



West Valley Naturopathic Center

Supplement of the Month

Through the month of December the following supplements will be **15% off:**

1. **Keto-Nootropic:** A strong blend of exogenous ketones and ginseng in a ready to mix powder. Supports clear thinking, & memory. Use for sustained muscle and brain energy.
2. **OrthoMune** - In full support of the immune system, *Who You Gonna Call?* Try OrthoMune. This is broad-spectrum support that includes Vit C and NAC to promote respiratory function. Vit D and Zinc are reservists who are ready to serve at any time. Perfect to use daily for cold/flu/ Covid protection.
3. **Meyers IV** - WVNC offers competitive pricing for large Immunity, Hydration, and Vitamin/Mineral IV bags. **Beginning 2022 prices for IVs will be increasing.** For December, try a Meyers IV! This "cocktail" won't make you text your ex. It has magnesium, calcium, b-vitamins, and vitamin C. Great for the Holidays and supports innate healing and immune system. **(Must be an active patient)**

Immunity. Crohn's. IBS. Cramps.

Christmas. The holidays are fun, inspiring, and full of tasty treats. But for those with sensitive gastrointestinal tracts, it is a landmine. Crohn's, Irritable Bowel Syndrome, and Ulcerative Colitis involve irritated intestinal tissue. It feels unfair to flare when your diet and stress-management are on point. The loose stool aftermath unfortunately leads to nutritional deficiencies and feelings of defeat. Below is a chart of what vitamins are lost and what each one does. *Always speak to your naturopath first before starting any supplement.*

Vitamins / Minerals and Their Role in the Body

- B6/Pyridoxine. CNS, Metabolism
- Magnesium. Muscle relaxer, laxative
- Potassium. Regulates heartbeat
- Calcium. Bones, Muscles, and Heart
- B9/Folate. Healthy Red Blood Cells
- Iron. Energy, Focus, Body Temperature

There are a number of activities you can do to reduce your risk of a flare up during the holidays.

Strategies: Be Selfish and Treat Yo'Self
(bonus if you know the Netflix show)

- ♦1 **Nose Breathing** It's okay to put your health first. Any Naturopathic physician at WVNC will write you a prescription for it! If you're feeling stressed, then do Alternate Nostril Breathing: Plug left side of nose with your finger, breathe in. Plug right side, exhale. Inhale, plug left, exhale. Do this for 5 minutes daily for stress. Watch the video to see it in action. Then give it a try!
- ♦2 **Irritable Bowel Syndrome** IBS is the most common functional bowel disorder. An estimated 15 million

From Our Doctors

Dr. Bianca: A message about the mind/body connection, time, money and energy.



Dr. Cordova: Alternate Nostril Breathing: Grab a tissue!



people in the United States have IBS. It is responsible for >50% of gastrointestinal referrals. Nearly 50% of patients have psychiatric abnormalities, with anxiety disorders being most common. Know the stress signs! If your heart rate increases, if you begin to feel abdominal discomfort, start the Alternate Nostril Breathing and consider adding Taurine to your day! Ferri's Clinical Adviser 2020

✦3 **Ulcerative Colitis** The disease affects men & women at similar rates. Infection with non-typhoid salmonella or campylobacter is associated with an 8-10 times higher risk of developing UC in the following year. Worldwide UC is more common than Crohn's. Environmental triggers and immune dis-regulation in a genetically susceptible host is the most likely cause of UC.

•**You've Got Good Guts!** Maintaining the proper gut flora is imperative to good health from the stomach to heart to the nervous system to mental health. Strains from *Lactobacillus* and *Bifidobacterium* bacteria work on our behalf to train the immune system, prevent or treat diarrhea caused by infections/antibiotics, improve irritable bowel syndrome symptoms, and reduce inflammation and allergies. Is a probiotic right for you?

•**Acupuncture** Stomach Food Retention and Stomach Damp Heat are two Chinese diagnosis that relate to UC, Crohn's, and IBS. The tongue is red, sticky/yellow and the pulse is rapid, slippery. Acupuncture is a treatment to try for loose stools, gas/bloating, & poor appetite.

✦4 **Harmony Within Yourself** Responding to the early signs of stress will put you ahead of the flares! Journaling, talking to a friend, or walking away from stressful situations empower you to manage your care.

✦**Consider:** Food sensitivity testing, stool testing and asking what supplements are right for you to help with balancing your intestinal flora and inflammation.

Christmas Holidays. Wishing you the Best!

As 2021 comes to a close, West Valley Naturopathic Center appreciates you, your families, and your dedication to health. The doctors and staff at West Valley wish you a peaceful Holiday full of blessings and in the wise words of Charlie Brown, "What if, today, we were grateful for everything?" *Happy New Year!*

The office will be closed December 24, 27, & 31 and Jan 3 for the holidays.

