



Banyan Wellness Center

Breast Cancer Awareness Month

October is breast cancer awareness month. The latest estimates are that women have a 1 in 8 lifetime risk of developing invasive breast cancer. So, what can you do to not become a statistic? One of the simplest and most effective things you can do is to **pay attention to your body**.

A woman knows her body better than anyone. **Performing a monthly self breast exam is an excellent practice** to get in the habit of doing. When performing a breast exam look out for the following:

- 1.). Changes in the size or shape of the breast
- 2.). Nipple discharge, tenderness or inversion
- 3.). Pitting of the skin, similar to an orange peel
- 4.). Changes in the way the skin looks or feels



Click here for a video on self breast exam: <https://www.youtube.com/watch?v=gDDRst9RNjU>.

What can I do or take to minimize my lifestyle risk of developing breast cancer?

- 1.) limit refined sugar, **sugar creates inflammation** and weakens the immune system
- 2.) Come into the office and get tested for your **heavy metal** burden of Mercury, lead, cadmium and aluminum, if it is high then we can remove them. All of my cancer and autoimmune patients have elevated levels of heavy metals.
- 3.) Consider rotating supplements such as **EGCG** (from green tea) and **curcumin**, be aware that a lot of the curcumin on the market is not absorbable, which is why there is such a wide variety in pricing. Adding curcumin to your food or drinking curcumin tea unfortunately is not good enough. We carry a highly absorbable liposome curcumin.
- 4.) Don't use an underwire bra
- 5.) Get your vitamin **D3 levels** checked, we offer high dose 50,000iu vitamin D3
- 6.) Take a **quality probiotic**, most of the probiotics on the market are dead, even the ones in the fridge section of sprouts or wholefoods. We can validate that our probiotic meets label claim past expiration.
- 7.) Manage your **stress levels** and do things in your life to reduce stress daily (yoga/tai qi)
- 8.) I recommend **DIM** (our product of the month in October, **15% discount**) to help with estrogen metabolism, we are all swimming in a sea of estrogen above and beyond the estrogen produced in our body.
- 9.) Get an air purifier such as IQ air for your home and a reverse osmosis for your water
- 10.) **Detox** 1-2 times per year, via a cleanse, colonics, sauna, juice fast or water fast
- 11.) Limit alcohol and coffee intake, make breasts more dense (sorry 😞)



Monthly Supplement

For the next 30 days we will be offering **15% off of DIM**. DIM, or indole di-methane is one of the active ingredients in cruciferous vegetables such as broccoli, cauliflower and cabbage. It is very good at helping to break estrogen down to a less breast cancer provoking metabolite.

So, who should take DIM? Women who have a history of breast cancer or are at high risk, if you are estrogen dominant, have severe PMS or are taking hormone replacement therapy.

Men who are having prostate issues including BPH and a history, family history or currently dealing with prostate cancer.

Teenagers who are having a tough time with acne, DIM has been very successful, this would also apply to women who get hormone induced Dr. acne around their menstrual cycle.

Upcoming Events

Simon Med offers complementary breast mammograms throughout the month of October. I am not telling you that you should or should not have one done, simply that it is available at no cost for this month if you do not have insurance coverage that will pay for it.

Introducing Dr. Myleen Simone

West Valley Naturopathic Center is excited to introduce Dr. Myleen Simone. Dr. Simone will start seeing patients on Monday the 8th of October. We are actively making patient appointments for her. Dr. Simone will be offering all of the same services that Dr. Briante was offering including: acupuncture, microderm abrasion, vampire facials, O-shot, P-shot, prolotherapy, PRP, neural prolo, trigger point injections and more. Below you will find a bio of Dr. Simone.



Dr. Myleen Simone, NMD, is an Arizona licensed Naturopathic Physician and a graduate of Southwest College of Naturopathic Medicine. Her medical training was focused on comprehensive holistic pain management, regenerative injection therapy, and hormone balancing. She built her medical education on the foundation of a Bachelor's degree in Biology with a minor in Philosophy which she received from Point Loma Nazarene University in San Diego, CA.

Since entering the field, Dr. Simone continues to receive advanced training in all areas of her practice by regularly participating in medical training events and attending educational seminars.

Dr. Simone prides herself on being "easy to talk to," which is a common remark she receives from her patients. Her personal approach to health is to treat the mind, body, and spirit simultaneously. She finds naturopathic medicine fascinating and inspiring in its ability to help the body heal itself. This fuels a passion for her craft that is evident in the way she treats every patient. She is focused on working with the patient to provide a personalized treatment plan tailored to each individual.

She currently treats a wide array of illness using modalities such as IV therapy, physical medicine, acupuncture, botanical medicine, and injection therapy. She also provides aesthetics treatments such as Botox, micro-needling, Platelet-Rich Plasma (PRP), hair restoration, scar therapy, breast enhancements, and sexual rejuvenation for both men and women.

Dr. Simone understands that integrity is the backbone of her profession and takes great care in cultivating this as an asset to not only her field but the patient as well.