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Rockwood Natural Medicine Clinic Newsletter

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Greetings!

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

Organic vs Non-Organic Food - What is the Evidence? Thomas Kruzel, ND

A recent review article from Stanford University and the Veterans Affairs Palo Alto Health Care System came to the conclusion that organic produce and meat isn't any better for you than those found with non-organic produce and meats. The review however also went on to say that organic produce does have lower amounts of pesticides in that 38 percent of conventional produce tested contained pesticide residues, compared to just 7 percent for organic produce. Additionally, organic produce had less antibiotic resistant bacteria than non-organic. The review was picked up by the wire services and widely reported in the press while in the process, fanning the flames of controversy.

The debate about organic vs non-organic foods has become more intensified as many of the players in the agriculture industry such as



chemical and fertilizer manufacturers, food growers and supermarkets attempt to produce more food at lower prices and consumer advocates continue to make their case for better quality, healthier and non-genetically modified foods. Additionally, the presence of Persistent Organic Pollutants (POP's) such as organo-pesticides, phthalates, polychlorinated biphenyls (PCBs), dioxin, chlordane, and DDT continue to be recirculated in the food chain because there is nothing in the environment to break them down.

Because of this recent article and the wide spread press attention it has received, we decided to do some checking and see what was out there with regard to studies on organic foods. What follows is just a sampling.

A two-year study at the Washington State University provided side-by-side comparisons of organic and conventional strawberry farms has shown organic farms produced more flavorful and nutritious berries while promoting healthier and more genetically diverse soils. Findings in the paper showed organic strawberries had significantly higher antioxidant activity and concentrations of ascorbic acid and phenolic compounds, longer shelf life, and dry matter. In addition, the organic soils excelled in the areas of carbon sequestration, nitrogen, microbial biomass, enzyme activities, and micronutrients. (Reganold J et al Fruit and Soil Quality of Organic and Conventional Strawberry Agroecosystems, Plos ONE, September 2010, Vol. 5, Issue 9)

A French researcher's review of scientific findings concerning organic products has confirmed the high nutritional quality and safety of food produced using organic practices. The review notes there are nutritional benefits to organic produce, such as more dry matter, minerals and antioxidant micronutrients than their non-organic counterparts. Meanwhile, studies show organic foods have significantly lower amounts of nitrates and residues of toxic chemical pesticides, fungicides and herbicides than do non-organic foods. (Denis Lairon, Agronomy for Sustainable Development, 2009)

Researchers studying cultivation practices for high-bush blueberries in New Jersey found that blueberry fruit grown organically yielded significantly higher fructose and glucose levels, malic acid, total phenolics, total anthocyanins and antioxidant activity than fruit grown using conventional methods. (Journal of Agricultural and Food Chemistry, Vol. 56, pages 5,788-5794 (2008))

A study published in Environmental Health Perspectives showed that consuming organic products may lower children's exposure to potentially damaging pesticides. In the study, researchers at the School of Public Health and Community Medicine, University of Washington, recruited families at both a retail chain grocery store selling primarily conventional foods and at a local cooperative selling a large variety of organic foods in the Seattle, WA, metropolitan area. Parents were asked to keep a food diary for their children for three days, then the children's urine collected on day three was analyzed for pesticide metabolites. Children eating primarily organic diets had significantly lower levels organophosphorus (OP) pesticide metabolite concentrations than did children eating conventional diets. In fact, concentrations of dimethyl metabolites, one OP metabolite group, were approximately six times higher for the

children eating conventional diets. According to the authors, "Consumption of organic produce appears to provide a relatively simple way for parents to reduce their children's exposure to OP pesticides." (Environmental Health Perspectives, Vol. 109, No. 3, March 2001 (pp. 299-303, C. Lu, D.E. Knutson, J. Fisker-Andersen, and R.A. Fenske)

Research by visiting chemistry professor Theo Clark and undergraduate students at Truman State University in Missouri found organically grown oranges contained up to 30 percent more vitamin C than those grown conventionally. Reporting the findings at the Great Lakes Regional meeting of the American Chemical Society, Clark said he had expected the conventional oranges, which were much larger than the organic oranges, to have twice as much vitamin C as the organic versions. Instead, chemical isolation combined with nuclear magnetic resonance spectroscopy revealed the higher level in the organic oranges. (Science Daily Magazine, June 2, 2002.)

Reviewing 41 published studies comparing the nutritional value of organically grown and conventionally grown fruits, vegetables, and grains, certified nutrition specialist Virginia Worthington concluded there were significantly more of several nutrients in organic crops. These included: 27% more vitamin C, 21.1% more iron, 29.3% more magnesium, and 13.6% more phosphorus. In addition, organic products had 15.1% less nitrates than their conventional counterparts. She also noted that five servings of organic vegetables (lettuce, spinach, carrots, potatoes and cabbage) provided the recommended daily intake of vitamin C for men and women, while their conventional counterparts did not. (Worthington V, Nutritional Quality of Organic Versus Conventional Fruits, Vegetables, and Grains, published in The Journal of Alternative and Complementary Medicine, Vol. 7, No. 2, 2001 (pp. 161-173))

Organic cows grazing on fresh pasture produce milk with higher levels of antioxidants and beneficial fatty acids such as conjugated linoleic acid (CLA) and omega-three fatty acids, according to research findings from Newcastle University in the United Kingdom. (Journal of Science of Food and Agriculture, online (2008))

Research led by Alyson Mitchell at the University of California-Davis has shown that levels of flavonoids increase over time in crops grown in organically farmed fields. Study results found that organic tomatoes contain on average 79 and 97 percent more quercetin and kaempferol aglycones (beneficial flavonoids) than their conventionally grown counterparts. (Journal of Agricultural and Food Chemistry, posted online June 23, 2007)

A European research team led by Swiss scientist Lukas Rist has found that mothers consuming mostly organic milk and meat products have about 50 percent higher levels of ruminic acid, a conjugated linoleic acid, in their breast milk. (British Journal of Nutrition. June 2007)

The question to ask ourselves is, even if the nutrient content isn't any different than non-organic fruits and vegetables, doesn't it make sense to consume organic produce which have lower levels of POP's, especially our children because of the behavioral and neurological problems the POP's are now being shown to cause? The studies however show that the nutrient contents of organic foods are much higher they are not

associated with antibiotic resistant microorganisms, and they enhance rather than deplete the soils. Additionally, if enough consumers purchase organic foods, the prices will eventually lower due to greater competition.

Whats New at RNMC

Dr Meghna Thacker will be attending a 4 day Intravenous Therapy Seminar from March 7-11. The seminar is a certification course with written and practical exam. While I am already certified, I hope to learn more ways to help patients with Chronic Fatigue Syndrome, Fibromyalgia, Infections (Viral, bacterial and fungal), Autoimmune disease, Lyme's Disease, Hypertension among other diseases.

Dr Katie Stage recently attended a conference on Environmental Medicine that focused on endocrine function and fertility. The conference presented cutting edge research on how environmental toxins affect the thyroid and reproductive system functionality, and ways to cleanse patients from exposure to these toxins. Many of these toxins are in a wide variety of everyday products.

Dr Stage will also be attending the Advanced Topics in Women's Medicine Conference in March, where she will review the latest research on infertility, bio-identical hormone replacement therapy, metabolic syndrome, menopausal treatment, infertility, and more.

What's New in the Literature

Diet Sodas, as Well as Regular Ones, Raise Diabetes Risk - This study in the *American Journal of Clinical Nutrition*, suggests that women who drink large amounts of diet soda are at increased risk for type 2 diabetes. The findings also support the previously documented association between high intake of regular sugar-sweetened beverages and development the condition. The data come from a large prospective cohort study of 66,118 women in France investigating links between diet and cancer. There were 1369 new cases of type 2 diabetes diagnosed during the follow-up period from 1993 to 2007. The risk for type 2 diabetes was elevated among the women in the highest quartiles for both sugar-sweetened beverages (>359 mL/week) and artificially sweetened beverages (>603 mL/week) compared with women who did not consume those beverages.

Comment: The results of this study do not surprise me one bit. While there have been "conflicting" studies in the past with regard to consumption of diet drinks, obesity and diabetes, this study confirms what is seen clinically in persons who consume diet drinks. If we think about this from a physiological standpoint, it only makes sense that the development of obesity and diabetes will eventually occur. When these drinks are consumed, the signal given to the body is that there is glucose available that needs insulin. But wait! What is actually happening is that the body is being fooled into thinking it is getting glucose when in fact it isn't. In order to meet the needs, the body produces its own glucose from protein and eventually stores it as fat. The weight gain eventually leads to development of type 2 diabetes. All the more reason to avoid ~~sugary and caffeinated diet drinks~~

Egg Consumption and Risk of Coronary Heart Disease and Stroke: Dose-Response Meta-Analysis of Prospective Cohort Studies - The purpose of this review article in the *British Medical Journal* was to investigate and quantify the potential dose-response association between egg consumption and risk of coronary heart disease and stroke. Their analysis found that no evidence of a curve linear association was seen between egg consumption and risk of coronary heart disease or stroke, while the relative risk of coronary heart disease for an increase of one egg consumed per day was low at less than 1%. Additionally, for stroke, the combined relative risk for an increase of one egg consumed per day was also less than 1%. In a subgroup analysis of diabetic populations, the relative risk of coronary heart disease comparing the highest with the lowest egg consumption was greater than 1.54%, meaning that there was a greater risk if the was a diabetic. They concluded that a higher consumption of eggs (up to one egg per day) is not associated with increased risk of coronary heart disease or stroke. The increased risk of coronary heart disease among diabetic patients and reduced risk of hemorrhagic stroke associated with higher egg consumption in subgroup analyses warrant further studies.

Comment: Back in 1992 in our newsletter I reviewed an article from the *American Journal of Clinical Nutrition* that looked at egg consumption and the increase in cholesterol levels and changes in clotting factors, both of which are felt to contribute to coronary artery disease and heart attack. Then the researchers compared men who ate 3 eggs per week rather than the 7 from this review and found that there was no significant risk associated with egg consumption. This current review suggests that we can up the ante so to speak. Lowering cholesterol by itself does not lower Coronary Artery Disease risk. Eggs are known to be a well-balanced and economic source of protein and nutrients. This is especially true in the elderly as they are easy to fix and eat. We recommend that they be scrambled or poached as opposed to frying.

More Evidence Prenatal Folic Acid May Lower Autism Risk - In this study published in *JAMA*, a population-based cohort study of almost 85,000 children in Norway showed that those children whose mothers used supplemental folic acid early in pregnancy had 39% lower odds of having autistic disorder than those whose mothers did not use the supplements.

Comment: What was interesting about this study was that allowances for other supplementation was taken into consideration when looking at folic acid's effect on Autism and the author noted that there weren't any other variables other than folic acid intake. Fortunately most prenatal vitamins come with increased amounts of folic acid because of its association with neural tube defect. Folic acid is a nutrient that is abundant in green leafy vegetables, eggs, brewers yeast and a number of other foods and needs to be replenished daily as it is not recycled in the body.

Attention Deficit Hyperactive Disorder

Attention Deficit Hyperactive Disorder (ADHD) has become one of the most commonly diagnosed childhood disorders where it is seen more often in boys than girls. Some clinicians and a growing number of parents feel that the condition is over or misdiagnosed in part because of the difficulties encountered by teachers with large class sizes. It has become an umbrella term used to describe children who are inattentive, impulsive, easily distracted and not able to sit still.



Many of the children labeled ADHD are really not when compared to diagnostic criteria. This causes considerable consternation and worry for parents when given this label. This [article by Dr Kruzel](#) discusses the causes of ADHD and conventional as well as natural treatments.

Allergy Season is Just Around the Corner

Here in Arizona we have experienced a wetter than normal winter which means that the desert will soon be in full bloom. Arizona is unique in that we experience several blooming seasons; the reason being that desert plants must compete for a paucity of resources, and thus have adapted their blooming seasons to compensate for this lack. Therefore we experience at least 3 periods when flowers, trees and grasses are spewing pollens.



Some tips for making this an allergy free time are:

1. Make sure that your diet is optimal and does not contribute to your allergies. Food allergies almost always proceed environmental allergies, so cleaning up your diet will help your body to repel pollens.
2. Drink plenty of water as this helps the mucus membranes defend and neutralize airborne pollens.
3. Use natural antihistamine substances such as Freeze Dried Nettles or Allerplex rather than over-the-counter ones. The OTC antihistamines have side effects of drowsiness and can contribute to a worsening of the condition due to suppression of IgA.
4. If you are having difficulty with allergies, see your physician as early as possible before the condition becomes a major problem so a specific homeopathic medicine can be prescribed.
5. A desensitization program for specific allergens can be developed which will lead to a decreased sensitivity to spring time pollens. This can be done at any time throughout the year.

To learn more about allergies, [follow this link](#).

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 clinic. 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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