



Banyan
Wellness Center

Happy Valentine's Day

Let us be your Valentine!!!!
Treat yourself or a loved one to one of our Valentine's Day Packages available through the month of February.



- ELIMINATES PIGMENTATION SPOTS
- SOFTENS WRINKLES AROUND THE EYES
- TREATS ACNE SCARRING
- REJUVINATES THE SKIN
- ENCOURAGES PRODUCTION OF COLLAGEN

Benefits of the vampire facial

- 20% off a package of 3 O-shot procedures
- 20% off a package of 3 Vampire Facials
- Receive an additional 10% off any combination of 2 packages
- Complementary bottle of vitamin C facial serum with the purchase of any package
- 15% of a package of 10 facial acupuncture treatments

Not sure what to do this year for that special someone in your life or maybe you just want to treat yourself to a little self-love. Instead of the usual chocolates, wine and flowers.....why not treat them or yourself to something different, a little self-indulgence with one of our aesthetic procedures.

A package of our vampire facials is just what the doctor ordered to bring back that youthful glow, reduce fine lines, even out the color of your skin and bring some bounce back.

Acupuncture Facials

Acupuncture facial treatments can help with all of the trouble spots listed here in this photo. Acupuncture has been around for centuries and is an excellent therapy for stimulating blood flow helping with fine lines, swelling and stimulating collagen. Just as with acupuncture in general this is a gentle treatment which does not lend itself to many complications or side effects, but it does require multiple treatments for you to see the maximum benefits. You get an hour to relax and you come out looking younger than when you came in, how awesome is that!!!



The O-shot

Perfect for Valentine's Day. The O-shot can help women in several ways. The most obvious is within the name of the procedure itself, it can help women to climax and increase sensitivity in general. This is great for women who have had trauma due to childbirth or for menopausal women where intercourse just isn't the same as it used to be. The procedure will tighten up tissue which can help with sensitivity, incontinence and vaginal dryness, win, win, win. We have found that for best results most women will need more than one treatment which is why we highly encourage the package of 3, each treatment will build off of the previous one.

The P-shot

Don't worry men, we didn't forget about you. The P-shot is the male equivalent to the O-shot and it is probably not very difficult to guess what this therapy is good for 🤔. But, just in case, yes, the P-shot can help with both length and girth (although one must be reasonable with expectations), but probably one of the best applications is for circulation. It can help with ED and with having a better quality erection in general.



So, for this Valentine's Day why not a his and hers package to help enhance your bedroom experience all around, perfect for helping to celebrate the love that you have for each another.

Well Women's Exams and Cervical Cancer Screening – Part II

~ By Dr. Carla Briante, NMD

In January's newsletter in observance of Cervical Cancer Awareness month we discussed cervical cancer screening guidelines and prevention strategies. Although screening guidelines have been published by the American Cancer Society, The United States Preventative Services Task Force and the American College of Obstetricians and Gynecologists, these guidelines are constantly changing as we learn more about risk factors, human papilloma virus and cervical cancer. These recommendations also change for women who have higher than average risk for cervical cancer despite vaccination history.

What is the difference between an annual Well Woman's Exam and Screening Exam?

An annual well women's exam includes a full review of health history, complete annual physical exam with Pap and HPV testing and annual labs if indicated. The physical exam includes breast, heart, lung, abdominal and pelvic exam. Whereas, screening exams may only include Pap and HPV testing. I recommended that women have a well women's exam annually.

Is a Well Woman's Exam still recommended post-hysterectomy?

Well Women's Exams are still recommended annually following a full or partial hysterectomy. If the cervix still remains, Pap and HPV screening are still indicated. Depending on the reason for the hysterectomy, screening for other reproductive health may also be indicated. In addition, post-hysterectomy women are more prone to bladder or rectal prolapse which may cause urinary symptoms or chronic urinary tract infections. Post-hysterectomy women may also experience menopausal symptoms including vaginal dryness and painful intercourse. These conditions can be evaluated and monitored during your annual visit and there are many naturopathic treatment options available.

I am over 65, do I still need cervical cancer screening?

The guidelines recommend discontinuing screening in women over 65 that are considered low risk. However, statistics show that 15% of new cases of cervical cancer are diagnosed in women over 65. Often older women diagnosed with cervical cancer are diagnosed in advanced stages leading to poorer prognosis. If you are over 65, cervical cancer screening should be discussed with your doctor. Women with a previous history of cervical dysplasia, those exposed to high-risk HPV and women with known risk factors are still candidates for regular HPV and cervical cancer screening.

What makes me high-risk?

Women at higher risk of cervical cancer include those with compromised immune systems, a personal history of cervical dysplasia (cellular changes), a personal history of cervical cancer, and exposure to diethylstilbestrol (DES) in utero.

Other risk factors include:

- Multiple full term pregnancy's (3 or more)
- Smoking or former smoking
- Sexual history including sexual activity prior to 18.
- multiple partners
- Family history of cervical cancer
- A history of oral contraceptive use
- History of sexually transmitted infections
- A partner with multiple partners

Are there naturopathic approaches for treating HPV infection and/or cervical dysplasia?

Depending on the grade of cervical dysplasia (cellular changes) which is confirmed through biopsy (colposcopy), naturopathic treatment options are available. These include oral treatments to boost the immune system including supplements and botanical medicines that target HPV as well as local treatments to the cervix. Local treatments may include botanical suppositories or escharotic treatment. Escharotic treatment is an in office procedure using enzymes and botanical medicines to remove abnormal cells from the cervix. It is a natural alternative to a LEEP (Loop Excisional Excision Procedure) which uses an electrical wire to remove abnormal cells from the cervix.

Call West Valley Naturopathic Center today to schedule your Well Woman's Exam with Pap and HPV testing with Dr. Briante.

Supplement Update

There has been a recent acquisition by Nestle of a large number of physician grade supplements that we have been using in the office for a very long period of time. Unfortunately, it is not known what Nestle's intentions are with these companies and if they intend to maintain the quality and integrity of the raw materials that led me to having them in my office in the first place. Nestle does not have a stellar track history of doing what is best for the consumer. I have always carried the products that I have in the in the office because I can vouch for the quantity of the product, because, ultimately, I view it as my responsibility to ensure that anything that your receive from my office is of the higher standard and purest quality.

Some of my colleagues have made a decision to continue to sell these products and not worry about what may or may not be a problem, as it will be a tremendous inconvenience to both myself the doctor and to the patient. Absolutely, there is no doubt that it is going to be a lot of work on my end to find suitable replacements, but that is also my dedication to my patient in making sure that you are always getting the best from my office.

With that being said, if you would like to continue with the same product and are not concerned about possible quality issues then I have done my part to make sure that you have been informed and that you are making an informed decision. The brands being affected by this acquisition are the following: Seroyal, Pharmax, Douglas, Pure encapsulation, Wobenzyme Garden of Life, Genestra and Klean athlete

We will be working to bring in replacement product over the next couple of months as the acquisition is to be completed in the second quarter of 2018. Please let us know if you have any further questions regarding this change.

Dr. Brian Archambault