

# Rockwood Natural Medicine Clinic Newsletter

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## 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

## Kidney Stones: Recognition, Treatment and Prevention. By Thomas Kruzel, N D

During the hot summer months the risk of developing kidney stones increases due to excess fluid loss and inadequate replacement. The onset of a kidney stone attack may be experienced as a heavy, tensive aching pain, or a sharp and burning pain that radiates to the side and back. Often this occurs abruptly and is accompanied by an increase in urine flow that contains numerous red blood cells.



Kidney stones are most often composed of a mixture of calcium oxalate and calcium phosphate. Those being composed primarily of calcium phosphate suggest that the urine is primarily alkaline or that a primary hyperparathyroidism, renal tubular acidosis, alkali therapy or milk-alkali syndrome is present. Stones measuring less than 5 mm in diameter are more likely to be passed with there being less chance of stone passage if it is greater than 7 mm

About 40% of all persons who develop a stone will suffer a recurrence within the next 5 years and an additional 40% within the following 25 years. Certain individuals who have a genetic predisposition toward developing kidney stones (i.e., a positive family history) may develop them at frequent and varying intervals.

Kidney stone formation depends upon several factors which, when found in combination, allows for stone formation. Most importantly is an increased concentration of urinary crystalloid substances either through increased output or low urinary volume. Urinary pH, ionic strength of the solute and complexation are required for stone nucleation and subsequent formation. A decrease in inhibitors such as magnesium, citrate, pyrophosphate and nephrocalcin or an increase in promoter substances is also needed.

Prevention includes adequate fluid intake, Vitamin C, magnesium and decreasing caffeine and alcohol, substances that have a diuretic effect. If you are already on diuretics for blood pressure, addition of Vitamin C and magnesium, along with the herbal medicine Shepherd's Purse, will decrease the chance of stone formation.

For more information, please do not hesitate to contact the clinic or [this article on kidney stones](http://www.rockwoodnaturalmedicine.com/pdf/articles/kidneystones.pdf). [www.rockwoodnaturalmedicine.com/pdf/articles/kidneystones.pdf](http://www.rockwoodnaturalmedicine.com/pdf/articles/kidneystones.pdf)

## Breathing Clean Through Green

By Shawna Eischens N D

The Phoenix area tends to rank high for polluted cities, but is staying inside the best medicine? Not necessarily, but how can you breathe air as clean as possible? Building materials, furniture, and electronic equipment are known to emit various volatile organic compound toxicants that have been

linked to numerous health complaints including asthma and headaches. Leaching of trace chemicals can result in indoor air pollution, causing symptoms at even very low concentrations. Buildings that have minimal natural ventilation contained higher levels of these toxicants, indicating that outdoor air is better-yikes!

Hang in there and breathe in some green! NASA conducted a study on the usefulness of plants as indoor air purifiers and found that the addition of plants to indoor air reduced overall air toxicants. Some of the plant species reduced toxicants by over 80% in one day!

The most effective plants with some of the highest purification abilities include gerbera daisies, peace lilies, chrysanthemums, bamboo, and English ivy. Incorporating many of these indoor plants into your home or workspace may help you breathe a little easier.

Not so ironically, ingesting green can benefit you in addition to breathing green. Chlorophyll and chlorella are powerful green



detoxifying agents that have been shown to help us excrete harmful toxicants including heavy metals. These two green heroes can be supplemented or naturally consumed in foods like spinach, kale, and seaweed.

Capturing the healing power of green goes far beyond asthma, headaches, and heavy metal toxicity. If you would like to discuss these concerns or begin the journey to become the healthiest version of you, schedule an appointment with Dr. Eischens at 480-767-7119.

**Cheers to the color green!**

### Whats New at RNMC

Just a reminder that we also added a few more features to the [RNMC Natural Remedies](#) section. These include information on Cell Salts, Hydrotherapy and Poultices, Castor oil packs and Epsom Salts.

### Grocery Shop with the Doc

Have you ever wanted an expert with you at the grocery store to help guide you to the best choices? Do terms like organic, GMO's, and gluten-free confuse you? Are you ready to make shopping FUN while increasing your and your family's health?



Dr. E will be offering an educational walking tour of **Sprouts** in July. Facts and myths will be clarified, helpful handouts will be provided, and knowledge will be gained. Just \$20 a person-space is limited so call 480-767-7119 to reserve your spot.

### Trimethylbenzene & 3,4-Dimethylhippurate

Production of Trimethylbenzene (TMB) and its metabolite 3,4-Dimethylhippurate (3,4-DMH) occurs during petroleum refining. Its primary use is as a motor fuel additive, so it is found in emissions from gasoline engines in autos, lawn mowers or anything that uses petroleum as a power source. Poor emission-control devices on older vehicles, poor maintenance practices and diesel engine exhaust are a significant source.



TMB and 3,4-DMH are also used as solvents in coatings, paint thinners, wood preservatives, cleaners, dry cleaners, degreasers, aerosols, pesticides, printing and inks. They are also used in the manufacture of pharmaceuticals, asphalt products, lacquers, varnishes, dyes, and perfumes.

These chemicals produce a number of effects upon the body when exposed to high or persistent levels. They can cause irritation of mucous

membranes resulting in a watery and mucus discharge, skin rashes, dizziness, a sensation of "drunkenness", fatigue, headache, anxiety and nervousness.

Cyanosis (poor circulation to the skin), cognitive and motor impairment, shortness of breath, episodes of increased perspiration and cardiac arrest can also occur. Diarrhea, abdominal pains, nausea and vomiting as well as blurred vision have been reported.

Because of their lipid solubility, they are highly neurotoxic resulting in a constellation of low frustration tolerance, lack of initiative, apathy, depression, and irritability termed "painter's syndrome". They can also decrease erythrocyte, leukocyte and platelet counts, are carcinogenic and can cause glomerulonephritis and renal dysfunction. They are lipophilic and accumulate in fat and fatty tissues where they remain until mobilized during weight loss.

TMB and 3,4-DMH are metabolized in the liver by cytochrome P-450 dependent multifunction oxidase enzymes, conjugated with glucuronic acid, glycine, or sulfates and eliminated from the body by urinary excretion.

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

**Longer Antidepressant Use Linked to Fewer Medication Reviews** - In this article published in *Family Practice May 2014*, researchers from the University of Aberdeen in Scotland reviewed long-term antidepressant therapy regimens prescribed by primary care physicians to see how often they were reviewed and modified. The frequency of antidepressant reviews, and proportion of patients receiving check-ins declined with increasing length of time spent on antidepressant therapy. The researchers found that during the first 5 years of therapy, patients received more medication reviews if they took antidepressants for an obvious mental health reason (depression, anxiety, mixed depression and anxiety, or obsessive compulsive disorder), received more medication changes or dose adjustments, or had a referral to a community mental health team. These results, according to the authors, support the need for a "chronic disease management approach" to depression in primary care, including the integration of depression clinics into primary care practices, as well as structured follow-up and appropriate review of treatment regimens.

**Comment:** I recently spoke at a conference on how to withdraw patients from prescription medications and many of the questions were about depression medication withdrawal, in particular the SSRI's such as Prozac, Paxil and Zoloft. This class of drugs in particular became immensely popular when they were first introduced and a considerable number of patients were put on them and never taken off. One of the problems with them, not discovered until a few years ago, was that with time they depleted neurotransmitter sites in the brain, making it extremely difficult to take someone off of them. This is especially found with the short acting SSRI's such as Paxil and Zoloft. This study looks at how these medicines are reviewed within the context of a primary care practice and suggests that more frequent follow ups be conducted with an eye to decreasing or stopping the drug therapy. This recommendation parallels the recommendations of the FDA that are

published in Facts & Comparisons and the Physicians Desk Reference, drug references every physician has access to.

**Relationship Between 25-Hydroxyvitamin D and Cognitive Function in Older Adults: The Health, Aging and Body Composition Study** - This study in the *J Am Geriatr Soc 2014* looked at the relationship between Vitamin D levels and cognitive performance in older adults. The study looked at 2,777 well functioning adults aged 70 to 79 at baseline with serum 25(OH)D measured at the 12-month follow-up visit and cognitive function measured at baseline and 4-year follow-up visit. Cognition was measured using the modified Mini-Mental State Examination (3MS) and Digit Symbol Substitution Test (DSST). Researchers concluded that low 25(OH)D levels were associated with a worse global cognitive function and greater decline over time.

**Comment:** Often, studies on aging populations occur in rest homes or senior centers which tend to have somewhat of a select and skewed population. This study is somewhat unique in that a rural population was the cohort. Adjusting for comorbidity, race, age, education and physical activity, the authors concluded that chronically low levels of Vitamin D, can lead to an accelerated cognitive decline. Vitamin D deficiency has recently been implicated in a number of illnesses, so many so in fact that researchers are beginning to question Vitamin D's actual role in disease development or if it's just a coincidence. Until this is settled, I would recommend daily supplementation, especially for those living in "cloud cover states" which seems to be just about everywhere except Arizona.

**Does H pylori Eradication Explain Rising Obesity?** - In this study published in *Alimentary Pharmacology & Therapeutics*, the authors reviewed 49 studies conducted in the United States, Europe, Japan and Australia that looked at the decline in H. pylori infections and the rise in obesity. The researchers explain that previous controlled trials have shown that, following successful H pylori eradication, patients experience a significant increase in weight. Their conclusion was that there was an inverse correlation between prevalence of the bacteria and rate of overweight/obesity in countries of the developed world. They also went on to say that other factors may also contribute to these results but that a significant statistical correlation was found.

**Comment:** We have known for some time now that the "Hygiene Hypothesis" has led to an increase in patient susceptibility to infectious diseases, something that it was suppose to decrease. The "Hygiene Hypothesis" resulted in an increase in public health measures in order to prevent disease out breaks such as cholera or malaria. We did such a good job that we forgot that our immune systems need some level of exposure in order to develop properly. Since we have decreased the number of H. pylori infections with antibiotic use, as these researchers point out, obesity rates in developed countries have risen. According to some previous research on the subject, H. pylori may also have a benefit in the human intestinal tract that is as of yet unknown. Within the past several years we have begun to view the GI tract as having a symbiotic relationship with us. We need the microorganisms as much as they need us. Once this balance is disrupted through antibiotic or other drug use, this relationship becomes imbalanced resulting in a wide variety of symptoms and disease states. H.pylori is a normal inhabitant of the GI tract that can cause GI symptoms once an imbalance ensues. Now it appears that it has a relationship to the development of obesity.

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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15%**

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