



West Valley Naturopathic Center

Supplement Updates

1.) Immune Booster Injections: We are very happy to announce that we were able to secure a large shipment of immune booster injections and. We will once again be able to offer these injections without restrictions

2.) B12/Ginseng Injections: We had run into a supply issue and are currently out of stock. We have been reassured by our manufacturer that we will be able to receive more and have placed a large order in the hopes that we will have it in stock again in April.

Alternatives:

- 1.) B12 lozenges 10.000mcg per day in the morning.
- 2.) Adrenal Px: 2 caps 2 x per day or if easier 4 caps in the morning at one time

OR

3.) Eleutherococcus Tincture: This is the same form of ginseng within the injectable form. 2 droppers 3 x per day or 3 dropper 2 x per day.

3.) Detox Nutrient Packets: Are currently on back order and we are working to find out when they will be back in stock and for an alternative to this product.

Products of the Month:

- 1.) B12 lozenges 10,000mcg
- 2.) Adrenal PX

We will be offering **15% off** of the above 2 products through the month of March.

Liver: Is it on the right or the left side of the body? Do you know?

The right side, of course. No pun intended! As in opposite of the left side. Did you know where the liver is? If so, good job! If you were to sit for a chemistry exam, and you bubbled in "Liver," you'd probably be right 90% of the time! That's how many metabolic pathways happen in the liver. Check out the impressive list below about what this organ can. This isn't a complete list!

The Wonders of the Liver: Largest Solid Organ

- Control flow of/safety of substances from digestive tract before handing it over to the circulatory system
- Detoxification of toxins, hormones, and drugs
- Stores a gazillion minerals/vitamins: Iron, Copper, Vitamins
- Thyroid Health: converts T4 to T3, activates Vitamin D
- Filters the blood from bacteria, aids the immune system
- Secretes 700 to 1200mL of bile per day

"Just been assaulted in a health food shop! Someone threw a massive bottle of cod liver oil tablets at me.

—Fortunately I only suffered super fish oil injuries."

♦1 **Metabolic Detoxification** The liver steps up to the plate when it comes to making sure that drugs and hormones don't pile up in the blood stream. The human body requires supplements and even hormones sometimes but it does have to leave eventually! That's where the liver prevents their reabsorption by breaking them down into less harmful water-water-soluble molecules that can be eliminated from the body.

♦2 **Storage of Minerals & Vitamins** The liver stores certain vitamins and minerals including copper and iron. Vitamins B12 and D are actually stored for months and Vitamin A for several years! Iron's name is changed

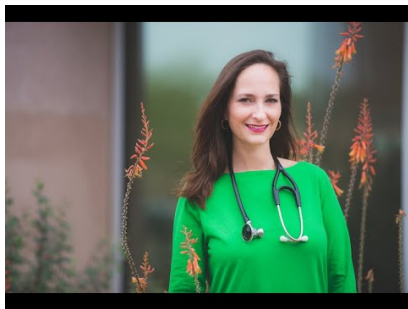
From Our Doctors

Dr. Bianca answers the question, "What is my favorite supplement from WVNC?"



<https://youtu.be/gfywkoofXSQ>

Dr. Cordova answers the question, "What is my favorite supplements from WVNC?"



to ferritin. Ferritin is a protein complex that the liver releases as need for RBC production. So diverse!

♦3 **Role of the Liver in Immunity** The liver is the main organ in hematopoiesis which is the formation of blood components such as red and white blood cells. Besides storing a lot of blood it makes prothrombin, fibrinogen, and clotting factors; all important in stopping a bleed!

•4 **Helping the body make bile** The liver also helps to make bile which is normally attributed to the gallbladder. The liver makes it and sends it down. Bile is vital to escorting fat and cholesterol out of the body!

•5 **Acupuncture** TCM attributes the emotion "anger" to the liver. Too much anger and it could indicate liver stagnation. Points on the Heart meridian are used.

• **Passes for acupuncture treatments are now available! Please inquire at the front desk.**

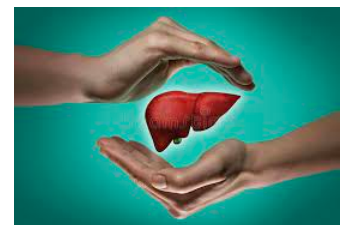
•6 **Supplements** The most well known supplement support is *Silybum marianum* or Milk Thistle. The flavonoids are antioxidants that protect against damage to the liver cells and can reduce ALT/AST on labs. It is one of the most researched plant in naturopathic care.

•7 **Castor Oil** Using castor oil packs are fun, relaxing, and easy peasy to do! The treatment requires a bottle of high grade castor oil (available at the clinic), an old rag, and a heating pad. Apply a generous amount of castor oil to the....*do you remember which side?*....apply the rag and then the heating pad, set on medium heat. Then let the castor oil absorb while you watch TV or play poker. Do NOT fall asleep with the heating pad or use high heat so the skin isn't burned.

Harmony : Is staying ahead of the curve. Set the intention for peace of heart, mind, and your body.

The doctors at West Valley Naturopathic Clinic do treatment plans for concerns. Acupuncture, meditation, and castor oils packs do more than maintain, they set you up with a firm foundation of health from which to draw upon in times of stress.

The office will be closed the afternoon of Friday 3/11/22 for an inservice CPR training for all staff .



Upcoming: Detox with a Doc

Sneak Peek for April:

About this time of year is when our New Year's resolutions have gone one of 2 ways; they have become cemented as a new pattern and way of being or, have completely fallen off to the wayside .

WNC and our staff are excited to offer you a way to get back on track or simply join us for a little spring cleaning.

We will be offering a spring cleanse with a twist for those who want to participate: During the month of April we will be doing a Doctor lead group cleanse with some add ons for those that want it.

Packages:

- 1.) 10 day detox with a doc
- 2.) . Extended 21 day detox
- 3.) Detox rolling into a 30 day HCG program for those who want to lose some additional lbs.

Optional Add Ons:

- 1.) MIC injections, a fat burning combination that can also aid with energy
- 2.) B12 injections

We are currently working out all of the details and will keep you posted once we have everything finalized!!!