

EDUCATIONAL NEWSLETTER

December 2014 Edition

Happy Holidays! Whatever your way to celebrate this season, we hope we have something to help brighten your holidays, whether it's a health tip or something said, we wish you the happiest of holidays! Thank you for letting us serve you this year.

HOLIDAY MEMORY AS A CHILD

Suzanne reflects on holiday childhood traditions in her home. PAGE 3

RECIPE: LATRES

Traditional and delicious holiday recipe from Jill Rosen! PAGE 4.

IMC NEWS

New Membership Information! 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.



I'LL HAVE FOOD FOR THE HOLIDAYS!

By Scott Saunders, MD
Food, Food is everywhere! What is a healthy person to do in this jungle full of tasty treats, luscious chocolates, and delectable cuisines? Every time I turn around, people are offering things I love to eat, like yummy cookies, and bonbons.

When I worked in the hospital it was worse! Every nursing station
Continued Food on page 2

STAY HEALTHY OVER THE HOLIDAYS WITH ESSENTIAL OILS!

By Jennifer Salcido, ND
Essential oils are one of my favorite ways to stay healthy through the holidays. Most health food stores have a wide selection to choose from. They not only smell great but are packed with healing properties.

To help get in the holiday spirit nothing beats pine essential oil.
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Educational Lectures!

“Good Carbs/Bad Carbs Talk”
by Suzanne Landry
January 22
12:00 - 12:45 pm
IMC Clinic

“Weightloss - Diet or Fasting?
What works?”
by Scott Saunders, MD
January 13, 12:00 - 1:00 pm
Call for Location

“Water Quality and Filters”
by Ahlem Mayes
January 24, 10:00 am
Call for Location

“Relaxation Techniques”
by Jennifer Salcido, ND
January 15, 12:00 pm
IMC Clinic

ASK THE DOCTOR!



Pine essential oil is invigorating and also is a great natural antibacterial agent that will help you ward off colds and flu. It helps decongest the sinuses and lungs, stimulate lymphatic flow, and improve circulation. It works great as a footbath after being out and about all day. Add a few drops to a footbath and soak for 15 minutes. If you don't have time for a foot bath but still want to get the benefits put a few drops in a spray bottle filled with water and mist the air. Rosemary, peppermint and eucalyptus

can be used in a similar manner.

If you find that you are getting stressed over the holidays consider lavender, marjoram, or frankincense. Lavender calms frazzled nerves while marjoram relaxes the muscles. Frankincense has a high vibration and can help you reach a calm meditative state. You can add a few drops to a handful of unscented oil or lotion and apply to tense areas. These oils also work well in a bath to which you can add a cup of Epsom salts for extra relaxation.

In case you have overindulged over the holidays and find you are retaining water or feel bloated consider juniper, lemongrass, or ginger. Juniper is a wonderful diuretic and can help you eliminate excess fluid. It can be applied topically or used in a bath with a cup of sea salt added for extra slimming. Lemongrass and ginger are both great for indigestion. They can be used topically diluted in oil or lotion, in a bath, or as a wet compress. For a compress put a few drops in a bowl of hot water and soak a washcloth in the mixture. Check that the water is hot but not burning, wring out the washcloth and apply to the abdomen for ten to fifteen minutes.

Finally if you find yourself feeling a little blue, reach for orange essential oil. Orange is an uplifting scent that improves mood. The easiest way to use it is to put a drop on a cotton ball and waft it under the nose a few times per day. It is also great as a mist in your home or car. Other citrus scents work similarly such as bergamot, lemon, grapefruit, mandarin, and neroli.

Essential oils are potent so please take care if you have sensitive skin. Start with one or two drops the first time you are using a new essential oil and only use it diluted in a carrier such as oil, water, or lotion. Do not use essential oils without consulting your doctor first if you have a health condition that affects your kidneys or liver.

Wishing you a blessed holiday season and a prosperous New Year!

Dr. Jennifer Salcido, ND

Continued Food from Front

was covered in fudge, caramel corn, cookies, and candy. The families of patients would bring in "gifts" for the nurses to get on their good side, and get better care for their loved-ones. Of course, everyone profited – in more ways than one – adding to our calorie intake and energy storage.

But it's not just getting fat for the Holidays, it's about trying to remain healthy while being inundated with food.

In my family, my mother didn't allow sugar in our house. We didn't have ice cream, candy, or cookies, unless she made them, and they were made with wheat germ and natural sweeteners! Instead of chocolate milk, we had brewer's yeast in milk. Our candy included peanut butter and molasses balls rolled in powdered milk. A big treat was when she baked a cake – whole wheat, sweetened with... you got it, molasses! She would hide wheat germ in everything! She knew how to get nourishment into her four boys through "tasty treats."

And not just the tasty treats, she would hide nourishing foods in everything! She would chop kale or Swiss chard into fried rice and soups. She would add garlic and onions to scrambled eggs (which I now enjoy, much to the chagrin of my family). And, she would give us only raw milk, buying sixteen gallons a week! We should have had a cow!

When we were out of the house, however, we were not limited. During Christmas we loved to go to Grandma's house because she liked to bake and cook and had no such limitations on sugar. She put marshmallows on her yam casserole, and not just a few, it was smothered in them! She always had ice cream in the freezer, and sweetened cold cereal for breakfast! Wow! My mom would cringe, but didn't say anything to her mother-in-law – or her children. Grandma got to "spoil" us as long as we were there.

Now, however, I've grown-up, and I've come to see my mother's point-of-view.

IMC NEWS

As the face of health care changes, we will be adding new options to our office, including Functional Medicine programs. Functional medicine programs have the ability to restore health by finding the root cause of disease, and removing it, instead of just treating symptoms.

Therefore, we are happy to announce that as of January 1, 2015 we will be offering completely new options for care. Our new cleanse/detox program is specialized to bring back energy and vitality. The vitality programs are custom-designed curriculums to restore health and maintain vitality throughout your life.

These options are for patients who are sick of being sick, or tired of being tired, and are ready to commit to their own healing journey. If you want to regain your health, wellness and vitality, then you need a plan that includes expert medical guidance, lifestyle coaching, and supportive therapies.

After January 1 we will no longer have a Wellness Group membership, however, our patients have several options to remain in our care. We want all our patients to achieve their desired health so call Shannon at 805-963-4001 or Mariah at 805-688-7171 to learn more.

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Counseling people every day with their health has shown me the wisdom of my mother, how we nourish our bodies a little at a time. There is no real nourishment in eating candy and taking a vitamin pill. The pills contain isolated nutrients, whereas the food has synergistic nourishment. For example, if you take a vitamin pill with vitamin E, you usually get d,l-alpha tocopherol. This is a chemically-produced form of vitamin E. The “d” is the active form, but when they make it they also get the “l” form, which may actually block the proper use of the “d” form, rendering your vitamin E useless. In the wheat germ, however, there is only the “d” form. And not only that, there are multiple other forms called beta, and gamma tocopherols, and tocotrienols, which make the vitamin E much more effective.

So, what do we do about all the food!? I now find it easy to “mostly” make good choices. Since there is so much around, I choose to eat the things that contain nourishment, avoiding the “fake” or processed foods. I avoid artificial sweeteners at all costs, and limit sugar or sweet things to parties and get-togethers. I make egg nog with real eggs, cream, sugar and vanilla – adding in lots of nutmeg. Spices are very nutritious! I think the key is to think of food as nourishment instead of flavor. If the nourishment is primary and the flavor is secondary, it will be easy to navigate the sea of food-stuffs this Holiday Season.

Merry Christmas! May the joy of the birth of our Lord and Savior fill your heart and home! Over two thousand years ago wise men journeyed far to seek Him – and wise men (and women) still do!

HOLIDAY MEMORY AS A CHILD

Holidays bring back so many childhood memories of Christmas candy (like ribbon candy - my dad’s favorite) and mom’s famous apple pies.

I got my love of cooking from my mom and we always had plenty of sweets in the house.

But we were raised on some of the simple war-torn English desserts she grew up with when most luxury food items were rationed. Anyone else know what snow candy is?

While she cooked down her syrups (Karo corn syrup and maple syrup) she would send us outside to fetch some clean fallen snow. The ‘candy’ would harden and crackle immediately as she drizzled the syrups over the pan of snow. Of course today, the corn syrup would be GMO and I wouldn’t drizzle anything on what falls from the sky!

So if you indulge this holiday, I hope it is a happy family tradition that builds memories for generations to come. Happy, Healthy Holidays to all our treasured patients.



Suzanne Landry, Health Coach

RECIPE

Potato Latkes Recipe

(Makes 12 - 16 latkes)

This Recipe came from Jill Rosen, our Acupuncturist. She shared this recipe from her family's traditional Hanukah celebrations. We hope you enjoy it! Happy Hanukah!

1 pound potatoes
1/2 cup finely chopped onion
1 large egg, lightly beaten
1/2 teaspoon salt
1/2 to 3/4 cup olive oil
Accompaniments: sour cream and apple-sauce

Peel potatoes and coarsely grate by hand, transferring to a large bowl of cold water as grated. Soak potatoes 1 to 2 minutes after last batch is added to water, and then drain well in a colander.

Spread grated potatoes and onion on a kitchen towel and roll up jellyroll style. Twist towel tightly to wring out as much liquid as possible. Transfer potato mixture to a bowl and stir in egg and salt.

Heat 1/4 cup oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking. Working in small batches, spoon 2 tablespoons potato mixture per latke into skillet, spreading into 3-inch rounds with a fork. Reduce heat to moderate and cook until undersides are browned, about 5 minutes. Turn latkes over and repeat. Transfer to paper towels to drain and season with salt.



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