



Banyan
Wellness Center

Happy New Year 2018

Let your light shine

As we go through life a lot of us forget or give up on the dreams that we had as children. The dreams we had before anyone ever told us that we can't fly, that you don't have super powers, that you can't go to outer space, you can't, can't, can't. For a lot of us we grow up hearing all about the things that we can't do, the issue is that we start to believe what we were told and we give up on our dreams. What dreams have you given up and why did you give up on them? What goals have you not accomplished, **what story do you want your life to tell about you?**



So many times in life we stop following our heart, our dreams and our passions and we settle, never actualizing our dreams, our potential, because we believed what the people around us have told us. Unfortunately, **we are the ones standing in our own way of making our dreams, our goals, our resolutions a reality, no one else.**

What we fail to realize is just how contagious and infectious this way of thinking can be. This mentality will start to show up in every aspect of your life until it just becomes a way or life, your new normal. It becomes our mental rationalization, our reasons (read excuses) for why we did not ever fulfill those dream, reach that goal or succeed in our resolution. **"Well its ok, millions of other people have made new year's resolutions and failed as well."** Now the people who look up to you, such as your children, friends, relatives, co-workers begin to adopt a similar mentality, because that is what they have come to understand as "normal" as well.

"Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people will not feel insecure around you. We are all meant to shine, as children do. It is not just in some of us; it is in everyone, and as we let our light shine, we unconsciously give others permission to do the same. As we are liberated from our fear, our presence automatically liberates others."

— Marianne Williamson

In order for change to occur we first have to stop doing the same things in our lives hoping, wishing, expecting that some how, some way, that this time the outcome will be different. (I say this a lot, but that is the definition of insanity). We need to let go of the old patterns that are no longer serving us in order to make room for new ones, (EMDR is also very helpful for this by the way). **If you want to have different results you need to take a different approach.**

I read this article and I feel that it gives some very good simple ideas on an approach for 2018. These ideas can be applied to every aspect of your life. Hopefully, you will find something in it that resonates with you.

1. Give Up On The Unhealthy Lifestyle

“Take care of your body. It’s the only place you have to live.” — Jim Rohn

Quality Sleep, Healthy Diet and Physical Activity as a way of life, **everyday, not for a month, not for a couple of months, make it your day to day.**

2. Give Up The Short-term Mindset

“You only live once, but if you do it right, once is enough.” — Mae West

These healthy habits shouldn’t be something you do; they should be something you embody. There is a difference between: *“Working out to get a summer body”* and *“Working out because that’s who you are.”*

3. Give Up On Playing Small

If you never try and take great opportunities or allow your dreams to become realities, you will never unleash your true potential.

And the world will never benefit from what you **could have** achieved.
So voice your ideas, don’t be afraid to fail, and certainly don’t be afraid to succeed.

4. Give Up Your Excuses

“It’s not about the cards you’re dealt, but how you play the hand.”
— Randy Pausch, The Last Lecture

Own your life; no one else will.

5. Give Up The Fixed Mindset

Who you are today is not who you have to be tomorrow.

6. Give Up Believing In The “Magic Bullet.”

7. Give Up Your Perfectionism

Fear of failure (or fear of success) often prevents you from taking action and putting your creation out there in the world. But a lot of opportunities will be lost if you wait for things to be right.

Nothing will ever be perfect, no matter how much you try.

8. Give Up Multi-tasking

“Most of the time multitasking is an illusion. You think you are multitasking, but in reality, you are actually wasting time switching from one task to another “

— Bosco Tjan

Prioritize your tasks and take them on one at a time until completed.

9. Give Up Your Need to Control Everything.

Detach from the things you cannot control, focus on the ones you can, and know that sometimes, the only thing you will be able to control is your attitude towards something.

Remember: nobody can be frustrated while saying “*Bubbles*” in an angry voice.

10. Give Up On Saying YES To Things That Don't Support Your Goals

Many times people agree to doing things that they really don't want to do, to be nice, to be helpful, but in reality **all this is doing is taking time away from YOU**, your partner, your children, **YOUR GOALS**.

11. Give Up The Toxic People

“Stay away from negative people. They have a problem for every solution.”

— Albert Einstein

People you spend the most time with add up to who you become.

Take a look at around you, and see if you need to make any changes. Make an intentional decisions to clear out toxic relationships from your life

12. Give Up Your Need To Be Liked

“You can be the juiciest, ripest peach in the world, and there's still going to be people who hate peaches.” — Dita Von Teese

Telling someone what they need to hear is not easy, not does it win you any popularity contents, however, you will have their respect.

13. Give Up Wasting Time

“The trouble is, you think you have time” — Jack Kornfield

We only have this one crazy and precious life. You owe it to yourself to see who you can become, and how far you can go and what you can accomplish. Create your legacy, write your story, no one else will and in the end of our days it is the things that we have NOT done that we regret the most.

Let's see the places you will GO!!!!

https://youtu.be/p_2muj6fxpc



Monthly Supplement

Cold and flu season is definitely in full swing. We are seeing a large number of people fighting both the cold and flu and the colds seem to be hanging on for a couple weeks

Our homeopathic cold and flu shot will be 15% off until the end of February. I recommend getting you and your loved ones in monthly during the cold/flu season to help your immune system stay primed to fight off anything that comes your way.

Here are some other tips to help you prevent getting sick:

- 1.) Buffered vitamin C 3,000mg per day
- 2.) Maintain your vitamin D3 levels
- 3.) Adult cold and flu tincture daily
- 4.) Viracid at the first sign of cold symptoms
- 5.) Hevert cold and flu
6. If you do get sick get into the office quickly for an immune boosting IV, to help you bounce back faster.

JANUARY – Cervical Cancer Screening Month

By Dr. Carla Briante

January is Cervical Health Awareness Month. Nearly 13,000 women in the United States are diagnosed with cervical cancer each year, however, with appropriate screening (Pap and HPV testing) cervical cancer can be prevented.

A Pap smear is a screening test for cervical cancer. It involves the examination of cells from the cervix for cell abnormalities called dysplasia. The American Congress of Obstetricians and Gynecologists recommends that women between the ages of 21-29 should have a Pap test every 3 years and women aged 30-65 should have Pap and HPV testing every 3-5 years. An abnormal Pap does not indicate cancer but does indicate abnormal cells that may be precursors to cancer. Tests are done according to recommendations for early detection and treatment to prevent cervical cancer.



Cervical Cancer Awareness RL by AwarenessGallery

Zazzle

What Causes Cervical Cancer?

Human Papilloma Virus or **HPV, is the number one sexually transmitted infection in the United States.** There are over 100 types of HPV, 40 of which affect the cervical and genital region. Men can be carriers of HPV and have no way of knowing as they do not have symptoms, making it very easy to spread the virus. Most sexually active individuals have HPV at some point in their lives or are carriers. The virus can be transmitted through genital and oral contact. However, the risk of contracting HPV can be reduced by 70% with regular condom use.

High-risk HPV types have been linked to cervical dysplasia and cancer. In young healthy individuals it is possible for HPV to be cleared by the immune system in 2-3 years. However, once over the age of 30 it may be more difficult to clear the infection which is why HPV testing is recommended along with your pap smear. If diagnosed with high-risk HPV appropriate treatments can be administered to prevent the development of cervical dysplasia or cervical cancer. **This is why it is so important for sexually active individuals who are not in a monogamous relationship to be screened annually, it can literally save your life.**

Practice Prevention – What you can do to prevent cervical cancer?

- Stay up to date with regular Pap tests to catch cervical dysplasia or cervical cancer early.
- Get screened for HPV
- Use condoms to protect against the transmission of HPV
- If diagnosed with HPV or an abnormal Pap speak with your doctor about conventional and naturopathic treatment options

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