

Rockwood Natural Medicine Clinic Newsletter

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Issue: 4

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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

Coughs & Croup

A coughing reflex is a response to an irritation somewhere in the bronchial tree, or as a reaction to a lung infection. Its purpose is to eliminate any foreign body or irritation that may be present. Often times it is caused by the presence of mucus that is formed to capture and eliminate bacteria, viruses or other substances such as allergens. The

nature, consistency and color of the mucus will tell the physician the degree and severity of the infection and will change as the condition progresses. Use of cough suppressants are generally discouraged, except under certain circumstances, as they may make the condition last longer and often contain acetaminophen which can quickly become toxic in infants and small children.

Recovery from coughing spells may take some time as the mucosa is thin and becomes irritated easily. Once the cough has been successfully treated, it may take additional time for the bronchial mucosa to heal. Therefore I recommend that therapy continue for 5 to 7 days afterward to complete the healing process.

Most often seen in young children croup is characterized by a

Whooping cough recipe:

4 drops Eucalyptus globulus
4 drops Dorado azul
2-4 drops Palo Santo
2 drops Thyme

recipe from Dr. Young:
put in gel capsules,
tingle in hot or non-dairy milk
depending on age and
ability to take capsules.

Oils4Rookies.com



labored and suffocative breathing, persistent and troublesome cough and is associated with laryngeal spasm or a membranous deposit on the larynx. The cough often has a characteristic metallic ring to it and comes in waves or recurring suddenly with an intensifying of symptoms. Breathing may show an irregular bumpy-like rhythm termed "stridor," and the person may appear quite anxious, fearful or panicked.

Croup can cause a closing-off of the larynx. This, of course, is a medical emergency and needs to be evaluated by a physician.

WHAT TO DO UNTIL THE DOCTOR IS SEEN

1. Look for signs of airway obstruction. These may range from gasping for air to irregular breathing patterns, to the person turning blue due to oxygen deprivation. If the latter is present, call 911 or go to the nearest emergency room.
2. Make the person comfortable and take a pulse, respiration and temperature. Record for future reference.
3. Choose any of the home therapies outlined and begin treatment. Any number can be used at the same time.
4. If there isn't a response to the home therapy, or if it is only a partial response, then a visit to your physician is in order.

Case Management Suggestions

1. When administering homeopathic medicines, give the remedy in whatever potency and frequency is needed to keep the cough under control. As an example, Aconite 30C every few minutes to hours if needed.
- 2.

Under homeopathic treatment the course of recovery may be slow as it takes some time for the respiratory mucosa to repair. Supplemental demulcent therapy will help this process.

Coughs & Croup is an excerpt from the [Natural Medicine Pediatric Home Health Advisor](#).

What's New at RNMC

Dr Katie Stage will be speaking at the Southwest Conference on Botanical Medicine on April 12-13 in Tempe, AZ.

She will be giving 2 talks:

Herbs without Borders: Surpassing our Gender Bias with Herbs

Herbs for Low Libido

<https://botanicalmedicine.org/conferences/sw2014/sw2014genl.htm>

Dr Stage will also be giving a free presentation at the Sprouts at 92nd and Shea on Wednesday, April 23rd from 6-7pm titled "**Fat is Not a Dirty Word**".

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?

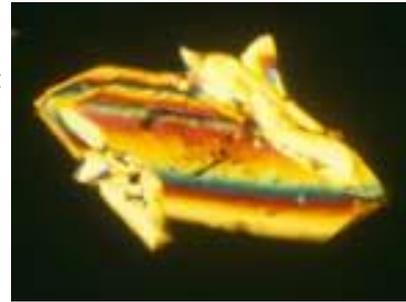
A: Click [here](#) to read about hormone evaluation.

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](#) .

Kidney Stone - Prevention and Treatment

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 stone is mobile and moving into the bladder. These pains are often accompanied by nausea, vomiting and anxiety.



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.

Phthalic Acid Ester Metabolite Phthalate

Phthalic acid esters are used in the manufacture of plastics in order to soften the resins and impart flexibility. They are one of the most widely used plasticizers for the manufacture of polyvinyl chloride (PVC) plastics utilized in vinyl flooring and tile, wall coverings, pool liners, tool handles, insulation of wires and cables, garden hoses, construction



materials, weather-stripping, canvas tarps, upholstery, some food wrappers and containers. They are also found in medical equipment containing flexible plastics such as blood bags and tubing, haemodialysis equipment, children's toys, dishwasher baskets, notebook covers, flea collars, faux leather, shoe soles, traffic cones, latex adhesives, dyes, some pharmaceutical and pesticide formulations.

Detergents, lubricating oils, automobile parts, automobile undercoating, carpet backing, solvents, and personal-care products such as soaps, shampoo, hair spray, nail polish, and toothbrushes, baby-care products also contain phthalic acid esters.

Toxicity of phthalate esters, acting as metabolic disrupters, through accumulation of quinolinic acid. This may be of concern with a tryptophan rich diet and concomitant exposure to phthalate esters as they disrupt tryptophan conversion. They also act as an endocrine disrupting chemical (EDC) with young infants being especially vulnerable to their effects as they have been implicated in alterations found in development of the male reproductive system in utero and infancy. Developmental and morphological abnormalities including deficits in behavior and cognition have also been reported. More recently there have been reports of decreased sperm production in adult males exposed to environmental levels as well as their association with increased waist circumference and insulin resistance in adults.

Phthalates are hydrolyzed in the gut by pancreatic lipase yielding ester derivatives, which are rapidly absorbed. These phthalate esters are metabolized in the liver by the cytochrome P-450 dependent multifunction oxidase enzymes into glucuronide conjugates and excreted in the urine. Phthalates and their metabolites accumulate in lipid depots and may bioaccumulate due to chronic exposure.

Because of their pervasive use, exposure to phthalic acid esters and their metabolites is almost impossible to avoid. Therefore detection and a good nutritional or supplemental antioxidant program is a must in order to remove and prevent build up.

Screening tests for Xenobiotic and Persistent Organic Pollutants requires a first morning urine which will contain a larger concentration of the metabolite. If present, a detoxification program will help to eliminate the metabolites while an on-going antioxidant regimen will help to keep them from building up from future exposures.

What's New in the Literature

Cardiac Risks With Antibiotics Azithromycin, Levofloxacin Supported by VA Data - According to this article in *Annals of Family Medicine*, March 10, 2014, data from a VA study on the effects of levofloxacin (Levaquin) and azithromycin (Zithromax) increased the risk of cardiac arrhythmia and heart attack within the first few days of treatment. This follows an FDA warning from 2013 that patients at risk for the azithromycin-induced arrhythmia were those with existing prolonged QT interval, low blood levels of potassium or magnesium, or bradycardia or those currently taking antiarrhythmic medications. Elderly patients and those at high risk for cardiovascular disease were also considered to be more susceptible to the adverse effects of azithromycin. According to the authors "the findings are particularly important in light of the fact that nearly 50% of patients continue to receive antibiotics, especially broad-spectrum antibiotics, for illnesses such as 'acute cough,' which may not require antibiotics at all "

Comment: The macrolide and quinilone class of antibiotics have been prescribed in growing numbers since their development in the belief that bacteria have developed increasing resistance to other antimicrobials. Additionally, as these authors point out, antibiotics in general are often prescribed for viral illnesses or allergic reactions which do not respond to antibiotic therapy. The problem with these two classes of drugs in particular is that a lot of patients experience severe adverse effects such as fatigue, weakness, cardiac arrhythmia, kidney damage, and muscle damage; all of which we have seen here at the clinic.

Running and Breast Cancer Survival - In this paper in the *Int J Cancer*. 2014 Jan 27, the author looked at breast cancer survival rates and exercise. In particular breast cancer survival rates in runners vs walkers. They analyzed data from 272 runners and 714 walkers from the National Runners' and Walkers' Health Studies who were previously diagnosed with breast cancer. Forty-six women (13 runners and 33 walkers) died from breast cancer during 9.1-years of the study. When data from runners and walkers were looked at together, the risk of dying from breast cancer decreased an average of 24% per metabolic equivalent (MET) hours per day of exercise, where one MET hour equals a little less than a mile of brisk walking or about two-thirds of a mile of running.

When the runners and walkers were analyzed separately, there was significantly lower mortality in the runners. The runners' risk for breast cancer mortality decreased over 40% per MET hour per day. Runners that averaged over 2.25 miles running per day were at 95% lower risk for breast cancer mortality than those that did not meet current exercise recommendations. In contrast, the walkers' risk for breast cancer mortality decreased only a non-significant 5% per MET hour per day.

Comment: My thanks again to Jacob Schor, ND for passing this most interesting study along. As we have written before, exercise produces a positive outcome for any disease, including arthritis. This study suggests that for at least breast cancer, running increases the chance of survival. It also stands to reason that not only running, but other forms of aerobic exercise such as bicycling or swimming would do the same thing as what is being measured here are metabolic equivalents. It seems that the more MET's there are the lower the chance of dying.

FDA Now Investigating CVD Risks With Testosterone Therapy - The Food and Drug Administration (FDA) has begun investigating the use of testosterone and the increase in serious cardiovascular events such as myocardial infarction (MI), ischemia, stroke and death. In one study cited, it was found that men were more likely to experience a MI within the first 90 days of starting testosterone therapy. This was substantiated by another study that found that men 65 years and older had a 2 fold risk of having a MI with testosterone therapy.

Comment: It must be Low T, which is the message that advertisers deliver on a daily basis, imploring men to "ask their doctors" if testosterone is right for them! As we have written before, low testosterone is the least likely cause of erectile dysfunction and low

libido and yet dispensing it is has now become a major medical industry. Prolonged and initial use of testosterone in some men can have some significant draw backs as it is an anabolic steroid and thus increases total cholesterol and LDL cholesterol while lowering HDL cholesterol. For those men susceptible to the development of coronary artery disease, the results can be disastrous. Testosterone may be indicated for some men and appropriate testing, monitoring and prescribing can considerably reduce one's risk for testosterone induced heart problems.

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.

**Save
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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.

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10%**

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Offer Expires: April 30, 2014

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