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Rockwood Natural Medicine Clinic Newsletter

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Issue: 12

December 2013



Greetings!

Welcome to RNMC's December 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. The physicians and staff at RNMC wish all of you a happy, safe and healthy holiday season.

Sincerely,

The Physicians at RNMC

Holiday Survival Guide By Katie Stage, ND

November marks the beginning of the holiday season, a time that can bring joy and celebration, but also increased stress and anxiety, as well as unwanted weight gain. Here are a few tips to help you make it through the season looking and feeling your best.

Focus

Thanksgiving and Christmas dinners on vegetables and turkey. Calorie-rich side dishes, such as yams, can be modified to decrease the sugar content (such as by eliminating the marshmallows) without sacrificing their delicious taste. Using complex carbohydrates, such as in whole grain rolls, will also increase the nutritional content of your meal and help you avoid post-meal blood sugar crashes



Here are a few websites with healthy recipes for traditional Thanksgiving dishes.

<http://everydaypaleo.com/thanksgiving-menu-2013/>

<http://www.foodnetwork.com/healthy-eating/healthy-thanksgiving-recipes/pictures/index.html>

<http://www.101cookbooks.com/archives/thanksgiving-ideas-recipe.html>

Eat a healthy snack before holiday parties. If you don't arrive hungry, you will be less tempted to over-indulge in fattening and sweet snacks. The best snacks involve healthy proteins, which will keep your blood sugar stable, avoiding the crash that follows a sugary or carbohydrate-rich snack. Suggestions include a piece of lean meat, a hard-boiled egg, or a small handful of nuts.

When shopping or doing errands, look for healthier on-the go snacks such as apple pieces, side salads, and soups. Many restaurants will prepare steamed vegetables, even if not on the menu, by request. Stay hydrated. As the weather changes, the atmosphere often dries out. This combined with indoor heating makes adequate hydration even more crucial. Symptoms of dehydration include headaches and muscle cramps. Well-hydrated skin looks brighter and younger - a great holiday gift to yourself. Aim to drink half of your body weight in ounces of water a day.

Take time for yourself. Whether spending a few extra minutes taking deep breaths over your morning tea, evening walks in the cooler weather, or doing activities such as yoga, making time to recharge is essential during this hectic time.

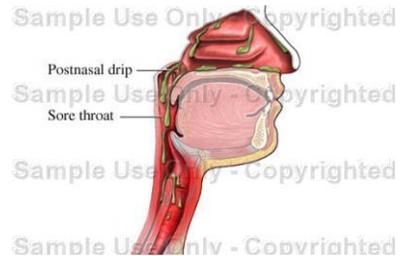
Keep moving. Take advantage of the beautiful Arizona weather and go for a walk or bike ride after dinner. For shopping days, park farther than you need to, and enjoy walking to the store. Doing a little exercise daily, or at least 30 minutes 3 times a week, helps prevent heart disease, diabetes, weight gain, and a myriad of other health conditions.

Consider treatments that are relaxing and rejuvenating. At Rockwood Natural Medicine Clinic, we offer acupuncture, hydrotherapy, and CranioSacral treatments, and nutritional IVs. All of these can be beneficial in enhancing sleep, decreasing stress and anxiety, and making you look and feel rejuvenated.

SORE THROAT - PHARYNGITIS

This is an excerpt from the
**Natural Medicine Pediatric Home
Health Advisor**

Despite what is commonly held to be true, sore throats are not caused by the growth of abnormal bacterial or viral organisms but rather are due to an imbalance of the normal micro-flora of the mouth, nose and throat. This often accompanies a lowered immune function which can be the



result of toxemia, becoming chilled or over heated, dietary imbalances or treatment with antibiotics, which disrupts the micro-organism balance in the throat.

The type and severity of the symptoms encountered will depend upon which organism has gained the upper hand. Viral sore throats are almost always less severe and run a milder course than bacterial infections and by and large are more prevalent. As a general rule, if the child points to the larynx when asked where it hurts, it is of viral origin whereas if they point higher up in their throats near the tonsils, then chances are that it is bacterial and in need of more aggressive treatment. The presence of lymph nodes in the neck and fever is a sign that the immune system is mounting a defense.

Infection with beta-hemolytic streptococcus is considered problematic due to the possibility of the development of post-streptococcal nephritis several weeks after the infection. This almost never occurs in well-nourished children and is found more often in the undernourished or those whose immune systems are compromised. Beta streptococcus or other bacterial infections are accompanied by higher fevers than their viral counterparts.

Diphtherial infection, which is rarely encountered in this day and age, is characterized by the formation of a membrane across the throat which blocks the airway. This can result in airway obstruction if not treated promptly.

Acute epiglottitis can be a life threatening condition and needs to be considered, especially in children between the ages of 3 to 7 years with a rapidly developing severe sore throat and high fever, and who have difficulty swallowing. If this combination of symptoms is present, your physician should be contacted immediately.

In older children, teenagers and young adults, mononucleosis should be considered as a cause of sore throat. Additional laboratory tests are available to make the diagnosis.

WHAT TO DO UNTIL THE DOCTOR IS SEEN

1. Take vital signs such as temperature, pulse and respiration. This will be your baseline to assess response to treatment.
2. Make the child comfortable and provide lots of fluids in the form of water or herbal teas.
3. Apply the indicated treatments and monitor for any changes.
4. Retake vital signs anywhere from 1 to 2 hours after initiating treatment.
5. Consider seeing your physician as soon as possible to rule out strep throat.

Whats New at RNMC

Dr Katie Stage will be speaking at Sprouts in January and February. Her topic will be: Cleanse with Confidence on 1/8/14 at 6pm at the Tempe Sprouts, Southern and McClintock.

She will also speak on: The Benefits of a Paleo Diet on 2/5/14 at 6pm - Scottsdale Sprouts, 92nd and Shea

INVENTORY REDUCTION SALE

We are offering a December special on supplements in order to reduce our inventory by the end of the year. Therefore, this month's coupon is for a 20% discount on supplements purchased by December 31st. (see coupon below)

We are also offering a 40% reduction on the selected products listed below.

1. MucaPlex - used to break up mucus and increase expectoration.
2. pHresh Harvest super green food in packets or container.
3. Mountain Peak Nutritional's Energy Formula, in packets or container.
4. Children's Immune Support

What's New in the Literature

Do Ash Trees Affect Human Health? The relationship between trees and human health: evidence from the spread of the emerald ash borer.

This article in the *American Journal of Preventive Medicine* examines the relationship between our environment and the development of disease. Researchers estimated the relationship between presence of the emerald ash borer and county-level mortality from 1990 to 2007 in 15 U.S. states, while controlling for a wide range of demographic covariates. They reported increased mortality related to cardiovascular and lower-respiratory-tract illness in counties infested with the emerald ash borer. As trees died, so did people. "The magnitude of this effect was greater as infestation progressed and in counties with above-average median household income. Across the 15 states in the study area, the borer was associated with an additional 6113 deaths related to illness of the lower respiratory system, and 15,080 cardiovascular-related deaths."

Comment: Obviously the emerald borers do not cause human disease. They only kill trees, the loss of which contributes to an increase of human disease. This article underscores the interconnectedness and fragile relationship we as humans have with our environment, as we count on plants and trees for oxygen production and recycling of carbon dioxide. Naturopathic medicine has long taken the position that we need to live in harmony with nature, not disrupt it. Thanks to Dr Jacob Schor for passing this along.

Broader Definition of ADHD Will 'Do More Harm Than Good' - In this article in *Medscape Medical News*, the authors pointed out that the prevalence of attention-deficit/hyperactivity disorder (ADHD) has increased with each new edition of the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (DSM), which has raised concern among some experts that the condition is over diagnosed, and may be doing more harm than good. The authors point out that there is such a large variation between and within countries regarding the prevalence of ADHD that it raises questions about diagnostic practices rather than children's symptoms. Additionally, the costs associated with the diagnosis can be considerable and is estimated to be as

much as \$500 million in the US alone. A lowering of the diagnostic criteria will simply add to the costs as well as placing marginal children on medications they do not need. The authors end by saying that "the pharmaceutical industry is one of the drivers of over diagnosis, but there are others."

Comment: I have always contended that ADHD is over diagnosed because those who often are making it do not follow the criteria properly. The diagnosis of ADHD is more often than not prompted by the education system that must deal with a wide variety of children who learn in different ways and at varying rates. In order to control behaviors such as inattention, because they are bored, or the effects of frustration because they are having difficulty learning, the child is termed ADHD, a "diagnosis" that follows them throughout their education. This is an excellent article and it points out that vested interests, such as pharmaceutical companies, frequently attempt to "define" conditions such as ADHD in order to sell more drugs. [Follow this link for additional information on ADHD.](#)

Are Infants on Solid Food Earlier More Prone to Allergies? - In this study published in *Pediatrics*, researchers from the University of Southampton Faculty of Medicine in the United Kingdom found that continued breast-feeding while introducing infants to solid foods after 17 weeks may lead to fewer food allergies in infants. The researchers found that the median age for detection of a food allergy was 56 weeks, with the most common allergy being hen's egg, and with 12 infants allergic to more than 1 food. The most common symptom was eczema with vomiting being the second most common symptom. The authors concluded that breast-feeding for at least 17 weeks decreased the chance of developing food allergies in children.

Comment: Not only is breast-feeding important here, but making sure the infant is getting probiotics as well in order to aid the proper development of the child's gastrointestinal tract. The introduction of solid foods must occur in tandem with the developing GI tract which takes about 2 years. You can see which foods are needed when on our [Introducing Solid Foods Schedule](#).

Healthy Aging By Thomas Kruzel, ND

As part of the **Arizona Department of Public Health's Task Force on Healthy Aging** that I have been privileged to be part of for the past year, we have placed an emphasis on exercise and fitness as research studies support positive outcomes for virtually all medical conditions. However, in the naturopathic medicine paradigm, it is not just about exercise but all of the other suggestions listed here.



Exercise: Try to get at least 30 minutes of exercise every day. Choose an exercise you like and stick with it. Use the buddy system or have a friend meet you. It's harder to say no when you exercise with a friend. Regular

exercise is even more important for seniors than other age groups as the risk of disease and lost mobility becomes greater as we age and the positive effects are realized more quickly. Exercises such as bicycling, water aerobics, Tai Chi, yoga, golf or any number of them preformed on a regular basis, will provide a positive benefit.

Nutritional: Make sure you are eating regular meals and getting at least 3 to 4 servings of fresh fruits and vegetables every day. A good combination of high proteins and vegetables, low carbohydrate and lower fats will go a long way toward loosing excess weight and keeping it off. Adding some digestive enzymes with meals will help you to assimilate the nutrients better.

Mind/Body: Exercise your mind by reading, learning a new skill, or researching something that interests you. Find a hobby or learn how to play a musical instrument. Volunteer to read to small children at the library. If you are having problems with depression, a new activity that engages your mental processes and allows interaction with others works better than anti-depressants.

Social: Donate time locally through volunteer groups, religious organizations, civic groups or whatever organization you identify with. Even a few hours a week can be therapeutic and the benefit to others may be immeasurable. It is easy to stay in close contact with friends and family because of e-mail, text messaging, phone calling or the old fashioned letter writing.

Therapies Offered at RNMC

In addition to offering standard natural medical care for all age groups, we also offer additional services.

Acupuncture - A variety of conditions can be treated such as allergic reactions, asthma, bronchitis, cystitis, diarrhea, dysmenorrhea, headaches, hypertension, insomnia, muscle pain, stomach aches and toothache, to name a few. Additionally, acupuncture has been found to be very effective for stopping smoking or withdrawing from prescription or other drugs, as well as for the management of pain.

Auriculotherapy - This is a form of acupuncture with the needles being applied to specific points on the ear. It treats the same conditions that acupuncture does but with fewer needles. It is an especially good therapy for stopping smoking or drug withdrawal.

Chelation Therapy - Chelation therapy is undertaken to eliminate a person's heavy metal burden when it is found to be high. Heavy metal toxicity can contribute to a wide variety of illnesses and is increasingly more prevalent.

Conventional & Specialized Laboratory Testing - In addition to the standardized laboratory tests we offer, there are some specialized

tests that provide information on nutritional status, aging, coronary artery risk level and a variety of other parameters. Follow this link to view.

Cranial Manipulation - This technique involves gently manipulating the cranial bones in order to restore normal homeostasis. It is used for a variety of conditions but is especially useful for vertigo, Bells Palsy, prevention of stoke, dizziness, and post head injury.

Cryotherapy - Cryotherapy is an effective therapy for the treatment of warts and skin tags.

Individualized Detoxification Program - We offer a variety of detoxification options that range from a few days to a few weeks and can be tailored to individual needs.

Non-Surgical Treatment of Hemorrhoids - Got hemorrhoids? Or know someone who does? Non-surgical treatment means that the person is able to return to their normal activities of daily living without pain or discomfort.

Hydrotherapy - Constitutional hydrotherapy is an effective therapy for a variety of conditions such as fevers, influenza, constipation, to assist with detoxification, in the treatment of infection, and to help increase ones energy level.

Treatment of Spider Veins - We use a sclerosing agent that is injected into the unsightly vein to dissolve it, leaving normal skin behind.

Therapeutic Ultrasound - This therapy is excellent for deep tissue injuries to help facilitate healing.

Weight Loss Programs - We offer several weight loss programs including the HCG Diet and Ketosis Diets. These are coupled with the Dietary Serotype Panel in order to keep the weight off once you have lost it.

Individualized Wellness Programs - Wellness programs are becoming increasingly more important due to the high costs of insurance that are coupled with high deductibles. Besides, who really wants to spend time in the hospital these days? For more information, [follow this link](#).

Thank you for being a patient with Rockwood Natural Medicine Clinic. We will continue to provide you with safe, sensible, effective and affordable healthcare.

Sincerely,

Thomas Kruzal, 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.

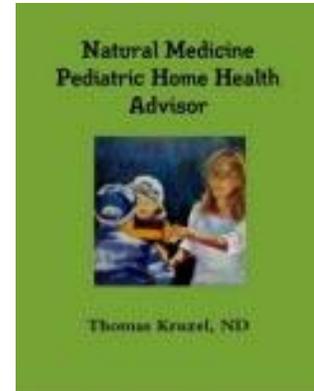
Holiday Gift Ideas from RNMC

Constitutional Hydrotherapy - buy 4 get 5; or purchase 8 and get 10.

Intravenous Therapy - buy 4 get 5; or buy 8 and receive 10. (This does not include specialized IV therapies)

Natural Medicine Pediatric Home Health Advisor - receive a 20% discount off of the \$65.00 price. (There will be a \$3.00 shipping and handling charge for books shipped)

Offers good until December 31st 2013.



**Save
20%**

We value our patients and their referrals. For each new referral you will be afforded a 20% discount off your next office visit. Please make sure the person you refer mentions your name. No limit.

Does not include laboratory fees, supplements or IV or acupuncture packages.

**Save
20%**

Please present this coupon at your next visit for a 20% discount off your next supplement order. To share this coupon with friends or family simply click "Forward email" below for them to print out.

Offer Expires: December 31, 2013

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