

This Everyday Chemical Compound Is Causing Rapid Liver Damage

The medical field has overlooked quite a few of the major pathological effects when it comes to fructose consumption, and what effects it has on the liver's function. Regardless of the weight gain a person may have from it, the consumption of fructose has been recently studied by researchers who are from the Wake Forest Baptist Medical Center in North Carolina.

These studies have shown that hepatic steatosis, a form of non-alcoholic fatty liver disease that leads to cirrhosis in some patients, can be caused by fructose consumption.

This same study was published in the AJCN, or the *American Journal of Clinical Nutrition*, and discovered that rapid liver damage can be triggered by fructose, even when the remaining factors are equal. This means that someone who is at an average weight can sustain liver damage at an extensive level from consumption of fructose.

This can still happen even if she or he does not become obese from this consumption. Those who consume fructose have a propensity at an exceptional level toward developing diabetes, in accordance with the data that was collected from the study.

Kylie Kavanagh, , who is an assistant professor in comparative medicine and pathology, as well as the lead author for the study at Wake Forest Baptist Medical Center, has stated that; "Is a calorie a calorie? Are they all created equal? Based on this study, we would say not. What surprised us the most was how quickly the liver was affected, and how extensive the damage was, especially without weight gain as a factor."

The research was conducted by giving two groups of primates an

all-you-can-eat buffet for seven years. The participants in the main target group were given low-fat foods that had added fructose. The control group, however, only had access to low-fructose and low-fat foods. The remaining factors were kept equal, and each animal had access to any quantity of food that they desired.

The monkeys that were in the fructose-given group, during the period of evaluation, gained approximately 50 percent more weight than the control group. The fructose group also developed diabetes 3x faster than the control group, plus cases of severe hepatic steatosis. These cases were clearly caused by the consumption of fructose.

Fructose Can Cause Gut Leakage

The researchers of the study involved 10 monkeys of middle age and normal weight, to verify that only fructose, not just weight gain and fructose as a combination, is the culprit for liver damage at such a high rate. These monkey test subjects had also never consumed fructose before the study, and also had similar waist circumferences and body shapes. The group was divided into two, comparable groups.

The first group, over the course of six weeks, consumed a diet that was calorie-controlled, and contained 24 percent fructose. The other group's diet was also calorie-controlled, but contained a negligible amount of fructose. Both of the groups were given an amount of carbohydrates, protein and fat equally, but from different sources.

The diet that included high-fructose contained butter, flour, eggs and pork fat. The low-fructose diet included soy protein and complex carbohydrates, which was assigned as a combination to ensure that the groups stayed at a weight that was relatively similar. After the six-week period ended on both of the regimens, the researchers took blood samples from each monkey. These samples were taken to look for any signs of

liver damage, and to assess the bacterial composition inside of the monkey's, specifically in their guts.

The conclusion was that fructose harmed the livers and also altered the gut's bacterial composition. It was found that fructose caused intestinal microflora leakage from the monkey's intestines, which entered the bloodstream and further damaged the liver up to 30 percent higher. This, of course, was compared to the consumption of next-to-no fructose from the second group.

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For the original article, visit .

10 Ways to Help Children Who Have Lying Issues

According to authors Dr. Scott Turansky and Joanne Miller, "Honesty is the basis for any relationship because it develops trust, and upon that foundation simple things like communication and responsibility rest. When a child lies, that trust is broken and relationships suffer.

"Parents often don't know how to handle dishonesty, and common discipline techniques don't quite address the problem. A more comprehensive plan is usually necessary since dishonesty often has several components."

Here are 10 ways to help children who have a problem with lying:

1. Talk about reality and truth and how they are different from fantasy, wishes, possibility, pretend and make believe. Require that children use cues to identify anything other than reality. Here are some ideas: "I think it happened this way," "I think this is the answer," "I'm not sure ..." "Maybe..." (possibility); "I wish this were true," "I'd like it if..." (wish); "I'd like to tell you a story..." "I can imagine what it would be like to..." (fantasy).

2. When you sense a child is beginning to stray from the truth, stop them. "I want you to stop talking for a minute." Sometimes children just get started and can't stop. Parents can help teach them. "Think for a minute and then start again. I'd like to hear the things you know separated from the things you think." "Start again and tell me how it really happened. Just the parts you are sure of."

3. If a child has ADHD or is impulsive, use a plan for self-discipline. Sometimes children who are impulsive blurt out things without thinking. Other times they start talking and don't know how to stop. This impulsivity component can lead to dishonesty because of a lack of self-control. It's not always malicious lying, but it's still not good and shouldn't be excused because the problem often gets worse. Even though children may have poor impulse control, they must learn to tell the truth. The route, though, may contain more self-discipline training than some of the other suggestions.

4. A courtesy generally given in relationships is called "the benefit of the doubt." When a child has developed a pattern of

lying, we don't automatically give that courtesy. Believing someone requires trust, and it's a privilege that is earned. Privilege and responsibility go together, and when a child is irresponsible privileges are taken away. For a time, the things your child says are suspect. You may even question something that is found to be true later. A child may be hurt by this, but that hurt is the natural consequence of mistrust, which in turn comes from lying. Being believed is a privilege earned when children are responsible in telling the truth on a regular basis. Not believing your child may seem mean, but your child must learn that people who don't tell the truth can't be trusted. Tell your child that you would like to believe him or her but you cannot until he or she earns that privilege.

5. Some situations won't be clear, and some children will deliberately lie to avoid punishment. You find yourself in a predicament because proof seems impossible, yet you have a sense that this child is not telling the truth. When possible, don't choose that battleground. It's too sticky and you will usually have other clearer opportunities later. Children who have a problem with lying demonstrate it often. Choose the clearer battles, and use those situations to discipline firmly.

6. Confrontation should result in repentance. This may seem unrealistic at first, but keep it in mind as your goal. Children who are confronted with the fact that they are telling a lie should immediately agree and apologize. A child who is defensive is relying on arguing and justifying as manipulative techniques in order to avoid taking responsibility. This is unacceptable and cannot be tolerated.

7. You may, for an introductory period of time, in order to motivate repentance when confronted, withhold further discipline if a child responds properly to correction. "If you can admit it was a lie and that you were wrong when I confront you, I will not further discipline you for that lie." This is

a temporary approach to teach a proper response to correction.

8. Be proactive in teaching about honesty. There are several good books at your local library on this subject that are written for children and are well illustrated to capture their interest. Tell stories from your life, or read stories like:

- The Emperor's New Clothes
- The Boy who Cried Wolf
- Pinocchio
- Ananias and Sapphira from the Bible (Acts 5:1-11)

9. Give an outlet for creative writing or storytelling to further emphasize the difference between fantasy and reality and a proper use of fantasy.

10. Memorizing proverbs dealing with honesty is a way to appeal to a child's conscience.

These suggestions will go a long way toward helping a child tell the truth. Don't let this problem go. It only gets worse.

Continual, persistent work will pay off in the end. Other helpful ideas can be found in the book, *Good and Angry, Exchanging Frustration for Character in You and Your Kids*, by Dr. Scott Turansky and Joanne Miller, RN, BSN.

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How You Can Keep High Blood

Pressure at Bay

Aerobic exercise leading to strong heart fitness can delay a man's onset of age-related high blood pressure by nearly a decade, a new study suggests. Blood pressure naturally increases as people grow older and their arteries become stiffer with age.

But men with strong cardio-fitness don't start drifting toward high blood pressure until their mid-50s. On the other hand, largely sedentary men usually experience the early signs of high blood pressure in their mid-40s, researchers report in the Sept. 15 issue of the *Journal of the American College of Cardiology*.

"A higher level of fitness can significantly delay this natural increase of blood pressure with age," said study co-author Dr. Xuemei Sui, an assistant professor in the department of exercise science at the University of South Carolina's Arnold School of Public Health.

"For those with a high level of fitness, it will take almost [an additional] decade" to develop early signs of high blood pressure, Sui added.

Men received this benefit regardless of how much body fat they had, indicating that fitness may trump some of the bad effects of being overweight, the researchers said.

However, while the study found an association between exercise and better blood-pressure levels, it wasn't designed to show that exercise is the exact cause of the effect. Other factors, such as diet, may also play a role in the improved blood pressure, noted the authors of an accompanying editorial.

The new findings are based on heart-health data from nearly 14,000 men studied between 1970 and 2006.

Researchers tracked each man's blood pressure and kept tabs on their fitness using a strenuous treadmill exercise test.

The investigators found that systolic blood pressure—the pressure in the arteries during a heartbeat, as blood is being forced through the vessels—increases to pre-high blood pressure levels beginning around age 46 for a man with low fitness.

But men with high fitness don't reach those same warning levels of systolic blood pressure until around age 54, the researchers found.

Doctors generally place more emphasis on systolic blood pressure as a major risk factor for heart disease in people older than 50, according to the American Heart Association.

However, the study authors found that fitness also benefits diastolic blood pressure, which is the pressure in the arteries between heartbeats.

A man with low fitness will reach warning levels of diastolic blood pressure at about the age of 42, the study reports. Men who are very fit won't reach those levels of diastolic blood pressure until a very advanced age, around 90.

Doctors aren't sure why physical fitness might have such a tremendous impact on blood pressure, said Sui and Dr. Rani Whitfield, a cardiologist in Baton Rouge, La., and a spokesperson for the American Heart Association.

Exercise makes a person's heart stronger, which helps it more efficiently pump blood through arteries even if the vessels have become stiff, Sui and Whitfield said. Exercise also can improve elimination of sodium from the body; high levels of sodium are a risk factor for high blood pressure.

But so many factors influence blood pressure that "I don't think we'll ever know that answer completely," Whitfield said.

“There are so many things that are happening on a cellular level that we will probably never know why it works, but we become more efficient and stronger.”

While men who start working out as boys and teenagers will receive the most benefit, Sui and Whitfield said that older men could still use exercise to help control their blood pressure.

“It’s never too late to start but always the earlier the better,” Whitfield said.

Although the study focused on men, Sui said she expects follow-up research will find the same fitness benefits for women.

“I would expect the higher fitness level will have a similar benefit for women, but there may be some other factors that influence this blood pressure/aging trajectory because there are some biological differences between men and women,” she said.

For the original article, visit .

10 Ways the Pursuit of Money Can Mess Up Your Family

Ralph Waldo Emerson wrote, “Money often costs too much.” What has the pursuit of money cost you lately? Your child’s birthday party? Singing recital? Wedding anniversary?

It’s much easier to be rich monetarily than have a rich family life. We all know which is far more important. If money is costing you and your family too much, consider cutting back on

luxuries or even finding a new vocation. Give your kids what money can never buy—treasured time with you.

Here are the 10 ways the pursuit of money can mess up your family life:

1. Broken promises. In order to climb the corporate ladder, claim that extra bonus, or gain favor with the boss, we can choose to sacrifice so much along the way. A string of broken promises usually lie in the wake. “Dad, you promised you would be there.”

Almost nothing can make a man feel lower than seeing the disappointed eyes of his child while saying those words. Let your word be your bond. If you make a promise to your child, keep it.

2. The parentless child. The two-income house is an unfortunate necessity for many. After all, there are bills to pay. Somewhere along the line, luxuries can become needs. Dad and Mom work longer hours for more money to get more things. Morning time is a blur. Dad’s in a rush. Mom hurries to get the kids ready so she can beat the traffic. Dinner isn’t at a table, but quickly woofed down while rushing to evening practices. By bedtime, everyone is exhausted and had little time together. When are children being molded and shaped ... and by whom?

3. Missing the small things. When I had my first child, my Father gave me his best advice for parents. “Don’t miss the small things.” It took several years to figure out what he meant. As parents, we tend to put emphasis on the big moments, but life really happens during everything in between. Random moments of joyous laughter. These moments are the bricks for a strong family foundation. An obsessive pursuit of a successful business and a good name can lead to missing the small things at home. Build what will last ... your family.

4. The materialistic child. When family existence revolves

around money, children tend to be materialistic. Money becomes the family religion. When you held your newborn girl in your arms, you dreamed many things for her. Those dreams probably didn't include her screaming at you for the credit card or demand a brand new BMW on her 16th birthday. Placing money at the center produces disciples of the deity you have created.

5. Disregard for those in need. The house is filled with unused stuff. Meanwhile just down the road, a child has nothing. Wealth should be shared by generous hearts that see a need and offer a solution. A heart that loves money at the core has great difficulty giving things away. To be a successful family, you need to be able to embrace generosity.

6. Loss of sleep. Time is money, right? Who needs sleep? We give up many things for more money, but first to fall is generally sleep. The first advice most parenting articles give is to make sure everyone gets the proper amount of rest. Sleep is essential to our health and happiness. The pursuit of money is relentless. The man on the chase usually does so with blurry eyes and a yawn.

7. Stressed to the max. Money worries create high levels of stress. Stress is highly detrimental to your health. It can cause an unpleasant demeanor towards your wife and children. Money is at the root of more divorces than any other factor. That's something to think about.

8. One trick pony. The man obsessed with money is generally one-dimensional. Life is about experiences and the wisdom gained from them. You can talk all day about why the market will stay above 11,000, but can you hold an intelligent conversation on any other subject? Even if you can, you will quickly grow bored and guide it back to your comfort zone.

9. Justification. Sometimes we use the need for money as a justification for escape from an unhappy marriage or stressful family situations. As an example, a man with a child with

special needs may use the real problem of education costs as a justification to work extra hours to meet the need. The reality is that he could make other adjustments to absorb the additional costs, but it is a convenient way to run from the issues. Choosing to be gone more is an escape, not a solution.

10. The company we keep. The people we surround ourselves with have an enormous influence on the type of parent we are. Generally when money is at the forefront of our existence, we surround ourselves with like-minded people. Consider the company you keep. Are there diverse and varied schools of thought? Do they challenge you and not just as a breadwinner? When you begin to surround yourself with high quality, well-rounded people, you will begin to see your own life take the same shape.

Sound off: What are things we can give up to gain more time with our families?

Huddle up with your wife tonight and ask her: What is something we can give up for a better family life?

For the original article, visit .

How Do the Foods You Eat Affect Your Mood?

Are you aware of the fact that there are types of foods that can directly affect your mood?

Most of us know this, but do we really care to take a note of foods that we are putting into our body? Below is information on the effect of various types of food on your health as well

as your mood:

Processed foods: Why to avoid? Most people don't realize it, but gorging on processed foods that are usually rich in sugar and fat contributes to depositing excessive pounds on their tummy and increasing their stress hormones. When hormones turn wacky, it's normal to feel drained and exhausted.

What is more damaging is that processed foods give you a quick burst of energy, but bring you down fast. Did you know this energy spike-crash cycle can have a negative effect on your health?

What's so good about natural foods? It's not an easy task changing to natural foods all at once. But, the truth is that consuming a low-glycemic diet, which includes fresh and natural foods, can help you become more tranquil and composed. And, when you are at peace, you can easily combat the deadly effects of anxiety and unwanted stress.

Although people know the goodness of natural foods, they usually make wrong food choices because of the lack of sleep and stress associated with this vicious cycle. Your stressed body increases the levels of cortisol, which surges your cravings for processed and carbohydrate-rich foods while reducing your desire to consume healthy foods that are rich in proteins and vegetables.

Processed foods that are composed of sugar are known to cause instant mood swings. At first, sugar will alleviate your mood, but later make you feel sluggish and lethargic. The study published in the 'Natural Health Research Institute,' indicates that individuals whose daily meal portions included 20 percent of processed foods were found to have more than 50 percent increased risk of becoming afflicted with depression.

Enjoy carbohydrate-rich foods in moderation. Experts suggest that eating carbohydrate-rich foods obtained from healthy sources in moderation is not a problem; such foods even work

to provide you with an ephemeral mood lift. Let's see how it's happening.

The brain chemical serotonin is known to boost your feeling of fullness and satisfaction. Serotonin is manufactured out of the amino acid tryptophan, which is abundantly found in carbohydrate-rich foods. When you are stressed, the amount of serotonin is quickly washed-out and this leaves your body desiring foods (carbs) that can restore the levels of serotonin.

Even though carbohydrates can help to restore your serotonin levels, they can pose a problem once you develop strong cravings for them and they occupy the major portion of your meals. Excessive consumption of carbohydrates can result in fatigue and brain fog. Another important thing is that they can replace your need of consuming healthy foods such as lean proteins and vegetables.

Start making healthier food choices. Eat a healthy breakfast.

When you are short of time to prepare healthy and nutritious food, it is a pretty good excuse to get hold of unhealthy foods. Breakfast is the first meal of your day that prepares you to face the challenges ahead of you. Thus, it is imperative to pick nutritious foods for breakfast.

Usually, people prefer eating pancakes, bagels, and muffins for breakfast. These are carbohydrate-rich foods that can leave you drowsier than when you first stepped out of your bed, and make you crave more sugary foods for the rest of the day.

Include omega-3 fatty acids. Deficiency of Omega-3 fatty acids can cause a decline in cognitive memory and lead to depression. You should take a regular dosage of omega-3s in order to help fight various disorders including impulsivity, depression, and pessimism.

The best way to ensure the daily-recommended dosage of

omega-3s is by taking a daily supplement along with including Omega-3s rich foods in your diet. Consider consuming at least two servings of fatty fish per week such as sardines, salmon, and mackerel. You may also add foods such as walnuts and flaxseeds in your diet on a regular basis.

Include iron-rich foods. Most people underestimate the importance of adequate iron in their diet. It is important to note that a lack of iron causes of inattention, depression, and fatigue. Dartmouth Undergraduate Journal of Science has reported that iron deficiency is one of the common nutrient deficiencies that usually affects vegetarians, children, and women.

You can easily retain the optimum levels of iron by adding iron-rich foods in your diet such as green leafy vegetables, egg yolks, liver, seafood, beans, and vegetables like asparagus and broccoli.

Include fresh fruits and vegetables. There are certain foods that can dull your mood while there are some that can actually make you livelier. Healthy snacks like nuts and seeds, fresh fruits and vegetables, and fish are a few of the best food choices to make when you want to boost your mood and feel great.

Exclude processed foods. We have already discussed at length the harmful effects of processed foods on your health. In order to make sure that you are receiving adequate nutrients, begin by eliminating all processed foods from your diet and include healthy protein sources and whole foods. Prefer choosing nutrient-dense foods and high-quality organic proteins.

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For the original article, visit .

7 Points to Help John Kerry Defend Islam

Secretary of State John Kerry announced that some of the new coalition partners will contribute to the war effort against the Islamic State by “demolishing the distortion of one of the world’s great peaceful religions,” referring to Islam. I want to do my part too! Here are some of the distortions of Islam:

1. Starting with Mr. Kerry’s assertion that Islam is one of the world’s great peaceful religions. Islam was birthed in blood and thrives on blood. Muhammad executed people. This is fact. Unlike most religions Islam grew in its early stages as a conquering imperialistic empire. It gobbled up lands all over the Middle East within its first 34 years. Since Israel became a nation 11 million Muslims have been violently killed. Israel has killed 0.3 percent of them, while 90 percent have been murdered by fellow Muslims. Islam is not a religion of peace but of blood.

2. Muhammad was an honorable, humble man. In truth, he was a murderous despot with an insatiable sexual appetite. While according to his revelations, a Muslim man could have up to four wives, Muhammad was allowed as many as he wanted, including sex slaves captured in battle (as ISIS does). In all, it is believed that the *prophet* had sexual relations with 66 women and girls. Yes, *girls*. His most infamous wife was the child prophetess Aisha, whom he wed at age 6, but mercifully waited until she was 9 to consummate the marriage.

The Nigerian Boko Haram terrorists who kidnapped nearly 300 young girls in order to convert them and force them into marriage and ISIS, which is doing the same in Iraq and Syria,

are only following the example of Muhammad. Older Muslim men marrying children is common today. The five nations with the highest percentage of child brides all have a Muslim majority!

3. Islam respects other religions. Within an Islamic state, other religions like Judaism and Christianity are sometimes tolerated, provided that you pay a *jizah*, a special tax, and you do not offend Islam. Seeking to bring Muslims into your faith can be problematic. In Saudi Arabia it is illegal to seek to convert someone from Islam or to give out literature such as Bibles. One Filipino businessman was arrested, tortured and sentenced to death for leading several house churches. He was reluctantly set free due to international pressure.

4. Islam respects women. An imam teaches his subjects the correct way to beat your wife. The Quran allows anal sex, and the wife must be willing at all times. Women must be covered from head to toe. In paradise the man is promised 72 virgins. What is the woman promised? Young girls are often murdered in honor killings *by relatives*, while males are rarely murdered in such ways.

Islam is the most oppressive force on Earth regarding women. Just last week more than 3,000 women were taken captive by ISIS and have been forced into sexual slavery. There are brothels overseen by Muslim women to organize this. Fighters are allowed to abuse the women since they are not Muslim. Sadly this is not a distortion, as we already established that Muhammad had sex slaves.

“Muhammad had a multitude of slave girls and concubines with whom he had sex—sometimes on the very days in which they had watched their husbands and fathers die at the hands of his army.”

5. Sharia Law is harmless. In Gaza, Iran and Saudi Arabia, religious police called *mutaween* are given broad powers to

enforce Sharia.

“They have the power to arrest unrelated males and females caught socializing, anyone engaged in homosexual behavior or prostitution; to enforce Islamic dress codes, and store closures during the prayer time.”

You might think *great; they are against prostitution*. Think again. A dear friend and her husband were arrested in Dubai. She was arrested for prostitution and he—for rape. *They were married!* They were forced to convert to Islam in jail and then released. They are both now evangelical Christians.

Dancing to western music, wearing western clothes, can invite a severe beating. In Gaza, Hamas police beat a teen to the point that he could not walk for three days, because he had gel in his hair. Converting to Christianity is a crime punishable by death. Iran has jailed more than one Christian pastor for leaving Islam.

Often just the suspicion of adultery can bring the death penalty—assuming you are a woman. Since males are permitted to have sex slaves, they are rarely executed. Those who are executed under Sharia are often killed in the most gruesome ways such as beheadings, stoning or being buried alive.

6. Islam is tolerant of gays. It is one thing to have a theological disagreement with homosexuality, however it is another to kill someone for it.

“In these countries, Afghanistan, Iran, Mauritania, Nigeria, Saudi Arabia, Somalia, Sudan, the UAE and Yemen, homosexual activity carries the death penalty.”

Even in countries where it is legal, if family members find out, honor killings are considered morally justifiable as the courts turn a blind eye. There was no shortage of Hollywood elites like Russell Brand and Penelope Cruz, defending Hamas

in the recent war with Israel. Yet these same Hollywood elites would be killed if they sought to establish legal same-sex marriages in Gaza.

7. Only a small segment of Muslims are radicalized. I recently read that only 7 percent of Muslims have been radicalized. Seemed like good news until I did the math. A total of 1.5 billion Muslims times .07 equals 105,000,000 million Muslims ready to murder, rape, pillage, and ultimately die for their cause. And this number is rapidly growing.

Then, when you realize that even so-called moderates from primitive, backward cultures are willing to kill their own daughters in honor killings, you realize that the number is much higher. Just because they are not joining ISIS or strapping on a suicide belt, doesn't mean they do not embrace a murderous form of Islam. Amazingly, the populations of Iran and U.S. ally Saudi Arabia, both Islamic dictatorships, number more than 100,000,000!

I think it is just dandy that John Kerry is enlisting Muslims to join the *rhetoric* war. And I do get the politics. Kerry must make silly statements like the one above to get their help. But if these nations really want to combat radical Islam, they need to put boots on the ground and take out their wallets. While America and Europe may be the targets of random terror attacks, the radical threat from ISIS and al Qaida is far greater, as they seek to overthrow all of the governments of the Middle East.

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For the original article, visit .

5 Unfair Expectations of Your Husband

I recently delivered to the men 5 Unfair Expectations on Your Wife. Women, it's your turn. Many of you are no-nonsense ladies, so I'm just going to jump right in.

Here you go:

1. Expect That He Should "Get You." The differences between men and women—how we think and act—are obvious and even humorous at times. But when a wife expects that her husband should completely understand her, seeing things through her lens and from her perspective, it creates unreal expectations that are impossible for him to fulfill.

I remember Susan saying to me when she was frustrated with me, "You just don't get me!" I wanted to respond, "Oh, yes I do." But instead, I quickly thought about it and responded, "You're right! I don't think like you think or feel like you feel. So, please tell me how you're feeling." That then opened a further discussion that helped me to better understand how she was feeling.

2. Expect That He Will Never Be Tempted by Other Women. Men are wired visually. All men are tempted. It's a fact that makes life difficult for every guy living in this sex-obsessed culture. When a wife expects that he will never be tempted, she is ignoring this fact. On the other hand, it is fair for her to expect that he will resist that temptation. So it's important for a wife to understand this reality and for her to

support her husband in the fight against walking into temptation.

3. Expect That He Will Always Make You Happy. This expectation often starts in the early years of marriage when you think you and your handsome prince will live happily ever after because he will always make you happy. But then, the passage of time reveals the gritty truth that a husband will disappoint his wife at some point. So, if a wife relies completely on her husband to bring her ultimate happiness, marriage problems are bound to occur.

4. Expect That He Can Read Your Mind. Generally speaking, the way women are wired is a mystery to men ... a beautiful, yet challenging mystery! This expectation often shows up during arguments when a wife doesn't really want to, or doesn't feel she should have to, explain what she's thinking.

Ladies, your hints and subtle comments do not help your husband as much as straight talk does. The more you are willing to share what you're really thinking, the more he will be able to anticipate and understand what you're thinking down the road. But he'll never be able to get it right every time.

5. Expect That He Will Have the Same Daily Priorities as You Do. Many Saturday mornings Susan and I have started the day thinking we were on the same page, only to discover that the plans I had were not the plans she had. I might be thinking, "What a great weekend morning to grab a leisurely cup of coffee with Susan to get the weekend rolling!" while she's thinking "Mark and I need to get hopping on our project list, or we're never going to get things done!"

However that may play out for you, it's a sure thing that when a wife expects her husband to wake up with her priorities on his mind, she may not be pleased with the result.

So, be sure that your expectations of your husband are joined with what's realistic. And, keep communicating and forgiving

him along the way. These 8 Expectations for a Great Marriage may help too.

What are some of the unreal expectations you've had of your spouse, or they've had for you, that have created struggles? How have you dealt with them? Please share your comments.

Mark Merrill is the president of Family First. For the original article, visit [.](#)

In 3 Months, This Man Became Cancer Free

There is increasing hope in our battle against cancer. There are now more reasons than ever to make changes in our lifestyle to prevent getting it.

Furthermore, those who have been given a diagnosis of cancer have every reason to employ alternative therapies to get rid of it.

Recently I had the pleasure of interviewing Russell and Marion Pyle.

Russell was diagnosed with a type of bladder cancer that would not respond to chemotherapy. The tumor was removed surgically. Doctors said other surgeries might be necessary, but the Pyles still needed to wait three months for another biopsy to see where things stood.

Wisely, the Pyles didn't sit around worrying. The first thing they did was give this situation to God. Then they got busy online, learning the nature of cancer and what other people were doing to combat it.

They took that information and incorporated it into their lives. At the end of three months, Russell was cancer free.

Below is a synopsis of what they did, which also can be found in their new book, *Healed, Healthy and Whole*, as well as in my interview with them.

No Carbs

It didn't take long for the Pyles to learn that cancer looooooves sugar. The sugar we eat feeds cancer cells.

That is very bad news for most Americans, because the average person consumes 23 teaspoons of added sugar a day, which is insanely high, and sadly, just the tip of the iceberg.

That added sugar doesn't even include all the other foods we eat that turn into sugar as soon as we eat them, so they count as cancer fuel too. These are carbohydrates, also known as starches, such as bread, hot dog and hamburger buns, tortillas, waffles, bagels, pizza crust, pancakes, muffins, corn chips, rice and so on.

If you cut these sugar-producing foods out of your diet, you simply deprive cancer of its food source, and starve it to death. This low-carb diet, also called the Ketogenic Diet, is really gaining in popularity as more and more people are beginning to see how it kills cancer.

pH Balance

For optimum health, our body's pH should be balanced between acids and alkalines. The pH scale goes from 0, the most acidic, to 14, the most alkaline. Our blood is slightly above the middle, 7.

Just like a diet that is too full of carbohydrates can feed cancer cells, it appears that a highly acidic diet can have the same effect. Therefore, the Pyles stopped consuming acidic foods and beverages such as coffee and many processed foods,

and loaded-up on the more alkaline foods, such as vegetables and nuts.

Vitamin C

Interest in using very high doses of vitamin C as a cancer treatment began when it was discovered that some properties of the vitamin may make it toxic to cancer cells.

Therefore, Russell received full bags of Vitamin C intravenously, which he says not only hindered the growth of the cancer, but strengthened his immune system so it would be better able to fight his cancer.

People who are trying to prevent cancer may want to consider ample vitamin C supplementation.

Hyperbaric Oxygen Therapy

Science tells us that cancer cells hate oxygen. Therefore, an effective new treatment in killing cancer cells is to saturate them with oxygen.

This is accomplished with Hyperbaric Oxygen Therapy. Russell rested inside a pressurized chamber and breathed 100 percent pure oxygen. People who are trying to prevent cancer can increase their oxygen intake with cardiovascular exercise.

Electromagnetic Field Therapy

Pulsed electromagnetic field therapy uses electrical energy to direct a series of magnetic pulses through injured tissue whereby each magnetic pulse induces a tiny electrical signal that stimulates cellular repair.

Mainstream Treatment

Russell's mainstream treatment included using Bacillus Calmett-Guerin (BCG), which is a type of bacterium used to stimulate the bladder's own immune system so that it fights

any toxin in the bladder itself.

For the original article, visit .

Why a Man Should Never Strike a Woman

I call it the Closet Principle: What you do in secret is what moves you in public.

The Baltimore Ravens terminated the contract of running back Ray Rice after TMZ released a hotel elevator surveillance video showing the horrific knockout punch that he used against his then-fiancé, Janay Palmer. Although she went on to marry Ray, the incident is without excuse. The NFL has now indefinitely suspended him—stripping him of his ability to play and to receive his enormous salary.

Some men will argue that she had it coming to her—that she showed aggression first—yet, there are alternatives to striking a woman. Ray simply could have dismissed her and severed the relationship without physical violence. That would have been the honorable thing to do.

Men will pay for the evil that they perpetrate against women.

According to Safehorizon, a domestic-violence assistance organization, one in four women will experience domestic violence during her lifetime. It is an epidemic to say the least. There are 4 million physical assaults and rapes by their partners each year.

If a man raises his hand against a woman, he forfeits authentic manhood and has proven himself a coward and weak

man. He deserves the shame of his stupidity.

A FivestarMan has the deep purpose to be gallant in relationships. His hand is designed to bless, not beat—to protect, not punish—to caress, not curse.

How to Bless Your Wife

Understand and embrace the differences of a woman. The male and female have perfectly complementary designs. When God created man He created him male and female in one body. Then God saw that it was not good for a man to be alone, so He extracted the feminine side of Man and made woman. In this manner, the only feminine side of the male should be his wife. She is a complement to him. If a man doesn't understand and embrace the differences of a woman, a couple will have unresolvable conflict and strife. If he embraces her and her differences, he will experience greater joy and fulfillment in life.

Use your hand to cultivate your wife. The art of husbandry is in the very nature of man. He has the ability to draw out the great potential of his wife; therefore, his hand should never strike against her flesh but should serve to care and cultivate her. According to one study, there are 64 physiological benefits to the human touch. In other words, when you "lay hands upon" your wife, her body receives a chemical boost from your touch. There is more to the touch than the physical. It can have a spiritual healing effect upon her as well. This is why a man should never raise his hand against his wife—he not only robs her of his healing touch but also turns his hand of blessing into a hand that curses.

Position yourself as protector of your wife. Be a strong man, a protector of your wife. Never be in the position of an abuser. Our attitude should be that we will lay down our lives for the sake of our wives, as Christ laid down His life for the church.

An authentic man isn't misogynistic; he doesn't have antipathy toward women. We don't fear empowering women, because we're strong men. Our strength is not displayed in brutality toward women but in the willingness to stand strong and protect women.

If you are in a relationship that is filled with strife and conflict—simply remove yourself from it—severe the relationship. Never raise a hand to strike a woman.

***FivestarMan** was founded in 2008 by **Neil Kennedy**. Kennedy has passionately promoted God's Word for 25-plus years of ministry. He is known for practically applying biblical principles that elevate people to a new level of living. As a business, church, ministry and life consultant, Kennedy has helped others strategize the necessary steps to reach their full potential.*

For the original article, visit .

Study: Probiotics Can Prevent Heart Attacks

When we think of bacteria, we tend to think of disease-causing microbes that threaten our health, with antibacterial products all the rage and antibiotics among the most prescribed medicines doctors dole out. But in fact, many of the trillions of bacteria that live in our digestive tracts are “good bacteria”—essential to our health.

Some help us digest food, ward off infections, and can even help to lower blood pressure and reduce the risk for heart disease, diabetes and obesity. Probiotics are a class of these

beneficial bacteria—mostly commonly found in yogurt, aged cheeses and fermented soy products. And, a new analysis of nine studies has found that people who eat such foods have lower blood-pressure levels and a lower risk of heart attack than those who don't.

Robert Newman, a certified nutritionist and wellness expert from East Northport, N.Y., tells *Newsmax Health* the new study found most blood pressure reductions were modest. But the new research is only the latest in a series of studies that have found probiotics can be important to maintaining good health and fighting off disease.

"I think the study showed that it took at least two months on the probiotics [to have an effect]," says Dr. Newman, in an interview on Newsmax TV's *Meet the Doctors* program. "They feel it may have been by lowering the cholesterol, which it does have that effect—it lowers the bad cholesterol, the LDL, and raises the HDL [the good cholesterol]—so that might have an effect on the blood vessels."

Trillions of bacteria live in each person's digestive tract. Scientists believe that some of these bacteria help digest food and stave off harmful infections. For the latest study, researchers reviewed nine randomized trials involving nearly 550 people, who ate probiotic products containing live bacteria. The studies tested various probiotics in varying amounts, mostly strains of *Lactobacillus* found in dairy products.

Eight of the nine studies found reductions in blood pressure, according to a report on the review published in the journal *Hypertension*. Over all, compared with people who don't eat probiotics, the use of such products reduced systolic blood pressure (the top number) by an average of millimeters of mercury and diastolic pressure by .

"Yogurt, cheese, fermented soy products—all of these are

helpful,” said researcher Jing Sun, a senior lecturer at Griffith Health Institute and Griffith University School of Medicine in Gold Coast, Australia. She said the findings suggest probiotics should be a routine part of a healthy diet. “We have to go beyond just fruits and vegetables.”

Other studies have suggested gut bacteria play a critical role in metabolism and immune-systems functions. Some medical specialists even refer to the human digestive system as a kind of “second nervous system” that regulates metabolism and many other bodily functions.

“The gut is lined with about 70 to 80 percent of the immune system of the entire body, which is really mind-blowing when you think about it, that it has such a tremendous effect on your whole system,” Dr. Newman explains. “So by keeping that proper balance of healthy bacteria to bad bacteria, you’re enhancing your immune system for fighting any kind of disease, from cancer to respiratory disease.”

He adds that probiotics interact with substances in the digestive tract that can cause health problems.

“[Probiotics have] effects on chemicals that are made in the gut,” he notes. “[When] we look at cancers, there are carcinogenic DNA changes, and many times these bacteria will help resolve that and get rid of those chemicals” that cause such changes.

Dr. Newman notes that Greek yogurt is a terrific source of probiotics but also has other health benefits.

“The Greek yogurt definitely has a higher protein level [than other varieties] so it’s going to keep your blood sugar at a steadier level,” he explains.

He also notes, however, that yogurt, aged cheese and fermented soy products aren’t the only sources of health-boosting good bacteria. Others include kimchi, a traditional fermented

Korean side dish made of vegetables sold in health-food stores. Sauerkraut is also packed with probiotics. In addition, probiotics are available in supplement form.

Dr. Newman recommends seeking out foods or refrigerated supplements containing live cultures of *lactobacillus* and *bifidobacterium*—the more the better.

“There certainly are really high-quality supplements,” he notes. “What I always recommend to my patients is go into the health food store and get the powdered version of the probiotic, as many strains as you can get, and it would be in a refrigerated section, so you find they are much more viable in terms of activity in the body.”

For the original article, visit .