



CALIFORNIA CENTER *for* FUNCTIONAL MEDICINE

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What's New?

Welcome to our newsletter! We are excited to use this space to provide you with the most up-to-date news about CCFM and share our favorite health and wellness tips.

We have all been in survival mode and we hope that this summer brings time to rest, relax, and spend time with family and friends. Enjoy nature, outdoor music, camping, and warm summer evenings—just remember to do your [tick checks](#)!

Sunjya Schweig, MD

Patient Programs

Check out the newest additions to our patient programs:

- **Peer Support Group:** A bi-weekly virtual gathering of CCFM patients to share with one another their experiences and to support each other as they navigate their unique health challenges. This group is facilitated by our Health Coach and is live on Zoom every other Tuesday at 10 am PT.
- **Introduction to Breathwork:** Breathwork is a powerful mindfulness technique for overall well-being. This video series features several different breathing techniques designed to promote relaxation, build greater resilience to stress, and support many body systems. It is free to all CCFM members.
- **Sleep Mastery:** In this self-guided course, you will learn about the physiology of sleep, sleep disorders, and associated health risks. Then, you will explore the concrete steps needed to optimize your sleep and minimize the potential negative effects of sleep disorders. This program is free to our Recover and Rebuild members.

Here's what's coming soon:

- 30-Day Wellness Reset (August)
 - This will be a 30-day reset sent out via email. You will receive the first three days, then have the option to opt in or out of the challenge.
- Metabolic Reset (Late Summer)
- Women's Health (Late Summer)
- Stressful Times Toolkit (Summer)
- Men's Health (Fall)



And don't forget our other offerings:

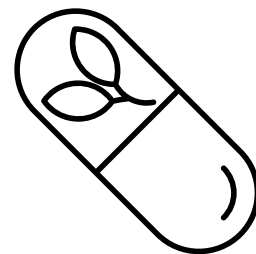
- Qigong
- Love Your Gut
- Smoke Exposure Support

For more information and to register, [click here](#).

Supplement of the Month

Quercetin

By Megan Anderson, APN



Until a year or two ago, I was not using a lot of quercetin with patients. I recommended it for allergies and knew that it was an important part of D-Hist, a supplement I suggest as an alternative to OTC antihistamines. Quercetin belongs to a group of compounds called flavonoids and is present in many common foods, including onions, apples, grapes, and berries. As one of the leading antioxidants in food, it combats damage caused by free radicals that are linked to many chronic diseases.

Many of you know firsthand that we were using it as one of our nutraceutical therapies for COVID-19 at a dosage of 1500-2000 mg daily for active infections. Quercetin can promote viral eradication and inhibit viral replication and might be effective against COVID. It also helps stabilize mast cells, which have a strong connection symptoms in COVID patients.

A recent podcast interview with Dr. David Perlmutter and Chris Kresser (or Mark Hyman) about the new book “Drop Acid” has led many of you to ask about your own uric acid levels. We typically test this biomarker on all of our patients when they initially start care at CCFM, so if you’re concerned about how your level was/is, refer back to your initial labs. Quercetin can be one of the treatments for lowering uric acid levels (an optimal level is < 5.5) at a dosage of 500 mg daily. It also helps to activate the production of cellular glutathione, which then protects insulin-producing beta cells of the pancreas, leading to healthier blood sugar levels.

Because of its antioxidant properties, quercetin has been known to help with cancer treatments. In some animal and test-tube studies, it was found to induce the death of prostate cancer cells, and in other studies quercetin had similar effects in adrenal, lymphoid, ovarian, colon, blood, bladder, breast, lung, and liver cancer cells. Read [Bentham Science](#) for more about this particular use of quercetin.

Quercetin has also been used for inflammation, blood pressure, allergies, eczema, hives, pancreatitis, prostatitis, canker sores, gout, cataracts, and energy support.

I hope we’ve put this important supplement on your radar in case it could improve your health issues now or in the future!

Product of the Month

Sauna Space

By Tracey O'Shea, MSN, FNP-C, IFMCP

If you're anything like me, you jump at the chance to find a warm, toasty environment. Even if you're not, I'm sure you have heard about sauna therapy.

Sauna therapy has been around for hundreds of years, from Finnish bathhouses to temazcals in Mexico and Central America. Today, sauna options come in three varieties: dry, steam, and infrared. Dry and steam saunas work by warming the air and then your skin and muscles. Infrared saunas use infrared radiation that emits both visible and infrared light to heat you from the inside. Because of the deep tissue penetration, infrared saunas operate at cooler temperatures than dry saunas while still heating up the body.

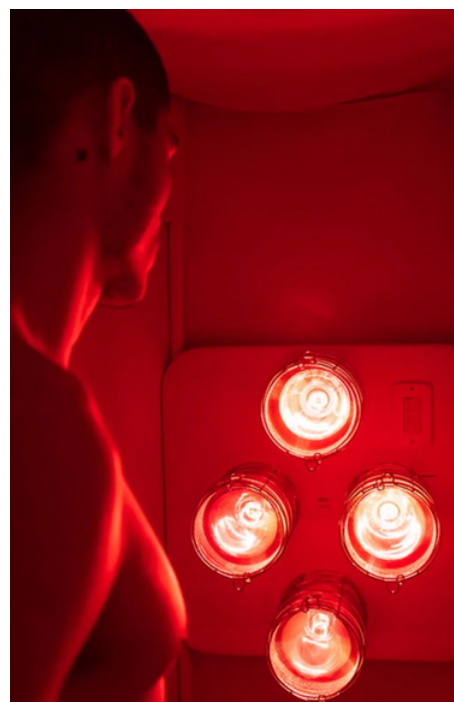
Sauna therapy has a variety of health benefits. There is well-documented research on the benefits of regular sauna use that include improved cardiac output, exercise tolerance, lipid profiles, and lowering blood pressure. The primary reason we as clinicians use saunas is for detoxification. By default, the act of heating up the body and sweating promotes detoxification of toxins, and sauna use is more effective than vigorous exercise. Other benefits include enhanced athletic performance, improved memory and cognition, accelerated muscle healing, and boosted cellular regeneration.

Products like Sauna Space combine heat and light therapy in a full spectrum light sauna via incandescent lamp technology, heating the body and also exposing it to beneficial light therapy. Far-infrared saunas emit longer wavelengths of infrared light that penetrate tissue to 0.1 mm deep, this is the heat emitter of the full spectrum sauna, while the near-infrared saunas emit shorter wavelengths that can penetrate the body up to 5 mm and when combined with the red LED's are great for mitochondrial activation. Specifically:

- Stimulating cell metabolism
- Releasing nitric oxide into the tissues—vasodilation, more blood flow, more tissue oxygenation, nutrient intake, detox.
- Promotes production of the reactive oxygen species
- Promoting production of inflammatory mediators in the cells, reducing inflammation.

Depending on the goal of treatment, I generally recommend sauna therapy 3-5 days per week. Aim to stay in the sauna for about 5 minutes after you start profusely sweating. You'll notice this time may fluctuate depending on how long you have been doing sauna therapy, whether it's before or after a workout, time of day you sauna, etc. If you would like to purchase a Sauna Space, or other sauna, let us know as have we have discounts we have negotiated with some manufacturers.

Happy saunaing!



Recipe of the Month

Chicken Tinga Tacos

Last month, the CCFM team came together for a virtual company retreat where we had the pleasure of taking a cooking class from chef Simone Miller. We had a blast sharing this experience and the tacos were delicious -- not to mention easy to make. They will definitely become a staple in our weekly meal plans. Even better, Simone's recipe is paleo-friendly! We hope you enjoy them as much as we did. If you make this recipe, post them on your social media and tag Simone and CCFM! Happy cooking!



→ [Click here for the recipe.](#) ←



A Word from CCFM's Allie Nowak, PA-C.

"As a mom of a 22-month-old, these past couple of months I have really been focusing on optimizing my sleep. My son has never been a good sleeper and has only slept through the night less than a handful of times, so I find myself needing to prioritize an early bedtime to get 7.5-8 hours of sleep per night. My Oura Ring has helped me stay accountable and I am finding that the nights I sleep well, my overall resiliency for whatever comes my way the following day is so much better. Exercise and movement are probably a close second."

