

HolisticHealth Bay Area

Dr. Doug's

Top 9
All Star
Foods

Dear Readers,

March is **National Nutrition Month** and the month before the official start of Major League Baseball season.

Since I love nutrition and baseball, I thought it would be fun to share my starting lineup of Top 9 All Star Foods. These "All Star Foods" should be in your daily dietary starting lineup.

For those of you who don't follow baseball, players who are having exceptional seasons get to play in the All Star game around the middle of baseball season. I'm using "All Star" and applying it to food.

So let's "Play Ball!"

Dr Doug



All Star Food #1: Dark Green Leafy Vegetables

In the lead-off position of the top All Star Foods are collard greens, mustard greens, broccoli, broccoli rabe (a.k.a. rapini), kale, lacinato kale (a.k.a. dinosaur kale), bok choy, swiss chard, rainbow chard, Brussels sprouts and spinach. Besides many other health benefits, these vegetables have potent anti-cancer properties. See pg.4 for its potent anti-cancer nutrients.

All Star Food #2: Deep Brightly Colored Vegetables

Batting second in the line-up are yellow, orange, red, green, white, blue and purple veggies. The action of phytochemicals varies by color and type of the food. They act as antioxidants or nutrient protectors, or prevent carcinogens (cancer causing agents) from forming. Examples from this category are tomatoes, olives, onions, garlic, eggplant, bell peppers, carrots, sweet potatoes, yams and various squashes.

All Star Food #3: Deep Brightly Colored Fruits

These are the power hitters of antioxidants and anti-carcinogens. A healthy diet team will have a losing record without these in the line-up

All Star Food #4: Lentils, Beans, and Peas

In the clean-up spot in order are lentils beans, and peas. These foods are high in fiber, provide a good source of protein for those desiring a plant based protein, and contain a fair amount of folate.

All Star Food #5: Nuts, Seeds, and Nut Butter

These provide some essential fats, minerals and fiber to bolster the team.

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Healthy Breakfast *Ideas for Kids*

Are you a parent who ends up giving your kids milk and cereal for breakfast often? It's fast and easy to prepare, but most of us know it is not always the healthiest option.

Frequently feeding our kids with grains, particularly gluten-containing grains, can contribute to problems such as autism, ADHD, hyperactivity and poor attention span ¹.

Other neurological disorders are associated with gluten intolerance. The psychologist Emily Deans, MD, has been looking at an unlikely suspect in the pathogenesis of schizophrenia: wheat ². Many schizophrenics seem to have a history of celiac disease (gluten/wheat intolerance) as children, as much as 100 times the amount of celiac disease in the regular population.

So what are your options? Here's a few ideas that take 5 minutes or less to prepare:



- coconut-milk yogurt with organic berries
- whey protein powder blended into a smoothie with coconut milk, frozen berries, half a banana, and a little nutmeg or cinnamon sprinkled on top
- quinoa flakes hot cereal made with goat's milk, coconut milk, almond or rice milk, with a pat of butter and some berries
- gluten-free waffles with a dollop of almond butter or goat's milk yogurt on top
- Living Fuel Cocoa Chia bar
- Living Fuel Supergreens or Living Fuel Superberry powder, blended with coconut milk

Prepare one of these quick and delicious breakfasts in the morning, and sit and enjoy them with your kids.

References

1. Whiteley P, Haracopos D, Knivsberg AM, et. al. The ScanBrit randomised, controlled, single-blind study of a gluten- and casein-free dietary intervention for children with autism spectrum disorders. *Nutr Neurosci*. 2010 Apr;13(2):87-100.
2. Deans, E. Wheat and Schizophrenia. *Evolution Psychol*. March 28, 2011.

Testimonials

“ I had my first consultation with Dr. Husbands two weeks ago. I went to him for help with digestive and blood sugar issues. Everything that he said made so much sense and I couldn't wait to get started on his program. Well here I am two weeks later and I am already starting to feel a huge difference in the way I feel now as opposed to only two weeks ago! I have been taking all the supplements he recommended and have been trying to follow the diet. My goal is to get off of all the medication that I am taking, and so far so good. I am noticing that as the days go by, I am able to take less and less of the medication. Dr. Husbands was so right when he told me that we can use food as medicine. This makes so much sense and is opening my mind to new ways of improving my overall health... I am happy to have finally found a health professional who can actually help cure my chronic illnesses and not just cover up the symptoms.

- Al, Redwood City, CA

“ ... I thought I'd share how much I've enjoyed the 21 Days to Weight Loss series. When people look at me, they often assume that I'm healthy because I'm thin and because I exercise every day (even if only for a few minutes). This would be akin to examining two moldy apples and determining that the one with less mold is a good apple, when in reality it's still moldy! I have chronic fatigue and low back pain, possibly the symptoms of kidney stones, and because of this I've been trying to improve my diet and lifestyle. I love how these videos not only reinforced some of what I've been reading and trying online, they also gave new suggestions and explained the reasons behind the detox methods. I'm already experiencing improved energy, greatly lessened pain, and an overall feeling of well being. I look forward to continued improved health as I implement more of the ideas and suggestions you shared. Thank you so much!

- Julie, Mountain View, CA

The Secret to Better Skin and Sharp Mind

Do you want to maintain clear, even-toned skin and sharp mind as you age? You don't need to buy the latest anti-wrinkle cream or serum, or anti-aging pill.

The secret is simply taking care of a part of your body that produces nutrients that your skin and brain need - - That's your gut!

The stomach mixes food with hydrochloric acid (HCL) to break up large food particles into smaller ones, and uses gastric digestive enzymes to break down proteins into amino acids.

If your stomach is producing low HCL, proteins are not broken down into amino acids. Too few amino acids results in poor repair of the skin and connective tissues, predisposing to wrinkling. Low stomach HCL also impairs B-vitamin absorption. B-vitamins are essential nutrients for neurological health.

Here's some practical tips for a healthy gut:

- Avoid antacids, which impair HCL production, predisposing to premature wrinkling and poor mental clarity
- Drink a little water with lemon and a pinch of cayenne pepper just before meals to stimulate stomach acid and digestive enzymes, and prevent indigestion

- Chew each bite of food at least twenty times before swallowing
- Use supplemental HCL to decrease indigestion if needed. (To read more about how supplemental HCL decreases indigestion, see our popular blog article "[Low Stomach Acid: The Underlying Cause of Common Digestive Problems](#)")



Gut Health = Great Health

“When a person is eating food, they are eating information.”

Jeff Bland, PhD. at "Improving Health outcomes Through Nutritional Support for Metabolic Biotransformation", Feb. 22, 2003

Congratulations to Darleen Keegan, Health Optimization and Weight Loss Contest Winner

Darleen is a new patient of Dr Doug who took action to improve her health and shared her experience with our Facebook community. Although she is a very busy working mom, she didn't let that get in the way of taking charge of her health. Her efforts are paying off, not only is her health improving, she says it is helping her be a better mom. Read her post on February 23rd on <http://www.facebook.com/holistichealthbayarea>.

Vitamix Corporation will be shipping her a Vitamix 5200. Thank you Vitamix Corporation!



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Message from Dr. Doug:

Hello! Spring is almost here.

Here in the San Francisco bay area, we've enjoyed some spring-like days in February. The most memorable ones for me were the last few days of February. I drove to Pismo Beach with my family. It was the perfect time to visit the central coast – the temperature was perfect, and best of all, we all enjoyed the change of routine.

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All Star Food #6: Wild Salmon or Cage-free Chicken

To maintain and support muscle, connective tissue, healthy hormones and immune system health, this is a key role player on the team.

All Star Food #7: Green or White Tea

In the 7 hole, this is a strategic player with many health promoting and anti-cancer properties.

All Star Food #8: Clean, Filtered Water

In the eighth spot of the line-up is the real team player of nutrients that doesn't get a lot of attention, but is crucial to a powerful line-up. Without a sufficient steady intake daily of clean water, your energy and detoxification processes will yell "Yooooouurre Out!!" All biochemical processes take place in the presence of water. Water is so important that you could live longer without food than you could without water.

All Star Food #9: Grass-fed, Free-range Beef, Lamb or Buffalo

Rounding out the bottom of the batting order are these sources of high bio-available proteins and essential fatty acids.

The potent anti-cancer nutrients of **dark, leafy vegetables** benefit the body in the following ways:

- increases the "beneficial" estrogen metabolites and decreases the "harmful" estrogen metabolites
- induces programmed cell death in cancer cells
- SGS greatly increases the removal of toxins from the body
- inhibit the growth of estrogen receptor-positive and estrogen receptor-negative breast cancer cells
- inhibits estrogenic activity by competing with estrogen for estrogen receptor binding sites on the cell
- inhibits the ability of human breast cancer cells to metastasize



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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