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# Rockwood Natural Medicine Clinic Newsletter

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## 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

## Heat Stroke & Exhaustion: Recognition, Treatment and Prevention.

Heat stroke and exhaustion occur more often than is appreciated in part because each individual will be affected somewhat differently and the classic symptoms may not be fully present. As we head into the hottest part of the year becoming aware of the signs and symptoms of heat stroke and heat exhaustion becomes more important. The complications of either condition can be severe and their recognition, management, and prevention are discussed in this article. [You can learn more by clicking on this link.](#)



**RNMC Welcomes Dr Shawna Eischens**

Dr. Shawna Eischens ("Dr. E") is thrilled to be a part of the team at Rockwood Natural Medicine Clinic. Her journey began with early interests in nutrition, fitness, and the desire to know how the body functions. Her passion as a naturopathic physician was fueled by her work in hospital rehabilitation units, nursing homes, pediatric group homes, and with people with disabilities.



Dr. E sees the most significant results when treatments are combined and individualized for each patient. She feels fortunate to be able to pursue her passion of empowering others to heal their own body through various safe and effective naturopathic therapies. One of her strongest assets is the ability to listen without judgment.

Her areas of focus include:

- Mental health (anxiety, depression, eating disorders)
- Gastrointestinal concerns
- Pediatrics (wellness exams, acute illness, ADD)
- Acupuncture
- Hormonal balancing
- Homeopathy
- Detox support
- Nutritional counseling (Diabetes, weight loss, CVD, etc.)
- Fatigue
- Insomnia

Since balance is key to overall health, Dr. E can be found in a kayak, on a mountain, at the beach, or laughing loudly with friends over good food when not pursuing her dream as a naturopathic physician.

Dr. E is in the office Mondays-Thursdays if you'd like to schedule an appointment. Brief complementary consults are an option as well if you have questions on how she can best serve you on your healing journey.

### Whats New at RNMC

Dr Kruzel will be speaking at the Arizona Naturopathic Medical Associations Spring Conference June 7 & 8. His topic is **Withdrawing Prescription Medications.**

We are now on **Facebook**. Check us out at <https://www.facebook.com/pages/Rockwood-Natural-Medicine-Clinic/1403634953251755>

### Toluene & its Metabolite Hippurate Acid

Toluene and its metabolite Hippurate are produced from petroleum refining. They are blended into gasoline as a component to increase the octane number and thus the horsepower of the engine. Therefore they are abundant byproducts of automotive and aircraft emissions, poor emission-control devices on older vehicles, poor maintenance practices, high-density traffic locales, gasoline filling stations, refineries and tobacco smoke. The amount of toluene in a single cigarette may vary from 80 to 100 micrograms.



Toluene is also used as a solvent carrier in paints, inks, thinners, coatings, adhesives, degreasers and even pharmaceutical products. Household aerosols such as spray paint cans, glues, varnishes, shellac, rust preventatives and solvent-based sanitizing agents and germicides. Additionally they are found as additives in cosmetic products and are taken into the body mainly by inhalation of vapors.

Toluenes and Hippurate exert a depressive or excitatory effect on the central nervous system which can manifest as euphoria followed by disorientation, tremulousness, and mood swings. Also found are tinnitus, double vision, hallucinations, difficulty with speech, ataxia, convulsions, and even coma. Initial symptoms may be irritation of the eyes, nose and throat, dizziness, and problems with taste and smell. Drowsiness, headache, impaired cognitive and motor function, insomnia, and anorexia can all occur. Solvent abuse through "sniffing" toluene containing products may lead to gross disorientation, neurological impairment and death.

Toluene is metabolized in the liver by cytochrome P-450 dependent multifunction oxidase enzymes conjugated principally with glycine, and excreted in the urine as hippuric acid. Smaller amounts may be conjugated with glucuronic acid. Minor amounts undergo hydroxylation to cresols, which are excreted in the urine as sulfate, or glucuronide conjugates.

Under conditions of chronic exposure, significant uptake of toluene into fat tissue may occur where it stays until mobilized with weight loss. Effects are reversible on cessation of exposure, but are increasingly severe and persistent with increasing concentration and/or duration of exposure.

Toluene interferes with the biotransformation of other compounds in the liver, thus making them more toxic.

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.

**Rethinking Reflux**  
**By Shawna Eischens N D**

Call it heartburn, Gastrointestinal Esophageal Reflux Disease (GERD), night coughing, or acid reflux, but likely it is a painful annoyance. The good news is you don't have to live with this issue, and you don't have to take medication for life!

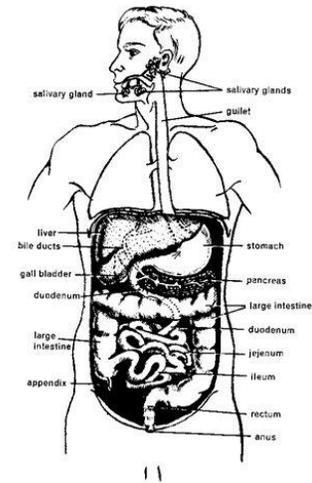
The stomach is designed to be an acidic environment to facilitate the break down of food. This acidic pH can be altered by factors such as an overgrowth of *H. pylori* bacteria, stress, and food additives and sensitivities. Since acid is required for proper digestion, it's not the acid that's the problem, but the lack of tone at the junction of the esophagus and stomach (lower esophageal sphincter) that allows even small amounts of acid to sneak back up into the esophagus.

How does this esophageal sphincter function decrease? Ironically low stomach acid can prevent the body's natural response to close the sphincter when food is introduced into the stomach. Overeating, hiatal hernias, certain drugs, and alcohol, coffee, or food sensitivities may all contribute to a decrease of tone as well.

Proton pump inhibitors or PPI's such as Prilosec and Prevacid are well known drugs that block acid production of the stomach. If you're dealing with the reflux of acid, shutting down the acid production may sound promising until you step back and look at the overall digestive process. Low stomach acid and low esophageal sphincter tone may contribute to heartburn as acid is allowed to travel back up into the esophagus. Proton pump inhibitors simply decrease the body's natural and beneficial acid production, which in turn affects overall digestion and calcium and B12 absorption, leading to various issues including osteoporosis.

Our bodies are designed to be in balance and function optimally by listening to and addressing areas of dysfunction. Addressing the cause of reflux symptoms varies, but may be as simple as a hiatal hernia adjustment (pulling the stomach back down from migrating up through the diaphragm), increasing stomach acid and enzymes if needed, eliminating *H. pylori* overgrowth, avoiding food sensitivities, changing ones diet or healing the gut in various ways.

You don't have to settle for living with reflux. Dr. Eischens can guide you towards healing to eliminate symptoms while improving digestion and overall health.



## What's New in the Literature?

**Middle East Respiratory Syndrome Coronavirus (MERS-CoV): The Bottom Line for Clinicians** - In this article in Medscape News the Middle East Respiratory Syndrome Coronavirus (MERS-CoV) was discussed as the first cases are beginning to appear in the US. To date the Centers for Disease Control (CDC) has identified 401 confirmed cases in 12 countries with the first 2 being found in medical personnel who just returned from Saudi Arabia. The exact route of transmission is still being sought, however the primary source of exposure is thought to be from camels. There is a 7 to 14 day incubation period during which it is thought that the virus is not transmissible. The disease should be suspected in anyone returning from the Middle East who present with symptoms of fever and respiratory illness, such as cough or shortness of breath.

**Comment:** MERS-CoV is caused by the same virus (Coronavirus) that was implicated in the outbreak of severe acute respiratory syndrome or SARS, that occurred a few years back resulting in the death of almost 800 people. Most of the individuals who succumbed at that time were persons whose immune systems were already weakened by other illnesses or immunocompromised for other reasons. What makes this viral illness different than others is that exposure in humans is limited as outbreaks occur every few years rather than annually, therefore an immune response takes a while longer to occur. In susceptible individuals this can have severe consequences. Unlike the "bird flu" which we reported on a few years ago, this virus is more readily recognized by our immune systems and therefore flu precautions when traveling in the Middle East will decrease ones chance of developing the illness. The International Homeopathic Community constantly monitors these illnesses and shares information as to what medicines are effective in treating them. If you are traveling to this region, a preventive medicine program is available through the clinic. MERS-CoV is thought to be transmitted by camels. So if you own a camel that has just gotten back from the Middle East, you might want to hold off on a welcome home hug.

**Experts Clash Over Testosterone Cardiovascular Risks** -A discussion about recent warnings from the FDA about the potential cardiovascular risks of testosterone therapy has triggered criticism from some experts in the field. At the crux of the dispute is whether men who have a recent history of cardiovascular disease should be treated with testosterone therapy. The concerns all stem from a number of studies published over the past few months that have suggested a possible increased cardiovascular risk of testosterone therapy in older men with a history of CVD. The debate has ensued because of the increase in advertising promoting testosterone therapy (is it Low T?) by drug companies which has caused an influx of middle aged men seeking therapy for a variety of conditions such as erectile dysfunction and low energy.

**Comment:** This article reads like a heated and impassioned debate with testosterone advocates decrying their recent characterizations as irresponsible and unscientific by the FDA and press, as well as the FDA and academics that are questioning the necessity of testosterone therapy, especially in light of men with cardiovascular disease. Testosterone therapy in older men in and of itself is not all that bad of a thing. As we age our ability to make testosterone wanes and a little every now and then has been shown be of benefit. Where the problem

arises however, and where the FDA rightly has some concern, is when excess amounts of it are dispensed with little or no follow up. Testosterone is an anabolic substance which when given causes increases in cholesterol, LDL cholesterol and a decrease in HDL cholesterol. With time the person's risk for developing coronary artery disease and heart attack increase considerably. This is why we monitor patients on testosterone therapy closely with frequent blood and saliva tests.

**Chicken Nuggets and Health** - Recently it was reported that a 17 year old woman in Great Britain was rushed to the hospital after collapsing at work while struggling to breathe. During her examination the doctors were "stunned" to learn that she had never eaten any fruits and vegetables in her life since age 2 years, but rather subsisted on Chicken Nuggets as her primary source of nutrition. The patient stated that she "loved them so much they were all I would eat". This statement was confirmed by her mother.

**Comment:** After seeing this in the paper I just had to include it, even though it is not a journal article. What parent at times hasn't thrown up their hands to a crying child who demands fast food and gives in? But for 15 years!! If the chicken nuggets were only stripped down and fried in oil that would be one thing. But in fact the manufacturing process involves use of stabilizers and preservatives that are added to the shredded chicken in order to be reformed into bite size chunks without any (large) bone. The stabilizers and preservatives are said to include dimethylpolysiloxane, a form of silicone also used in cosmetics and butylhydroquinone (TBHQ), a form of butane. The article goes on to say that "According to one report, chicken is only about 50 percent of a McNugget; the remainder is a mixture of corn-derived ingredients, sugars and synthetic substances".

The bottom line is that most all fast foods are prepared in a similar manner, not just chicken nuggets or Buffalo Wings. So it is important that if they are being consumed to some extent, that a good multivitamin and antioxidant be provided as well. There is however, no good substitute for fresh fruits and vegetables. They might even keep someone from collapsing at work.

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](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 Kathleen or Joan at (480) 767-7119 or e-mail them at [RNMC9755@gmail.com](mailto:RNMC9755@gmail.com).

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