

If you were looking for our newsletter in the last 3 months, you didn't miss anything. We took a long break to take care of family health issues. We're back and we hope you enjoy this issue.



Dr. Douglas Husbands
Holistic Health Bay Area
(650) 394-7470

Dr. Husbands 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.

Did you know you can heal a bulging disc (or herniated disc) without surgery?

It's one of the conditions we treat with great results, such as Walter's result. Here's what he posted on Google:

*"I highly recommend Dr. Husbands!! ****Complete healing from my Bulging Disc in 8 weeks! ****"*

I was suffering from a Bulging Disc in my spine which left me with numb fingers because the disc was pinching my spinal cord and tons of pain. The MRI showed that it was as big as a bulge could get without having ruptured the disc. Within a few weeks of focused adjustment at the troubled area (utilizing the COX method/COX table), my numbness went away, and normal sensation returned to my hand.

He also adjusted other areas of my skeletal system and helped to stretch out my muscles...Dr. Husbands focuses on Total Healing and Results! And truly thinks of the patient's best interests.

He takes a holistic approach by recommending the appropriate foods and supplements to achieve Total Healing.

His prescribed regimen of specific supplements and focused attention on the problematic disc allowed me to recover fully within 8 weeks of the injury!"

- Walter B., Burlingame, CA

HolisticHealth Bay Area

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We Did It

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