



HolisticHealth Bay Area

"Secrets For Healthy and Vibrant Mind and Body"

3 Little Known Reasons Why You Can't Lose Weight

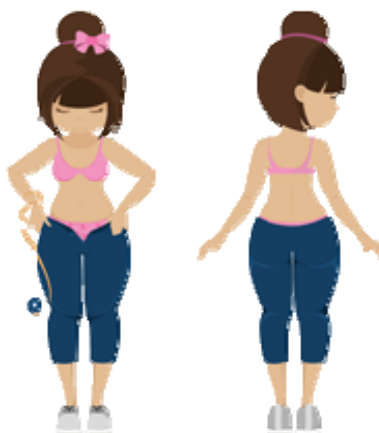
Have you been serious about losing weight, but still *can't lose weight*? Have you accepted that as you age you simply won't win the battle of the bulge? Don't. There are health conditions that cause or contribute to weight loss resistance, such as hypothyroidism, that are very often diagnosed. However, there are common undiagnosed conditions that significantly hinder fat loss, including adrenal gland dysregulation, chronic inflammation, and poor detoxification.

Adrenal Gland Dysregulation

The adrenal glands, our "stress glands", produce hormones, such as cortisol, to help our bodies adapt to stress. Some people who can't lose weight or have trouble getting rid of excess fat have their cortisol persistently either too high or too low and have accumulation of fat in the trunk and waist. When this imbalance is not corrected you will have a *very* difficult time reducing your weight.

There are two ways to check

cortisol levels, through blood test and salivary test. Between the two, salivary cortisol testing has been proven in research studies to be the most accurate and reliable. So, if you can't lose weight and live a stressful lifestyle and/or have fat around your waist, get salivary cortisol testing.



In salivary testing, cortisol is tested from saliva taken periodically throughout a day. In comparison, the blood cortisol test is a one time test. It is key to check cortisol levels at various times of the day because they change significantly throughout the day. Morning cortisol levels should be at their highest upon waking up and dramatically drops by noon, and decreases gradually until midnight.

Chronic Inflammation

Some people who can't lose weight have systemic chronic inflammation. If you have hypertension, diabetes and other chronic disease, you have chronic inflammation. To learn more about this, watch day 4 video of my Secrets to Long Term Weight Loss: <http://is.gd/drDougWeightLoss4>

A chronic, pro-inflammatory state may be determined by laboratory tests. These tests are High Sensitivity-C-Reactive protein (HS-CRP), fibrinogen, Interleukin 6 (IL-6), Interleukin 1B (IL-1B), and TNF-alpha. These tests are not routinely ordered by conventional doctors for physicals.

Heavy Metal Toxicity

Heavy metal toxicity is the culprit for some people who can't lose weight. Significant levels of lead or mercury in the body are very harmful. Arsenic, aluminum, cadmium, cobalt, nickel, and tin levels in the body can be harmful even if only slightly elevated. We get exposed to these from various sources, such as dental fillings, fish, coal, paints, fluorescent bulbs, pottery, tobacco, etc.

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January is National Thyroid Awareness Month!



Get my free ebook, the "Patient Guide to Hypothyroidism Diagnosis and Treatment" here: <http://hypothyroidismdiagnosis.com>

This ebook reveals the common misconceptions about hypothyroidism diagnosis and treatment.

To find out more about this ebook, see page 4,

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The problem with heavy metals is they do not decay. Once in our bodies, they "latch-on" very tightly to nerve tissues and fat tissue. This could be why you *can't lose weight* no matter how hard you try.

Evaluation of heavy metal toxicity is not often considered in conventional medicine. However, many natural health care practitioners are aware of this.

A non-invasive way of assessing heavy metal toxicity is by measuring urinary porphyrins. It provides an accurate, easy assessment, and reassessment of testing the existence of heavy metals in your system.

The effective method I use to remove and detoxify heavy metals include special nutritional modifications, specific nutraceuticals and certain herbal combinations.

**Solutions to
Weight Loss Resistance**

If you can't lose weight and you suspect you have any of the above hindrances, consult an experienced professional.

Thankfully, these health issues can be resolved by making special dietary and lifestyle modifications, along with the use of nutraceuticals targeted to accomplish specific tasks.



The most effective component of the solution to any of these hindrances is 3-week detox program. Such a program not only "jumpstarts" your body's anti-inflammatory and detoxification responses, you also take a great amount of stress off your adrenal glands. A 3-week detox program not only helps resolve the above reasons why you can't lose weight, but also typically causes weight loss while doing the detox and significantly improves your health.

Don't Miss This!

**Are you having
trouble losing weight?**

Get a **FREE
Weight Loss Resistance
Evaluation!**

See insert for details

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:

**Amy Dang, Institute for Functional Medicine,
Jean Turri, Dr. Matt and Gitte Rivera**

Jumpstart Your Health Improvement With **Detoxification**

Are you overweight or obese, always tired, have low energy, can't think well and forgetful? You might need to detox.

What is Detoxification?

Detoxification is the removal of toxic substances from the body. It is a two-phase process of converting fat-soluble toxins, which are mostly tightly bound in fatty-tissues, into water-soluble substances for excretion from the body through urine, feces and sweat.

Why Detoxify?

We all get toxins in our bodies in many ways. Physical causes of toxins are formed from any injury or inflammation. Nutritional toxins come from preservatives, many food additives, alcohol and trans-fatty acids. Infectious toxins come from bacterial, fungal, and parasitic infections. Chemical sources of toxins are from many sources, which include mercury amalgam dental fillings, synthetic medications, cosmetics and personal care products.

Accumulated toxins contribute to or cause weight gain, low energy, fatigue and malaise, and lack of mental clarity. Toxins are a factor in the development of health conditions such as heart disease, dementia, hypertension and blood sugar disturbances.

Who Needs To Detox?

Everyone can benefit from detoxification because we all have accumulated toxins.

If you think you are an exception, consider this. From 1967 to 1990, the Centers for Disease Control (CDC) conducted the National Human Adipose Tissue Survey (NHATS). Of the 54 different environmental chemical toxins screened, 5 of these chemicals were found in 100% of the respondents. The 5 chemicals were: Styrene, 1,4-dichlorobenzene, Xylene, Ethylphenol, and OCDD (dioxin).

Even babies get toxins in the womb! A 2005 study by the Environmental Working Group revealed that the umbilical cord blood of 10 newborns had an average of over 200 environmental chemical toxins.

When To Do A Detox?

I recommend twice a year. A good time is at the beginning of the year when we are thinking about what to do or what not to do. The second one is mid-year when we tend to be outdoors more.

How To Detox?

For very effective detoxification, a 3-week program is advisable.

I don't have space to delve into the details here, but I'll give you a summary. It involves drastically increasing your green leafy vegetable and your water intake. It also involves not having any stimulant beverages and food with artificial ingredients. You will also have lean proteins with high omega-3 fats in all your meals. Increasing metabolism through specific exercises is also helpful.

If you have any questions, contact us on Facebook:

<http://www.facebook.com/holistichealthbayarea>



At Whole Foods Market, we believe that focusing on these four pillars of healthy eating offers the greatest health benefits, no matter what dietary path you follow.

Whole Food

Plants Strong

Healthy Fats

Nutrient Dense

<http://www.wholefoodsmarket.com/healthy-eating/>

Implement a few healthy changes at a time and make them permanent routines in your life instead of having a big New Year's resolution list which you'll stop following after a few weeks.

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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.

Are you always tired, have no energy, have a tendency to gain weight, have lots of falling hair and/or have mild depression?

Get the **FREE Patient Guide to Hypothyroidism Diagnosis and Treatment** at <http://hypothyroidismdiagnosis.com/>

In this guide you will learn

- Why many doctors miss hypothyroidism diagnosis
- how to get accurately diagnosed
- the signs and symptoms of hypothyroidism
- the misconceptions about hypothyroidism diagnosis and treatment
- the best little-known method to decrease thyroid antibodies

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

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Message from
Dr. Doug:

Happy New Year!

We are starting the year with more contests that promote health and wellness. Join us at <http://facebook.com/holistichealthbayarea>

...and if you have any questions about anything in this newsletter, don't hesitate to post your question on our Facebook page, too.

Know someone who is always tired and can't lose weight? Call us and we'll give them a FREE check up in your name!

Follow Dr. Doug

Twitter and Facebook icons are also present.

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