



Holistic Health Bay Area

"Secrets For Healthy and Vibrant Mind and Body"

egg cholesterol myth and other cholesterol myths

Is what you know about cholesterol valid, or is it a cholesterol myth?

We hear the term "cholesterol" and we immediately imagine clogged arteries. But the fact is we need dietary cholesterol just like any other nutrients. If your body doesn't get enough from good omega 3 fatty acid sources, it will try to produce it in any way it can. Unfortunately it may include producing bad cholesterol.

Cholesterol Myth #1: Eggs are high in cholesterol, so they are bad for heart health.

This is the egg *cholesterol myth* which is probably the most common. Although eggs are high in cholesterol, it is not as bad as we think. Research says that dietary cholesterol may have little or no effect on the risk of developing coronary heart disease. Eating eggs does not directly affect the blood vessel lining and its functions. In fact, there are

some studies that suggest that men with higher egg consumption have lower risk of stroke.

So, can we all eat eggs? Yes, except if you are obese, diabetic/have insulin resistance, and you consume a lot of trans fats. People with these conditions that consume trans fats and cholesterol are the ones at higher risk for cardiovascular disease.

Cholesterol Myth #2: Lower cholesterol means lower risk of heart disease.

Low cholesterol levels do not necessarily mean lower risk of having a heart condition.

There are different types of cholesterol in our bodies, such as low density lipoprotein (LDL cholesterol) and high density lipoprotein (HDL cholesterol). They have different functions, as well as different particle sizes, such as HDL2b and HDL3.

HDL2b, which are more protective of blood vessel linings, have bigger particle size than HDL3 particles. On the other hand, the denser and smaller of the LDL particles can get easily damaged through oxidation. These oxidized LDLs are the ones

responsible for the development of arterial wall plaque and inflammation.

The standard lipid panel testing measures total HDL, total LDL and triglycerides, while advanced lipid panel testing measures different HDL and LDL particle sizes that damage the lining of the blood vessels. The latter provides a more accurate insight on the condition of the blood vessels.

For more about this, read about [The Case Against Lowering Cholesterol ...](#)

Cholesterol Myth #3: High HDL cholesterol is a good thing!

High Density Lipoprotein cholesterol is also known as the "good cholesterol". One of its functions is to protect the blood vessel lining. However, an HDL level over 80 indicates the presence of inflammation, toxins or hidden viral infection. These are all damaging to the body and are often missed by many doctors. Watch Dr. Sinatra's "Essence of Heart Disease" video where he discusses a major [cholesterol myth](#), that is, that cholesterol is a major factor in cardiovascular disease.





Outstanding Patient of the Month!

About 1 ½ years ago, I worked with a woman in her late 40s to resolve progressive weight gain (even with regular exercise), hot flashes, excessive hair loss, back pain and poor libido over the last 8 years. Within about 4 months using our Functional Medicine approach, all symptoms had almost completely resolved.

Although she feels quite well, she recently scheduled a wellness checkup and lab tests. She has taken action for prevention and early detection of health problems, which are far less costly, time and money-wise, than when a health condition has fully manifested.

*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.*

Better **Breakfast** Better **Health**

Mornings set the mood for the whole day so smile and start your day right with a fit, hearty, and healthy breakfast habit.



- Eat your breakfast within 30 minutes of waking to retain lean muscles and promote fat-burning.
- Have a healthy serving of proteins like eggs, chicken, fish or lean meat for muscle and connective tissue repair effects, hormone balancing effects, and healthy immune cell production.
- Always choose whole grains rather than processed grains for the more fiber, B-vitamins, and stable blood sugar, and to feel fuller longer. Grains that are gluten free are the best.
- It's never too early to eat dark green leafy vegetables. Include them in your meal and benefit from their high folate, calcium, magnesium, essential minerals, fiber, and hormone balancing compounds.
- Enjoy a good serving of omega 3 fatty acids from cage-free eggs, flax seeds, or even a bit of salmon for breakfast, if you prefer. Omega 3 fatty acids help improve brain function and gives anti-inflammatory effects.

got avocado?

Choose to be healthy.
Choose to be satisfied.
Choose to be an avocado fan!

A complete fruit, avocado contains vitamins and minerals that can help prevent diseases like hypertension, high cholesterol and even cancer. It is also packed with essential nutrients for a healthy diet and a good immunity boost.

Skin: Be protected from free radicals with avocado's vitamin E content and delay signs of aging.

The fat soluble vitamin E has good bioavailability in this fruit.

Eyes: The lutein it contains promotes better vision and keeps our eyes away from macular degeneration and cataracts.



Mouth: Avocado puts a stop to halitosis or bad breath, and helps decrease incidence of mouth can-

cer.

Heart: Oleic acid, a monounsaturated fat in avocado, helps lower the bad cholesterol for a healthier, stronger heart.

Avocados are a good source of folate for proper brain development of the baby during pregnancy and its vitamin B6 content helps lessen episodes of nausea. For men, it has been shown that the phytonutrients it contains can guard against cancer in the prostate gland.

Have a cup of avocado, whether as dessert, or with a salad or sandwich, and you will surely be served with nutritional wellness.

How To Decrease Stress Naturally

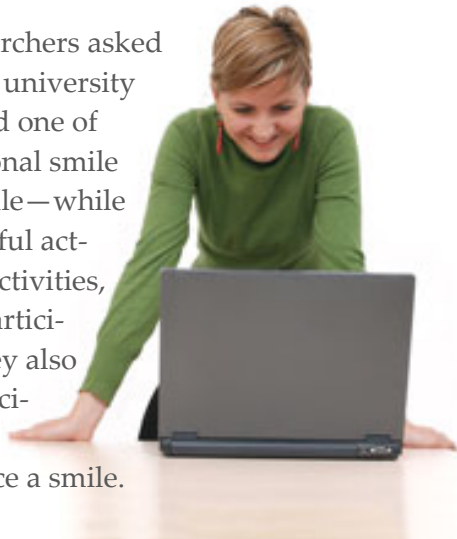
Are you looking for **how to decrease stress**? How about just grin and bear it? Is this silly or is there actually a scientific support for this?

A new soon to be published study in Psychological Science shows that smiling during times of stress helps you to recover better from a stressful event. Tara Kraft, who is one of the study's researchers, said she wanted to see if the old expression "grin and bear it" had any scientific basis.

How to Decrease Stress: **Smile.** Really?

Let me share what they found.

In the study, the researchers asked 169 volunteers from a university in the Midwest to hold one of two smiles—a traditional smile or a closed mouth smile—while they performed stressful activities. During these activities, they monitored the participants' heart rates. They also had some of the participants use chopsticks in their mouths to force a smile.



What the researchers found is that the participants with either the traditional or closed mouth smiles had lower recovery heart rates after stressful activities compared to those who didn't smile. Even those who had a smile forced by chopsticks had lower recovery heart rates as well.

This means smiling is good for **how to decrease**

stress to the body. So the expression is not just a saying, it's actually helpful!

With chronic stress being one of the causes of hormonal imbalance, weight gain and other health conditions, we could all use another simple way to deal with stress. This is good to add to the list of **how to decrease stress** naturally.

So, next time you are in a stressful situation, smile, and even if you don't feel like it, put on a happy face. You'll feel better. In terms of **how to decrease stress**, smiling and taking slow deep breaths are among the ways that are free and natural.

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...

**Arleen Bet, Heidi Wentworth, Brian Shumaker,
Paul Tkachuk, Phillipe Lam, Darleen Keegan**

Thanks for All the Kind Words!

"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."

- Deborah, Daly City

See Insert This Issue:



**5 Step "Prescription"
for A Healthy Heart**

*Stop drinking your calories,
but do drink your vegetables
- blend them into smoothies.*



Dr. Douglas Husbands
Holistic Health Bay Area
(650) 394-7470
doctor@drhusbands.com

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.

As we are celebrating National Cholesterol Education month, this issue feature article will tell you what you need to know.

This month is also Better Breakfast month. I hope you find my better breakfast article helpful.

And because stress is so prevalent in our society these days, I wanted to share a study I came across regarding the benefit of smiling. It's another good reason to smile. :-)

Dr. Doug

**STANDARD CHOLESTEROL TESTING IS
NOT ENOUGH!**

**DETERMINE YOUR RISK LEVEL
FOR HEART DISEASE**

**GET ADVANCED TESTING AT OUR OFFICE
ON Sept 26, 2012, 7:30 am TO 9:00 am
Call (650) 394-7470 to schedule your appointment
Appointment required. Limited availability.**

John F Kennedy Quotes

Man is still the most extraordinary computer of all.

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.

Do not pray for easy lives. Pray to be stronger men.

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

1168 El Camino Real #7
San Carlos, CA 94070



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Douglas Husbands DC

Doctor/Writer

Rosette Husbands

Publisher

Marita Pierce

Editor/Creative Director