

Rockwood Natural Medicine Clinic Newsletter

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Issue: 5

May 2012



Dear Thomas,

Welcome to RNMC's May 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

Essential oils: Simple Home Treatments and Uses By Katie Stage, ND

Essential oils are incredibly powerful and useful a wide variety of health concerns as well as cleaning and freshening your house. Use this guide to help you select a few essential oils to use at home. Please ensure that you dilute all essential oils before applying them to the skin. You can use any oil, such as olive or coconut cooking oil, or massage oil. Do not take essential oils internally.

Sinus congestion/ sinusitis

Do a steam inhalation to open up the sinus passages. You will need a large bowl, a towel, and a hot water kettle, as well as a your choice of essential oils (see below). When ready, pour steaming hot water into the bowl, add a few drops total of essential oils, and sit so your face is over the bowl of steam. Drape a towel so it covers the top of your head and falls completely over the bowl, thus trapping the steam in and around your head. Breathe deeply. If this feels too hot, or the essential oils are overpowering, just lift off the towel for a few seconds and try again. Keep breathing over the bowl of steam as long as it remains hot. You can add more hot water if you wish to prolong the treatment.

Another approach is to allow a few drops of essential oils to fall on a wet washcloth. Take this washcloth into the shower with you, and allow the scent of the essential oil to mix with the steam of your shower.

Essential oils to consider:

Eucalyptus, lemon eucalyptus, peppermint, oregano, and rosemary are decongesting. Thyme, lavender, tea tree, rosemary, and peppermint are pain relieving and anti-microbial.

Cough / chest congestion:

Apply an essential oil-infused hot compress to the chest. You will need several hand towels, a larger towel or blanket to cover your chest, a tub of hot water (you can use a hot water kettle to heat some water which you will add it to the tub/container as needed) and the essential oils. When ready, add a few drops of essential oils to the tub of hot water. Soak the hand towels in the hot water and apply to bare chest (undergarments are ok, but the treatment is more effective with applied directly to the skin). The towels should feel hot but not burning. Cover with the blanket, breathe deeply, and relax. When the towels start to cool you can re-soak them in the essential oil-infused hot water and apply again if desired. Consider the same essential oils listed above.

Alternately, you can use a preparation such as Gaia's chest rub or Vicks. This can be applied to the chest before bed. It can also be applied just under the nose.

Skin irritations:

Consider the following essential oils - always diluted - for these common skin conditions:

Contact dermatitis: tea tree oil

Warts: thuja, tea tree, lavender, red thyme

Fungal infection: tea tree, bitter orange, Siberian fir, thyme

Acne: tea tree, cinnamon, peppermint, rose, Siberian fir, thyme

Sore/tense muscles:

Take a bath with a few drops of lavender essential oil. You can also add a few drops of lavender, birch, or wintergreen essential oil to massage oil and rub it into the tense spots.

Fatigue:

Inhale the scent of a citrus (grapefruit, neroli, orange), rosemary, or a mint (peppermint, spearmint) essential oil when you need a pick-up. Or select any scent that is uplifting for you! You can purchase a diffuser or just open your bottle of the essential oil and take a few deep breaths.

Insomnia:

Sprinkle a few drops of lavender essential oil on your pillow or sleeping mask. Take 5 deep breaths as you lie down, focusing on the pleasant scent.

Teething/gum pain:

Place a few drops of clove essential oil diluted in olive, vegetable, or coconut oil onto the gums to numb the pain.

Cleaning:

Soak combs and brushes in a 50/50 solution of water and distilled white vinegar with a few drops of tea-tree, lavender, or eucalyptus oil for 20 minutes, rinse, then air dry.

For scuffed floors, apply two to four drops of tea-tree oil to the spots. Wipe excess oil with a cloth and rub in distilled white vinegar.

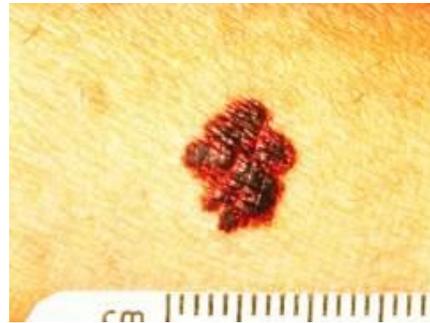
Orange oil is great at removing gum from various materials - apply with a cotton ball and launder item (if fabric) after application.

To freshen toilet bowls, add several teaspoons tea-tree oil to 2 cups of water in a spray bottle. Shake the bottle well before use, and spritz along the toilet's inside rim, allow to sit for 30 minutes, then scrub.

Mix water with a few drops of lavender, lemongrass, or lemon oil and spritz then wipe to remove grime from windows and shower stalls.

May is Skin Cancer Awareness Month

One of the best treatments for cancer is prevention of it before it can develop. While May is designated Skin Cancer Detection Month, every month is cancer prevention month. The article [Cancer: Awareness, Prevention and Natural Therapies](#) 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.



Pictured is a malignant melanoma, a form of skin cancer.

Whats New at RNMC

Dr Kruzel will be attending the board of directors of the Council on Naturopathic Medical Education (CNME) meeting in May. The CNME is recognized by the Department of Education as the accrediting agency for all naturopathic medicine programs in the U.S. and Canada.

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.

Dr Katie Stage was recently on the [NBC morning news](#) Saturday

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

What's New in the Literature

Does Beet Juice Reverse Symptoms of Senile Dementia? - Antidotal evidence has suggested that juicing, either fruits or vegetables, contributes to good health and longevity. Now a series of articles reviewed by Dr Jacob Schor about the benefits of beet juice suggest that drinking it will increase exercise tolerance, lower blood pressure, decrease the risk for blood clot formation and heart attack, provide a benefit for erectile dysfunction and help reverse or at least slow the progression of early onset senile dementia.

The benefits provided by beet juice in particular is that it contains nitrates, evidently lots of nitrates! Nitrates are absorbed into the blood and converted to nitrites that in turn are used to make a chemical called nitric oxide. Nitric oxide is a potent vasodilator, which opens up blood vessels allowing more blood and oxygen to reach its destination in tissues while at the same time lowering blood pressure. In a study conducted at Wake Forest University, scientists measured blood flow to the brains of patients who were given beet juice to drink. Not only did the blood flow to their brains increase, but it increased flow to the frontal cortex which would explain the benefits in patients with senile dementia.

Comment: Again I am indebted to Dr Schor for his wonderful and informative literature reviews. Back in the early 90's I decided to go on a cleanse for a few weeks which started with my substituting my usual breakfast regimen with fresh fruit or vegetable juices. Not only did it make me feel more energetic, but I no longer had to stop mid-morning for a snack as I usually needed to do. I have maintained this practice ever since as it made no sense to go back to what wasn't working. Beet juice also contains numerous health promoting phytochemicals such as quercetin and resveratrol as well as vitamins and minerals. Juicing in general provides a wide variety of health benefits, which is one of the reasons that there are still infomercials on Saturday morning touting its benefits. We recommend using a juicer that retains the pulp for the benefits of high fiber.

Autism Prevalence Up 78% in the US - according to this article in the Morbidity and Mortality Weekly Report, the incidence of autism spectrum disorders (ASD) has increased significantly since 2002. In 2008 the incidence was 1 in 88 children aged 8 years had an ASD diagnosis. This is an increase from the previous 1 in 110 children. The network focuses on 8-year-olds because a baseline CDC study revealed that this is the peak age of identified prevalence. The study also shows that more children are being diagnosed by age 3, an increase from 12% for children born in 1994 to 18% for children born in 2000. Boys were 5 times more likely than girls to have an ASD diagnosis. The largest increases were among Hispanic and black children.

Comment: This certainly has become an increasing and tragic problem in recent years, and according to this review, is becoming worse. The authors were at a loss to explain why there we are seeing this increase and are calling for more research. A number of theories have proposed as causes; among them are reactions to vaccines, treatments that suppress fever after a child has a reaction to a vaccine, GI flora dysbiosis, exposure in-utero to an increasing number of

xenobiotics, exposures to heavy metals or reactions to drugs. The report also went on to say that certain areas of the US had higher incidences than other areas but could not make any correlation with the data.

More recently we have begun to offer testing for xenobiotic exposures in children as a possible precursor to ADHD, behavioral problems and ASD in hopes of identifying potential problems and eliminating them sooner rather than later.

Slim Shot Weight Loss Program By Meghna Thacker, NMD

Our Slim Shot is a mixture of B-vitamins, amino acids, and lipotropic agents. These injections are used, non-invasively, to help patients achieve generalized weight loss. Slim Shot injections may help with weight loss in 2 ways: boosting energy and metabolism and increasing the removal of fat from the body. These "fat burning" lipotropic injections can be administered as frequently as once or twice a week.

Slim Shot ingredients:

Vitamin B12: Vitamin B12 is important for the normal functioning of the nervous system and for formation of blood. It is involved in the metabolism of most cells, especially affecting DNA synthesis and regulation. Vitamin B12 is also involved in energy production and fatty acid synthesis. Many medical conditions, illnesses, and substance dependencies, as well as normal aging can lead to B12 deficiency.

Lipotropic agents: Lipotropics are a class of substances, of which choline, methionine, and inositol are the most effective, that play an important role in the body's control of fat. These specific amino acids help the liver process fats while supporting the liver's normal functions including glycogen storage, plasma protein synthesis, bile production, and detoxification. Lipotropics may help maintain a healthy liver.

Inositol: Inositol metabolizes fats and cholesterol while aiding in the transportation of fat in the blood. Inositol may help in the redistribution of body fat while lowering cholesterol levels. A lack of inositol has been shown to produce an accumulation of triglycerides in the liver.

Choline: Choline is a fat emulsifier that aids in emulsifying cholesterol so that it does not settle on arterial walls. Choline works well with inositol to utilize fats and cholesterol. Choline's function in fat metabolism is related to its role in bile production. Without choline, fats can be trapped in the liver, where they can block normal metabolic functions leading to weight gain. The body can produce choline, with the help of Vitamin B 12, folic acid, and methionine. Natural choline production however, may not always be adequate to meet daily needs.

Methionine: Methionine has been shown to reduce fat and aid in lowering blood cholesterol levels. A deficiency in this essential amino acid can adversely affect fat metabolism and may lead to fatty degeneration of the liver.

Slim Shots may be used to:

- Increase energy levels and physical sense of well being

- Help prevent the accumulation of fat in the liver
- Metabolize and aid in transportation of fat
- Enhance the elimination of fat in the body
- Help keep cholesterol more soluble

Natural Medicine and the Treatment of Methicillin Resistant Staphylococcus Aureus - MRSA

By Thomas A. Kruzel, ND

A normal bacterium found on the body, Staphylococcus aureus, has developed into a deadly warrior against current antibiotic treatment. Hospitals and extended care facilities have become unwitting breeding houses of Methicillin resistant Staphylococcus aureus where patients and caregivers are desperate to find a solution to these resistant bacteria. Treatment with natural therapies is proving to be more effective than conventional treatment.



Methicillin resistant Staphylococcus aureus (MRSA) is a bacterium that has become resistant to antibiotic therapy, the mainstay in medicine for treatment of infections. Resistance has occurred because of excessive use of antimicrobial cleaning agents and antibiotic therapy, especially in hospital and extended care facilities. Therefore, individuals infected, have no line of defense except for their own immune systems against MRSA. If, for whatever reason, the person's immune system is functioning at a lower level, MRSA can induce considerable morbidity, eventually resulting in chronic debilitating illness or death.

Once the scourge of hospital and extended care facilities, MRSA has moved into the community at large and is now being seen in athletes and among children in school following injuries that break the skin. Risk factors for developing MRSA are hospitalization, residence in a long-term care facility, chronic lung, vascular or liver disease, patients on dialysis, malignancy, and prolonged exposure to antibiotics. However, healthy friends and family members who visit their loved ones in hospitals and extended care facility are now also susceptible to MRSA.

An infection with S. aureus can occur anywhere. Skin and soft tissues are commonly seen, but respiratory tract, urinary tract, and endovascular infections are also found. Additionally, S. aureus is one of the most common infective organisms found with osteomyelitis, and infection of bone tissue in children as well as adults. This usually occurs because the organism has passed through the blood and set up house keeping there or the site has become infected following a fracture or surgery for a hip or knee replacement. Staphylococcus aureus infections have been linked to Toxic Shock Syndrome, Staphylococcal Scalded Skin Syndrome, food poisoning, and infections following sinusitis or soft tissue infections of the face.

Natural therapies such as herbal medicines, homeopathy, hydrotherapy, oxygen therapy and macronutrients have been used clinically to fight MRSA infections. They mainly enhance immune system

function but also possess antibacterial properties that antibiotics do not, thus making them more effective against *S. aureus* and MRSA. Herbal medicines such as Echinacea, Goldenseal, Myrrh, Berberis, Phytolacca, Astragalus and others do not attack microorganisms by one method only but possess multiple methods of attack. These range from actual germicidal activities to preparing *S. aureus* for attack by T and B lymphocytes (opsonization), and providing specific binding sites on the organism for the binding of complement and immunoglobulins. Taken altogether, no microorganism has demonstrated the capacity to mutate to such an extent as to overcome a multi-pronged attack, which is why herbal medicines have an excellent track record against *S. aureus* and MRSA. When used in conjunction with other therapies such as homeopathy, macronutrient therapy or hydrotherapy, their effectiveness increases considerably.

Natural therapeutics for treatment of *S. aureus* and MRSA while effective, require longer periods of time in order to be successful. This is simply because they act to stimulate the body's own healing mechanisms by requiring proper nutrition and stimulation of an often depleted immune system. Once accomplished, the patient ends up with a stronger immune system that is better able to fight off microorganisms like *S. aureus* and MRSA.

If you'd like more information about this topic, or to schedule an appointment with Dr.'s Kruzel, Stage and Thacker please call Kathleen at (480) 767-7119 or e-mail her at RNMC9755@yahoo.com.

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

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