



# Banyan Wellness Center

## Cancer conference take aways

As many of you are aware or if you are not aware, each and every year I spend around 50-60 hours in conferences above and beyond research that I do weekly on the wonderful World Wide Web. The reason that I do this is to keep enhancing my education to be a better doctor so that I can be a better provider to my patients. The only thing about medicine that is constant is that it is constantly evolving, growing and changing. So, part of my dedication to my patients is to be sure that I am up to speed with the newest information so that I can provide the best treatment options to you.

My first conference of 2018 was the naturopathic oncology conference. I just wanted to share some take home points from the conference that I think are pertinent to everyone. Why is it pertinent to everyone, for the reason listed here. Cancer is going to surpass heart disease as the number one cause of death within the next 10 years unless something drastic changes. Cancer will either directly or indirectly affect each and every one of us. Personally, I have had 4 family members affected by cancer; colon cancer, cervical cancer, breast cancer and lymphoma.

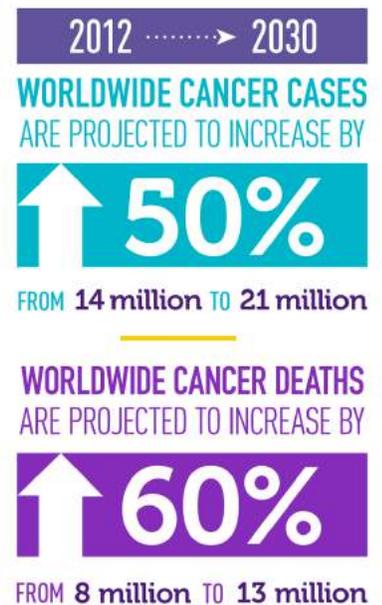
### Take home points:

#### Stress

- We can now say with conviction that stress has a direct and negative impact on breast cancer, melanoma and non-squamous lung cancer.
- Most people simply do not understand or recognize how much stress they are under, it all just becomes normal. The constant release of stress hormones of epinephrine and norepinephrine when exposed to cancer cells will cause the cancer to grow faster.
- A great tool to help with understanding your level of stress is the inner balance from the heart math institute. It can help you to know your current level of stress and how to manage it.
- Don't forget about yoga, tai qi, qi gong and Pilates. When we live in such a fast paced world we need to make time in our lives to intentionally slow down.
- Yoga, 90 minutes 2 times per week had a direct positive impact on cancer inflammatory markers and fatigue.

#### Social isolation

- Social isolation is a greater risk factor for mortality (dying) than having high cholesterol, smoking or high blood pressure
  - 82% increased risk of overall mortality
  - 64% increased risk of breast cancer
  - 43% increased risk of breast cancer recurrence
- In an era of Facebook and social media, people feel that they do not need to connect with people anymore and it simply is not true. We are tribal, we are communal we grew up in villages in which we helped each other and took care of one another. Now we live in a day and age where most people do not even know their neighbors.



Source: American Cancer Society: Global Cancer Facts & Figures, Second Edition cancer.gov

### Cognitive Behavioral therapy (CBD)

- People who sought out behavioral therapy have a 79% lower risk of dying from any cause, please think about that number for a moment.
- Another study compared tai qi against CBD and tai qi it had an even greater effect.

### Vitamin D3

- I talk a lot about vitamin D3 and I test all of my patients for their levels as almost all of us are low. Vitamin D3 helps the immune system, is anti-cancerous, anti-viral, helps build bones and helps with depression
- Vitamin D3 can help with fighting almost all types of cancer, however, it was particularly beneficial with breast cancer, colon cancer and lymphoma, keep taking your vitamin D3 **FOREVER**.
- Chemotherapy will also deplete your levels of vitamin D3 making it very important to maintain your levels as you go through treatment.

### Probiotics

- I feel like people are burnt out on hearing about probiotics because they are old news. Probiotics and your gut microbiome set up the foundation of your health and will affect everything that your body does and doesn't do. This ranges from absorbing your micronutrients from your food such as vitamins, minerals, fighting off parasites and yeast, making of neurotransmitters and fighting cancer.
- Remember **ONE** round of antibiotics can alter your gut flora for up to 3 years, crazy right, remember this the next time you find yourself at an urgent care the the PA want to give you antibiotics for a viral condition, for yourself or your children
- There is a particularly strong association with breast cancer, prostate cancer, colon cancer and lung cancer with the health of your gut bacteria, however, I am suggesting that ALL diseases are associated with a gut imbalance. .
- There are a lot of "dead" probiotics on the market. Please, please, please get a probiotic from someone who can ensure you that the product actually works. I carry what I carry because I know that it is effective. Otherwise you are wasting money thinking that you are helping yourself and possibly doing harm.

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### Seminar schedule for Dr. Archambault

In an effort to keep patients aware of what is happening in the office the following are the **tentative** dates that Dr. Archambault will be out of the office. Please make arrangements for any special needs well in advance of Dr. Archambault being out of town, well in advance is at least 7 Business days. Please remember that Dr. Briante is in the office for any acute visits that may come up as well as for acupuncture, pain management, aesthetic services such as the vampire facial and microdermabrasion.

- 1.) Ozone world conference 4/4/18 through 4/12/18
- 2.) American academy of Ozone 5/3/18 through 5/5/18
- 3.) Vacation 6/1/18 though 6/11/18
- 4.) American association of naturopathic physicians annual conference 7/12/18 through 7/15/18
- 5.) Hyperbaric oxygen therapy conference 8/10/18 through 8/12/18
- 6.) AAMP, chronic infections conference 9/28/18 though 9/40/18

7.) International Lyme Association conference 11/1/18 through 11/4/18

## ***Naturopathic Approaches to Support Recovery from Brain Injury***

**By Carla Briante, NMD**

March was Brain Injury Awareness month. According to the Brain Injury Association of America every 9 seconds someone in the US sustains a brain injury. Brain injuries are typically acquired, meaning they are caused by congenital disorders, degenerative disorders, birth trauma or sustained as a traumatic brain injury (TBI). TBIs are caused by trauma to the brain from an external source. It is estimated that 3.5 million people a year sustain an acquired brain injury and 5.3 million people in the US are living with a TBI related disability.

Recovery from brain injury can be quite variable. It depends on the type of brain injury sustained and its prognosis, the severity of the injury and other individual factors including age and health status.

Treatment for brain injury is also quite variable and dependent on the type of injury sustained, severity and individual health factors. Often after emergent care and initial rehabilitation, patients may feel they reached a threshold in their recovery and are simply told that it will take more time or that they need to learn to live with their new disability. Unfortunately, alternative treatment options are overlooked or simply not mentioned. While recovery can take time there are many naturopathic treatment options that may help to reduce the amount of time needed, to reduce any disabilities and other symptoms associated with brain injury such as pain, stress, depression and fatigue.

### **Naturopathic treatment options available for brain injury include:**

- Bioidentical hormone replacement including progesterone and testosterone. Progesterone has been shown to be neuroprotective by reducing swelling and inflammation of the brain. It is protective of brain cells and improves functional outcomes after an injury. Testosterone has been shown to improve recovery following brain injury, improve strength and cognitive function.
- Oxygen therapy including ozone therapy and hyperbaric oxygen therapy deliver high concentrations of oxygen to the brain for optimal cellular function. This can help to repair and regenerate tissue and decrease tissue damage following an injury to the brain. It can also help to relieve symptoms including headaches and brain fog as well as accelerate the recovery process.
- Acupuncture to reduce stress, improve mood, increase energy, reduce pain, improve cognition and reduce brain fog.
- Supplementation including high dose fish oil, vitamin D3, anti-inflammatory supplements including turmeric, and botanical herbs to improve cognitive function and memory.
- Nutritional protocols including an anti-inflammatory diet.

Recovering from brain injury or living with a brain injury related disability can be frustrating and overwhelming and can have a significant impact on family, work, caregivers, social and community interactions. If you or someone you know is interested in learning more about how naturopathic approaches can aid in the recovery following a brain injury, please call the office to schedule a 15-minute meet and greet.

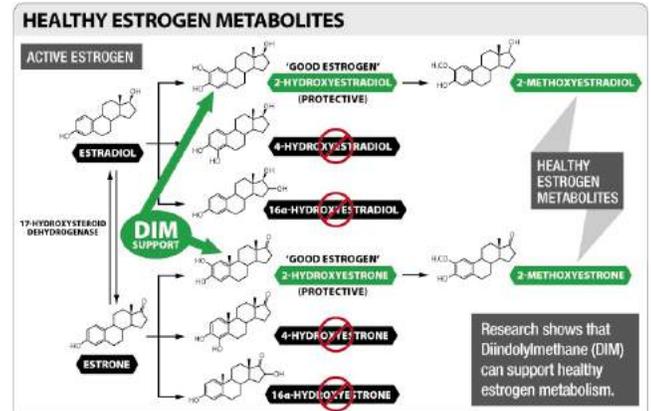
## Monthly Supplement

### DIM

The supplement of the month for April is going to be DIM. DIM or di-indolymethane comes from cruciferous vegetables such as broccoli, cauliflower and cabbage. When the body is breaking down estradiol or Estrone it has 3 different end products that can result, they are 2, 4 or 16 hydroxyestradiol/estrone (no there will not be a quiz on this later 😊).

The 2 hydroxyestradiol/Estrone is the one that we want more of in the body and is protective against breast cancer while the other 2 forms can actually cause breast cancer to grow. DIM, as you can see in the diagram is very good at shuttling more to the breakdown to the 2 hydroxyestradiol/estrone form.

So, who should take DIM? Everyone, everyone? Yes, everyone. Why? Because we are all swimming in a sea of estrogen and being exposed to estrogen all day everyday. This ranges from plastic food containers, plastic drink containers, think Starbucks or Dutch brothers, the liner of your paper coffee cut, the liner of any canned goods, frozen entrees, paper receipts, pesticides, herbicides, chicken, milk, beef.....well you get the idea.



The more body fat you have the more estrogen you hold in your fat, this is true for both men and women and also the reason that I run estrogen levels on all my men. For guys the estrogen can affect their prostate, promoting BPH or similar to women increasing the risk for prostate cancer. Many women are estrogen dominant, think PMS, heavy menstrual cycles and dense fibrous breast tissue. Like I said, men and women alike should all be on DIM, for no other reason than our environment is now exposing us to so much more estrogen than we used to have had to deal with.

Dosing ranges from 1 pill 2 x per day to 2 pills 2x per day. This is one of those supplements that you can actually tell a difference usually within 30 days. Women will feel less tenderness and swelling in the breast tissue and can change on repeat breast imaging and guys can possibly see changes in urination. DIM can also possibly help with weight loss as you will be reducing the estrogen effect on the body which excess estrogen can create increased fat storage.

Other things to consider for estrogen metabolism. Remember that sauna is a great way to detox just about anything from the fat tissue. We have to be sure that your liver, kidneys, bowels and gallbladder are functional optimally to actually get rid of any toxins from the body. If you are not having a daily bowel movement then you are recycling your toxins. Need to make sure that you are getting 80-120 oz of water per day to help the bowels, fiber from fruits and vegetables and a quality probiotic.