

HolisticHealth Bay Area

Top 3 Supplements for men and women

As a nutritionist and a healthy aging doctor, one of the most frequent questions I get is “What supplements should I take?”

Here’s my recommendation for maintaining optimum health:

1 A multi-vitamin/multi-mineral combination is necessary in this day and age due to the depletion of nutrients in foods from poor farming practices. Why? In most cases, the nutrient content in fruits and vegetables today is comparably far less



than those from years past due to depletion of nutrients in the soil. For example, the nutrient content of one orange from 50 years ago has about the equivalent of six to ten oranges today. The apple a day that “keeps the doctor away” back then, now takes 10 apples a day!

2 Fish oil contains the foundational essential omega 3 fatty acids DHA and EPA. Omega 3 fatty acids are beneficial for:

- healthy cholesterol levels
- cardiovascular health

- joint health
- inflammation prevention
- brain health and memory
- breast cancer prevention

The recommended dose of omega 3 fatty acids is between 1 gram to 10 grams per day, depending on individual health variables .

3 Vitamin D3 levels in the blood should be between 40 ng/ml and 80 ng/ml. To attain this level, most people must supplement with an additional 3000 to 5000 IU of vitamin D3. Vitamin D is not only important for bone health, but also for healthy body tissues. Essentially, it is important for all cells of the body. 🌳

Doctor’s Recommendation

Consult a health care provider for a personalized prescription for your condition.

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A Healthy Treat YOGURT

Tops in Popularity

Move over ice cream. Yogurt has become the healthy alternative, gaining the ground of popularity over the last 30 years in the United States.

Yogurt has been popular in many parts of the world for thousands of years. In medieval times, Turks, Greeks and other eastern cultures commonly used yogurt as a staple in their diet.



Health Value

Why is yogurt popular? Because it can provide unique benefits that ice cream cannot and passes the taste test as it provides the creamy gustatorial

delight that ice cream lovers enjoy.

Yogurt contains trillions of good bacteria that comprise the microflora, or shall I say, the healthy and protective coating to our intestinal tract in order for our digestive system to function effectively.

Source of Long Life

In the early 1900's, the Russian biologist Ilya Metchnikov from the Pasteur Institute in Paris hypothesized that regular consumption of yogurt was responsible for the unusually long life spans of Bulgarian peasants.

Top Choice

So next time you are given a choice between

The most common bacteria used in making yogurt are *Lactobacillus delbrueckii* (subspecies *bulgaricus*) and *Streptococcus salivarius* (subspecies *thermophilus*). In addition, *Lactobacillus acidophilus*, *bifidobacteria* and *Lactobacillus casei* are also sometimes added.

All these good bacteria are beneficial in the intestinal tract when they are in the proper balance. Sugar added to yogurt decreases the benefit of the good bacteria. However, the presence of good bacteria in yogurt is still able to offer some health benefit despite the sugar content. Definitely, better than ice cream.

Yogurt is made by heating the milk, then adding certain bacteria to ferment and thicken the milk. It is then cooled and often sweetened and flavored. It is typically made from cow's milk. Goat's milk, or even buffalo, sheep, and camel's milk can also be used. It can also be made from coconut milk or soy milk.

BEANful of Good Health

Do you know that **beans** are very **nutritious**?

It's a wealth of good health!

- full of vegetable proteins and dietary fiber
- great source of carbohydrates and calcium,
- potassium, iron and sodium
- outperforms bananas, carrots, spinach and certain types of fish when it comes to its potassium level
- tops rich mineral contents which are vital for
 - healthy brain
 - nervous system and
 - muscle growth
- good substitute for fattier foods like meat
- ideal for weight loss: beans fill you up more quickly but are not easily digested by your body, so you tend to eat less



Learn from the Mediterraneans. Their very **BEANy** diet leads to **better health and longevity**.

Have a BEAN-tastic good health!

Cure *Diabetes* Through 10 Lifestyle Changes

Studies have shown that lifestyle factors play a prominent role in the development of chronic diseases, including type 2 diabetes. The National Institutes of Health (NIH) identified **therapeutic lifestyle changes as the most effective method for influencing diabetes.**

Follow these 10 lifestyle changes and you could see results within as little as 30 days:

- 1 Always eat breakfast containing some proteins, fat and carbohydrates within 30 minutes of waking up.
- 2 Eat at least 9 servings of dark green leafy and brightly colored fruits and vegetables each day (1 serving of uncooked vegetables is about the size of a baseball). To practically achieve 1 and 2, make fruit and vegetable smoothies using a powerful blender
- 3 Don't have coffee first thing in the morning before breakfast.
- 4 Exercise half hour to an hour a day, 5 or 6 days a week, preferably in the morning.
- 5 Eat small, frequent, healthy, well-balanced meals and snacks about every 3 hours throughout the day.
- 6 Drink at least 1/2 ounce of water per pound of your body weight daily.
- 7 Have 2 to 3 bowel movements each day (if you do 1 to 6 regularly, this will naturally happen).
- 8 Keep a stable temperament and a positive attitude.
- 9 Get 7 to 8 hours of sleep each night and get to bed by 10 pm at night.
- 10 Take herbs and supplements, such as mormordica charantia, gymnema sylvestre, fenugreek, bilberry, cinnamon, vanadyl sulfate, chromium picolinate, zinc, manganese, magnesium, selenomethionine and vitamin D. Get a professional to

Take care of your body. It's the only place you have to live.

Jim Rohn

Learning to *Relax*

While healthy living has much to do with the way that we treat our body, the fuel that we provide it and the physical exercise that we give it, it also involves our state of mind. Of course, we all go through spells where things begin to get on top of us and we start to feel anxious, but some people seem to find it easier to relax and put their anxieties aside than others. Whether it is simply due to their natural makeup or to events from their past, some find themselves constantly plagued with fearful and worrying thoughts that eat away at their overall well-being.



Relaxation comes naturally to some people, but for others it can leave them feeling guilty and as if they are wasting time. Learning to relax is essential, however, if you are going to be able to face each day and give it all you've got. It isn't a luxury, it's a necessity.

If, like many, you are not one of the world's most laid-back individuals, you may find that it takes attention and effort to achieve a sense of relaxation, but with perseverance, it can be done. **Learn to walk away, take five and do some breathing exercises or whatever**

Message from Dr. Doug:



To my patients, friends and family,

We are happy to share the first issue of the Holistic Health Bay Area Newsletter with you.

As you are reading this I hope you are making plans or getting ready for fun and recreation with friends and family this summer. This year, besides going to the beach, my wife and I will try to do more activities outdoor, and introduce our 5-year old little girl to hiking.

In this newsletter, expect to see articles and news on health and wellness, as well as news and updates from Holistic Health Bay Area. We will also feature local products or services that are wholesome, fun and/or healthy.

From time to time, I will also feature an answer to a question that I think will be helpful, fun and/or entertaining. If you want to submit a question, send an email to:
contact@holistichealthbayarea.com

Your health coach for life,

Dr. Doug

The... patient should be made to understand that he or she must take charge of his own life. Don't take your body to the doctor as if he were a repair shop.

- Quentin Regestein

Dr. Doug Recommends Harmony Yogurt in San Carlos

*Great tasting
 organic yogurt
 at a good price.*



\$1.00 off
 at Harmony
 Yogurt

Coupon Expires July 31, 2011

Coupon valid at Harmony Yogurt
 852 Laurel Street, San Carlos, CA 94070



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

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