

Rockwood Natural Medicine Clinic Newsletter

In This Issue

[Prenatal Care](#)

[Summer Bugs & Bites](#)

[Staying Cool & Safe in
Arizona's Heat](#)

Quick Links

[Patient Articles](#)

[Location](#)

[Services](#)

[Contact Us](#)

Join Our List

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Issue: 7

July 2012



Dear Clifford,

Welcome to RNMC's July 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. The physicians and staff at RNMC wish all of you a happy and safe summer.

Sincerely,

The Physicians at RNMC

Prenatal Care for a Healthy Mommy and Baby By Meghna Thacker, NMD

In medical school we learned about prenatal care and what was needed to have a healthy child but after having gone through my first pregnancy, the experience made the lessons all the more real for me. The baby's health is highly dependent on the care his or her mother receives during the pregnancy. As an example, if mom gains more than 50 lbs during pregnancy, she increases the risk that she will develop gestational diabetes. With gestational diabetes comes the risk that the baby will be big in size at birth and may struggle with blood sugar metabolism and weight issues throughout his or her life. Let's discuss a few things a mom can do to enjoy a healthy pregnancy herself and give birth to a healthy and hearty baby.



- **Food**

Mothers need about 300-400 extra calories per day and not much more than that. There will be those however that will tell you that you are now eating for two! While this is true, the baby's growth does not need the excess calories but protein. Try to make healthy food choices as the nutrients from good quality foods are needed for fetal development. Your diet should mainly consist of lean protein, different colored fruits and vegetables. Eat healthy grains like quinoa, brown rice, steel-cut oats while avoiding extra sugar in the form of simple carbohydrates that will peak and drop your blood sugar levels. It is important to eat about every 3 hours to keep blood sugar levels stable and add protein snacks between meals. A snack could be a handful of mixed nuts or Greek yogurt with berries or an apple with your favorite nut butter. Eating every few hours can also help prevent nausea that the "not so fun" morning sickness can bring and additionally prevent heartburn commonly encountered during pregnancy.

- **Drink**

Be sure to drink plenty of water a day, almost a gallon! Drinking the water not only keeps you well hydrated, but also helps prevent water retention and nausea, which are common problems during pregnancy. I know many people completely avoid coffee. If you ask me, a coffee lover, I did enjoy a cup of mild coffee everyday during my pregnancy without any problem. As long as you keep it in moderation, you should be fine. On a lighter note, ginger tea or some gingerale may help those symptoms of morning sickness. Between meals I also loved my protein shake blended with frozen strawberries, apple and bananas. My favorite during pregnancy was a chilled glass of Chikoo (Sapota fruit) milkshake. If you are from India, where this fruit is easily available, then I am sure that your mouth is watering, even if you are not pregnant.

- **Alcohol-Smoking-Drugs**

While adequate hydration is important, alcohol consumption during pregnancy is another matter however. Research shows that moms who consume alcohol during their pregnancy have caused a lot of problems in their children, especially brain damage. The same goes for recreational drug use and may also apply to prescription drugs as well. Babies born to drug dependant moms are born with drug dependency for the same substance. Trying to take babies off of drugs after they are born is extremely difficult as they can go into withdrawal and may even die or end up living a miserable life. Tobacco use causes the fetus to become oxygen deprived resulting in poor growth and development. Secondary tobacco smoke also falls into this category; so if someone at home smokes, it is best done outside, away from mom and baby.

- **Exercise**

You can exercise your way through a healthy pregnancy without fear of harming the fetus by following a sensible and mild exercise regimen. I would suggest getting approval from your doctor if you are having any problems related to your pregnancy. Pregnancy is not a good time to start a new and difficult exercise regime however. Just going for a 30

minute brisk walk combined with mild jogging if possible, can be helpful. You don't want your heart rate to increase more than 140 bpm, which means, as long as you can carry a conversation while you exercise, it should be good enough for you. Swimming is also a great exercise while pregnant. What I personally enjoyed is Prenatal Yoga. Some of the benefits of Prenatal Yoga are:

1. Stretching helps relax your muscles and prevents soreness
2. Time to connect with the beautiful being which is creating within you
3. Helps prevent development of Varicose Veins which are common due to the pressure of growing uterus on the blood supply
4. Helps backache and sciatic pain which are a common problem during pregnancy

I think that there are many other benefits as well and I enjoyed going to Prenatal Yoga class because it was also a chance to connect with other pregnant mommies and share experiences and provide each other with helpful tips. It felt like group therapy!

- **Supplements and Vitamins**

Discussing supplement choices to help my patients is definitely one of the things I love doing as a Naturopathic Doctor, because of the in-depth training we get in this field. I am going to recommend the Vitamins and supplements that I used and helped me with my pregnancy but also individualize these recommendations based upon the mother's specific nutrient requirements. There are lots of different brands available in the market making it difficult for one to choose from. My task is to make this simple for you and let you know that if you need them, we do carry them at Rockwood Natural Medicine Clinic. Some of the ones I suggest are:

- o Basic Prenatal Vitamins by Thorne Research: Use 3 capsules /day with or after food.
 - Is a great combination of highly absorbable vitamins and minerals in ranges required during pregnancy.
- o Iron Complex by Integrative Therapeutics: Use 1- 2 /day with or after food.
 - On top of the prenatal vitamin that already has iron, some extra iron can help with symptoms of fatigue during pregnancy. The baby inside you needs a good amount of it for its growth. This supplement is a good form of iron that does not cause constipation and in addition has Vitamin C that increases its absorption.
 - Women can easily tend to get anemic while pregnant, using extra Vitamins B12/B6/ Folic acid in injection form on top of using the iron can help give more energy.
- o Pro Omega by Nordic Naturals: Use 2 capsules/day after food.
 - It gives adequate doses of EPA and DHA that help in your child's brain development.

Some other important ones are Vitamin D which helps your bones by improving calcium absorption and boosts your immunity among many other benefits it provides. I recommend about 4000-5000 IUs /day as a good daily dose.

These are my general recommendations and you may need more specific and individualized treatment plan that can be determined by seeing your doctor regularly for Prenatal care during pregnancy.

- **Homeopathy**

Is an art and science and even after 10 + years in this field, I still don't know the best answer I can give to a patient when I give them a homeopathic medicine and they ask me how does this work for me? A great example is when I was pregnant and pushed myself to work one day when I was suffering from all the symptoms of morning sickness. I went to the clinic and was curled up on the treatment table and did not want to do anything. I felt exhausted and nauseous. One of the clinic physicians offered to help and asked me my symptoms. Based upon what I told him I was given a single dose of the medicine called Sepia. Within a short period of time the nausea left and I was able to see my scheduled patients. I have seen these miracles happen for my patients too, but it was still so unbelievable and exciting to no longer suffer from that annoying symptom of nausea for the rest of my pregnancy. Homeopathy is very safe to be used during pregnancy and can be immensely helpful. It can also help all the mood swings that the changing hormones can bring along!

And lastly, don't forget to pamper yourselves while pregnant. Usually all the focus goes on the "to be born baby", but getting a Prenatal massage once in a while and remembering to rub some tummy butter on that growing belly every night after you graduate from the first trimester will help prevent those stretch marks that women fear of getting. Once in a while indulge yourself into those extra calories and satisfy your cravings, blaming it "guilt free" on pregnancy! Wishing all the pregnant mummies a healthy pregnancy.

Whats New at RNMC

Dr Stage will be speaking at **Giggle**, at the Scottsdale Quarter, July 29th from 11-12pm on **Natural Care for Infants and Toddlers**. Stop by for this free presentation which will cover common childhood conditions including cradle cap, eczema, teething pain, colic, constipation, diarrhea, and colds/flu.

Coming soon are changes to the [RNMC web site](#). We are in the process of updating and redesigning our web site in order to make it easier to navigate and pass along contents to friends and family. We also will be archiving our old newsletters there.

Dr Kruzel will be conducting a site visit for the Council on Naturopathic Medical Education at the National University of Health Sciences in Lombard, Ill July 15th - 18th.

Dr Kruzell's new book, the **Natural Medicine Pediatric Home Health Advisor** is available either at the office or through the [following link](#). It can also be obtained as an E-Book through Borders or Amazon.

What's New in the Literature

Coffee May Ward off Progression of Dementia - in this study in the June issue of the Journal of Alzheimer's Disease, patients at a Florida Alzheimers Disease Research Center who were classified as normal, mild cognitive impairment (MCI) and demented were followed for a period of 4 years and evaluated for cognitive changes. Plasma caffeine levels were measured and it was found that patients with lower levels were more likely to progress to developing dementia while those who were already classified as demented showed lower levels as well. However, it was also found that "baseline plasma caffeine levels greater than 1200 ng/mL in MCI patients were associated with a 100% chance of avoiding progression to dementia during the 2- to 4-year follow-up" according to the authors. They pointed out that levels below this did not necessarily predispose one to develop dementia.

Comment: I remember in medical school frequently being lectured on the evils of caffeine and how we needed to take all of our patients off of it. This of course while I was working nights and drinking lots of coffee to keep awake so I could go to class the next day. Anyway, there are an increasing number of articles appearing now touting the benefits of coffee, this one having a statistically significant finding that it prevents patients from progressing from MCI to dementia. Caffeine, or any substance in large and excessive amounts can cause some problems. But caffeine in smaller amounts does seem to have some health benefits. In the last newsletter we wrote about the benefits of beet juice in the treatment of cognitive impairment and for memory loss. So now we can all start out our mornings with a cup or 2 of coffee followed by beet and vegetable juice!

Statin Medications Linked to Fatigue in Randomized Study - A recent study published in the Archives of Internal Medicine found that moderate doses of simvastatin and pravastatin were associated with exertional fatigue and tiredness in patients who were taking them. The study contained 692 men and 324 women with LDL levels of 115 to 190 mg/dL and no cardiovascular disease or diabetes who were randomized to simvastatin 20 mg, pravastatin 40 mg, or placebo for six months. The results showed a significant adverse effect on energy and fatigue with exertion associated with statin use, which was more common in women than men. Both simvastatin and pravastatin contributed to this effect.

Comment: This is evidently the first study that was other than observational, i.e. they actually measured the effects of the statins against placebo and found that there was a significant difference. The results here certainly do not surprise me any as we have been seeing patients

since statins were introduced complaining of fatigue and muscle weakness. It is amazing to me that despite the knowledge that statins deplete CoEnzyme Q 10 (CoQ10), a nutrient needed for production of cellular energy, especially in muscles, that we still see patients who have not been told by their conventional physicians to supplement with CoQ10! There is by the way little evidence that red rice yeast extract which is a natural statin has the same effect.

Selenium Linked to Lower Diabetes Risk - In this study the researchers measured the mineral content of toenail clippings in 3,630 women in the Nurses' Health Study and 3,535 men in Health Professionals Follow-Up Study between 1982 and 1987. For both men and women, the researchers found the risk of developing diabetes was 24% lower among people in the highest quintile of toenail selenium content, compared to those in the lowest quintile. Their conclusion was that not everyone should go out and begin supplementing with selenium but that they should continue to follow a healthy diet.

Comment: Lower levels of selenium have been linked to a variety of diseases, among them prostate cancer, cancer in general and of course diabetes. Selenium is found in soils and taken up by plants. Some areas of the U.S. have higher levels of selenium in the soil than others and correlations have been made between this finding and the prevalence of certain diseases among the population there. Selenium in its organic form is more readily bio-available than an inorganic form found in most supplements. Therefore it makes perfectly good sense to be consuming lots of fresh organically grown fruits and vegetables as these are generally have higher mineral contents.

Summer Bugs & Bites By Thomas Kruzel, N D

Along with summertime activities comes exposure to the many types of insects which are also enjoying summer time activities. This often results in a clashing of lifestyles so to speak as the insect world prepares for the coming winter hibernation. Most bug bites occur on exposed areas of skin, but a number occur under the clothing. A study done at a nudist



camp showed that persons who wore no clothing experienced fewer insect bites than those who did. This suggests that running around in the "buff" will decrease insect bites and the theory has been advanced that bugs like the warm, cozy confines under clothes. Clothes that are left on the floor or lying around in the garage, wood pile or garden are more likely to attract spiders and bugs. However, I think another study should be done to compare the type of clothes that insects prefer. Do they like

designer clothes, those from Nordstroms or from resale racks? I certainly wouldn't mind getting a grant from the National Institute of Health to conduct such a study.

One of the more common types of insect bites seen are from the Brown Recluse Spider. From July until September the spiders are found in greater numbers throughout the Southwest. The spider is about the size of a quarter and is characterized by a violin like pattern on its back near the head. Because of this they have been named the Fiddleback Spider. Recluse spiders also have abdomens devoid of any coloration pattern. Their legs lack thickened spines but are covered with fine hairs. They live in crawl spaces, wood piles, attics or anywhere spiders tend to hang out. They are not overly aggressive and tend to shy away from humans. Its bite contains a potentially hemotoxic venom that leaves a red mark which may be mistaken for a flea or bed bug bite. Initially the wound is sore but may develop into a blister in the next day or two. This is followed by a scab which may take up to a month or two to heal completely. Red marks left by bites have taken up to a year or more to completely disappear. If located in areas where there is a little extra fat, necrosis can occur although development of systemic illness is rare. If necrosis does occur, evaluation by a physician is in order.

Some systemic effects such as nausea or rarely vomiting and joint pains may be seen. If these occur, a physician should be consulted. Treatment initiated early will save suffering and discomfort later.

A few general rules for the treatment of insect bites will help prevent further spread and discomfort.

1. Wash the bite thoroughly with soap & water as soon after it has occurred as possible.
2. Ice the bite to decrease swelling and spread of venom.
3. Elevate the extremity to decrease swelling.
4. Observe for the spreading of redness which accompanies a bite; this may signify that the infection is spreading and needs to be evaluated by a physician.
5. An oatmeal poultice will help relieve itching if present.
6. If there is a tick present, be sure to remove the head as well, saving it for your physician to see. Do not jerk or twist the tick as this will leave some of the head attached. A slow, steady pressure will suffice.
7. Consider using homeopathic Apis, Urtica or Sulphur for the itching and swelling and Ledum if there is a stinger present in the bite.

8. If all else fails, contact your physician.

RNMC & Natural Partners - Obtaining Medicines Just Got Easier

The Rockwood Natural Medicine Clinic has recently set up an account with Natural Partners, a nutraceutical clearing house based here in Arizona. Many of our suppliers have now stopped accepting direct orders from individual physicians choosing to utilize the services of companies such as Natural Partners. Natural Partners carries most of the proprietary formulas we use at the clinic and a number of them that we do not.



This relationship offers 3 distinct advantages to our patients. **First**, we are able to obtain products much faster than previously as they are local. **Secondly**, we are able to drop-ship products that we do not carry but individual patients use. And **third**, we are able to offer our patients a new source for obtaining vitamins & minerals, herbal and homeopathic medicines that they may be ordering from a number of different locations, thus saving time and money.

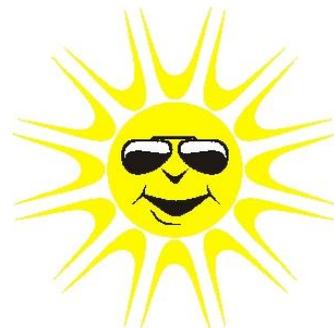
In order to take advantage of this program you can visit the Natural Partners web site at: [Natural Partners](http://NaturalPartners.com) and select which products you wish to order. Once this has been done, contact Kathleen or Joan at 480-767-7119 or by fax at 480-614-5822, or by e-mail at rnmc9755@yahoo.com to place your order. Once we have it we will obtain a price quote and contact you. In many cases we can obtain your products within 24 hours. These can be either picked up at the clinic or sent to you.

Our monthly coupons that accompany this newsletter apply to individual as well as prescribed orders. If you have any questions please do not hesitate to contact Kathleen or Joan.

Staying Cool and Safe in Arizona's Heat By Katie Stage, N D

The worst time to be living in Arizona is upon us. The scorching temperatures of summer are typically highest in late June and early July, before the start of the monsoon. Here are some tips to stay safe in the heat.

Concerned that you may have heat stroke? [Click here for more information.](#)



Stay Hydrated

You should drink ½ of your body weight in ounces of water at a minimum (a 150 pound person needs 75 ounces). This is in addition to caffeinated tea, carbonated drinks, and coffee. Not a "water drinker" or feel you need an extra boost? Sports energy drinks tend to be loaded with sugar and artificial colors and flavors. Consider these alternatives:

Add frozen fruit, slices of lemons or oranges, fresh herbs, or slices of cucumbers to water to make your own "vitamin water". Visit this site for recipes: <https://www.drjnsnaturalwellness.com/2012/06/hope-for-hydration>

Coconut water contains electrolytes. While you can purchase canned coconut water, cracking open a fresh coconut will provide more flavorful water and when finished, you can eat the coconut meat, which is an excellent and delicious source of energy. Asian supermarkets are the most economical places to purchase young coconuts, although Whole Foods also carries them.

Make your own "sports drink" using ½ part unsweetened orange juice, ½ part water, and a pinch of salt.

If you are feeling drained by the heat, consider a nutritive IV. Dr's Thacker, Stage, and Kruzel can customize an IV which will replenish fluids and nutrients commonly depleted in the hot summer months. (See the July special offer below.)

Be Smart About the Heat and Sun

Avoid being outside from 11am-4pm. This is the time when the heat is most intense, and sun most likely to cause damage or burns.

Cover up - loose, long sleeved shirts or trousers can protect you from the sun, and - if made of natural materials such as cotton or linen - can also keep you feeling cool.

Protect your lips from the sun as well with a lip balm containing sunscreen such as zinc oxide.

Don't forget your sunglasses and/or hat. There are sunglasses and hats made specifically for children of all ages, so get a matching set for your kids!

Safe Sunscreens

Anything that promises to be "sun block" or SPF higher than 50 is misleading, according to the FDA. Avoid such products.

Look for a sunscreen that protects from UVA as well as UVB rays (see below for more on UVA and UVB).

Always apply sunscreen at least 15 minutes before going outside, and re-apply every 2 hours, more often if you are in water.

For the safest sunscreens, avoid the ingredient oxybenzone, a synthetic estrogen. Look for active ingredients such as zinc, titanium, avobenzone or Mexoryl SX. These substances protect skin from harmful UVA radiation and remain on the skin with little if any penetrating into the

body.

Check out the EWG's sunscreen guide at <http://breakingnews.ewg.org/2012sunscreen>

Tips for Kids

In children under 6 months of age, NO sunscreen should be used. Keep them in the shade. Infants are not able to adjust to the higher temperatures and have little melanin to protect them from the sun. Also, their bodies easily absorb the chemicals in sunscreen, putting them at risk.

Toddlers should wear sunscreen if they will be in the sun, especially mid-day (although it is best to keep them in the shade as well). Look for a safe product (<http://breakingnews.ewg.org/2012sunscreen/all-sunscreens>) and test it on them first - apply a nickel-sized amount to the inside of a wrist at least a day before you plan to use it, and watch for any rashes or irritation in this area. When you are sure they don't react to the product, apply thoroughly 30 minutes before they will be in the sun and re-apply every two hours.

Prevent premature aging

There are two main types of rays from the sun: UVA and UVB. UVA (A= aging) are less intense but more common than UVB rays, and are equally present year-round. UVB (B=burn) are more damaging to the skin, causing burning and a more established role in the development of skin cancer. UVB rays are more prevalent from April to October, 10am to 4pm.

Antioxidants are protective against the damage done by both UVA and UVB rays. Increasing your intake of flavonoids and vitamin C can help protect your skin from harmful rays. Sources of flavonoids: dark berries such as blueberries and blackberries, grapes, black or green tea, and colorful vegetables. Sources of vitamin C: citrus, bell peppers, papaya, strawberries, broccoli, pineapple, Brussels sprouts, kiwi, cantaloupe, and kale.

Check Your Skin For Signs of Damage

According to the EPA, about 1 in 5 Americans will develop skin cancer in their lifetime. Melanoma is the most serious type of skin cancer. Basal cell and squamous cell carcinomas are more common and, while less lethal, should still be treated immediately. Look for bumps, moles, warts, scaly areas, or other new lesions, especially those on sun-exposed areas such as the face, ears, neck, scalp, shoulders, and back, and have them evaluated. Additionally, have a full body skin check every 6 months with a dermatologist or your naturopathic physician.

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 or Joan at (480) 767-7119 or e-mail them at RNMC9755@yahoo.com.

Summer Hydration Special

Purchase 3 Myers re-hydration and nutrient IV's for the price of 2. That is a \$360.00 value for \$240.00. Offer is good until July 31, 2012 but therapy sessions can be redeemed anytime.

For more information, contact Joan, Kathleen or your physician.



**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
20%**

Please present this coupon at your next visit for a 20% 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: July 31, 2012