

HolisticHealth Bay Area

guilt-free

Holiday feasting

Thanksgiving and Christmas are times filled with opportunities to reflect on what we can be thankful for. Christmas is the time to celebrate the wonderful free gift that God provides to everyone in the world --- the gift of salvation from eternal punishment from sin and a right relationship with Himself by each individual putting their faith completely in the sacrificial punishment for sin on His Son, The Lord Jesus Christ!*

Sharing a meal is an integral part of celebrations. During Thanksgiving, Hannukah and Christmas, there are many countless irresistible goodies that entice us at work, at home, and all around us. These weighty treats have the pound power on our body.

Is it possible to enjoy the treats without being threatened of the weight gain that goes with it? A vast majority unwittingly devise a "plan" that comes out more harmful. Did you know that the popular plan to "eat sparingly to give space for future feasting" or "fasting for hours before feasting" can actually make your body store more fat? Why? When you skip meals, your body metabolism slows down to store energy in anticipation of a prolonged period of inadequate nutrients and calories. Then when you indulge in the evening, your body stores more of the nutrients as fat in anticipation of another period of inadequate nutrient and calorie supply. On top of that, you tend to eat more when food is finally available simply because you are so hungry and holiday meals are such a treat. Furthermore, when you eat a lot at night without significant activity before bed, your body tends to store more fat during sleep. Hence, you easily pack on 5-10 pounds!



- Eat multiple small, healthy meals and snacks everyday during the week before the special holiday feast.
- On the day of the big meal, eat healthy foods and snacks frequently throughout the day.
- Keep healthy non-perishable snacks readily available where you spend most of your time during the day so that you have them when the goodies are brought to your work or home by coworkers, friends and family. Your snack sampler could contain: fresh fruit, raw nuts, raw carrots, celery and other raw vegetables.
- On the evening you DO intend to indulge, eat mostly vegetables and meat, chicken or fish, with very little starches during the day. Then enjoy at the celebratory meal. 🌿

** View our November 2011 issue on the powerful effects of gratitude on health.*

So what plan should you follow? **Here are five practical tips on guilt-free holiday feasting without the weight gain:**

Keep up with your regular exercise program during the holidays. Pick an exercise you enjoy and do that exercise for 30 to 45 minutes, 4 to 5 days a week. Decide to exercise today for tomorrow never comes.

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Get To Know **ANDI**

ANDI, short for Aggregate Nutrient Density Index, is a good guide for consumers wanting to make informed choices on the nutrient density of foods.

The **ANDI** score, based on a Dr. Joel Fuhrman's Nutrient Density Scoring System analyzes many nutrients in a food product. It gives an indication of the following nutrients in foods:

- Calcium
- Carotenoids: Beta Carotene, Alpha Carotene, Lutein & Zeaxanthin, Lycopene
- Fiber
- Folate & Glucosinolates
- Iron, Magnesium, Niacin, Selenium
- Vitamin B1 (Thiamin) Vitamin B2 (Riboflavin), Vitamin B6, Vitamin B12
- The antioxidants Vitamin C, Vitamin E
- Zinc
- ORAC score X 2 (Oxygen Radical Absorbance Capacity is a method of measuring the antioxidant or radical scavenging capacity of foods) 🌿

ANDI Scores of some foods

Kale	1000	Canaloupe	100
Collard Greens	1000	Kidney Bean	100
Bok Choy	824	Sweet Potato	83
Spinach	739	Apple	76
Brussel Sprouts	672	Peach	73
Cabbage	481	Cherries	68
Broccoli	376	Oatmeal	53
Carrots	240	Corn	44
Tomato	164	Salmon	39
Blueberries	130	Avocado	37
Lentils	104	Skim Milk	36

Our Story



Hello! This is Rosette, publisher of this newsletter and the wife of Dr. Doug. We strongly believe in the therapeutic power of nutrition and lifestyle changes because we've proven it ourselves first. As a chiropractor in the mid-90's Dr. Doug wanted to get training in radiology or internal medicine. He changed course to clinical nutrition after my PMS with severe menstrual pain was resolved completely by nutrition. After he became a functional medicine doctor, he also helped me get rid of my hormonal imbalance and infertility, This resulted in an addition to our family, Nia, who is now 5 years old.

As my health improves, I get greater enjoyment of life and I am continually inspired to publish information that promote health and wellness. ☺



The staff.... from left to right: Dr. Pierotti, Dr. Husbands, Dr. Rivera, Giite Rivera, Dr. Linford and Dr. Roh





For the Holidays and BEYOND

Many people often pop an acid-blocker to stop the acid reflux symptoms oblivious of, or without consideration of, the side effects.

Some of the side effects are not mere discomforts. An article in the [Current Opinion in Gastroenterology](#) Journal (November 2010) discussed the link of a class of acid-blocking drugs, called **proton pump inhibitors (PPI)**, with the following symptoms: bone fractures, bacterial infection in the abdomen, small intestines or colitis (extreme diarrhea), nutritional deficiencies and benign tumors from the nervous and hormonal system.

Acid reflux is not only an inconvenience, but can also erode the lining of the esophagus, or “food pipe”, from the mouth to the stomach. More serious problems can result if this is allowed to continue unabated, such as esophageal cancer. So acid reflux is something you should work to get rid of, not just get temporary relief from.

Here are five powerful and effective ways to stop acid reflux, PPI drug-free and naturally:

1. **Fighting Fire With Fire** – Acid reflux is often the result of your body producing too little stomach acid (known as Hydrochloric acid or HCL). Supplemental HCL is often the best solution against acid reflux.
2. **Get Good Bugs** – Many people with acid reflux do not have the right balance of “good” versus “bad” bacteria in their gut. Diets high in refined sugars, frequent antibiotic use, and everyday stress cause the imbalances in the gut (aka microflora).

Probiotics are good bacteria that are the ideal supplement to balance the good bacteria in your gut thereby decreasing acid reflux.

3. **Eat To Live, Not Live to Eat** – The overindulgence of white sugar and refined carbohydrates have harmful effects on the gut which lead to acid reflux. On the other hand, **eating a wide variety of vegetables and fruits, nuts and seeds, lentils and beans can help keep our microflora in balance.** You will not feel sick if you eat holiday treats from time to time in controlled portions as long as you have the daily intake of healthy foods. Healthy foods actually help control your craving for holiday treats.
4. **Stay in Motion** – **Exercise not only affects the skeletal muscles, but also the muscles surrounding the internal organs. The esophagus is a highly muscular internal organ.** Vigorous resistance or weight training exercise can effectively strengthen all the muscles of the body by contracting and stretching the skeletal muscles, and muscles of the internal organs, to some extent.
5. **Stay in Balance** – The stress associated with



holiday gatherings and events can take a toll on our body in many areas, including digestion. Find ways to bring your body back into balance. Exercise, play, laughter and a good attitude can be very helpful. Chiropractic adjustments also have a significant effect on the nervous system and help acid reflux. **The nerves from the spine in the mid-back associated with the upper part of the gut can be irritated from imbalanced spinal motion and impair the function of the esophagus and stomach.**

Step-by-step instructions for getting rid of acid reflux:

1. Stop PPI drugs. Wait for about 5 days. You can expect to get a rebound hyper secretion of stomach acid, which is another side effect of PPI drugs. During these 5 days, to relieve

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symptoms of rebound hypersecretion, use Deglycyrrhizinated Licorice (DGL) or Mastic gum. You can get supplements containing these at your local health food store. You can also sprinkle about ½ teaspoon cinnamon in 2 ounces water and drink it before and after meals to rapidly decrease any acidic symptoms.

2. After 5 days, stop the DGL or Mastic gum and see if you still have acid reflux. If not, you're done with having acid reflux! Congratulations!
3. If you still have acid reflux, do the following: continue using DGL or Mastic gum over the next month. You can also use cinnamon if desired.
4. After 1 month of using DGL or Mastic gum, stop. If you don't have acid reflux symptoms anymore, congratulations! If you still do, proceed to the next step.
5. Begin taking a supplemental capsule of Betaine Hydrochloric Acid (HCL) with Pepsin right at the beginning of each meal. You can get this at

your local health food store. Make sure you take it at the beginning of your meal. Do this for 1 month.

6. After 1 month stop using Betaine HCL with Pepsin at the beginning of meals. If you do not get acid reflux anymore, congratulations!

Successfully getting rid of acid reflux is an indication that your stomach is producing the right amount of HCL on it's own! If you still have acid reflux symptoms, it's likely your stomach is still not producing adequate stomach acid. In this case, you'll likely need to use the Betaine HCL with Pepsin for a few months until your stomach produces adequate HCL on it's own. You'll know when it has begun producing enough by itself when you begin to get a slight burning sensation when using the supplemental HCL.

As you go enjoy the holiday season, be proactive towards preventing **acid reflux**. If it occurs, work to quickly alleviate it. By implementing these 5 techniques, you'll feel better and you can focus more on the people and events you love during the holidays. 🌳



Message from Dr. Doug:



Merry Christmas!

I hope you enjoy Christmas, Hanukka and any other occasion you are celebrating this month. As we all traditionally celebrate with food, I'm sharing how you could do so guilt-free (see page 1).

If you suffer acid reflux, see the instructions on page 3 on how to resolve it. If you follow it, let me know how you did.

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<http://holistichealthbayarea.com/subscribe>



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 <http://www.HolisticHealthBayArea.com>

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