



Banyan Wellness Center

The winds of change are blowing

Change

Change is the fundamental and underlying goal of what we are trying to help facilitate for our patients at West Valley Naturopathic Center. The ultimate goal being to assist you, the patient, in fostering a change in your current state of health. Sometimes this requires making a change in what we eat, a lifestyle change, such as getting out of toxic relationships or increasing daily movement. We cannot expect to see a lasting change in our health if we do not change what we are currently doing. So, the goal is to help people understand what changes need to be made and to help them make these changes as gentle and non-stressful as possible.

We can choose to be resistant to the change or we can attempt to embrace it, understanding that change can take us down a new path that we would not be able to experience if we stayed the course. This can open up new opportunities in our health allowing for significant improvement in our quality of life. Which ultimately is what West Valley Naturopathic Center strives for our patients: feeling great, not good but great.



Speaking of changes, we are proud to announce and welcoming Dr. Carla Briante as a new provider to West Valley Naturopathic Center starting July 11th. Dr. Briante will have appointments available to see patients Monday through Friday. We are currently booking new patients for Dr. Briante and follow up visits for patients who have been seeing Dr. Elton who wish to continue their healthcare at West Valley Naturopathic Center and transition to Dr. Briante. As of August 18th, Dr. Elton will no longer be practicing at West Valley Naturopathic Center. Dr. Briante will be offering all of the same treatment options that were made available to you from Dr. Elton and more.



Dr. Carla Briante is a licensed naturopathic primary care physician. Her general medical practice focuses on women's health, family medicine and pain management. She specializes in menopause, thyroid issues, anxiety, depression, insomnia and matters of general health including joint pain. Her treatment modalities and areas of specialized training include: acupuncture, botanical medicine (herbal remedies), prolotherapy, IV therapy and trigger point injections. During her formal medical training Dr. Briante pursued numerous workshops and training programs with a focus on pain management, regenerative joint injection therapies, IV therapy and medical aesthetics.

She is a graduate of Southwest College of Naturopathic Medicine and holds a Masters of Science in Statistics with over 7 years experience in health policy research and consulting. Her decision to pursue naturopathic medicine was influenced by her professional experience and her personal experiences with naturopathic medicine as well as her lifestyle interests in yoga, nutrition and natural approaches to health and wellness. Outside of her practice Dr. Briante enjoys yoga, meditation, cooking, traveling and spending quality time with her family and friends.



Monthly Supplement

This month's product highlight is Neurobalance. Some of you will recall that neurobalance was previously available until it was taken off of the market. Neurobalance is a unique combination of amino acids that are specifically designed to help support the production of dopamine and serotonin. Both of these neurotransmitters will get used up when we are under stress which can lead to anxiety, insomnia, depression, racing thoughts and poor focus. Most people recognize serotonin for being associated with antidepressant medications within the class of SSRI, selective serotonin reuptake inhibitor. Rather than blocking the recycling of serotonin which is what the medication does, neurobalance is actually working to increase the amount of serotonin in your body. This leads to feeling more calm, relaxed, focused, a better mood and sleep. If you are taking an antidepressant you should talk to your doctor first about starting neurobalance. The discount will end 7/7/17.

Dr. Elton is moving

Dr. Elton as an independent contractor will be moving her practice to a new location in Phoenix. Dr. Elton's last day seeing patients at West Valley Naturopathic Center will be August 18th. As an established patient of West Valley Naturopathic Center you will have the option of continuing your care at our facility with either Dr. Brian Archambault or with Dr. Briante. You will not need to reestablish as a new patient. Please remember that this applies to active patients only, if you have not been seen by one of the providers at WVNC in the last 3 years you will need to have an initial appointment to reestablish care. Fees for Dr. Briante will be same as those of Dr. Elton and Dr. Archambault's fees are slightly higher. If you wish to continue your care with Dr. Elton you will need to fill out a request of records form to have your file transferred to her new location



You may continue to purchase all of your supplements at our office whether or not you choose to continue your care at WVNC. You may continue to receive IV therapy up to one year's time from your last follow up with Dr. Elton, with the exception of a couple of IVs which will be reviewed on a case by case basis. After one year, you will need to have an appointment with one of the providers at WVNC and appropriate labs in order to continue to receive IV therapy.

For prescription medications, in order to be able to refill your medications you will need to be seen by one of the current providers of WVNC. Unfortunately, the doctors of WVNC will not be able to prescribe medication for you without a visit, per the Arizona naturopathic board. This is to ensure that you are on the correct dose of medication, that you are not having any side effects and that the medication is the best choice for you.

We understand that in general people do not enjoy change. However, my promise to you is that we are working diligently to ensure a seamless transition of care. I am also very optimistic that the quality of care that you will receive going forward with either Dr. Briante or Dr. Archambault will be equal to or superior to the care that you have received in the past. As the owner of West Valley Naturopathic Center I am constantly striving to provide patients with exceptional patient care as well as an exceptional experience. So with every change that happens in the office from office personnel to doctors, I am always looking to elevate the quality of care and your overall experience.