

Kenny Loggins Interview, Part II
BLUE SKY RIDERS

Nutritional Know-How
DR. ROOPA CHARI

Better Earth Landscape
'MOW, BLOW AND GO'

Downtown Santa Barbara Life

The key to your community



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The Santa Barbara Botanic Garden is marking its 20th annual Holiday Marketplace, offering gifts for everyone on your shopping list.

Photo courtesy of Joni Kelly



You could be like Chanda Fetter — a community contributor!

Chanda Fetter is the owner of IM=X Pilates Studio in Santa Barbara. We want to be a place where residents and community leaders talk with one another. It's easy to join the community conversation; just email articles, photos, information and ideas to the email address shown below.

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Vendor Wonderland

Botanic Garden's Holiday Marketplace Celebrates 20 Years

Separating the Wheat From the Chaff: On Healthy Grains

Downtown Santa Barbara Life's health and wellness experts clear up some misconceptions about a common food.

by Dr. Roopa Chari
Community contributor

Most of us love our pastas, bagels, breads and breakfast cereals. Grain-based foods are everywhere and humans have eaten them for thousands of years. Whole grains have been reported to be beneficial for reducing the risk of heart disease, stroke, cancer and diabetes. In addition, whole grains have important antioxidants, vitamins and minerals, B vitamins, vitamin E, iron, magnesium and fiber.

If there are so many health benefits from whole grains, what is the main grain that has become so controversial and why? We will be exploring this very important topic.

The healthy grain that is causing a lot of controversy currently is wheat. Science is increasingly showing that eating wheat increases the potential for many health problems including causing inflammation, heart disease, digestive problems, diabetes, asthma, eczema and obesity, and that list is just for starters.

Why is wheat causing so many health related problems? There are several reasons:

(1.) Bleached Wheat: wheat for the most part has been processed into bleached white flour (60 percent extraction: standard for most wheat products in the U.S.) for breads, pastas, noodles, baked goods (cookies, biscuits or rolls). This means that 40 percent of the original wheat grain was removed which includes the bran and the germ of the wheat grain which are the most nutrient-rich parts. This also means that over half of the vitamin B1, B2, B3, E, folic acid, zinc, calcium, phosphorus, iron, copper and fiber are removed.

(2.) Hybridized wheat: Today's wheat is a far cry from what it was 50 years ago. In the 1950s, scientists began cross-breeding wheat to make it hardier, better-growing, high-yielding and shorter, a scientifically engineered food product developed in the last 50 years.

This process won the U.S. plant scientist a Nobel prize, however some compounds were introduced into wheat that are causing negative reactions in the human body such as sodium azide, a known toxin along with new proteins that are difficult to digest. Wheat now has much higher amounts of starch, gluten proteins and many more chromosomes coding for many new odd proteins.

(3.) Gluten: gluten is becoming a major problem for people of all ages. Gluten is a protein composite of gliadin and glutenin found in wheat and other grains such as barley, rye and spelt. It is the "glue" that binds bread or grains, makes them chewy and helps dough to rise and keep its shape.

However many people are being diagnosed with either celiac disease (body creates antibodies to wheat) or varying degrees

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Dr. Roopa Chari.
Photo courtesy of Chari Center of Health



Science is increasingly showing that eating wheat increases the potential for various health problems.

Photo courtesy of hibu



Deepak Chari, M.S., left, and Roopa Chari, M.D., operate the Chari Center of Health, an advanced holistic medical center, in Santa Barbara. They can be reached at 805-963-1111, or via charicenter.com.

Photo courtesy of Lady McClintock Studios



Dr. Roopa Chari examines a patient at the Chari Center of Health in Santa Barbara.
Photo courtesy of Chari Center of Health

Continued from previous page

of gluten sensitivities since we do not have the enzymes to break down the higher levels of gluten currently in wheat in our digestive tract (especially the small intestine). The inflammation that results in the intestines, damages the gut lining, affects the absorption of important minerals and causes incompletely digested food and bugs to go across the gut barrier and be re-absorbed into the body ("leaky gut syndrome") and negatively overactivates the immune system.

This can lead to autoimmune diseases such as celiac disease

Santa Barbara Healing

2009

The Chari Center of Health opens its doors in Santa Barbara after having been in operation in San Diego since 1999.

and rheumatoid arthritis, digestive disorders including irritable bowel syndrome, cramps and diarrhea, mood disorders, autism, schizophrenia, dementia, nutritional deficiencies, diabetes and more.

(4.) Pesticides are also being sprayed on crops which is causing negative health affects in our digestive tract, brain and immune system leading to many diseases including early-onset Parkinson's disease, memory problems, reproductive problems, birth defects, depression and cancer.

(5.) Diabetes: wheat raises blood sugar: Wheat contains amlopectin A, a super starch, which is converted more easily to blood sugar than even table sugar! Two slices of whole wheat bread increase blood sugar levels higher than two tablespoons of table sugar or one candy bar.

In addition, the inflammation in the intestines and body triggered from the gluten and other proteins in wheat then causes insulin resistance, weight gain and diabetes.

(6.) Heart health: After eating a lot of carbohydrates, the LDL particles increase which can affect heart health.

(7.) Poor diets: Most people are eating diets high in sugar, low in fiber, taking many drugs (i.e. ibuprofen, antacids), drinking too much caffeine and/or alcohol and not drinking enough water which causes inflammation in the intestines making people even more susceptible to gluten.

(8.) Food addictions & appetite stimulant: the proteins in wheat are converted into shorter proteins (polypeptides) that get into your brain potentially causing schizophrenia and autism.



Roopa and Deepak Chari at the Santa Barbara Mission.
Photo courtesy of Lady McClintock Studios

They can also cause cravings and binging.

If you have significant health concerns (heart disease, allergies, diabetes, digestive problems, autoimmune disease, obesity) your doctor can test to see if you have a more serious wheat or gluten problem such as anti-gliadin (AGA) or tissue transglutaminase antibodies (TTG) or get tested for genes that predispose you to gluten sensitivities (HLA DQ2/8).

However, even if you don't have any health concerns, but would just like to overall improve your health, lose weight, have more energy and even sleep better, then try a 4-6 week 100 percent gluten free diet trial.

Also journal and notice how you feel physically, emotionally and mentally.

Ultimately stick with eating organic fresh vegetables, fruits, beans, nuts and seeds and lean organic animal protein.

In the process of avoiding gluten and grains, keep away from eating too much gluten free food (i.e. gluten free breads, cookies, cakes and processed food). Just because it is "gluten free," doesn't mean it is healthy.

You may be pleasantly surprised with how quickly you feel better. Getting off wheat could literally be life-saving!

Tell us what you **THINK** hibumagazine.com/survey

More About Roopa Chari, M.D.

The Chari Center of Health offers advanced solutions from holistic medical doctors, anti-aging solutions.

"I am now able to share powerful solutions for my patients regarding their health concerns based on my own healing journey, research and the experience of working with thousands of patients over the past 14 years. I truly value spending quality time with each patient to address their unique concerns and create personalized natural programs with nutritional guidance, targeted supplements, herbal remedies and powerful mind/body techniques to reverse their health conditions whether it is to lose weight, balance hormones, lower blood pressure, increase energy, eliminate joint pain and have fast relief of anxiety, stress and depression" Chari said.

"We feel so fortunate and blessed to see others fulfill their dreams and desires in the best of physical and emotional health."

Dr. Roopa Chari is a Board Certified integrative medical doctor in Internal Medicine and her brother Deepak Chari is an Engineer and Certified Biofeedback Specialist at The Chari Center of Health, an advanced integrative medical center in Santa Barbara. Subscribe for Free for leading-edge health tips at charicenter.com.



Dr. Chari confers with a patient at the Chari Center in Santa Barbara.
Photo courtesy of Chari Center of Health