



Banyan WellnessCenter



Fall into good habits....

Attend a FREE informational session
Thursday, October 27th at 6pm

10-Day Fall Cleanse with Dr. Jennifer Elton

Cleanse starts November 4th

*Call 623.643.9598 to reserve your place
Space is limited!*

Cost of cleanse is \$299 and includes:

- Detox Kit from Biotics
Physician grade supplements including everything you need for a 10-day cleanse (2 Nutriclear powders, 1 pea protein powder and 30 supplement packs) packed with ingredients to clean the gut of unwanted microbes, reduce inflammation, heal the gut as well as support the gallbladder and liver
- Meeting with Dr. Elton Tues, Nov. 8th at noon

Bring a FRIEND and you will both receive \$25 off the cost of the cleanse!



Dr. Jennifer Elton is a primary care naturopathic medical doctor who effectively treats patients with natural support such as botanicals and nutrition or prescribing pharmaceuticals when appropriate. Her training as a naturopathic doctor along with her extensive background in the yoga, fitness and spa industry makes her uniquely qualified to motivate patients through lifestyle modifications and nutrition counseling. She is dedicated to supporting her patients on their personal journey to optimal wellness. Dr. Elton is currently accepting new patients at West Valley Naturopathic Center in Goodyear, AZ

Supplement of the Month



The supplement that will be offered throughout the month of October will be Silymarin. Silymarin is one of the active ingredients within Milk Thistle, a Mediterranean Herb known for its activity within the liver. The liver provides over 500 life sustaining functions including detoxification of environmental toxins. Components of Silymarin help the liver cleanse the blood of toxins and shield liver cells from the barrage of free radicals, fats, sugars, and other compounds that lead to common liver ailments. Silymarin has been shown to be helpful with the

following conditions; metabolic syndrome, non-alcoholic fatty liver, non-alcoholic steatohepatitis, insulin resistance, liver fibrosis and cirrhosis, oxidative stress, hepatitis C (can help to block the entry of the virus into the cell and help decrease viral load), is chemoprotective and can possibly block the development of cancer. Silymarin helps with both phases of the liver, phase 1 and phase 2 of liver detoxification pathways. Milk thistle is a wonderful plant that offers numerous health benefits to the human body, particularly in today's era of increasing environmental toxicity.



Fall Recipe

ROASTED BEET SALAD

Ingredients

- 3 beets
- ¼ cup walnut pieces
- 1 tablespoon minced shallot
- 1 tablespoon fresh lemon juice
- 1 tablespoon olive oil
- 1 tablespoon red-wine vinegar
- 1 large apple
- 3 cups leafy green vegetables including arugula
- Optional sprinkles of goat cheese or feta cheese

Directions

Place beets in a glass pan and cook at 425 degrees in the oven until tender, about one hour. Allow beets to cool, remove the skins and cube. Meanwhile, stir together walnuts, shallot, lemon juice, olive oil and red-wine vinegar. Toss salad greens, beets and nut mixture together. Top with apple slices and enjoy a delicious, nutritious salad. You can always choose to add a protein of your choice to the salad, such as organic chicken breast.

Is Your Liver Toxic?

by Jennifer Elton, NMD

The liver is the largest gland in the body and is primarily responsible for clearing out toxins that enter the body through the skin, digestive tract and respiratory system. Additionally, the liver produces important proteins and carbohydrates as well as clears out metabolic by-products body. In today's world, it is not uncommon for the liver to be overburdened as a result of stress or exposure to toxins. There are many signs and symptoms associated with a toxic liver such as:

- FATIGUE
- HORMONAL IMBALANCE
- SKIN BREAKOUTS and RASHES
- DIFFICULTY CONCENTRATING
- UNEXPLAINED WEIGHT GAIN
- INSOMNIA
- BLOATING or EASILY GAIN WEIGHT
- GAS or INTESTINAL DISCOMFORT
- ALLERGY-LIKE SYMPTOMS
- SORE MUSCLES for no apparent reason
- DRY, BRITTLE SKIN, FINGERNAILS AND HAIR

A quick online search of liver cleanses reveals outdated information that may cause more harm than good. Any liver cleanse or detox should be done only under the supervision of a qualified health care practitioner. At West Valley Naturopathic Center we are dedicated to effectively and safely guiding you on your journey to optimal wellness. This is why I'll be leading a comprehensive 10-day liver cleanse beginning November 1st. Please refer to the front page of this newsletter to learn more about this upcoming cleanse. In the meantime, I included a recipe packed with ingredients to support your liver.