

# Rockwood Natural Medicine Clinic Newsletter

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Dear Thomas,

Welcome to RNMC's March 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

## Breast Feeding & the Introduction of Solid Foods in the Development of the Immune System

The benefits of breast feeding in the development of a child's immune system is often underestimated by physicians who believe that any nutrition a newborn child gets will suffice. Breast feeding long preceded exogenous nutrition and the introduction of solid foods to weaning infants has evolved through trial and error, not by the medical community, but by observant mothers concerned with the well being of their children. In an article recently published in a widely read newsletter, Dr Kruzel discusses the development of a child's immune system and the importance of introducing solid foods in an incremental manner that enhances this process. Its importance can not be understated in that if proper immunity develops early on, the likelihood of the development of disease later in life diminishes. [Follow this link to view the article.](#)



Whats New at RNMC

**Dr's Kruzel and Thacker** recently attended the Oncology Association of the AANP's cancer conference held at the Carefree Resort Conference Center. The conference centered on natural therapies for the treatment of cancer.

**Dr Katie Stage** was recently featured on **Morning Scramble** on Channel 13 discussing natural treatments for cold's and flu's. Look for her on future broadcasts.

### What's New in the Literature

**Green Tea Drinkers Show Less Disability With Age** - In this article in the American Journal of Clinical Nutrition, elderly adults who regularly drink green tea were found to stay more agile and independent than their peers who didn't consume it. Japanese researchers followed nearly 14, 000 adults age 65 and older who drank at least 5 cups of green tea per day and found that they were less likely to become functionally disabled compared to their counterparts who drank 1 or less. While this doesn't conclusively prove that drinking green tea leads to better functionality, it is possibly another benefit along with previous ones associated with green tea such as lower formation of dental caries, lower blood pressure, reduced lipid peroxidation and anti-cancer benefits.

**Comment:** The researchers also pointed out that green-tea lovers generally had healthier diets, ate more fish, vegetables and fruit; were more often well educated, had lower smoking rates, fewer heart attacks and strokes and generally greater mental sharpness. This group also tended to be more socially active and have more friends and family to rely on. Other studies have also found that older adults with more social support were less likely to become disabled.

Some years ago I was invited to speak at the Oregon State University Geriatric Medicine Conference on the use of natural substances by the geriatric population. There was quite a bit of interest by the allopathic medical community because of the wide spread use of natural medicines, herbs, vitamins and minerals in older adults and most clinicians were not able to answer questions about them, not having had any training. A cursory review of the literature at that time (early 1990's) turned up numerous studies touting the benefits of green tea. It certainly got me to start drinking it at the time and I recommend it for anyone as the effects of caffeine does not seem to be as big of a problem as with black tea or coffee.

**Stem Cell and Gene Therapy** - Three recently published articles report the success of stem cells to treat Multiple Sclerosis (MS), post myocardial infarction cardiac damage, and hemophilia. In each of these groups, stem cells or genetic sequences for the deficit were introduced into subjects with the various conditions. In the hemophilia group, 4 of the 6 participants were able to stop using Factor IX while the need for this factor diminished in the other 2. With the MS study, myelin sheaths were repaired in the spinal cords of mice allowing for them to retain use of their extremities, and in the cardiac study, patients with previous myocardial infarction who had scarring showed improvement and a reduction in damaged tissue when injected with stem cells.

**Comment:** I am often asked about stem cell therapy and I give the same answer; it is a therapy that is still in its infancy and there is much to learn about it and what its potential is. These reports are very encouraging in that research in this

area is progressing to the point that we are starting to document actual rather than theoretic changes. In the gene therapy, the genes were implanted into viruses that made their way to the cells which then became part of the patients DNA. This seems to have worked well but the question remains as to the long-term effect of the virus implantation.

As you all may be aware, there have been a number of hoaxes exposed with stem cell therapy, in part because it holds a lot of promise, but also because some patients are so desperate that they will believe anything they are told and not research it well enough. We will continue to monitor the progress in this area so that we all can continue to make informed choices.

**Epigenetics and the Development of Breast Cancer** - In this article from the Chem Res Toxicol, the authors discuss the aberrant epigenetic alterations in the genome such as DNA methylation and chromatin remodeling that play a significant role in breast cancer development. Methylation of certain genetic loci is an important component of the epigenetic code, and a number of genes become abnormally methylated in breast cancer patients. Since epigenetic alterations are considered to be more easily reversible compared to genetic changes, epigenetic therapy is potentially very useful in reversing some of these defects. Currently, several epigenetic-based synthetic drugs that can reduce DNA hypermethylation and histone deacetylation are undergoing preclinical and clinical trials. However, these chemicals are generally very toxic and do not have gene specificity. Epidemiological studies have shown that Asian women are less prone to breast cancer due to their high consumption of soy food than Caucasian women of western countries. Moreover, complementary/and or alternative medicines are commonly used by Asian populations which are rich in bioactive ingredients known to be chemopreventive against tumorigenesis in general. Examples of such agents include dietary polyphenols, epigallocatechin-3-gallate (EGCG) from green tea, genistein from soybean, isothiocyanates from plant foods, curcumin from turmeric, resveratrol from grapes, and sulforaphane from cruciferous vegetables. These bioactive components are able to modulate epigenetic events, and their epigenetic targets are known to be associated with breast cancer prevention and therapy. The authors go on to say that this approach could facilitate the discovery and development of novel drugs for the treatment of breast cancer.

**Comment:** My thanks to Dr Peter D'Adamo and his group who are diligently mapping out the various biochemical pathways involved in aberrant epigenetic alterations so as to find the optimal therapy for specific diseases, for passing this along. Epigenetics is the study of how the environment affects a persons genetic make up by altering gene function. Alteration in gene function can lead to various diseases such as cancer, which once developed, is much harder to eradicate. These researchers, as well as D'Adamo's group, are looking for ways to prevent these events from occurring so there is no alteration of normal genetic function. This is an emerging area of research that I believe carries a lot of promise for the prevention of disease.

## Natural and Effective Ways to Fight Allergies By Meghna Thacker, NMD

We are just around the corner from the "Allergy Season" which

seems to peak between the months of March and May and comes back again in late August to September. As spring sets in, along with it comes a profuse pollinating of grasses and trees. As an example, on an average spring day, the count for mulberry pollen is about 3,000 grains per cubic meter; for olive trees, it's about 300 grains. This is significant in that it only takes 20 grains of pollen per cubic meter to cause a reaction in a sensitive allergy sufferer. Even though allergies are more prevalent in certain seasons of the year, it is not unusual for me to see its prevalence all year round in milder to moderate forms.

Typically the first signs and symptoms for allergies are a runny or stuffy nose, sneezing, wheezing, coughing, itchy eyes, nose and throat. It is advisable that you get some help at the very beginning of these symptoms rather than wait until symptoms become severe. A list of natural medicines, treatments and home remedies that have effectively helped my patients with allergies is listed below. Since we have been using our protocol, many of our patients no longer need their daily "allergy medicine" like cetirizine or allegra, nor do they need to go for "allergy shots" which in the long run are ineffective.

#### **1. Stinging Nettles (plant)**

Will reduce the amount of histamine that is produced by the body in response to an allergen. An allergen is a substance such as pollen that may provoke an exaggerated immune response in individuals who are sensitive to it. Through this potential action, the aerial parts of nettle may help to reduce allergy symptoms.

#### **2. Bromelain**

Extracted from the stems of pineapples, it has anti-inflammatory effects that alter the leukocyte migration and actuation.

#### **3. Homeopathic Remedies**

These work wonderfully for patients with allergies. Homeopathy is an art as well as a science and works best when the remedy is individualized for each person based on their signs and symptoms. Homeopathy encompasses the patient's entire constitution, which are mind, body and soul. There are acute and chronic remedies that can be prescribed depending upon the presentation of the allergy symptoms. Homeopathic medicine is patient specific; thus when two people come in to see me at the same time presenting with allergy symptoms, I will end up giving each one of them a different remedy as each person who is afflicted with an allergic response will present differently to the same allergen. The remedies that I have used recently that have helped allergies are: Arsenicum, Sabadilla, Allium Cepa, Lycopodium, Natrum Arsenicum, as well as a variety of others.

#### **4. Vitamin C IV Drips**

The many benefits of Vitamin C have been well documented. It is one of the first vitamins indicated for a person who is starting to feel ill. It is a great antioxidant and its effect on allergies, is that it helps by decreasing histamine production by Basophils and mast cells. In general, vitamins and minerals provide the raw materials necessary for our cells to function properly in order to reduce allergy symptoms. Mostly we can get these nutrients through our diet if we are conscientious of what we eat. However, even a great diet may not translate to proper nutrition at the

cellular level. There can be many causes of this such as stress, poor digestion, food sensitivities, chronic inflammation, poor immune function, or any recent or chronic illness. Because of this, a vicious cycle ensues as our cells are not healthy and need nutrients to heal but are unable to assimilate and utilize the nutrients to deter the allergens. Basic nutrients then are not available because our cells are too weak to transport the vitamins and minerals to where they are needed. This scenario describes a typical situation in which intravenous vitamin (IV) therapy would be indicated.

#### **5. Neti Pot**

A neti pot is a container designed to rinse your nasal cavity. To use the neti pot, tilt your head over the sink, place the spout of the pot in the upper nostril and gently pour in the water from the pot which is mixed with a pinch of salt. As you pour, the water will flow through your nasal cavity and out the lower nostril. Repeat on the other side. Many people believe that regular use of a neti pot is more effective for nasal allergy and sinus symptoms than are over-the-counter medications. Neti pots are often available in pharmacies and health food stores, and you can find an even wider selection online.

#### **6. Cool Mist Humidifier**

We already live in the Valley of the Sun which translates to a "Dry Valley". Added to this is often that we run the heaters at home in the night during cooler weathers that can make the air we breathe even more dry. Anyone who suffers from sinus problems or allergies knows that nothing soothes the swelling and pain like breathing in moist air. Dry air can inflame tender membranes, complicate sinus conditions, and irritate sensitive skin. A humidifier will restore a healthy level of moisture to the air, making it easy to breathe.

#### **7. Air Purifiers**

Dirty air isn't just outdoors. The air in your home probably has particles in it, such as pollen, dust, pet dander, smoke and other odors. They're so microscopic and lightweight that they can remain suspended in the air for hours. In fact, according to the Environmental Protection Agency (EPA), the air inside your home may be up to 5 times more polluted than the air outside. Using an air purifier will help to capture dust and allergens from the air that passes through its filter, pulling them out of the air like a magnet.

#### **8. Air Duct Cleaning**

The air ducts act as your home's "respiratory system". Your system "inhales" through the return system and "exhales" through the supply side. Your system can become "congested" when filled with contaminants and debris. A clean and open system, with a proper air filtration system, can breathe and function properly. Allergy sufferers can benefit greatly by reducing the amount of triggers that are present in the ductwork.

At Rockwood Natural Medicine Clinic, we use an Allergy specific formula which contains the above mentioned botanicals and nutrients along with Nutrient IVs and patient specific Homeopathic remedies to treat Allergies. Our success rate in treating this condition has been

phenomenal.

## Spring Cleansing Program By Katie Stage, N D

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.



Although Arizona winters aren't as tough as in many areas of the country, winter still tends to be a time of accumulation: extra calories from holiday meals, less opportunities for exercise due to less hours of sunlight, and frequent exposure to colds and flus with seasonal and temperature changes. Humans traditionally had scarce food during the winter months, so winter is a time of metabolic hoarding - despite the abundance of food of modern times, our bodies have evolved to hang on to calories, fats, and even toxins. A spring cleanse is a fantastic way to allow the body to release those stored toxins, move stagnant lymph, remove cellular waste, and increase circulation and nutrition to the cells.

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: Intake and program introduction, mid-cleanse check-in, and evaluation at completion of program:

**Medical food: an anti-inflammatory, nutrient and protein-rich smoothie powder**

**Liver support and detoxification supplement**

**Weekly B12 shot**

**Comprehensive dietary and lifestyle guidelines for optimum elimination of toxins**

The 3 week program will be offered starting in March for \$149. This is 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!

Additionally, we are offering several packages to further enhance your cleanse and tailor it for your needs. Each of these is offered at a discount

when done with the cleanse program (please call for package specifics).

**Hydrotherapy** enhances the speed at which your body detoxifies and also enhances your immunity, provides energy, and increases vitality.

**Customized botanical/nutrient** support formula to address detoxification or other health concerns.

**Weight loss:** includes weight and body fat analysis, weekly measurements, and a customized follow-up plan for additional weight loss/maintenance.

**Stop smoking** program.

**Acupuncture:** to address areas of pain, stagnation, or pathology.

**Blood type analysis and diet.**

**Cardiovascular** (including diabetes) risk factor screening.

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](http://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](mailto:RNMC9755@yahoo.com).

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