



West Valley Naturopathic Center

Supplement of the Month

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

1. **Keto-Nootropic:** Supports clear thinking, focus, memory and the immune system with ginseng. Use for sustained muscle, brain energy and a support of the immune system by assisting the body to deal with chronic stress.
2. **Immunity Protect.** 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. This can be used as a preventative and if you are having symptoms. 4 caps per day to prevent and 8 pay day when symptomatic.
3. **IV** - We will continue to have our Immune IV as our featured IV. Specifically due to the surge of the Omicron variant. This IV is excellent when done at the first sign of symptoms of cold or flu/Covid. Our immune IV is 10x stronger than any of the "immune IVs" being offered by other IV clinics. **Must be an active patient and have a kidney function test within the last 6 months)**

The Key Players in Moving Lymph.

What is lymph and why is it important? The lymphatic system is a complete circulatory system designed to drain waste products and infectious agents from the body. *****If your body is sensitive to medications, supplements, the environment, or you feel sluggish then moving lymph could be a great option for you.*****

Which Organs Can Be Detoxed?

These organs can benefit from a good cleaning. Read to find out how and why it's beneficial to clean them.

- **LIVER:** *"That's it's job."* Yes, true! But eating organic foods, avoiding plastics/GMOs/chemicals minimizes the work it was designed to do. Milk thistle and a-lipoic acid are two of the most useful. Always consult your ND before starting any new protocol.
- **GALLBLADDER:** *"But it just helps breaks down fat."* Yes, true! Bile is also a major route for toxins. Bile is primarily aqueous & is a major route for toxins to exit. Efforts to improve bile help detox.
- **Gastrointestinal System:** *"My naturopath always asks about my poop."* Of course we do! It's good stuff. With constipation toxins remain the body longer than ideal and begin to be reabsorbed.
- **KIDNEYS:** *"They need water, right?"* Yes, true! Your whole body does but the "kids" really need water a good hosing to optimize their job. Drinking half you weight in ounces can help this.
- **Lymphatic System:** *"Never heard of it."* That's ok! It's a cool garbage disposal system getting more attention these days. The bean-size glands make up a highway that carry white blood cells AND protein/fats from the digestive system. It's another option for the body to move cargo (trash) out of the body.
- **SKIN:** *"Ewwwww."* Arizonians are no strangers to sweat but it's also helpful for releasing toxins. Watch the video for how to skin brush!
- From *Toxic: Heal Your Body from Mold Toxicity, Lyme Disease, Multiple Chemical Sensitivities, and Chronic Environmental Illness.* Neil Nathan, MD

How do I detox? There are a number of ways to detox:

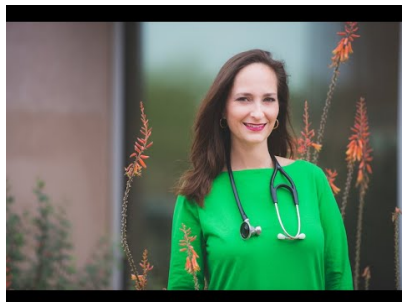
From Our Doctors

Dr. Bianca: A message about detoxing.



<https://youtu.be/TmsUYEqB3P4>

Dr. Cordova: How to skin brush to support the lymphatic system.



You can pick and choose which ones work best for you.

- ♦1 **Sauna** What happens in a sauna? Sweat! Using a dry sauna can leave you feeling invigorated. The blood vessels real and dilate in a sauna which improves blood flow encouraging water weight loss and a solid flushing.
- ♦2 **Skin Brushing** Skin cells do naturally exfoliate from the body but skin brushing can promote this process and when used daily create softer, healthier looking skin. With a lymph brush, do large sweeps up both arms and always towards the heart. Sweep up the legs and do daily if you have have not been treated for cancer.
- ♦3 **Physical Activity** Fun fact. When the body moves, muscles move. When muscles move it squeezes the lymphatics and they can move more white blood cells, more toxins, and more garbage out of the body! Try a brisk morning walk with your dog or spouse.
- **Supplements:** *West Valley Naturopathic Center carries all your high-quality supplements you need to support a good detoxification and what a great way to start 2022.*
- **Milk Thistle/Silybum marianum:** Your body already thanks you. The most well-researched herb is milk thistle. A mixture of flavonoid complexes protect the cells from toxic effects of drugs, chemo, and can reduce liver enzymes and inflammation. Win-win! <https://journals.sagepub.com/doi/abs/10.1177/1534735407301632>.
- **GI Integrity** This gentle mixture of herbs will help the body clear out the bad and build the good! It supports liver function but also balances the intestines with a little fiber to address constipation. Great way to rebuild!

HAPPY NEW YEAR

Moving into 2022 West Valley Naturopathic Clinic wishes you the very best the year has to offer! May **Light** surround you and know that you can never have too much hope, joy, positive goals, or glitter.

The office will be closed Jan 3 for the holidays.

