

Rockwood Natural Medicine Clinic Newsletter

In This Issue

[Heat Stroke & Exhaustion.](#)

[June is National Safety Month](#)

[What's New in the Literature](#)

[Therapies Offered @ RNMC](#)

Quick Links

[Patient Articles](#)

[Location](#)

[Services](#)

[Contact Us](#)

Join Our List

[Join Our Mailing List!](#)

Issue: 6

June 2012



Dear Thomas,

Welcome to RNMC's June 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

Heat Stroke & Exhaustion: Recognition, Treatment and Prevention.

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. As we head into the hottest part of the year becoming aware of the signs and symptoms of heat stroke and heat exhaustion becomes more important. The complications of either condition can be severe and their recognition, management, and prevention are discussed in this article. [You can learn more by clicking on this link.](#)



Whats New at RNMC

RNMC would like to welcome Joan Ellen Pearlman to the clinic. Joan is originally from Chicago but has been in Arizona since the 70's. She has a background as a LPN and considerable experience in the health care field. She states that she has "always found myself drawn to the natural medicine field", where she has taken classes in Reiki, Reflexology and Aromatherapy. She is certified in Holistic Nutrition from

the Southwest Institute of the Healing Arts as well as being a Certified Laughter Leader with the World Laughter Tour. She leads a laughter club in Tempe.

Dr Kruzel'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.

June is National Safety Month By Katie Stage, ND

June is national safety month - an important reminder to evaluate your home, work, and personal environments to ensure they are optimal. The time taken is well worthwhile as it can help prevent injury and illness.

Safety in your home:

Falls are the leading cause of visits to the emergency room, and one in three adults 65 years and older falls at least once a year¹. Use non-skid throw rugs in high traffic places such as bathroom floors and hallways.

Install handrails on stairways and porches.

Consider handrails in your bathroom if you sometimes have difficulty with walking and/or balance.

Maintain good lighting both inside and outside.

If you have young children, evaluate again for adequate childproofing: reinforce any furniture that could be knocked over, stow sharp objects well beyond reach, secure cords, install locks on the toilet seat, doors, and cabinets as well as caps over outlets.

Safety at work: overexertion is the 3rd leading cause of unintentional injuries, and 3.2 million emergency room visits¹.

Avoid sitting or standing too long in one position - consider a short walk to the water cooler or restroom or simple stretches overhead, side to side, and pointing and flexing toes hourly.

Overexertion while lifting, pulling, lowering, reaching, or stretching is a common injury. Remember to lift using your legs, maintain a straight back, and to ask for help moving heavy objects.

Always test for temperature changes/extremes. Consider covering your steering wheel, seat belts, and car seats with towels. When in doubt, wait for items to safely cool.

Evaluate your computer workstation for ergonomics: you should be able to sit with your back straight, feet in the ground, and keyboard should be at a height that does not cause your wrists to need to extend [bend backwards toward you]. Steps and wrist protectors can help if you do not have control over your office furnishings.

Safety while driving: Never send or view text messages while driving.

Avoid talking on the phone while driving. 25% of car accidents are estimated to involve cell phone use while driving.

Always wear seat-belts.

Children under 2 years of age should be in rear-facing carseats - even if their legs bunch up! After age 2, you can move them to front facing, but they must remain in a carseat or booster until age 4'9" and the belt fits them properly. Children should not sit in the front seat until 13 years of age.

Never drive under the influence of alcohol. Consider a service, such as the Drunk Drivers (<http://www.thedrunkdrivers.com/>) who will drive your car home for you.

Aggressive driving is common in Arizona, unfortunately. Plan to leave a little extra time so you have time for delays. If you feel yourself becoming angry while driving, try to disengage from the other driver(s). Take a few deep breaths, listen to music you love, or just slow down or otherwise remove yourself from the situation.

Wellness:

Get regular (once yearly) screening labs and a check-up. Drs Kruzel, Thacker, and Stage all perform check-up exams, and labs will generally be covered by your insurance. Consider the [RNMC Wellness Program](#).

Get regular dental and vision checks.

Get a complete skin check every 6 months.

If you have diabetes, check your feet once a day for calluses, blisters, rashes, cuts, and/or wounds. Have a physician check them once every three months.

Eat at least 5 servings of vegetables a day.

Drink plenty of water: half of your body weight in ounces a day (for example, a 150 pound person would need 75 oz of water a day).

Exercise at least 5 times a week. Don't let the hot weather hinder you: nighttime walks, swimming, and home videos such as Zumba or yoga provide excellent opportunities to exercise.

Take a multivitamin and fish oil daily. Menopausal women should additionally take calcium/magnesium/vitamin D.

And don't forget: if you do get injured, the physicians at Rockwood can help. Treatments including acupuncture, homeopathy, clinical nutrition, hydrotherapy, homeopathy, trigger point injections, and more can speed healing, decrease pain and inflammation, address the cause of your pain, and help prevent re-injury.

[1 http://www.nsc.org/nsc_events/Nat_Safe_Month/Pages/home.aspx](http://www.nsc.org/nsc_events/Nat_Safe_Month/Pages/home.aspx)

What's New in the Literature?

Acetaminophen and Asthma Prevalence and Severity: Should Prescribing Habits Change? - In this article in Pediatrics. 2011;128:1181-

1185, the authors examine the relationship between the use of acetaminophen and the onset and prevalence of asthma in children. Doubt regarding the safety of acetaminophen among children has been increasing, particularly because the increased risk for development of wheezing and asthma have been related to its use. A number of observational studies have found a significant link between acetaminophen use and asthma. In one study involving 322,959 adolescents in 50 countries, recent use of acetaminophen was associated with an odds ratio for current asthma symptoms of 1.49. Additionally the authors point out that recent acetaminophen use was also associated with higher risks for atopic disease, such as eczema and rhinoconjunctivitis. Other reviews also support the contention that acetaminophen can promote asthma and wheezing. A review of 19 studies with a total of over 425,000 children and adults found a pooled odds ratio for asthma of 1.63 among users of acetaminophen. The risk for asthma was similar among adults and children, and this study also demonstrated that prenatal use of acetaminophen increased the risk for asthma and wheezing among offspring.

Comment: Acetaminophen is one of the most prescribed medications, along with ibuprofen and aspirin for fever and pain in children seen in emergency rooms and by physicians. What is interesting about this article is the authors' conclusions that these medications do not adequately treat fever in children and in fact will promote the development of asthma and other respiratory conditions. What was also noted is that many parents give these medications inappropriately to their children, often at the first sign of fever or pain.

It has been our contention that fevers can be appropriately and effectively managed with natural medicines that allow it to complete the healing process and restore homeostasis with little if any side effect. This current review is among a growing number of articles beginning to appear in the medical literature questioning the efficacy of drug therapy for a variety of medical conditions and suggesting in some, that natural and non-toxic therapies should be looked at closer. We certainly would agree with that!

Childhood dairy intake and adult cancer risk: 65-y follow-up of the Boyd Orr cohort.- This article in the *Am J Clin Nutr.* 2007 Dec;86(6):1722-9 examined 4,999 children living in England and Scotland who were born in 1937 through 1939 and participated in a study of family food consumption. The National Health Service central register was then used to ascertain cancer registrations and deaths between 1948 and 2005 in the 4,383 traced cohort members. Per capita household intake estimates for dairy products and calcium were used as proxy for individual intake. During the follow-up period, 770 cancer registrations or cancer deaths occurred. High childhood total dairy intake was associated with a near tripling in the odds of colorectal cancer compared with low intake, independent of meat, fruit, and vegetable intakes and socioeconomic indicators. Milk intake showed a similar association with colorectal

cancer risk. High milk intake was weakly inversely associated with prostate cancer risk. Childhood dairy intake was not associated with breast and stomach cancer risk, and a positive association with lung cancer risk was confounded by smoking behavior during adulthood. The conclusions were that "A family diet rich in dairy products during childhood is associated with a greater risk of colorectal cancer in adulthood".

Comment: Several things caught my attention when I read this review. The first was that even back in the 1930's there was some question and concern about the long-term effects of pasteurized milk. Pasteurization has been around since the late 1700's but it is conceivable that many of the study participants may have consumed raw as opposed to pasteurized dairy products. Secondly, the finding that "high milk intake was weakly inversely associated with prostate cancer risk" made me remember another study done in England in the 1960's where the prostate glands of about 1000 men who had died traumatically or from other diseases were examined. In this study, fully 60% to 70% of them had what were classified as "pre-cancerous changes". The last thing here was the significant risk increase for colorectal cancer in this cohort.

An Evolutionary Analysis of Whether Antidepressants Do More Harm than Good - In this article prefaced with *Primum Non Nocere* (do no harm) the authors reviewed the literature with regard to the effects of antidepressant medications and their long term effects. Most of the drugs used affect the reuptake of serotonin (SSRI's) by blocking the receptor sites that degrade and recycle it, therefore making more available. This in turn affects the patient's moods and emotions but also is involved in a number of other processes such as platelet function, electrolyte balance, neuronal function and reproduction. They concluded that "contrary to a widely held belief in psychiatry, studies that purport to show that antidepressants promote neurogenesis are flawed because they all use a method that cannot, by itself, distinguish between neurogenesis and neuronal death. In fact, antidepressants cause neuronal damage and mature neurons to revert to an immature state, both of which may explain why antidepressants also cause neurons to undergo apoptosis (programmed death). Antidepressants can also cause developmental problems, they have adverse effects on sexual and romantic life, and they increase the risk of hyponatremia (low sodium in the blood plasma), bleeding, stroke, and death in the elderly".

Comment: Drugs affecting the serotonergic system are among the most widely prescribed psychiatric medications and are largely prescribed for depression but also for dysthymia, bipolar depression, schizoaffective disorder, post psychotic depression, generalized anxiety disorder, panic disorder (with or without agoraphobia), social phobia, substance abuse disorders, anorexia, bulimia, obsessive compulsive disorder, post-traumatic stress disorder, and chronic pain syndromes. Therefore

millions of prescriptions for these medications are written every year. The authors also went on to discuss the use of antipyretic medications to depress fevers noting that the ensuing suppression disrupted the immune systems ability to function and therefore would cause harm when administered.

As mentioned previously, an increasing number of articles have begun to appear questioning the prolonged use of drugs and their long-term effects and ones such as this discuss what happens when the body's natural healing mechanisms are disrupted by drug therapy. It is common in naturopathic medical practice that when someone wants to be taken off of SSRI's we administer nutrients to support brain function and to reverse neuronal damage. The longer someone has been on them the longer it takes to restore normal function.

Therapies Offered at RNMC

In addition to offering standard natural medical care for all age groups, we also offer additional services.

Acupuncture - A variety of conditions can be treated such as allergic reactions, asthma, bronchitis, cystitis, diarrhea, dysmenorrhea, headaches, hypertension, insomnia, muscle pain, stomach aches and toothache, to name a few. Additionally, acupuncture has been found to be very effective for stopping smoking or withdrawing from prescription or other drugs, as well as for the management of pain.

Auriculotherapy - This is a form of acupuncture with the needles being applied to specific points on the ear. It treats the same conditions that acupuncture does but with fewer needles. It is an especially good therapy for stopping smoking or drug withdrawal.

Chelation Therapy - Chelation therapy is undertaken to eliminate a person's heavy metal burden when it is found to be high. Heavy metal toxicity can contribute to a wide variety of illnesses and is increasingly more prevalent.

Conventional & Specialized Laboratory Testing - In addition to the standardized laboratory tests we offer, there are some specialized tests that provide information on nutritional status, aging, coronary artery risk level and a variety of other parameters. Follow this link to view.

Cranial Manipulation - This technique involves gently manipulating the cranial bones in order to restore normal homeostasis. It is used for a variety of conditions but is especially useful for vertigo, Bells Palsy, prevention of stroke, dizziness, and post head injury.

Cryotherapy - Cryotherapy is an effective therapy for the treatment of warts and skin tags.

Individualized Detoxification Program - We offer a variety of detoxification options that range from a few days to a few weeks and can

be tailored to individual needs.

Non-Surgical Treatment of Hemorrhoids - Got hemorrhoids? Or know someone who does? Non-surgical treatment means that the person is able to return to their normal activities of daily living without pain or discomfort.

Hydrotherapy - Constitutional hydrotherapy is an effective therapy for a variety of conditions such as fevers, influenza, constipation, to assist with detoxification, in the treatment of infection, and to help increase ones energy level.

Treatment of Spider Veins - We use a sclerosing agent that is injected into the unsightly vein to dissolve it, leaving normal skin behind.

Therapeutic Ultrasound - This therapy is excellent for deep tissue injuries to help facilitate healing.

Uterine Massage - A specialized massage technique performed by Dr Katie Stage

Weight Loss Programs - We offer several weight loss programs including the HCG Diet and Ketosis Diets. These are coupled with the Dietary Serotype Panel in order to keep the weight off once you have lost it.

Individualized Wellness Programs - Wellness programs are becoming increasingly more important due to the high costs of insurance that are coupled with high deductibles. Besides, who really wants to spend time in the hospital these days?

For more information on any of the therapies, contact the clinic at 480-767-7119.

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 or Joan at (480) 767-7119 or e-mail them 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: June 31, 2012