



**Banyan**  
Wellness Center

## Happy New Year

### Change

Change, for most people, it is one of the most difficult things for them to do in their personal life. A lot of people start out the new year with a sense of renewed optimism that this year they will hold to their resolution, that this year will be better than last year. The simple reality of whether or not this year is going to be better or different than last year greatly depends on YOU. If you are going to keep doing the same things in your life and expect a different outcome, well, that is insane. In order for things to change in your life you have to change what you are doing.

Unfortunately, most people start out with great intentions that quickly fade away within the first couple of months of the new year. People start out the new year highly motivated to make a lot of changes and then quickly realize that they don't have the tools or the energy necessary to make these changes and slowly revert back to what they were doing before, feeling defeated and disappointed. I always tell my patients that I want to set them up for success, not failure. I want to make sure that my patients have the necessary "foundation" to be able to make the changes that they want to see happen in their lives. Change takes energy, it takes motivation and it takes

commitment. I can't help people with their level of commitment, but I can help out with energy and motivation. My goal is to try to take away as many excuses as to why you are not able or willing to make changes, so that ultimately the only reason not to change is because you don't want to.

Imagine trying to speak Japanese without ever taking a single class or doing heart surgery without having gone to medical school, you probably would not be very successful. Unfortunately, the same is true when people are trying to make changes in their lives, most people lack the

necessary tools. In order for change to occur you must identify the patterns that you need to change and establish new ones. Establishing new patterns is not easy and I recommend using everything and everyone to help; your doctor, a personal trainer, dietitians, counselors or a psychologist. The more tools you have at your disposal the easier it will be to not only establish new patterns but to also maintain them, which is the goal.

Remember, when making changes start with small, realistic goals. This sets up success rather than failure. For example if your goal is to eat better, start with one thing, let's say stopping soda. Once you have stopped soda, increase your water, then maybe cut out adding any sugar to your food or drinks, etc. All of these small steps will lead to a big change that you can sustain for a lifetime because you have learned how to make the changes along the way.



If you want your life  
to change, your choices  
must change and **TODAY**  
is the best day to begin.



## Monthly Supplement

I'm back!!!! Kind of like weeds in the springtime the cold and flu season is upon us. Much like the saying goes, "an ounce of prevention is worth it's weight in gold", attacking the cold and flu quickly can really shorten your down time.

This months featured discounted products (15%), you read correct product(s), plural, will be viracid, sinatrol and our homeopathic flu shot. The special price will run through the month of February.

Viracid is a newer product with the specific intent of being taken at the first signs of cold or flu symptoms. It has been studied and demonstrated that in over 90% of people when taken at the onset of symptoms they had clearance of symptoms within 48 hours, very impressive.

Our homeopathic flu shot we have offered for years. It is NOT a vaccine of the viral flu strain, but is designed to ramp up your immune system to prime it to be ready for encountering the flu. We recommend once a month during the cold and flu season and can be as frequent as weekly for those who are at high risk

Sinatrol is great for sinus congestion and pain. It is a great addition to use with a Neti pot.

## JANUARY – Cervical Cancer Screening Month

By Dr. Jennifer Elton

January is Cervical Cancer Screening Month. According to the National Cervical Cancer Coalition, nearly 13,000 women in the United States are diagnosed with cervical cancer each year however this disease is very preventable with appropriate screening.

Cervical cancer is caused by the Human Papilloma Virus (HPV). It is estimated that approximately 79 million people in the US have HPV.

Most people never know that they have been infected and unknowingly give HPV to a sex partner. There are more than 150 different HPV strains; some cause genital warts while others cause cervical cell changes. While most HPV infections are harmless and cleared by the body, high-risk HPV strains have the potential to progress to cervical cancer if not detected early. A Pap test identifies cervical cellular changes caused by HPV.

Although the American Cancer Society continues to recommend less frequent screenings than in the past (see below), I strongly recommend an annual well woman exam here at West Valley Naturopathic Center. During your comprehensive visit, we'll review pertinent health information, order any necessary imaging (mammogram and DEXA) as well as perform a physical exam including your heart, lungs, abdomen, thyroid, reflexes, breast and pelvic health. During our visit, we will discuss if you need a Pap and/or HPV test that year.

- The American Cancer Society recommends that women age 21-29 have a Pap test every 3 years. HPV testing is not recommended unless as a follow-up to an abnormal Pap test.

- According to the American Cancer Society, the preferred way to screen women aged 30-65 is with a Pap test combined with an HPV test every 5 years OR Pap test every 3 years.

- The American Cancer Society states that women over 65 who have had normal Pap results in the previous 10 years may stop Paps if they do not have a history of moderate or severe pre-cancer or cervical cancer.