

HolisticHealth Bay Area

Natural Solutions for Hormonal Imbalance

Q: What is your most important message to women suffering hormonal imbalance?

A vast majority of hormonal imbalance cases can be resolved through **diet, nutrition and lifestyle changes.**

Q: What are typical signs and symptoms of hormonal imbalance?

In both sexes, the typical symptoms are fatigue, headaches, digestive complaints, poor sleeping, easy weight gain and decreased sexual desire.

In pre-menopausal women, common symptoms are: menstrual cramping, pain and irritability, emotional fragility, salt and sugar cravings, breast cysts, endometriosis and uterine fibroids.

In post-menopausal women: weight gain around the waist/torso with loss of fat and muscle in the legs, salt and sugar cravings, intolerance to cold or hot environments, drying and thinning of head hair, vaginal dryness and pain with sexual intercourse, increased irritability and emotional instability, "brain fog" and poor concentration.

There are multiple signs on laboratory tests indicating hormonal imbalances in pre- and post-menopausal women, but some of the most common are alterations in



adrenal and thyroid hormone function, an increased amount of harmful 16-alpha-hydroxyestrones, a decreased amount of protective 2-hydroxyestrones, increased propensity of blood clotting, increased markers of inflammation, imbalances in fats required to make hormones, and imbalances in immune system indicators.

Q: What are the typical causes of hormonal imbalance?

Poor dietary habits with insufficient dark green leafy and brightly colored vegetables, too little lean proteins, too much starchy carbohydrates and sugar, too little omega-3 fatty acids, and persistent mild dehydration. On top of that, a large toxic load on the woman's body system from multiple unresolved environmental toxic exposures such as pesticides, volatile chemicals in beauty salons, bad chemicals in cosmetics, and estrogen-like compounds in plastics. Inadequate amount of exercise is a prevailing cause. Also, over commitment to caring for others' needs with insufficient care for self is a very common factor in mothers with young children.

Q: What are the other things that contribute to the development of hormonal imbalance?

In today's society, adequate dietary supplementation is absolutely necessary to realistically prevent hormonal imbalances in pre- and post-menopausal women in particular. Some of the most important basic supplemental factors necessary are extra B-vitamins,

vitamin C, vitamin D, essential fatty acids and indole-3-carbinol. Indole-3-carbinol and its metabolite DIM, is a particular nutrient that lowers production of harmful estrogens and increases production of protective estrogens. Another factor that is not often discussed is intake of synthetic hormones in birth control pills and hormone replacement therapy (HRT), anti-depressant drugs, overuse of antibiotics and non-steroidal anti-inflammatory drugs (NSAID's). Cigarette smoking is a very powerful contributor to hormonal imbalances.

Q: Besides prolonged suffering from symptoms of hormonal imbalance, what could occur if it is left untreated?

In pre-menopausal women: Polycystic Ovarian Syndrome (PCOS), uterine fibroid cysts, cystic breasts disorders, infertility, dysmenorrhea (aka, painful menstrual cycles), early menopause, onset of Chronic Fatigue Syndrome or Fibromyalgia.

Continued on page 4

| contents | |
|------------------|--|
| Feature | Natural Solutions for Hormonal Imbalance |
| Nutrition | Healthy Snacks For Kids (Back to School Special) |
| | Testimonials |
| Lifestyle | Exercise Effectively |

Back to School Special

Healthy Snacks for Kids

Most parents provide foods for their children the whole day because they love them without realizing that a lot of these foods are actually toxic to their health!

Many so called "Kid's Menu" items and snacks contain primarily high amounts of processed grains, starchy carbohydrates or concentrated sugar. Many of these snacks have inadequate protein and too little healthy omega-3 fats. No wonder childhood obesity is on the rise!

Here are TIPS for healthy snacks that you can pack in school lunchboxes, with a small cold pack to keep things fresh:

- whole or chopped vegetables or fruit (carrots, celery, apples, pears) with a small container of almond or cashew butter to dip the veggies or fruit in
- gluten-free, lightly sweetened muffins or cookies with a small container of goat's milk yogurt
- a shaker cup containing coconut milk, with a bag of chopped veggies

Two (2) FREE 1 lb. trays of local, organic strawberries

With a purchase of \$30 or more at



local | fresh | family



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2 free 1 lb. trays w/ \$30+ purchase. Must present coupon. May not be combined with any other offer. One per customer, per visit, per day. CODE 1019.
Offer Expires: Aug. 31, 2011.

I wasn't feeling well in the first half. I felt down, man. I had three slices of pizza before the game and the food took me down.

Leroy Loggins, Professional Basketball Player

Testimonials

Dr. Husbands is one of the most thorough and knowledgeable doctors I have ever encountered. I had a medical problem that had been unresolved for 4 months and I was scheduled for surgery. Dr. Husbands made time in his schedule for me as soon as he heard that I had a problem. I followed his recommendations to the letter and the problem resolved itself without me having to have surgery. I have continued to follow his recommendations and have more energy, sleep better, and enjoy better health than I can ever remember having.

Lisa, Redwood City, CA

...I had no energy, couldn't focus, couldn't concentrate, I really felt old... had achy joints in the morning, digestive troubles, hormonal troubles, massive PMS....and in only the two and a half months that I've been really religious with my supplements that I have noticed a marked improvement in just about everything.... there were dietary changes, too....

Beatrice, Dublin, CA

Watch Beatrice's full video testimonial:
<http://www.holistichealthbayarea.com>

exercise EFFECTIVELY

Some people may regularly exercise, but to many among them, it seems like a drudgery and chore, with little enjoyment. Those who feel this way often are the ones who never learned to exercise with maximum efficiency and effectiveness. Let me explain.

How many people do you know who exercise regularly but never really see a change in their body? For those of you who regularly exercise, can you say that you see a positive change in your body over a few months, weeks, or even in a few days? If not, your exercise program is not at optimal effectiveness and efficiency. If it is, you will see a significant change, not only in your performance, but in your attitude toward exercise and in how you look.

Now I'm not saying that if you are out of shape, even overweight or obese, and started an effective exercise program that within 8 weeks you will look like one of those fitness trainers you see on TV. **What I am saying is that with a regular, effective and efficient exercise program, along with proper diet, nutritional supplementation and periodic chiropractic check-ups and adjustments, you should see and feel small positive changes in your body from each and every workout.** This may even be noticeable by others.



Dr. Doug's photo from Genesis, the Alumni magazine of St. Ignatius College Preparatory, San Francisco, Spring 2011

As an avid regular exerciser since I was 16 years old and a former competitive bodybuilder, I've personally experienced this. As any competitive bodybuilder knows at a gut level, our bodies can change in appearance significantly from workout to workout.

“ You can experience exuberance, exhilaration and euphoria multiple times each week, if you begin exercising effectively and efficiently. If I've encouraged just one person to begin to manage their bodies better through regular exercise, this article will have accomplished its purpose.”

Dr. Doug

Benefits of Exercise:

- heart beats strongly and rapidly and increases circulation
- release of hormones from various glands to stimulate your brain and body to heightened awareness, euphoria, determination and sense of courage
- perspiration cools your body during the exercise and releases toxins
- helps maintain proper levels of male/female sex hormones
- hydration of the discs between the bones of the spine
- hydrates and nourishes the cartilage
- proper joint stability and flexibility
- tone and clarity of your skin
- Improves posture
- Increases alertness and focus
- Enhances digestion during meal times 🌱



50% off Fitness Check Up

Improve sports and exercise performance and prevent injury

Dr. Doug has reserved a limited number of appointments on Monday afternoons for fitness health check ups.

Fitness Checkup includes:

- flexibility test
- range of motion test
- joint and muscle integrity test
- balance test
- spinal exam

~~\$150~~

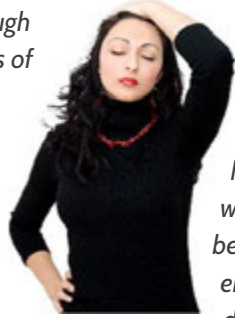
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Call (650) 802-8700

To reserve your appointment

Must present coupon. By appointment only. May not be combined with other offers. Offer expires Sept 19, 2011.

In post-menopausal women: Extreme difficulty going through menopause and extreme loss of bone density, increased propensity of autoimmune disorders, increased likelihood of Alzheimer's dementia, increased risk of heart attack and stroke, increased risk of breast, uterine ovarian cancers, and increased risk of certain head and neck cancers.



effective for balancing hormones are the essential fatty acids DHA and EPA found in fish oil. I recommend getting supplemental fish oil from sources that follow high standards to avoid taking ones with toxins. I say supplemental because it will be quite difficult to eat enough fish to get the therapeutic dose to affect hormonal imbalance. In addition, you will likely consume higher amounts of mercury along with having to consume a lot of fish.

There are other naturally-occurring hormone balancing modulators, but these two are the most important.

Consult a Clinical Nutritionist and/or a Functional Medicine doctor regarding which ones are appropriate for you, including therapeutic doses of these hormone balance modulators.

Q: What are the natural modulators for balancing hormones?

Indole-3-Carbinol is a naturally occurring substance found in cruciferous vegetables that prevents the build-up of harmful estrogens and balances the production of protective estrogens. Its derivative, diindolylmethane (DIM) also does this. This is a very effective substance that acts in a similar, but much safer way, as the anti-breast cancer aromatase inhibitor drug Tamoxifen (Nolvadex®). Taking indole-3-carbinol or DIM can have measurable improvements on lab tests confirming that it effectively helps balance estrogens in as little as one month. This is one of the most effective natural substances to balance hormones in women and men.

Other substances that are very

Q: How long does it usually take to correct hormone imbalance through natural alternative means?

This varies due to multiple factors. In my clinic, the typical time frame of patients who are not dealing with additional health issues is 2 to 6 months. In hormonal imbalances associated with adrenal gland problems, it often takes anywhere from 6 to 18 months. 🌱



Message from Dr. Doug:

Hello! I hope you have taken time to relax this summer. If not, you still have a few more weeks to go before long summer days are over.

In recent years, I've been seeing a lot more patients for hormonal imbalance. Also, there's a growing interest in addressing it naturally, so in this issue, I'm answering some of the frequently asked questions on this topic.

I hope our article regarding exercise has inspired you to follow an effective exercise routine. If you are not exercising regularly, there's no better time to start than now.

To share this online or to access previous issues visit <http://HolisticHealthBayArea.com/newsletter>

About Dr. Doug

Dr. Douglas Husbands is a Functional Medicine Doctor, Clinical Nutritionist, Anti-Aging Health Practitioner, and Doctor of Chiropractic. As a health advocate and coach, he is dedicated to achieving optimal health through resolving the underlying disease processes through diet, nutrition and lifestyle modification. To contact Dr. Doug, call 650-394-7470 or visit www.HolisticHealthBayArea.com

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