



West Valley Naturopathic Center

Supplement of the Month

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

1. **Fish Oil (Omega 3)**
2. **CBD/Taurine** - We have combined 2 of our favorites into one pill for you. Both help to reduce stress and anxiety, helping with focus and sleep. Poor sleep and stress may increase ones risk of heart disease.
3. **Immune IV** - Due to the continued prevalence of Covid particularly with the Delta variant we are going to offer our immunity IV as a special this month. It has a high dose of Vitamin C with other ingredients that have a direct anti-viral effect and stimulates your immune system. ***(Must be an active patient and have a kidney function test within the last 6 months)***

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:

- Tobacco/Cigarette smoking
- A1C > 5.7
- Eating Processed Food.
- Lack of the dark, leafy greens
- Poor Diet
- Alcohol consumption
- Stress and Anxiety
- High Blood Pressure
- Depression
- High cholesterol

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

From Our Doctors

Dr. Huynh:

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).
- ◆2 *Movement* Exercise creates more insulin receptors in the body so that more glucose can be safely taken up and used by the body. Cardio also supports a healthy heart and cardiovascular system.
- ◆3 *Soluble/Insoluble Fiber* What's the difference? Soluble fiber improves digestion. 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?
- ◆4 *Chelation IV therapy*

HAPPY VALENTINE'S DAY

