



Changes at West Valley Naturopathic Center

Dr. Carla Briante

Dr. Briante has decided to not renew her contract at West Valley Naturopathic Center (WVNC) in order to pursue an office which is closer to where she lives in Mesa. She will be finishing up her time at WVNC over the next few months until we can bring in a new physician. Any patient of Dr. Briante has the option to wait for Dr. Briante's replacement or may continue care with Dr. Archambault, you will not be starting as a new patient. For any patients who have purchased a package of aesthetics these will have to be used within the next 60 days. Unfortunately, Dr. Archambault does not provide services of acupuncture or aesthetics.



The next provide will continue to offer at least the same services as Dr. Briante and possibly more depending on the Doctor. This is to ensure that you will be able to continue to receive acupuncture treatments as well as alternatives to pain management such as prolotherapy and PRP. My promise to anyone who has seen Dr. Briante as a patient is that whomever succeeds as the next doctor in the office will meet or exceed the experience that you had with Dr. Briante. I thank you for your understanding and patience during this transition.

Office closure

The office will be closed on Friday July 20th as I will be out of town for a conference and I decided to give my staff a long weekend so that they can have a short vacation with their families. Please be aware that there will be no one in the office to help with supplements, refills or questions. Please make arrangements if you need medication or supplement refills to prior to that Friday. We will resume our normal schedule afterwards.

Conferences

Each and every year I attend several different conferences to extend my learning and understanding of Medicine. This is partly due to my love and passion of learning and due to my dedication to staying current with what is happening in the world of Medicine in order to be able to provide the best care to my patients. The following is a list of attended conferences for 2018 and upcoming conferences which I will be attending in 2018.

Naturopathic Oncology Conference	February 2018
World Ozone Conference	April 2018
International Peptide Society Conference	July 2018
Advanced Applications in Medical Practice	September 2018
Hormone Replacement	October 2018
International Lyme Disease Association	November 2018
A4M World Congress	December 2018

Diet, Keto, intermittent fasting and food prep

There has been a surge of discussion with regards to intermittent fasting and keto in the last year. Intermittent fasting has been shown to increase longevity, increase the length of telomeres (these can predict how long we will live) and of being able to maintain your weight more easily. The easiest concept to follow is a 16:8 rule. This type of program has had very good adherence and results.

16:8, what does that mean? It means that for 16 hours out of your day you do not eat (anything), this is the fasting portion and you will allow yourself to eat during a 8 hour window of your day. So, you may allow yourself food between 10am - 6pm as an example. Obviously this can be shifted, but eating further away from bedtime is recommended.

The foods consumed during the 8 hour period should be healthy foods, similar to a paleo or Mediterranean diet. Some people are doing keto with intermittent fasting.

Keto

Keto simply means a diet that will keep you in ketosis. Ketosis is a way for the body to derive fuel for our brain and body through the breakdown of fat, be it dietary or your own. So, technically when you do a very restricted calorie diet which is also low in carbohydrates, such as HCG, you will be shifting into ketosis. This was also the premise behind the Atkins diet. You will also start to move into ketosis while you are fasting in order to be able to provide your body with the fuel it needs to survive.

Keto (cont)

Initially when people move into ketogenesis they will find themselves feeling flu-like symptoms. This is partly due to the shift in where our energy is coming from as the body has to work much harder to get energy out of fat than from simple carbohydrates. Also, remember that most of our toxins are stored in our fat, so as we start to breakdown our fat there will be a release of toxins throughout the body which is why it is critical to support your detox pathways when doing any type of weight loss program including keto.

There is a short documentary that a patient shared with me called "the magic pill", I found it to be informational and I believe worth your time to watch if you are considering changing your eating habits. It is available on Netflix.

Meal prep

As a lot of you are aware my second passion to Medicine is cooking. I love creating things in the kitchen. The only way that I have been able to be consistent with eating the way that I want and need is to meal prep for the entire week. So, every Sunday I cook for the entire week. Below you will find my latest meal prep video from last weekend, which was keto based (I have decided to play with keto for a bit) I also have videos on the WVNC website and on the WVNC facebook page.

Patients have asked me to include more videos of my meal prep which I will start to post on a more regular basis along with the recipes that I use if I have not made them up 😊. Let me know what you think of the videos on my Facebook page and if you have any suggestions.



Reviews

We live in a world where decisions are being made off of other people's experiences. So, before committing or 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 share with the world your experience.

The following are links to different areas you can leave a review:

[Google](https://g.co/kgs/ZtCh5a), <https://g.co/kgs/ZtCh5a> ,

[Yelp](https://www.yelp.com/biz/west-valley-naturopathic-center-goodyear), <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/brian-archambault-2dv27>

[Facebook](https://www.facebook.com/pg/WestValleyNaturopathicCenter/reviews), <https://www.facebook.com/pg/WestValleyNaturopathicCenter/reviews> .

Thank you in advance for taking the the time to share your health journey experience at WVNC with others so that they may better understand what my practice is about, I sincerely appreciate it.