



West Valley Naturopathic Center

Supplement of the Month

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

1. **NOX Support** : Is a powerful combination of 3 key ingredients to provide your body with a sustained release of nitric oxide. Nitric oxide will decline with aging and is responsible for increasing blood flow throughout the body. It is a great natural aid for ED as well as cardiovascular support.
2. **Prostate Support** - Combines 3 herbs and 3 minerals specific to supporting the prostate. This product is ideal for men with mild to moderate BPH with urinary symptoms or for general prostate support for the aging male..
3. **Hydration IV** - H2 Ohhh it's so good for you! Bypass the digestive system to nourish tissues and organs with the clinic's Hydration IV bag. Hydration clears skin, enhances productivity, promotes weight loss, cushions joints, and increases metabolism. Temperatures are rising - stay hydrated with an IV. **(Must be an active patient and have a kidney function test within the last 6 months)**

Focusing on Men's Health

The Men. As a female writing the newsletter I'm clearly without the manly approach to convince men to take care of their health. **But do it.** If you've been the provider, the protector, the one who makes sure others are safe, your health is very important. Taking care of yourself ensures you'll be there for those depending on you. I do see higher heart rates and blood pressure on the first visit, it happens in females, too. But you know what? We cover a lot in the initial visit and subsequent readings are usually lower. Let us keep you healthy!

Always speak to your naturopath first before starting any supplement.

Top Causes of Death on Men

- Heart & Kidney Disease
- Cancer
- Unintentional Injuries
- Stroke, Alzheimer's Disease
- Chronic Obstructive Pulmonary Disease
- Diabetes, Influenza, Pneumonia, and Suicide

There are a number of activities you can do to reduce your risk disease and staying healthy.

Inactive men are 60% more likely to suffer from depression than those who remain active.

♦1 **Protect Yourself** Taking a pressure washer to the porch or sidewalk or any surface is satisfying but not okay without protective eye gear. Ignoring your body for years isn't either and protecting yourself does include regular check ups. WVNC is very thorough in their labs, initial intake and follow-ups. All this to get a

From Our Doctors

Dr. Huynh : Addresses causes of ED.



<https://youtu.be/3qnXiHdApPU>

Dr. Cordova: The importance of Testosterone.



full picture of who you are not a cookie-cutter approach. We listen and customized your treatments.

♦2 **Prostate Health** Prostate cancer has surpassed lung cancer as the most common non skin cancer in men. In the US more than 220,000 new cases are diagnosed yearly, and nearly 30,000 males die from prostate cancer each year. The incidence increases with age with 72 being the average time of diagnosis of the cancer. At WVNC your serum prostate-specific antigen (PSA) free and total is run regularly along with your hormones. Motorcycle/bike seats and lifting weights while seated can elevated these lab tests. Avoid 48 hrs prior to draw.

♦3 **Manage Stress** From taurine to taurine/CBD to alternative nostril breathing techniques there are plenty of subtle ways to control and manage stress. It's important to allot time in your day to do something you enjoy. Sleeping between 7 and 9 hours of sleep ensures your body can repair appropriately each night.

•**Heart Disease** Arteries can develop atherosclerosis which is a hardening of the arteries due to plaque buildup. It builds faster in men than women and could lead to heart attacks or strokes due to unstable blood clots according. At WVNC we order more specialty labs plus a Coronary Calcium score to better monitor you.

•**Prunus africana/Pygeumfru** Preventative approaches to health play a huge role in tackling disease. This plant is known as an inflammation modulator. Most studies show improvements in frequency of nighttime urination, urine flow rate, and how much urine remains after. It's also been shown to reduce the symptoms of benign prostate hyperplasia (BPH).

Office Happenings in June

- 1.) Elation messaging via the portal will be moving to unilateral messaging. You will be able to receive and respond to messages from your doctor, however, you will no longer be able to send messages through the portal. Please call the office, 623.643.9598, with questions or concerns
- 2.) Dr. Cordova will be out of the office from 6/8/22 - 6/13/22
- 3.) Dr. Archambault will be out of the office from 6/13/22 - 6/20/22

