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Rockwood Natural Medicine Clinic Newsletter

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Issue: 7

July 2013



Greetings!

Welcome to RNMC's July 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

Summertime Tips for Kids By Katie Stage ND

Summer is the perfect time to catch up on care for your kids. Here are some simple tips to promote wellness over the summer and prepare your children for a healthy start to the fall school year.



Hydrate

Summer in Arizona is incredibly hot and dry, and the potential for heat stroke and dehydration are high. When engaging in activities such as swimming, it is easy to forget to drink adequate fluids. You can determine the optimal amount of fluids by the child's body weight: the weight in pounds should equal the ounces

of fluids to be drunk each day. For example, a 50-pound child should drink at least 50 ounces of water a day.

If it is a challenge to get your child to drink water, consider: adding lemon or mint leaves to water for flavor trying fruit flavored herbal teas diluted juice (25% juice and 75% water) coconut water watermelon water (blend up watermelon; with ice if desired) making popsicles out of diluted juice or herbal teas.

Electrolyte mixes are commonly available at health food stores, and can be another way to add variety to fluid intake. Make sure the mix you purchase is not full of sugar, artificial flavorings, or colors. For further information on refreshing teas and popsicles, [follow this link](#).

Sleep

Sleep becomes more challenging due to long daylight hours, so good sleep hygiene is key. Sleep hygiene comprises practices that facilitate deep and restful sleep.

Eat dinner at least 2 hours before bedtime. This promotes good digestion and aids restful sleep.

Avoid electronics, video games, TV, iPad, and phone use for at least one hour prior to bedtime. The blue light emitted from electronics interrupts the melatonin release that facilitates deep sleep.

Avoid stimulating books or games at least one hour before bedtime, and instead engage in relaxing activities such as reading a book or taking a bath.

Keep the bedroom as dark and quiet as possible. Blackout blinds (or, in a pinch, tinfoil covering the windows) can effectively block out morning sun and help maintain normal waking times.

Super kids foods

Summer is typically a time of abundance, particularly with many fruits and vegetables available. Foods should be lighter in the summer, so aim to increase fruits, which are nutritious, cooling, and provide moisture, and decrease heavy foods such as creams, red meat, fried foods, and cheesy sauces.

Berries and cherries are nutritious and antioxidant rich foods, so consider adding these to breakfast cereal or smoothies, or just as a snack.

Watermelon is refreshing and thirst quenching.

Grapes are an excellent snack and easily portable.

Baby carrots and celery sticks are always popular snacks and provide nutrients and fiber.

Avocados are an excellent source of nutrients such as potassium and do not require cooking. You can spread them onto

sandwich bread or make a dip (guacamole) from them.

Light proteins such as wild salmon, organic turkey or chicken, or shrimp are appropriate for summer meals and can be cooked quickly, minimizing oven use.

Smoothies can be energizing, nutritious, and cooling. They can also be a great way to sneak vegetables into your child's diet. My favorite recipe combines hemp milk, a frozen banana, frozen blueberries, a small handful of spinach, kale, or chard, almond butter, ice, and a pinch of cinnamon, blended until smooth.

Ensure regular evacuation

Children and adults alike should have a bowel movement each day. Constipation is not uncommon during certain times in a child's life, such as the transition to solid foods, potty training, and traveling or changes to the usual schedule. Constipation can also be a sign of by poor fluid intake or dehydration.

If your child is constipated, it is important to treat it. First ensure adequate fluids and fiber (see suggestions above). You can also consider the suggestions below, but if the child has blood in the stools, abdominal pain, cracks around the anus, lack of appetite, nausea, or fever, please make an appointment with your physician.

Treatment ideas for constipation:

Probiotics (if the child is under 2 years of age, please consult with your physician first) Flax or chia seeds: soak in water first, until they bulk up, then add to cereal or smoothies.

Increase the 4 P's: peaches, plums, prunes, and pears. Add in raisins or dried berries as snacks.

Avoid constipating foods, such as bananas, dairy, white rice, rice cereal, apples, and cooked carrots.

Exercise

Arizona summers can be a challenge, as it is just too hot for most outside play. And yet it is crucial that children be allowed to exercise: it provides physical strength and coordination, boosts concentration, and can help prepare the child for solid nighttime sleep. Here are some options for summer exercise:

Splash pads and fountains: many shopping malls now offer these Swimming or play pools.

Visiting indoor play areas in malls.

Indoor group activities such as gymnastics, dance, hockey/ice skating.

Visiting museums, such as the Children's Museum, or the Arizona Science Center.

Evening activities, such as family walks after dinner, flashlight

tours at the Desert Botanical Garden, or early evening swimming pool dips.

Don't forget the sunscreen - visit the EWG sunscreen report for a list of the safest sunscreens for children and adults.

Remember, summer is also a great time to take your kids in for their yearly physicals. Schedule your appointment today!

Whats New at RNMC

Dr Kruzel will be speaking on the **Heart of Naturopathic Medicine** at this years AANP Annual Convention in Colorado.

Dr Katie Stage will be attending this years AANP national convention at the Keystone Resort in Colorado. In case you hadn't heard, Colorado was just recently licensed!

Bee Stings

A bee sting is strictly a sting from a bee (honey bee, bumblebee, sweat bee, etc.) but it most often can mean a sting of a bee, wasp, hornet, or yellow jacket. Some people may even call the bite of a horse-fly a bee sting. The stings of most of these species can be quite painful, and are therefore keenly avoided by many people.



Bee stings differ from insect bites in that the venom or toxin of stinging insects is quite different. Therefore, the body's reaction to a bee sting may differ significantly from one species to another.

The most aggressive stinging insects are vespid wasps (including bald-faced hornets and other yellow jackets) but not hornets in general (e.g., the European hornet is less harmful). All of these insects aggressively defend their nests.

In people with insect sting allergy, a bee sting may trigger a dangerous anaphylactic reaction that is potentially deadly. Honey bee stings release pheromones that prompt other nearby bees to attack.

The first step in treatment following a bee sting is removal of the stinger itself. The stinger should be removed as quickly as possible without regard to method: studies have shown the amount of venom delivered does not differ whether the sting is pinched or scraped off and even a delay of a few seconds leads to more venom being injected. Once the stinger is removed, pain and swelling should be reduced with a cold compress and a dose of Apis 30C should be administered. Apis 30C can be taken every 15 minutes for 4 doses if necessary.

Many traditional remedies have been suggested for bee stings including damp pastes of tobacco, salt, baking soda, papain, toothpaste, clay, garlic, urine, onions, aspirin or even application of copper coins.

If you are having difficulty following any sting, contacting your physician or a trip to the nearest emergency facility is important.

Bed Bugs

Bedbugs are small, oval, brownish insects that live on the blood of animals or humans. Adult bedbugs have flat bodies about the size of an apple seed but after feeding their bodies swell and turn a reddish color.



Bedbugs do not fly, but they can move quickly over floors, walls, and ceilings.

Female bedbugs may lay hundreds of eggs, each of which is about the size of a speck of dust. Immature bedbugs, called nymphs, shed their skins five times before reaching maturity and require a meal of blood before each shedding. Under favorable conditions the bugs can develop fully in as little as a month and produce three or more generations per year. Although they are a nuisance, they do not transmit diseases.

Bedbugs may enter your home undetected through luggage, clothing, used beds and couches, or other items. Their flattened bodies make it possible for them to fit into tiny spaces, about the width of a credit card. Bedbugs do not have nests like ants or bees, but tend to live in groups in hiding places. Their initial hiding places are typically in mattresses, box springs, bed frames, and headboards where they have easy access to people to bite in the night when they are most active. Because bedbugs live solely on blood, having them in your home is not a sign of dirtiness. You are as likely to find them in immaculate homes and hotel rooms as in filthy ones.

Most bedbug bites are painless at first, but later turn into itchy welts. Unlike flea-bites that are mainly around the ankles, bedbug bites can be found on any area of skin exposed while sleeping. Bedbug bites do not have a red spot in the center like flea bites do.

If you wake up with itchy areas you didn't have when you went to sleep, you may have bedbugs, particularly if you got a used bed or other used furniture around the time the bites started. Other signs that you have bedbugs include: blood stains on your sheets or pillowcases; dark or rusty spots of bedbug excrement on sheets and mattresses, bed clothes, and walls; bedbug fecal spots, egg shells, or shed skins in areas where bedbugs hide; an offensive, musty odor from the bugs' scent glands.

Getting rid of bedbugs begins with cleaning up the places where bedbugs live. This should include the following:

1. Clean bedding, linens, curtains, and clothing in hot water and dry them on the highest dryer setting. Place stuffed animals, shoes, and other items that can't be washed in the dryer and run on high for 30 minutes.
2. Use a stiff brush to scrub mattress seams to remove bedbugs and their eggs before vacuuming.
3. Vacuum your bed and surrounding area frequently. After vacuuming, immediately place the vacuum cleaner bag in a plastic bag and place in garbage can outdoors.
4. Encase mattress and box springs with a tightly woven, zippered cover to keep bedbugs from entering or escaping. Bedbugs may live up to a year without feeding, so keep the cover on your mattress for at least a year to make sure all bugs in the mattress

- are dead.
5. Repair cracks in plaster and glue down peeling wallpaper to get rid of places bedbugs can hide.
 6. Get rid of clutter around the bed.

If your mattress is infested, consider getting rid of it while taking care to rid the rest of your home of bedbugs so they will not infest your new mattress.

Scorpion Bites

Scorpions don't bite but they do sting. Remaining calm is important in treating the sting as it slows down absorption of the venom. Scorpion stings are not difficult to treat. We have many types of scorpions in Arizona, and even if you are stung by the Arizona Bark Scorpion, the most dangerous and venomous of the scorpions in Arizona, it is not likely to be fatal or even to have long-lasting effects.



It is however important to recognize scorpion sting symptoms which are immediate pain or burning, very little swelling, sensitivity to touch, and a numbness/tingling sensation.

If you stung by any scorpion, including the venomous Arizona Bark Scorpion, here are some immediate actions you should take:

1. Wash the area with soap and water.
2. Apply a cool compress on the area of the scorpion sting. Ice (wrapped in a washcloth or other suitable covering) may be applied to the sting location for ten minutes. Remove compress for ten minutes and repeat as necessary.
3. If stung on a limb (arm or leg) elevate the limb to heart level.
4. Take a dose of Ledum 30c every 15 minutes for 4 doses.
5. Call the Poison & Drug Information Center Hotline at 1-800-222-1222 or contact the clinic at 480-767-7119 if you are having difficulty.

What's New in the Literature

Herbal Supplement Seen as Promising Therapy in Men with Prostate Cancer - At the 2013 Annual Meeting of the American Society of Clinical Oncology, a study on the effects of a polyphenol-rich supplement called Pomi-T on men with prostate cancer [CAP] was presented. Researchers found that men whose PSA's increased following relapse after treatment for CAP, found that the median increase in PSA to be 63.8% lower in the supplement groups than in the placebo group. At the end of the study, more men remained on the supplement because of its benefit and few side effects.

Comment: The supplement Pomi-T contains polyphenols and antioxidants from pomegranate, broccoli, green tea, and turmeric, all of which have individual anticancer properties. Additionally, polyphenols have been shown to have antiproliferative, antiangiogenic, proadhesion

antimetastatic, and proapoptotic properties, while not demonstrating phytoestrogenic or hormonal effects. This is a significant study as the researchers worked with the manufacturer to develop a high quality product to meet research standards. The fact that it did so well when compared to placebo, has spawned new interest in herbal medicines for cancer therapy. What also was noted in the article is that men who lead a healthy lifestyle, including a balanced diet and regular exercise, have better prostate cancer outcomes than those who do not.

Coffee and Tea Found to Lower Blood Pressure - In an analysis of a number of studies on the effects of coffee and tea on blood pressure, researchers in France found that systolic and diastolic blood pressure were reduced significantly when adjusted for other variables such as smoking and high cholesterol. The amount of reduction was the same if 1 to 4 cups per day were consumed as opposed to greater than 4 cups per day.

Comment: Coffee and tea consumption in moderation has a number of benefits, especially in blood group A, AB and B individuals. The effects noted by the retrospective analysis are probably due to flavinoids found that have a vasodilation effect on the peripheral vasculature that lowers blood pressure. Other studies show that tea drinkers, especially green tea, have lower rates of cancer, disability and over all better health. As a review of the benefits of teas, Dr Stage's article in last month's newsletter can be consulted.

Statins Linked With Risk of Musculoskeletal Injury - In this article in the June 3, 2013 in the Journal of the American Medical Association: Internal Medicine, statin medication appeared to be "associated with an increased risk of musculoskeletal injuries, including an increased risk of dislocations, strains, and sprains". In the propensity-matched analysis, treatment with a statin was associated with a 19% increased risk of any type of musculoskeletal injury, a 13% increased risk of dislocations, strains, and sprains, and a 9% increased risk of musculoskeletal pain. There was also a trend toward a 7% higher risk of osteoarthritis and arthropathies, but the association was not statistically significant in the propensity-matched analysis.

Comment: As you know, we have written about this before. The risk of taking statin medications out weighs the benefits, especially if you are taking more than one of them, which is the trend these days. A good diet and some red-rice-yeast extract, as well as exercise will lower ones cholesterol and not have the same side effects.

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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