

## May Newsletter from Bruce Pendleberry, OMD, LAc, Dip. O.M.

Hello everyone and 2022

This is my 1st newsletter of 2022 and long overdue.

Here we go!

1. You wake up every morning (whether you want to or not) no matter how bad you feel physically, mentally and emotionally, looking for that energy boost in a cup of coffee, tea, or energy drink to give you physical/mental energy with some kind of refined carb or sweet to pick you up emotionally so you can barely make it through the day knowing that when you finally fall asleep (or not) you have to do it all over again!!

OR

2. You wake up feeling light with energy, no aches and pain, a good outlook, looking forward to a new day with all the possibilities that can happen before you have to eagerly go back to sleep knowing that when you wake up the next morning you get a chance to have another great adventure in life all over again!!

I'm sure many of you can relate to A in more ways than you would want to and maybe had at least a little chuckle or laugh when you read B :)

The "A" person has very little Qi, Prana, Life force, Vital Force, Spirit, or Divine Spark, these are all different names for the "Energy" within us that allows us to function in life. This functional part includes all aspects of our body, mind and spirit. Our ability to get up in the morning, do our daily tasks, engage with the world around and within us, to feel and react to these feelings, good or bad, to repair injury and fight off pathogens from within or an external source, which we are doing all the time by the way. In general our ability to adapt to the world around and within us and being able to do this day after day is a good definition of health.

When we don't have enough "Qi" we feel weak, stuck, pain, confusion, foggy headed, heavy, less motivated, unable to handle life around us, such as dealing with our kids, co workers, or people in general.

Our digestion can be off: bloated, gassy, constipation or loose stool. We react to foods that don't usually bother us.

We don't handle changes in our environment such as shorter daylight, wind, cold, dampness, dryness, weather that changes too often or quickly, a stuffy room can make it hard to breath, a small room or elevator makes us claustrophobic.

Watching the news stresses us out to the point of having an anxiety attack.

Asthma or allergies are worse for "no reason".

We have a more negative outlook, we get angry, worried, fearful, anxious and sadness far more than we get excitement, joy and calmness.

We get sick more often or have a more severe illness than usual.

We feel worse after doing our usual exercise routine that normally makes us feel good.

We have a harder time falling and/or staying asleep.

Why?

The simple answer is that we don't have enough energy for our day to day tasks, let alone the ability to compensate for all the unexpected demands that happen daily whether we put it upon ourselves or it just happen let alone the energy it takes to repair ourselves from all the damage that continually happens to us, especially as "time goes on".

As we get older (or another way to put it "as time goes on") we tend to be less efficient (meaning unable to repair previous damage) in our ability to create enough energy to repair the damage from our daily activities, thoughts, and stresses to the level we were yesterday or last week and we call this aging. If we could make as much energy as we need to repair all the damage that day to day life gives us we would never age!

I think most of use would agree that when we have our own true energy (not from a drug, coffee, tea) we can adapt to life around and within us, we can get excited about something and then become relaxed and calm as needed, small rooms don't bother us, we can decide what we want to do or not do.

We can focus on the positives over the negatives, and how we can improve the world we live in even when others around us are doing the opposite.

We feel more alive after our favorite workout, or exercise routine.

We can immerse ourselves in the things we love and enjoy that make us feel good for the rest of the day and look forward to doing again, instead of using that same time watching the news, social media, talking about how bad the world is now and no one is doing anything about it.

Having that positive and productive energy is already helping yourself and others around us, we are becoming part of the solution when we have a healthy outlook, we are able to help others when in need, we can see the good around us just because we have enough energy to be more like "B" above.

## **So how can we promote general good health that applies to all of us?**

Below are many of the basic things that will help everyone become an adaptable human being.

I will go over them in more depth in the weeks to come, but just getting the ideas can help you focus on the ones you have problems with.

**Check your vitamin D levels:** This vitamin (really a hormone) has so many functions that relate to our immune response. One of the functions is to regulate our respiratory and digestive mucosal lining which is our first immune response to an external pathogen. Here is a link to a Vit D3 test you can get on your own:  
<https://www.ultalabtests.com/test/vitamin-d-25-hydroxy-total-immunoassay>

**Take Vitamin D3 with K2:** These two work together in many ways, such as calcium absorption, utilization and arterial health, besides immune regulation.

**Good quality sleep:** How well you fall asleep, stay asleep and rested you feel when you wake up and do you need any stimulants or sugar/refined carbs to get you going.

**Time restricted eating:** A 10-6 hour eating window will correct many problems with sugar metabolism, cravings and metabolic flexibility. Common eating windows are 10 am - 6 pm or 11 am - 7 pm. In general you should try to finish eating around 7 pm unless you go to bed early then finish 3 hours before bed.

If you had your gallbladder removed then you should not go for too long without food or some kind of fiber, such as a tea with insoluble fiber when you get up and during any prolonged period of no food.

**Drink enough water:** How do I know if I am getting enough water?

In general you should urinate five or more times a day and after the 1st urine it should be straw yellow to clear, not cloudy, or odorous, and the flow good and with a “normal” volume (the 1st urination in the morning should be acidic on a pH test strip, darker yellow and can have a slight odor). If the urine is always clear with copious amounts and no odor you are probably drinking too much water and if it is darker yellow, slightly cloudy and/or odorous you are probably not drinking enough water.

Now, many things can influence this such as exercise, sweating, prolonged heavy breathing, hot weather and cold weather, the food and drink you have, etc. I will talk more about this and water quality in a future email.

**Exercise:** This is extremely important and you have to push yourself but it doesn't have to be for long, only 20-40 minutes 4 or more times a week. Start slow if this is new for you or you have not exercised in awhile.

I went over exercise in a previous email so check it out [here](#) and click on the “Nasal, Abdominal Breathing and Home Exercise” link.

**Breathing:** This includes in general, with exercise, sleeping and breathing for meditation or relaxation.

In general you should inhale through the nose and exhale through the nose or mouth, with exercise mostly through the nose, with sleep through the nose. Your general day to day breathing should make your abdomen expand more than your chest. I already sent out an email related to “Nasal Abdominal Breathing and Home Exercise” here: <https://drpendleberry.com/past-emails/>

**Low fasting insulin levels:** If you have low fasting insulin levels this usually means you have good metabolic flexibility to switch between sugar and fatty acids as an energy source. If you have a high fasting insulin level the time restricted eating above will help correct this the quickest.

<https://www.ultalabtests.com/test/insulin/VUxUQTA2MTUsMTIuOTUsMTMuMDUwMCxUcnVI>

**Promote a Healthy Gut Microbiome:** This is one of the most important areas to work on because it can greatly reduce systemic inflammation and free radical production.

We can promote this by chewing well, giving ourselves time to eat and enjoy our food, eating whole unprocessed foods, and fermented foods. Use Ghee instead of butter or olive oil instead of seed oils to cook with, and eliminate processed or refined foods, breads, pasta, and eating fast or in a stressed state

**Eat more Fermented Foods:** One way to promote a healthy gut microbiome is by adding more fermented foods such as goat or sheep kefir and yogurt, pickled vegetables, miso, tempeh, nato, sauerkraut, water kefir or kombucha drinks. These all have to state they have live cultures and should all be found in the refrigerated section of the store. Always look at the sugar and carb content, they vary greatly and you want the lowest sugar carb varieties in all of these.

Start with small amounts at first if you have not had these in appreciable amounts either now or in the past because of the possibility of excessive gas and bloating that can happen if started too quickly.

I will talk more about Pre Biotics, Probiotics and Post Biotics in a future email.

**Sauna or red light therapy:** Dry sauna, and low EMF Red Light therapy to the point of sweating.

**Stop smoking and greatly reduce alcohol intake:** Self explanatory

**Avoid toxic personal and household products:** This includes cleaning products, the water we drink, sun screen, lotions, makeup, hair products, and more.

I suggest using the Environmental Working Group's website for detailed information on skin products: <https://www.ewg.org/skindeep/> and household chemicals: <https://www.ewg.org/guides/cleaners/>

**Reduce over the counter medications as much as possible:** Such as Advil, Ibuprofen, Tylenol, Antihistamines, Antacids or Heartburn medication, Nyquil, Benadryl and other Sleep meds, Cough medication, Anti Diarrhea meds, Sudafed, and Stimulants for example.

**Well guess what! All the above will also promote your own stem cell production!!!**

We constantly produce stem cells throughout our body but as time goes on we become less efficient at producing them to heal our aging body. We can positively influence them by following as many of the above suggestions as possible. We can even take supplements on top of this to increase their production as well.

I will talk about this in another email later on but I can't stress enough that some of the above suggestions can greatly stimulate our stem cell production right now.

An interesting side note is that Acupuncture treatment is used before and during Stem Cell treatment to enhance its effects even more.

Many patients ask what I take as supplements routinely. Below are some of the supplements.

Vitamin D3 and K2

Good Quality Fish Oil

Algae or Flax oil

Food based Vitamin C

Food Based Multivitamin and mineral supplement

Green Tea mixed insoluble fiber and MCT oil/powder to counter foggy brain, general fatigue and to promote a happy gut biome while fasting.

Astaxanthin

Zinc with Copper

Spirulina and Chlorella

Wheat or Barley grass

I also have a “Green Drink” daily but I will talk about that later.

The next [email](#) will go into more depth, so get your Vitamin D3 and Insulin levels check as soon as you can.

You can bring these and any other lab work you have along with the supplements you are currently taking and I will talk with you about specific dietary, exercise and lifestyle changes that I feel will compliment your [constitutional type](#).

[Schedule an appointment online](#) or call the office (805-380-5742) if you would like a consultation, treatment or both.

**Remember, a healthy responsive immune system is by far the best way to prevent and mitigate a respiratory infection.**

In Health,

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body

mind

spirit

