

HolisticHealth Bay Area

De Stress your Holidays



Keep Realistic Expectations

We may have idyllic childhood memories of a particularly enjoyable Thanksgiving, Christmas and other holidays. As adults, we now know the time and effort that go into making those memorable occasions. We can easily get caught up with working hard towards a perfect event or meal. Instead, we should focus on the time shared together and love expressed through actions and intangible gifts. **Enjoy the process and time together, and worry not on the often imperfect outcomes!**

Say No to Over Commitment

With the many family, workplace, and public holiday events, you could either be in a frenzied rush to try to make it to everything, or lapse into depression from feeling you are missing out on an event. Rather than focusing on events or tangible gifts, **invest in relating, bonding and listening to loved ones.** Learn to say “no” so as not to over commit. Slow down to reflect on what you can be thankful for.

Speaking of being thankful...

Be Thankful Daily

The Thanksgiving, Christmas and New Year holidays are great times to **slow down and reflect on what we have to be thankful for:** food, shelter and clothing...your relationship with God, family and friends. A vast majority of Americans are far better off than most people in the world. Our consumer-oriented society tends to breed discontent toward what we supposedly should have, rather than being thankful for what we have.

Get Enough Sleep

The most restorative and effective way to decrease stress is deep, restful sleep for about 8 hours at night. At this time of year, most people tend to celebrate life by compromising the much needed hours of sleep in exchange for more wake time on feasting and socializing with family and friends. You won't have quality time with friends and family if you are sleep deprived. **Learn to manage your time that will be good for your well-being and relationships.**

Get Enough Sunlight

Make sure you're getting enough light, even if it's indoor. If you are unable to go outside regularly, consider buying a full-spectrum light box. Vitamin D and melatonin are both stimulated by sunlight, and they both play roles in improving mood and facilitating sleep. With the shorter days, if you are cooped-up inside an office during the day, be sure to make it priority to take time to step outside for a short break at least once a day. **Sunlight will help reduce your holiday stress, improve your mood, and help you cope with stress.** The sun can literally brighten your mood.

Get "Kneaded"

Just as bread dough is kneaded to mix and stretch the dough to become pliable and elastic, **our body, joints and connective tissues need to be kneaded periodically through massages and chiropractic treatments.** Take the time during this holiday season to make an appointment to do one or the other. 🌿

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chocolate silk pie



This is a vegetarian recipe.

Ingredients:

- 12 graham crackers
- 2-3 tablespoons apple juice concentrate
- 8 oz. unsweetened chocolate
- 2 10-oz. pkgs. silken tofu
- 1 10-oz. jar blackberry preserves
- 1 teaspoon vanilla extract
- 1 cup honey

Serves: 12

Cooking Time: Over one hour

Instructions:

Crust: Preheat oven to 350. In a food processor, combine crackers and apple juice concentrate and pulse to make fine crumbs. Press into bottom of springform pan or pie plate. Bake 10 minutes. Cool.

Filling: Melt chocolate in double boiler or over very low heat. Put remaining ingredients in bowl of food processor or blender and add melted chocolate. Process until very smooth, stopping occasionally to scrape down sides. Pour filling into crust, smooth top, and refrigerate until firm, at least 4 hours or overnight.

Author: Polly Pitchford, Full Spectrum Health™ 



*Give thanks to the God of heaven,
For His lovingkindness is everlasting.*

Psalm 136:26 NASB

Testimonial

“... Through thorough testing by Dr. Husbands, I was diagnosed with CFS, hormonal and glandular dysregulations. We began supplementation and some lifestyle changes as recommended by Dr. Husbands, and we saw almost immediate results in how we felt. Our lifestyle at the time was stressful having cared for my husband's father ... Personally, I can attest to the effectiveness of Indole-3-Carbinol... We have come to appreciate his extreme patience and kindness toward us, and the expeditious way he responds to our needs – even from a distance.”

- Gayle, Cottonwood CA



This year, ditch the mess in the kitchen and indulge in a delicious and guilt free plate of grilled 100% grass-fed Marin Sun Farm steak with peperonata and mashed potatoes & parsnips. Cook! is offering a **15% discount** on all orders of \$50.00 or more for the delivery dates on Nov. 23rd and Nov. 30th. It's our post Thanksgiving gift to you. With Cook! gluten and dairy free meal kits you get minimal cleaning, no fuss, delicious and healthy food to get you back on track after the turkey dinner. Place your order by 5:00 pm the Friday before the delivery date by calling (415) 513-5328 or visit <http://www.cooksf.com>

Prevent and Treat

Colds and Flu Naturally

The winter months are synonymous to "Cold and Flu Season". Cold and flu pay a visit only because of :

- less sunlight and low vitamin D season
- high sugar intake season
- high white-flour product intake season
- cramped up indoors without adequate fresh air season

Prevention

Here's what you can do to prevent and treat colds and flu:

- Get as much natural sunlight as possible.
- Get a full spectrum light box and keep it on nearby you when you are indoors during winter.
- A sweet treat may be acceptable but avoid over indulging in sugary treats.
- Choose whole grain over baked white flour products.
- Take a brisk walk outside while swinging your arms and legs daily.
- Open windows for an hour a day at home to freshen indoor air.



Treatment

- Use monolauric acid, which is safe and effective for both virus and bacterial infection.
- Use 3000 to 5000 IU of vitamin D per day..
- Use 8 to 10 grams of vitamin C per day.
- Use a Netti Pot to clean and hydrate your sinuses.
- Use a saline spray such as Xlear to clear sinus congestion from colds.
- Drink plenty of clean water daily.
- Get upper cervical chiropractic adjustments for sinus clearing.
- Drink herbal teas to support your immune system.
- Use homeopathic cold and flu remedies for acute symptom relief.

Bust the "Achoo!" and sniffles away. '

*'Tis the season for a healthy life celebration
by living wisely and making wise choices.* 🌳



Does your Body Good

An attitude of thankfulness has extremely powerful physiologic effects that not only helps your relationships, but also improves your health.

Some of these benefits are:

Increases Serotonin Levels In Your Brain

Thinking and expressing gratitude raises your serotonin, the "feel good" hormone. Robert Emmons a research psychologist at the University of California, Davis, has published many studies showing that gratitude raises brain serotonin levels.

Helps You Stay Fit and Decreases Pain

Dr. Emmons's research findings also show that those who are more grateful spend more time exercising and have less pain. **Those with a grateful attitude have been found to exercise more regularly and are more physically and emotionally fit.** It's a happy life cycle.

Prevents Depression

A study published in 2009 by researchers at York University in Toronto divided 200 moderately depressed people into two groups. Over a period of seven days, one group listened daily to music designed to boost mood, and the other completed an online "gratitude exercise" every night, in which they were asked to list "five things that happened during the day that they were thankful for." At five different points (start of study, end of study week, and one, three, and six months post-study), the

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Gratitude

Does your Body Good

researchers measured the participants' depressive symptoms, happiness, and satisfaction with life in general. What they found was that both groups were less depressed six months post-study, but the self-critical individuals in the gratitude group reported a greater boost in overall happiness than any of the other participants.

Reduces Your Stress Hormone Levels

Cortisol can be thought of as a hormone released in response to stress, released by the adrenal glands. DHEA, also released by the adrenals, is a balancing hormone for cortisol. In a study where 45 adults were taught to "cultivate appreciation and other positive emotions.", salivary DHEA and cortisol levels were measured,

autonomic nervous system function were assessed and emotions were measured using a



psychological questionnaire. Individuals were assessed before and 4 weeks after receiving training in the techniques. There was a mean 23% reduction in cortisol and a 100% increase in DHEA among the study participants.

Lowers your Blood Pressure and Improves Cardiovascular Health

In a paper published in 2005 in the journal *Psychosomatic Medicine*, Dr. Alan Rozanski a, cardiologist from Columbia University Department of Medicine in New York, discussed various psychological factors influencing cardiovascular health. **Thankfulness was one of the key factors protective of cardiovascular health.** This paper, and many other studies, suggest gratitude also helps improve:

- **Your Immune System to Fight Infections**
- **Your Sleep**
- **Your Relationships with Others**
- **Your Coping Ability In Difficult Situations**



Choose to be grateful. You have everything to gain. May we learn to be thankful each day, not only during Thanksgiving Day. 🌿



Message from Dr. Doug:

The Bible says in Proverbs 17:22: "A merry heart does good like medicine, But a broken spirit dries up the bones."

Let us remember to give thanks not only on Thanksgiving day, but each and every day. A grateful attitude is not only beneficial for your health as discussed on page 3, but also beneficial in other areas of your life and those you interact with.

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or go to

<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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