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# Rockwood Natural Medicine Clinic Newsletter

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Issue: 12

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## Greetings!

Welcome to RNMC's December 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 happy holiday season.**

Sincerely,

The Physicians and staff at RNMC

## Nutritional Tips for the Holidays By Katie Stage, ND

### "Tis the season!"

The holidays are upon us, and I'd like to take this opportunity to wish you a very wonderful holiday season and New Year.

Often, this time of year is extremely busy and this can take a toll. Here are a few simple things you can do to help avoid the fatigue, weight



gain, and stress associated with this season.

### **Ensure adequate protein and vegetables in your diet**

Please enjoy the holidays, and celebrations with friends and family. Many people assume that weight gain is a given during the holidays, but it doesn't have to be so.

Simple starches such as bread, pasta, and mashed potatoes will boost blood sugar quickly, followed by a drop in blood sugar associated with feelings of fatigue, headaches, sometimes even irritability. Often we reach for candy or sweets to counteract these uncomfortable symptoms of low blood sugar. Protein is a great way to maintain your blood sugar and avoid the dips and reactive sweet cravings. Aim for protein with every meal and snack - consider nuts (preferably raw, except for peanuts) and nut butters, fish, soy, and eggs as well as the common holiday meats of turkey, ham, and beef.

Increasing your vegetable intake is also a great way to boost your nutrients and fiber and fill you up. Aim for 5-9 servings (one serving is 1/2 cup) a day. You might even consider using vegetables instead of some of the starches in your holiday meals, or incorporate them into creative leftovers.

Mashed potatoes: use ½ potatoes and ½ roasted cauliflower  
Use spaghetti squash instead of conventional wheat or rice pasta  
Include a platter of roast vegetables with holiday meals  
Substitute sweet potatoes for white potatoes  
Puree vegetables and add small amounts them to any dish to 'hide' them from picky eaters  
Make a soup of leftovers by combining vegetables with chicken or vegetable stock and blending/pureeing.  
Mix cut-up vegetables into mashed potatoes; add an egg and season, and bake into fritters.

### **Take a multivitamin and consider adrenal support**

It is hard to get adequate nutrition through food, particularly if you do not eat a variety of vegetables and fruits. Proper nutrients allow the body to digest foods, remove toxins, and maintain optimal function. If you tend to feel run down around this time of year, consider taking a good multivitamin to ensure that you are getting the cofactors you need for your metabolic processes. If you are unsure if your multivitamin is of a good quality, Drs Stage, Thacker, and Kruzel would be happy to evaluate it with you.

Adrenals are endocrine glands that sit on top of the kidneys. They provide hormones responsible for stress modulation and energy, help maintain blood pressure, metabolize fats, proteins, and carbohydrates, and they also make the some precursors to our reproductive hormones. The adrenals will not function optimally under conditions of prolonged stress, or if they are not receiving adequate nutrient cofactors, which can result in a variety of symptoms including excessive fatigue or too much energy at night causing insomnia. Certain herbs can nourish the adrenals, helping maintain proper functioning; thus decreasing fatigue and/or insomnia.

The physicians at Rockwood Natural Medical Clinic would be happy to help you evaluate adrenal function or recommend supplementation

Homeopathic treatment, IV nutrients, acupuncture and hydrotherapy can also address adrenal hypofunction and the stress that may be contributing to it.

## Balancing Hormone Function in Women By Meghna Thacker, NMD

Hormone function is central to health and well being in both men as well as women. A problem encountered with any one endocrine gland can lead to a number of clinical conditions. Often, several are affected, especially in women whose endocrine system fluctuates frequently. Therefore, disturbances are frequently seen and can be difficult to sort through. A multi-systems approach to evaluation and treatment of endocrine system imbalances is a focus on naturopathic medicine.



This [article by Dr Thacker](#) explores the inter-relationship our endocrine glands have, how they are kept in balance, and how natural therapies are used to maintain balance and optimal function.

## What's New in the Literature

### **Testosterone and Mortality** - This article in *Clin*

*Endocrinol.* 2014;81(4):477-487 reviews a number of previous studies regarding the association of low testosterone levels and mortality for a number of conditions. The review found that cardiovascular disease accounts for the greater proportion of deaths in those with low testosterone while cancer and respiratory deaths in some of the studies were also significantly more prevalent. Disease-specific studies have identified that there are higher mortality rates in men with cardiovascular, respiratory and renal diseases, type 2 diabetes and cancer with low testosterone. Obesity, metabolic syndrome, type 2 diabetes, cardiovascular disease and inflammatory disorders are all associated with an increased prevalence of testosterone deficiency. The question raised by the reviewers is; are low testosterone levels a biomarker of the disease process or are low levels directly involved in the pathogenesis of the disease in question.

**Comment:** Most of the studies reviewed in this article were unable to determine whether low testosterone levels were a cause of or a biomarker found with the various diseases looked at. The fact is that as we age our ability to produce testosterone decreases while our susceptibility to developing certain diseases increases. Therefore a direct cause and effect relationship is difficult to determine. The anti-aging movement touts testosterone therapy as a way to remain healthy, stave off disease and be young again. To some extent this is true but the down side is that more is not necessarily better, and too much exogenous testosterone can contribute to certain diseases such as coronary artery disease and heart attack. As we have written before

standard blood tests are inherently inaccurate and not the best measure of on-going therapy. Salivary levels have been shown to provide a good clinical correlation and are what we rely on here.

**Coffee Consumption and Mortality From All Causes, Cardiovascular Disease, and Cancer: A Dose-Response Meta-analysis** - This article in the *Am JEpidemiol.* 2014;180(8):763-775

looked at a number of studies and the relationship between coffee consumption and mortality. Twenty-one studies with 121,915 deaths and 997,464 participants, met the inclusion criteria set by the researchers and there was strong evidence of nonlinear associations between coffee consumption and mortality for all causes and CVD. The largest risk reductions were observed for 4 cups/day for all-cause mortality and 3 cups/day for CVD mortality. Coffee consumption was not associated with cancer mortality. Findings from this meta-analysis indicate that coffee consumption is inversely associated with all-cause and CVD mortality.

**Comment:** When I was in medical school coffee was considered a necessary evil to be avoided unless you needed to study for exams or in my case stay awake at night while at the hospital. Coffee has generally been considered potentially unhealthy, since caffeine intake has been positively associated with blood pressure, serum lipid concentration, cholesterol levels, and insulin resistance. However, more recent research is shedding new light on the benefits of moderate coffee consumption due to coffee containing several bioactive compounds with potentially beneficial properties, such as insulin-sensitizing and its anti-inflammatory effects. Certainly coffee is one of the most consumed beverages worldwide and like green tea, has some health benefits. So the next time you are enjoying your morning cup of Joe, it will certainly taste a little better knowing that it is now a health food.

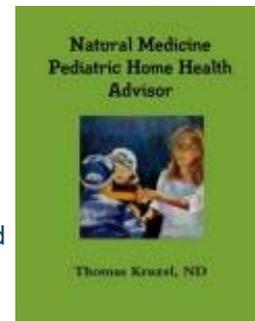
## Holiday Gift Suggestions

Undecided what to give the person who is difficult to buy for, or has everything they need? **Give Someone You Know the Gift of Wellness this Holiday Season!** Help that special someone enjoy a healthier life style or to help them achieve the inevitable New Year's resolution to take better care of their health (you know, the one we break ASAP after figuring out that it takes some time and effort).

Here are some suggestions:

**1. Dr Kruzel's Natural Medicine Pediatric Home Health Advisor** - this book will help families to take charge of their health, ultimately lowering medical costs while increasing their health. [Click on this link](#) for more information and to order.

**2. RNMC Wellness Program** - the [Wellness Program](#) is designed to assess the persons current health care status, conduct general and specialized laboratory studies to assess their current level of health, nutritional and antioxidant status, and to provide specific dietary



recommendations based upon genetic considerations. The program is unique in that it is tailored specifically to the individual participants needs, modifiable according to specific health concerns, and conducted over a 1 year period to ensure success.

**3. Constitutional Hydrotherapy Package** - 5 constitutional hydrotherapy sessions for the price of 4 or 10 for the price of 8. These can be used throughout the coming year at your convenience.

**4. Myers IV Package** - 5 IV sessions for the price of 4 or 8 for the price of 10. These can be used throughout the year.

*Please see additional coupons below.*

If you have any questions, please don't hesitate to contact the office @ 408-767-7119.

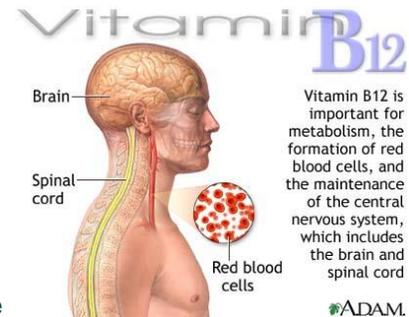
## Vitamin B12

### What is the difference between the different forms of Vitamin B12 and which is the best for you?

Vitamin B12 is also called cobalamin because it contains cobalt, a rare element. Vitamin B12 is involved, along with folate, in the metabolism of DNA in every cell in the body. It is particularly important in the formation of red blood cells, cellular metabolism and for proper functioning and development of the brain and nervous system. B12 is formed by the action of certain bacteria and algae or produced synthetically as cyanocobalamin, a molecule that contains cyanide as a central core. Other forms are methylcobalamin, adenosylcobalamin and hydroxycobalamin. Cyanocobalamin is an inexpensive form that is produced commercially and is found in most multivitamins where it is converted by the body to methylcobalamin and adenosylcobalamin. The amount of cyanide left behind is felt to be minimal and with the exception of a few rare conditions that predisposes someone to its toxic effects, does not have an adverse effect.

Vitamin B12 deficiency leads to pernicious anemia and other neurological disorders if severe enough. The body has the ability to store B12 but it also loses its ability to absorb it as we age. Therefore, the elderly, or those who consume significant amounts of alcohol, are often deficient and need B12 supplementation, often through injections. Clinically we use methylcobalamin as it does not require additional energy input in order to assimilate it, is readily absorbed and does not need to be modified in order to be used.

Natural sources high in Vitamin B12 are beef liver, clams, salmon, lamb, lobster, beef, tuna, cheese, milk, halibut, eggs and chicken. These are in order of highest to lowest concentrations. Non-animal sources are brewers yeast nori arame kombu wakame spirulina chlorella and



super blue-green algae. These non-meat sources, often preferred by vegetarians, contain B12 in a molecular form that is not as readily absorbable by the body and does not provide the same therapeutic benefit. This is one of the reasons that B12 deficiencies are often found in strict vegetarians.

Vitamin B12 levels can be measured by a variety of blood tests that are available through the clinic.

If you have questions that you would like answered by the clinic physicians, please submit them to the clinic physicians by e-mail: [RNMC9755@gmail.com](mailto:RNMC9755@gmail.com). We will answer them in a future newsletter.

### Questions/Questions; Do We Get Questions

I would love your comments about the article **Ozone Therapy: A Possible Answer to Ebola?**

**Comment:** The use of ozone therapy in medicine has been around for some time, especially in Germany where it is also used to purify drinking water in many cities there. Some years ago I headed a task force to study the medical use of ozone for the Oregon Board of Naturopathic Examiners where we reviewed over 300 journal articles.

Ozone works by stimulating the bodies immune system and has little if any direct killing effect on viral, bacterial or fungal related illnesses. The amount ozonated at any given time is only 250 cc of blood, hardly enough to have much of a direct effect. Despite some claims made, ozone quickly reacts and is neutralized once introduced into the body and does not circulate widely.

By itself ozone therapy has value in treating infectious diseases and cancer but is best used in conjunction with other therapies such a herbal and homeopathic medicine. The down side to ozone therapy is that if it is administered to often, it has the opposite effect in that it paralyzes the immune system allowing the cancer, viral, bacterial or fungal illness to overwhelm the system. Therefore, when we utilize ozone therapy we limit the number of treatments while monitoring closely patient responses.

Ozone therapy in my opinion may have some value in the treatment of Ebola or any other viral illness for that matter. It needs to be administered and monitored by a physician trained in its use and side effects, and I would also recommend that other therapies be administered concurrently, especially when treating a disease such as Ebola.

Thomas A. Kruzel, ND

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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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  
15%**

Please present this coupon at your next visit for a 15% 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: December 31, 2014**

### **Holiday Special from Dr Thacker**

Dr. Thacker is offering her **Slim Shots** ( combination of amino acids to help burn fat, vitamins B12 and B6 to increase energy and metabolism ) package for \$90 for 6 shots rather than the original price of \$120

Offer Expires: Dec 31, 2014

### **Holiday Special from Dr Thacker**

Dr. Thacker is offering her **Natural Weight Loss Program** for \$250 rather than the original price of \$350 which includes 6 weeks of weight loss visits with her, medicine and supplies needed for the entire program.

Offer Expires Dec 31, 2014

