

RECIPE

Vegetable Stir Fry with Teriyaki Sauce

(Serves 4-6)

No wok needed and this is an easy stir fry that doesn't get stirred! Layering vegetables is the key to this quick, delicious dish.

Choose a total of 4 cups mixed fresh vegetables picking 4-6 vegetables of a variety of colors and textures.

- 2 Tbs light sesame oil (or canola)
- 1 Tbs dark toasted sesame oil
- ½ tsp sea salt

Teriyaki sauce

- ½ cup soy sauce
- ½ cup water
- 2 tsp arrowroot or organic cornstarch
- 1 tsp ginger, grated
- ½ tsp garlic, minced
- 1 Tbs white vinegar
- 1 Tbs sugar



1. To a large frying pan, add oil and longest cooking vegetables, cover and cook for 1 minute on medium-high heat.

2. Increase heat to high and add broccoli and cauliflower and salt without stirring. Cover for 2 minutes. Add ¼ cup of cold water and replace lid immediately. Cook at high heat for 3 minutes.

3. Reduce heat to medium-high and add other quicker cooking vegetables

and cook for an additional 1-2 minutes. Add quickest cooking vegetables like sugar snap peas, cover and cook another minute. Check vegetables, they should be colorful and lightly cooked.

* For sauce, combine all ingredients in a small pot. Stir for 2-3 minutes or until it thickens. Serve on the side.

**For list of suggested vegetables and more on this recipe, please visit: <http://www.suzannelandry.com/2013/04/vegetable-stir-fry-with-teriyaki-sauce/>

NEWSLETTER

May 2014 Newsletter, Vol. I - No. II

From the Editor:

This edition includes information regarding the Hyperbaric Oxygen Chamber. It's called HBOT and is an effective therapy to alleviate the pain of a number of various illnesses.

ASK THE DOCTOR

Have Lyme disease or know someone who does and want to know if HBOT helps it? Read Dr. Salcido's answer on PAGE 2.

RECIPE: STIR FRY

Delicious and Easy To Make Vegetable Stir Fry from an award winning author and dietician here at Integrative Medicine Center on PAGE 4.

HBOT TESTIMONIALS

Nervous about using HBOT? Read others experiences on PAGE 3!

HBOT SCIENCE

Is there Science behind HBOT? Read more on PAGE 3!

IS HBOT SAFE?

There are a few exceptions for good candidates for HBOT. Find out for you on PAGE 3.



YOU'VE TRIED HBO BUT HAVE YOU EXPERIENCED HBOT?

By Scott Saunders, MD

Now that we have your attention, we want you to know that we take your health and wellness seriously. So we would like to encourage you to try our HBOT (Hyperbaric Oxygen Therapy) for free (see more info next page).

What is HBOT? It is a medical treatment that enhances the body's natural healing process. It is a total body chamber where a patient lies down and relaxes for a full hour. Some of our patients read, watch a movie, listen to music or take a

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VEGETABLES: NATURE'S BOUNTY

By Suzanne Landry, CNC

Fruits and vegetables are the nutritional powerhouse. They contain a more diverse group of minerals and vitamins than any other food group. They brim with vitamins, minerals, fiber, and phytochemicals that may protect us against cancer, heart disease, strokes, and other health problems.

To stay healthy, eat seven to eleven servings of fruits and vegetables a day. A serving is ½ cup. Salad leafy greens do not count. Most cooked vegetables contain 50 calories per ½ cup serving. Starchy vegetables, including beans, potatoes, peas, winter squash, beets,

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FREE HBOT TRIAL AND FREE TALK!

We promised you a free trial. On May 28, 2014, Dr. Saunders will be hosting a free talk to our Wellness Group members on the benefits and research done on Hyperbaric Oxygen Therapy. You will get a chance to view and try out our chamber for a 15 minute session. PLEASE RSVP so we can accommodate all of you. Light refreshments will be served.

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ASK THE DOCTOR!

“I notice you have a hyperbaric chamber in the office. Is that helpful for Lyme disease?”

Yes, hyperbaric oxygen therapy (HBOT) can be a valuable therapy in the treatment of Lyme disease. *Borrelia burgdorferi*, the bacteria that causes Lyme disease can survive easily in low oxygen environments but not in high oxygen environments. Landmark research done by William Fife at Texas A & M University demonstrated the effectiveness of HBOT for Lyme disease. Patients completed one hour sessions twice daily five days on and two days off.

Astoundingly 84.8% of patients had significant improvement with a significant decrease or elimination of symptoms. Depending on the particular patient the number of sessions varied from ten to 145. It is important to know that you are likely to experience Jarisch Herxheimer reactions or Herxes with the treatment and that it is because the oxygen is killing the spirochetes. In the study conducted by Dr. Fife all but one patient had these reactions. If you would like to find out more about hyperbaric oxygen for Lyme disease and other conditions please make sure to sign up for our upcoming lecture in May featuring myself and Dr. Saunders.

In health,
Dr. Jennifer Salcido, ND



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and corn will be twice that. Green leafy vegetables like kale, collards, Swiss chard, broccoli, mustard greens, and turnip greens are high in calcium, iron, Vitamins E and C and beta-carotene (which convert into Vitamin A in the body). You can also add these leafy greens to soups and casseroles. Iron is best absorbed when Vitamin C rich foods such as tomatoes and peppers are included in the meal.

U.S. Research shows diets deficient in folic acid (B Complex vitamin) are linked to an increase risk of lung and cervical cancer and can also lead to certain types of anemia. Vegetables like Brussels sprouts, asparagus, broccoli, cabbage, corn, peas, raw spinach, romaine lettuce, and dried beans are good sources of folic acid.

Humans, guinea pigs, some bats, and some birds cannot synthesize Vitamin C like the rest of the animal kingdom can. So it is essential that we get Vitamin C from our food. However, cooking foods that contain vitamin C at high temperature or for longer than 10 minutes destroys most of this vitamin.

Did you know that some vegetables are really botanically defined as fruits? These are technically fruits rather than vegetables because they have a fleshy pulp and seed-bearing body. In the culinary world, though, we use them like vegetables and refer to them as such.

I am a big believer in eating in-season, locally grown, organic fresh fruits and vegetables. Out of season fruits and vegetables can travel from 1500-3000 miles before they reach your grocers' shelves. To withstand transporting, crops will be picked before their peak of ripeness when the food contains maximum level of nutrients. To consumers, most of these foods will look ripe. They are anything but many nutrients are lost (or were never there in the first place) with some of this “fresh” produce. So buy as often as you can from a farm stand or at farmer's market to be sure it is fresh picked at it's peak of ripeness.

HBOT TESTIMONIALS

“The hyperbaric chamber experience was amazing! The first time I went in was challenging, since I was suffering from anxiety and drug withdrawal but the second time was much better. I fell asleep and felt totally relaxed and rejuvenated after the treatment. I highly recommend it!”
--E.S. Santa Barbara

“I had trepedations about the HBOT as I am clausterphobic but because of the loving reassuring encouragement of both Megan and Elana I decided to give it a try. I didn't want my fear to stop be from getting the great benefits that I had heard about. Because of my condition I feel depleted alot but after the chamber I feel wonderful.”
--A.W., Santa Barbara

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restful nap.

What does it do? The chamber, under pressure, increases the atmospheric pressure which allows for a higher absorption of oxygen into the body. How does that differ than under normal circumstances? Well, oxygen is transported throughout the body only by red blood cells. During the HBOT experience, oxygen is dissolved into all the body's fluids, (plasma, central nervous fluids, lymph fluids and the bone so oxygen can reach damaged tissues and support the body's own healing process. It is simple, painless and non-invasive and you can sleep during the therapy.

This increases white blood cells which help to kill bacteria, reduce swelling and allows new blood vessels to grow more rapidly in affected areas.

Benefits of HBOT

Healing in many areas of the body cannot take place without appropriate oxygen levels in the tissue. Hyperbaric Oxygen Therapy improves the quality of health for our patients in areas where standard western medicine has not helped. Many conditions such as stroke, cerebral palsy, chronic fatigue, head injuries,

chronic infections have responded favorably.

“Patients who receive HBOT recover 30% to 50% faster than those who do not receive the treatment”

They see a reduction in swelling, less bruising and less inflammation. It also reduces the risk of infection in the incision site, and scarring is less significant. A considerable reduction in pain allows the patient to return to a normal lifestyle much faster. In non-surgical procedures, patients see the redness associated with the laser resurfacing and chemical peels diminish much faster.

Smokers, people with compromised immune systems, People with diabetes, overweight patients and anyone who has pre-existing health problems that will affect their overall recovery are the best candidates for HBOT.

- Decreases surgery hospital stay
- Improves healing of problem \ wounds
- Decreases inflammatory mediators
- Decreases edema
- Prevents infections
- Kills anaerobes
- Facilitates WBC peroxidase
- Less bleeding

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- Post Surgery including Cosmetic
- Diabetic and Selected Wounds
- Exceptional Blood loss (anemia)
- Osteoradionecrosis and Radiation Tissue Damage
- Carbon Monoxide and Smoke Inhalation (Smokers)
- Clostridial Myonecrosis
- Crush and Brain Injury/ Brain Compartment Syndrome
- Enhancement of Healing in Problem Wounds
- Blood Loss
- Soft Tissue Infections
- Osteomyelitis (Refractory)
- Radiation Tissue Damage
- Skin Grafts and Flaps
- Thermal Burns

HBOT SCIENCE

Yes, research studies have been conducting in the area of wood healing, cosmetic surgery, and by-pass surgery and more. For further information on the web to to <http://www.ncbi.nlm.nih.gov/pubmed/20129356> or Department of Plastic and Reconstructive Surgery, Medical College of Wisconsin, Milwaukee. *Plast Reconstr Surg.* 1991 Nov;88(5):898-908.

Is HBOT Safe?

Very. However, there might be a slight change in pressure to the ears and sinuses, not unlike when flying in an airplane. There are some absolute contra-indications of use to HBOT which include:

- Untreated pneumothorax
- Bleomycin
- Cisplatin
- Disulfiram
- Doxorubicin
- Sulfamylon

Be sure to discuss all concerns with your doctor.

IMC NEWS!



Deborah King recently joined the IMC practice as our new Wellness Group Coordinator. She holds a B.A. in Nursing and a M.A Education. Through her experience in public and private healthcare organizations including Fortune 500 companies, she brings an impressive depth and breath of skills in providing education, sales and marketing support. In addition, she is the kind of person who you will want to get to know, as she sincerely cares about our patients and their unique circumstances and needs! So if

you have any questions about our Wellness Group, give Deborah a call on her direct line at 805-963-4001.