

Rockwood Natural Medicine Clinic Newsletter

In This Issue

[Mayan Uterine
Massage](#)

[Antioxidants - What is
the Best Source](#)

[Spring Cleanse
Program](#)

[Natural Ways to Treat
Diaper Rash](#)

Quick Links

[Patient Articles](#)

[Location](#)

[Services](#)

[Contact Us](#)

Join Our List

[Join Our Mailing List!](#)

Issue: 4

April 2012



Dear Thomas,

Welcome to RNMC's April 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

Mayan Uterine Massage

By Katie Stage, N D

April is Women's Health Care month, so we would like to share a lesser known but powerful way to increase the health and vitality of women: Mayan Uterine Massage. Mayan Uterine Massage is a soft tissue technique that has been used by the Maya of Guatemala, Yucatán Mexico, and Belize for hundreds of years.

The concept behind Mayan Uterine Massage is that correct alignment of the uterus allows for optimal blood flow, innervation, and lymphatic flow through the pelvic area. Since the uterus is located in the center of the lower abdomen, considered the seat of a woman's power (called the "lower dantian" or "hara" in Chinese/Japanese practices such as Chi gong, Tai Chi, and martial arts), correct alignment can also affect the energetic balance of a female.

The uterus is anchored in place by several ligaments, but is somewhat mobile within the pelvis. A variety of things, including certain types of exercise, walking in high heels, childbirth, and trauma such as a car accident or sports injury can cause the uterus to fall out of alignment. This can

produce symptoms such as low back pain, dysmenorrhea, chronic constipation, infertility, irregular menstrual cycles, and more. Using techniques developed by the Maya, Dr Stage can release tension in the abdomen or pelvic area as well as reposition the uterus to its proper place. Mayan Uterine Massage is conducted externally on the abdomen, so is minimally invasive.

Dr Stage often combines the technique with herbal medicine, Craniosacral therapy, and other soft tissue work. She has seen it to be extremely effective in resolving not just constipation and 'women's issues', but also in working through emotional trauma, which is often held in this area. Additionally, it is very valuable for fertility.

Dr Stage learned Mayan Uterine Massage in Belize from Beatrice Wight, a well-known healer. Ms Beatrice was one of three healers who learned the technique from Don Elijo Panti, a Mayan shaman. While one of the three, Rosita Arvigo, has continued to practice and teach the technique, Ms Beatrice and the other healer, Ms Hortense, have both now passed away. Dr Stage has visited Belize twice to learn from Ms Beatrice, and aims to keep this valuable healing modality from being lost.

For more information on the technique, consider Rosita's book [Sastun](#).

Whats New at RNMC

Dr Katie Stage was recently on the NBC morning news Saturday, March 19th discussing "Superfoods". She previously was seen on [FOX morning news](#) Tuesday, March 15 discussing dandelion as a medicine and food. To view the please click on the link provided.

Soon to be released is Dr Kruzel's newest book the: Pediatric Natural Medicine Home Health Advisor. The book provides safe, sensible and effective natural therapies that can be done at home. We will let you know as soon as it is released.

A number of our patients and a few physician colleagues have told us about a new gluten free restaurant in the Scottsdale area. Nourish located on Highland Ave, north of Scottsdale Rd has been getting good reviews. Reservations can be made at 480-684-2233.

Arizona, and Scottsdale in particular, is a mecca for health spa's that run the gamut from weekly stays to day spas. A colleague of ours, Dr Cathy Rogers has been running a naturopathic health spa for several years now that focused on healthy food, hydrotherapy, meditation and yoga and exercise. Her Chico Spa is located near Seattle. If you are interested the web site is www.chicospa.com.

Antioxidants - What are the Best Sources?

A paper published in the Journal of Agricultural and Food Chemistry about two years ago compared the antioxidant strength of a list of fruit juices. The authors, researchers from UCLA, are aware that terms like anti-oxidant are commonly used to promote juice products to consumers.

In this study they used a variety of different tests. Four different tests to measure antioxidant potency were performed that measured antioxidant capacity.

The juices were also tested for antioxidant functionality by measuring how well they inhibited low-density lipoprotein (LDL) oxidation by peroxides and malondialdehyde. Antioxidant functionality affects oxidation of these lipoproteins which is the first step in forming atherosclerotic plaques. The total polyphenol content was also measured.

Several different brands of each type of juice were purchased and tested. The juices included: (number of brands in parenthesis)

1. apple juice (3)
2. açai juice (3)
3. black cherry juice (3)
4. blueberry juice (3)
5. cranberry juice (3)
6. Concord grape juice (3)
7. orange juice (3)
8. red wines (3)
9. iced tea beverages (10) [black tea (3), green tea (4), white tea (3)]
10. Pom Wonderful pomegranate juice.

The test results were given equal weight and combined together to create an overall "antioxidant potency composite index."

Pomegranate juice had the greatest antioxidant score among the beverages tested. Its score was more than 20% higher than red wine which came in second place. Here is the order from highest antioxidant to least:

1. Pomegranate juice
2. Red wine
3. Concord grape juice
4. Blueberry juice
5. Black cherry juice
6. Açai juice
7. Cranberry juice
8. Orange juice

9. Iced tea beverages
10. Apple juice

Obviously these laboratory measures do not tell us which products will work best to prevent disease. They do give us some perspective though on the various label and advertising claims we are confronted with.

There's a second paper of interest related to this, also from 2008. In this paper Chinese researchers gave 26 people a daily glass of either apple juice or pomegranate juice and tested the blood of the test subjects to compare effects of the two juices.

They measured changes in plasma antioxidant capacity, activity of antioxidant enzymes, contents of ascorbic acid, vitamin E, reduced glutathione, malondialdehyde, oxidized low-density lipoprotein and carbonyls, and the degree of DNA damage in mononuclear blood cells.

Those who drank the pomegranate juice had a significantly higher plasma antioxidant capacity. The apple juice also had benefit but much less. The blood levels of vitamins C and E and other chemical antioxidants were not particularly different between the two groups of test subject so the researchers concluded that it is the phenols in these juices, chemicals like quercetin, ellagic acid and gallic acid that are responsible for the effects.

Comment: Again I am indebted to Dr Jacob Schor who takes the time to uncover these obscure but important studies. We are often asked this question as to what substances provide the greatest antioxidant protection. This study provides some answers and seems to correlate with other previous data. Our view is that fresh squeezed juices, high in antioxidants provide a maximum of antioxidants, vitamins and minerals that the body can utilize without much effort. This is in contrast to pre-packaged and processed juices that have preservatives and a lower antioxidant content. We will continue to recommend the juicing of fresh fruits and vegetables.

What's New in the Literature

Evidence Implicating Bisphenol A in the Development of Heart Disease is Increasing - In an analysis of data derived from the US National Health and Nutrition Survey (NHANES), the data associated with Bisphenol A (BPA) an endocrine system disrupting chemical, showed that higher urinary BPA concentrations were associated with heart disease in a cross-sectional manner, independent of traditional risk factors. World wide the population is exposed to BPA primarily through

packaged food and drink, but also through drinking water, dental sealants, exposure to the skin, and the inhalation of household dust. BPA binds to estrogen receptors, and laboratory studies have shown it can induce liver and oxidative cellular damage, disrupt pancreatic cell function, and have obesity-promoting effects, all of which could plausibly contribute toward CAD risk.

The lead researcher of the current paper, Dr David Melzer (Peninsula College of Medicine and Dentistry, Exeter, UK), commented: "This is the third time that BPA has been statistically linked to CHD [coronary heart disease]. I am slightly stunned that this association has come up every time."

Comment: We have written before about the effects of xenobiotics such as BPA and a host of others and their effects on humans. The studies on BPA were conducted on rats, who secrete the substance quickly through the bile while humans conjugate them in the liver for excretion in the urine. Therefore the initial studies did little to assess their effects on humans. What is all the more alarming is that they are passed from the maternal circulation to the fetal circulation meaning that there is exposure in-utero. This presents a potential for growth and developmental problems which are now only being realized and further studied. In particular, BPA affects male sperm production and onset of puberty in males. This is the bad news; the good news however is that they can be screened for easily and with the proper supplementation, can be eliminated from the body.

Regular NSAID Use Linked to Erectile Dysfunction - In this study regular use of nonsteroidal anti-inflammatory drugs (NSAIDs) were associated with erectile dysfunction (ED), according to the results reported in the Journal of Urology. The authors went into the study expecting to find the opposite, that NSAID use would help with ED because of its protective effects against heart disease, as heart disease is linked to ED. NSAID use was present in 47.4% of the 80,966 participants surveyed, and moderate or severe ED was reported in 29.3%. NSAID use and ED correlated strongly with age. Regular NSAID use increased from 34.5% in men aged 45 to 49 years to 54.7% in men aged 60 to 69 years, and ED increased from 13% to 42% in these age groups. The authors concluded; "These data suggest that regular NSAID use is associated with ED even after extensive adjustment for age and potentially confounding factors or comorbidities."

Comment: The authors of this study were at a loss to explain the data suggesting that more work is needed in order to elucidate the mechanism for NSAID's effects on erectile dysfunction. In previous columns we have written about the adverse effects of NSAID's and this is another reason not to use them, especially when studies on curcumin, green tea, arginine and other antioxidants show that CAD and ED are affected positively by their use. Additional information on [natural treatments of ED](#) can be found at our web site.

Spring is a time for fresh starts. Many people embark on deep house cleaning, with the objective of getting rid of the accumulated items, dust, and clutter of the winter months. It is just as important to focus your energy on an internal cleanse.

Common benefits of a cleanse include more energy, brighter complexion, prevention of illness, clearer thinking, and better overall health. It also often results in weight loss. Additionally, by removing food intolerances and triggers, seasonal allergy symptoms may be diminished or alleviated.

A medically supervised program is the best way to ensure a safe and effective cleanse. At Rockwood, we have devised a 3-week program that will provide you with all of the tools you need for a successful cleanse, including a medical food, liver support, B12 injections, dietary and lifestyle guidelines, and complete medical supervision. The program is \$149 - a fantastic value as products and services for this program are worth over \$250.

Call us at 480-767-7119 to reserve your spot in the program as spaces are limited!

Natural Ways to Treat Diaper Rash in Babies

By Meghna Thacker, NMD

Diaper rash is a common form of inflamed skin (dermatitis) that appears as a patchwork of bright red skin on your baby's bottom. Diaper rash is commonly linked to continuously wet or infrequently changed diapers, diarrhea, and using plastic pants to cover diapers. Diaper rash also may develop after solid foods are added to your baby's diet, when breast-feeding mothers eat certain foods or when your baby is taking antibiotics.



The best treatment for a diaper rash is to keep the diaper area clean and dry as this will also help prevent new diaper rashes. There are various over the counter creams and ointments that are available to treat diaper rash but if you are looking for more natural ways to treat this condition, I would like to share with you some botanical and homeopathic remedies that are helpful.

Botanical Remedies

Calendula: Calendula is the best herb used to treat diaper rash problems. Apply the oil extracted from calendula on the skin of the baby will get rid of a diaper rash. I use a Calendula cream for my baby made by a company called Weleda that works great.

Aloe-Vera: It is an herb having strong cleansing properties. Give a warm bath to your baby and then apply Aloe-Vera gel on the area of the rash.

Peppermint and sandalwood: Prepare a mixture of sandalwood and peppermint oil. Gently massage with this oil on the baby's bottom. It is an effective remedy for curing diaper rash.

Fenugreek: Take some seeds of Fenugreek, grind the seeds thoroughly and mix them in a cup of water to make a paste. Now apply this paste on the baby's buttocks to prevent diaper rash problem.

Plantain Leaf Extract: Gently rub the extract of plantain leaves on the affected area to avoid diaper rash.

Homeopathic Remedies

These medicines can be prescribed by your homeopathic doctor and will be different for each person based on the signs and symptoms presented. That means if two babies are brought to the clinic complaining of diaper rash, they both will be prescribed different remedies based on their individual presentation. Some remedies that are commonly used in treatment of this condition are:

Anacardium orientale: An intensely itching rash with swelling and fluid-filled blisters may appear. Itching is worse from applying heat or contact with hot water.

Apis: When a rash is the result of an allergic reaction and takes the form of hives, or if a rash is very pink and swollen with burning or stinging pain, this remedy may be useful. Discomfort and swelling are relieved by cold applications.

Belladonna: This remedy is useful for conditions with sudden onset that are hot, bright red, and throbbing. Rash may be accompanied by fever.

Bryonia: A bumpy, hot, and dry rash may respond to this remedy. Discomfort may be worse from heat and touch, although applying pressure or lying on the affected side often soothes the itching. If illness accompanies the rash, the baby wants to lie completely still and be left alone.

Graphites: Rashes with eruptions that ooze a sticky golden fluid, then crust over, may be relieved with this remedy. Itching is worse from

warmth and worse at night.

Ledum palustre: This remedy is indicated for a puffy and swollen rash. Both the swelling and the itching are relieved by cold applications.

Sulphur: Red, irritated, itchy, burning rashes that are aggravated by heat and washing may respond to this remedy. The touch of clothing, especially wool, can cause a rash or make it worse. Eruptions may be dry and scaly, or moist and infection-prone.

How to Prevent Diaper Rashes

Always wash your hands after changing a diaper.

Avoid using wipes that have alcohol or perfume. They may dry out or irritate the skin more.

Do NOT use corn starch on your baby's bottom. It can make a yeast diaper rash worse.

Do NOT use talc (talcum powder). It can get into your baby's lungs.

Change your baby's diaper often, and as soon as possible after the baby urinates or passes stool.

Lay your baby on a towel without a diaper on whenever possible. In the sun light if possible as air and light on a bare bottom makes for a happy baby. The more time the baby can be kept out of a diaper, the better.

Pat the area dry or allow to air-dry.

Put diapers on loosely. Diapers that are too tight don't allow enough air and may rub and irritate the baby's waist or thighs.

Use water and a soft cloth or cotton ball to gently clean the diaper area with every diaper change. Avoid rubbing or scrubbing the area. A squirt bottle of water may be used for sensitive areas.

Using highly absorbent diapers helps keep the skin dry and reduces the chance of getting an infection.

If you use cloth diapers:

Avoid plastic or rubber pants over the diaper. They do not allow enough air to pass through.

Do NOT use fabric softeners or dryer sheets. They may make the rash worse.

When washing cloth diapers, rinse 2 or 3 times to remove all soap if your child already has a rash or has had one before.

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.

###

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: April 30, 2012