

# HolisticHealth Bay Area

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

May 2012

## Getting Help to Sleep



Do you need help to sleep? Many people experience

difficulty sleeping due to several reasons. **Ongoing inadequate sleep may cause you a myriad of health problems.** Your skin will easily be prone to wrinkling and developing an uneven tone. Your body will also more easily accumulate a lot of fat which may lead to heart attack and a host of degenerative diseases. Predictably, **with inadequate sleep you will experience the signs of aging much faster than having enough sleep.**

There are several hindrances to falling asleep at night. One is habitually going to bed late, usually after 10:00pm. Our bodies have a set clock known as the circadian rhythm based on when they release hormones in varying amounts during the day and night. When you upset this natural rhythm by going to bed late, your

body will experience systemic imbalances. That is why night shift workers have higher incidences of illness and are more prone to weight gain.

Other factors for difficulty getting to sleep include eating less than an hour before going to bed, and engaging in a stressful, stimulating activity or experiencing negative emotions shortly before going to bed. Exposing your eyes to a bright light like that of your computer or smartphone one hour or less before bed time, or even sleeping in a lighted room may also produce the same effect. Lack of deep sleep suppresses the release of growth hormones, elevates your cortisol levels at night and contributes to snoring and sleep apnea.

There are some measures that you can take to help to sleep. The first important measure is to make sure that you get to bed early enough, preferably before 10:00pm. Also, you should eat your last meal two hours before going to bed.

Reading an emotionally disturbing book or watching a horror movie is sure to affect your sleep. Instead, read or watch inspiring material before going to sleep. Taking a warm bath with Epsom salts just before bed is another way to help to sleep. Having

some quality "snuggle time" with your loved one can help you get sleep.

You can use supplements such as magnesium glycinate and melatonin for help to sleep. You can either take 500mg of magnesium glycinate approximately fifteen minutes before bedtime and/or 1-5mg of melatonin just before laying in bed to sleep.

To avoid sleeping over a problem, you should make a habit of solving any conflicts you might have with another person an hour or more before your sleep time.

Block out light, by closing the drapes or shades to your room. Alternatively, you can use an eye mask.

Sometimes, even after following all the above tips, you may still find it difficult to sleep. In such instances, **your difficulty in getting sleep may be caused by complex hormonal and physiological imbalances.** We can help you to uncover the underlying causes as well as provide help to sleep. Give us a call at (650)394-7470. 🌿

“I love sleep. My life has the tendency to fall apart when I'm awake, you know?”

- Ernest Hemingway

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## Asthma and Allergy Natural Remedies

Interested in learning how you can help manage or relieve asthma and allergies naturally? This guide explains their underlying causes and provides effective asthma and allergy natural remedies.

### A Common Underlying Cause of Asthma and Allergy



A common underlying cause of asthma and allergies is lack of optimal balance in your immune system response.

Numerous epidemiological studies have confirmed that asthma is more prevalent in industrialized countries compared to third world countries. The hygiene hypothesis is one theory why this phenomenon occurs.

According to this theory, due to better sanitary conditions in industrialized countries, the human body becomes deprived of the signals that train T helper type 1 cells (Th1 cells) from developing their defense mechanisms from many acute viral and bacterial infections. As a result, a different response of the immune system predominates.



This different response is controlled by T-helper type 2 cells (Th2 cells). Th2 cell response is activated in response to air pollution, exposure to environmental pesticides, and other external toxins. A predominant Th2 immune response is associated with asthma, atopic

dermatitis, and various allergies to external agents, such as molds, pollens, pet dander and dust mites. The shift in the balance of T-helper cell types to Th2 predominant responses accounts for the increased incidence of asthma and other allergic disorders.

### Consideration for Asthma and Allergy Natural Remedies



Numerous asthma and allergy drugs are associated with severe side effects, such as increased tendency for hypertension, glaucoma and weight gain with prolonged use of corticosteroids. In addition, your body can develop a dependency to antihistamines when used long term.

### Effective Asthma and Allergy Natural Remedies



**Vitamin D:** Research shows the correlation between inadequate blood levels of vitamin D with asthma and allergies. Consume foods rich in vitamin D such as sunflower seeds, tuna, butter, salmon and shrimp. Get about 20 minutes of mid-day sun on your arms and legs when possible. Supplementing with 2000-4000 IU of vitamin D3 may also be necessary.

**Boswellia:** Boswellia, an acid extracted from Boswellia serrata or Frankincense, a medicinal tree originating from Middle East, India and North Africa, can be used to prevent asthma attacks. This is achieved through inhibiting pro-inflammatory compounds. This inhibition prevents bronchioles constriction, thereby preventing acute asthma attacks from occurring.

**Quercetin, Bromelain and Stinging Nettles** for seasonal allergies: Quercetin is a type of flavonoid found in foods (e.g., parsley, onions, citrus fruits and apples), which has antihistamine, antioxidant and anti-inflammatory effects. Consumption of 300 to 1000 mg of Quercetin 2 to 3 times daily can greatly help to alleviate symptoms of seasonal allergies. In addition, the proteolytic enzyme, Bromelain, and the herb, stinging nettle provide a quick, effective relief from seasonal allergies.

### Seeking Professional Help

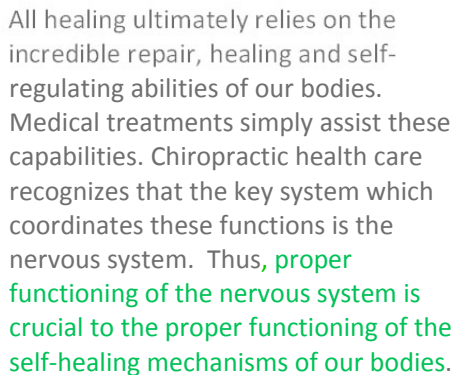
Since about sixty-percent of immune system is in the gastrointestinal tract (GI tract), problems with immune function often originate in the GI tract. Imbalanced gut flora and hidden food allergies are common GI associated problems related to asthma and allergies.

This is where professional help is recommended. Among doctors, Functional Medicine doctors are the best holistic doctors in dealing with asthma and allergy. Many of them are experts in determining if your current GI tract condition is the origin of an unhealthy immune function. More importantly, they are trained and experienced in providing the treatments which are primarily based on food as medicine. 🌱

### Testimonial

*"I was using a steroid inhaler at least once daily for my asthma, but now I only use it infrequently... Dr. Husbands has helped me to strengthen my immune system and I have virtually eliminated some food allergies that had previously bothered me a great deal..."*

- Stu, San Francisco, CA



1. **Freeing restricted joint motion.** This results in the proper flow of nervous impulses and can have unexpected benefits for the whole body.
2. **Systolic blood pressure is reduced** by an average of 14 points and diastolic blood pressure an average of 8 points in patients with high blood pressure. These reductions may make the use of expensive

\* References for this article available in Dr. Doug's blog.



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## Resolve the Underlying Cause of Your Health Condition

*Don't Settle With Just Managing or Relieving Symptoms*

Everyday, we solve chronic health conditions in our clinic by treating the underlying causes, not just help you manage or relieve symptoms. Get started on getting rid of your health complaints, call us for 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**



### Message from Dr. Doug:

The month of May is Asthma & Allergy Awareness Month, Better Sleep Month, and Correct Posture Month. So, this issue features sleep, asthma and allergy and chiropractic health.

If you are suffering from asthma or allergies or frequently have trouble sleeping, be sure to note the tips I've shared on page 1 or 2.

If you need diagnostic testing or treatment for your symptoms or health conditions you are having to deal with, give us a call at (650) 394-7470.

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- ♦ Win 1 SuperGreens or SuperBerry from Living Fuel. Contest details to be announced.

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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 modification. To contact Dr. Doug, call 650-394-7470 or visit

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