancing, gentle yoga—and make it part of your daily routine.

2. Prioritize Sleep as Medicine

Poor sleep is both a consequence and a cause of mental health struggles in diabetes. When you don't sleep well, your body produces more cortisol and becomes more resistant to insulin. At the same time, inadequate sleep impairs mood regulation, making you more vulnerable to depression and anxiety.

Aim for seven to eight hours of quality sleep. Create a consistent bedtime routine, keep your bedroom cool and dark, and avoid screens for at least 30 minutes before bed. If you're struggling with sleep despite good habits, talk to your doctor—undiagnosed sleep apnea is extremely common in people with type 2 diabetes.

3.Nourish Your Brain Through Your Gut

The gut-brain connection is one of the most exciting areas of research in both diabetes and mental health. Your gastrointestinal tract produces roughly 90 percent of the body's serotonin, and the composition of your gut microbiome directly influences mood, inflammation, and blood sugar regulation.

Focus on anti-inflammatory, whole foods that support a healthy microbiome: leafy greens, fatty fish rich in omega-3s, fermented foods like sauerkraut and yogurt, and prebiotic-rich foods like onions, garlic, and asparagus. Reducing processed foods and added sugars benefits both your blood sugar and your mental state.

4.Build a Support System

One of the most protective factors against depression in diabetes is social connection. Having people who understand your experience—whether they're family members, friends, or fellow diabetics—can make the daily challenges feel much more manageable.

Consider joining a diabetes support group, either in person or online. Many people find that simply sharing their experiences with others who "get it" provides enormous relief.

If your struggles feel more severe, a therapist who specializes in chronic illness can provide targeted strategies for managing the emotional burden of diabetes.

5.Practice Stress-Reduction Techniques

Chronic stress doesn't just make you feel bad—it actively worsens insulin resistance and blood sugar control. Finding effective ways to manage stress is therefore both a mental health strategy and a diabetes management strategy.

Techniques like deep breathing exercises, progressive muscle relaxation, mindfulness meditation, and journaling have all been shown to reduce cortisol levels and improve emotional well-being in people with diabetes. Even five minutes of focused breathing can shift your nervous system from "fight or flight" to "rest and restore."

6.Consider Key Supplements

Several nutrients play important roles in both blood sugar regulation and mood. Magnesium, for instance, supports over 800 enzymatic reactions in the body, including those involved in serotonin production and nervous system regulation. Many people with type 2 diabetes are deficient in magnesium, which can worsen both blood sugar control and mood.

Omega-3 fatty acids, vitamin D, and B vitamins are also worth discussing with your healthcare provider, as deficiencies in these nutrients are linked to both depression and metabolic dysfunction.

When to Seek Professional Help

Natural strategies are powerful, but sometimes they're not enough on their own. If you're experiencing persistent sadness, loss of interest in daily life, feelings of hopelessness, changes in appetite or sleep that last more than two weeks, or thoughts of self-harm, please reach out to a mental health professional. There is no shame in asking for help—and doing so is one of the bravest acts of self-care you can take.

Cognitive behavioral therapy has been specifically studied in people with diabetes and shown to improve both depressive symptoms and blood sugar control. Some medications for depression and anxiety are also compatible with diabetes management, so work with your care team to find the right approach for you.

The Bottom Line

Living well with type 2 diabetes isn't just about what your glucometer says. It's about how you feel getting out of bed in the morning, how you relate to the people around you, and whether you have the emotional energy to take care of yourself consistently.

Your mental health matters—not as an afterthought to your diabetes management, but as a central part of it. When you take care of your mind, your body responds. And when your body feels better, your mind follows. That's not just feel-good advice. That's science.

Start small. Pick one strategy from this article that resonates with you and commit to trying it for the next two weeks. Your future self will thank you.

Why Your Allergies Are Getting Worse And 7 Natural Ways to Fight Back

Allergy season is lasting longer and hitting harder than ever. Here's what's driving the change—and what you can do to build real resilience.

If it feels like your sneezing, congestion, and itchy eyes have been worse in recent years, you're not imagining things. Seasonal allergies are affecting more people, lasting longer, and producing more severe symptoms than at any point in recent memory. According to the Centers for Disease Control and Prevention, more than 80 million Americans now report seasonal allergies, and the numbers continue to climb year after year.

So what's happening—and more importantly, what can you do about it?

Why Allergy Season Is Getting Longer and More Intense

Several converging factors are making life harder for allergy sufferers. Rising temperatures mean that spring arrives earlier and fall lingers longer, expanding the window during which plants produce pollen. Higher carbon dioxide levels in the atmosphere actually stimulate plants to produce more pollen per plant, so it's not just that the season is longer—each day within it delivers a heavier pollen load.

But the environment is only part of the story. Our indoor lifestyles, processed diets, and overly sanitized surroundings have shifted our immune systems toward a state of heightened reactivity. When your immune system encounters pollen, dust, or mold spores, it mounts a defensive response—releasing histamine and other inflammatory compounds that cause all those familiar symptoms. For many people, this response has become increasingly exaggerated over time.

The Surprising Role of Food in Allergy Symptoms

One of the most overlooked contributors to severe seasonal allergies is what's on your plate. Your body's immune system can only handle so many triggers at once. If you're eating foods that provoke low-grade inflammation or immune activation, your system is already primed to overreact when pollen season arrives.

There's also a phenomenon called cross-reactivity, where proteins in certain foods are structurally similar to specific pollen proteins. Your immune system can mistake one for the other, amplifying your allergic response. For instance, people who are sensitive to birch pollen often react to apples, celery, carrots, and certain nuts. Those with ragweed sensitivity may notice symptoms after eating melons, bananas, or tomatoes.

An elimination diet during peak allergy season—temporarily removing common inflammatory foods like gluten, dairy, and refined sugar—can sometimes provide remarkable relief. Once allergy season passes, you can gradually reintroduce these foods and observe how your body responds.

7 Natural Strategies to Build Allergy Resilience

1. Load Up on Anti-Inflammatory Foods

A whole-foods, plant-rich diet is your best foundation for allergy resilience. Dark leafy greens, broccoli, beets, bell peppers, garlic, and red onions are packed with antioxidants and anti-inflammatory compounds that help calm an overactive immune system. Herbs and spices—especially turmeric, ginger, rosemary, cinnamon, and black pepper—add additional anti-inflammatory support.

2. Embrace Omega-3 Fatty Acids

Omega-3s are powerful inflammation tamers found in wild-caught salmon, sardines, flaxseed, and chia seeds. These healthy fats help regulate your immune response and can reduce the severity of allergic reactions. If you're not eating fatty fish at least two to three times per week, consider a high-quality omega-3 supplement.

3. Try Natural Antihistamines

Quercetin is a bioflavonoid found in citrus fruits, apples, broccoli, cherries, red cabbage, fennel, and wild rice that acts as a natural antihistamine. It stabilizes the cells that release histamine, helping to prevent the allergic cascade before it starts. For best results, start taking a quercetin supplement several weeks before your allergy season begins. Herbs like parsley, thyme, chamomile, and holy basil also offer antihistamine properties.

4. Support Your Gut Health

Your gut houses 70 to 80 percent of your immune cells, making digestive health absolutely central to allergy resilience. Feed beneficial gut bacteria with prebiotic-rich foods like onions, leeks, asparagus, Jerusalem artichokes, and lentils. Add fermented foods—sauerkraut, yogurt, kefir, miso, and kimchi—to introduce beneficial probiotic strains. Research suggests that Lactobacillus strains in particular may help alleviate allergic rhinitis symptoms, though it may take several weeks of consistent use to see results.

5. Optimize Key Nutrients

Several vitamins and supplements can provide meaningful allergy support. Vitamin D supports balanced immune function, and many experts believe insufficient levels contribute to increased allergy severity. Aim for 1,000 to 2,000 IU daily. Vitamin E has been shown to improve nasal symptoms in people with allergic rhinitis. N-acetylcysteine (NAC) is an antioxidant that thins mucus and reduces congestion—particularly helpful for those with sinus-heavy allergy symptoms.

6. Explore Black Cumin Seed Oil

Nigella sativa, commonly known as black cumin seed oil, has demonstrated impressive results in studies on allergic rhinitis. Participants taking 250 milligrams twice daily (with a small amount of piperine from black pepper to enhance absorption) experienced significant reductions in both nasal and eye symptoms. This traditional remedy is gaining serious scientific credibility as a natural allergy fighter.

7. Replenish Your Magnesium

Magnesium plays a quieter but important role in allergy management. It helps regulate histamine release and supports the relaxation of smooth muscle tissue in the airways. Low magnesium levels—which are extremely common—may contribute to more pronounced allergic responses and airway sensitivity. A topical magnesium spray can be a gentle, effective way to boost your levels without digestive discomfort.

Simple Daily Habits That Make a Difference

Beyond nutrition and supplements, a few practical habits can significantly reduce your allergy burden. Shower and change clothes after spending time outdoors to remove pollen from your skin and hair.

Keep windows closed during peak pollen hours (typically early morning to midday). Use a nasal saline rinse to flush allergens from your nasal passages. And consider investing in a quality HEPA air purifier for your bedroom.

The Bottom Line

Seasonal allergies may be getting worse, but you're not powerless against them. By reducing your body's overall inflammatory load, supporting your immune system with targeted nutrition, and making strategic lifestyle changes, you can build genuine resilience that goes far beyond symptom suppression.

The goal isn't just to survive allergy season—it's to strengthen your body's ability to respond appropriately, so that pollen becomes a minor inconvenience rather than a months-long misery. Start building your resilience now, and your future self will breathe easier for it.

The Magnesium Secret Your Cells Have Been Waiting For

This overlooked mineral is quietly involved in over 800 reactions in your body. Here's why most people aren't getting enough—and the surprisingly simple solution.

If you could only take one supplement for the rest of your life, a strong case could be made for magnesium. It's involved in more than 800 enzymatic reactions throughout the body—from producing cellular energy and regulating your heartbeat to calming your nervous system and supporting healthy blood sugar levels. And yet, estimates suggest that up to 50 percent of American adults aren't getting enough of this essential mineral.

The consequences of this widespread deficiency are hiding in plain sight: fatigue that sleep doesn't fix, restless nights, muscle cramps, tension headaches, irritability, brain fog, and even elevated blood sugar. Many people have accepted these symptoms as a normal part of aging or stress—never realizing that a mineral deficiency might be driving much of what they feel.

What Makes Magnesium So Important?

Every cell in your body depends on magnesium to function properly. One of its most critical jobs is enabling your cells to produce and use energy.

Your body's energy currency, called ATP, must bind to magnesium before it can actually work. Without sufficient magnesium, your cells literally cannot access the energy they need—which helps explain why fatigue is one of the earliest and most common symptoms of deficiency.

But magnesium's influence extends far beyond energy production. It helps relax smooth muscle tissue, calm overstimulated nerves, support healthy blood pressure, regulate blood sugar levels, and maintain proper balance among electrolytes like calcium, potassium, and sodium. It also plays a vital role in the parasympathetic nervous system—the "rest and repair" branch that allows your body to recover from stress.

Think of magnesium as a safety signal for your body. When magnesium levels are adequate, your nervous system gets the message that it's safe to relax, repair, and restore. When levels are low, your body stays locked in a state of tension and heightened stress response—the "wired but tired" feeling that so many people know all too well.

Why Modern Life Drains Your Magnesium

Here's the frustrating reality: modern life seems almost designed to deplete your magnesium stores. Our agricultural soil contains far less magnesium than it did just a few generations ago, meaning even nutrient-dense whole foods deliver less of this mineral than they once did. Filtered water—while important for removing contaminants—also removes naturally occurring minerals, including magnesium.

On top of that, several common aspects of modern life actively burn through magnesium at accelerated rates: chronic stress (which increases magnesium excretion through the kidneys), intense exercise and sweating, poor sleep, caffeine consumption, processed foods and sugar, and many common medications including certain blood pressure drugs and proton pump inhibitors.

The result is a vicious cycle. Stress depletes magnesium. Low magnesium makes you more susceptible to stress. And the more stressed you become, the faster you lose the very mineral that would help you cope. For anyone managing blood sugar concerns, this cycle is especially problematic, since magnesium directly supports insulin function and glucose metabolism.

Why Magnesium Matters Especially for Blood Sugar

The connection between magnesium and blood sugar regulation is one of the most well-documented relationships in nutritional science. Magnesium is essential for insulin to function properly—it helps insulin receptors on your cells respond efficiently to the hormone's signals. When magnesium is low, insulin resistance increases, making it harder for your body to move glucose out of the bloodstream and into cells where it's needed.

Studies have found that people with higher magnesium intake have a significantly lower risk of developing type 2 diabetes. And for those already managing blood sugar concerns, improving magnesium status has been shown to support better glucose control and improved insulin sensitivity. Given that magnesium deficiency and blood sugar dysregulation are so closely linked, addressing one often helps improve the other.

The Oral Magnesium Problem

If magnesium is so important, why isn't everyone supplementing? Many people have tried oral magnesium supplements and run into problems. Some forms cause digestive upset—loose stools, cramping, or bloating—that makes consistent use uncomfortable. Other forms are poorly absorbed by the body, meaning you may be swallowing magnesium pills without actually raising your levels significantly.

Additionally, oral magnesium must pass through the digestive system before it can enter the bloodstream. For anyone with compromised gut health, inflammation, or digestive issues, this route can be especially inefficient. The result? Many people take magnesium supplements but still don't feel better—leading them to conclude that magnesium simply doesn't work for them.

A Better Way to Get Your Magnesium: Through Your Skin

This is where topical magnesium changes the game. When magnesium is applied directly to the skin, it bypasses the digestive system entirely, absorbing through the dermal layers and entering the bloodstream more efficiently. There's no digestive discomfort, no interference from gut issues, and the magnesium goes to work quickly where your body needs it most.

This approach isn't new—people have been soaking in mineral-rich hot springs and Dead Sea waters for centuries to experience the healing effects of transdermal magnesium. Modern topical magnesium formulations simply make these benefits accessible in your own home.

Introducing EasyRelief Magnesium

EasyRelief Magnesium from Barton Nutrition is a doctor-formulated topical magnesium spray designed specifically to address the shortcomings of oral supplementation. Powered by a single, potent ingredient—magnesium chloride hexahydrate sourced from the ancient mineral-rich waters of the Dead Sea—it delivers one of the purest and most bioavailable forms of magnesium directly through your skin.

Unlike oral supplements that may upset your stomach or pass through your system unabsorbed, EasyRelief Magnesium is applied with a few simple sprays to your arms, legs, or any area where you experience tension or soreness. Within seconds, your skin begins absorbing this concentrated magnesium, allowing your body to replenish its stores efficiently and without discomfort.

What Makes EasyRelief Different

Dead Sea sourcing. The Dead Sea is the most concentrated natural source of magnesium on earth. The magnesium chloride hexahydrate used in EasyRelief is extracted from these ancient waters, delivering exceptional purity and potency.

Fast transdermal absorption. Because it absorbs directly through the skin, EasyRelief bypasses the digestive system completely. No nausea, no cramping, no bloating—just efficient mineral delivery to your bloodstream.

Clean formulation. No fillers, no synthetic additives, no harsh chemicals. Just pure magnesium chloride in purified water. It's light, non-greasy, and easy to incorporate into your daily routine.

Versatile daily support. Use it after a shower, before bed for better sleep, on sore muscles after exercise, or anytime your body needs a magnesium boost. Many users report noticing calmer nerves, deeper sleep, and reduced muscle tension within the first few uses.

How to Use EasyRelief Magnesium

Simply spray 30 to 50 pumps onto your skin—arms, legs, feet, or areas of tension—and rub gently. Your skin will absorb the magnesium within about 90 seconds. Many people find the best results by applying it before bed, as the calming effect supports deeper, more restorative sleep. Others prefer using it after workouts or anytime they notice muscle stiffness or stress building up.

For optimal results, make it part of your daily routine. Magnesium depletion happens gradually, and consistent replenishment is the key to experiencing the full range of benefits this essential mineral provides.

The Bottom Line

Magnesium isn't a trendy supplement or a passing fad—it's a foundational mineral that your body depends on for hundreds of essential processes every single day. If you're experiencing fatigue, poor sleep, muscle tension, blood sugar concerns, or chronic stress, low magnesium may well be a missing piece of the puzzle.

EasyRelief Magnesium offers a simple, effective way to restore your levels and support your body's ability to relax, repair, and rebalance. Learn more and try it for yourself HERE

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