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# Rockwood Natural Medicine Clinic Newsletter

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Issue: 1

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## Greetings!

Welcome to RNMC's January 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.

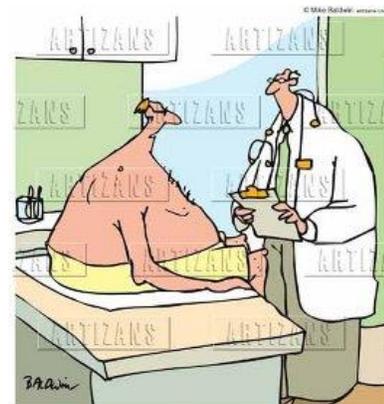
**On behalf of the physicians and staff we want to wish everyone a safe, prosperous and Happy New Year.**

Sincerely,

The Physicians at RNMC

## Wellness and Prevention - Essential for 2014

As we enter 2014 the current health care system will be undergoing an over haul due to the Affordable Health Care Act legislation passed during 2012. Congress has yet to fully agree upon whom the plan should cover and problems with signing up for it still ensue. The plan is suppose to provide affordable health care coverage for all Americans and carries the requirement that everyone must carry some sort of health insurance by 2014 or face a \$695.00 "annual fee" Additionally



"But I do exercise. I exercise discretion."

taxes are being raised for medicare, an excise tax on insurance premiums, and tanning booths!

A previous article in the Arizona Republic reported that Medicare benefits will need to be cut as funds are getting low and inflation has taken its toll. Many Americans now can no longer afford medical insurance, or have lost it along with their jobs during the recent recession.

#### **Who are the uninsured?**

According to government statistics about 47 million Americans were uninsured in 2005 and this continues to increase annually. Today, the roughly 50 to 60 million uninsured Americans are predominately employed adults between the ages of 16 to 65. Additionally, 8.7 million children are uninsured because their parents do not have insurance coverage.

***"I am interested in getting people to use the health care system at the right time, getting them to see the doctor early enough, before a small health problem turns serious."***

***Donna Shalala***

#### **How does this effect Americans?**

Because of poor health care coverage and rising costs, preventive care has virtually been eliminated. Loss of preventative care allows disease to progress to advanced stages before it is discovered, requiring greater interventions and associated costs. Children are less likely to receive wellness check ups, regardless of race, ethnicity, or income status. The uninsured are 30-50% more likely to be hospitalized for an avoidable condition. For example, wellness checks often evaluate blood sugar levels. Increases in blood sugar (among other factors) can be caught in time, before a person develops Type II diabetes. Intervention in the early stages can prevent diseases like diabetes, stroke, heart disease, vision loss, and painful neuropathies. This situation is unlikely to be addressed under the Affordable Care Act as prevention and wellness are not addressed. The additional costs will be passed along to consumers in the form of higher insurance premiums and deductibles.

#### **Prevention and Wellness**

Health care in America is largely a system of disease management through "managed care." Diabetes, heart disease, cancer, asthma and chronic kidney disease (among others) are diseases that are largely preventable, but once established are a significant drain on individual resources. In addition to the financial cost, the effects on normal activities of daily living and emotional cost to patients

and their families can be tremendous.

***"The society which fosters research to save human life cannot escape responsibility for the life thus extended. It is for science not only to add years to life, but more important, to add life to years."***

***Piersol & Bortz***

### **Why is prevention of disease important?**

Wellness exams are an important part of disease prevention and our ability to enjoy life as we age. As we get older our "safety net" of defense mechanisms becomes smaller and we are more susceptible to disease. Our older years should be enjoyed to the fullest, not by popping prescription medicines and shuffling to different doctors weekly. On average, Americans aged 65+ now take between 8 to 10 different prescription medications.

It may be surprising to learn that most of the diseases of old age begin between the ages 40 to 65 years. This is when most of the diseases of old age begin as a sense of dis-ease, which most people ignore because they haven't taken control of their own health. It is the low energy, weight-gain, irregular sleep patterns, digestive problems and the accepted notion that prescription medications will correct these problems and stave off illness that ultimately lead to the development of disease. Just because we are advancing in our years does not mean that our blood pressure or cholesterol levels will automatically need medication in order to regulate. By taking care of ourselves through prevention programs, we can avoid the multiple medications so commonly seen and their side effects.

Taking charge of ones own health is becoming more and more important because the health care system can not deal with the increasing amount of chronic-degenerative disease now being experienced by Americans.

### **What we recommend:**

1. Annual check ups with your naturopathic physician. Why a naturopathic physician? Because they are trained to provide wellness and prevention programs designed for the individual.
2. Making sure that you are eating a proper diet. Specifically, one based upon your blood type that is high in fruits, vegetables and protein and lower in fats and carbohydrates.
3. Getting enough exercise.
4. Getting enough quality sleep.
5. Making sure that you are getting adequate vitamins, minerals and antioxidants either through supplementation or good nutrition.

For more information on RNMC's Wellness Program, [click here](#).

### 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 Spouts, 92nd and Shea.**

### Xenobiotics & Persistent Organic Pollutants - Prelude to a Silent Spring

By Thomas A Kruzel, ND

In 1962 Rachel Carson, a marine biologist turned conservationist, published ***Silent Spring***, a book that brought to the public's attention the effects of man made chemicals on the environment. Chemical companies, who assured us that substances such as DDT and other pesticides were not harmful to humans, met the book with severe criticism. Carson's book set the stage for the development of the environmentalist movement worldwide. In the intervening 52 years since its release, we have continued to develop and pour into the environment additional chemicals that are now termed Xenobiotics and Persistent Organic Pollutants.



A xenobiotic is defined as an artificial man made chemical that is found in an organism that is not normally produced or expected to be present. As an example, drugs such as antibiotics are xenobiotics because the body does not produce them, nor are they part of a normal diet. Natural compounds can also become xenobiotics if they are taken up by organisms that normally do not make or ingest them. An example here is hormones such as estrogens in poultry or fish. Most often the term is used to describe pollutants such as dioxins and polychlorinated biphenals and their effects on the environment.

Persistent Organic Pollutants or POP's are a broad category of synthetic chemicals including polychlorinated biphenyls (PCBs), dioxin, chlordane, and DDT. POP's are pervasive chemicals, more of which are being developed on an ongoing basis. Both terms are often used interchangeably.

POP's can be categorized as follows:

1. Hormone disruptor biocides (pesticides, fungicides, mitocides)
- \* Cholinesterase inhibitor organophosphate pesticides
- \* Halogenated pesticides

2. Solvent residues

\* Chlorinated compounds (chloroform, methylene chloride, ethylene chloride)

\* Other halogenated compounds (brominated, fluorinated, iodinated) used most commonly as artificial food dye colorants, as radio-contrast agents, and art materials.

Even though some POP's have been banned or are restricted in use by some countries, POP's are, as their name suggests, persistent in the environment. They evaporate slowly into the atmosphere and aquifers and disperse around the globe. Living organisms then concentrate these fat-soluble chemicals in fatty tissues. Because they are man made substances, the ability of the micro biota that normally breaks down natural substances for recycling, is nonexistent. Therefore, POP's and xenobiotics remain as permanent substances constantly being recycled through the food chain.

Adverse effects on human health can begin at thresholds below direct detection. In the case of dioxin, PCB, polybrominated biphenyl (PBB), and related compounds, human health risks emerge at the parts per trillion (ppt) level. This is in contrast to most laboratory tests that are only able to measure down to parts per million (ppm) levels of detection. In other words, we now routinely have biological health effects at amounts of materials in our bodies below our ability to detect them.

Many of these compounds have been found in breast milk and cord blood meaning that infants are not only exposed in-utero, but after they are born with breast feeding. It has only been within the past few years that research has intensified to determine what effects these chemicals have on humans.

These compounds are now being found to exert a variety of effects on the human body such as disrupting enzyme systems, mimicking estrogen, central nervous system depression, anemia, bone marrow depression, cause allergic reactions and many are carcinogenic.

The bad news is that they are pervasive and exposures are difficult to avoid. The good news is that they are relatively easy to avoid if sources are known, as well as to eliminate. We will be providing information on specific xenobiotics and POP's in up coming newsletters. Laboratory testing is available to determine what and how much is present. More information can be obtained by contacting the clinic or asking your physician.

### What's New in the Literature

#### **Psychedelic Drugs No Risk to Mental Health, Possibly Beneficial -**

According to this article in *PLoS One* an on-line publication, using classic psychedelic drugs does not increase the risk of developing mental health problems, but may in fact offer some protection. Researchers from the Norwegian University of Science and Technology interviewed over 130

thousand US adults which included over 21 thousand known active users of psychedelic drugs and found no significant link between repeated use of lysergic acid diethylamide (LSD), psilocybin, mescaline, or peyote and an increased rate of mental health problems. In fact, lifetime use of psilocybin or mescaline and past-year use of LSD were associated with lower rates of serious psychological distress. Lifetime use of LSD was also significantly associated with a lower rate of outpatient mental health treatment and psychiatric medicine prescription.

**Comment:** Oh so NOW they tell us! The researchers made the comment that the evidence that this class of drugs would ultimately lead to mental disorders has never been substantiated, and in fact shows just the opposite. Back in the 60's, 2 researchers at Yale, Timothy Leary and Richard Alpert (who later became Ram Dass) conducted counseling sessions for prisoners while on LSD under controlled conditions. What they found was that the return rate to prison dropped significantly, as the participants were better able to process the mental/emotional traumas that landed them there in the first place. For whatever reasons the program was abandoned and the rest is history with regard to Leary's and Alpert's contribution to the Hippy generation. We are not however advocating that you all begin "tuning in, turning on, and dropping out", but are hoping that this current research will allow psychiatrists to use them therapeutically under controlled conditions.

#### **'Chemo Brain' May Persist Years After Breast Cancer Treatment -**

This article from *Reuters Health* addresses the issue of women who have undergone chemotherapy for breast cancer and the lingering effects of what patients call "chemo-brain". Dutch researchers found that women on chemotherapy for breast cancer may have minor memory and thinking impairments compared with cancer-free women more than 20 years after their treatment. The levels of cognitive impairment were not considered excessive but the fact that they were still present was concerning to researchers. This is because even small effects could mean that farther down the road, these women might have a higher risk of more serious cognitive decline if their brain reserve has taken a hit according to researchers.

**Comment:** Chemo-brain has been largely dismissed until recently but the prevalence of it remains high. Most cases clear after chemotherapy is stopped; but in some cases the effects can remain for a considerable period of time. Certain agents such as cyclophosphamide, methotrexate and fluorouracil seem to cause greater problems than others, while duration of treatment can also contribute. Certainly this makes sense as these highly toxic agents can cross the blood-brain barrier as well as affect nerves and other cells. This study was conducted on breast cancer patients, but other forms of chemotherapy for different cancers also show similar results. Our experience has been that patients undergoing chemotherapy fare better if they also undergo a detoxification program as well

**An Apple (or Statin) a Day Will Keep the Doctor Away** - This article in the December issue of the *BMJ* examines what happens if patients took statin medications versus eating an apple a day with regard to mortality from vascular disease. According to the British researchers analysis, if individuals ate just one apple a day, approximately 8500 deaths from vascular disease could be prevented in the UK. The reduction in vascular deaths by adding an apple to the diet is on par with the reduction that would be observed if all UK individuals over 50 years of age were prescribed statin therapy. In that scenario, 9400 deaths from vascular disease could be prevented if these adults were started on simvastatin 40 mg.

**Comment:** So the old adage "an apple a day keeps the doctor away" was found to be true as concluded by this study. What was interesting of course is that the researchers recommended that an apple a day should be used along with a statin rather than in place of one. The value of apples, or just about any other fruit or vegetable in the diet is that they provide fiber to eliminate cholesterol rather than blocking its production as seen with statins, providing an alkaline environment which cuts down on inflammation that leads to plaque build up, and providing sufficient antioxidants, vitamins and minerals that also decrease inflammation and reduce oxidation. All of this with no side effects such as those seen with statins.

## Asthma

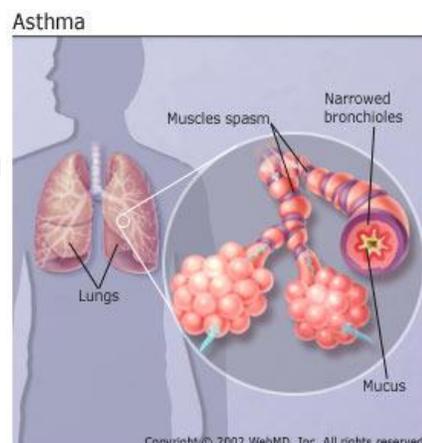
By Thomas Kruzel, N D

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

The term asthma is generally used to describe any disorder of impaired breathing involving a reversible airway obstruction. It often occurs secondarily to a variety of external stimuli such as smoke, changes in temperature, emotional upsets or exposure to specific allergens. It is also seen more commonly in children than adults, and a relationship to foods such as milk, corn or wheat has been noted. A history of prior upper respiratory infection is also common.

Symptoms may range from mild to severe and include wheezing (more on expiration than inspiration), rapid and labored breathing, cough, tightness in the chest, shortness of breath and increased mucus with expectoration.

"Attacks " of asthma quite often occur at night due to mucus



buildup in the airways with lying down. Hypersensitivity reaction to an allergen or foreign-body inhalation must be considered in younger children who develop a sudden onset of difficulty with breathing and have had no previous history. If the asthma attack follows a cold and fever, then an infection may be present. Seasonal asthma is probably triggered by an environmental allergen which almost always has an underlying food allergen. If encountered during the winter months, consider house dust or a reaction to heating fuels. If the asthma occurs year round, consider animal dander or a reaction to synthetic fibers or food dyes.

Most persons experiencing an asthma attack will exhibit varying degrees of distress until the cause has been eliminated or the body is able to restore the balance. A sudden worsening of the patient's respiratory distress or change in symptoms is a signal to the examiner that some type of intervention may be necessary and the person needs to see a physician. Pneumonia secondary to asthma can occur and needs to be considered if fever is present. Additionally, children with asthma should be monitored frequently if symptoms are present as the condition can progress rapidly. Status asthmaticus is an asthma attack that is unresponsive to injection with epinephrine or an epipen. This is a medical emergency that needs prompt attention at the emergency room.

#### WHAT TO DO UNTIL THE DOCTOR IS SEEN

1. Often asthma attacks are accompanied by fear and anxiety so have the child breathe in and out more slowly.
2. Reassure them that help is on the way.
3. Note respiration rate and pulse. Obtain a temperature if possible either through an ear, forehead or axillary thermometer.
4. Apply whatever home treatment you choose for the particular episode. After several of these attacks and/or consultation with your physician, it will be easier to determine which ones work.
5. Monitor frequently, staying with the child until it has resolved.
6. Contact your physician or transport to the nearest emergency room if at any time the condition becomes worse or you are uncomfortable managing things at home.

For more information you can contact the clinic at 480-767-7119 or [follow this link](#).

Thank you for being a patient with the Rockwood Natural Medicine Clinic. We will continue to provide you with safe, 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](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 Joan or Kathleen at (480) 767-7119 or e-mail them at [RNMC9755@gmail.com](mailto:RNMC9755@gmail.com)

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