



West Valley Naturopathic Center

Supplement of the Month

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

1. **Taurine/CBD:** This is wonderful combination of 2 of our favorite all natural supplements to help with stress. Stress is a major factor that can adversely affect the heart. This includes increased risk for elevation in blood pressure, cholesterol and sudden heart attack.
2. **CoQ10:** We will be discounting on both our 100mg and 300mg variety. We recommend 100mg per day for general support of the heart with this amazing antioxidant that specifically supports the heart. We recommend 300mg for anyone who is at high risk for heart disease.
3. **Chelation IV** - Chelation is used to help rid the body of excess heavy metals which can have adverse effects on the heart as well as the entire human body. It is also used to help clear arteries of excess calcium. Helping to increase circulation and decrease blood pressure. **(Must be an active patient, have a kidney function test within the last 6 months and be cleared by your doctor to receive chelation)**

Heart Health for Valentine’s Day

Cardiovascular disease, heart health, hyperlipidemia, coronary calcium score, lipid panel: so many tests and imaging dedicated to the Heart. Naturopaths play a big role in Prevention (versus management of a heart attack). Guess who else? You! Your dedication to diet, exercise, and stress reduces cardiovascular disease.

Risk factors:

These factors contribute to developing heart disease:

- Overweight (BMI >25)
- Lack of Exercise
- Tobacco/Cigarette smoking
- Driving on the 101
- A1C > 5.7
- Eating Processed Food.
- Lack of the dark, leafy greens
- Poor Diet
- Alcohol consumption
- Stress and Anxiety
- High-Risk Ethnic Population
- High Blood Pressure
- Depression
- High cholesterol

There are activities you can do to reduce your risk of being diagnosed with cardiovascular disease.

Strategies:

♦1 **Prioritize** Fill your plate with foods on the glycemic index. The index compares increase in blood sugar after the ingestion of simple sugars and complex carbohydrates with the increase that occurs after the absorption of glucose; equal amounts of starches do not give the same increase in plasma glucose (what the A1C measures). Try the Keto-Nootropic as part of your low-glycemic choices.

Ferri’s Clinical Advisor, 2020.

♦2 **Soluble/Insoluble Fiber** What’s the difference?

From Our Doctors

Dr. Bianca: A message about the heart healthy herb Hawthorne.



Dr. Cordova: A message on some things you can implement now to help your heart



Soluble fiber improves digestion. Perfect for November! It binds cholesterol which tends to be higher in uncontrolled diabetics. Insoluble softens stools which makes them easier to pass. Did you know beans and peas contain significant amounts of BOTH? Who knew?

✦ **3 Movement** The dreaded exercise. The temptation to binge watch our favorite show is mighty enticing. And what if we weren't born into bodies that crave motion? "I just don't feel right if I don't run 5 miles" is something you may never have said. ***Exercise creates more insulin receptors in the body so that more glucose can be safely taken up and used by the body.

• **Start Slow** An exercise program isn't you without YOU in it. It must be individualized and built up slowly. Try beginning with 15 min of low-impact aerobic exercise 3 times per week. Remember, it all adds up! Then try to increase the frequency and duration to 30-40 minutes per week of moderate aerobic activity. At this level, it would be an effort to maintain a conversation or sing your favorite song while exercising at this level.

• **Use an app** MyFitnessPal will log your calories, macro nutrients, and has a large food database. These features make it easy to start and keep a food diary. You'll know instantly the amount of carbohydrates, proteins, and fats you've eaten for each meal. It also links to MapMyRun. Open this app as you start your walk/run and it will track the distance and calories burned for you. Upgrade to have your location tracked and shared if exercising alone.

✦ **4 Gratitude** Gratitude improves health, creates more positive moments, and highlights the good. It makes us more resilient which is much needed for the Holidays!

Happy Valentine's Day

Announcements:

1.) Dr. Archambault will be out of the office from 1/31/22- 2/11/22, please call the office with any questions or concerns and do not send messages via the portal for a faster response.

2.) Dr. Cordova will be out of the office 2/22-2/4/22 as well as 2/18/22 and 2/25/22

