

RECIPE

California Fiesta Quinoa Salad

(Serves 6)

The BEST complex carbs you can eat that are high in fiber, protein and good fats are whole grains. Here is one of my favorites from my cookbook, The Passionate Vegetable available at the office.

1 cup quinoa, uncooked
¼ tsp sea salt
¾ cup small cubed tomato, (1 medium tomato)
¼ cup celery, diced small
1 medium cucumber, peeled and diced
½ cup each diced scallions and cilantro
½ cup each of corn and black beans, rinsed
¼ cup black olives, pitted and diced (Kalamata are the best!)

Dressing:
1/3 cup extra-virgin olive oil
1 tsp. hot red pepper flakes (or more to taste)
2 Tab. red wine vinegar or ¼ cup fresh lemon juice
½ tsp sea salt



Bring 2 cups water and salt to a boil. Add quinoa, cover, and cook for 18 minutes on medium-low. Remove from pot into a large bowl and cool. Toss cooled quinoa with all vegetables, beans, and olives. Mix vinegar, oil, hot pepper flakes, and salt together in a bowl. Toss lightly with salad. Refrigerate for an hour before serving. This will last 5 days in the refrigerator. PS- add to eggs the next morning for yummy scrambled eggs.

EDUCATIONAL NEWSLETTER

August 2014 Edition

Welcome to our Weightloss Edition! Enclosed you'll find helpful tidbits to help you identify problematic habits, utilize the many resources provided at IMC, and perhaps find the hope to try one more diet.

ASK THE DOCTOR

What do toxins have to do with weight gain? Read Dr. Salcido's answer on PAGE 2.

RECIPE: SALAD

Delicious and Easy To Make California Fiesta Quinoa Salad from an award winning author and health coach here at Integrative Medicine Center on PAGE 4.

IMC NEWS

Learn more about IMC's Vitality Group! Read more on PAGE 3!

TO THE EDITOR

Have a testimonial about a treatment? We want to hear about it! Please contact Heather.c.hughes@gmail.com.



WEIGHT LOSS

By Scott Saunders, MD
"I hardly eat, I've tried everything and I'm still gaining weight!" Angela, a 24 year old has tried every diet and every pill she can with limited success but just gains it back again despite regular exercising. Her experience is not unusual and very similar and discouraging for many people.

The body is made for feast and famine. During times of plenty we convert and store energy for later use in the event of famine. Today

Continued Weight on page 2

WHAT'S NEW IN NUTRITION AND WEIGHT?

By Suzanne Landry, CNC
Well, it's not just total calories anymore or cutting fat. In fact, new studies recommend what we at IMC have been saying all along: refined carbohydrates are the biggest problems for Americans.

We are addicted to white flour, breads, pasta, cakes, cookies, crackers, etc. So to lose weight.... lose the starchy, refined carbohydrates. What makes them refined? When they are stripped of their bran, fiber, fiber and the germ kernel containing 80%

Continued Veg on page 3

Educational Lectures!

"Guided Relaxation & Meditation"
by Dr. Jennifer Salcido, ND
October 15
12:00 - 12:45 pm

"Supplements - The What and
When to Take Them"
by Dr. Scott Saunders, MD
October 23, 12:00 - 12:45 pm

"Your Body Knows Best -
Making Sense of the Many Diet Options"
by Suzanne Landry, CHC
October 29, 6:00 - 7:30 pm

All Lectures are held at the IMC Clinic. Call the Clinic for more info.

info@imedsb.com

533 E. Micheltorena -Suite 101- Santa Barbara, CA 93103 Office: (805) 963-1824 Fax: (805) 963-1826

<http://integrativemedicinecenters.com>

ASK THE DOCTOR!

Dr. Salcido,
I am having a very hard time losing weight. I work out and eat well but the scale doesn't budge. What can I do?

I would highly recommend a comprehensive detoxification program. Unfortunately the vast number of toxins we are exposed to can greatly impair the liver's ability to break down fat, making it very difficult to lose weight. In addition, our immune system reacts to the toxins causing inflammation leading to excess water weight and puffiness. And most toxins stimulate the body to produce estrogen, which promotes weight gain.



We currently offer four different detoxification programs. For a quick detox we have a ten day cleanse by Metagenics called Clear Change. It includes a peach detoxification powder high in protein called Ultra-Clear Renew and AdvaClear vitamins along with a program guide containing dietary suggestions and a program diary to track your progress. An easier detoxification program is Body Anew Kit. By sipping drops added to water, it detoxes three homeopathic combination remedies to support the liver, kidneys, and lymphatic system. Many patients have good results from it.

I personally have had great results with Standard Process's 21 day Purification Program. I started the program and three weeks later I was ten pounds lighter and feeling more energetic. The program involves drinking detox shakes with a fiber supplement for three weeks. Throughout the weeks, various capsules are taken to support detoxification of various organs, and you are also provided a dietary guidebook.

Our newest and most comprehensive detoxification program is called Detox 360. It comes with two DVDs and a comprehensive binder that outline every detail of the program. The program is four weeks long and includes many supplements for a thorough body detox.

For patients who are already eating well and exercising on a regular basis detoxification is key for weight loss. I would be happy to help you figure out which one of our detoxification programs is best for you!

In Health,
Dr. Salcido

Continued Weight from Front
we have continual feast with no famine. Studies show we can achieve better longevity with fewer calories. Every external method for losing weight including bariatric surgery, medications, injections, and most diets work only when fewer calories are consumed.

Exercise has many health benefits and is an essential part of a healthy lifestyle but a common misconception is that you could lose weight through more exercise. If this were true Sumo wrestlers would be skinny!

The amount of fat stored in our bodies has everything to do with what, when and how much we eat. Even young children are getting 'adult onset diabetes' or insulin resistance. Simple sugars (sweets and refined carbs) without fiber increase insulin. Insulin signals the body to store fat and shuts down the use of fat for energy. This is why people get "hypoglycemic" so they constantly eat to keep their blood sugar up and over time become insulin resistant. The cycle goes on as people get fatter.

Here are some simple steps to keeping insulin levels low:

- ▶ Increase fiber by eating more complex carbohydrates such as whole grains, legumes and beans.
- ▶ Avoid simple sugars (and artificial sweeteners) refined starches and processed foods.
- ▶ Drink water between meals not with meals.
- ▶ Fast with water or lemon water one day per month or per week
- ▶ Don't skip meals – even a protein snack is better than nothing
- ▶ Eat your lightest meal at dinner and don't eat past 6p.m.
- ▶ Don't snack between meals.
- ▶ Listen carefully to your body and stop eating when you feel 80% full. Less is more.

Fasting is very good for the body. It's better than all the vitamins, energy drinks,

Finished Weight PG 3

IMC NEWS

NEW VITALITY PROGRAM!!

Tired of being tired?

Sick of being sick?

Are you ready to commit to doing whatever it takes to get your health back?

We may have the answer for you in our new Vitality Programs. Custom designed For your goals and health challenges in either a three or six month program that will give you all the support, education and medical guidance you will need to achieve those goals.

Limited space available on a first come first serve basis.

Call now for more information 805-963-4001 or talk to

Dr. Saunders or Dr. Salcido on your next visit.

Continued Veg from Front Page:

of the nutritional value. Refined flour products offer a scant 10% of the original vitamins, minerals and proteins found in their whole grain parents. Yes, refined flour and sugars are making us Americans obese.

But what are refined carbohydrates? Not all carbohydrates are created equal and the best carbohydrates to eat are whole grains before they have been milled. Still containing much of their protein and essential nutrients: brown rice, quinoa, wild rice, barley, farrow, oats and corn (and more) can be a delicious addition to your diet because they have a lower glycemic (blood sugar rush) than refined carbohydrates and that means less likely to be stored as fat. As good as they are, however, eliminating all whole grains and whole grain by-products (such as whole wheat bread) temporarily will help you lose weight.

Aren't vegetables and fruits carbohydrates? Yes, but the majorities of vegetables are non-starchy carbohydrates and low glycemic or 'free' on most diets. The starchy vegetables that have a higher glycemic

include: white and sweet potatoes, corn, beets, peas, carrots and winter squash. These should be temporarily eliminated on a weight loss diet and limited in general for a well balanced diet.

Some fruits are high glycemic, such as pineapple and bananas, and others are low, such as the entire berry family. We advise you stick to low glycemic fruits for now as all fruits contain sugar and sugar contributes calories too.

What should a meal comprise of then? At least 50% fresh vegetables, some cooked, some raw, and perhaps some juiced; 30-40% protein (while on a weight loss diet); and 5-10% fruit and snacks. Be sure to include healthy fats such as extra virgin olive oil, coconut oil, avocados, and flaxseed oil for energy and satiation. Snacks should be vegetables, fruits, nuts or seeds.

To customize your weight loss plan, talk about meal planning, saving time in the kitchen and recipe ideas, make an appointment with your health coach, Suzanne.

Continued Weight from PG 2
longevity potions, diets and age-defying creams or weight loss products on the market – and it's FREE!

Change what you eat, when you eat and how much you eat to have a healthy, active, and long life.

With continual stress, our adrenal glands work overtime, affecting every cell, and every other hormone. We may be able to function by "living on adrenalin," but underneath it all our bodies are sick. The hormones cover up our illness and we seem to function well – until another stressor is added and our health declines to "sick" or even "incapacitated." Many people come to the point of adrenal exhaustion without realizing how hard they have been pushing for years. Now they have diabetes, heart disease, fatigue, frequent illness, chemical sensitivities, weight gain, and so forth. Of course, this causes more stress, and the cycle continues as the health declines more and more.

The key to getting healthy is to reverse the cycle by balancing all of the hormones. At the Integrative Medicine Center of Santa Barbara, we don't just work on one, but rather the entire spectrum of hormones to balance your body and bring back vigorous health, and exceptional stress tolerance.

Researchers have revealed the healing technique of acupuncture may also be effective in treating one of the most widespread ailments facing US adults: chronic stress.

Constant increase in stress hormones can lead to health problems such as depression, insomnia and anxiety. In studies, stressed animals that received acupuncture had lower stress hormone levels that were similar to those in the control animals, which suggests this ancient healing modality helps to normalize stress hormone levels.