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# Rockwood Natural Medicine Clinic Newsletter

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Issue: 1

January 2015



## Greetings!

Welcome to RNMC's January 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 safe, prosperous and Happy New Year.**

Sincerely,

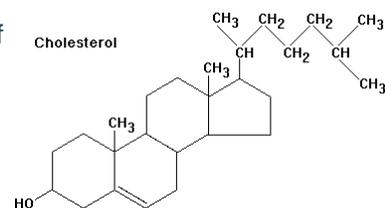
The Physicians at RNMC

## Cholesterol - The Good, the Bad and the Down Right Ugly

Cholesterol levels seem to be on everyone's mind these days because of its role in the development of coronary artery disease (CAD) and increased risk of heart attack and stroke.

Advertising for statins to lower cholesterol levels are common and guidelines as to what are acceptable levels constantly changes based upon the latest studies. What is cholesterol and what does it do in the body?

Cholesterol is a 27 carbon sterol structure that is widely distributed throughout the body tissues including brain and nerve, skeletal and heart muscle, liver, kidneys and adrenal glands to name a few. It is a primary component of cellular wall structure and provides the precursor molecule



of steroid hormones, adrenal hormones and Vitamin D. Because of its critical role in the function of the human body, we are able to synthesize cholesterol in the liver, thus ensuring adequate amounts. Depending upon the amount taken in through diet, liver synthesis will fluctuate to compensate. Cholesterol is recycled by being excreted by the liver via the bile into the digestive tract. Typically, about 50% of the excreted cholesterol is reabsorbed by the small bowel back into the bloodstream.

Cholesterol becomes a problem when dietary intake exceeds the needs of the body and it is stored. In addition to cholesterol, dietary fats termed triglycerides are also important in assessing the effects of lipids on the body. Triglycerides are fats carried in the blood obtained from the foods we eat. Excess calories, alcohol, or sugar are converted into triglycerides and stored in fat cells throughout the body.

Cholesterol can be broken down into different parts depending upon its particular function. There are two main types, LDL (low density lipoprotein cholesterol, also called "bad" cholesterol) and HDL (high density lipoprotein cholesterol, also called "good" cholesterol). There is also VLDL (very low density lipoprotein). Additionally both LDL and HDL can be broken down into dense and buoyant fractions, each one of these affecting transport and the propensity toward development of CAD, heart attack and stroke.

Generally, LDL cholesterol can build up on the walls of your arteries and increase your chances of getting heart disease if it is not properly removed. That is why LDL cholesterol is referred to as "bad" cholesterol. The lower your LDL cholesterol number, the better it is for your health. If you have a greater amount of the buoyant LDL fraction, then its ability to be transported and block arteries becomes greater, increasing your risk. If the dense fraction is greater, then the risk decreases that it will become arterial plaque even though there are high LDL levels.

HDL cholesterol, the so called "good" cholesterol, protects against heart disease by taking the "bad" cholesterol out of your blood and keeping it from building up in your arteries. The higher the number, the better it is for your health. Here too HDL can be broken down into dense and buoyant forms, the ratio affecting over all CAD risk. The more buoyant HDL present, the lower your risk factors become because it is transporting excess cholesterol back to the liver for reprocessing and elimination. A greater amount of dense HDL, even though the over all HDL level is high, increases the risk of CAD because it isn't transporting as much excess cholesterol.

It is these ratio's between the buoyant and dense LDL's and HDL's that provide a better assessment of risk for CAD, stroke and heart attack, especially when evaluated along with other genetic markers such as Lipoprotein A [Lp (a)], Cardiac-CRP, homocysteine and insulin levels.

While standard blood testing forms the basis of most clinical decisions as to whether to place someone on statin medication, the testing for cholesterol, LDL, HDL and triglycerides does not assess the dense and buoyant fractions of each form. Therefore someone who has "normal" cholesterol levels may in fact be at risk for CAD and stroke, while someone who has a marginally elevated cholesterol may not be at high risk at all.

Cholesterol is a vital nutrient and levels can usually be managed by dietary changes, exercise and adequate nutrient intake. Cholesterol is found primarily in animal fats as complex mixtures of triglycerides, with lesser amounts of phospholipids. As a consequence all foods containing

animal fat contain cholesterol to varying extents. Major dietary sources of cholesterol include cheese, egg yolks, beef, pork, poultry, and shrimp. Human breast milk also contains significant quantities of cholesterol. The amount of cholesterol is present in plant-based food sources is generally much lower than animal based sources. In addition, plant products such as flax seeds and peanuts contain cholesterol-like compounds called phytosterols, which may help to lower serum cholesterol levels.

#### **Current Guidelines for Cholesterol, LDL and HDL.**

##### **Total Cholesterol**

Less than 200	Desirable
200 - 239	Borderline High
240 and above	High

##### **LDL Cholesterol**

Less than 100	Optimal
100 - 129	Near optimal/above optimal
130 - 159	Borderline high
160 - 189	High
190 and above	Very high

##### **HDL Cholesterol**

60 and above	High; Optimal; helps to lower risk of heart disease
Less than 40 in men and less than 50 in women	Low; considered a risk factor for heart disease

##### **Triglycerides**

Less than 150	Optimal
150 - 199	Borderline high
200 - 499	High
500 or higher	Very high

If you are concerned that your cholesterol level may be too high, a more exact evaluation of your coronary artery risk factors can be performed. We take into account not only blood lipid levels, but assess genetic risk factors as well. Ask your physician for more information.

## **15 Basic Ways to Increase Your Health in 2015** **By Shawna Eischens, ND**

### **Breathe**

Are you breathing to just survive, or thrive? Let your shoulders and jaw muscles relax; c'mon you can do it. Place one hand on your abdomen as you inhale and feel it expand, slowly and deeply. Exhale actively as you notice your abdomen deflate. Start with at least 5-10 deep breaths at traffic lights, while waiting in line, on the toilet, or during stressful moments. Through awareness and practice, this can become your normal way of healthy breathing.

**Help Each Other**

Share a token of love while benefitting from an increase in 'feel good hormones' oxytocin and serotonin which are released when getting or giving a hug.

### **Consider a Deodorant Instead of an Antiperspirant**

Although there is conflicting thoughts on the harm of aluminum salts used in common antiperspirants, why take the chance of exposing yourself if there are safer options?

-Sweating is a necessary detoxification route that is minimized by antiperspirants.

-There is the highest incidence of breast cancer in the breast tissue closest to the armpit compared to other areas.

-Aluminum has been shown to be capable of causing DNA alterations and can mimic estrogen and activate receptors.

To avoid daily exposure to aluminum, a non-toxic deodorant can be used for hygiene. Check out <http://www.ewg.org/skindeep/> for reviews on various cosmetics to find the safest options for you and your family.

### **Forgive**

*"To forgive is to set a prisoner free and discover that the prisoner was you."*

*~Lewis B. Smedes*

A healthy mind is intertwined with physical health. Letting go of the past and forgiving may be the most powerful treatment option we possess. Anger and resentment can manifest into physical symptoms that no drug or herb can heal like the act of forgiveness. Forgiving yourself is as important as forgiving others.

### **Mix Up Your Showers**

Include this into your daily routine whether you need help waking up in the morning, struggle with low body temps, or have circulation or cardiovascular concerns. Alternating hot and cold water is exercise for your vascular system as it produces a constricting and dilating effect for your blood vessels. This daily exercise can strengthen the integrity of your vessels to increase healing and metabolism and avoid hemorrhoids and varicose veins.

-Shower with hot water for ~2 minutes, then immediately switch to cold water for 15-30 seconds. Hot 2 minutes, cold 30 seconds, repeat. Do multiple cycles, always ending with the cold phase. Don't worry you won't stay cold once you start to dry off.

### **Say Yes to Garlic**

Odor is not the only thing potent about garlic. Some of the powerful medicinal benefits of garlic include; anti-bacterial, anti-fungal, anti-carcinogenic (especially for colon, stomach, and prostate cancers), decreases high cholesterol and blood pressure, prevents atherosclerosis and tick/bug bites (and vampires, right?).

Although raw, organic is best, try cloves roasted, juiced, or added to soup, vegetables, and sauces.

### **Move It or Lose It**

The benefits of exercise are well known and plentiful. If scheduling an hour of activity into your schedule overwhelms you, commit to at least 10 minutes of movement every day. Don't stress over the time, just get your body moving every day. Try walking while talking on the phone, adding on a few blocks while getting the mail, taking the stairs in buildings, stretch at the airport, or holding a plank position and adding in some push ups or stretches while watching TV.

### **Start the Day with a Clean Mouth**

Decrease plaque, gingivitis, bacteria, and toxicants in less than 15 minutes a day. Wake up, put a few tablespoons of sesame or coconut oil in your mouth and swish it around your mouth while you shower and get ready, then dispose of the oil, rinse mouth, and brush your teeth. As always, organic and cold pressed oil is best to use.

### **Hello, My Name is "Me"**

Regardless of age, it's always a good time to learn about and care for YOU. Are you able to sit down in silence and be content with yourself? If not, take some time to figure out what is going on. What are your fears? What are your goals? What's preventing you from being the person you want to be? Are you willing to make changes that may be challenging? Are you able to let go of what others think and do things that truly make you happy? Get to know yourself physically too as regular breast or testicular self-exams can be a lifesaving practice.

### **Turn Off Technology and Schedule Dates with Nature**

Even if you ignore any scientific studies showing that electromagnetic radiation can be harmful to our mind, body, and DNA, taking a hike in open air seems to be a healthier option. Children with ADHD have been found to improve concentration

comparable to standard medication after a 20-minute walk in a park. Turn off the computer, leave the phone behind, and go be free in nature's outdoor playground.

### **Do Your Best**

Doing your best does not mean being perfect. Be realistic with yourself and understand there will be challenging times, but it's hard to have regrets in life if you know you are giving 100%. At this moment, with the situation and tools you are given, are you doing your best in all aspects of your life? If so, be satisfied even if things don't always go as planned or desired.

### **Get to Know Castor Oil**

Many are aware of its laxative effect, but try it topically for some safe, effective, and economical treatments.

Skin-Anti-bacterial, anti-fungal, and anti-viral for wounds, infections, and acne.

Pain-Anti-inflammatory and analgesic for strains, arthritis, menstrual cramping, trauma.

Immune stimulating-Penetrates the skin and can increase lymphocytes and blood and lymph circulation to keep your immune function optimal.

### **Surrender & Accept**

Accepting people and situations as they are can be liberating when you are able to let go of control and judgment. Allow yourself to feel how you feel. Simply accepting your feelings can be a healthy start. Be aware of using words like "should" as this sends the message to yourself and others that the present situation or feeling is wrong.

### **Eat Your Vegetables**

It's hard to beat the benefits of cruciferous vegetables like broccoli, cabbage, cauliflower, and kale. They pack a dairy-free mega source of calcium, increase detoxification pathways, can balance problematic estrogens, and greatly lower cancer risk thanks to the powerful compound sulforaphane.

### **Laugh**

Laughter can have an effect similar to exercise including increased blood flow, calorie expenditure, decreased blood sugar, and improved sleep. Plus it's fun and more enjoyable than doing sit ups for an abdominal work out.

It is impossible for you to be angry and laugh at the same time.

*Anger and laughter are mutually exclusive and you have the power to choose either. ~Wayne Dyer*

**Cheers to a healthy and happy 2015 from Dr. E and the entire family at Rockwood Natural Medicine Clinic!**

## Whats New in the Literature at RNMC

The physicians at RNMC have over the years written a number of articles for medical journals, textbooks and lay publications. A few of these are found at our web-site and can be read or down loaded. Below is a list of current articles with their links. We hope that you enjoy them and share them with your friends.

[Acid Reflux Disease](#) - Americans are exposed daily to numerous commercials for medications to stop acid reflux. We are lead to believe that this is a disease state rather than a condition of abnormal digestion and that instant relief is available by going to the nearest drug or grocery store and picking up antacids. The over use of these over-the-counter medicines only serve to make the condition worse. This article discussed the how's, why's and what can be done naturally to relieve this common condition.

[Allergies](#) - this article discusses allergic reactions and what causes them while providing information on how to lower the risk of developing them.

[Anal Fissure](#) - the article covers the natural treatment of this painful condition.

[Asthma](#) - this article is the testimony draft authored by Dr Kruzel for the AANP at the request of Senator Dan Burton for his hearings on alternative and complementary medicine. The article reviews the evidence on how naturopathic medicine can not only treat asthma but cut health care costs as well.

[Attention Deficit Hyperactive Disorder \(ADHD\)](#) - Often times children are diagnosed with ADHD when they do not fit the criteria. This article by Dr Kruzel discusses the reasons why children are diagnosed and the reasons that many of them do not have this condition.

[Avian Flu](#) - this article discusses the possible complications resulting from the Avian Influenza and preventive measures should it strike.

[Balancing Hormones in Women](#) - This article by Dr Meghna Thacker discusses the major endocrine glands function and interconnectedness in women. Knowing that they interact and are dependent upon optimal function to maintain homeostasis, the evaluation and natural treatments are discussed.

[Breast Feeding and the Introduction of Solid Foods](#) - Ever wonder why breast feeding is so important and why physicians recommend introducing solid foods in an incremental manner? This article reviews the how's and why's of immune system development and its dependence on breast feeding and good childhood nutrition.

[Cancer: Awareness, Prevention & Natural Therapies](#) - The article discusses the warning signs of cancer, how to recognize them, development of preventive medicine programs to decrease ones risk of cancer, and how natural and conventional medical therapies can be utilized to fight cancer.

[Cancer of the Prostate - A Naturopathic Perspective](#) - Many men diagnosed with CAP

are offered surgery or drug therapy as the only treatments. This article discusses the natural medicine approach to cancer of the prostate as well as some of the newer diagnostic and monitoring techniques.

[Childhood Nutrition](#) - Childhood nutrition is a vital part of growth and development as well as ensuring proper immune system function. What constitutes proper nutrition for children and why is it so important that good nutritional habits be developed early in life. This article by Dr Kruzel will provide some answers.

[Colds & Flu](#) - this article dispels some myths regarding colds and flu's and provides suggestions for prevention.

[Connecting the Dots- Or How to Put Humpty Dumpty Back Together Again Functional Medicine and Naturopathic Medicine: Can we "connect the dots" to create the big picture?](#) - This article by Thomas A. Kruzel, N D and Zora De Grandpre, M.S., N.D. recently appeared in a natural medicine publication and discusses the emerging and changing roles of medicine as they relate to allopathic, functional and naturopathic medicine.

[Depression: A Common Problem](#) - Depression is something that most everyone experiences at one time or another during their life but are able to over come it without too much difficulty. About 5% of the population (15 million people) are depressed at any given time while the incidence and severity of depression increases dramatically during the holiday season. How does one recognize depression and what treatments are available.

[Diet and Nutrition A Naturopathic Perspective](#) - This article by Dr Kruzel discusses the various aspects of how and why we make individual food choices, dietary changes associated with aging, and how to determine which diet is best for you.

[Earaches/Otitis Media](#) - this article discusses this common childhood ailment, how to prevent them and natural therapies should they occur.

[Eczema](#) - This article by Dr Katie Stage discusses the hows and why's of Eczema as well as natural therapies.

[Enzymes, Not Just Food Anymore](#) - this article discusses the actions of enzymes, their role in digestion, and their use clinically to treat disease

[Erectile Dysfunction](#) - this article discussed the causes of ED as well as natural therapies for its treatment.

[Evaluation of Gait Disorders in the Elderly](#) - This is an article published in a medical journal discussing this vital topic.

[Fevers](#) - this article discussed the how's, whys, and benefits of fevers as well as therapies for managing them.

[Food Additives](#) - this article by Dr Kruzel discussed what food additives are, whether they are safe and what to look for when shopping.

[Gardasil - Reasons for Caution](#) - Human Papillomavirus (HPV) is a common virus that is spread through sexual contact. According to the Centers for Disease Control (CDC), it is one of the most common sexually transmitted diseases (STDs) in the country, with more than 20 million people currently infected and another 6.2 million contracting the virus each year. Every year, about 12,000 women are diagnosed with cervical cancer and almost 4,000 women die from this disease in the U.S. alone. The vaccine Gardasil was initially introduced to vaccinate girls before they become sexually active in order to prevent cervical cancer later in life. But reactions to this vaccine have reached levels that haven't been seen before with other immunizations.

[GERD: TOUGH FINANCIAL TIMES UPSETTING AMERICA'S STOMACH](#) **Are**

## Doctors Providing a Cure or a Band-Aid?

[Growth Milestones](#) - This is a list of growth milestones during the first few years of life for parents to follow.

[Headaches](#) -Headaches are a commonly encountered condition suffered by many. He article discussed the naturopathic therapeutic approach with an emphasis on the use of homeopathic medicine.

[Heat Stroke](#) - 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. The complications of either condition can be severe and their recognition, management, and prevention are discussed in this article.

[Lectins](#) - This article discusses food lectins and their role in disease and therapy.

[Immune System](#) - Ever wonder why your immune system seems to be on the "frtiz"? This article provides the answers.

[Immunizations & Vaccinations](#) - The controversy around vaccinations has been present since they were developed. This article discusses some natural alternatives to conventional immunization programs for those parents who are seeking alternatives.

[Indigestion, Gas and Bloating](#) - This article by Dr Meghna Thacker discusses the reasons that people suffer symptoms of indigestion, gas and bloating. Many patients think that this is a normal occurrence and are surprised to discover that these are a sign of liver dysfunction, dysbiosis and decreased enzyme levels.

[Kidney Stones](#) - This is a summation of a chapter written for a textbook on natural therapeutics for primary care physicians. It discusses the how's and why's of kidney stone formation as well as treatments and preventive measures.

[Menorrhagia - What Every Woman Should Know](#) - This article discusses a commonly encountered problem that often goes unrecognized until it results in low energy and changes in ones normal activities of daily living.

[Multiple Sclerosis](#) - this article discusses the benefits of natural therapies for the treatment of MS.

[Natural Medicine and the Treatment of Methicillin Resistant Staphylococcus Aureus \(MRSA\)](#) - A normal bacterium found on the body, Staphylococcus aureus, has developed into a deadly warrior against current antibiotic treatment.

[Natural Treatments for Anal Fissure](#) - Anal fissures are an often painful and debilitating condition that affects many and is often difficult to treat. Dr Kruzel discusses the reasons for the condition as well as natural therapies.

[Non-Surgical Treatment of Hemorrhoids](#) - Natural and non-invasive treatments for both internal and external hemorrhoids are discussed.

[Osteoporosis- Avoidable or Inevitable](#) - This article discusses the reasons behind the rising numbers of osteoporosis in general and in younger women in particular. Strategies for prevention and reversal are discussed.

[Peyronies Disease](#) - This article by Dr Kruzel discusses the cause and formation of Peyrone's Disease and the numerous therapies that are available.

[Polycystic Ovary Syndrome](#) - This article discusses the reasons that PCOS is commonly missed resulting in infertility and the development of diabetes. Conventional treatments

are discussed and compared to natural therapies.

[Preventive Medicine](#) - This article discusses the need for prevention of disease and provides suggestions as to how a patient can begin to develop their own health maintenance plan.

[Psoriasis](#) - Psoriasis is an extremely common skin disorder affecting between 2% to 4% of the United States population. Psoriasis affects men and women equally, with the mean age of onset being 28. It is not uncommon for children to develop psoriasis as well as 2% percent of children by the age of 2 years of age will present with psoriasis usually located in the elbows and will move to the crease of the arms if not corrected.

[Porphyrias](#) - Porphyrias are a group of diseases involving the liver and its response to a toxic environment. Previously thought to be a rare disorder, it is now recognized as having a greater prevalence than once thought. This article is a summation of a chapter written for the Textbook of Natural Medicine.

[Swine Flu](#) - The recent concern about the Swine Influenza outbreak and the possibilities that it will become a pandemic influenza similar to that of the 1918 outbreak that resulted in the deaths of over 50 million people are discussed in this article. Natural therapies can play a major role in prevention as well as treatment.

[Suggestions for Optimizing Nutrient Value of Your Diet](#) - An optimal diet would be a seasonal diet that is free from pesticides and consumed with a relaxed attitude. Unfortunately, we do not live in a perfect world, many of us need to eat on the run or eat prepared meals. By following a few helpful suggestions you can optimize vitamin and mineral intake, and digestion.

[Serotyping & Diet](#) - Ever notice how certain foods just seem to upset your digestive system while others don't? This article discusses the reasons for this and the relationship between genetics and what we eat.

[Spring Cleaning](#) - This article is not about how to clean ones house. It is about how to clear ones body of toxins however.

[Statins - Are the Risks Worth the Benefits?](#) - As statin medications are one of the most widely prescribed medicines, the article discusses the reasons for buildup of atherosclerotic plaque, the side effects of statin use, and the role natural medicines and diet play in reversing coronary artery disease.

[To Screen or Not to Screen for Prostate Cancer](#) - This article by Phranq Tamburri, NMD discusses current trends in prostate cancer screening and thoughts about treatment protocols. Recognized as an expert in the area of prostate disease the article helps men to make informed choices regarding prostate disease.

[Top Of The Class](#) - This article by Dr Shawna Eischens provides some helpful tips for getting enough sleep and healthful eating in order to get back into the swing of school and life in general.

[Top Ten Ways to Protect Yourself from Toxins](#) - This article by Dr Katie Stage N D discusses ways with which you can make your home environment free of toxins. In it she discusses toxins found in foods, plastics, health products and cosmetics while providing tips for maintaining clean air. Additionally the article provides links to other web sites regarding toxins.

[Urethritis](#) - this article discussed the natural treatments for acute and chronic urethritis.

**Urinary Tract Infections**- Urinary tract infections (UTI) account for a considerable number of visits to physicians every year and are more commonly seen in women than men (10:1 ratio).

**Vitamin D Supplementation: A New Look at the "Sunshine" Vitamin By Meghna Thacker, NMD** - Vitamin D is a very important vitamin but an estimated 1 billion people worldwide, across all ethnicities and age groups, have been found to have a vitamin D deficiency. Vitamin D has been found in recent studies to provide much more than treatment for rickets and osteomalacia. This article by Dr Meghna Thacker discusses the importance of vitamin D in maintenance of health and prevention of disease.

### What's New at RNMC

Hear Dr. Eischens speak about naturopathic medicine with "**Chamber Chat**" at 8 AM on Friday January 2nd. Tune in at 99.3 FM or 1510 AM

Dr. Meghna Thacker was awarded the **Provider of the Year 2014** at Sottopelle. "I am humbled and honored to I know that my services to the patients have been appreciated and makes me want to continue working with dedication and care towards my patients."

### What's New in the Literature

**Milk Intake and Risk of Mortality and Fractures in Women and Men: Cohort Studies** - This study in the *British Medical Journal* examined whether high milk consumption is associated with increased mortality and fractures in men and women. Using two large Swedish cohorts (61,433 women (39-74 years) and one with 45,339 men (45-79 years)), food frequency questionnaires were administered and re-administered again at 20.1 years for the women and 11.2 years for the men.

When examined, 15,541 women had died and 17,252 had a fracture, of whom 4259 had a hip fracture. In the male cohort 10,112 men died and 5066 had a fracture, with 1166 hip fracture cases. In women the adjusted mortality hazard ratio for three or more glasses of milk a day compared with less than one glass a day was 1.93. For every glass of milk, the adjusted hazard ratio of all cause mortality was 1.15 in women and 1.03 in men. Their conclusions were that a high milk intake was associated with higher mortality in one cohort of women and in another cohort of men, and with higher fracture incidence in women.

**Comment:** Milk has always been promoted by the dairy council as being essential for health bone development and to decrease the risk of osteoporosis development. While milk is high in calcium, phosphorus, Vitamin D and essential amino acids, it also can have undesirable effects, because milk is the main dietary source of D-galactose. Experimental evidence in several animal species indicates that chronic exposure to D-galactose is deleterious to health and the addition of D-galactose by injections or in the diet is an established animal model of

aging. Low amounts of D-galactose has been shown to induce changes that resemble natural aging in animals, including shortened life span caused by oxidative stress damage, chronic inflammation, neurodegeneration, decreased immune response, and gene transcriptional changes.

When you consider that only about 7% of the population is genetically able to consume dairy products it is no wonder that these researchers found higher mortality rates in milk drinkers. This is especially true when pasteurized milk is consumed as opposed to raw milk. Raw milk contains not only enzymes to predigest it in the stomach, but beneficial bacteria such as acidophilus and bifidophilus.

**Oral Contraceptive Use and Mortality After 36 Years of Follow-Up in the Nurses' Health Study: Prospective Cohort Study** - This study in the *British Medical Journal* looked at data collected from the Nurses Health Study on 121,701 participants who were prospectively followed for 36 years and measured lifetime oral contraceptive use was recorded biennially from 1976 to 1982. Of this group 63,626 were never users (52%) and 57,951 were ever users (48%). After 3.6 million person years, they recorded 31,286 deaths. In their analysis no association was observed between use of oral contraceptives and all cause mortality. However, they found that violent or accidental deaths were more common among ever users and that longer duration of use was more strongly associated with certain causes of death, including premature mortality due to breast cancer and decreased mortality rates of ovarian cancer.

**Comment:** This review was conducted on nurses who were using older generation oral contraceptives that tended to be more difficult for women to adjust to unlike some of the newer BCP's. It was surprising to me that ovarian cancer rates did not differ from non-users while breast cancer did. Because of the effects on a woman's menstrual cycle, especially in these areas I would think that both would be higher. What was also surprising is the increase in the number of violent and accidental deaths. This is difficult to explain and the authors could not explain the reasons for these findings. It has been our observation however that women on long term BCP's use will need to undergo a liver detoxification program periodically as they deplete the cytochrome system leading to an increase in toxemia. Whether this contributes to the findings of this study are open to speculation. However, if you are on BCP's it is probably a good idea to undergo a liver detoxification protocol at least twice a year.

Thank you for being a patient with Rockwood Natural Medicine Clinic. We will continue to provide you with safe, sensible, 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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