



## West Valley Naturopathic Center

We live in very busy times. Times when most of us are simply hoping to make it through the very busy day to go to bed, to wake up, just to do it all over again the next day. Wondering where time has gone and how the Holidays can be upon us once again. The balancing act is not an easy one. We are processing more information daily than we ever have, from multiple streams and most of us are overwhelmed, whether we realize it or not.

If you have taken the time out of your busy day to open this message, thank you. I would like for you to take 3 minutes, right now and breath. Close your eyes. Take a deep breath in for a count of 4 seconds, hold your breath for 4 seconds, breath out for 4 seconds and then hold again for 4 seconds. This is called box breathing and will help to reset your autonomic nervous system (sympathetic/parasympathetic).

*Happy Thanksgiving*

### True Meaning...

- In the end what Thanksgiving *truly* means is about being with your loved ones and being thankful for all the good things in your life.



During your breathing think of the things that you are thankful for, things that you are grateful for. I want you to take this moment right here, right now to set your frame and intention for the entire day. Yes, this busy, hectic and wonderful day. Now you are ready. Ready to face the in-laws, the annoying/crazy uncle/aunt, the children running around, the 6 things on the stove or in the oven etc. You can go back to this breathing at any time today, as often as needed.

I want to personally thank all of my wonderful staff. Without whom, I would not be able to do what I do, nor would you (the patient) be able to receive the exceptional care and service that is provided at West Valley Naturopathic Center. Thank you to my wife Christian, Lorena Hailey, Dr. Simone, Vanessa and Cristina for all of your hard work, dedication and commitment to helping make my vision a reality. To helping our patients in their journey. Thank you all.

Thank you to all of YOU. I am consistently humbled and grateful for the opportunity to be able to help individuals with their health. Health is the one thing that most of us take for granted until we do not feel well. I have a very unique opportunity of being able to help people out of their health "pain" and to help individuals feel great again. All the while educating you on how to maintain this new state of health.

THANK YOU ALL FOR ALLOWING ME TO OPPORTUNITY TO BE A PART OF YOUR JOURNEY. FOR BEING ABLE TO LEARN AND GROW ALONGSIDE EACH OF YOU. YOU HAVE ALL HELPED ME TO GROW AS A PERSON AND AS A PHYSICIAN. I HAVE LEARNED SO MUCH FROM EACH OF YOU, THANK YOU.

With Gratitude, Dr. Brian Archambault

The office will be closed today and tomorrow to allow our staff to be able to spend time with their family and loved ones. We will be reopen Monday December 2nd.