

Rockwood Natural Medicine Clinic Newsletter

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Dear Thomas,

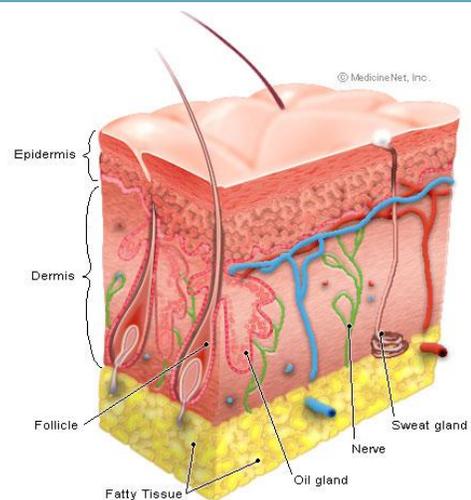
Welcome to RNMC's February e-newsletter. We will be providing healthy tips, coupons and other important information in a monthly e-newsletter, so be sure to add us as a "safe sender" to your email provider. We look forward to hearing from you with requests for articles, thoughts and ideas.

Sincerely,

The Physicians at RNMC

How to Maintain Healthy Skin By Katie Stage, N D

Winter, even in Arizona, can be a troubling time for skin. Dry weather, centralized heating systems, reduced physical activity, and even the after-effects of holiday excesses can contribute to dry, dull, cracked, or itching skin. While specific skin lesions should be evaluated by your physician, this guide will help you make some simple changes in your daily routine to optimize your skin's appearance and vitality.



Normal Skin

Hydrate

A common trigger for skin problems is dryness. Skin that is dry has lost some of its protective lipids, putting it at risk for additional

aggravation from temperature variations, topical irritants, and bacterial or fungal infection. So proper hydration is crucial. You should aim to drink half of your body weight in ounces of water a day (so a 150 lb person should drink 75 ounces of water a day). Adequate water intake also helps flush the body of toxins, which can show in the skin.

Moisturize

If your skin is dry, you may also need to apply a moisturizer or cream to it to help maintain its protective barrier. Ointments, creams, and oils are the most effective types of preparations for imparting moisture to the skin, although lotion may also be used. The best times to moisturize are right after your bath or shower, to seal in the moisture, and it is good to get in the habit of applying moisturizer at least twice a day.

Simple coconut, olive, sesame, or jojoba oils are effective at imparting moisture. If you prefer a cream, ointment, or lotion, look for products that do not contain alcohol or fragrances, which can irritate and dry the skin, or the additives BHA, Oxybenzone, PEG/Cetareth/Polyethylene compounds, and parabens, which are implicated in allergic reactions, neurotoxicity, endocrine disorders, and may be carcinogenic. For more information about additive in skin care and personal products, visit the Skin Deep website at <http://www.ewg.org/skindeep>.

Wash Deliberately

Using soap made of olive oil is a fantastic way of imparting moisture to your skin. Olive oil soap can be found at local farmers markets or in health foods stores. Washing your face and body should be limited to 2 times a day - over washing can strip the skin of its essential oils and aggravates oily, as well as dry skin. Also, it is best to avoid temperature extremes, as these can aggravate the skin.

Detoxify

The skin is one of the ways the body eliminates toxins. In the colder weather of winter, we tend to sweat less. This, combined with typical winter habits such as less physical exercise due to the cold and dark weather and the consumption of heavier, more comforting foods, can contribute to the accumulation of metabolic waste causing puffy, dull, or irritated skin. One way to combat this is to make the commitment to getting in exercise - enough to cause you to sweat - at least 4 days a week. If you have a gym membership, follow your exercise with 10 minutes in the sauna or steam room to really allow your body to maximize detoxification through sweating. Ensure proper water intake, as mentioned above, to allow your cells to flush out their metabolic waste.

We can also help you do a more comprehensive detoxification, which may include several weeks of dietary modifications, liver cleansing herbs, hydrotherapy, and more, as tailored to your individual needs. A comprehensive detox will result in increased energy and yes, better looking and more vital skin.

Other factors

While it is best to have a physician evaluate your individual needs and customize a plan for optimizing your skin appearance and health, the elimination of food allergies or triggers, supplementation with healthy oils such as EPA DHA and/or GLA and moderate sun exposure can all

contribute to vital skin. Acupuncture and homeopathy can also help with particular skin issues, such as psoriasis and eczema. Please visit our patient articles page for more information on specific skin conditions.

So what are the benefits of B12 shots?

By Meghna Thacker, NMD

1. Vitamin B12 increases metabolism, the side effect of which can be weight loss. With regular B12 shots and a combination of other weight loss regimens, people have reported to lose weight much faster and they attribute it to the shot.
2. B12 is a great energy booster. What better way to deliver an energy booster than directly into the bloodstream? The other option would be to take a supplement, which would take many hours in the digestive process and would lose much value along the way.
3. Speaking of value, with a B12 shot, you retain almost all the B12 - none of it gets lost in the digestive process. For comparisons sake, a B12 tablet leaves you with only 1.2% of B12 in the tablet. A shot will lose very little, if any.
4. B12 Shots are highly recommended mood boosters as well. B12 is essential for a properly functioning central nervous system - we know that dysfunction can lead to depression. If you suffer from mild depression once in a while, you can try a B12 shot as a mood booster.
5. B12 is essential for a properly functioning cardiovascular system. It thins the blood and prevents blood stickiness. Blood cell sticking together is what leads to a blood clot which can cause a stroke.
6. **As an introduction, we are offering a package deal of Six B12 (1cc each) shots for \$50.**

What's New in the Literature

Chicken Nuggets and Health - This past week it was reported that a 17 year old woman in Great Britain was rushed to the hospital after collapsing at work while struggling to breathe. During her examination the doctors were "stunned" to learn that she had never eaten any fruits and vegetables in her life since age 2 years, but rather subsisted on Chicken Nuggets as her primary source of nutrition. The patient stated that she "loved them so much they were all I would eat". This was confirmed by her mother.

Comment: After seeing this in the paper I just had to include it, even though it is not a journal article. What parent at times hasn't thrown up their hands to a crying child who demands fast food and gives in? But for 15 years!! If the chicken nuggets were only stripped down and fried in oil that would be one thing. But in fact the manufacturing process involves use of stabilizers and preservatives that are added to the shredded chicken in order to be reformed into bite size chunks without any (large) bone.

The stabilizers and preservatives are said to include dimethylpolysiloxane, a form of silicone also used in cosmetics and butylhydroquinone (TBHQ), a form of butane. The article goes on to say that "According to one report, chicken is only about 50 percent of a McNugget; the remainder is a mixture of corn-derived ingredients, sugars and synthetic substances".

The bottom line is that most all fast foods are prepared in a similar manner, not just chicken nuggets. So it is important that if they are being consumed to some extent that a good multivitamin and antioxidant be provided as well. There is however, no good substitute for fresh fruits and vegetables. They might even keep someone from collapsing at work.

Statin Medications and Increased Risk for Diabetes Mellitus - An article recently published in the *Archives of Internal Medicine* found that statin medications of all types were associated with a 48% increased risk for the development of type II diabetes. The author noted that in research studies the risk was increased regardless of whether a low or high dose was given, while there was no clear relationship established with duration of therapy.

Comment: What I found interesting about this article was the author's conclusion that this new information should not preclude patients from taking statin medications despite the risk of developing type II diabetes because the risk to benefit ratio for heart attack outweighed the risk to benefit ratio for the formation of diabetes. This despite the author's own study results that showed the same relationship.

This I believe is yet another example of managed care as opposed to patient care. In this segment the author refers to statistical data, i.e. the benefit/risk ratio, to justify using statin medications to decrease heart attacks even though they are now implicated in the development of diabetes. Statins, [as we have previously pointed out](#), while decreasing the risk of heart attack, increase the incidence of congestive heart failure among other problems. When we as a society look at health care simply as statistical data and remove the human being from the equation, we often end up choosing between 2 evils.

Bath Salts -- Not a Relaxing Soak in the Tub! - According to this article in the *Morbidity and Mortality Weekly Report*, "bath salts" are the latest designer drugs that are sending patients to emergency rooms in increasing numbers. Unlike the usual Epsom salts and essential oil/aroma therapy types, these compounds contain central nervous system (CNS) stimulants such as 3,4 - methylenedioxypyrovalerone (MDPV) or 4-methylmethcathinone (mephedrone). The most common signs and symptoms were agitation, tachycardia, and delusions/hallucinations. Thirty-two patients (91%) had neurologic symptoms 27 (77%) had cardiovascular symptoms and 17 (49%)

had psychological symptoms. A number of the patients end up being admitted and one has died due to their effect.

Comment: A lot of you may already know this (I am often clueless until I read about it in a journal) that these substances are often injected, inhaled and ingested by people as they evidently experience a bit of a "high" from them. The article points out that many of the ER visits were due to inhalation of bath fumes in persons who became very relaxed and didn't know the warning signs of intoxication. I am not sure if these substances are being used in spa's or not, but it might be a good thing to ask the next time you go to one, and certainly be aware of when purchasing over-the-counter "Bath Salts".

Natural Weight Loss Program @ RNMC

Do you want to get healthy and prevent yourself from developing chronic diseases like diabetes and cardiac problems?

Do you want to bring your cholesterol and blood pressure in normal healthy ranges?

Do you want to build lean muscle mass and burn away fat?

Do you want to feel energetic once again?

If you have answered yes to any of these questions, we have a great solution for you!

[Dr. Meghna Thacker](#) at RNMC can help you reach your goal weight naturally and easily. "It is a lifestyle change, not only a short-term diet but for the long term" says Dr Thacker. "I don't believe in crash dieting. You will be able to control your cravings and not feel hungry on this diet."

If you are ready to take charge of your health, then give us a **Call Today** @ 480-767-7119 to speak with Dr. Meghna Thacker, NMD for a free 15-minute phone consult to find out how she can help you.

Rockwood Natural Medicine Clinic
www.rockwoodnaturalmedicine.com

Nature Cure and Liver Detoxification Thomas A. Kruzel, ND

When I first entered practice I spent a lot of time on case analysis trying to figure out the exact therapeutic regime for each patient. While this proved fruitful in many cases, and I was able to learn a lot by doing so, I also struggled with a number of patients who did not respond to my treatment plan. It was at this point that I received a bit of advice from an



older, more experienced physician. He said that when faced with a patient that does not respond to well selected therapies, and he wasn't sure what to do, he always reverted to basic naturopathy and nature cure. To him this meant; change their diet, perform constitutional hydrotherapy, get their bowels functioning and clean the patient's liver. Under this program he explained, the body always corrected whatever imbalance there was and the patient never failed to respond.

At the time, being a new graduate who had just learned the "scientific" basis of naturopathic medicine, I thought this to be a bit simplistic. However, over the years I have developed a healthy respect for this method of treatment and have been very grateful for the advice I was given. Since then I have not only incorporated nature cure into my practice, but often will begin my therapeutic regime with it, even though there may be more "scientific" and "evidence based" therapies available. This is simply because it works well, stimulates the patient's vital force, restores homeostasis, and will often decrease the necessity of other therapies.

For diet and nutrition I place all of my patients on the Blood Type Diet utilizing it as an elimination/reintroduction program to uncover food allergies. The dietary changes alone often correct any bowel function problems that exist, but if not, then enhancing the patient's liver function usually finishes the job. For this task I place the patient on lipotropic factors that they take with meals for anywhere from 30 to 60 days.

I have found lipotropic factor formulas to be useful in a variety of conditions but I mainly use them to help restore normal liver function so that the body is better able to re-establish homeostasis. I now do this regardless of whether the medical condition warrants the prescription as I have found that in today's polluted environment, you can never forget detoxification. They are particularly important in treating women with menstrual irregularities or after menopause, especially if they have been on birth control pills or hormone replacement therapy. Additionally, any skin disorder such as a rash with epidermal involvement, urticaria or a drug eruption respond better to the indicated therapy if the patient's liver under goes some form of detoxification. Lipotropic factors provide an easy way of accomplishing this.

I usually recommend that patient's undergo a detoxification/liver cleanse at least 2 times per year, usually in the late fall/early winter and spring and lipotropic factors are a part of the program. I dose at 2 tablets/capsules with meals 2 to 3 times per day and caution the patient that they may feel like they are coming down with a cold or flu initially. This is a good reaction as it tells me that their liver is dumping toxins and that optimal function is being restored.

I have now gotten to the point where incorporation of nature cure and basic naturopathic principals into all therapeutic protocols has become a large focus of my practice. The nice thing about this is that, while I get better clinical results, the patients like it because they experience a greater level of health and sense of well being.

Thank you for being a patient with Rockwood Natural Medicine Clinic. We will continue to provide you with safe, effective and affordable healthcare.

Sincerely,

Thomas Kruzel, N.D.

Rockwood Natural Medicine Clinic (RNMC) is a naturopathic family practice facility. RNMC was founded in 1991 as a primary care/family practice clinic with a mission to provide safe, sensible and effective natural medicine for the entire family. The physicians at RNMC are dedicated to educating and training the next generation of healthcare providers. For more information about RNMC, please visit www.rockwoodnaturalmedicine.com.

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If you'd like more information about the topics in this newsletter, or to schedule an appointment with one of the clinic physicians, please call Kathleen at (480) 767-7119 or e-mail her at RNMC9755@yahoo.com.

**Save
20%**

We value our patients and their referrals. For each new referral you will be afforded a 20% discount off your next office visit. Please make sure the person you refer mentions your name. No limit.

Does not include laboratory fees, supplements or IV or acupuncture packages.

**Save
10%**

Please present this coupon at your next visit for a 10% discount off your next supplement order. To share this coupon with friends or family simply click "Forward email" below for them to print out.

Offer Expires: February 28, 2012