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# Rockwood Natural Medicine Clinic Newsletter

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Issue: 4

April 2013



## Greetings!

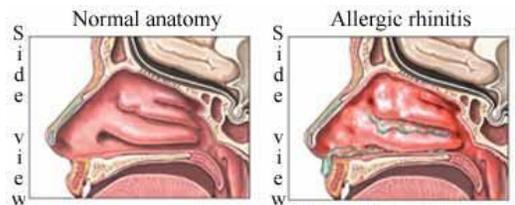
Welcome to RNMC's April e-newsletter. We will be providing healthy tips, coupons and other important information in a monthly e-newsletter, so be sure to add us as a "safe sender" to your email provider. We look forward to hearing from you with requests for articles, thoughts and ideas.

Sincerely,

The Physicians at RNMC

## Allergy Treatments By Katie Stage ND

Spring is a time of perfect weather and beautiful wildflowers; however, for many Arizonans it is also the time for an exacerbation of allergic reactions. Common allergic symptoms include a runny nose, watery eyes, sneezing, itching, and headaches.



At **Rockwood Natural Medicine Clinic**, we offer a variety of treatment approaches to reduce both the cause and symptoms of seasonal allergies. While this is best done with your physician, who will create a customized plan for you, here are some general treatment approaches.

## **Determine the Cause**

Naturopathic physicians always seek to find and treat the cause of any disease or health condition, thus preventing our patients continuously having to take a medicine to treat the symptoms. This can really add to our patients' quality of life and also save money - imagine not having to take antihistamines every allergy season for the rest of your life!

## **Avoid triggers**

Once we determine the cause of the allergy we work to avoid it. Of course it will not be possible to avoid all the plants growing in the desert and Phoenix valley, but often there are multiple allergens - not just pollen - and by decreasing the overall allergic load, patients will have less symptoms even when exposed to the same flowering plants as before. For example, many people have mild food intolerances that cause low levels of inflammation in their bodies. Determining and eliminating these foods, as well as treating the "leaky gut" that contributes to a pattern of food intolerances, often decreases allergic symptoms. Other common health issues that can contribute to allergies include sensitivity to mold, exposure to irritants and toxins, and an inflammatory diet.

In addition to food allergies/ intolerances and environmental irritants, certain foods tend to cause inflammatory reactions in the body, and can thus contribute to discomfort during the allergy season. Fried foods, foods containing trans fats, and sugar all cause a low level of inflammation in the body and increased reactivity to seasonal triggers. Dairy products are congesting, so can thicken nasal discharges and contribute to sinus pain, nasal congestion, and productive coughs.

## **Treat the Symptoms**

There are a variety of ways to treat allergic symptoms while the cause of the allergies is being determined. All of the natural treatments we use are effective and have little or no side effects, unlike common allergy medicines such as Benadryl and Sudafed, which can cause fatigue, insomnia, "foggy thinking", and stomach upset.

**Sensitization** is the dosing of very small amounts of the allergens. The small amounts of these allergens allow the body to learn to react appropriately to exposure, and a protocol with them can stop allergic reactivity.

**Homeopathy** is a system of medicine based on the principle of "like cures like". For example, if taking a substance would cause itchy, watery eyes, then taking a homeopathic preparation (infinitesimally small amounts) of that same substance would treat itchy, watery eyes. The physicians at Rockwood Natural Medicine Clinic are experts in homeopathic prescribing and can find a homeopathic remedy to address allergic (and other) symptoms.

## **Supplements/ Herbal medicine**

Many natural substances act as to break up histamine the substance in

the body that causes allergic symptoms such as swelling, sneezing, itching, and watery discharges. We offer a variety of supplements that reduce inflammation and contain natural antihistamines, such as Urtica dioica leaf and bromelain. We also blend custom herbal preparations to address sneezing, congestion, and other symptoms.

### **Food as Medicine**

Many foods are also anti-inflammatory and eating more of these foods can help decrease allergic symptoms.

Citrus, peppers, broccoli, strawberries, pineapple, kiwi fruit, and kale are all high in vitamin C, which has an anti-histamine effect.

Carrots, peppers, sweet potatoes, butternut squash, apricots, cantaloupe, and dark leafy greens are high in vitamin A, which also decreases inflammation and has a drying effect on nasal discharges.

Berries, apples, grapes, citrus fruit, kale, sweet potato, onion, garlic, and buckwheat powder all contain the compound quercetin, which has an anti-histamine effect.

### **Healthy anti-allergy recipes**

Interested in some recipes that contain these anti-inflammatory and anti-allergic foods? Check these out:

Kale, Carrot, and avocado salad:

<http://www.wholefoodsmarket.com/recipe/kale-carrot-and-avocado-salad>

Kale, carrot, apple and ginger juice:

<http://thehungryhusky.wordpress.com/2012/06/13/kale-carrot-apple-ginger-juice/>

Ruby Kale salad with Citrus and Berries:

[http://www.pcfma.com/recipes\\_show.php?recipes\\_id=1134](http://www.pcfma.com/recipes_show.php?recipes_id=1134)

Blueberry, Kale, and Quinoa salad: <http://greatist.com/health/recipe-blueberry-kale-and-quinoa-salad>

## **Question & Answer**

**Q:** Q: I have had some problems with erectile dysfunction and a low sex drive and was told that my testosterone level was low. After several months receiving testosterone shots, my blood testosterone levels are still low and I am no better. Why is this?

**A:** Click [here](#) to read about hormone evaluation and erectile dysfunction.

**Q:** What is bowel toxemia and how would I know if I had it?

**A:** Bowel toxemia is a well recognized condition caused by an imbalance of bowel flora. To learn more about this condition and how to test for it, click [here](#) .

## **What's New in the Literature**

**Atherosclerosis Evident in Four Ancient Populations, Including Hunter-Gatherers**

- In this study published in the *Lancet* data was presented on whole-body computerized tomography (CT) scans of mummies from 4 geographical regions 3500 to 4000 years old. The findings of the researchers suggest that arteriosclerosis was more common in ancient populations than had been previously thought. Individuals from ancient Egypt, ancient Peru, ancestral Puebloans of southwestern America, and hunter-gatherers from the Aleutian Islands were studied. The diets and climates of these ancient populations were quite diverse and show this disease was common across a wide geographical distance over a long period of history. The researchers concluded that: "arteriosclerosis was common in four preindustrial populations, including a preagricultural hunter-gather population, and across a wide span of human history," The presence of atherosclerosis in premodern human beings suggests that the disease is an inherent component of human aging and not associated with any specific diet or lifestyle."

**Comment:** This article certainly shoots some holes in the Paleolithic Diet theory as well as a number of other diets based upon ancient cultures. All of these cultures were either hunter-gatherer or agrarian societies. None of them were vegetarian. Most of the people studied died somewhere in their 40's, most likely from infectious diseases and not stroke or heart attack. A high level of infection or chronic infections will accelerate the formation of plaque which is why we often check inflammatory markers when performing lab studies. Even though the cholesterol and LDL levels might be somewhat elevated, inflammation and genetics predispose some people to develop plaque formation at a greater rate than others. This is also why we have promoted the [Blood Type Diet](#) as it individualizes ones diet based upon genetics and allows us to identify those patients with a predisposition to develop arteriosclerosis.

**High Intake of Processed Meat Linked to Cancer Deaths** - In this study from *BMC Medicine* a moderate positive association between processed meat consumption and mortality was found. Over a mean of 12 years, a high consumption of processed meat was associated with a near doubling of the risk for all-cause mortality in adults, compared with low consumption. The risk for cancer death was 43% higher and the risk for cardiovascular death was 70% higher in people eating more than 160 g/day of processed meats than in those eating 10.0 to 19.9 g/day. Additionally the researchers found the risk to be much lower with red meat than with processed meats.

**Comment:** Darn, there go the BLT sandwiches! Bacon, sausage, salami, ham and anything that is preserved has long been known to increase ones risk for cancer, due it has been felt to the nitrites used as a preservative. This study adds increased formation of cardiovascular disease as well as an increase in mortality. Red meat, which has been identified as a contributor, was found to be less of a risk than preserved meat products. Additionally, processed meats usually have higher levels of saturated fats and thus more cholesterol, which contributes to arteriosclerosis. The authors also pointed out that "the high

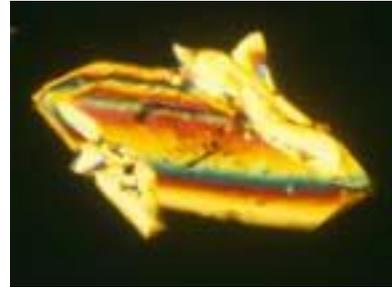
consumption of processed meat typically goes hand in hand with other unhealthy behaviors, including smoking, low levels of physical activity, and low consumption of fruit and vegetables."

**Adverse Effects of Homeopathy - A Systematic Review of**

**Published Case Reports and Case Series** - This purpose of this article in the *Int J Clin Pract* was as the authors state, to conduct a systematic review to critically evaluate the evidence regarding the adverse effects (AE) of homeopathy. They reviewed a number of databases for relevant case reports and case series. Of these, 38 reports met their inclusion criteria. Of these, 30 of them pertained to direct AE's of homeopathic remedies, while eight were related to AE's caused by the substitution of conventional medicine with homeopathy. The total number of patients who experienced AE's from homeopathic treatment amounted to 1159. Overall, AE's ranged from mild-to-severe and included four fatalities. The most common AE's were allergic reactions and intoxications. Rhus toxicodendron was the most frequently implicated homeopathic remedy. Their conclusion was that homeopathy has the potential to harm patients and consumers in both direct and indirect ways.

**Comment:** Naturally when this article appeared there was a lot of consternation and hand wringing among the homeopathic community, as homeopathy still continues to be controversial in medical circles and is often subject to baseless criticisms that get widely reported. However after reading it I was struck by how candid the authors were with regard to their own analysis of the cases reviewed and the quality of the reports themselves. While they felt they were correct with their conclusions they made a distinction between homeopathic prescriptions made by a medical professional and those made by someone who did not have adequate medical training. This level of self-reflection and criticism with regard to ones own research is not often seen these days, which made the article more credible. All disease is a process. It has a beginning, middle, end and a recovery period. Homeopathic medicines in contrast to drug therapy act to complete this process in concert with the patient's vital force where as drugs will often stop or suppress the healing process as it attempts to move through the different stages. Thus there are many more AE's with drug therapy than homeopathic therapy encountered. That being said, a homeopathic prescription in a complicated medical case will often require additional prescriptions to complete the healing reaction, and if not made, presents the possibility of an AE. This is one of the reasons we conduct frequent follow up visits so we can assess the process.

Anyone who has ever had an "attack" of kidney stone colic will tell you that it is among the worst types of pain someone can experience. The pain level is often not responsive even to narcotics such as oxycodone, morphine sulphate or demerol. The type of pain encountered is an indication of where the stone is and its progress. For instance, a heavy tensive and aching pain indicates that the stone is putting pressure on the kidney or ureter where as sharp and piercing pains indicate the the stone is mobile and moving into the bladder. These pains are often accompanied by nausea, vomiting and anxiety.



#### **Pictured is a Calcium Carbonate Stone**

The southwest United States and southern states generally have higher incidences of kidney stones due to hotter weather and the accompanying dehydration. Some patients will have stones present that are not active, i.e. are not causing any discomfort, while others will create them frequently and experience numerous attacks.

Kidney stone formation is largely preventable if the proper nutrients and herbal medicines are taken. If they have already formed but are inactive, additional measures can be taken to decrease the risk of an "attack". As we head into the hotter season here in Arizona, or anywhere else for that matter, taking a few simple steps can help to decrease the incidence of stone formation and pain. For more information [click here](#), or contact one of the clinic physicians.

### **What's New at RNMC**

**Dr Katie Stage** will be teaching 2 seminars at the Herb Stalk conference June 8-9 in Somerville, MA. <http://herbstalk.org/2013-schedule/>

**Dr Kruzel** will be conducting an accreditation site visit at the Boucher Institute of Naturopathic Medicine in Vancouver, BC April 7-10 as part of the Council for Naturopathic Medical Education (CNME). This is for renewal of BINM's initial accreditation.

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](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@gmail.com](mailto:RNMC9755@gmail.com).

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