

# Rockwood Natural Medicine Clinic Newsletter

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## Greetings!

Welcome to RNM's February 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 RNM

## Therapies Offered at RNM

In addition to offering standard natural medical care for all age groups, we also offer these additional services.



**Acupuncture** - A variety of conditions can be treated such as allergic reactions, asthma, bronchitis, cystitis, diarrhea, dysmenorrhea, headaches, hypertension, insomnia, muscle pain, stomach aches and toothache, to name a few. Additionally, acupuncture has been found to be very effective for stopping smoking or withdrawing from prescription or other drugs, as well as for the management of pain.

**Auriculotherapy** - This is a form of acupuncture with the needles being applied to specific points on the ear. It treats the same conditions that acupuncture does but with fewer needles. It is an especially good therapy for stopping smoking or drug withdrawal.

**Chelation Therapy** - Chelation therapy is undertaken to eliminate a person's heavy metal burden when it is found to be high. Heavy metal toxicity can contribute to a wide variety of illnesses and is increasingly more prevalent.

**Conventional & Specialized Laboratory Testing** - In addition to the standardized laboratory tests we offer, there are some specialized tests that provide information on nutritional status, aging, coronary artery risk level and a variety of other parameters. [Follow this link to view.](#)

**Cranial Manipulation** - This technique involves gently manipulating the cranial bones in order to restore normal homeostasis. It is used for a variety of conditions but is especially useful for vertigo, Bells Palsy, prevention of stroke, dizziness, and post head injury.

**Cryotherapy** - Cryotherapy is an effective therapy for the treatment of warts and skin tags.

**Individualized Detoxification Program** - We offer a variety of detoxification options that range from a few days to a few weeks and can be tailored to individual needs.

#### **Non-Surgical Treatment of Hemorrhoids**

- Got hemorrhoids? Or know someone who does? Non-surgical treatment means that the person is able to return to their normal activities of daily living without pain or discomfort. [For more information, click on this link.](#)

**Hydrotherapy** - Constitutional hydrotherapy is an effective therapy for a variety of conditions such as fevers, influenza, constipation, to assist with detoxification, in the treatment of infection, and to help increase ones energy level.

**Nutrient Intravenous Therapy** - We administer a "cocktail" of a number of vitamins and minerals to help boost energy and to replenish those lost during illness or due to the summer heat.

**Treatment of Spider Veins** - We use a sclerosing agent that is injected into the unsightly vein to dissolve it, leaving normal skin behind.

**Therapeutic Ultrasound** - This therapy is excellent for deep tissue injuries to help facilitate healing.

**Weight Loss Programs** - We offer several weight loss programs including the HCG Diet and Ketosis Diets. These are coupled with the Dietary Serotone Panel in order to keep the weight off once

you have lost it.

**Well Woman Examinations** - Offered by Dr's Thacker and Eischens, these examinations cover current hormone status as well as screening for potential illnesses.

**Individualized Wellness Programs** - Wellness programs are becoming increasingly more important due to the high costs of insurance that are coupled with high deductibles. Besides, who really wants to spend time in the hospital these days? [For more information, follow this link.](#)

## The Mushroom By Kathleen O'Toole

Mushrooms are considered by some to be power foods, in particular, the Portabella Mushroom. It is classified as a power food because it contains disease fighting antioxidants which help rid the body of free radicals. Additionally, mushrooms as a class inhibit tumor growth, fight heart disease, breast and prostate cancer, high blood pressure and have been found effective in preventing stroke and Alzheimers Disease. Mushrooms also help activate the immune system to fight infections.



A 3oz Portabella Mushroom contains about as much potassium as a small banana.

They are also rich in selenium, a trace mineral known for its antioxidant and cancer fighting properties. They are also jammed packed with B Vitamins including Riboflavin, Niacin and Panthothenic acid. B complex vitamins are useful in regulating the nervous system and assist in healthy skin growth.

There are many benefits to eating mushrooms, either raw or cooked.

Here is one of my favorite, easy recipes for stuffed Portabella Mushrooms.

4 Large Organic Portabella Mushrooms  
¼ Cup Organic Chopped Onion  
1 Package of Organic Spinach, Chopped  
1 Tablespoon of Organic Olive Oil  
½ Teaspoon Organic Chopped Garlic  
½ Teaspoon of Trader Joes 21 Seasoning

Remove stems and dice. In a large bowl mix stems with the above-mentioned ingredients. Stuff each mushroom with this mixture and bake at 350 degrees for 35-45 minutes. Enjoy!

## Institute for Natural Medicine - Helping to Transform Medicine in America

The **Institute for Natural Medicine** (INM) was founded during my term as President of the **American Association of Naturopathic Physicians** (AANP) to promote 1. Public education and awareness about naturopathic medicine, 2. Support state licensure, 3. Promote research in the field of natural medicine, and 4. Educate legislators and policy makers about the cost benefits of making naturopathic medicine available to every American. The INM is a charitable 501C3 organization which means that any donations are tax deductible.

Currently I serve on the INM's board of directors and wanted to make you aware of the organization and its goals. To that end, the INM, in partnership with Amazon has provided an opportunity for you to provide funding through Amazon's funding program every time you purchase something through their web site. Amazon donates 5% of the purchase price to the INM. To do so all you have to do is:

Click on <http://smile.amazon.com/>

Type in: Institute for Natural Medicine as the charity name.

Enjoy shopping.

You can also visit the INM's web site at:  
<http://naturemed.org/inm/homepage-6/>

Certainly if you would like additional information about the INM and its mission, please do not hesitate to contact me.

Thomas A. Kruzel, N D

### What's New in the Literature

**Redefining the Annual Physical: A (Broken) Window Into American Healthcare** - In this article published in the *New York Times* Dr Ezekiel Emanuel suggests that patients should fore go their annual physical examinations unless they have symptoms. He sites a previous review of 14 clinical trials involving 182,000 patients followed for 9 years that showed that an annual physical provided no additional health benefits as they do not prevent the most common causes of death such as injuries and Alzheimer's Disease. His premise is that patients undergoing annual physicals are often over diagnosed, over treated and made fearful because of this.

**Comment:** After reading this I can certainly see some of his points, especially with regard to over diagnosis, over treatment and patient anxiety levels increasing. However, I do take exception to his notion that annual physical examinations are obsolete. This is because exams and lab studies that are designed to look for potential problems before they develop into diseases such as diabetes, heart disease and stroke reduce the likelihood of them developing later in life. It has been our experience that screening for these and other

potential illnesses early on, as well as providing patient education, translates into a better quality of life. Certainly this follows the naturopathic principals of prevention and physician as teacher.

**Inactivity More Deadly Than Obesity, Large New Study Finds** - In this study published in the *American Journal of Clinical Nutrition*, the authors state that 20 minutes of exercise per day, even in over weight people, provides a health benefit and when compared to people who do not exercise, lived longer. The study showed that " in more than 330,000 men and women, showed that twice as many premature deaths may be attributable to lack of physical activity compared with the number of deaths attributable to obesity." Exercise of at least 20 minutes of walking per day was found to also be beneficial in people whose body mass index (BMI) was high (>30 kg/m<sup>2</sup>), and had a high waist circumference (> 88 cm in women and > 102 cm in men), normally indicators of increased morbidity and premature mortality.

**Comment:** Yet another study that shows that exercise has a beneficial effect on disease and in maintaining ones health, only this time it looks at exercise in obese patients as well and finds it beneficial with respect to longevity. While it may not be possible for everyone to do 20 minutes of brisk walking every day, other studies we have reviewed in the past show benefits of exercise in as little as 2 times per week for at least 30 minutes. Additionally, exercise has shown to be beneficial in the treatment of disease in that patients fare better when it occurs during therapy. This is even true in patients with arthritis.

## The Pow Wow Retreat

"For women of all ages interested in a pampering weekend full of empowerment and education. **The Power of Wellness Weekend of Women** is coming to Scottsdale, AZ May 16/17, 2015.

Dr. Eischens and other health experts will be organizing a powerful weekend with meals, spa service, fitness classes, presentations, and an overnight hotel stay included. Check out [thepowwowretreat.wordpress.com](https://thepowwowretreat.wordpress.com/) for more info."



**The Pow Wow Retreat** <<https://thepowwowretreat.wordpress.com/>>

## February is American Heart Month

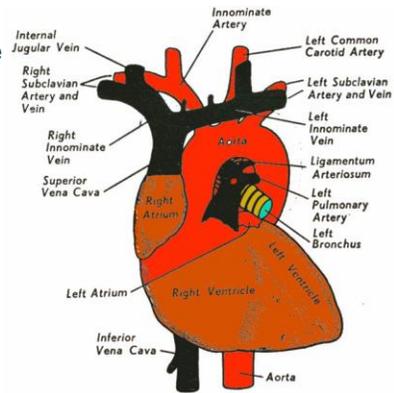
Heart disease is one of the leading causes of morbidity and mortality in the United States. Until recently, men were afflicted with heart disease more often than women, but recent studies are showing that the number of women at risk for the development of coronary artery disease has risen significantly.

While deaths for heart attack have decreased, the incidences of congestive heart failure have increased. This is thought to be due in large part to the introduction of [statin medications](#) to lower cholesterol. While

they do so, they also deplete Coenzyme Q 10 which is needed for energy production in muscle tissue, both cardiac and striated muscle.

Additionally, heart disease can occur because of other preexisting conditions such as diabetes, hypertension, and weight gain. Patients who smoke, consume a poor diet, do not exercise, or have chronically high lipid levels are also at risk.

Screening for heart disease is simple, non invasive, and easy to do. If you are concerned about your cardiac health, please do not hesitate to ask your physician about screening.



### What's New at RNMC

Well actually this is not new but a reminder about appointments as we have been experiencing a few glitches with the appointment software. (Imagine that!) It is our policy that we will call you a day before your appointment as a reminder. If you think that you have an appointment but do not get a reminder call, please contact the clinic @ 480-767-7119 to confirm.

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

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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: February 28, 2015**