

RECIPE

Roasted Winter Vegetables

(Serves 4-6)

This is one of our favorite Thanksgiving side dish. I love this vegetable dish served with fall and winter dinners. They also smell wonderful while they roast!

- 1 cup winter squash (butternut or butter cup), peeled and cut into 1-inch slices
- 1 large sweet potato, peeled and cut into 1-inch thick large matchsticks
- 1 medium parsnip, unpeeled, cut into ½-inch matchsticks
- 1 medium turnip, unpeeled, sliced and then cut into ½-inch matchsticks
- 1 large leek, green top removed, bottom sliced into 1-inch diagonals
- 1 small rutabaga, peeled and cut into ½-inch matchsticks
- 8 small white onions or 1 medium yellow onion, peeled and sliced into quarters
- 6 Brussels sprouts, halved
- 4 Tbs extra virgin olive oil
- 1 tsp rosemary leaves, dried
- 2 tsp thyme leaves, dried
- 1 tsp sea salt



Preheat oven to 425°F. Clean and remove outer leaves of Brussels sprouts and cut in half. Put cut leek bottoms in a small bowl of water, swish and remove gently to drain. Place all vegetables in a large mixing bowl. Drizzle oil over the vegetables and toss thoroughly to coat. Add thyme, rosemary, and salt and toss again. Arrange vegetables in one single layer on a parchment paper lined baking sheet (super easy cleanup).

If the pan is too small to accommodate all these vegetables use a second pan. Do not cover. Bake for 40 minutes. Vegetables will be tender and slightly caramelized at their tips. Depending on the size of the cut you make, you will have to adjust cooking time a little less or more. The smaller the cut, the quicker the vegetables will cook. The quicker it cooks the less it will caramelize.

EDUCATIONAL NEWSLETTER

November 2014 Edition

Welcome to our edition entirely dedicated for brain health! We are confident that regardless of your situation, you will find ways to sharpen your mind and improve your memory!

ASK THE DOCTOR

How can I improve my memory? Read Dr. Salcido's answer on PAGE 2.

RECIPE: SALAD

Delicious and Easy To Make Roasted Winter Vegetables on PAGE 4.

IMC NEWS

NEW Live Blood Analysis Now available, Discounts to patients! Read more on PAGE 3!

OTHER BRAIN HELPS

HBOT and Accupuncture help your mind! 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.



AN AWESOME BRAIN FOR LIFE!

By Scott Saunders, MD

The brain is arguably your most important organ because it is the primary controller of everything else. By far it uses the most energy, and circulation, and is physically protected by the skull, but so many of us have brain dysfunctions. We lose memory, Parkinson's disease, strokes, anxiety, depression, pain, or just gradual atrophy of the brain. How can all this happen if the brain is so well-protected?

Brain function is all about energy! **Energy** is the essential key to

brain health because there is no storage of energy in a nerve cell. If the oxygen or sugar get too low, or there aren't enough nutrients, the cells go into a coma or die for lack of energy.

Things that may cause too little energy include:

Low oxygen:

- Smoking
- Lack of exercise
- Carbon monoxide poisoning

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<http://integrativemedicinecenters.com>

Educational Lectures!

“Guided Relaxation & Meditation”
by Jennifer Salcido, ND
Nov 19 and Dec 17
12:00 - 12:45 pm
IMC Clinic

“Supplements - The What, Why, and
When to Take Them”
by Scott Saunders, MD
Nov 20, 7:00 - 8:00 pm
Call for Location

“Brain Health”
by Scott Saunders, MD
Dec 3, 12:00 - 12:45 pm
IMC Clinic

ASK THE DOCTOR!

Dear Dr. Salcido,

Since starting menopause my memory has been terrible. What can I do to reverse this?

Amazing advances have been made in the study of the brain. I remember when we were taught if we killed our brain cells they were gone for good and we could not make more. Now it is widely recognized in the field of neuroscience that we make new cells throughout our lifetime in two areas of the brain. These are the olfactory bulb responsible for our sense of smell and the hippocampus responsible for learning and memory. Researchers have identified a protein called brain-derived neurotrophic factor or BDNF that greatly increases the production of new brain cells, protects brain cells, and improves signaling in the brain. Low levels of BDNF have been found in patients with Alzheimer's, Parkinson's disease, dementia, major depression, schizophrenia, and menopause. Stress, especially prolonged stress decreases BDNF and can actually shrink your brain's hippocampus leading to poor memory.



The good news is there are a number of ways to increase BDNF and improve your memory and cognitive function. If you are deficient in omega-3, vitamin B12, folic acid, estrogen or progesterone supplementing these can increase BDNF. Interestingly while bioidentical progesterone increases BDNF some forms of synthetic progesterone actually lower it. Sunlight, serotonin and exercise increases BDNF while GABA lowers it. So careful with supplementing GABA. You should only use it if you really need it. Herbs that have been found to increase BDNF are curcumin, ginseng, bacopa, green tea, and resveratrol.

To sum it up, lower stress as much as possible. Get outside and exercise. Keep your brain active by learning new information. Increase foods rich in omega-3 and B vitamins or take a supplement. Consider checking your hormone and neurotransmitter levels. And don't forget about the many useful herbs that we are lucky to have available to us.

If you have a question you would like Dr. Salcido to answer in a future newsletter, please email her at drjsnd@imedsb.com

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In health,
Dr. Salcido

Continued Weight from Front

- Hypertension
- Vascular disease
- Strokes

Lack of nutrients:

- Glutathione
- Amino acids
- Omega 3 oils
- B-vitamins
- Minerals

Toxins include:

- Alcohol
- MSG
- Caffeine
- Stimulants
- Sugar
- Heavy metals
- Drugs/medications

Too Much Energy

Not enough energy can cause the brain to shrink, but if you have too much energy going into the system, the brain is damaged by oxidation. The brain is especially sensitive to this damage because the cells don't divide or re-generate, leaving us with a terrible conundrum:

Our brain needs energy so the cells don't die, but whenever we use it we cause damage!

The principles of preventing damage are:

1. Eat less energy (calories) – low carb, low fat, low protein.
2. Eat more nutritious foods high in anti-oxidants (not a vitamin pill)
3. Decrease inflammation (allergies, heart disease, arthritis, and so forth)
4. Moderate exercise (Too much exercise causes more energy to be used, and makes more free-radicals – another conundrum!)

The principles to repair damage include:

1. Nutrients (food and supplements that provide the building blocks of cells)
2. Periodic fasting puts our bodies into "repair mode" releasing growth hormone (HGH)
3. Ketogenic Diet – Ketones are a more effi-

Finished Brain PG 3

IMC NEWS

NEW LIVE CELL SPECIALIST!!

View your live blood sample magnified on a large screen and see the potential disease indicators and what you can do now to improve your health.

Robert Selinsky, IMC's New Live Cell Analyst, can help you answer these and other valuable questions:

- Why am I so tired all the time?
- Do I have blood clots?
- How is my blood sugar doing?
- Do I have parasites?
- Why do I feel cold so often?
- Does what I eat really matter?

60 minute **Live Cell Consultation** available for our IMC patients at a reduced price of \$85 (regular price is \$125)

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cient form of energy, allowing repair
4. Exercise to improve circulation and produce endorphins
5. Decrease inflammation

Use it or lose it

The next step is to use your brain more. Just like a muscle, the brain gets bigger with use. A study in Germany included six students who didn't know how to juggle. They all had high-resolution MRI scans of their brains, and then they were taught to juggle. After becoming proficient, a repeat MRI scan showed areas of actual increased brain tissue in exactly the expected places. Further, three of them were told to stop juggling, and after six months another MRI showed they had lost the brain mass, while the three who continued practicing still had it. WOW! The brain is just like a muscle!

The way we do this is by focusing attention that increases our knowledge or ability. The basis for brain growth is doing things you have never done before. I cannot make an exhaustive list, but you will get

the picture with such things as:

- Learn a new language
- Become an excellent golfer
- Take up sailing
- Learn to juggle
- Learn to play the piano
- Start your own business
- Write a book
- Go to college

It is essential that we emphasize that none of these activities are passive. They all require active brain participation.

The types of passive activities that do not improve brain function are just as many, but they all have one thing in common: you cannot get better!

- You can't get better at watching TV or movies.
- You can't get better at sitting.
- You can't get better at daydreaming
- You can't get better at traveling, being a couch potato, or floating in the pool

Learning and using these principles can help you maintain an awesome brain for life.

HBOT FOR BRAIN REPAIR

HBOT (Hyperbaric Oxygen Therapy) 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 nap while their body heals. Try it today!

Brain injury from ischemic stroke can be devastating, but we believe full brain restoration is feasible. Time after brain injury is critical; Long-term hyperbaric oxygen therapy (HBOT) is safe and effective method of healing.

Diabetic neuropathy, Parkinson's disease, Alzheimer's disease, Multiple Sclerosis, and many other neurological problems respond to hyperbaric oxygen. Additionally, it may help with memory repair. Please see your physician for more information regarding your specific case.

Did you know that Accupuncture helps your mind?

See Jill today to watch your natural brain healing start!

