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Rockwood Natural Medicine Clinic Newsletter

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Issue: 6

June 2013



Greetings!

Welcome to RNMC's June 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

Summer Time Teas By Katie Stage, N D

As summer approaches, proper hydration becomes increasingly important. It can be difficult for some people to get adequate hydration from water alone. Medicinal teas are an excellent way to increase fluid intake and can offer many other benefits.

Here is a small sample of several easy to make teas which can have profound impacts on your health, while also imparting a cooling sensation. If you prefer ice tea, you can prepare any of these teas hot then add ice or refrigerate. If you make a big batch of sun tea, it can be stored in your refrigerator and



consumed within the next 3 days.

Hibiscus

Hibiscus is a familiar plant in Arizona, and the state plant of Hawaii. The plant produces beautiful red, pink, white, or yellow. Hibiscus tea is prepared from the dried flowers, available in tea bags or loose in farmer's markets and natural health stores. It has tart, refreshing taste and makes a beautiful red tea. Hibiscus is a mild diuretic, mildly decreasing swelling and blood pressure. It also is rich in minerals and vitamin C, and is cooling, perfect in the warm days of summer. While it decreases excess fluid from the body, it has a moistening effect, the perfect counter to hot days. You may find hibiscus tea on the menu at Mexican or Central American restaurants, where it is commonly called Jamaica, but this is best avoided unless homemade because commercial formulas often contain high amounts of sugar, akin in soda. You can make your own preparation by steeping some hibiscus flowers with a stick of cinnamon, a few cloves, nutmeg, ginger and a pinch of stevia leaf.

Mint

The mint family of plants contain some of our most useful herbs in medicine and the kitchen, such as rosemary, sage, lemon balm, basil, and what we commonly consider mints: peppermint and spearmint. Peppermint and spearmint are cooling, refreshing, and delicious as teas. Peppermint calms the muscles of the stomach and improves digestion, particularly fat digestion. It decreases stress and tension, thins mucous, and eases gas and flatulence. Spearmint has similar actions but a slightly milder taste and has a slightly less cooling effect. You can pick the mint leaves - mint grows well in Arizona - and steep for a delicious tea. However, it is so relaxing to GI muscles that it can relax the esophageal sphincter, worsening reflux in some.

Green tea

All types of tea come from the same plant, *Camellia sinensis*, but how they are processed causes the different types of teas available. Black tea is fermented, which causes its characteristic rich, dark color, while green tea is just dried, which leaves more polyphenols intact and yields the green or green/brown color. The polyphenols in green tea are incredibly health promoting, and research has shown them to be anti-inflammatory, cardioprotective, anti-viral, anti-cancer, and fantastic antioxidants. They also increase the liver's ability to break down and excrete toxic substances. Tea additionally contains an amino acid called L-theanine, which

decrease anxiety and promotes a calm, centered approach to life. As it is naturally caffeinated, green tea is best consumed in the morning, and as a substitute for, not in addition to, coffee. Decaffeinated green tea may be a better choice for those with hypertension, as it has been shown to decrease blood pressure in as little as 3 weeks. There are many varieties of green tea available, and this can be overwhelming. I recommend loose green tea that does not have additional flavoring added. My favorite types of green tea are sencha, a high quality Japanese style preparation, and genmaicha, which combines roasted rice with the tea leaves, providing a nutty flavor.

Chamomile

Chamomile is a calming tea that helps the nervous system regenerate. It also decreases GI spasm, pain, and gas, and improves healing of gastritis, ulcers, and the esophageal irritation which can occur with GERD. As it helps digestion and promotes relaxation, it is a perfect beverage to have with dinner, or just before bed. Chamomile tea is widely available in tea bags, or you can often find a big bag of chamomile flowers, which can be brewed into tea. Chamomile has a lovely scent, almost like apples, and has the best medicinal effect if steeped for about 10 minutes.

Healthy Fruity Popsicles- a Summer Treat By Meghna Thacker, NMD

Ingredients:

3 cups of watermelon puree
(seedless if possible)
½ cup fresh blueberries
½ cup fresh chopped strawberries
1 kiwi, chopped and sliced
1 peach or nectarine, diced small
Handful fresh cherries, pitted and
chopped



Cut the watermelon into chunks and then puree it in a blender until smooth. Set aside.

Set out about 1 dozen popsicle molds (amount needed will depend on size of molds). Fill each one with chopped fresh fruit. Then pour in watermelon puree till each one mold is full to the top. Place a popsicle stick in each one. Place into your freezer and freeze for about 6 to 8 hours.

When ready to serve, run the popsicle molds under warm water for a few seconds and then pull each one out.

Mosquito Bites

Why does it seem that some people are more susceptible to mosquito bites than others? The answer may be because of the compounds we spread on our skin or odors we emanate. Research has suggested that people with high concentrations of steroids or cholesterol on their skin surface attract mosquitoes. Mosquitoes also target people who produce excess amounts of certain acids, such as uric acid, probably being attracted by the smell. Any type of carbon dioxide is attractive, even over a long distance. As larger people tend to give off more carbon dioxide, mosquitoes typically prefer munching on adults to small children. Children however are very active which also attracts mosquitos. Pregnant women are also at increased risk, as they produce a greater-than-normal amount of exhaled carbon dioxide. Movement and heat also attract mosquitoes, so playing sports and sweating increases your chances of becoming a mosquito meal.

One in 10 people are highly attractive to mosquitoes but it's not dinner they're sucking out of you. Female mosquitoes (males do not bite people) need human blood to develop fertile eggs.

Mosquito's transmit certain diseases such as malaria, a disease not seen as much in the U.S. these days but is found in tropical countries.

Here are some natural mosquito repellants you can try to cut down the chances of being bitten. Our thanks to homeopath [Heather Caruso](#) for passing them along.



MOSQUITO SPRAY REPELLENTS



OPTION 1 EUCALYPTUS LEMON



In a BPA-free spray bottle mix

 2 cups of water

 5 drops of lemon essential oil

 10 drops of eucalyptus essential oil

 20 drops of citronella essential oil

Spray around you and on yourself

OPTION 2 GERANIUM LAVENDER



In a BPA-free spray bottle mix

 2 cups of water

 5 drops of geranium essential oil

 10 drops of lavender essential oil

 20 drops of citronella essential oil

Spray around you and on yourself

OPTION 3 BASIL LEMON



In a BPA-free spray bottle mix

 2 cups of water

 5 drops of lemon essential oil

 10 drops of basil essential oil

 20 drops of citronella essential oil

Spray around you and on yourself

Three species of desert fire ants inhabit the southwest: *Solenopsis xyloni* (southern fire ant), *Solenopsis aurea* and *Solenopsis amblychila*. *S. xyloni* has the widest distribution of the three species in Arizona. If the nest location poses no hazard to people, the best solution may be to do nothing. Red Imported Fire ants (*Solenopsis invicta*) are not established in Arizona yet, but do show up periodically. These ants are more aggressive than our native fire ant species and the stings are far more painful.



The fire ant's attack is a two-part process consisting of a bite and a sting. When one ant stings, they all sting and inject a venom that causes the release of histamine, a chemical in our bodies that can produce pain, itching, swelling and redness of the skin. Within seconds after the stings, discomfort occurs at each site and a small red welt appears. Each welt can enlarge rapidly, depending on the amount of venom that was injected and the victim's sensitivity to the venom. The reaction persists for up to an hour, and then a small, clear blister will form. The fluid in the blister may turn cloudy, and the area will begin to itch. Most people experience only a small amount of redness around the sting site. A small percentage of people however are sensitive to the venom and experience more extensive redness and swelling. A few victims have extensive allergic reactions such as breathing difficulties or widespread swelling of body parts or worse which requires a visit to the ER.

Fire ants do not commonly nest in buildings. If found inside they are generally being drawn there by FOOD. Extreme temperatures may also bring them indoors. If found inside, do not spray but make sure floors are clean, especially the corners where food can accumulate. Spraying will not eliminate the ants but may increase them.

As with any insect bite, applying a cold compress, taking Ledum or Apis 30C may alleviate the initial symptoms. If symptoms persist, contacting the clinic or visiting the local emergency room is recommended.

Whats New at RNMC

Dr Stage will be speaking at the **Herbstalk** event June 8th and 9th in Boston, MA. She has a general session on herbal treatments for children, and is teaching an intensive class for herbalists on acute and chronic formulations for the GI tract. For more information, please follow these links.

<http://herbstalk.org>

<http://herbstalk.org/2013-schedule/>

Ticks are small spider like animals (arachnids) that bite to fasten themselves onto the skin as they feed on blood. Ticks live in the fur and feathers of many birds and animals. Tick bites occur most often during early spring to late summer and in areas where there are many wild animals and birds.



Most ticks do not carry diseases, and most tick bites do not cause serious health problems. But it is important to remove a tick as soon as you find it as those that do can pass along some serious and debilitating diseases. Removing the tick's body as soon as it is discovered helps avoid diseases the tick may pass on during feeding. Most importantly, removing the tick's head helps prevent an infection in the skin where it bit you.

Usually, removing the tick, washing the site of the bite, and watching for signs of illness are all that is needed but some people may develop an allergic reaction to a tick bite. This reaction is usually mild with a few annoying symptoms. But in rare cases, a severe allergic reaction resulting in anaphylaxis may occur.

Many of the diseases ticks carry cause flu-like symptoms, such as fever, headache, nausea, vomiting, and muscle aches. Symptoms may begin from 1 day to 3 weeks after the tick bite. Sometimes a rash or sore appears along with the flu-like symptoms. Common tick-borne diseases include: **Lyme disease, Rocky Mountain Spotted fever, Tularemia, Ehrlichiosis, Relapsing fever, Colorado tick fever, and Babesiosis.**

It is important that the tick be removed immediately upon being discovered and if possible, preserved so it can be identified by your physician. Again, use of Ledum 30C as an initial medicine is recommended.

Next Month we will have articles about Bee Stings, Bed Bugs and Scorpion Bites.

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 them at RNMC9755@gmail.com.

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