



HolisticHealth Bay Area

"Secrets For Healthy and Vibrant Mind and Body"

Top Foods for Brain Power

Because the brain is the master control system, if it gets insufficient nutrients, it will not only affect thinking ability, but also other body functions. Thus, feeding your brain well is vital to health. Here are the top foods for brain power:



- ◆ Fatty fish, such as salmon and sardines
- ◆ Cage-free eggs
- ◆ Grass-fed lean meats
- ◆ Cage-free chicken
- ◆ Dark green leafy vegetables
- ◆ Dark colored fruits (cherries, plums, berries)
- ◆ Oranges

Why Eat Melons

Melons are high in antioxidants. Watermelons contain high amounts of citrulline which converts to arginine. Arginine raises nitric oxide, which removes ammonia in the body, improves insulin sensitivity and relaxes blood vessels. In addition, they are easily absorbed, soft when ripe and keep your body hydrated because of their high water content.



July Flower: the Water Lily

Water lilies live in fresh water areas, in moderate and tropical climates around the world. They come in two basic varieties: hardy and tropical. The hardy water lily only blooms in daylight, whereas the tropical water lily will bloom day or night. They may appear to be floating on the water, but in reality they are secured to the soil at the bottom of the lake or pond by a long string of roots.

The scientific name for the water lily is *Nymphaeaceae*, and derives from the Greek word for nymph, which is a female sprite that was believed to live in bodies of water.



Photo by Kay Atherton

Along with being the birth flower of July, the water lily is the national flower of Sri Lanka, a country off the coast of India.

Inflammatory Pain Relief

If you are using Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) for pain and inflammation, you know the common side effects – upset stomach, ulcers and gastrointestinal bleeding. But do you know that using NSAIDs for herniated discs and various injuries, including sports-related injuries and even muscle strains of mothers from lifting and carrying young kids, hinders the repair of connective tissues? Thus, although NSAIDs decreases pain and inflammation, you will be susceptible to a chronic problem because your body is hindered from its natural repair capability.

So what are good alternatives? There are powerful natural substances, such as curcumin extract, proteolytic enzymes, quercetin, omega-3 fatty acids, plant sterols, and resveratrol. Some of these work better for quick pain and inflammation relief and some work better for more chronic pain and inflammation. Consult a Certified Clinical Nutritionist or a Naturopath. He or she can identify what is appropriate, including the type, dosage, and any drug interactions if you are on other medications.

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

Outstanding Patient of the Month!

A woman in her 50s recently consulted me for perimenopausal symptoms, weight gain, diabetes, fatigue, poor digestion, insomnia, and dyslipidemia. In over 20 years as a “holistic doctor”, such a “whole-list-of” problems is common. This woman is outstanding, because she first changed her mindset from managing symptoms to working towards resolving the health conditions. She researched both conventional and non-conventional methods and made very informed decisions. I am excited to work with her because she made up her mind to do what’s necessary to resolve her health issues.

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.

Ronald Reagan Quotes

All great change in America begins at the dinner table.

Within the covers of the Bible are the answers for all the problems men face.

We can't help everyone, but everyone can help someone.

Gotta Love Cherries!

Cherries are super fruits. They are small yet so nutrient-dense. Some fruits are known for one outstanding health benefit. Cherries have already been identified for six outstanding health benefits!



Anti-Inflammatory/Pain Relief: If you suffer from any joint or muscle pain, including arthritis, muscle pain or gout, then tart cherries are the fruit for you. The more tart ones are Montmorency or Balaton species of cherries. According to a UC Davis study, sweet Bing cherries also have anti-inflammatory effects.

Powerful Antioxidant: Randomized, double-blind, placebo-controlled crossover trial studies of tart Montmorency and Balaton cherries have shown that older adults drinking an 8-ounce glass of tart cherry juice twice a day for just 14 days showed a significant **decrease in DNA damage**.

Deep Restful Sleep Aid and Brain Cell Repair: Cherries, in particular the Montmorency and Balaton species, are high in melatonin with Montmorency cherries containing 6 times the amount of melatonin than Balaton cherries. Melatonin is not only an important powerful antioxidant for our brain, but it also regulates our ability to attain restorative and deep sleep. It helps repair our brain during sleep as well.

Anti-Cancer Compounds: Cherries contain ellagic acid, a naturally occurring plant phenolic known to have anti-carcinogenic/anti-mutagenic effects. Research studies presented in John Boik’s 2001 book titled “Natural Compounds in Cancer Therapy” indicate that ellagic acid may be the most effective way to prevent cancer. Cherries are also high in perillyl alcohol (POH), an extremely powerful substance known to decrease the occurrence of all types of cancer. POH inhibits cancer cell growth by depriving them of the proteins they need to grow.

Arterial Wall Protection: A “side benefit” of the powerful antioxidant effects of cherries is you get decreased oxidation of the “bad” cholesterol, low density lipoprotein (LDL) in your arterial walls. Decreasing oxidation of LDL (oxLDL) cholesterol is one of the vital approaches in preventing development and progression of heart disease.

Athletic Recovery and Performance Enhancement: Researchers at the University of Vermont found that “...consumption of tart cherry juice before and after eccentric exercise significantly reduced symptoms of muscle damage.”

With all of the above health benefits, cherries are one of the best foods that support healthy aging.

With their versatility for use in salads, pies and other desserts, they are easy to enjoy as a summer treat. But the best treat you can give your body is simply to eat them plain.

See Insert This Issue:



Discover Your Risk for the Major Cause of Heart Disease

How Do You Prevent Heart Attacks When...



50% Of At Risk For Heart Disease Not Identified

How do you prevent heart attacks when 50% of those at risk are not identified? Yes, 50% – according to the third report of the National Cholesterol Education Program (NCEP) of the National Institutes of Health. No wonder there many cases where the patient's first experience of a symptom is a heart attack, which is sometimes fatal!

The same report also states that 50% of those who have had heart attacks have normal cholesterol. The report also presents a number of new lipoprotein risk factors to help identify those at risk.

Considering the above statistics, how do you prevent heart attacks? I highly recommend the following 3-step approach:

1. Learn the underlying causes of heart disease and the common misconceptions.
2. For your annual check up, get better screening for heart disease risk.

3. Follow a heart-healthy diet and if you have any of the underlying causes of heart disease developing or progressing, implement therapeutic lifestyle and dietary changes.

I have already written about the underlying causes of heart disease in various articles, prior newsletter issues and my recently published Patient Guide to Heart Disease, so I'll just give you the summary: The underlying causes of heart disease are inflammation, oxidative stress and autoimmune blood vessel damage.

Regarding step 2 of my approach for how do you prevent heart attacks, your wellness or annual check up should include:

1. Lipoprotein risk factors screening
2. Diabetes screening



3. Measure body fat composition and waist-to-hip ratio

I recommend the lipoprotein risk factors screening instead of the standard lipid panel (standard cholesterol tests), since the standard lipid panel screening has not proven to be reliable for heart disease prevention. As mentioned above, 50% of those that had a heart attack had normal cholesterol.

For step 3 of how you prevent heart attacks, your diet and lifestyle should prevent and decrease inflammation, oxidative stress, and immune-induced blood vessel damage. If your checkup shows that you have these going on, get consultation for therapeutic diet and lifestyle changes and nutritional supplementation to resolve them.

To learn the common misconceptions about heart disease, get a FREE copy of my Patient Guide by visiting our clinic or get the ebook here: <http://goo.gl/vmno3>.

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...

**Maria Prieto, Amparo Cuenca, Tracy Wilson,
Marianna Bogomolny, Ian Siegel, Scott Foley**

Thanks for All the Kind Words!

"He helped a friend of mine who was misdiagnosed with vertigo. Turned out it was a food allergy. As soon as she adjusted her diet, the dizziness was gone and she lost nine pounds immediately. She feels (and looks) great. Highly recommend him."

- Sarah D, San Mateo

“
*A common side effect
of my healthcare approach is
loss of EXCESS fat.*
”



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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.

After celebrating this newsletter's first year anniversary, we decided to give it a fresh look. How do you like it? Email us your comments at contact@drhusbands.com.

Don't forget to take me up on my offer in the special insert. I only make this offer once in a blue moon. It's super valuable! You can call us at (650) 394-7470 to find out all about it. You can also share it with someone who can really use it.

Dr. Doug

P.S. Can you believe it's July already!

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and Get a Chance to Win Prizes
That Support a Healthy Lifestyle**
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Random Fun July Facts

- ◆ One U.S. president was born on July 4th, Calvin Coolidge in 1872, while three U.S. presidents died on July 4th, John Adams and Thomas Jefferson in 1826, and James Monroe in 1831.
- ◆ The very first patent in United States was registered on July 31, 1790.
- ◆ July is National Ice Cream Month, National Blueberries Month, National Grilling Month and National Hotdog Month.

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

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