



# HolisticHealth Bay Area

"Secrets For Healthy and Vibrant Mind and Body"

## Wellness Check Ups: Secret to Great Health

**H**ave you gone for your wellness check up within the last 12 months? For most people, the answer is no.

While early detection of serious health conditions is one of the best ways to prevent being surprised with cancer and various heart conditions, a wellness check up is one we put off all the time.

Understandably. **It is not an urgent task, but it is important.**

We all take our cars for service, such as oil changes and tune ups. Because we don't want our cars to stop unexpectedly or get in an accident due to bad tires or bad brakes, we take the time for regular auto inspections, and fluid and part replacements.

Police wellness check, a law enforcement function, is requested in order to have an officer visit an individual's residence and determine his or her safety.

Printers and copiers, especially heavy duty ones that are used in

business, get regular maintenance and cleaning. Business owners and administrators do not want these things to be out of order at critical times, so they get technicians to take care of routine cleaning and inspection.

Most parents take their babies for well-baby checkups. Older kids are taken for routine visits with their pediatrician.

While all of the above get done, many adults tend to neglect the wellness check up for themselves.

It is not a surprising that we hear stories about people with no prior heart-related diagnosis had a heart attack. Likewise, there are many stories of people finding out that they have late-stage cancer.

***If you don't want be one of those people, the secret is to get your annual wellness check up.***

Quoting from last month's recent wellness check up newsletter insert:

***When you regularly get a wellness checkup you have an opportunity to find out how you can feel better and discover any developing chronic health condition. I've literally seen people over 70 years old that felt good, lost weight and got more energy because they gave themselves proper care and maintenance...***

During the wellness check up visit you can also consult your doctor about

minor aches and pains, and anything wrong about your mind and body that you deal with daily. The visit could also be a chance to take off from your busy schedule to find out ways to feel good and improve physical and mental capability.

Many common chronic diseases can be reversed with therapeutic diet and lifestyle changes. Generally, serious illnesses require drastic changes, while developing or early stage conditions require changes that are easier to follow and adapt as habits. The key is to find out early enough.

This is why this summer, I'm offering free wellness check ups for my patients, and anyone who is concerned about cardiovascular related problems, and those who are always tired and achy. If you are reading this before Aug 31, 2012, call (650) 802-8700 to find out if there's still an available appointment for you.

For more information about our free wellness check up, visit the post on SiliconValley.com: <http://goo.gl/AxChe>.

“ In order to change we must be sick and tired of being sick and tired.”

~Author Unknown

## Outstanding Patient of the Month!

An early 60's woman who was considering gastric bypass surgery sought my help first. She had followed this registered dietitian's advice: a low-fat diet, no snacking (even on healthy foods!), and cut way back on carbohydrates, *including even the dark-green leafy veggies!* No wonder she wasn't getting good results. So far, after 28 days using Functional Medicine, she has lost 3 inches from her waist and 6 pounds. Plus, because her fasting blood sugar is steadily decreasing, she now *has to* consult with her cardiologist to decrease her medications.

*Every month I choose a very special Patient of the Month. It's my way of acknowledging patients who are taking charge of their health and to inspire others. For privacy reasons, we are not including the patient name.*

## Linus Pauling Quotes

The way to get good ideas is to get lots of ideas, and throw the bad ones away.

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Satisfaction of one's curiosity  
is one of the greatest  
sources of happiness in life.  
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Facts are the air of scientists.  
Without them you can never fly.

**See Insert This Issue:**



**Last chance for  
FREE Wellness  
Checkup!**

# Nutrition Hall of Famers

## Sir Frederick Hopkins, the Discoverer of Vitamins

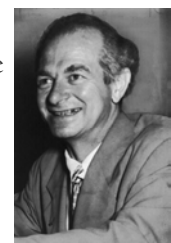
**F**rederick Hopkins may not be a household name, but this British Nobel Prize laureate has certainly earned himself a place in science and medicine. His future as a child did not look promising, as he was raised by a widow and an uncle who did not appear interested in young Frederick. In high school, he got expelled for excess absences. He earned a living as an insurance salesman while taking night classes. He was already 28 years old when he started medical school.



His first studies were inspired by the findings of Dutch scientist Christiaan Eijkman, who advanced the importance of proper diet in all beings with life. By using rats in his experiments, Hopkins looked into the ingredients of milk, instead of milk as a whole, as the building blocks of health. He called these trace substances of protein, fat, and carbohydrates, "accessory food factors". His papers on this topic pioneered the explanation of what vitamins are. Among his other works are a study on what composes the antioxidant glutathione; the discovery of pterin, an essential color component of butterfly wings, and a study on the muscles' accumulation of lactic acid. He was knighted in 1925 and died in 1947 at age 86.

## Dr. Linus Pauling, Medical Pioneer

**L**inus Pauling was an American chemist who won a Nobel Prize for his extensive work in chemistry, and made a huge impact in the field of medicine. He conceptualized "orthomolecular medicine" (which literally means "the right molecule" medicine) with the goal of restoring a patient's optimum environment.



Orthomolecular medicine proposes that the body's biochemical pathways are important for an individual's well-being, and life-threatening diseases like cancer and atherosclerosis, and even psychological disorders such as schizophrenia and depression, can be traced to biochemical abnormalities in a person. Orthomolecular medicine is one of the fundamental principles in "Functional Medicine", the 21<sup>st</sup> century approach towards resolving many common diseases.

Dr. Pauling also championed a unique way of healing patients with cardiovascular diseases. His prescription included vitamin C and lysine in high dosages, which can decrease inflammation and oxidative stress. His recommendation is based on his findings that cardiovascular diseases are, to put it simply, the result of vitamin C deficiency. His solution is in line with another therapy he pioneered, the mega-vitamin/amino acid therapy. This method of curing diseases is done by increasing the concentration of vitamins and amino acid in the patient's blood to lower and maintain the low levels of lipoprotein(a), a risk factor in atherosclerotic conditions, and to promote healthy blood vessels.

# Why Peaches Are Good for You

**P**eaches are a popular fruit because of their sweetness and succulent flesh. But more than their juicy goodness, peaches also offer a lot of nutritional benefits. For one, peaches contain healthy doses of dietary fiber, which helps not only in proper digestion, but also in the prevention of diseases related to the cardiovascular system. It is also a good source of potassium, which is an essential element in muscular health and supplies electrolytes to support healthy cell membranes.

People are sometimes wary that since peaches are sweet, they may not be healthy to eat. However, the carbohydrates and sugar contained in peaches are just the right amount to benefit bodily functions. Moreover, the body processes natural sugar in peaches much better than it processes manufactured white sugar, due to the fiber and other phyto-nutrients in whole peaches. Finally, peaches are a great source of vitamin C, an essential to boosting the body's immune system and its fight against cancer-causing free radicals.



# "Is Goat Cheese the Good Cheese?"



**W**ho doesn't love cheese? But unfortunately, this delicious food has earned a bad reputation because it is supposedly laden with unhealthy fats and other substances that could do more bad than good to human health. But that isn't necessarily true with goat cheese. For one, goat cheese contains 20 calories and 4 grams less fat compared to cheese made of cow's milk. Moreover, the fat molecules in goat cheese are shorter, which makes goat cheese more digestible than most dairy goods, even for people suffering from lactose intolerance.

As goat cheese is obviously made from goat's milk, it is a good source of calcium, which is important in the development of strong teeth and bones. It is also a great source of vitamins A, D, K, and B vitamins thiamine (B1), niacin (B3), and riboflavin (B2).

{ Get Free Patient Guide For Heart Disease, Hypertension and Diabetes  
at <http://www.holistichealthbayarea.com/cardiometabolic/> }

## Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful patients and friends who graciously referred me to their friends and neighbors recently!

My business runs on the positive comments and referrals from people just like you! I couldn't do it without you!

A special thanks to all these fine folks who referred me...

Heidi Wentworth, Amparo Cuenca, Darleen Keegan,  
Heather Ward, Lisa O'Brien, Paul and Inna Tkachuk

## Thanks for All the Kind Words!

"I want as many people as possible to know about Functional Medicine and you; you are a godsend and a blessing to our family and I definitely recommend you."

- Amparo Cuenca, Redwood City



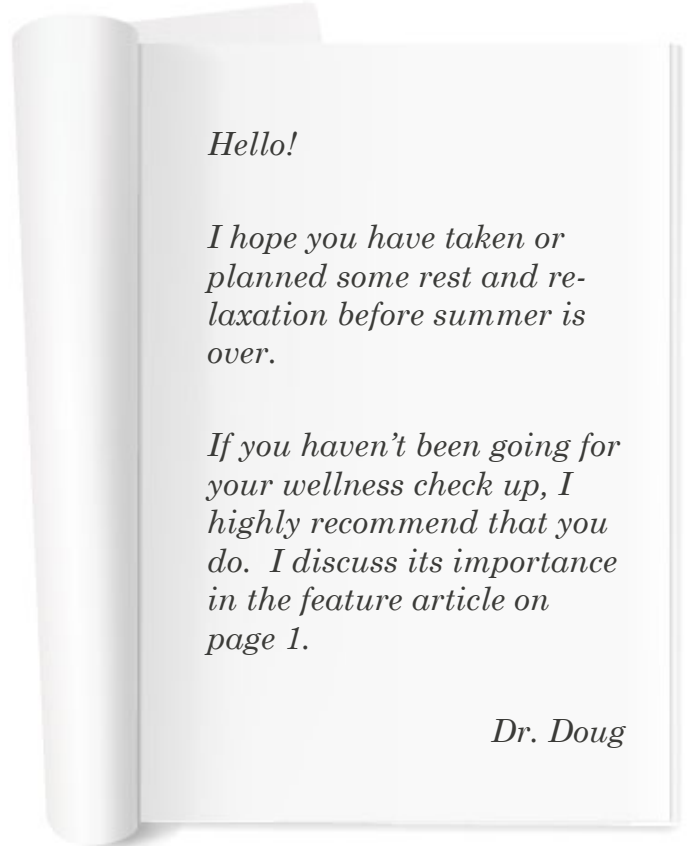
“  
**Health is a process,  
not a fixed event.**  
”



**Dr. Douglas Husbands**  
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Dr. Doug uses proven natural methods to resolve health conditions, not just manage symptoms, so you can feel good, have more energy and enjoy life. He helps people with various chronic conditions, including hormonal imbalances, thyroid problems, adrenal/chronic fatigue, PMS, menopause-related issues, digestive issues, and heart-related issues, such as hypertension, diabetes, and metabolic syndrome.

He is a Functional Medicine Doctor, Clinical Nutritionist and Doctor of Chiropractic.



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**That Support a Healthy Lifestyle**

<http://www.facebook.com/holistichealthbayarea>

**Mark Your Calendar**

Get more **accurate tests for blood vessel damage**, the major cause of heart attack, diabetes, hypertension and stroke. Advanced Lipid Panel blood draw at our office on Wednesday, Aug 22<sup>nd</sup>, from 7:30 to 9:30 am.


Call (650) 802-8700 TODAY to schedule.  
Limit appointments available.

**HolisticHealth** Bay Area  
"Secrets For A Healthy, Vibrant and Enjoyable Life"

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