

Rockwood Natural Medicine Clinic Newsletter

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Issue: 1

January 2012



Dear Thomas,

Welcome to RNMC's January 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.

On behalf of the physicians and staff we want to wish everyone a safe, prosperous and Happy New Year.

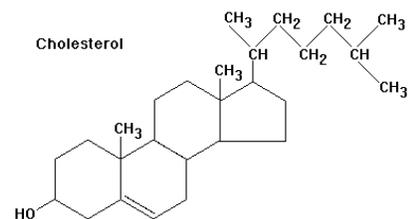
Sincerely,

The Physicians at RNMC

Cholesterol - The Good, the Bad and the Down Right Ugly

Cholesterol levels seem to be on everyone's mind these days because of its role in the development of coronary artery disease (CAD) and increased risk of heart attack and stroke. Advertising for statins to lower cholesterol levels are common and guidelines as to what are acceptable levels constantly changes based upon the latest studies. What is cholesterol and what does it do in the body?

Cholesterol is a 27 carbon sterol structure that is widely distributed throughout the body tissues including brain and nerve, skeletal and heart muscle, liver, kidneys and adrenal glands to name a few. It is a primary component of cellular wall structure and provides the precursor molecule of steroid hormones, adrenal hormones and Vitamin D. Because of its critical role in the function of the human body, we are able to synthesize cholesterol in the liver, thus ensuring adequate amounts. Depending upon the amount taken in through diet, liver synthesis will fluctuate to compensate. Cholesterol is recycled by being excreted by the liver via



the bile into the digestive tract. Typically, about 50% of the excreted cholesterol is reabsorbed by the small bowel back into the bloodstream.

Cholesterol becomes a problem when dietary intake exceeds the needs of the body and it is stored. In addition to cholesterol, dietary fats termed triglycerides are also important in assessing the effects of lipids on the body. Triglycerides are fats carried in the blood obtained from the foods we eat. Excess calories, alcohol, or sugar are converted into triglycerides and stored in fat cells throughout the body.

Cholesterol can be broken down into different parts depending upon its particular function. There are two main types, LDL (low density lipoprotein cholesterol, also called "bad" cholesterol) and HDL (high density lipoprotein cholesterol, also called "good" cholesterol). There is also VLDL (very low density lipoprotein). Additionally both LDL and HDL can be broken down into dense and buoyant fractions, each one of these affecting transport and the propensity toward development of CAD, heart attack and stroke.

Generally, LDL cholesterol can build up on the walls of your arteries and increase your chances of getting heart disease if it is not properly removed. That is why LDL cholesterol is referred to as "bad" cholesterol. The lower your LDL cholesterol number, the better it is for your health. If you have a greater amount of the buoyant LDL fraction, then its ability to be transported and block arteries becomes greater, increasing your risk. If the dense fraction is greater, then the risk decreases that it will become arterial plaque even though there are high LDL levels.

HDL cholesterol, the so called "good" cholesterol, protects against heart disease by taking the "bad" cholesterol out of your blood and keeping it from building up in your arteries. The higher the number, the better it is for your health. Here too HDL can be broken down into dense and buoyant forms, the ratio affecting over all CAD risk. The more buoyant HDL present, the lower your risk factors become because it is transporting excess cholesterol back to the liver for reprocessing and elimination. A greater amount of dense HDL, even though the over all HDL level is high, increases the risk of CAD because it isn't transporting as much excess cholesterol.

It is these ratio's between the buoyant and dense LDL's and HDL's that provide a better assessment of risk for CAD, stroke and heart attack, especially when evaluated along with other genetic markers such as Lipoprotein A [Lp (a)], Cardiac-CRP, homocysteine and insulin levels.

While standard blood testing forms the basis of most clinical decisions as to whether to place someone on statin medication, the testing for cholesterol, LDL, HDL and triglycerides does not assess the dense and buoyant fractions of each form. Therefore someone who has "normal" cholesterol levels may in fact be at risk for CAD and stroke, while someone who has a marginally elevated cholesterol may not be at high risk at all.

Cholesterol is a vital nutrient and levels can usually be managed by dietary changes, exercise and adequate nutrient intake. Cholesterol is found primarily in animal fats as complex mixtures of triglycerides, with lesser amounts of phospholipids. As a consequence, all foods containing animal fat contain cholesterol to varying extents. Major dietary sources of cholesterol include cheese, egg yolks, beef, pork, poultry, and shrimp. Human breast milk also contains significant quantities of cholesterol. The amount of cholesterol is present in plant-based food sources is generally much lower than animal based sources. In addition, plant products such

as flax seeds and peanuts contain cholesterol-like compounds called phytosterols, which may help to lower serum cholesterol levels.

Current Guidelines for Cholesterol, LDL and HDL.

Total Cholesterol

Less than 200	Desirable
200 - 239	Borderline High
240 and above	High

LDL Cholesterol

Less than 100	Optimal
100 - 129	Near optimal/above optimal
130 - 159	Borderline high
160 - 189	High
190 and above	Very high

HDL Cholesterol

60 and above	High; Optimal; helps to lower risk of heart disease
Less than 40 in men and less than 50 in women	Low; considered a risk factor for heart disease

Triglycerides

Less than 150	Optimal
150 - 199	Borderline high
200 - 499	High
500 or higher	Very high

If you are concerned that your cholesterol level may be too high, a more exact evaluation of your coronary artery risk factors can be performed. We take into account not only blood lipid levels, but assess genetic risk factors as well. Ask your physician for more information.

Phthalates - Another Environmental Pollutant Concern

We have been asked about phthalates by a number of our patients because of the increasing press coverage about possible toxic side effects. Phthalates are esters of phthalic acid a substance used in plastics such as those found in bottled water in order to make them more flexible. They are also found in food

wraps, baby bottles, baby teethingers, perfumes and fragrances, and children's toys. Researchers have recently begun to express concern over the high amounts of phthalate metabolites now being found excreted in urine as these have been linked to DNA damage in sperm and fetal malformations in mice.

In Europe, several phthalates are classified as potentially carcinogenic, mutagenic and toxic to reproductive organs, and have been banned from use in cosmetics. Women in the 20 to 40 age group, have been shown to have higher levels of phthalates compared to other age groups. This is of concern because of their potential to cause birth defects. Additionally, phthalate metabolites have



been found to be higher in men who use fragranced products such as cologne or aftershave.

While the FDA has concluded thus far that there are no health risks, they continue to monitor the situation. Consumer groups, citing animal studies that show testicular atrophy, reduced sperm counts and atrophy of the prostate, have called for stricter guidelines for their use. The concern in the long term is that birth defects such as hypospadias, testicular atrophy, ectopic or undescended testis, and eventual testicular cancer will be encountered.

Screening tests on urine and blood for phthalates and other organic chemicals such as xylene, toluene, benzene styrene and trimethylbenzene are available. If present a specific detoxification program can be undertaken. For more information, ask your doctor.

Whats New in the Literature at RNMC

The physicians at RNMC have over the years written a number of articles for medical journals, textbooks and lay publications. A few of these are found at our web-site and can be read or down loaded. Below is a list of current articles with their links. We hope that you enjoy them and share them with your friends.

[Acid Reflux Disease](#) - Americans are exposed daily to numerous commercials for medications to stop acid reflux. We are lead to believe that this is a disease state rather than a condition of abnormal digestion and that instant relief is available by going to the nearest drug or grocery store and picking up antacids. The over use of these over-the-counter medicines only serve to make the condition worse. This article discussed the how's, why's and what can be done naturally to relieve this common condition.

[Allergies](#) - this article discusses allergic reactions and what causes them while providing information on how to lower the risk of developing them.

[Anal Fissure](#) - the article covers the natural treatment of this painful condition.

[Asthma](#) - this article is the testimony draft authored by Dr Kruzel for the AANP at the request of Senator Dan Burton for his hearings on alternative and complementary medicine. The article reviews the evidence on how naturopathic medicine can not only treat asthma but cut health care costs as well.

[Attention Deficit Hyperactive Disorder \(ADHD\)](#) - Often times children are diagnosed with ADHD when they do not fit the criteria. This article by Dr Kruzel discusses the reasons why children are diagnosed and the reasons that many of them do not have this condition.

[Avian Flu](#) - this article discusses the possible complications resulting from the Avian Influenza and preventive measures should it strike.

[Breast Feeding and the Introduction of Solid Foods](#) - Ever wonder why breast feeding is so important and why physicians recommend introducing solid foods in an incremental manner? This article reviews the how's and why's of immune system development and its dependence on breast feeding and good childhood nutrition.

[Cancer: Awareness, Prevention & Natural Therapies](#) - The article discusses the warning signs of cancer, how to recognize them, development of preventive medicine programs to decrease ones risk of cancer, and how natural and conventional medical therapies can be utilized to fight cancer.

[Cancer of the Prostate - A Naturopathic Perspective](#) - Many men diagnosed with CAP are offered surgery or drug therapy as the only treatments. This article discusses the natural medicine approach to cancer of the prostate as well as some of the newer diagnostic

and monitoring techniques.

[Childhood Nutrition](#) - Childhood nutrition is a vital part of growth and development as well as ensuring proper immune system function. What constitutes proper nutrition for children and why is it so important that good nutritional habits be developed early in life. This article by Dr Kruzel will provide some answers.

[Colds & Flu](#) - this article dispels some myths regarding colds and flu's and provides suggestions for prevention.

[Connecting the Dots- Or How to Put Humpty Dumpty Back Together Again Functional Medicine and Naturopathic Medicine: Can we "connect the dots" to create the big picture?](#) - This article by Thomas A. Kruzel, N D and Zora De Grandpre, M.S., N.D. recently appeared in a natural medicine publication and discusses the emerging and changing roles of medicine as they relate to allopathic, functional and naturopathic medicine.

[Depression: A Common Problem](#) - Depression is something that most everyone experiences at one time or another during their life but are able to overcome it without too much difficulty. About 5% of the population (15 million people) are depressed at any given time while the incidence and severity of depression increases dramatically during the holiday season. How does one recognize depression and what treatments are available.

[Diet and Nutrition A Naturopathic Perspective](#) - This article by Dr Kruzel discusses the various aspects of how and why we make individual food choices, dietary changes associated with aging, and how to determine which diet is best for you.

[Earaches/Otitis Media](#) - this article discusses this common childhood ailment, how to prevent them and natural therapies should they occur.

[Enzymes, Not Just Food Anymore](#) - this article discusses the actions of enzymes, their role in digestion, and their use clinically to treat disease

[Erectile Dysfunction](#) - this article discussed the causes of ED as well as natural therapies for its treatment.

[Fever](#) - this article discussed the how's, whys, and benefits of fevers as well as therapies for managing them.

[Food Additives](#) - this article by Dr Kruzel discussed what food additives are, whether they are safe and what to look for when shopping.

[Gardasil - Reasons for Caution](#) - Human Papillomavirus (HPV) is a common virus that is spread through sexual contact. According to the Centers for Disease Control (CDC), it is one of the most common sexually transmitted diseases (STDs) in the country, with more than 20 million people currently infected and another 6.2 million contracting the virus each year. Every year, about 12,000 women are diagnosed with cervical cancer and almost 4,000 women die from this disease in the U.S. alone. The vaccine Gardasil was initially introduced to vaccinate girls before they become sexually active in order to prevent cervical cancer later in life. But reactions to this vaccine have reached levels that haven't been seen before with other immunizations.

[GERD: TOUGH FINANCIAL TIMES UPSETTING AMERICA'S STOMACH. Are Doctors Providing a Cure or a Band-Aid?](#)

[Headaches](#) -Headaches are a commonly encountered condition suffered by many. He article discussed the naturopathic therapeutic approach with an emphasis on the use of homeopathic medicine.

[Heat Stroke](#) - Heat stroke and exhaustion occur more often than is appreciated in part because each individual will be affected somewhat differently and the classic symptoms may not be fully present. The complications of either condition can be severe and their recognition, management and prevention are discussed in this article

Balancing Hormone Function in Women - This article by Dr Meghna Thacker discusses the major endocrine glands function and interconnectedness in women. Knowing that they interact and are dependent upon optimal function to maintain homeostasis, the evaluation and natural treatments are discussed.

Lectins - This article discusses food lectins and their role in disease and therapy.

Immune System - ever wonder why your immune system seems to be on the "frtiz"? This article provides the answers.

Immunizations & Vaccinations - The controversy around vaccinations has been present since they were developed. This article discusses some natural alternatives to conventional immunization programs for those parents who are seeking alternatives.

Kidney Stones - This is a summation of a chapter written for a textbook on natural therapeutics for primary care physicians. It discusses the how's and why's of kidney stone formation as well as treatments and preventive measures.

Menorrhagia - What Every Woman Should Know - This article discusses a commonly encountered problem that often goes unrecognized until it results in low energy and changes in ones normal activities of daily living.

Multiple Sclerosis - this article discusses the benefits of natural therapies for the treatment of MS.

Natural Medicine and the Treatment of Methicillin Resistant Staphylococcus Aureus (MRSA) - A normal bacterium found on the body, Staphylococcus aureus, has developed into a deadly warrior against current antibiotic treatment.

Non-Surgical Treatment of Hemorrhoids - Natural and non-invasive treatments for both internal and external hemorrhoids are discussed.

Osteoporosis- Avoidable or Inevitable - This article discusses the reasons behind the rising numbers of osteoporosis in general and in younger women in particular. Strategies for prevention and reversal are discussed.

Polycystic Ovary Syndrome - This article discusses the reasons that PCOS is commonly missed resulting in infertility and the development of diabetes. Conventional treatments are discussed and compared to natural therapies.

Preventive Medicine - This article discusses the need for prevention of disease and provides suggestions as to how a patient can begin to develop their own health maintenance plan.

Psoriasis - Psoriasis is an extremely common skin disorder affecting between 2% to 4% of the United States population. Psoriasis affects men and women equally, with the mean age of onset being 28. It is not uncommon for children to develop psoriasis as well as 2% percent of children by the age of 2 years of age will present with psoriasis usually located in the elbows and will move to the crease of the arms if not corrected.

Porphyrias - Porphyrias are a group of diseases involving the liver and its response to a toxic environment. Previously thought to be a rare disorder, it is now recognized as having a greater prevalence than once thought. This article is a summation of a chapter written for the Textbook of Natural Medicine.

Swine Flu - The recent concern about the Swine Influenza outbreak and the possibilities that it will become a pandemic influenza similar to that of the 1918 outbreak that resulted in the deaths of over 50 million people are discussed in this article. Natural therapies can play a major role in prevention as well as treatment.

[Suggestions for Optimizing Nutrient Value of Your Diet](#) - An optimal diet would be a seasonal diet that is free from pesticides and consumed with a relaxed attitude.

Unfortunately, we do not live in a perfect world, many of us need to eat on the run or eat prepared meals. By following a few helpful suggestions you can optimize vitamin and mineral intake, and digestion.

[Serotyping & Diet](#) - Ever notice how certain foods just seem to upset your digestive system while others don't? This article discusses the reasons for this and the relationship between genetics and what we eat.

[Spring Cleaning](#) - This article is not about how to clean ones house. It is about how to clear ones body of toxins however.

[Statins - Are the Risks Worth the Benefits?](#) - As statin medications are one of the most widely prescribed medicines, the article discusses the reasons for buildup of atherosclerotic plaque, the side effects of statin use, and the role natural medicines and diet play in reversing coronary artery disease.

[Tough Financial Times Impact Health](#) - Across the country clinics are seeing a rise in patients complaining of heartburn.

[Urethritis](#) - this article discussed the natural treatments for acute and chronic urethritis.

[Urinary Tract Infections](#) - Urinary tract infections (UTI) account for a considerable number of visits to physicians every year and are more commonly seen in women than men (10:1 ratio).

[Vitamin D Supplementation: A New Look at the "Sunshine" Vitamin By Meghna Thacker, NMD](#) - Vitamin D is a very important vitamin but an estimated 1 billion people worldwide, across all ethnicities and age groups, have been found to have a vitamin D deficiency. Vitamin D has been found in recent studies to provide much more than treatment for ricketts and osteomalacia. This article by Dr Meghna Thacker discusses the importance of vitamin D in maintenance of health and prevention of disease.

What's New at RNMC

[Dr Meghna Thacker](#) will be seeing patients on Mondays and Thursdays starting in January. Dr Thacker emphasizes women's medicine as well as weight loss in addition to primary care.

[Dr Katie Stage](#) will be scheduling patients on Wednesdays and Fridays. Dr Stage places an emphasis on primary care, women's medicine and pediatrics.

[Dr Phranq Tamburri](#) will be seeing patients on Tuesdays at the clinic. Dr Tamburri specializes in diseases of the prostate.

[Dr Thomas Krueze](#) will continue to see patients throughout the week.

As always, we have a physician available for emergencies 24/7.



What's New in the Literature

Relief for recurrent urinary tract infections (UTIs): cranberries or antibiotics? - This study in the Archives of Internal Medicine explored which approach for treatment of recurrent UTI's was the most effective. Among women UTI's are fairly common and for those with at least 2 per year, antibiotics are commonly prescribed for prevention. In this study, 2 groups who fit the criteria for recurrent UTI's were either given an antibiotic (Bactrim 450 mg/ day) or a standardized cranberry capsule, 500 mg twice daily for a whole year. It was concluded that the antibiotic was better at preventing recurrence of UTI's compared to the cranberry. However, the authors point out that the bacteria became more resistant to the antibiotic treatment, necessitating prescription of another antibiotic, whereas in the cranberry group this was not encountered.

Comment: A number of studies looking at cranberry juice/raw herb and UTI's have been conducted which show that cranberry juice/raw herb fared better than placebo by about 39%. In this study, the antibiotic fared better, but as with any prolonged antibiotic therapy, the microorganisms developed resistance to them. Cranberries have been used in the treatment and prevention of UTI's for many years and thought to work by preventing bacteria from adhering to the bladder mucosa. This is especially seen with E. coli bacteria, the most commonly encountered UTI organism and to a lesser extent with other microorganisms. Many women prefer cranberry or herbal medicine capsules to antibiotic therapy as it is gentler on the GI and GU tracts and does not lead to a gut dysbiosis. This type of therapy is also beneficial in those with indwelling catheters. In my experience those who use cranberry and/or herbal medicines for UTI prophylaxis, require fewer prescriptions of antibiotics if a full-blown infections does occur. This is also seen in those patients with indwelling catheters or those who must periodically catheterize.

Does Acupuncture Work for Hot Flashes in Menopausal Women? - In this article a randomized single-blind sham-controlled trial in perimenopausal or postmenopausal women suffering from moderate to severe hot flashes was reported. The inclusion criteria were as follows: perimenopausal and postmenopausal women (perimenopausal status defined as ≥ 3 months of self-reported menstrual irregularity; postmenopausal status was defined as amenorrhea for ≥ 12 months); 45-60 years of age; desire to receive treatment for hot flashes; hot flashes defined as sensations of heat with sweating that were moderate (able to continue activities) or severe (not able to continue activities), as defined by the Food and Drug Administration. All women were asked not to take new drugs or dietary supplements during the trial and agreed not to change the doses of currently administered drugs or supplements. Participants were instructed to record the frequency and severity of hot flashes in a diary for 4 weeks before enrollment to minimize non-specific effects from the natural remission of hot flashes. The authors concluded that acupuncture did not decrease the frequency of hot flashes but rather their intensity when compared to sham acupuncture.

Comment: In this study the same back points were used on all participants in the acupuncture group and the same non-acupuncture points in the sham group

In acupuncture theory, meridians of energy flow throughout the body and a disruption causes an imbalance, which the acupuncture needles correct when placed properly. Where the needles are placed depends upon the presenting symptoms of the patient; in this group it was hot flushes. Like many wholistic therapies, determination of the course of therapy is based upon individualized symptoms and their variances. In this trial all of the women were given the same acupuncture or sham treatments, which did not account for individual variations on the hot flush theme. Despite this, the severity but not the frequency decreased prompting the authors to suggest that more specific and individual treatment protocols should be evaluated.

Hot flashes are not fun! For any guy who is reading this I suggest that you take 500 to 1000 mg of niacin and try and watch your favorite sporting event so you can experience what it is like. I have been told they are very similar. Anyway, acupuncture when applied, as an individualized therapy should help with reducing both the frequency and severity of hot flushes.

Timely Diagnosis and Disclosure of Alzheimer Disease Gives Patients Opportunities to Make Choices - This article appeared on Medscape recently as a sort of opinion/editorial review. The author takes the position that the more than 54 million Americans who are known to have Alzheimer's Disease (AD) will grow in number by 2050 "unless effective treatment and prevention can be found". He projects that the number of Americans afflicted with AD by 2050 will triple today's totals to over 16 million. One of his arguments is that the current thinking, that AD patients not be informed of their diagnosis so as to avoid the stigmatism of the disease, feelings of despair encountered with the diagnosis, loss of personal identity and increased risk of suicide, actually works to their detriment.

Comment: Whether to inform a patient of a diagnosis of AD, or any debilitating or incurable disease has long been debated in medicine, as the ethical issues are many and varied. The author takes the position that patients should be informed so that they can make choices as to the type of care and preventive interventions and to initiate it early on. Often physicians are reluctant to place a diagnosis of AD on patients because of the difficulty with making the diagnosis, which has lead to a considerable number of misdiagnosis' as well as the social stigmatism that results. From an allopathic standpoint, therapeutic options are few and the preventive measures the author calls for are pretty much nonexistent. Alzheimer's Disease and Senile Dementia is an area that many physicians avoid or are largely unfamiliar with and is most often addressed by primary care and geriatric medicine physicians. Personally I think that anyone who is experiencing some level of cognitive impairment, no matter how small, should consult their naturopathic physician for evaluation as treatment options and preventive measures are numerous and the earlier any cognitive impairment is caught, the better the out come. I also agree with the author of this article in that patients should be informed so as to make choices for appropriate therapy.

**Happy New Year! 12 Things You Can Do To
Increase Health
By Katie Stage, N D**

The start of a new year is a great time to reestablish health goals. Here are 12 things you can do to increase your health and vitality for 2012.



1. Exercise/move your body: regular exercise is the most important single thing you can do for your health. Not only has it been shown in numerous studies to help prevent cancer, heart disease, and diabetes, but it also helps maintain a healthy weight, decreases stress, and promotes a sense of well-being. A walk before or after dinner each night is a great way to start exercising and is a nice transition to help you unwind from your day.

2. Eat more vegetables: Vegetables provide you with the vitamins, minerals, and antioxidants essential for healthy cell functioning. Substituting vegetables for starches in your diet can also contribute to weight loss after excess holiday eating, as vegetables are filling and low in calories. Aim for at least 6 ½ cup servings a day, and a rainbow of colors, such as tomatoes, carrots, squash, kale, eggplant, rainbow chard, and beets.

3. Breathe deeply: We need oxygen to survive - everyone knows this, and yet most of us breathe shallowly the majority of the time. This can be due to habit, tight muscles, stress, poor posture, and a variety of other reasons. Set aside a few minutes each day to just breathe deeply - I like to take 5 deep breaths before each meal. You may be surprised how much better you feel from such a simple step!

4. Drink enough water: Adequate hydration can prevent headaches and muscle cramps, and combats winter dry skin and hair. Water also allows your body to flush out toxins. You should drink ½ your body weight in ounces of water a day (for example, a 150 lb person needs about 75 oz of water a day). This is in addition to other fluids such as tea or coffee.

5. Stop smoking: Smoking is implicated not only in lung cancer, but in a myriad of other diseases including heart attacks, strokes, osteoporosis, and most cancers. We recognize how difficult it can be to quit smoking, and offer a variety of therapies including acupuncture and herbal medicines which can help you stop.

6. Increase your intake of fiber: Fiber helps the body flush out toxins and promotes regular bowel movements. Whole grains, fresh ground flax seeds, chia seeds, fruits, and vegetables are excellent sources of fiber. At Rockwood, we also offer fiber supplements for those who have difficulty getting enough from their food or to address special health concerns.

7. Take time for yourself: This is difficult for many of us, especially during the busy holidays, but crucial to living a healthy, balanced life. Time for yourself may include reading before bed, a meditation or spiritual practice, yoga or other exercise, or just sitting in the sun for a

few minutes each day. Give yourself permission to relax, laugh, breathe, and unwind, and nourish your soul and your body.

8. Ensure your protein is high quality: Unfortunately, many of the proteins we commonly eat are fed diets of hormones, antibiotics, and foods these animals would never eat in the wild. Eating this meat impacts our health as well. Grain-fed cows have less of the healthful anti-inflammatory compounds CLA and EPA than their grass-fed counterparts. Farmed salmon is high in toxins. The most healthy meats are grass-fed beef or buffalo, organic chicken, and wild salmon. These can be expensive, but you can find more affordable meats by visiting farmer's markets or purchasing meat frozen in bulk.

For more information about unhealthy additives in some foods, visit this link: <http://www.ecokaren.com/2010/02/7-foods-even-food-safety-experts-won-t-eat/>

9. Sleep hygiene: Most adults do not get enough good quality sleep. Simple sleep hygiene habits can help you fall and stay asleep longer. Avoid watching TV or being on your computer before bed as these activities tend to stimulate the mind. The blue lights of electronics also suppress the melatonin production which contributes to sound sleep. Avoiding caffeine after 2pm and eating dinner at least 2 ½ hours before bed will also contribute to better sleep.

10. Eat less sugar: Sugar contributes to weight gain, dental carries, decreases immune response, activates an inflammatory response, and causes a rise then drop in blood sugar that can leave you feeling exhausted. Try enjoying the sweetness of a piece of fruit when you are craving a sweet. Citrus such as grapefruit and oranges are in season, and apples are readily available. Frozen berries can also be a nice finish to a meal.

11. Shower hydrotherapy: At Rockwood, we do constitutional hydrotherapy treatments which increase circulation, aid detoxification, and enhance the body's vital force, or ability to adapt to stress. You can achieve many of these same benefits by ending your showers with alternating hot and cold water. Rinse your body in hot water for approximately 3 minutes, followed by cold water for about 1 minute, and repeat the cycle 2 more times, ending with cold water.

12. Spend time outside: Many of us find nature rejuvenating, and there are good reasons for this. Being in nature allows us to breathe fresh air, get some exercise, and is a way for many of us to take time away from the busy-ness of daily life. Winter is a lovely time in Arizona - make a little time to appreciate the gorgeous weather and connect with the earth each day.

Thank you for being a patient with Rockwood Natural Medicine Clinic. We will continue to provide you with safe, sensible, 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: January 31, 2012