

Rockwood Natural Medicine Clinic Newsletter

In This Issue

[Back to School Lunch Guide](#)

[Healthy Aging](#)

[Breast Feeding](#)

[Food Additives](#)

Quick Links

[Patient Articles](#)

[Location](#)

[Services](#)

[Contact Us](#)

Join Our List

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Dear Clifford,

Welcome to RNMC's September 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

Guide Back to School Lunch Guide, for Kids and Adults

By Katie Stage, N D

Even if you or your children are not headed back to school, fall is a great time to re-evaluate what you are eating for lunch. Eating out can be expensive and can present challenges to selecting healthy foods - the most nutritious lunches are the ones you make yourself. With this guide, we hope to help you prepare healthy, easy, safe, and fun lunches, whether for your kids or yourself.



1. Eat in Rainbows: One of the best and easiest ways to ensure that you are getting a healthy lunch is to aim for a variety of colors. From the reds of strawberries, cherries, or bell peppers to the purples of grapes or eggplant, packing a lunch that includes a variety of colors not only makes the meal more interesting, it also maximizes its nutrients.

2. Choose your produce wisely: Late summer is a wonderful time to enjoy fresh, bountiful fruits and vegetables. The best and safest of these are not treated with pesticides, available in the organic section of your supermarket or through a trusted vendor at your local farmer's market.

But buying all organic can be expensive. The Environmental Working Group publishes a list of the cleanest "clean 15" and most sprayed "dirty dozen" fruits and vegetables. For example, apples and strawberries are usually contaminated with pesticides, so are best purchased organic. Onions and pineapples are usually not sprayed, so do not need to be purchased organic.

You can print out the lists, or download an app for your phone, for free at this link: <http://www.ewg.org/foodnews/guide/>

3. Include a Little Protein: Protein helps modulate blood sugar and avoid the dips that can cause mid-afternoon fatigue. Consider including some protein with each snack as well as the lunch. Protein doesn't always have to be meat: a hard-boiled egg, almond butter on apples, or hummus on crackers are delicious, protein-rich snacks.

4. Keep it Safe: Perishable food should be refrigerated at or below 40 degrees F to avoid the growth of bacteria. If you are unable to store your, or your child's, lunch in the fridge, insulated lunch boxes may not keep food cold enough. The safest way to store perishables is with 2 ice packs, one on each side of the perishable item inside the insulated lunch box.

5. Make it Fun: Mornings can be busy. The best way to ensure that you are ready with a healthy lunch each morning is to pack it the night before. This also allows you to have your child help make the lunch, a great way to share responsibility and to create a lunch you know they will enjoy. Allowing them to create special touches, such as drawing a smiley face or star with mustard, decorating with nuts or raisins, cutting apples into fun shapes, or including unusual snacks such as star fruit can add variety to lunches and minimize morning prep time.

September is Healthy Aging Month

Exercise: Try to get at least 30 minutes of exercise every day. Choose an exercise you like and stick with it. Use the buddy system or have a friend meet you. It's harder to say no when you exercise with a friend. Regular exercise is even more important for seniors than other age groups as the risk of disease

and lost mobility becomes greater as we age and the positive effects are realized more quickly. Exercises such as bicycling, water aerobics, Tai Chi, yoga, golf or any number of them performed on a regular basis, will



provide a positive benefit.

Nutritional: Make sure you are eating regular meals and getting at least 3 to 4 servings of fresh fruits and vegetables every day. A good combination of high proteins and vegetables, low carbohydrate and lower fats will go a long way toward losing excess weight and keeping it off. Adding some digestive enzymes with meals will help you to assimilate the nutrients better.

Mind/Body: Exercise your mind by reading, learning a new skill, or researching something that interests you. Find a hobby or learn how to play a musical instrument. Volunteer to read to small children at the library. If you are having problems with depression, a new activity that engages your mental processes and allows interaction with others works better than anti-depressants.

Social: Donate time locally through volunteer groups, religious organizations, civic groups or whatever organization you identify with. Even a few hours a week can be therapeutic and the benefit to others may be immeasurable. It is easy to stay in close contact with friends and family because of e-mail, text messaging, phone calling or the old fashioned letter writing.

Whats New at RNMC

Dr. Katie Stage has a new website which can be viewed at www.drstage.com.

What's New in the Literature

Gastrointestinal Tract Bacteria Tied to Metabolic Syndrome - In this article from MedScape, certain bacteria found in the intestinal tracts in subjects from an Amish community showed a positive correlation with the development of metabolic syndrome. Stool samples from all of the study participants were analyzed and assigned to one of three groups containing six to twelve genera of bacteria. The Amish community was selected by the researchers because there is a high degree of uniformity of genetic background, socioeconomic status, and lifestyle, which reduces potential confounders. The researchers found that although none of the three bacterial communities were associated with body mass index (BMI) or any of the metabolic syndrome components, 26 of the individual bacterial species were associated either positively or negatively with BMI, serum triglycerides, HDL cholesterol, total cholesterol, fasting glucose levels, and C-reactive protein. They concluded that the study suggests "that certain members of the gut microbiota may play a role in these metabolic derangements," and that further research is needed to further explore the role that GI bacteria have on the development of metabolic syndrome.

Comment: Obesity is thought to be caused by dietary, environmental and genetic factors with some studies having linked obesity to gut

bacteria. However, results from the various studies have been conflicting depending on the study design and population studied. The role of gastrointestinal microorganisms and human health is only now being looked at in earnest by conventional medical researchers as our understanding of the symbiotic relationship we have with them increases. Certainly genetic markers such as ABO/RhD, the Lewis blood system and secretor status and the interaction of dietary lectins in the GI tract play a significant, but as of yet not fully understood role in the development of a number of diseases, metabolic syndrome being one of them. This is one of the reasons that we suggest the use of probiotics and fiber so that the flora balance will be maintained.

Fall Prevention Using Olfactory Stimulation With Lavender Odor in Elderly Nursing Home Residents - This article in the Journal of the American Geriatrics Society investigated the effects of lavender olfactory stimulation intervention on fall incidence in elderly nursing home residents in Japan. The researchers hypothesized that lavender (*Lavandula angustifolia*), used in aromatherapy as a relaxant, has multiple ameliorating effects on fall-related risk factors in elderly adults. A previous study showed that olfactory stimulation using lavender oil improved balance in elderly people. The authors concluded that "olfactory stimulation with lavender may prevent falls in nursing home residents by ameliorating behavioral and psychological problems and consequently reducing the need to prescribe psychotropic medications, thereby ameliorating gait and balance disorders".

Comment: I found this article interesting because frail elderly patients in nursing homes are often prescribed sedative and psychotropic medications in addition to the numerous other drugs they are on, all of which contribute to instability and falls. This leads to a restriction of their normal activities of daily living (ADL'S) which can lead to agitation, and depression for which the sedatives and psychotropic medications are prescribed. Lavender oil has soothing properties affecting anxiety, agitation and underlying physically non-aggressive behaviors such as pacing and wandering as well as aggressive behaviors from agitation. Long-term exposure to lavender oil has not been studied, but certainly has far fewer side effects than many prescription drugs. A little lavender oil on the pillow at night may do the trick to decrease instability and falling in the frail elderly.

Body Lead Levels May Trigger Gout Attacks - According to this article in the Annals of Internal Medicine, lead levels, even small amounts increase the incidence of painful gout attacks because it blocks the excretion of uric acid from the body leading to increases in the risk of developing and the severity of gout attacks. Researchers found a wide variation in blood lead levels when men with gout were evaluated. Even with lower levels that are considered safe by the Environmental Protection Agency (EPA), men developed symptoms of gout. According to the Stanford researchers, "... there is no such thing as a safe lead level."

Comment: My thanks to Jacob Schor, ND for passing this along. For anyone who has experienced an attack of gout, it can be an extremely painful and debilitating experience. Usual treatments involve cutting back

on foods high in purines such as meat, seafood, and alcohol, particularly beer, as they all contain significant amounts of purine. More recently, fructose found in fruits, juices and in high fructose corn and agave syrups has also been linked to gout episodes, so these should be added to the list as well. Uric acid crystals aggregate in joints spaces and are difficult to remove due to the lack of direct circulation. Now it seems that even small levels of lead exacerbate the condition. What was interesting in this study was that the researchers only looked at circulating blood levels and did not use urinary challenges such as is done by most environmentally oriented physicians.

Breast Feeding: How to be Successful By Meghna Thacker, NMD

How many times have you come across a woman who wants to breast-feed her child after birth and has been unsuccessful and given up saying that, "I can't produce enough milk" or "my milk dried up"? We all have heard about the benefits of breast-feeding. In fact my son's pediatrician recommends exclusive breast-feeding for the first 6 months of life while many naturopathic physicians recommend up to a year. As a Naturopathic Physician and a Mom, I would like to share my experience with breast-feeding. I want to help make it work for you, if you choose to breast-feed your child.



First of all, let me say that it is not always easy to begin with. Your child is not always going to be born finding the nipple and begin sucking with ease whenever he or she is hungry. Personally, it took me 6-8 weeks after my baby's birth to get comfortable with this process. Many women get frustrated and give up breast-feeding in this amount of time. This ends up being detrimental to both mother and child as breast-feeding is so important to [childhood development](#).

Breastfeeding is a supply-and-demand process. Therefore, the more you nurse, the more milk you produce. Milk is produced in clusters of cells called the alveoli within the breast and then travels down the ducts to the nipples. Each nipple has 15-20 openings for the milk to flow. Colostrum is produced in the initial few days after birth and contains antibodies to protect the newborn against disease. Foremilk is the milk (typically lower in fat and appears more watery) available at the beginning of each feeding; hind milk is milk at the end of a feeding, which has a higher fat content which satisfies the infant's hunger.

There are factors that can negatively affect production of breast milk such as stress, poor diet, poor suckling, and pain in the breasts due to engorgement or sore nipples. Let's address these and see how to overcome them.

Stress: We all have stress from time to time, as it is very difficult to remain stress-free in this world. There is direct correlation of negative emotional stress and milk production. Being a new mom can be

overwhelming. First of all your world has changed with a beautiful gift in your hands, but with it there also comes sleepless nights with baby waking to nurse or needing a diaper change. Your body is going through many changes hormonally which can sometimes lead to post-partum depression. On top of all of this, if you are constantly given too much unwanted advice by family and friends, then that's it! Once you're stressed your milk production drops off, causing you to be stressed even further because you're not being able to produce enough milk for your baby. This can become a vicious cycle that continues to negatively affect your milk production. So, try to manage your stress better by having a supportive environment around you.

Diet: You may be able to eat many more calories while breast-feeding and still lose weight! Of course it is important to get those calories in a healthy form. Breast-feeding is not the best time to diet and panic about losing your pregnancy weight. The release of the hormone oxytocin while breastfeeding will cause the uterus to contract. This mechanism helps your uterus return to its pre-pregnancy size quickly. If you restrict your calories, it affects the quality of milk you produce for your baby.

Many breast-feeding moms feel extra hungry because your body is working around the clock to make breast milk for your baby. Eating small meals with healthy snacks in between is a good way to keep your hunger in check and your energy level high.

Before you begin to breast-feed, drink a big glass of water, or natural unsweetened fruit juice, or milk. Taking in the fluid, triggers your brain to help the flow of breast milk. I would recommend continuing to use your Prenatal Vitamins and supplements through breast-feeding. It took me a year to reach my pre-pregnancy weight. So don't get impatient about losing weight, simply enjoy the special bond that you share with your baby each time you nurse.

Suckling and The Let-Down Reflex: For effective breast feeding, a baby needs to have a good latch on the nipple. It may take a while for a baby to learn how to latch well and also for a mom to learn that it's a good latch, which will stimulate milk production. Infant suckling stimulates the nerve endings in the nipple and areola, which signal the pituitary gland in the brain to release two hormones, prolactin and oxytocin which help in the milk formation and passing it down the milk ducts to the nipples and is called the "let-down" reflex.

Sometimes you may experience a let-down at times when you are not nursing. There are breast pads available that fit in your bra cups and will help protect your clothing. Remember that it will take some work and time for the baby to keep suckling in order to produce this milk or let-down reflex. Like everything else, there is no gain without pain!

Breast Engorgement and Painful Nipples: Breasts can get engorged if you're not able to nurse your baby frequently or thoroughly enough to drain your breasts in the first few days after birth. Honestly, I had a very painful breast-feeding experience for the first 4 weeks after birth. I was wondering how women did this! I want to share this because I did not know at the time, but it is normal for some women to have discomfort and pain with breast-feeding for first 4-6 weeks.

Some ways to prevent engorgement are to nurse frequently, about 12 times a day and letting the baby finish one breast before switching to the other. It can take between 10-20 minutes to finish one breast.

Another common symptom women experience is cracked or sometimes bleeding nipples. Lanolin or other healing gels are available in the market that can help soothe the problem. You may want to consult with your lactation consultant or health care provider for further help to address the cause of the problem.

Breast Pumping is a Great Option for Working Mom's: As a working Mom, I loved the option of still being able to provide my child with my breast milk in an expressed form while I was at work. It required me to take breaks in my schedule every 3 hours to use a breast pump for 15 minutes average. There are many types of breast pumps available. I recommend the electric one that pumps both breasts at the same time. This way it saves time and empties out both the breasts at one time. There is a way to make it work hands free! That way I could finish my patient notes or phone calls while I was pumping away.

I used the Pump by Medela which also came with a small cooler bag and an ice pack which preserved the milk for 24 hours. In addition you will need breast milk storage bottles. You can get the 3 oz bottles and they can be frozen for future use. When baby is ready for the milk, they can be thawed by placing in a glass of luke warm water. Avoid using microwave to prevent heat pockets that can burn the baby's mouth. The breast pump along with cooler bag came within a nice looking tote bag which I could easily carry back and forth to work.

Breast Feeding Support Items: If you decide to breast-feed your baby, it may be a good idea to attend a Breast Feeding Class. They are usually offered in hospitals. This way you may be able to get a lot of good information about breast-feeding. I would even recommend using a breast-feeding pillow. I think it is very useful in the first three months especially when baby is so delicate and small to carry. There are different kinds of nursing bras available which make nursing as well as breast pumping easy.

Seeing a lactation consultant can be very helpful if you are having problems or are unable to be coached by your mother or grandmother. Usually your pediatrician can recommend one to you or you may ask for one at the hospital where you have your baby. I visited my lactation consultant at least 3 times in 2 weeks until I was able to get a good grasp of breast-feeding. I had also visited her after a year of breast-feeding when I wanted to wean my child off of breast milk. You can't wean off cold turkey because your breasts are use to producing milk. You have to slowly cut back on one feeding at a time and wean over a period of 4 to 6 weeks. A good time to start this is when you are [introducing solid foods](#) into the babies diet.

As a new mom it may take a few weeks to get adjusted to the breast-feeding and pumping process. In this process, if you ever feel that you are unable to provide enough milk for your growing infant, it is okay to supplement using baby formulas. Don't stress yourself about it. With time and practice, your body will be able to produce enough milk for your baby. Remember the supply-and-demand process!

Food Additives

Some years ago I went to the local grocery store and purchased a common snack food that was often used in Children's lunches. I can't tell

you the name of the product on the advice of my attorney, but it comes in a brightly colored clear package and there are 2 of them, both filled with a creamy substance. One for lunch and one to counter act the crash experienced a few hours later from the sugar high obtained from the one consumed at lunch time.

I put the package on top of the refrigerator in a bowl and left it there. A year later I opened the package expecting to be treated to a foul smelling mass of whatever was left. Much to my surprise it didn't smell bad at all but like it had been purchased that very day. No, I did not eat it but threw it in the trash where it is probably still in its original state.

Food additives have been around for centuries and can prove useful in preserving foods for periods of time until they can be consumed. But food additives can also cause problems as we have [outlined in this article](#). Take some time to read it and become a savvy food shopper.

Enjoy,
Thomas Kruzel, ND

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 her at RNMC9755@yahoo.com.
