



# Banyan Wellness Center

## What's New

---

### Updated Policies

There are a couple of house keeping issues to address in this month's newsletter. First up, office policies and procedures have been cleaned up to ensure clarity and to update policy changes which have changed within the office. It will be necessary for all established patients to review and sign the updated office policy and procedures. A copy will be placed in your chart. The updated policy form can be found under the forms



section of the website at, [www.wvncaz.com](http://www.wvncaz.com). Within the forms subheading you will also see some new documents. There is now a copy of the summary of privacy practices, as well as a form to designate with whom we may share your medical health information and to what extent. Please bring the signed copy of the updated policies to the office when you come for your next follow up appointment, thank you.

### Rate changes

Starting in 2017 there will be some rate changes. Due to increased cost of IV supplies and materials some of the IV treatments that we offer will be increasing in price. The rate change does not affect all IV therapies but will impact most as material costs continue to increase. Please ask one of our staff members if your particular IV will have a price change in the new year.

Dr. Archambault's patient appointment fee schedule is changing. Starting in 2017 there will be an increase within the appointment fee structure for Dr. Archambault. The rates for an established patient appointment will be as follows: 15 minute follow up \$95, 30 minute follow up \$125, 45 minute follow up \$175 and one hour will be \$225. Initial consultations will be \$395. If you have friends or family members who are interested in becoming a patient but have not yet, now is a good time to take advantage of the existing new patient rate. The patient appointment fee schedule will remain the same for Dr. Elton through 2017.



## Monthly Supplement

This month's featured discounted product (15%) is Berberine. Berberine is a plant extract that originally was well known for being antimicrobial and for its immune stimulating properties. More recently Berberine has received a lot of attention for its capacity to help out with blood sugar regulation. There was even a drug trial of Berberine and metformin, a popular drug for treating diabetes. In the trial Berberine fared equally as well as metformin in lowering fasting blood sugars, hemoglobin A1C and it also had a positive effect on cholesterol and triglycerides. Berberine has been tolerated very well with only a few patients mentioning that it upset their stomach. Berberine helps to sensitize your body to insulin, so it does not put any stress on your pancreas. It has been used long term without any complications.

Berberine is a good adjunct to help with blood sugar regulation but is not a substitute for diet and exercise. Ultimately, type 2 diabetes is due to eating the wrong foods and a lack of exercise. However, adding Berberine to a good diet and exercise routine can provide a significant benefit to blood sugar management.

November is national diabetes awareness month.



Sugar, sugar, sugar, how sweet it is. Did you know that on the average most 5 year old children in the United States will consume their body weight in sugar annually. That is over three times the recommended amount of sugar intake. The average American adult will consume 150-170 pounds of sugar annually. The challenge for a majority of us is that we are not aware of the sugar content of the foods that we are eating. It doesn't help that as we eat more sugar we get desensitized to it's taste, things just don't taste as sweet as they use to. You may have experienced this if you drank soda and stopped for awhile, that first one that you have after the break will taste disproportionately sweet. It's the same amount of sugar, you just can taste it better now.

Speaking of soda. Eliminating soda from your diet is one of the fastest and easiest ways to not only decrease your sugar consumption but to also decrease "empty" calories. What are "empty" calories? These are calories that have no nutritional value to the human body, but have a calorie count to them, only serving to help us gain weight, and that's not muscle. Soda consumption is at a 30 year low across the nation, but a lot of people have moved from soda to sports drinks or flavored water, which can have the same amount of sugar as soda.

The glycemic index has been established to inform people of the relative impact of food on their blood sugars. The higher the glycemic index of the food the greater the affect on blood sugars. The paleo and Mediterranean "diet" are examples of inherently low glycemic ways of eating.