

Rockwood Natural Medicine Clinic Newsletter

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Issue: 1

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Greetings!

Welcome to RNMC's January 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.

On behalf of the physicians and staff we want to wish everyone a safe, prosperous and Happy New Year.

Sincerely,

The Physicians at RNMC

Wellness and Prevention - Essential for 2013

As we enter 2013 the current health care system will be



undergoing an over haul due to legislation passed during 2012. Details of the new health care plan are still being worked out, primarily by the major stake holders such as insurance companies, hospitals and other special interest groups. The plan is suppose to provide affordable health care coverage for all Americans and carries the requirement that everyone must carry some sort of health insurance by 2014 or face an "annual fee". Additionally, taxes are being raised for medicare, an excise tax on insurance premiums, and tanning booths!

Prevention becomes all the more important as the health care of the future will focus little on this. Therefore, medical consumers will need to become their own health care advocates if they wish to remain in good

health. More recently, a number of corporations have begun to offer health care plans that incorporate naturopathic physicians as primary care providers because of their wellness and prevention orientation.

Who are the uninsured?

According to government statistics about 47 million Americans were uninsured in 2005 and this continues to increase annually. Today, the roughly 50 to 60 million uninsured Americans are predominately employed adults between the ages of 16 to 65. Additionally, 8.7 million children are uninsured because their parents do not have insurance coverage.

"I am interested in getting people to use the health care system at the right time, getting them to see the doctor early enough, before a small health problem turns serious."

Donna Shalala

How does this effect Americans?

Because of poor health care coverage and rising costs, preventive care has virtually been eliminated. Loss of preventative care allows disease to progress to advanced stages before it is discovered, requiring greater interventions and associated costs. Children are less likely to receive wellness check ups, regardless of race, ethnicity, or income status. The uninsured are 30-50% more likely to be hospitalized for an avoidable condition. For example, wellness checks often evaluate blood sugar levels. Increases in blood sugar (among other factors) can be caught in time, before a person develops Type II diabetes. Intervention in the early stages can prevent diseases like diabetes, stroke, heart disease, vision loss, and painful neuropathies.

Prevention and Wellness

Health care in America is largely a system of disease management through "managed care." Diabetes, heart disease, cancer, asthma and chronic kidney disease (among others) are diseases that are largely preventable, but once established are a significant drain on individual resources. In addition to the financial cost, the effects on normal activities of daily living and emotional cost to patients and their families can be tremendous.

"The society which fosters research to save human life cannot escape responsibility for the life thus extended. It is for science not only to add years to life, but more important, to add life to years."

Piersol & Bortz

Why is prevention of disease important?

Wellness exams are an important part of disease prevention and our ability to enjoy life as we age. As we get older our "safety net" of defense mechanisms becomes smaller and we are more susceptible to disease. Our older years should be enjoyed to the fullest, not by popping prescription medicines and shuffling to different doctors weekly. On average, Americans aged 65+ now take between 8 to 10 different prescription medications.

It may be surprising to learn that most of the diseases of old age begin between the ages 40 to 65 years. This is when most of the diseases of old age begin as a sense of dis-ease, which most people ignore because they haven't taken control of their own health. It is the low energy, weight-gain, irregular sleep patterns, digestive problems and the accepted notion that prescription medications will correct these problems and stave off illness that ultimately lead to the development of disease. Just because we are advancing in our years does not mean that our blood pressure or cholesterol levels will automatically need medication in order to regulate. By taking care of ourselves through prevention programs, we can avoid the multiple medications so commonly seen and their side effects.

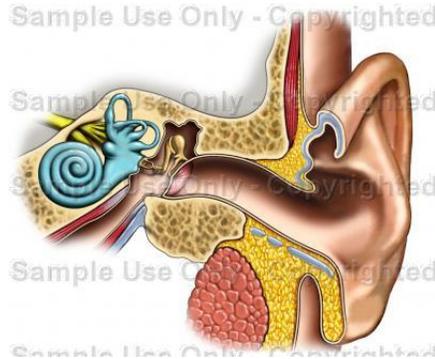
Taking charge of ones own health is becoming more and more important because the health care system can not deal with the increasing amount of chronic-degenerative disease now being experienced by Americans.

What we recommend:

1. Annual check ups with your naturopathic physician. Why a naturopathic physician? Because they are trained to provide wellness and prevention programs designed for the individual.
2. Making sure that you are eating a proper diet. Specifically, one based upon your blood type that is high in fruits, vegetables and protein and lower in fats and carbohydrates.
3. Getting enough exercise.
4. Getting enough quality sleep.
5. Making sure that you are getting adequate vitamins, minerals and antioxidants either through supplementation or good nutrition.

For more information on our wellness program, [follow this link](#).

Earaches are commonly seen in children from as early as 6 months of age until 7 years. Adults are also affected but less commonly. Earaches can be broken down into three types of otitis: serous, infective and external. Both infective and serous otitis often follow upper respiratory infections, but are also seen in children who are bottle-fed while lying down and those who have been exposed to cold, windy weather. Bottle fed infants will experience a greater chance of developing otitis media than breastfed infants due in part to developing an allergy to the formula. A strong association with chronic earaches and food allergies has been made, especially milk, other dairy products, wheat, peanuts, eggs, tomato, soy, and corn.



An **acute infective earache** will more likely occur during the winter months and may be announced with a high fever, throbbing of the ear, irritability, tugging at the ear and pain. Fever may also not be present and the person affected may be lethargic and complain of not feeling well. If a discharge is seen from the ear canal, then the eardrum has ruptured and there will be some hearing loss for a period of time until it has been able to repair itself. Just prior to the eardrum rupturing, the child will become more uncomfortable for a brief period. Once it has ruptured, they will not experience as much discomfort.

Serous otitis is accompanied by a sense of fullness, hearing loss, ringing in the ears and little or no pain. In this condition, there is a buildup of fluid behind the ear drum which causes the hearing loss. If left untreated, it can develop into an infection as the fluid eventually becomes breeding ground for bacteria.

External otitis is characterized by an inflammation of the external ear canal. Otherwise known as swimmer's ear, it is caused by repeated wetting of the canal which allows for bacterial or fungal growth. Otitis externa can also occur from repeated use of Q-tips to clean the canal. This leads to excoriation of the canal and increased susceptibility to infection. Nothing smaller than your elbow, or the doctor's speculum should be inserted into the canal.

The common allopathic approach to otitis media has been antibiotic therapy, and despite the increasing volume of literature that shows it isn't indicated or very effective, they are still prescribed frequently. Antibiotics will only work if there is a

bacterial infection that has set up house keeping in the mucus that has become entrapped behind the eardrum. Children treated with antibiotic therapy have a greater chance of a recurrent infection within the next 4 to 6 weeks, and it is not unusual for them to have multiple antibiotics prescribed with little effect.

The solution of course is to relieve the pressure by opening the Eustachian tube so it can drain and to eliminate the cause of the mucus buildup by eliminating allergens. This can be accomplished by a number of therapies and elimination of allergens.

WHAT TO DO UNTIL THE DOCTOR IS SEEN

1. Take a temperature, pulse and respiration rate and record.
2. Determine if the tympanic membrane is swollen if it is possible. If not able to do so, then give the indicated homeopathic medicine. If not sure what to give, administer a dose of Pulsatilla as it will affect the case to some degree.
3. In addition to the indicated homeopathic medicine, employ any of the additional home therapies you wish. These will often enhance one another providing quicker relief.
4. Monitor frequently. If no response within the first 30 to 60 minutes, then seek another homeopathic medicine or alter the treatment plan. Vital signs such as temperature and pulse will let you know how the patient is responding in addition to their behavior.
5. Contact your physician if the child does not seem to respond to the therapy or is getting worse.

This is from the book: the **Natural Medicine Pediatric Home Health Advisor**. [To order, follow this link.](#)

Whats New at RNMC

RNMC has added a faster and more convenient e-mail address. You can now reach us at rnmc9755@gmail.com.

Dr Kruzel will be speaking at the Boucher Institute of School of Naturopathic Medicine at their environmental medicine conference.

What's New in the Literature

Plant lectins: targeting programmed cell death pathways as antitumor agents. - In this article from the Int Journ of Cell Biology the researchers discuss the properties of lectins and how they may be used in the treatment of cancer because of their highly specific binding capabilities. They go on to say that it is their hope that cancer researchers will use them as antitumor agents

Comment: This article was submitted by a group in China at one of the universities there and discusses the potential role that lectins play in the treatment of cancer. Back in the 90's I wrote an article for the Journal of Naturopathic Medicine on just this subject and categorized the lectins and their known affinities at that time. Certainly the list continues to expand as more and more research is done. We have however been using lectins in our cancer treatments since then, both for the prevention as well as for therapy. Lectins bind irreversibly to specific surface markers on all cells. Once this occurs, the immune system must destroy the cell in order to eliminate the complex. Cancer cells are no different and have a variety of primitive antigens that make them more vulnerable to lectin binding. At least one of the articles I reviewed in preparing my own was by a researcher at the University of Nebraska who was attaching chemotherapeutic agents to specific lectins to treat cancer. [To view the article in its entirety, follow this link.](#)

American Geriatrics Society Updated Beers Criteria for Potentially Inappropriate Medication Use in Older Adults - Potentially inappropriate medications (PIM) are the subject of this article in the Journal of the American Geriatric Society as guide for physicians. Medications were graded based upon whether they had sufficient evidence as to their effectiveness as well as drug/drug interaction and side effects of the medications. The Beers Criteria were established to avoid the inappropriate use of prescription drugs in order to avoid adverse drug reactions (ADR's).

Comment: Because of the managed care system and the many medical specialists that are seen by an elderly patient, the number of prescriptions can be considerable. Polypharmacy in the geriatric population is common place and add to this a number of over-the-counter drugs and nutraceuticals, it can add up to a lot of pills competing with one another. A fairly significant number of admissions to hospitals are related to medication errors or adverse reactions to them and the elderly are more vulnerable due to the changes with aging. When I did my Geriatrics Fellowship, we spent most of our time reviewing patient's medications, deciding which were needed and which were treating the side effects of previous medications and which could be eliminated. Once we were able to do this, many of the patients did better and enjoyed a better quality of life. The updating of the Beers Criteria will be helpful in allowing physicians to do this.

Association of ABO blood group in Iraqis with hypercholesterolaemia, hypertension and diabetes mellitus. - In this article researchers at the University of Baghdad looked at the association of ABO grouping and the incidence of these 3 diseases. They found that there was an across the board higher number of blood group O individuals who has diabetes, hypertension and hypercholesterolemia.

Comment: This of course is not surprising to those of us who have been using the blood type diet and reviewing the literature associated with it. What is interesting here is that it is being looked at in an increasing frequency in foreign countries. That blood group O individuals are found to have higher rates of these particular diseases is not surprising because all of these conditions are associated with diets high in grains and dairy which are not beneficial to blood

group O individuals who do better on higher amounts of protein such as fish and meat. There are few grains allowed and even less dairy. [For more information on diet and blood type, follow this link.](#)

Bananas - The Perfect Food?

Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber, a banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.



Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS: Forget the pills -- eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it the perfect way to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power: 200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers:

One of the quickest ways of curing a hangover is to make a banana milkshake sweetened with honey. The banana calms the stomach and

with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn:Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Morning Sickness:Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito bites:

Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves:Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers:The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Temperature control:Many other cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Seasonal Affective Disorder (SAD):Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

Smoking:Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress:Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes: According to research in "The New England Journal of Medicine," eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrates, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So maybe its time to change that well-known phrase so that we say, "A banana a day keeps the doctor away!"

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 Joan or Kathleen at (480) 767-7119 or e-mail them at RNMC9755@gmail.com.

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