



# Banyan Wellness Center

## What's New

We will be starting our monthly newsletter to stay in better communication with our patients. The idea behind the newsletter is to be able to provide you with some quick information that is currently relevant in healthcare or within the office. We understand that in today's world it is very easy to get overwhelmed with information and my goal is that this is something that you want to receive and look forward to each month. If for whatever reason the newsletter is not for you, please let us know and we will remove your email from our submission list.

## Supplement of the Month

Each month we will be tying in one or two supplements for you to consider based on the health concern being highlighted for the month. During that month we will offer the featured product at a discount of 15% for the entire month. The idea is to give you an opportunity to try something new to see how it works for you. I will try to feature products that will provide you with a noticeable difference in your life within 30 days.



## HCG Special

Through the month of September we will be offering a 30 day special on HCG at the special price of \$299 for existing patients and \$349 for new patients.

### What makes our HCG program different:

- Your visit will be with a doctor, not with a medical assistant
- You have a 3 week follow up visit included in your package with the Doctor to ensure weight loss after HCG
- The doctor will personally review your medical history and labs with you to make sure that you are optimized for your HCG program
- You will receive B12 injections as part of your program
- Our office has over 10 years of experience with HCG

### Why now is the ideal time?

- The FDA is currently scrutinizing all compounded medicines and HCG may not be available to be compounded in the very near future.
- Cost of HCG is going up
- There is no better time then NOW to regain control of your health
- HCG can also help with the following:
 

blood pressure	diabetes	body contouring
cholesterol	joint pain	hormone balancing

Call 623-643-9598 today to get on the schedule and advantage of this special through September.



## Supplement

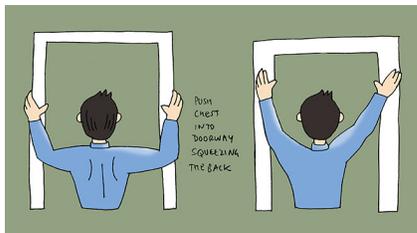
This month's produce highlight is CBD Oil for its tremendous ability to help the body with stress. Stress has many ways of presenting itself: anxiety, panic attacks, insomnia, irritability, anger, impatience and mood changes to name a few. The high level of stress that we are under has just become "normal", so we don't even recognize it anymore and what's worse is that all of our friends and family are in the same boat with us. CBD oil is a derivative form the cannabis plant which has two dominant constituents; THC and CBD. THC is the part of the plant which is federally illegal and can create a "high" in people, albeit, it can also help tremendously with chronic debilitating pain. CBD is not illegal and does not make you "high", but it is very good at helping the body to relax. It helps you to get out of that sympathetic "fight or flight" response, allowing the racing thoughts to slow down, decreasing anxiety and helping with sleep. CBD has also been used with great success for seizures, particularly in children who do not respond well to medication. The discount applies until 10/15/16.

September is amongst other things national yoga awareness month. So, why did I choose to highlight yoga? For one simple reason, time and time again science continues to prove that it can significantly help the body with stress, something that each and everyone of us is dealing with on a daily basis. The following are some thoughts on yoga from Dr. Jennifer Elton who as many of you know is a certified yoga instructor.

Yoga is a unique practice that promotes the physical, emotional and spiritual growth of a person. It may enhance all of the following organ systems; cardiovascular, immune, digestive and nervous system. Of course most people think of improved flexibility when they think of yoga, but right along with flexibility yoga imposes a stillness of the mind, allowing for greater concentration, focus and a calmness throughout the entire body.

Patients often ask Dr. Elton, "which is the best yoga for me?". As with most exercises if really depends on your goals and your current level of fitness. If you are new to yoga Dr. Elton recommends starting with a restorative, basic or slow flow class. If you are seeking relaxation from your yoga class she recommends a meditation, Nidra or Zen class. Looking to challenge the body a bit, look for a power yoga, vinyasa or heated flow yoga class. It is recommended to start yoga at room temperature before attempting a yoga class in a heated room.

Below are two poses that you can try at home or in the office to help invigorate your body mid afternoon.



The first is a doorway stretch which will help to open the chest and shoulders after a long day at your desk. It is meant to be a gentle stretch.

The second is "legs up the wall" pose a personal favorite of Dr. Elton. This pose is helpful with circulation, anti-aging, sciatica, restless legs and moving the lymphatic tissue. Give it a try for 10 minutes as a break in the middle of your day or right before bed. The goal being that you are "sitting" on the wall.



A final thought from Dr. Elton. "Namaste" is the word used to end every yoga class. Although there are several translations the favorite of Dr. Elton is, "the light and goodness in me honors the light and goodness in you". So, with gratitude and respect to you all, Namaste.