

NEWSLETTER

June 2014 Newsletter, Vol. II - No. III

Welcome to our Detox Edition! Enclosed you'll find interesting and helpful information on detoxification. Who, why, when and how to begin a detox protocol. Remember to schedule your first complementary consultation with our Health Coach to help you get started on a simple and sane detox diet.

ASK THE DOCTOR

Are chemicals really harmful to our health, and do some people react differently to them? Read Dr. Salcido's answer on PAGE 2.

RECIPE: SALAD

Delicious and Easy To Make Cannellini Bean and Tomato Basil Salad from an award winning author and health coach here at Integrative Medicine Center on PAGE 4.

IMC NEWS

We Have A Sauna! Read more on PAGE 3!

ORGAN DETOX

Why do your heart, intestines, kidneys, lungs, and skin need to Detox? 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.



WHY DETOX?

By Scott Saunders, MD

Chemicals are everywhere. Our air and water are filled with thousands of toxins, even prescription drugs have been found in the water supply. In some cases these toxins can build up and have a negative affect on our health.

At age 69, Larry's neurologist told him he had Alzheimer's disease. The drug that was prescribed failed. Given no other alternative, he came to see me. After evaluation and testing, I found that his lead was more than 50 times the

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EATING A RAINBOW!

By Suzanne Laundry, CNC

For optimum health, choose colorful produce! Fruits and vegetables have a high amount of particular antioxidants based on their color. Each offers a unique balance of minerals and vitamins. So select from nature's rainbow for vibrant health:

Red fruits and vegetables are colored by a red pigment called lycopene, an antioxidant that has been shown to reduce the risk of cancer and heart disease and improve memory. Red fruits and vegetables include cranberries, strawberries, red raspberries, watermelon, tomatoes, pomegranates, red pep-

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EDUCATIONAL DINNER LECTURE SERIES!

Dr. Saunder's Relationship from Stress to Health

July 17, 6 to 8 p.m.

Limited to a select group of patients.

Please call for your reservation or for more information:

805-963-1824

ASK THE DOCTOR!

“Are Chemicals really harmful? And if so, do some people react differently to them?”

By Jennifer Salcido, ND

Every day we face an onslaught of chemical exposure and it starts before we are born. The Environmental Working Group sampled blood from the umbilical cords of 10 babies and found on an average 287 toxic chemicals, many of which are known to disrupt normal development, damage brain and nerve cells and are carcinogenic.

So how is it that we cope with this chemical soup? The answer is glutathione and it is used by every cell in the body. Glutathione binds to toxins and helps eliminate them. The enzyme glutathione-s-transferase or GST makes this happen. Unfortunately, many individuals are missing the gene that makes glutathione-s-transferase.

Such was the case of our patient, Lydia who had a long list of symptoms that subsided away from home. Periodically she experienced fatigue, dizziness, headaches, shooting pains in her back, burning, tingling, and aching in her hands and feet, involuntary muscle twitching, muscle spasms, leg cramps, pain over her liver and gallbladder, visual floaters, black circles under her eyes, nausea, night sweats, ovarian pain, painful bumps on the soles of her feet, and a rash on her chest that would blister and burn. Her symptoms increased when her neighbors sprayed pesticides (Roundup) and fertilizers. Her husband also experienced numbness and tingling in his lips, burning in his eyes, disfiguring arthritis, and a chemical taste in his mouth. Even the family cat was affected. After one day of heavy spraying the cat became lethargic, vomited, and died.

Lydia's neighbors were seemingly unscathed while she faced an ongoing debilitating struggle. So we ordered genetic testing and it showed she was missing the gene that is needed to produce the GST enzyme. Without this gene, you can accumulate toxins which may cause widespread illness and possibly lead to higher risks of cancers of the breast, prostate, liver, and colon. So what can be done?

At IMC we can administer glutathione orally, through a nebulizer, or given intravenously to bypass the need for the enzyme. For the purposes of detoxification, intravenous glutathione is the most effective. Lydia's symptoms did resolve after her glutathione IVs until the next major neighbor's fumigation. She eventually moved to a more environmentally friendly location, and she has been feeling much better.

Surprisingly it is estimated that approximately 23% to 62% of Americans are missing the same gene as Lydia, GSTM1. This test is available through our office. GST is assessed as well as many other genes essential for detoxification. We have strategies to help your body if any of genes are missing or not fully functioning. Make an appt. today.

Continued Detox from Front acceptable level. Larry was a welder, but never wore a mask to filter the vaporized metals such as lead. Since lead isn't easily excreted it can accumulate in the brain. I prescribed a series of chelation treatments and in time his health returned to normal again.

Where do we get toxins?

Anne was an interior decorator who started getting illnesses frequently and felt achy and fatigued. An environmental medicine specialist found she was reacting to a toxin made by a mold, which was common in the older homes she was renovating.

There are many chemicals that can be part of our everyday life. Because we are constantly exposed to toxins, both internally and externally, it is important that we maintain a lifetime detox program.

- Artificial flavorings and color – avoid processed and junk food
- Artificial sweeteners – use natural sweeteners
- Pesticides and herbicides – eat organic fruits and vegetables
- Exposure to heavy metals – reduce exposure if you can
- Preservatives in our food – eat whole unprocessed fresh foods
- Chemicals in our skin care products – use only natural skin care products

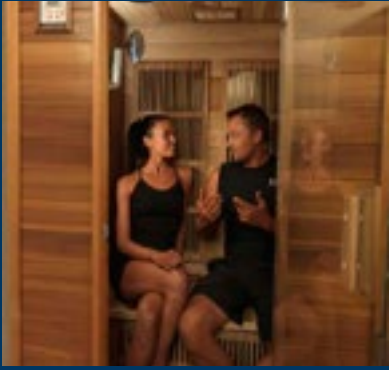
Avoiding Toxins

Detoxification products, modalities and diets abound! How do we make sense of all this?

Start by avoiding toxins, reducing your exposure and then getting rid of those that have accumulated. We can use the normal mechanisms of our body to eliminate some toxins.

As you can see, detox doesn't come in a box, bag, or pill. Nor is it something you do once a year, but rather must be part of our regular health routine.

Make an appointment now to begin your detox today!



Our Sauna is Back!

The Sauna or Infrared Therapy is more than just a relaxing venue, it also has important health benefits. This therapy might be one of the most delightful in the office, and it helps a variety of ailments and is an effective detoxing tool. Ask your doctor more concerning your case.

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pers, beets and red radishes.

Orange and yellow fruits and vegetables are colored by an orange pigment called beta-carotene, abundant in antioxidants, vitamins, and phytonutrients that can help reduce your risk of cancer and delay aging. Orange and yellow fruits and vegetables include mangos, oranges, peaches, winter squash, corn, sweet potatoes and carrots.

Green fruits and vegetables get their color from chlorophyll. Chlorophyll molecules have a similarity to human blood and aids in gastrointestinal issues, promotes formation of red blood cells, detoxifies cancer-causing toxins, treats bad breath, fights infections, and helps assimilate other minerals. Green vegetables include spinach, collard greens, green peas, kale, parsley, Swiss chard, turnip greens, broccoli, sea vegetables, bell peppers, Brussels sprouts, green cabbage, celery and green beans.

Blue and Purple fruits and vegetables are colored by purple pigments called anthocyanins, disease-fighting phytonutrients. Anthocyanins help protect our brains as we age, and reduce the risk of diabetes, certain types of cancer, and heart disease. Purple fruits and vegetables

include blood oranges, mango-steen, blueberries, black raspberries, plums, purple grapes, eggplant and radicchio.

White fruits and vegetables are colored by white pigments called flavones. These powerful phytochemicals can help reduce certain types of cancer, balance our hormones and activate natural immune cells. White fruits and vegetables include pears, bananas, dates, onions, garlic, potatoes and cauliflower.

Raw vs. Cooked

Your diet should consist of a total of 50% or more of vegetables. Of which 30% can be raw fruits and vegetables and 20% cooked vegetables. This will vary with age, digestion and the time of the year. Enzymes are found in raw vegetables and fruits and are essential for optimal good health but cooking destroys enzymes. However, cooking more fibrous root vegetables softens the fiber and allows us to absorb more nutrients. So a balance of both cooked and raw is important.

Pick fresh, uncooked fruits and vegetables.

Eat some vegetables raw and some lightly-cooked.

Pick fruits and vegetables from a rainbow of colors.

Liver

Most detox programs only deal with the liver because it is the primary organ which neutralizes and excretes toxins. However, just as important are the minor players: the intestines, kidneys, lungs, and skin.

Intestines

When we eat a meal, gallons of digestive fluids will be excreted into the intestines. Toxins are eliminated with these fluids. To support the intestines in detoxifying you can: take a probiotic, fast periodically, eat lots of fiber, eat lots of greens and use a "chelator" periodically such as bentonite clay.

Kidney

Most of the water-soluble toxins are excreted through the kidneys. The help the kidneys perform their best - drink plenty of water (1/2 oz. per lb. of body weight) and keep your body alkaline with an alkaline diet. Make an appointment with our health coach to discuss dietary changes.

Lungs

Mostly, the lungs keep the oxygen and carbon dioxide ratio in equilibrium. This is important in creating oxygen free-radicals, organic acids, and keeping the acid-base balanced. Deep and slow breathing supports the lungs in detoxifying excess CO2.

Skin

When we sweat we excrete both organic toxins and heavy metals. The best way to sweat is with exercise,

RECIPE

Cannellini Bean and Tomato Basil Salad

(Serves 4-6)

This is a summertime favorite. Very fresh-from-the-garden flavors yet hearty enough for a meal.

- 1 ½ cups cannellini beans (white kidney beans), rinsed and drained
- 1 ½ cups heirloom tomatoes or red tomatoes, chopped
- 2/3 cup cucumbers, seeded and chopped
- 1/3 cup red pepper, chopped
- 1/3 cup green pepper, chopped
- ¼ cup fresh basil, chopped
- ¼ cup fresh cilantro, chopped
- 2 cloves garlic, minced

Dressing:

- 1 lemon, juiced
- 2 Tbs white or red wine vinegar or white balsamic vinegar
- 1/3 cup extra virgin olive oil
- ¼ tsp sea salt
- 1/8 tsp black pepper



Chop tomatoes into small pieces removing as much as the seeds you can. If using large cucumbers, cut cucumbers in long slabs and then into long pieces. Then cross cut into ½ inch cubes. Toss with tomatoes. Add peppers, cilantro, basil and garlic. Toss again.

Make dressing by combining all the ingredients in a small bowl. Mix well and toss with bean salad. Serve immediately. This will keep up to 5 days refrigerated.

Bites of Insight: Cannellini beans are very popular in Italy. They are mild flavored and related to the kidney bean. Navy beans or great northern beans can be substituted. The many health benefits: low in fat, high in protein, high in fiber, minerals, B vitamins.

info@imedsb.com

533 E. Micheltorena -Suite 101- Santa Barbara, CA 93103 Office: (805) 963-1824 Fax: (805) 963-3220

<http://integrativemedicinecenters.com>