



West Valley
Naturopathic Center

Naturopathic
Medical Centers

KETAMINE

Supplement of the Month

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

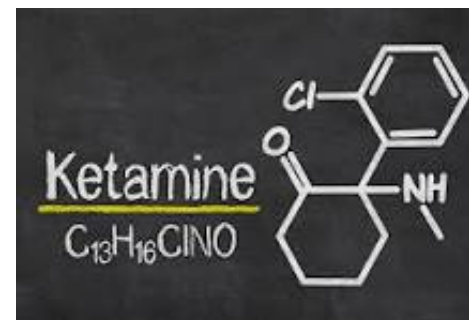
1. **CBD/CBG:** We have upgraded our CBD to a CBD/CBG combination. We did some split testing in the office and it was unanimous that our patients had better results with the combination of cannabinoids vs. CBD alone. Helping with sleep, anxiety, insomnia and pain. If you have been using our CBD you may need to drop your dose as this formulation has been working better.
2. **Li-Zyme:** This is another amazing micronutrient that can really help to shift our body out of that fight or flight response. It is an essential nutrient that most of us are deficient in. Lithium helps with anxiety and depression and some studies have demonstrated it can help with pain as well.
3. **Hydration IV:** Yup, that time of year again. 15% off large or small hydration to help you to stay ahead of the heat. **(Must be an active patient and have a kidney function test within the last 6 months)**

What is Ketamine?

Ketamine is an anesthetic when given at higher doses and this is originally how it became used in the medical field in 1964. In lower doses, Ketamine has been shown to produce different states of consciousness or a disconnection from one's ordinary reality. These different states of consciousness are beneficial in alleviating mental and emotional states of suffering through deep insights, self-reflection and offering a new perspective.

How does it work and is it safe?

Ketamine works by causing an enhancement of neuroplasticity in the brain. In layman's terms, it causes your brain cells to create new pathways and connections giving you the ability to overcome struggles, trauma, fears, and stress. Ketamine is very safe when administered in a clinical setting.



What does Ketamine help with?

- Depression
- Anxiety
- PTSD
- OCD
- Addiction Disorders

From Our Doctors

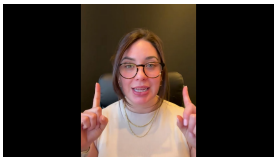
Dr. Huynh:



Dr. Nguyen:



**Dr.
Trapp:**



- Chronic Pain

The Benefits of Ketamine:

Overall, it allows healing and the opportunity to be able to mentally and emotionally process past or present traumas that are unresolved giving you a new perspective on your situation. The benefits of Ketamine can occur during or for a while after treatment.

Effects of Ketamine:

- Dream-like feelings
- Altered state of awareness
- Heightened senses
- Heaviness or Lightness
- Sensitivity to light
- Jerky muscle movements
- Nausea, or vomiting
- Drowsiness or Insomnia

Important Key Notes:

- 1.) Ketamine can only be prescribed by a Doctor and given in a controlled, comfortable environment. You can not drive after being administered Ketamine.
- 2.) The effects of Ketamine are different for everyone. Each session will produce a unique experience.
- 3.) Long term results of Ketamine Therapy are best found when they are integrated with coaching or therapy sessions, commitment to your goals and integration of practicing mindful daily habits.
- 4.) You will not be alone during your Ketamine session. We have a designated staff member that will sit with you to offer support during your treatment in anyway you need. Whether that be physical touch or in presence, they are there to hold space for you and what you need. They will walk you through the treatment with an opening and closing statement, allowing you the time and space to set your intentions for the session.

If you are interested in Ketamine Therapy or want further information, please call our office at 623-643-9598.

Happenings:

1.) Both of our locations will be closed on 7/4/24 in observance of Independence Day. Both locations will be open for regular hours on 7/5/24. We wish you and your family a safe and happy 4th !!

2.) Through the month of July first responders and veterans will be given an additional 10% off on all services and supplements at both of our locations. Thank you all for your service !!



3.) Dr Archambault will be out of the office 7/10 - 7/12 and will be on sabbatical for the month of August.

4.) Happy 1 year anniversary to Dr. Trapp. We appreciate all of your effort, hard work and flexibility with launching our Mesa location, thank you.

5.) July is the 20th anniversary of West Valley Naturopathic Center.

To all of our patients:

We are honored that you have entrusted us to help you on your health care journey. Our health is our single most valuable asset that we have. Thank you for allowing us to participate in your health care and for referring your friends, spouses and loved ones to us to that we may help them in their health journey. As most of you are aware it is a process and it is a process we are honored to be a part of - Thank You !!

To my staff: I owe a debt of gratitude to all of our staff and physicians. Your dedication, hard work and commitment have been integral to the service and value that WVNC provides to our patients each and every day, year after year. Without each of you, we would not be where we are today and we would not be able to keep on doing what we do. With sincere gratitude and humility - Thank You, to each and every one of you for all you do.



To my wife: Thank you for all of your support over the years, I know it has not always been rainbows and sunshine and it means the world to me to have you by my side on this journey.

To Jay: Thank you for helping me to see what I cannot see. I appreciate your patience and support in working with WVNC to provide an exceptional patient experience, results and to help with our growth.