

STRESS

That Makes You

Fat ^{and}
Diabetic

Stress. It is part of our lives, more so than prior generations. However, all stress is not necessarily bad. *It's harmful when your body cannot healthfully adapt to it.*

When your body does not healthfully adapt to stress, the adrenal and thyroid glands start producing warning signs and symptoms. Here are the **common signs and symptoms:**

- Sleep and rest problems, such as difficulty sleeping even when tired ("tired and wired"), waking up at 2 or 3 am and can't go back to sleep, difficulty waking up and feeling tired though you've slept 7-8 hours, only getting deep sleep 1-2 hours before waking up in the morning, difficulty getting up and feeling finally awake at 10 am though you got up at 7
- Easily fatigued and/or decreased energy and stamina
- Emotional irritability, instability, decreasing motivation and depression

- Unresponsive thyroid function even with treatment of hypothyroidism
- PMS (bloating, "crabbiness", constipation, cramping and chocolate cravings)
- Brain function problems, such as "brain fog"
- Frequent colds, flu and infections
- Infertility
- Weight problems, such as inability to lose weight even with regular exercise, fat build up in the waist and torso and inability to gain muscle mass even with vigorous weight training
- Increased perimenopause and menopausal symptoms
- Lack of libido
- Light-headed/dizzy when standing up from lying position or bending
- Intolerance to cold temperature; cold hands and feet even in a warm environment
- Skin, hair and nail problems, such as dry and thinning hair, thinning eyebrows and eyelashes, dry skin, easily chipping nails
- Poor wound healing

Our immune system often responds to out of control stress by producing antibodies against endocrine glands, such as the thyroid gland. This results in common symptoms of gaining weight for no apparent

reason, and for some, hypothyroidism. Sometimes hypothyroidism is not properly diagnosed. Read more about this and how to determine if antibodies are being produced against the thyroid in my [Hypothyroidism Diagnosis](#) article.

Stress also greatly affects your insulin sensitivity. Though your pancreas may be producing enough insulin, your cell receptors can become resistant to insulin due to stress. Insulin resistance promotes fat gain, and fat cells produce estrogens that promote more fat gain. This leads to a condition called metabolic syndrome. Read [Metabolic Syndrome: What It Is And Why Address It](#), and [How to Reverse Metabolic Syndrome](#) in my blog. **Insulin resistance can also result in diabetes and obesity**, which is also called "diabesity" by Dr. Mark Hyman and other Functional Medicine doctors. 🌱

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Ashwagandha <p>In appropriate doses, this adaptogenic herb provides anti-anxiety effects, blood sugar stabilization, antibiotic properties and acts as an antioxidant.</p>	Rhodiola <p>This adaptogenic herb has been shown to balance moods, help you adapt to environmental stressors, reduce fatigue, increase nitric oxide in blood vessels for better circulation, and a potential benefit in senile dementia.</p>	Astragalus <p>This is a well-researched "Qi tonifying" adaptogenic herb listed in the Chinese materia medica. It supports healthy immune system function, with powerful immune modulating properties.</p>	Siberian Ginseng <p>This adaptogenic herb supports healthy hypothalamic-pituitary-adrenal function, healthy cholesterol levels, anti-inflammatory and antioxidant effects.</p>	American Ginseng <p>This adaptogenic herb helps you adapt to environmental stressors, balance moods, stabilize blood sugar, and supports the immune system.</p>
Schizandra <p>This adaptogenic herb supports healthy immune function and stress-balancing effects.</p>	L-theanine <p>This is a unique amino acid found almost exclusively in green tea. It induces relaxation without causing drowsiness.</p>	Magnesium <p>An essential mineral that relaxes muscle spasm and fights constipation. Many people have been found to be deficient in magnesium.</p>	Vitamin C <p>A powerful antioxidant and essential component for recovery of adrenal gland function.</p>	Phosphatidyl-serine <p>This nutrient is used inside cell membranes. It is particularly high in nerve tissue. In 2003, the FDA gave it a "qualified health claim" status.*</p>

Phosphatidyl-serine

According to the FDA the "consumption of phosphatidylserine may reduce the risk of dementia in the elderly", and "consumption of phosphatidylserine may reduce the risk of cognitive dysfunction in the elderly."





Stress-induced diabetes and obesity occur as a result of dietary, lifestyle and environmental factors, such as toxins that interact with our unique genetic susceptibilities. Unfortunately, there is no magic pill for this. But the good news is there are diet, lifestyle and environmental changes that are effective for reversing diabetes.

Here are some tips for reversing stress induced diabetes:

1. Practice Daily Stress Relief

Do some type of relaxing activity each day. For some, it could be daily naps. For others, it could be regular exercise. Exercise could either be exercises that help you relax, such as yoga or deep breathing exercises or strenuous exercises. If you feel you don't recover from exercise well, try less strenuous exercises.



2. Cut Sugars

A simple way to "de-stress" is to decrease sources of sugar and excessive starchy carbohydrates.

3. Stop Being "Nutriphobic"

If you think nutritional supplements only produce "expensive urine", consider the vast number of studies showing particular nutritional supplements are helpful for stress relief and management. See page 2 for the list of some of the effective herbs and nutritional substances that are beneficial for stress. If you are taking any prescription medications, consult a clinical nutrition expert for efficacy and safety.

4. Get Help

A support group can help you stay on track and provide you encouragement. The group could be an established support group, or you can find a friend or two to join you in changing diet, lifestyle and exercise habits. If you want a plan that is designed with your unique

physiology and current health status, consult a Functional Medicine doctor.

5. Go Green For Cleaning

Many household cleaning supplies and plastics contain chemicals that influence hormones. Don't buy cleaning products labeled with ingredients you cannot pronounce or recognize.

6. Get Accurate Tests

For blood testing, rather than just fasting glucose, get checked for glycohemoglobin A1c, fasting insulin and post-challenge insulin, fibrinogen, homocysteine and high-sensitivity C-reactive protein. 🌱

From One of Our Many Happy Patients:

"Dr. Husbands was instrumental in assisting me with some health related issues that have now been completely resolved. He took the time and effort to completely understand the problems and made recommendations that I am still following today with great results!! He is a pleasure to work with... I would strongly recommend him to anyone who needs assistance and wants positive results. It is well worth it!"

Michael, Greater Los Angeles area



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Upcoming Events:

- ◆ Exclusive offer for new "Likes" on Facebook from April 21st to 27th: "Like" our Facebook page and enter to win a FREE 30 minute consultation with Dr. Doug. Enter your email on the form to join the contest. Tell your friends!
- ◆ Join our contest to win a \$100 gift certificate from US Wellness Meats. Contest details to be announced.
- ◆ Join our upcoming contest to win 1 SuperGreens or SuperBerry from Living Fuel. Contest details to be announced.



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Message from Dr. Doug:

Can you guess why this issue is about stress?

If your answer is because it is Stress Awareness Month, you are right.

I'm providing you valuable information on what happens when we don't handle stress well and how to deal with and prevent its consequences.

I hope you enjoy the spring season. Spend time with your loved ones outside... have fun and enjoy the weather!

To get this newsletter in your inbox visit:

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4 Common Health Complaints Solved

Chronic Fatigue, Aches and Pains, Digestive Problems and Brain Fog

We solve these problems in our clinic everyday. If you are suffering from any of these, we invite you to a

FREE, no obligation 10 minute consultation

to allow you to ask questions and determine if the Functional Medicine approach is right for you. This approach works because unlike conventional medicine:

- We not only help relieve symptoms, but *also treat the root causes to eliminate the symptoms.*
- You won't be put on disease management *for life*; *we help your body heal.*
- We don't use drugs to manage your symptoms; we primarily *use food as medicine.* Thus, no drug side effects, which could be worse than your health condition.

... and unlike the trial-and-error nature of self-help methods, we target and monitor your condition with laboratory testing.

Call (650) 394-7470 to schedule your FREE consult

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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