

Rockwood Natural Medicine Clinic Newsletter

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Issue: 10

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Greetings!

Welcome to RNMC's October 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

Heart Health Habits - Harming or Helping? By: Dr. Shawna Eischens

Cardiovascular disease (CVD) is the #1 cause of death in the United States, but what does this broad term include? Stroke or myocardial infarctions are often thought of, but how about atherosclerosis, hypertension, imbalanced lipids/cholesterol, arrhythmias, angina, or even varicosities or edema? Fortunately all of these cardiovascular conditions can be influenced by factors within your control.



The U.S spends more on health care than anywhere else in the world, yet we continually fall in the lowest 15-20% of 'healthiest' countries. Perhaps it's time for a shift in perspective? As a naturopathic physician, I often find myself educating patients in ways they are not accustomed to. Although nearly all disease may be curable (yes I said curable), there is no magic pill that trumps the power of diet, exercise, and mental health through knowledge and discipline.

For over 50 years, it has been thought that saturated fat and cholesterol are responsible for CVD. We now know this is not the whole truth, but due to a skewed study by Ancel Keys (who adapted his findings to support his hypothesis), saturated fat and cholesterol have been given a bad rap. Every cell membrane in our body needs fat, especially our brain as it is composed of ~60% fat. Our body needs cholesterol to function and make necessary hormones. Of course, moderate consumption of fat and cholesterol is recommended, but suppose that fat and cholesterol are not the main culprits for CVD.

Consider that disease, including CVD may be caused by inflammation, oxidation, and nutrient depletion. By encouraging a diet that is anti-inflammatory in nature, rich in nutrients and anti-oxidants, you are creating an environment that is desirable for increasing health, therefore, discouraging disease.

I like the analogy of a dark room to convey to patients how naturopathic medicine works. If you're in a dark room and don't want to be in the dark anymore, what would you do? Go ahead, there is no wrong answer. You can find various ways to increase light in the room, but you can't simply take away the darkness. Imagine health as the light, and disease as the darkness. As a physician, I can offer you ways to increase health, therefore, decreasing illness, but there is no magic wand anyone can wave to 'take away' illness. The closest thing to this imaginary magical wand is your own body and how you treat it.

Inflammation is a protective mechanism by our body, but when we continually expose it to harmful products like sugar, processed carbohydrates, trans fats, and hydrogenated oils, our blood vessels become damaged. Our body naturally repairs these vascular 'paper cuts', but this area is now prone to fatty deposit 'band aids' that can accumulate and lead to atherosclerosis. It is important to read labels and avoid consuming these products that promote cardiovascular issues.

An overabundance of omega 6 fats in our diet creates chronic inflammation leading to pain, CVD, and disease. The American diet is full of inflammation considering the ratio of omega 6:3 fats is about 25:1. Ideally this ratio should be less than 4:1. These inflammatory fats are found in abundance in corn and cottonseed oil (in many fried or processed foods). Omega 3 fats are anti-inflammatory and most abundant in flax seeds, walnuts, sardines, and wild salmon. It is not that all foods containing omega 6 fats are harmful, but the ratio is often out of balance leading to harmful inflammatory processes.

Magnesium is an important mineral necessary for many reactions in the body and is related to CVD due to its role in smooth muscle function affecting blood pressure, chest pain, and normal heart rhythm. Magnesium is depleted by coffee, soda, salt, alcohol, as well as stress and some medications. Foods high in magnesium include green leafy vegetables, avocado, dark chocolate, fish, brown rice, pumpkin seeds, bananas, kelp, legumes, and figs.

The benefits of stress management and exercise are additional puzzle pieces to this heart health picture. Stress and increased weight increase inflammation and burden the heart. Exercise has been shown to decrease blood pressure, stress, and weight in addition to improving vascular integrity. It would be counter-productive to get stressed thinking about exercise so find something you enjoy and move your body at least 20 minutes every day.

Keep your ticker in top shape and encourage a whole foods diet and

lifestyle that promotes health. Consume lots of vegetables in various vibrant colors, ginger, garlic, turmeric, sunflower seeds, almonds, walnuts, avocado, wild fish, grass fed meats, flax seed/oil, legumes, oatmeal, apples, coconut oil, and olive oil (not for cooking). Read labels and avoid simple carbohydrates, high fructose corn syrup, corn/cottonseed/soybean oil, margarine, hydrogenated oils, and fried food.

When you are ready to make your health a priority, contact Dr. Shawna Eischens at Rockwood Natural Medicine Clinic to be empowered to live life to your fullest potential.

<http://www.rockwoodnaturalmedicine.com>

480-767-

7119

*Join us at Rockwood Natural Medicine Clinic
on Thursday, Oct. 9th from 4-6 pm
to celebrate*



NATUROPATHIC
MEDICINE WEEK

- *Happy hour food/drink from GrabbaGreen*
- *Raffles for free products and services*
- *Free chair massage*

*Transform into the healthiest and youngest
version of YOU possible!*

*Book an appointment for the week of Oct. 6-10th
for an additional entry into the raffle.
20% off for new patient appointments.*



RSVP to 480-767-7119 or rnmc9755@gmail.com
See you at 9755 N. 90th St. Suite A-210
Scottsdale, AZ 85258

Whats New in the Literature

Prediabetes Associated With Increase in Cancer Risk - This article published in *Diabetologia* looks at the risk of developing cancer in patients with impaired

fasting glucose levels. They found a significant increase in cancer risk in patients who were prediabetic independent of the effects of obesity. The meta-analysis, conducted in China looked at a total of 891,426 participants from the 16 studies, 4 of which were from Asia, 11 from the United States and Europe, and 1 from Africa to make their conclusions. They found that prediabetes was associated with a 15% increased risk for cancer overall, based on this data with differing risks depending on the type of cancer. The risk was particularly increased for liver cancer, stomach or colorectal cancer as well as endometrial and pancreatic cancer. The authors recommend screening for prediabetes for cancer prevention.

Comment: Obesity in and of itself puts one at risk for developing cancer and this study now suggests that prediabetes is an independent risk factor for cancer. What was interesting about this study was that even low levels of fasting glucose such as those suggested by the American Diabetics Association (ADA), that are usually not associated with prediabetes, were found to be a risk factor. Certainly a good diet and lifestyle will help keep one from developing a prediabetic state, but despite this, the number of patients that develop metabolic syndrome (prediabetes) continues to increase. This is due in large part to dietary and lifestyle choices but as well may be related to increases in Xenobiotics in the environment that affect insulin levels in the body.

CDC Issues Warning About Enterovirus-D68 - The Centers for Disease Control (CDC) has issued an alert warning for this rare virus that is responsible for outbreaks of acute respiratory illness among children in at least 9 states with hospitals in Chicago and Kansas City reporting a large number of cases. A member of the Enterovirus class, EV-D68 was first isolated in 1962 in California but does not act similar to other Enteroviruses. While scientists know that EV-D68 can cause mild to severe respiratory symptoms, it also can cause neurological symptoms resembling polio. The CDC in a statement says that "We believe that it's spread similar to ways that other Enteroviruses are spread, through respiratory secretions like saliva and mucus."

Comment: This is the time of the year when we enter the cold and flu season and this year it seems to be upon us sooner than in years past. EV-D68 has been widely reported in the press as it largely has affected children. Most of these cases came from exposures at schools and in one case, a hospital. Enteroviruses in general are considered ubiquitous and constantly changing as they make their way through the population. This is why flu vaccines are largely ineffective where as sanitary and dietary measures such as hand washing and staying away from refined sugars to mention a few are effective. Because EV-D68 is relatively new little is known about its affect on the human host which is the reason for the CDC's warning. Most of the cases to date have been self-limiting and run a course similar to other Enteroviral illnesses. Some however have been more severe requiring hospitalization. In these cases the child had some sort of preexisting respiratory condition. The bottom line here is; make sure you are taking cold and flu precautions.

Honey and Coffee Better Than Oral Steroids for Persistent Cough - This article by Jacob Schor, ND, FABNO is a review of an article in Prim Care Respir J. 2013;22(3):325-330 comparing the effectiveness of 3 treatments for reduction of persistent coughs. The compound of honey and coffee performed better than steroids and guaifenesin in reducing coughs in patients who had had them for at least 3 weeks.

Comment: My thanks again to Dr Schor for providing these gems from the medical literature showing that natural therapies, or mom's & grandmother's home remedies, do in fact work and work very well. When I was a child, we almost never saw a doctor because of what they would concoct in the kitchen. You can follow this link to our [Medicines From the Kitchen](#) to see more home medicines that are safe and effective.

The formula used in the study is: honey and coffee: 20.8 g of honey and 2.9 g of Nestle instant coffee per 1 T dose taken 3 times per day.

Whats New at RNMC

Dr. Kruzel will be attending the Council on Naturopathic Medical Education October 18th and 19th in Chicago.

Questions, Questions; Do We Get Questions

[What is naturopathic medicine?](#)

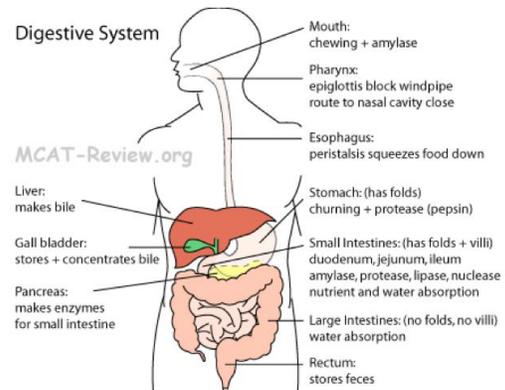
[How do I know if the vitamins I am taking are actually doing me any good?](#)

October is National Celiac Disease Month

Celiac disease is an autoimmune disease that affects the microvilli of the small intestine in genetically predisposed individuals. All age groups can be affected beginning in infancy through the elderly. Celiac disease occurs when there is a reaction to gliadin, a prolamin (gluten protein) that is commonly found in

wheat as well as other grains such as barley and rye. When exposed to gliadin, a reaction between an enzyme (transglutaminase) and the immune system causes a modification in the gliadin protein resulting in inflammation of the small intestine tissue. (What is pictured is normal looking duodenal tissue) If this occurs for a long enough period, or if there is a large exposure, the intestinal villi become flattened out and lose their absorptive capacity. This results in a profuse watery, fatty and often debilitating diarrhea. While the disease is triggered by wheat protein, it is not the same as a wheat allergy, although the 2 may be present simultaneously.

Symptoms range from few to minor abdominal discomfort to passing



frequent profuse watery and greasy stools, abdominal pain, weight loss, fatigue and anemia. People who are afflicted may have periods when they have symptoms, then periods when they feel fine and are able to eat what ever they wish. Celiac disease also is known as non-tropical sprue, endemic sprue, gluten enteropathy or gluten-sensitive enteropathy, and gluten intolerance.

While many patients think they have Celiac disease, the prevalence varies from 1:300 in Southwest Ireland to greater than 1:5000 in North America. It is often seen within the first 3 years of life when solid foods are introduced, then, may reappear later with the average onset being between 35 to 40 years of age. Other conditions such as Irritable Bowel Syndrome or Crohn's Disease may present with similar symptomology and require a diagnostic work up to arrive at the correct diagnosis.

It is recommended that blood testing be performed first to detect the presence of antigliadin and IgA antiendomysial antibodies followed by endoscopy and intestinal biopsy. Implementation of a gluten free diet is often done first rather than a biopsy to see if the patient responds. A positive response, especially in the presence of antigliadin and antiendomysial antibodies usually confirms the diagnosis.

There are a number of effective natural therapies for the treatment of Celiac disease, especially during an acute flare up. Long-term treatment however is the elimination of gluten from the diet, and many stores now carry gluten free products in separate sections. Adherence to a gluten free diet based upon the patient's blood type has been found to be highly effective in controlling this disease.

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 A. 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 Joan or Kathleen at (480) 767-7119 or e-mail them at RNMC9755@gmail.com.

**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
10%**

Please present this coupon at your next visit for a 10% 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: October 31, 2014