



West Valley Naturopathic Center

Supplement of the Month

Through the month of August the following supplements will be **20% off:**

- 1. Detox Pure Packs:** A comprehensive multivitamin loaded with detox support. Glutathione, NAC, milk thistle, fish oil, vitamins and minerals. Everything you need to support your body's detox pathways.

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

- 2. Intenzyme Forte:** The benefits of Intenzyme Forte™ include providing support for healthy digestive, immune and circulatory functions. We have been using this formula for breaking down Covid protein spike. 6 tabs 2 x per day away from food
- 3. Immunity Protect:** This product was specifically formulated to help with viruses and in particular Covid- 19. 2 caps 2 x per day when feeling sick or 2 caps per day as maintenance.
- 4. Large hydration with a Meyers push (Bag of Sunshine).** Great overall support - must have a kidney function within last 6 months and be an active patient.

Introducing Dr. Nicole Libby



Dr. Nicole Libbey received her undergraduate degree from the University of South Dakota in Kinesiology and Exercise Science with a minor in Psychology. While at USD, she competed in cross country and track & field for the Coyotes. Soon after, she earned her Doctorate of Naturopathic Medicine from Sonoran University of Health Sciences, in Tempe, AZ.

She has a special interest in helping adolescents and young adults with GI concerns, autoimmune diseases, environmental toxicity, mental/emotional health, and hormonal imbalances. Her favorite modalities include homeopathy, botanical medicine, safe detoxification, acupuncture, and working with the subconscious to better support the body, mind and spirit.

Beyond licensure as an NMD, Dr. Libbey is a certified Ketamine Assisted Psychotherapist and focuses on safe administration, set/setting, and post-therapy integration. She's experienced with Neuro-Emotional Technique, Holistic Subconscious Dialog, and has received advanced training in Biomodulator Therapy.

Ketamine Therapy

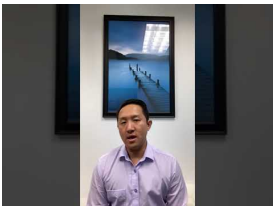
Ketamine was first introduced to the medical field in 1964 as an anesthetic. It quickly became a common go-to for doctors since it proved safe to use on children, animals, and the elderly. Research into its therapeutic and mind-altering effects began soon after, in the 1970s. In the 1990s and 2000s, research emerged on its effectiveness in treating depression,

From Our Doctors

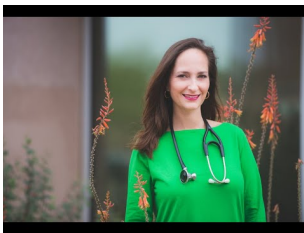
Dr. Huynh: Immune system optimization and IV therapy for Covid.



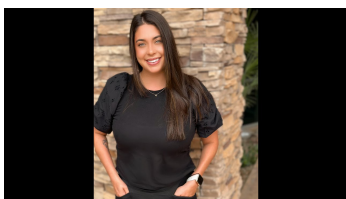
Dr. Nguyễn: Discusses about the use of enzyme in acute and long haul Covid



Dr. Cordova: Can't I get enough Vitamin D from the sun? I live in Arizona!



Dr. Jordan Trapp: Dr. Trapp introduces herself.



anxiety, PTSD, OCD, eating disorders, alcoholism, chronic pain and suicidality.

Ketamine works by blocking the NMDA receptor in the brain. This prevents glutamate from attaching to the NMDA receptor, so it is now available to attach to different receptors instead. Glutamate is the most abundant excitatory neurotransmitter in the human brain. At low (sub-anesthetic) doses of ketamine, there is an increase in glutamate which results in an increase in Brain Derived Neurotrophic Factor (BDNF). The increase in BDNF leads to an enhancement of neuroplasticity, or the ability of brain cells to form new connections with one another. This is the currently held belief on how ketamine exerts its antidepressant effects.

Higher doses of ketamine work as an anesthetic. But in lower doses, ketamine has been shown to produce non-ordinary states of consciousness, including empathic, out-of-body, near-death, and ego-dissolving experiences. These non-ordinary states of consciousness have been shown to be beneficial in alleviating mental and emotional states of suffering through offering a glimpse of the world from a new perspective, helping one to feel compassion for themselves and others, and offering deep insights and self-reflection. It has the power to awaken you to higher perspectives and allow a deep cleansing of your psyche, followed by a stronger connection to your true self and your greater life purpose. Every experience is different every time and for every person.

The gifts and benefits from treatment can come before, during, or after (and even a long time after) your actual experience. It is important to embrace your total experience, to stay present with the moment, and not attempt to analyze your experience too quickly. Every experience offers a unique lesson, and it is often never what you expect. Ketamine treatment can also magnify your challenges and burdens, which can be difficult. But it creates an opportunity to work through it to find a level of healing that is otherwise out of reach.

We have seen ketamine therapy really shine with depression, PTSD, anxiety, ADHD and substance abuse. **Schedule a meet and greet with Dr. Libby to see if ketamine therapy is appropriate for you.**

Post COVID-19. Now what?

Patients come to WVNC with long-term symptoms of having contracted COVID-19. COVID has shown a lot of variability in symptoms from person to person and unfortunately for those who contract it more than once, the course is variable. The most commonly seen long term effects of COVID are listed below.

COVID-19 LONG HAULERS CAN SHOW THESE SIGNS BUT ARE NOT LIMITED TO:

SIGNS/SYMPTOMS:

- Chronic Cough
- Chronic Fatigue
- Heart Palpitations
- Tachycardia
- Lack of Taste or Distorted Taste
- Lack of Smell or Distorted Smell
- Garlic/Sulphur Smell to Foods/Bowel Movements
- Stomach Upset
- Joint Pain
- Memory Loss

THERAPIES TO HELP POST-RECOVERY:

There are several therapies available to you as an established patient at WVNC. With blood work on file from the past six months, there is a full IV suite you can call the front office to make an appointment. Past newsletters have featured these great IVs and can boost vitamins and minerals in the body to speed recovery.

VITAMIN D:

Vitamin D caught the attention it deserved for supporting the immune system; however, vitamin D is a fat soluble vitamin and levels should be checked. This vitamin D will be stored in the body when excess levels are reached. Fortunately routine vitamin D labs are ordered for you when you are a patient at WVNC. Vitamin D3 is also one of the ingredients in our Immunity Protect supplement.

IV THERAPY:

Our IV therapy bags range from Meyers to Immunity to Hydration to Hydrogen Peroxide to Metal Chelation at very reasonable prices. We have had great success with the use of our immunity IV at the very first sign of any symptoms of Covid, particularly when done on consecutive days. [Schedule your appointment today.](#)

THYROID HEALTH

Hair loss has been reported with COVID. It's important to check the health of the thyroid in the process of seeking treatment for the virus. A TSH, free T4, free T3, plus thyroid antibodies are ordered to ensure this important organ has the support it needs. Selenium and Iodine can be given to support optimal functioning. Your naturopath will determine the proper course of treatment that is unique to your health and needs.

Covid Update - Keeping You Informed:

We have seen a recent uptick in patient's who have been testing positive for Covid. This strain's symptoms have been headache, sinus pain and pressure, body aches, fever, chills and sweats. Our recommendation is that you call the office as soon as you have symptoms to get set up for an Immunity IV back to back. We also recommend that you get started on ivermectin, intenzyme and immunity protect. This combination has worked very well to help our patients to get over Covid quickly.

If you are having any cold or flu like symptoms we ask that you please make the staff aware and that you wear a mask to help protect the staff, thank you for your understanding and your consideration.