

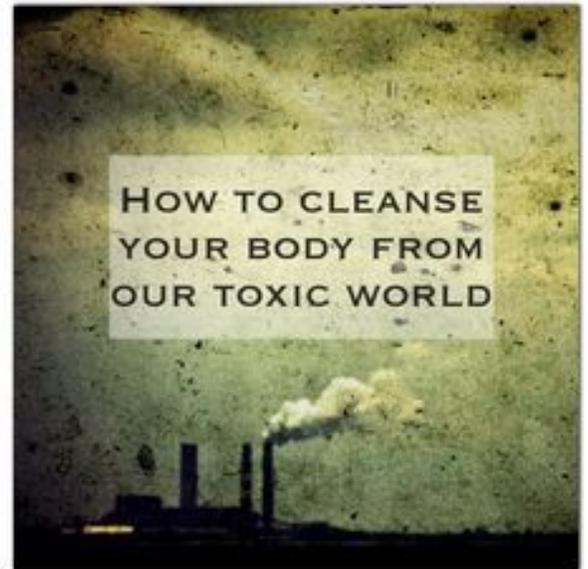


Banyan Wellness Center

Time for a little spring cleaning

Detox

For a lot of people the mere mention of the word detox sends them running in the other direction. Spring is a great time to do a cleanse. The holidays are well behind us and many of us could use some help with our New Year's resolution. A cleanse can be approached from a number of directions including but not limited to: a colon cleanse, a liver cleanse and a gallbladder flush. This month we will be offering an opportunity to do a 2 week cleanse. The cleanse focuses on all of the above including making some dietary changes to remove food allergens promoting the healing of the intestinal track. Take a look at the embedded symptom checklist at the end of the newsletter for a better understanding of if you would benefit from this cleansing program.



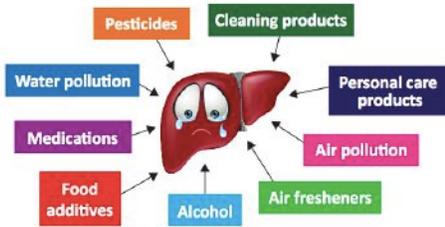
SPRING CLEANSE & COOKING CLASS



West Valley Naturopathic Center is excited to offer a 2 week spring cleanse. The cleanse will include a food demonstration, a meal, as well as a presentation on a detoxification program. **The food demonstration will be to educate people on how easy and realistic it is to do meal prep for the week.** This is one of the only ways that I know how to eat healthy on a consistent basis and I want to share it with you.

All foods used will be organic and will be in a paleo theme, with both animal and plant based foods

represented. This will be a hands on demonstration by Dr. Archambault on how to meal prep for the week with lots of eating. The cooking class by itself is \$50, this is non-refundable and collected at the time you reserve for the class. During dinner there will be a presentation on the detox program at which time you can decide if you would like to commit to the cleanse. The cleanse will carry a separate charge of \$300 with support for the group being provided by myself, Dr. Archambault, by way of a group blog. This way I will be available to help "walk" you through the process as well as give people an opportunity to share amongst themselves their experience. The class will be first come first serve, with limited seating, and reservations will be required. It will take place at the Palm Valley Community Center at 6:30 pm on May 10th, 2017. Please call the office at 623.643.9598 to make your reservation, you do not need to be a patient to attend.



Monthly Supplement

For the next 30 days we will be offering 15% off of nutriclear. Nutriclear is a very comprehensive product that I often prescribe to my patients to help with liver detoxification as well as to help with leaky gut and IBS. It comes in 3 different flavors, original, which is a vanilla type flavor, chocolate (my favorite) and free which has no stevia, no sugar and no flavor. If you have never used nutriclear in the past I have a general hand out that I have created to help walk you through doing a detox with nutriclear as well as some general food do's and do nots to include or exclude if you have not identified your food sensitivities through the immunolabs blood print. For example you don't want to be doing a liver cleanse if you are consuming alcohol, caffeine and fast food, you can make yourself very ill.

A great product to add to nutriclear to help support your gallbladder is Beta-TCP. This product helps to support your gallbladder as you are putting additional strain on your liver and gallbladder during a liver cleanse.

Irritable Bowel Syndrome

by Dr. Jennifer Elton

April is Irritable Bowel Syndrome (IBS) awareness month. A common gastrointestinal (GI) disorder that affects the large intestines, IBS accounts for up to 50% of all GI complaints. Symptoms of IBS may include abdominal pain, bloating, gas, nausea, cramping, diarrhea and constipation. These symptoms are typically aggravated by stress, anxiety and depression. Although IBS is often a chronic condition that needs to be managed long term, what if I told you that many chronic conditions, including IBS, are preventable?

Are you eating a healthy, balanced diet without any improvement to your GI symptoms? Well, perhaps one of the healthy foods you are eating is contributing to or causing your IBS. One of the most important treatment considerations for IBS is food sensitivity testing. At West Valley Naturopathic Center, we use the "Blood Print 154" by Immuno Labs. This specialty test will reveal your level of reactivity or sensitivity to 154 common foods. It provides different information than a skin allergy test. Unfortunately, the Blood Print 154 test is not covered by insurance however I have witnessed only positive clinical outcomes with patients who follow my recommendations for food elimination and reintroduction based upon their individual results.

In the meantime, here are some FREE lifestyle recommendations for helping your IBS

- Avoid antibiotics and NSAIDs if possible
- Prioritize relaxation and use of stress management techniques
- Engage in daily mild to moderate exercise

Monthly Calendar

Dr. Archambault: Starting in May Dr. Archambault will no longer be seeing patients on Fridays. Dr. Archambault will be out of the office for a conference on 5/19/17.

The office will be closed in observance of Memorial Day on 5/29/17.

Dr. Elton: Will be out of the office the following dates: 4/21/17, 5/20/17, 5/25/17, 5/26/17 and 5/29/17. Dr. Elton will be in the office on Monday, 5/22/17.

Bio-Toxicity Self Assessment Test

How Toxic Are You?

- | Yes | - No | Mark the symptoms you experience: |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you feel tired or fatigued? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you experience early morning stiffness? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you feel stiff after periods of rest? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you feel dizzy, foggy-headed or have trouble concentrating? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you experience cracking joints? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you experience frequent back pain or headaches? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you eat fast, fatty, processed or fried foods? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you experience generalized aches and pains in the body? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you experience frequent sinus problems? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you use coffee, cigarettes, candy or soda to get "up"? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you sleepy in the afternoon? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you experience intestinal gas and bloating after meals? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you bruise easily? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you recover slowly from moderate exercise? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you feel you don't exercise enough or feel sluggish and need to lose weight? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have food allergies, or are often exposed to chemicals, sedatives or stimulants? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you take pain relievers to get rid of aches and pains? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a family history of arthritis or auto-immune disorders? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do your bowels move less than twice per day? |
| <input type="checkbox"/> | <input type="checkbox"/> | Does "airing out" (opening windows) in your office/bedroom a few minutes each day make you feel better? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you use regular municipal water (non-filtered) for your shower? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you purchase food from the "normal" section of the grocery store, instead of buying organic fresh foods? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you change/replace the filter for the heating/air conditioning twice a year? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you thought about trying a cleansing program recently to rid your body of toxins? |

If your **Yes score totals 4 or greater**, your current symptoms might be due to toxic overload and may suggest you need a detoxification program to purify your system of toxins and experience PAIN FREE living.