



West Valley Naturopathic Center

Happy Valentine's Day

I have something very special for you this Valentine's Day. West Valley Naturopathic Center for the **first time** is going to be offering a special on one of our IVs, the Immune Booster IV. I have never done this before, so why now? Well, we ordered too much vitamin C so **YOU** get to take advantage of our mistake. The Immune booster IV is packed with everything your body needs to help defend you against all of the nasties of winter, be it a virus or a bacteria. This IV is packed with goodness, it has a full spectrum of B vitamins, including B12, Calcium, Magnesium, Zinc to help your immune system, Lysine to boost the anti-viral capacity and last but not least 15,000mg of vitamin C.

If you have never had an IV then you are missing out and this is your chance to see what everyone is talking about. IV therapy allows for 100% absorption into your cells. It is quick, easy, has immediate effects and is powerful, honestly my favorite way to deliver nutrients. As an added bonus for your body I am throwing in 5 cc of Glutathione as a push at the end of your IV. If you are not familiar with glutathione you should be, it is the master antioxidant for your body. It is used on a daily basis and is necessary for detoxification, which in our very toxic and polluted world we all can use.

Glutathione can help you in many ways including:

- Youthful glow to your skin
- Anti-aging
- Help with recovery from workouts
- Help with muscle strength and endurance
- Increase your metabolism
- Cancer prevention



So, what's the special already? Normally an IV like this would easily run you \$300 or more. I subscribe to the Costco philosophy of helping more people so my regular price is usually \$150. However, for the month of February only due to my overstock of vitamin C you can get this amazing IV with a glutathione push for \$100, my cost.

So, what's the catch? *You have to be an established patient, if you are not but wish to take advantage of the special then we can schedule you for a one concern initial with Dr. Simone and get the labs that we need to get you started. For existing patients the only other requirements is a kidney function test (labs) in the last 12 months. **That's it!!!!***

Acupuncture Facials

Acupuncture facial treatments can help with all of the trouble spots listed here in this photo. Acupuncture has been around for centuries and is an excellent therapy for stimulating blood flow helping with fine lines, swelling and stimulating collagen. Just as with acupuncture in general this is a gentle treatment which does not lend itself to many complications or side effects, but it does require multiple treatments for you to see the maximum benefits. You get an hour to relax and you come out looking younger than when you came in, how awesome is that!!!



The O-shot

Perfect for Valentine's Day. The O-shot can help women in several ways. The most obvious is within the name of the procedure itself, it can help women to climax and increase sensitivity in general. This is great for women who have had trauma due to childbirth or for menopausal women where intercourses just isn't the same as it use to be. This procedure will tighten up tissue which can help with sensitivity, incontinence and vaginal dryness, win, win, win. We have found that for best results most women will need more than one treatment which is why we highly encourage the package of 3, each treatment will build off of the previous one.

The P-shot

Don't worry men, we didn't forget about you. The P-shot is the male equivalent to the O-shot and it is probably not very difficult to guess what this therapy is good for 🤔. But, just in case, yes, the P-shot can help with both length and girth (although one must be reasonable with expectations), but probably one of the best applications is for circulation. It can help with ED and with having a better quality erection in general as well as sensitivity.



So, for this Valentine's Day why not a his and hers package to help enhance your bedroom experience all around, perfect for helping to celebrate the love that you have for each another.

For the month of February we will be offering 20% off any package of 3, be it the O-shot, the P-shot or acupuncture facials. That is a savings of nearly \$1000 for the P-shot, \$640 on the O-shot and \$60 on acupuncture.

Well Women's Exams and Cervical Cancer Screening

~ By Dr. Myleen Simone, NMD

Well-Woman Exams and Cervical Cancer Screening

Well-Woman exams and Cervical Cancer Screening are important for every woman. Although screening guidelines have been published by the American Cancer Society, The United States Preventative Services Task Force, and the American College of Obstetricians and Gynecologists, these guidelines are constantly changing as we learn more about risk factors, human papilloma virus, and cervical cancer. These recommendations also change for women who have higher than average risk for cervical cancer despite vaccination history. Annual assessments during the Well-Woman exam is an excellent opportunity to discuss and counsel patients on preventative care and provide recommendations for services.

What is the difference between an annual Well-Woman Exam and Screening Exam?

An annual Well-Woman exam includes a full review of health history, complete annual multi-system physical exam with PAP and HPV testing, and annual labs if indicated. The physical exam includes breast, heart, lung, abdominal, neurological, and pelvic exam. Whereas, screening exams may only include PAP and HPV testing. I recommend that women have a Well-Woman exam annually as it provides a framework for care.

Is a Well-Woman Exam still recommended post-hysterectomy?

Well-Woman exams are still recommended annually following a full or partial hysterectomy. If the cervix remains, PAP and HPV screening are still indicated. Depending on the reason for the hysterectomy, screening for other reproductive health may also be indicated. In addition, post-hysterectomy women are more prone to bladder or rectal prolapse which may cause urinary symptoms or chronic urinary tract infections. Post-hysterectomy women may also experience menopausal symptoms including vaginal dryness and painful intercourse. These conditions can be evaluated and monitored during your annual visit and there are many naturopathic treatment options available.

I am over 65, do I still need cervical cancer screening?

The guidelines recommend discontinuing screening in women over 65 that are considered low risk. However, statistics revealed that 15% of new cases of cervical cancer are diagnosed in women over 65, especially if there is a history of abnormal PAP or multiple partners. The American Cancer Society has estimated that in 2019 over 13,000 new cases of invasive cervical cancer will be diagnosed in the United States. Often older women diagnosed with cervical cancer are diagnosed in advanced stages leading to poorer prognosis. If you are over 65, cervical cancer screening should be discussed with your doctor. Women with a previous history of cervical dysplasia, those exposed to high-risk HPV and women with known risk factors are still candidates for regular HPV and cervical cancer screening.

What makes me high-risk?

Women at higher risk of cervical cancer include those with compromised immune systems, a personal history of cervical dysplasia (cellular changes), a personal history of cervical cancer, and exposure to diethylstilbestrol (DES) in utero. Other risk factors include:

- Multiple full-term pregnancies (3 or more)
- Sexual history including sexual activity prior to 18
- Multiple partners or a partner with multiple partners
- - A history of long-term use of oral contraceptives or IUDs (five or more years)
- Family history of cervical cancer
- History of sexually transmitted infections
- History of or currently a smoker

I heard that it is hard to test men for HPV. Is that true? How does that affect me?

No, men can be tested for HPV. On men, HPV can be found the external surfaces such as the scrotum, the shaft of the penis, around the anus, and inside the mouth around the gums and back of the throat. HPV can also be spread to the anus. This does not always correspond with any sexual involvement, but rather, from transfer of the virus during cleaning. If you have had a history of HPV, or your partner have had multiple partners who has never been tested, it is important for both of you to be tested to prevent having to continually transfer the virus back and forth.

Are there naturopathic approaches for treating HPV infection and/or cervical dysplasia?

Depending on the grade of cervical dysplasia (cellular changes), which is confirmed through biopsy (colposcopy), naturopathic treatment options are available. These include oral treatments to boost the immune system including supplements and botanical medicines that target HPV as well as local treatments to the cervix. Local treatments may include botanical suppositories or escharotic treatment. Escharotic treatment is an in-office procedure using enzymes and botanical medicines to remove abnormal cells from the cervix. It is a natural alternative to a LEEP (Loop Excisional Excision Procedure) which uses an electrical wire to remove abnormal cells from the cervix.

Call West Valley Naturopathic Center today to schedule your Well Woman's Exam with Pap and HPV testing with Dr. Simone.

Supplement of the Month.....Probiotics

This month is a lot of firsts for WVNC. Probiotics, we have all heard about them and because of that they are no longer in mode, they just aren't cool anymore. Cool or not, we all should be on a probiotic, why? Let me tell you why, probiotics are fundamentally necessary for almost any process in the human body. Wait a minute, the bacteria in my colon can affect my heart and my brain? Yes, the intestinal environment can help or hinder the production of neurotransmitters within your brain and can help to ensure your heart is healthy as certain micronutrients that are necessary for the heart are metabolized within the intestines.

So what are probiotics good for? They are anti-inflammatory, prevent cardiovascular disease, protect against cancer, prevent infections, immune modulation, increased metabolism, help with absorption, irritable bowel, leaky gut syndrom, gas, stool formation and can reverse chronic illnesses, just to name a few.

So, why the probiotics that we sell here at WVNC? I have recommended the same probiotic for the 15 years that I have been practicing it is the same probiotic that I take, my wife takes and my mom takes. My Dad was also taking it until he passed. The company that I use has numerous studies behind it. They will meet label claim on the bottle up to the expiration date even when NOT refrigerated. So, why do my probiotics get shipped to me on ice and we keep them in the fridge, **one reason**, they are a living organism and it helps to maintain their viability. My probiotic of choice also contains food within the capsule to keep the bacteria alive, which is why most of the probiotics that you buy at sprouts or whole foods are not alive, they do not have a food source nor are they shipped cold to the store.

We offer the probiotics in a 60 count and 120 count and the 120 count is a better price to you. For the month of February we will be offering **15% off** of any bottle, for as many bottles as you would like. If you have not already figured it out probiotics are something that the whole family should be on, from the kids to grandma and grandpa and we all should all be on them for a lifetime.

Food Allergy Testing:

Food allergy testing is something that I think everyone should have done, among other things such as heavy metal testing, vitamin/mineral testing and detox testing. Who doesn't want to know what foods their body is reacting to? The limiting factor for most people is money. Well for this month only one of the labs that we use is offering a special through February. If you have insurance the most that you will have to pay out of pocket is \$99. This is for a food test that includes both IgG (food sensitivities) and IgE (food allergy) testing.

This test normally is not something that we can get covered through insurance, but apparently Vibrant labs of America has found a way. It tests for 96 different foods for the food sensitivity and 46 environmental allergen and 46 inhalant allergens. So, we are excited to be able to offer you and your family this test. You will need to have a follow up with your doctor to go over the labs and if you are a new patient to WVNC then you will need a one concern initial appointment to get established here in the office as well. This testing normally runs over \$400, that is a \$300 savings to you, remember after February this special is gone.

**15
MILLION**

15 million people nationwide have food allergies, 9 million of them are adults according to Food Allergy Research and Education.

38.7%

38.7% of food allergic children have a history of severe reactions.

8% (5.9 MILLION)

8% (5.9 million) of children in the U.S. have food allergies.

50%

A 50% increase in food allergies was observed among children between 1997 and 2011.3

30.4%

30.4% of food allergic children have multiple food allergies.

Well I hope that I have given you some food for thought, pun intended. As you can see from the numbers above most if not all of us are dealing with food sensitivities and or allergies. I hope that you can see the value in the specials that we have for you this month and I hope that you take advantage of them.

In Health,

Dr. Brian Archambault