

HolisticHealth Bay Area

June 2012

the place for getting rid of your chronic health conditions using food as medicine



Celebrate with us! This month is the first year anniversary of this newsletter. For the past year, my team has been creating content to encourage ongoing pursuit of better health. We believe that better health allows greater enjoyment of life.

I hope you enjoy this issue and find some good takeaways on every page, starting with this page that features

Top Lists for Your Health.

Along with this newsletter, we are also releasing the Patient Guide to Cardiometabolic Diseases, including Heart Disease, and the associated conditions, such as Diabetes, High Cholesterol and Hypertension. Find out how you can get a FREE copy of this educational resource on page 3.

And don't miss our Anniversary Treats on page 4.

Dr. Doug's Top 5 Weightloss Tips

- Stop drinking your calories (soda, fruit juice, etc.)
- Eat 8 servings of dark-green veggies
- Drink at least ½ ounce of water per pound bodyweight
- Jump start your weightloss with proper detox
- Eat small frequent meals

Top 10 Veggies

- Kale
- Collards
- Bokchoy
- Spinach
- Brussel Sprouts
- Arugula
- Cabbage
- Broccoli
- Cauliflower
- Green Pepper



Top 5 Fruits

- Cherries
- Berries
- Apples
- Pears
- Pomegranate



The Dirty Dozen 12 Most Contaminated

- Peaches
- Apples
- Celery
- Pears
- Cherries
- Nectarines
- Strawberries
- Grapes (Imported)
- Sweet Bell Peppers
- Spinach
- Lettuce



8 Most Allergenic Foods

- Milk
- Eggs
- Wheat
- Soy
- Peanuts
- Tree nuts
- Fish
- Shell Fish

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in the know

It's easy to see how what you eat affects your cardiovascular risk, but do you know which foods are most beneficial and by how much?

There's a lot of information out there, but how do you sort it all out? You don't have to because someone already did!

Thanks to Mark C. Houston, MD, MS, a cardiologist and functional medicine doctor, who collected and summarized hundreds of research studies on food and the effects of cardiovascular risk outcomes.

Foods That Decrease Cardiovascular Risks (percentage decrease shown):

Nuts **30%** ↓

Vegetables **23%** ↓

Fruits **20%** ↓

Fiber **22%** ↓

Monounsaturated Fats (e.g., olive oil) **20%** ↓

Fatty fish (Salmon, Mackerel, Sardines) **19%** ↓

Omega 3 Fatty Acids **14%** ↓

Folate (naturally in dark green veggies) **32%** ↓

Whole grains **19%** ↓

Vitamins C and E **20-23%** ↓

Pinot noir red wine (1 4-oz glass/day) **30%** ↓



On the other hand, which foods have been shown to increase your cardiovascular risk? Findings indicated that the risk increases by 32% with the consumption of trans fats, and high glycemic index foods, such as white flour, white sugar and white potatoes.

Lastly, the Mediterranean diet is the best among the diets out there. Studies show that it decreases the risk by 37%, while the Western diet, *SAD*-ly (Standard American Diet), increases the risk by 55%!

Testimonials

"I went to Dr. Husbands because I had sudden weight gain, high cholesterol, and my blood sugar levels were at the pre diabetic level. My normal methods of losing weight were ineffective. Within months, my weight was down, my cholesterol within the normal range, and my blood sugar levels normal. He did this all by having me use the nutritionally-based functional medicine methods, without any medications. I followed his diet plan and nutritional supplement plan. I feel much better."

- Jean, Woodside, CA

"By following his program I found that my health began to improve. In the first month I lost four inches in my waist measurement and after two months I dropped my cholesterol by 35 points. I would definitely have no problem with recommending his treatment and program to anyone. Additionally, we began treatments for my allergies and after only a very few treatments I found an improvement..."

- Deborah, San Francisco, CA

Misconceptions About Cardiovascular Diseases

While heart disease has been the #1 cause of death in the U.S. and other countries, many are not aware of how to best deal with cardiovascular diseases (also known as cardiometabolic diseases), including associated conditions, such as diabetes, hypertension and high cholesterol.

I recently published a patient guide to address misconceptions about herniated disc treatment options. I realized that a patient guide is a great way to help people make intelligent informed decisions regarding their health conditions. Having just returned from the Functional Medicine conference on cardiovascular diseases, I decided to write the Patient Guide to Heart Disease... while lots of life-altering information is at the top of my mind.

While I have been successfully resolving these cardiometabolic diseases for my patients, it was a great experience for me to gather vital evidence supporting the functional medicine approach for cardiometabolic diseases into one booklet. While there are many research studies available, I only selected what's vital – what everyone needs to know.



I think everyone should read this patient guide, because we all know someone who has one or more of these conditions. I wish I could reprint the entire patient guide here. But since it won't fit in this newsletter, I'll share the misconceptions that I debunk in the guide using evidence from research studies and medical journals. Here are the common misconceptions:

1. You cannot reverse high cholesterol, clogged arteries, hypertension and diabetes. You just have to manage these conditions for life through cholesterol lowering drugs, blood thinning drugs, hypertension and diabetes medications.
2. There is no reliable evidence that nutrients and lifestyle methods reverse cardiometabolic disease. All evidence is purely anecdotal.
3. High total cholesterol will increase my risk for heart attack, so I should lower my cholesterol as much as possible.
4. High HDL cholesterol (the "good cholesterol") is always a good thing.
5. Since egg yolks are high in cholesterol, if my cholesterol is up, eggs should be avoided.
6. As long as I lose weight, I'll be decreasing my risk for cardiometabolic disease.
7. My cholesterol, HDL, LDL, triglycerides, and lab tests are all normal according to my doctor when I last checked, so I'm fine.
8. I could just take a pill or herbal remedy for diabetes.
9. There's no cure for type 2 diabetes.
10. My family has a history of heart disease (or diabetes or hypertension), so I'll probably have that, too.

I invite you to get a FREE copy of the patient guide. It is enlightening. Visit our office to get the booklet (see address on page 4), or get the ebook at <http://goo.gl/vmno3>. The number of booklets are limited, so call now to reserve your copy. 🌱

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Anniversary

TREATS

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Functional Medicine
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Offer Expires July 31, 2012 Present this coupon when you check in.

FREE

**Body Composition
Measurement (\$50 value)
With Follow Up Consultation
for Existing Patients**

Offer Expires July 31, Present this coupon when you check in.

Get your **FREE** copy of
the **Patient Guide to
Cardiometabolic
Diseases**

Heart Disease, Diabetes,
Hypertension and
High Cholesterol

Find Out the Proven Path to
Resolving These
Life-Threatening Conditions

Learn 9 Misconceptions Regarding
These Health Conditions
Plus 4 Recommendations for
Resolving Them

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your inbox visit:
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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 changes. To contact Dr. Doug, call
650-394-7470 or visit
<http://www.HolisticHealthBayArea.com>

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*It is not surprising that a connection has been found
between naturally occurring cholesterol and mental function.
Lower levels are linked to poorer cognitive performance.”*

- Dr. Stephen Sinatra, MD (cardiologist)

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