



West Valley Naturopathic Center

Summer Temperatures Are Here:

As you know living in the land of the sun has some very nice perks, particularly in the wintertime, but we do pay for that during the summer months. The human body cannot live without water for much longer than a week and this would also depend on a couple of variables such as body weight, sex and ambient temperature. In comparison we can go about 21 days without food. Water makes up about 60% of your body and even more for a child.



I do a lot of blood testing and I would say the majority of my patients show up dehydrated and it is obviously worse in the summer time. The first comment I get is the following; but doc I drink water all day long, how can I be dehydrated? So, we run through what they are drinking and how much, water, tea, alcohol, coffee, soda etc. What most people do not understand is that even though coffee and tea are made with water both are diuretics and actually will count against your total water intake. So, for every 12 oz of coffee, tea or alcohol one would need to drink 24oz of water to compensate.

Our water HAS to come from a purified source, preferably via reverse osmosis, as we have too many issues with herbicides, pesticides, pharmaceuticals, hormones, heavy metals particularly arsenic in Az, thallium and uranium (naturally high in Az soil as well). The problem with reverse osmosis is that not only does it remove all of the things that we do not want in our water it also takes out the things that we do want such as; magnesium, potassium and calcium.

When the electrolytes are removed from the water it cannot hydrate our body and it will run through us.

So what is one to do? Can't drink the water and the water that I do drink doesn't hydrate me. My recommendation is that you add electrolytes to your water. In the summer months I recommend a gallon of water per day for men and 90 oz for women. Obviously this will vary depending on the weight of the person and their activity level as well as if they are indoors or outdoors.

There are a number of companies that manufacture different electrolyte powders, so what separates one from the others? Largely, all the other ingredients that they add to their product;

Rehydrate.



sugar, splenda, stevia, dyes, colors etc. Here at WVNC we offer electrolytes that are in individual serving packets. One packet per 40-60oz of purified water, preferably from your reverse osmosis machine at the house in your stainless steel container and you are good to go. Our packets are sweetened with monk fruit which is a natural sweetener that does not have any influence on your blood sugars.

Supplement Facts	
Serving Size: 1 Packet (1.5g)	
Servings Per Container: 100	
	Amount Per Serving
Total Electrolytes	1.5g
Total Sodium	1.5g
Total Potassium	1.5g
Total Magnesium	1.5g
Total Calcium	1.5g
Total Zinc	1.5g
Total Iron	1.5g
Total Vitamin C	1.5g
Total Vitamin B1	1.5g
Total Vitamin B2	1.5g
Total Vitamin B3	1.5g
Total Vitamin B6	1.5g
Total Vitamin B12	1.5g
Total Folate	1.5g
Total Biotin	1.5g
Total Inositol	1.5g
Total Choline	1.5g
Total Phosphorus	1.5g
Total Selenium	1.5g
Total Manganese	1.5g
Total Copper	1.5g
Total Chromium	1.5g
Total Molybdenum	1.5g
Total Iodine	1.5g
Total Fluoride	1.5g
Total Boron	1.5g
Total Silicon	1.5g
Total Vanadium	1.5g
Total Nickel	1.5g
Total Cobalt	1.5g
Total Strontium	1.5g
Total Barium	1.5g
Total Bismuth	1.5g
Total Cadmium	1.5g
Total Lead	1.5g
Total Arsenic	1.5g
Total Mercury	1.5g
Total Antimony	1.5g
Total Tellurium	1.5g
Total Selenium	1.5g
Total Manganese	1.5g
Total Copper	1.5g
Total Chromium	1.5g
Total Molybdenum	1.5g
Total Iodine	1.5g
Total Fluoride	1.5g
Total Boron	1.5g
Total Silicon	1.5g
Total Vanadium	1.5g
Total Nickel	1.5g
Total Cobalt	1.5g
Total Strontium	1.5g
Total Barium	1.5g
Total Bismuth	1.5g
Total Cadmium	1.5g
Total Lead	1.5g
Total Arsenic	1.5g
Total Mercury	1.5g
Total Antimony	1.5g
Total Tellurium	1.5g



If water is not your cup of tea, then come on in for a hydration IV. We offer 2 flavors, a small bag at 500cc or a large bag at 1000cc. The wonderful thing about IV hydrations is that it has 100% absorbability and near immediate results in getting you feeling better. Want to kick it up a notch? Consider adding a Meyer's IV to your hydration bag. Now you are cooking with gas, hydration with an IV multivitamin infused within it.

Remember that you have to have been seen within 12 months and have had a kidney function test within the past 6 months before you can get set up for any IV.

Another excellent option, albeit, not very popular would be a retention enema or colonic. Remember that the job of the colon is to pull water from the feces as it passes through the bowel. So, if there is water introduced either gently or under pressure, your colon will go to work on absorbing it for you.

For the month of August I will be discounting BOTH the hydration packets and the hydration IV (either size) 15% and there is no limit. So, no more excuses to not stay hydrated.

Schedule Notifications:

We try to keep everyone informed of schedule changes as much as possible, including when the doctors will be out of town for conferences or vacation. Here is a list of dates that Dr. Archambault will be out of town for the next couple of months

July 26th through August 2nd

October 30 through November 3rd

Dr. Archambault will not have any sort of cell reception or internet during the time he is out of the office for the above dates. If you have questions you will need to call the office at 623.643.9598. Dr. Simone will be available for any of your acute concerns.

What's new at WVNC?

- 1.). We have a new look on the world wide web. If you have been to our website recently you will see an all new fresh look. I am still working out some of the details on the website and looking forward to offering you even more from our website. Take a look at, www.wvncaz.com, and tell us what you think.
- 2.). If you have not noticed, Lorena is pregnant. We are all very excited for her and her family, particularly as she was told that she would never be able to have more children, the wonders of life. Congrats Lorena!!!
- 3.). After 3 years of helping me out, Christian is off to pursue her passions and to start another chapter in her life. She did a tremendous amount of work to help right the ship and set the course. Appreciate all of your hard work and dedication. Wishing you much success in your next endeavors.
- 4.). Updates from the past. Monique is also expecting a baby girl, her second child and she will be getting married this month in Michigan. Monique left WVNC to pursue a position at CTCA to increase her exposure to different conditions in medicine and to round out her professional experience. Moniqué, is now working at European Wax Center in Goodyear. She left WVNC to pursue her career in aesthetics. We wish them both the best and are grateful for their time at WVNC.

Reviews:

We live in a world where decision are being made off of other's experiences. So, before committing to buying something we are looking to the internet to see what kind of reviews are available. We may do this for a restaurant, when buying a car or deciding on a service. The same has become true for Doctors. I have not made a habit of asking people to go and review me, so, I am asking. If you feel compelled, would you please share with the world your experience at WVNC with with one of the doctors.

To those of you have taken the time out of your busy lives to go and post your experiences, THANK YOU.

The following are links to different areas you can leave a review for either myself, Dr. Brian Archambault or for Dr. Myleen Simone:

Google, <https://g.co/kgs/ZtCh5a> ,

Yelp, <https://www.yelp.com/biz/west-valley-naturopathic-center-goodyear>,

Health Grades, <https://www.healthgrades.com/providers/brian-archambault-2dv27>

<https://www.healthgrades.com/providers/myleen-simone-xynjvc5>

Facebook, <https://www.facebook.com/pg/WestValleyNaturopathicCenter/reviews> .