



Banyan Wellness Center

Spring has sprung in the valley of the sun

Allergies

After months of shorter days and cold nights spring welcomes us with the warmth of the sun, longer days and a beauty that is truly unique to the Sonoran Desert. As the wild flowers bloom they provide the desert with a very different landscape than what we are use to the rest of the year, a diversity of vibrant colors. Unfortunately, for a lot of people, all those flowers also means allergies. Between the flowers and the orange blossoms, spring can be a miserable time for some people, constantly fighting with runny noses, runny eyes, sneezing and at times even difficulty breathing. So, what's a person to do?

Well, if your are like most people in the U.S. you will head to your local pharmacy for some type of over the counter antihistamine to stop the "faucet". The issue with some of these medications is that they can leave you feeling groggy, tired or can really dry out your mucous membranes, leading to more nasal aggravation and even bloody noses.



We are pleased to be able to provide you with a non-drug alternative that has been exceedingly successful in helping people to navigate the allergy season. Natural D-Histamine is an all natural product that has been exceptional at helping to control allergy symptoms. I would recommend combining this product with the use of a neti pot and our neti salts. Our neti salts are an all-in-one product combing sea salts with essential oils. We recommend one cap of salts per neti pot using distilled water. Using the neti pot 2 x per day, once in the morning and once at night helps to clear all of the pollen out of your nasal cavity and sinuses. The neti salts have antimicrobial essential oils to ensure that if there is a sinus infections trying to push through that it kills the microbes, including bacteria, virus and fungal. It has been a

great addition to prevent winter time cold and sinus infections as well as during the spring for allergy season. You can pick up a neti pot at just about any pharmacy and they range from ceramic to plastic. It is recommend that you do not share your neti pot, this would be one of those instances where sharing is not a good idea. At the first sign of any nasal or sinus symptoms start the neti pot 2 x per day to help nip it in the bud.



Monthly Supplement

For the next 30 days we will be offering 15% off of one of our most popular supplements to help you with sleep. In honor of national sleep month we will be featuring **kavinace pm**.

Kavinace pm is one of our stronger and more successful sleep aids. I generally recommend that you start with one capsule 30 minutes prior to when you want to be asleep. You need to allow for 8 hours of sleep, otherwise you may wake up groggy. If one capsule is not sufficient you can always take 2 caps. The product **will not work** if you **drink alcohol at night**, the alcohol interferes with the active ingredient in the product.

Some people are very sensitive to melatonin, which is one of the ingredients in kavinace pm, and you may find yourself a little groggy in the morning. If you experience this lower your dose or take it earlier in the evening. Remember, you are aiming for 8 hours of sleep.

SLEEP (yes please)

March amongst other things (march madness) is known for sleep awareness month. It is estimated that 30-48% of Americans report insomnia symptoms greater than 3 days per week. Of that group 16-21% report that it is continuous. **People who sleep less than 6 hours per day** are at increased risk for: **cancer, all cause mortality, diabetes, heart disease, depression and autoimmune disease** to name a few.

Getting seven or more hours of quality, uninterrupted sleep allows our body time to repair damaged cells and recover from the demands of the day.

Not enough sleep leads to drowsiness, decreased concentration, impaired memory and mood swings. Chronic insomnia can have more serious negative effects on health including increased risk of **hypertension, diabetes, heart attack and stroke**. Lack of sleep, even for one night, can suppress the immune system. So, if you feel the onset of cold or flu symptoms, then make it a priority to head to bed early.

For those that are not blessed with good sleep, there are many ways to address sleep problems without the use of pharmaceuticals. Whether it's ordering a sleep study, lab work or prescribing a supplement, your naturopathic medical doctor is uniquely qualified to help you find the underlying cause of your sleepless nights.

Acupuncture is one such technique that Dr. Simone uses to help people with chronic insomnia, amongst other things. You might be asking yourself well how can that help? Acupuncture has some very specific points to help with sleep but its biggest affect is on shifting your body from a sympathetic (**fight or flight**) response to parasympathetic (**rest and relaxation**) state. This is one of the driving reasons why people cannot fall asleep or stay asleep, they are simply stuck in a sympathetic dominant state and cannot shift out.

So, for the **month of March** we will be **offering 50% off an initial acupuncture session (\$65 instead of \$130)** so that you can experience it for yourself. This special will only be for new patients to acupuncture and is good for existing or new patients to the practice.

IV of the Month

As if there already wasn't enough excitement for the month of March I am going to add another special. We offer a lot of different IVs at West Valley Naturopathic Center and I want to be sure that you know what we offer and how it can benefit you. I will be looking to put up a menu of the different IVs that we offer along with a description to help you understand why you might want one and how it can help you.

For the month of March the IV special will be the heavy metal IV challenge. This IV is **normally \$300** and then requires a separate fee to the lab (\$60) to evaluate your heavy metal burden. **For the month of March I am offering this IV for \$200.**

So, what is a heavy metal IV challenge. We start with an IV bag containing **EDTA** along with supportive nutrients, followed by a push of **DMPS** and a push of **Glutathione** (yes, here it is again). EDTA has a particular affinity for binding to lead and aluminum while DMPS strongly binds to mercury. Between EDTA and DMPS they will bind about 15 different heavy metals, this includes but is not limited to: mercury, aluminum, cadmium, platinum, lead, uranium and thallium. The glutathione is needed to help to move the mercury out of the body, it takes 2 molecules of glutathione to move one molecule of mercury out of the body.

EDTA and DMPS will bind the metals throughout your body from various tissues and then you will pee the complex out. For this reason it is necessary for you to have had a kidney function test done within the last 3 months and have adequately functioning kidneys. After the IV, you will collect your urine for 6 hours afterwards, yes, everything then a sample is sent to the lab to determine how much heavy metal burden you have.

The reality is that we ALL have heavy metals, the question is how much. Metals can affect every aspect of your being. Thus far in my practice, 100% of my cancer, autoimmune and Lyme patients all have significant metal burden, which many of us believe is a contributing factor to what the immune system in these individuals is not functioning adequately.

Metals can affect your memory, such as aluminum and mercury. They can decrease your IQ, such as with lead exposure. They can lead to kidney disease and cardiac disease such as with cadmium and arsenic. The reality is that metals can affect you physically (fatigue), mentally (memory) and emotionally (depressed, mood swings).

In reality and it is something that I have said over the years, that if I had it my way I would test all of my patients to assess their heavy metal burden and if elevated, chelate them.

You CANNOT have fish for 2 weeks prior to doing this test as it can interfere with the result. You must be an existing patient in the practice and have a kidney function test within the last 3 months.