



Banyan
Wellness Center

Spring has sprung in the valley of the sun

Allergies

After months of shorter days and cold nights spring welcomes us with the warmth of the sun, longer days and a beauty that is truly unique to the Sonoran Desert. As the wild flowers bloom they provide the desert with a very different landscape than what we are use to the rest of the year, a diversity of vibrant colors. Unfortunately, for a lot of people, all those flowers also means allergies. Between the flowers and the orange blossoms, spring can be a miserable time for some people, constantly fighting with runny noses, runny eyes, sneezing and at times even difficulty breathing. So, what's a person to do?



Well, if your are like most people in the U.S. you will head to your local pharmacy for some type of over the counter antihistamine to stop the "faucet". The issue with some of these medications is that they can leave you feeling groggy, tired or can really dry out your mucous membranes, leading to more nasal aggravation and even bloody noses.



We are pleased to be able to provide you with a non-drug alternative that has been exceedingly successful in helping people to navigate the allergy season. Natural D-Histamine is an all natural product that has been exceptional at helping to control allergy symptoms. I would recommend combining this product with the use of a neti pot and our neti salts. Our neti salts are an all-in-one product combing sea salts with essential oils. We recommend one cap of salts per neti pot using distilled water. Using the neti pot 2 x per day, once in the morning and once at night helps to clear all of the pollen out of your nasal cavity and sinuses. The neti salts have antimicrobial essential oils to ensure that if there is a sinus infections trying to push through that it kills the

microbes, including bacteria, virus and fungal. It has been a great addition to prevent winter time cold and sinus infections as well as during the spring for allergy season. You can pick up a neti pot at just about any pharmacy and they range from ceramic to plastic. It is recommend that you do not share your neti pot, this would be one of those instances where sharing is not a good idea. At the first sign of any nasal or sinus symptoms start the neti pot 2 x per day to help nip it in the bud.



Monthly Supplement

For the next 30 days we will be offering 15% off of one of our most popular supplements to help you with sleep. In honor of national sleep month we will be featuring *Kavinace pm*. *Kavinace pm* is one of our stronger and more successful sleep aids. I generally recommend that you start with one capsule 30 minutes prior to when you want to be asleep. You need to allow for 8 hours of sleep, otherwise you may wake up groggy. If one capsule is not sufficient you can always take 2 caps. The product is not as effective if you drink alcohol at night. Some people are very sensitive to melatonin, which is one of the ingredients in *Kavinace pm*, and you may find yourself a little groggy in the morning. If you experience this lower your dose or take it earlier in the evening. Remember, you are aiming for 8 hours of sleep.

March amongst other things (march madness) is known for sleep awareness month. It is estimated that 30-48% of Americans report insomnia symptoms greater than 3 days per week. Of that group 16-21% report that it is continuous. People who sleep less than 6 hours per day are at increased risk for: cancer, all cause mortality, diabetes, heart disease, depression and autoimmune disease.

SLEEP

by Dr. Jennifer Elton

Getting seven or more hours of quality, uninterrupted sleep allows our body time to repair damaged cells and recover from the demands of the day.

Not enough sleep leads to drowsiness, decreased concentration, impaired memory and mood swings. Chronic insomnia can have more serious negative effects on health including increased risk of hypertension, diabetes, heart attack and stroke. Lack of sleep, even for one night, can suppress the immune system. So, if you feel the onset of cold or flu symptoms, then make it a priority to head to bed early.

For those that are not blessed with good sleep, there are many ways to address sleep problems without the use of pharmaceuticals.

Whether it's ordering a sleep study, lab work or prescribing a supplement, your naturopathic medical doctor is uniquely qualified to help you find the underlying cause of your sleepless nights.

Calendar

In order to communicate better with our patients, in each letter we will be letting patients know when either Dr. Archambault or Dr. Elton will be out of the office. This will allow patients to make any necessary arrangements prior to either doctor being out of town, including medication refills if needed.

Spring cleanse and liver detox

Dr. Archambault will be offering a 2 week spring liver cleanse and detox with the pairing of a food demonstration. I am currently working on finalizing the details with regards to the location, chef and cost. This will be a limited event and will be first come first serve, with a required deposit. The notice will be emailed out in the following weeks