

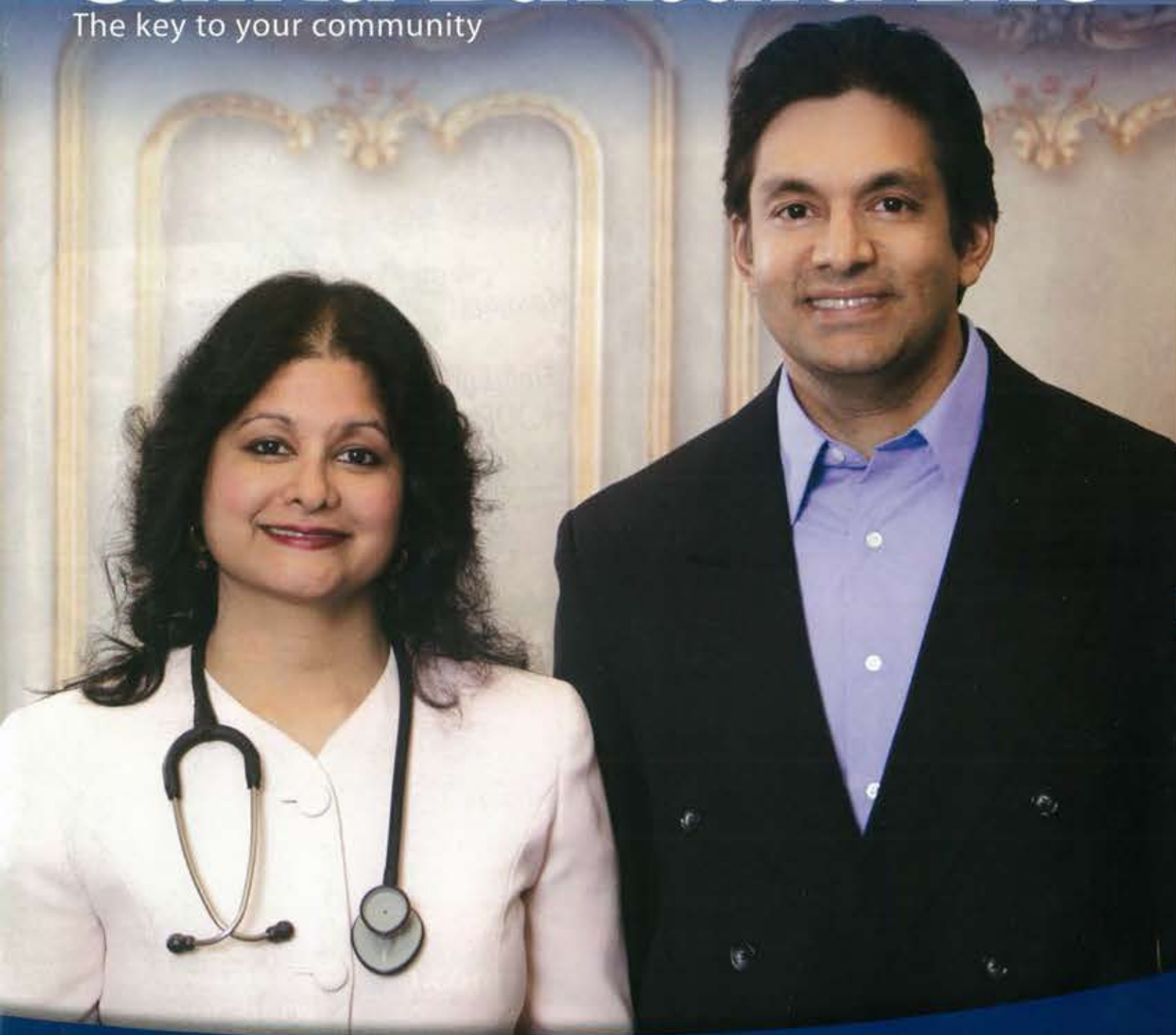
An Eco-Friendly Approach  
**MASSAGE GREEN**

A Santa Barbara-Centric View  
**HOW TO MAKE WINE**

'Collar' Commentary  
**TRAVELING WITH PETS**

# Downtown Santa Barbara Life

The key to your community



**Roopa Chari, M.D., Deepak Chari Take Aim at Holiday Stress**

## Downtown Santa Barbara Life

The key to your community

### Inside

- 18** The Future of Medicine, Part I, by the Chari Center of Health
- 14** Winemaking in Santa Barbara
- 20** Massage Green: Eco-Friendly
- 21** 'Collar' Commentary: Dog Travel
- 30** Santa Barbara Art Foundry

### Departments

#### 5 From the Editor

What's special this month — in the magazine, and the area.

#### 7 Around Town

People, places, problems, good causes and occasions.

#### 23 Gotta Go!

Best bets for upcoming concerts, shows and events.

#### 25 Snapshots

Community residents share their photos with readers.

#### 27 Calendar

Your guide to music, theater, kid stuff and lots more.

#### 30 And Another Thing ...

A fond farewell from this month's issue of the magazine.

### On the Cover

**Dr. Roopa Chari and Deepak Chari, M.S., operate the Chari Center of Health, an advanced holistic medical center, in Santa Barbara. Read all about it on Page 18.**

Photo courtesy of Lady McClintock Studios



#### You, like Sara Dill, could be a community contributor!

Sara Dill, of Savor Santa Barbara Food Tours, is a local wine aficionado. It's easy to join the community conversation; just email articles, photos, information and ideas to the email address shown below.

**Get involved! Send your photos, stories or events to:**

**santabarbara@hibu.com**

Want to contribute to your magazine? We need your help! If you've got a news release, a story tip, a great photo or want to write for us, send a note to the above email address and we will be in touch! Please visit [marketing.hibu.com/release](http://marketing.hibu.com/release) to read the terms for submissions.

**Interested in Advertising?** Contact us at [marketing.hibu.com/advertise](http://marketing.hibu.com/advertise) or call 800-929-3556.



**18**

Photo courtesy of Lady McClintock Studios



**14**

Photo courtesy of Sara Dill



**20**

Photo courtesy of Massage Green on the Mesa



**30**

Photo courtesy of Lindsay McTavish



**hibu™**

©2013 hibu Inc. • All rights reserved.  
hibu™ is a trademark of hibu (UK) Limited.



# The Future of Medicine, Part I

Brother and sister team Dr. Chari and Deepak Chari share their story of enhancing health and wellness throughout Santa Barbara with their leading-edge approach.



Dr. Roopa Chari and Deepak Chari bring Santa Barbara an integrative and wholistic approach to wellness with the Chari Center of Health, located at 1215 De La Vina St., Suite J, Santa Barbara; 805-963-1111. This is Part I of their wellness journey. Photo courtesy of Lady McClintock Studios

by Roopa Chari, M.D. and Deepak Chari, M.S.  
Community contributors

**D**id you know, “Up to 90 percent of the doctor visits in the USA may be triggered by a stress-related illness,” according to the Centers for Disease Control and Prevention? Most people do not know that chronic stress from today’s high-pressure lifestyle has been linked to almost every major illness we are seeing today. A new study has revealed that people who don’t deal with their stress effectively are more likely to encounter some form of mental illness 10 years down the road.

Dr. Chari & Deepak Chari, brother and sister wellness team share their story of enhancing the health of Santa Barbara locals with their leading-edge approach for health and wellness.

## About us

We were born and raised in Toledo, Ohio and moved to San Diego, California in 1997. We opened our integrative

medical center, “Chari Center of Health” in San Diego in 1999 and in 2009 opened our Center in beautiful Santa Barbara, the American Riviera.

Our interest and passion for integrative medicine started when we were kids. Our mother, Mrs. Mani Chari is a visionary and taught us the importance of good healthy nutrition and how our mind affects our health. Our mother is from India, so when we were growing

up, she brought in leading-edge teachers on mind/body medicine who gave us a foundation of what we practice in our Center today. Nutrition, stress, toxins, unhealed emotions and lifestyle all affect our quality of health and longevity.

With all of the changes taking place in healthcare, it will be more important now than ever before to be proactive in taking charge of our health. Doctors are being forced to see a high volume of patients in a short period of time due to the current medical system. It creates a stressful environment for both doctors and patients. On top of this most people are overwhelmed with information regarding what they should be eating and avoiding along with what supplements to take.

We wanted to create a new model of healthcare where we spend quality time with each of our clients to find the root cause of their symptoms. We then create personalized programs for each client combining natural remedies, leading-

edge techniques and technologies. Integrative medicine combines the best of traditional medicine when required with complimentary and alternative medicine.

The reason we formed the Chari Center of Health more than 14 years ago was for very personal reasons. Our father passed away from a massive heart attack when he was only 51 years old even though he was taking the correct medications and followed up with his doctors regularly. We were teenagers at the time and this caused us to ask, how did this happen, why did this happen and how could we prevent this from happening to others? Ultimately we realized that it was stress related due to his very demanding boss and pressures in a high level, stressful position.

Then each of us had our own health journeys due to eating a lot of processed food, drinking pop and not sleeping enough while in college, medical school, residency and graduate school.

Stress can impact your blood pressure, cholesterol, brain chemistry, blood sugar levels, hormone balance, and speed up the aging process due to the increase in stress hormones such as cortisol and adrenaline. This affects us mentally, emotionally and physically and can cause an increase in belly fat, depression, anxiety, memory loss, hair loss, decrease in hormones, muscle loss, high blood pressure, insomnia, palpitations and food cravings. It can also weaken and suppress important systems in your body including immune system, digestive system and the reproductive system.

Next month we will feature the health journey of Dr. Roopa Chari and Deepak Chari.



The Chari Center of Health was formed more than 14 years ago in San Diego and relocated to Santa Barbara in 2009. Photo courtesy of Lady McClintock Studios

**Many** Options are available for treatment, and the clientele of the Chari Center of Health come from all walks of life.

We enjoy working with Santa Barbara locals as well as clients from all parts of the U.S. and world. We have also worked with many actors, authors, business owners, musicians and corporate executives who are looking for fast leading-edge results to boost their confidence, performance, productivity, mental focus, release stress and anxiety and look and feel younger. We do one-on-one consultations with clients in our office or on-line if they are from out of town.

## BIOENERGETIC WELLNESS

We have a BioEnergetic Wellness Scan originally developed and used in Germany for more than 80 years. This advanced technology is a safe, convenient way to gain fast, accurate insights into your health when used in combination with labwork and other diagnostic tests. Our clients were amazed to find where they hold stress in their body and saw a positive difference in their health with our customized programs for their unique issues. With this BioScan, clients can gain insights into where stressors are held in their body, enhance health by understanding what their body needs and track their health to make adjustments to their health routine.

Tell us what you

**THINK** @ [hibumagazine.com/survey](http://hibumagazine.com/survey)



Deepak Chari utilizes Anxiety Relief Technology. Photo courtesy of Chari Center of Health