



Understanding Stress

Stress is your body's natural physical and mental response to life experiences. Short term stress can motivate and help us stay focused while chronic stress can have a significant impact on our physical and mental health.

- When you experience stress, your body releases hormones such as cortisol, which prepare you to deal with a threat. (Flight or Fight)
- Prolonged exposure to high levels of cortisol (stress) can lead to various health issues, such as:
 - Headaches
 - Increased mental and emotional turmoil
 - Rapid breathing and heart rate
 - Insomnia
 - Weakened immune system
 - Stomach ache
 - High blood pressure
 - Low libido
 - Menstrual and fertility issues, PMS
 - Erectile Dysfunction
 - High blood sugar
 - Hormone dysregulation
 - And many more!

Supplements of the Month

The following supplements are **15% off** for the month of April:

Thiamin: A B vitamin that helps with stress and energy.

CBD/CBG: A potent blend of CBD and CBG helps to reduce anxiety and stress. This can be taken throughout the day or as needed.

NAD IV: We are now offering this service to our patients! This IV helps with energy, inflammation, nerve pains, and stress!

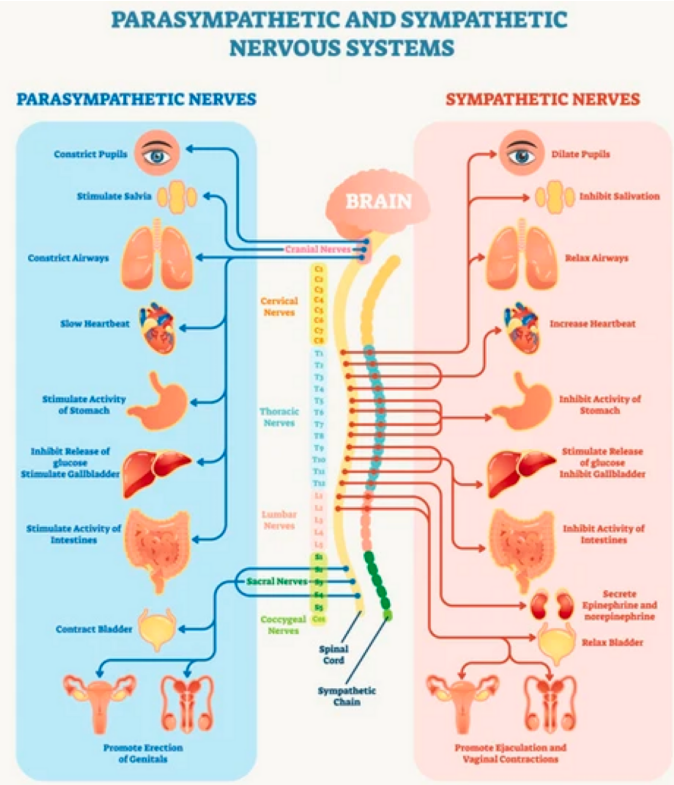
Ketamine Therapy: A great service for patient's struggling with anxiety, depression, PTSD, or pain.

10% off until August:

Coq10: This is an amazing antioxidant to protect our heart. It's also recommended if you are on a statin or red yeast rice.

Parasympathetic vs. Sympathetic Nervous System

- **Sympathetic Nervous System**, known as “**fight or flight**”, is activated during stressful or emergency situations. When we live in chronic stress, our nervous system can get stuck in this state which then leads to a host of health concerns.
- **Parasympathetic Nervous System**, known as “**rest and digest**”, promotes a state of calm and recovery.
- The two systems have opposite effects on the body but work together to keep the body's functions in balance based on current or situation needs.



Heart Rate Variability (HRV):

- HRV reflects the ability of the heart to respond to various physiological and environmental stimuli, such as stress, exercise, and relaxation. HRV is used as an indirect measure of the balance between the sympathetic and parasympathetic nervous systems.
- High HRV indicates a dominate parasympathetic (rest and digest) influence and good adaptability to stress and recovery.
- Low HRV may indicate sympathetic (fight or flight) dominance, chronic stress, poor recovery, or potential health problems.
- How to track HRV: Apple Watch, Whoop, Oura Ring, or HeartMath Inner Balance machine.



Stress Management Techniques:

- Breathing Exercises:
 - Alternate Nostril Breathing
- Mindfulness Meditation
- Regular Exercise
- Healthy Sleep Habits
- Journaling
- Grounding and getting out into nature
- Yoga
- Tai qi
- Qi Gong
- Practicing Gratitude
- Praying
- Social Media detoxes

OFFICE UPDATES

- **Sam has reached FOUR years with us and we want to acknowledge her for her hard work and dedication! We appreciate you Sam!**
- Dr. Nguyen's office visit rates have increased to the following:
 - Initial New Patient Appointment: \$350
 - 15 minute follow up: \$95
 - 30 minute follow up: \$125
 - 45 minute follow up: \$175
 - 60 minute follow up: \$225
- We are doing our spring Detox with a Doc starting on April 21st! Check out the attached flyer for further information!
- We are now offering NAD IV therapy! Please contact your provider if you are interested in this service.

Hear from our Doctors



Dr. Nguyen discusses Ketamine Therapy and how it can help with conditions such as stress, depression, anxiety, pain management and PTSD. Ketamine works by helping to reboot or reorganize neural circuits by increasing a neurotransmitter called glutamate. Combining Ketamine therapy with talk therapy and/or EDMR proves to have the best results.



Dr. Rada discusses our newest service, NAD IV Therapy! NAD is an essential coenzyme found in all of our cells and it correlates to the energy production in our mitochondria. NAD supports our immune system, DNA repair, Inflammation in the body, brain and tissue health, energy, and chronic stress!



WEST VALLEY
NATUROPATHIC CENTER

DETOX WITH A DOC



SCAN FOR BUNDLES

Join the Detox with a Doc program and enjoy benefits such as:

Weight Loss: Shed unwanted pounds and feel lighter

Improved Energy: Boost your energy levels naturally

Better Concentration: Enhance your mental clarity and focus

Less Cravings: Reduce cravings and develop healthier eating habits

Access to a Doctor: Receive expert guidance and support from Dr. Brian Archambault throughout the 7 day program



APRIL 21-28, 2025

To sign up, call our office at 623-643-9598 no later than April 4, 2025 to prepay for your kit