

# Rockwood Natural Medicine Clinic Newsletter

## In This Issue

[Top Ten Ways to Protect from Toxins](#)

[Nature Cure & Liver Detoxification](#)

[Childhood Development](#)

[Do You Suffer with Indigestion?](#)

## Quick Links

[Patient Articles](#)

[Location](#)

[Services](#)

[Contact Us](#)

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Issue: 10

October 2012



Dear Clifford,

Welcome to RNMC's October 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

## Top Ten Ways to Protect Yourself from Toxins By Katie Stage, ND

Fall is a fantastic time to cleanse, and in this newsletter you will find great tips on ways to do this from Doctors Kruzel and Thacker. However, the best way to ensure an effective cleanse is to make sure you are not being exposed to toxins on a daily basis. Here are some suggestions for you to eliminate common sources of toxins from your daily life. For the full article on avoiding common toxins, please [click here.](#)

### Keep toxins out of your house:

Removing shoes is a simple way to reduce your exposure to environmental toxins and pollutants. Designate an area just inside your front door for shoes, and consider some sort of storage item (small shelf or cabinet) to hold the shoes and reduce clutter.

The chemicals used to dry clean clothes are actually quite toxic. Residue from them is then trapped under the plastic used to wrap up your dry cleaning. Air your dry cleaning out in the garage, your car trunk, or an unused hall of your house for at least 7 days.

Replace home air filters every 1-3 months with high quality pleated filters



(rated MERV 7-9). This will also make your air-conditioner/heater work more efficiently, saving you money on your electrical bill.

Avoid toxic vinyl (PVC), which is in vinyl flooring: safer flooring options include cork, bamboo, or wood. You can also look to replace smaller vinyl items in your house, such as vinyl shower curtains, with cloth or nylon.

### **Avoid heavily contaminated foods:**

Many kinds of fish and seafood are full of mercury, which is a neurologic toxin. The fish most commonly contaminated are shark, swordfish, king mackerel, tuna, orange roughy, sea bass, marlin, Gulf coast oysters, lobster, and halibut. Pregnant women should avoid these fish completely, and everyone else should limit of avoid them. A good alternative is wild salmon, which can be purchased frozen or canned. This link will take you to a list of fish and their levels of mercury contamination, as well as a "tuna calculator" which can help you determine how much tuna you can safely eat:

<http://www.ewg.org/safefishlist>

Farmed salmon is full of contaminants including PCBs, and should be avoided.

[http://www.montereybayaquarium.org/cr/SeafoodWatch/web/sfw\\_factsheet.aspx?fid=133](http://www.montereybayaquarium.org/cr/SeafoodWatch/web/sfw_factsheet.aspx?fid=133)

Many fruits and vegetables are heavily sprayed with pesticides. Consider purchasing your produce from a farmer's market or CSA (community supported agriculture): most foods grown on this scale are not sprayed, even if they do not have the organic certification (always ask to confirm this).

You can also reference this chart, which shows the "clean 15" - 15 least-sprayed foods, which can be eaten conventionally, and the "dirty dozen" - the 12 most-contaminated foods, which should be eaten organic.

<http://static.ewg.org/reports/2012/foodnews/pdf/2012-EWGPesticideGuide.pdf>

Avoid conventional beef, which is high in hormones. Organic beef is best, but grass-fed beef is also typically free of hormones, since these are not necessary when cows are pastured and able to eat the diet of their natural habitat. Grass-fed and organic beef is becoming increasingly available, even in conventional supermarkets. Many also carry bison, which is grass fed.

The hormones fed to cows concentrate in their milk, so organic dairy is also important. Butter tends to be an especially concentrated reservoir - consider organic butter, or alternatives such as goat butter, coconut butter, or Earth's balance (contains no dairy).

### **Eliminate exposure to hormones through plastics:**

BPA has been in the news recently, and more and more manufactures have pledged to remove it from their products. The reason for this is that BPA is a hormone disruptor, implicated in obesity, early puberty, and behavioral disorders such as hyperactivity. BPA is found in many hard plastics, but manufactures are increasingly removing it. When purchasing hard plastic items, look for "BPA free" on the label or packaging.

Consider purchasing a stainless steel, glass, or BPA-free plastic, reusable bottle, which also reduces waste.

Avoid heating plastics. This breaks down the components of the plastic and it is leached into the item that the plastic contained. This means not using your

microwave or oven to heat Tupperware: consider placing portions on dinner plates and heating the food individually. You should also not cover the food with plastic wrap when warming it up.

Making these changes can have a big impact on your health and well being. If you have any questions about this article, or would like to be evaluated for toxin exposure or the presence of heavy metals, please make an appointment with Drs Kruzel, Thacker, or Stage.

## Nature Cure and Liver Detoxification Thomas A. Kruzel, ND

When I first entered practice I spent a lot of time on case analysis trying to figure out the exact therapeutic regime for each patient. While this proved fruitful in many cases, and I was able to learn a lot by doing so, I also struggled with a number of patients who did not respond to my treatment plan. It was at this point that I received a bit of advice from an older, more experienced physician. He said that when faced with a patient that does not respond to well selected therapies, and he wasn't sure what to do, he always reverted to basic naturopathy and nature cure. To him this meant; change their diet, perform constitutional hydrotherapy, get their bowels functioning and clean the patient's liver. Under this program he explained, the body always corrected whatever imbalance there was and the patient never failed to respond.

At the time, being a new graduate who had just learned the "scientific" basis of naturopathic medicine, I thought this to be a bit simplistic. However, over the years I have developed a healthy respect for this method of treatment and have been very grateful for the advice I was given. Since then I have not only incorporated nature cure into my practice, but often will begin my therapeutic regime with it, even though there may be more "scientific" and "evidence based" therapies available. This is simply because it works well, stimulates the patient's vital force, restores homeostasis, and will often decrease the necessity of other therapies.

For diet and nutrition I place all of my patients on the Blood Type Diet utilizing it as an elimination/reintroduction program to uncover food allergies. The dietary changes alone often correct any bowel function problems that exist, but if not, then enhancing the patient's liver function usually finishes the job. For this task I place the patient on lipotropic factors that they take with meals for anywhere from 30 to 60 days. There are various formulas available that I often utilize but like the ones that contain extra amounts of ox bile and addition of pancreatin to help with digestion.

I have found lipotropic factor formulas to be useful in a variety of conditions but I mainly use them to help restore normal liver function so that the body is better able to re-establish homeostasis. I now do this regardless of whether the medical condition warrants the prescription as I have found that in today's polluted environment, you can never forget detoxification. They are particularly important in treating women with menstrual irregularities or after menopause, especially if they have been on birth control pills or hormone replacement therapy. Additionally, any skin disorder such as a rash with

epidermal involvement, urticaria or a drug eruption respond better to the indicated therapy if the patient's liver undergoes some form of detoxification. Lipotropic factors provide an easy way of accomplishing this.

I usually recommend that patients undergo a detoxification/liver cleanse at least 2 times per year, usually in the late fall/early winter and spring and lipotropic factors are a part of the program. I dose at 2 tablets/capsules with meals 2 to 3 times per day and caution the patient that they may feel like they are coming down with a cold or flu initially. This is a good reaction as it tells me that their liver is dumping toxins and that optimal function is being restored.

I have now gotten to the point where incorporation of nature cure and basic naturopathic principals into all therapeutic protocols has become a large focus of my practice. The nice thing about this is that, while I get better clinical results, the patients like it because they experience a greater level of health and sense of well being.

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## Whats New in the Literature

**ABO Blood Type Is a Risk Factor for Coronary Heart Disease** - Data from 2 recent prospective cohort studies have identified the ABO blood group as a risk factor for the development of coronary heart disease. Individuals with blood groups A, B, or AB were 5% to 23% more likely to develop coronary heart disease compared with subjects with O blood type. The associations were not altered by multivariate adjustment of other risk or dietary factors. Compared with individuals with blood type O, individuals with blood group A, B, or AB had a respective 5%, 11%, and 23% increased risk of developing coronary heart disease in an age-adjusted model.

**Comment:** It is only recently that researchers are taking a greater look at the connection between blood type and the development of specific diseases. Anthropologists, and physicians such as James and Peter D'Adamo who correctly predicted the relationship between blood type and development of certain diseases have previously studied this correlation. Since I have been using the blood type diet in clinical practice I too have noted the conclusions arrived at in these studies. Armed with this knowledge we are then better able to design an individualized preventive medicine program to reduce the risk of coronary artery and other diseases.

**Non-Dairy Source of Calcium** - In this article in the American Journal of Clinical Nutrition the absorption of calcium from milk was compared to that of kale. Mean absorption of calcium from the kale was 40.9% and from milk 32.9%.

**Comment:** It has been our contention based on studies such as this that green leafy vegetables and nuts, especially almonds, are one of the best sources of bioavailable calcium that can be obtained. The exception to this may be spinach which is high in oxalates which can bind calcium. The calcium in pasteurized milk is less bioavailable than in raw milk in addition to being high in fats which contributes to arteriosclerosis and heart disease, thus not making it good for every body!

**Cows Milk Linked to GI Bleeding** - Fifty-two infants were randomly selected to receive either formula or pasteurized cows milk while their stools were examined for occult (hidden) blood. The group receiving the milk showed an increase from 3% to 30.3% within the first 28 days as compared to the formula group. The number declined

after this time period but was still statistically significant compared to the formula group. (Journal of Pediatrics)

**Comment:** Here we go picking on poor milk again! Cows milk is known to be highly allergenic and has been shown to be the cause of bedwetting, asthma, eczema, infections, rhinitis or drippy nose, abdominal pain, fatigue, depression and of course, ear aches. It is also been demonstrated that a significant amount of iron deficiency in infants and children due to gastrointestinal bleeding is due to milk allergy. If you have to drink this stuff, better make it raw milk.

## Whats New at RNMC

**RNMC to undergo a make over. Over the next few weeks we will be applying new paint and installing new carpeting at the office. As this will be done on successive weekends, this should not disrupt patient visits.**

**Dr Stage was recently recognized as a registered herbalist by the American Herbalists Guild (AHG). As a professional member of the AHG, she has demonstrated a through understanding of botanical medicine and its clinical applications and therapeutics. She also just returned from the Traditions in Western Herbalism conference (now called Medicines of the People), <http://www.traditionsinwesternherbalism.org/>, where she had the opportunity to deepen her knowledge of herbal medicines and also to meet some of her favorite herbalists and doctors.**

**Dr Kruzel will be speaking on the topic of Emunctorology at the Institute for Naturopathic Medicines fall conference in Arizona October 27th and 28th.**

**Dr Kruzel will be attending the Council on Naturopathic Medical Education board of directors meeting October 12th, 13th and 14th in Santa Fe.**

## Childhood Development

We have recently added a new section to the web site that provides parents with growth marker parameters during the child's early development.

As each child is an individual, they will develop at their own pace and may develop different skills at different times. The milestones listed are what are normally seen, but parents should not become alarmed if their child does not reach all of them by this age. If there are any questions regarding development, please ask your physician.

[Click on this link to view them.](#)

**Do You Suffer with Indigestion, Gas or Bloating?**  
By Meghna Thacker, NMD

When I take a patient's history, I always enquire about their digestion. I ask them about the pattern and consistency of their bowel movements and if they suffer from symptoms of indigestion such as gas, bloating, burping, acid reflux, diarrhea or constipation. I am frequently surprised when someone finds it normal that they pass stool once a week! Many of them suffer from gas and bloating on a regular basis and think that's normal, while others keep popping acid inhibitors to suppress their acid reflux.

I would like to discuss some reasons why you may be having this problem and steps to be taken to correct it. Firstly, your digestion and bowel function will greatly depend on your lifestyle, diet and exercise. A well balanced diet consisting of protein, healthy grains, fruits and vegetables is required for regular bowel function. These days many patients in the hope of losing weight go on high protein diets forgetting the necessity of the rest of the components. Natural fiber from fruits and vegetables help to keep bowel function regular besides the nutrition and antioxidants they provide.

It is very important to drink at least 8 glasses of water per day if not more. Many patients tell me that they forget to drink water due to busy work schedules. I suggest to them that they fill a container with a gallon of water every day and bring it to work and keep it by their desk, making sure by the end of the day they have finished most of it.

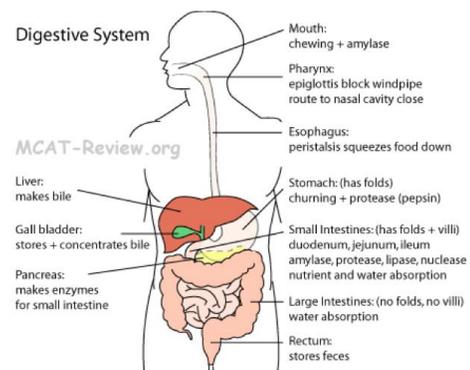
Exercise is another key factor that speeds up your metabolism and helps to regulate bowel function. When your metabolism is slow, you will go to the bathroom less frequently while exercise contributes to bowel motility and aids in elimination.

Another big cause of indigestion is when our body is unable to produce adequate digestive enzymes required to digest foods. Digestion is the chemical breakdown of large food molecules into smaller molecules that can be used by cells. The breakdown occurs when certain specific enzymes are mixed with food. Digestion begins as soon as we put food in our mouths. Teeth help to chew and break food into smaller particles. Saliva produced by salivary glands contains an enzyme that begins to digest the starch from food into smaller molecules.

The next set of digestive glands is in the stomach lining. They produce stomach acid and an enzyme that digests protein. The stomach empties the food into small intestine where enzymes produced by the pancreas will help to digest proteins, fats and carbohydrates. The liver produces bile which is stored between meals in the gall bladder. At mealtime, bile is released from the gall bladder via bile ducts into the intestines to help in the digestion of fats. Please refer to the picture that shows the digestive system and how the food passes down the mouth to the rectum. In the process, it shows what organs produce which enzymes and how it helps to digest food.

Now imagine if you are missing any one or more of these organs or enzyme systems is not working efficiently enough to produce the enzymes that it should be. The result is that you will have difficulty digesting the food you are eating which can cause symptoms of indigestion.

I would like to provide some examples here. When a patient has a bariatric surgery where part of the stomach is removed, they lose the ability to



adequately digest proteins, because as mentioned earlier, proteins are largely digested in the stomach.

Patients who have had their gall bladder removed have a lack of bile that helps digest fat, thus they usually have gas and bloating and pass stools that float because of undigested fats in it. Patients who have had parts of digestive tracts removed due to cancer or who suffer from chronic inflammatory diseases like Crohn's will suffer from digestive issues as well.

At our clinic we have successfully treated a variety of digestive problems. In naturopathic medicine, we believe that many diseases can originate in the gastrointestinal tract. Thus in order to have an overall successful treatment outcome, we need to address the issues of the gut that a patient is having regardless of the disease they are being seen for.

One common tool has been adding a digestive enzyme as a supplement to a patient's treatment protocol when we suspect, based on their symptoms, that they may be lacking the production of certain enzymes. It has helped patients with conditions like external hemorrhoids, acid reflux, constipation, and eructations among other symptoms that can rise due an inability to properly digest foods.

We are able to individualize treatments based upon the presenting symptoms and/or condition. Thus for a patient with a gall bladder removal, we use bile in supplement form to help digest ingested fats, while patients who lack production of stomach acid may need a supplement that replaces hydrochloric acid to help digest proteins.

All of us need to eat healthy diets and have optimal digestion in order to get our daily dose of nutrients, vitamins and minerals from the food we consume. If our body has lost the capacity to do that, maybe because of an inflammatory bowel condition resulting in parts of digestive tract having been removed, or if our organ systems don't work well, you can benefit immensely from getting a Nutrient IV treatment at the clinic. These treatments are becoming very popular among many physicians, including the ones who practice in a more traditional manner. Commonly known as a Myer's IV, we individualize treatments for every patient, mixing vitamins and minerals in a IV bag and administering it through a vein. One of my patients who has history of cancer and has 80% of her colon removed was surprised why she was not told that she will not be able to absorb nutrients from her foods for the rest of her life! When I first saw her, she was so fatigued, she could hardly function because whatever she was eating, went right through her system causing 6-8 watery bowel movements/day. Now she comes in weekly for her nutrient IVs and could not feel any better.

The use of probiotics to prevent gas, diarrhea and cramping from use of antibiotics is becoming very common. Antibiotics will kill the beneficial bacteria along with disease causing bacteria in the gut. A decrease in beneficial bacteria will cause digestive problems because of a flora imbalance. Thus using a good probiotic supplement can help restore healthy bacteria that prevent development of diseases and increases patient's immunity or disease fighting capacity.

You may have noticed that you may not be able to digest the same food as well as someone else in your family while eating dinner together. Have you given a thought on what Blood Type you are? Consider that you need to eat right for your Blood Type and read the book written by Dr. Peter D'Adamo. You will find out why if you are Blood Type A you may do better by eating more vegetarian foods compared to Blood Type O who can tolerate more meats. We offer the Dietary Serotype Panel blood testing at our clinic and can provide you more of an individualized diet plan that can help reduce inflammation, digest foods better and thus cause weight loss.

In this article, I have tried to explain a few reasons of indigestion and

provided a few tools to help correct it. I would recommend consulting with your health care provider to address your problems in detail. At our clinic we can help with ordering specialized testing and providing safe, effective and natural treatments for you and your family.

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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 A. 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 or Joan at (480) 767-7119 or e-mail them at [RNMC9755@yahoo.com](mailto:RNMC9755@yahoo.com).

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