

Rockwood Natural Medicine Clinic Newsletter

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Issue: 3

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Greetings!

Welcome to RNMC's March 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

Struggling With Outbreak Fear Or Ready To Break Out Of Fear?

By Shawna Eischens ND

The topic of measles itself has produced an outbreak of more than just a fever, cough, and rash. In the last few weeks especially, fear, speculation, hate, and concern have all been voiced through the media.

Unfortunately, the passion behind vaccinations and disease has turned to a level of disrespect and finger pointing with such comments witnessed on social media stating "People who don't vaccinate their children don't love or care about their own or others". Sounds like a bold statement! If you have gotten this far, congratulations on being open minded enough to gain knowledge from yet another physician's perspective.



As a naturopathic physician, my job is to educate and empower patients to increase their health as well as their confidence in health related decisions such as vaccinations. Terms such as "anti-vaxxer" or "pro vaccine" seem to only polarize people more, therefore, if one must name call, I'd prefer to be lumped into the 'pro informed' category please.

Perhaps we can at least agree that we are products of our environment and experiences. I am honored to witness the healing capabilities of the body on a regular basis, given the proper conditions (diet, hygiene, lifestyle, and healing medicine). Whether it is a cough, fever, rash, ear infection, pneumonia, diarrhea/vomiting, or yes, even meningitis or encephalitis, I have seen healing take place quickly and effectively using homeopathic medicine and/or other healing treatments. Diseases including measles are respected and taken seriously, yet not feared, based on my experiences. Equipping the body with increased immunity and the power to heal is important regardless of vaccine choices.

With that said, when patients want guidance or options to the current vaccine recommendations (23-25 immunizations in the first 15 months of life), I encourage them to invest in their health and feel empowered in a variety of ways.

- Ask questions! Ask your physician what the ingredients are in the vaccines, what are the side effects, what is the risk of contracting disease if vaccinated versus unvaccinated, what are the symptoms and risks of the diseases?
- Seek out various perspectives versus simply looking online for ammunition for the viewpoint you already support. Books or websites that may provide clarification or options from various perspectives include: The Vaccine Book, The Vaccine Guide, and The Solution: Homeoprophylaxis: The Vaccine Alternative, www.nvic.org, www.nih.gov, and www.immunizationinfo.org.
- Spreading out or delaying the current vaccination schedule is an option to avoid overloading young children's immune and nervous systems while still choosing to vaccinate. You may also choose to decrease the vaccine frequency by choosing only the vaccines you find to have the greatest benefit compared to risk.
- Options such as homeopathic "vaccines" or nosodes

(specific to all the currently offered vaccines) can be used for prevention or at the first sign of infection in place of or in addition to traditional vaccines. For more information on this, please read an article written by Dr. Kruznel at <http://www.rockwoodnaturalmedicine.com/naturopathic-medicine-articles/immunizations-vaccinations/>

Those who choose to not vaccinate are making a choice as well and are recommended to take additional responsibility to prevent and protect you/your child's immune function. This can be done in a variety of ways recommended by your physician including breast feeding infants then ensuring proper diet, probiotics, colostrum, garlic, vitamin A, spinal corrections, seeking medical attention at the first signs of illness, practicing proper hygiene, following the homeopathic vaccine schedule, and avoiding public places when ill. In all fairness, these would be recommendations I would make to the general population, yet when choosing to not vaccinate, I want to be clear that it is an informed decision with informed responsibility.

Let's take a look at some statistics.

- According to the CDC health advisory on January 23, 2015, there were 51 recent confirmed cases of measles in the U.S. between December 28, 2014 and January 21, 2015. Of those 55% were unvaccinated, 31% had unknown status, and 12% were vaccinated (2 had received 1 dose and 4 had received 2 or more doses). Among the 28 unvaccinated cases, 5 were too young for vaccination.
- According to the CDC, about 3% of people who get two doses of measles vaccine will still get measles if exposed to the virus.
- The death rate in the U.S from measles was 0.2% from 1985-1992, with pneumonia accounting for 60% of those deaths. Since 1995, an average of 1 death per year has been reported. Deaths from vaccine related injury can be confusing and difficult to find clear research on, but as of January 5, 2015, there had been 57 deaths following MMR vaccination in the Vaccine Injury Compensation Program.

Please do not take this section as the take home message of this article! Death is rare in both scenarios, yet if you are affected, the word rare is worthless. The point is. both decisions have risks.

death included. This word evokes fear in many and can be used as a fear tactic on both "sides" which can be destructive. There is nothing with 100% certainty or success, nor is there anything with 0% risk. Please understand that when provided with proper treatment, disease does not equate to death.

- Vitamin A supplementation to preschool children is known to decrease the risks for mortality and morbidity from forms of measles likely due to immunomodulatory mechanisms, enhanced antibody production and lymphocyte proliferation. E, Fawzi WW. Effects of vitamin A supplementation on immune responses and correlation with clinical outcomes. Clin Microbiol Rev. 2005;18(3):446-64.

The World Health Organization recommends vitamin A as a beneficial treatment for measles. It is not uncommon for those infected with measles to be vitamin A deficient, eluding to supplementation being a factor in prevention.

Various factors make us uniquely individual, therefore, treating the topic of vaccines as though one decision is "right" for everyone is preposterous to me. Each person's susceptibility, immune status, living condition, moral/religious belief, experience, genetics, lifestyle, and reaction to disease or foreign substances (such as vaccine ingredients) is variable and should be taken into consideration.

What does this all mean? It means you are empowered as a responsible consumer. Do your research and challenge your own beliefs until you feel comfortable with a decision that brings peace. Speaking of peace, let's create some by respecting each other and our differences instead of spreading hate created by fear or ignorance.

In closing let's take a look at what a person who chooses to not vaccinate may look like.

They love their child tremendously and want them to live a long, happy, healthy life. Their experiences show the risk of vaccinating outweighs the benefit. The potential consequences of the current vaccination schedule produces more fear than the potential risk of the specific disease.

How about a person who chooses to vaccinate?

They love their child tremendously and want them to live a long.

happy, health life. Their experiences support the benefit of vaccinations. The potential consequences of contracting a specific disease produces more fear than the potential risk of the vaccination schedule.

When you step back and let go of judgment and bias, the common denominator is that parents generally love and want the best for their children and choose the best options based on their experience and knowledge. This not only applies to the 'vaccine debate', but life in general. Be kind, respect each other's differences, and take a minute to see another perspective. We're all in this journey together.

If you are interested in learning more about naturopathic medicine or options to vaccines, visit www.rockwoodnaturalmedicine.com.

Whats New at RNMC

Dr Kruzel's review of *Journeys - Healing Through Nature's Wisdom* can be found on the back cover. Written by Karen Roberts and Dana Simpson, the book is a series of essays on their healing journey recovering from Multiple Sclerosis. Some excellent photography by Tim Hauf can also be found.

What's New in the Literature

Statins fail to prevent dementia, Alzheimer's disease - In this article in the *Cochrane Database of Systematic Reviews* the authors looked at whether the use of statin medication lowered the risk of getting Alzheimer's Disease (AD) and vascular dementia because of the relationship between high cholesterol and AD. The review comprised 26,340 participants in two major studies. One study, the Medical Research Council (MRC)/British Heart Foundation Heart Protection Study (HPS), looked at simvastatin use in 20,536 patients and followed them for five years. The other study, the PROSPER trial, looked at pravastatin use in 5,804 patients, with an average follow-up of 3.2 years. Both studies were double-blind, randomized, placebo-controlled trials of statin medications in individuals at risk for dementia and AD. The studies included adults between the ages of 40 and 82 years. The researchers concluded that statins given in late life to individuals at risk for vascular disease do not protect against dementia. The review authors found no difference between patients receiving the medications and patients receiving placebo with respect to incidence of dementia, cognitive function, or performance on specific neuropsychological tests.

Comment: In theory AD and dementia can occur due to cardiovascular disease because of lipid build up, reduced blood flow and inflammation. Certainly there are other causes of AD and dementia and what was interesting about this review was that there did not seem to be any correlation with cardiovascular disease and the development of AD or dementia. The authors also pointed out what we

see clinically in that there are various degrees of AD and dementia and that patients have a number of co-morbidities as well. Certainly long term use of statins as we have written about previously, need to be considered as they contribute to morbidity, especially in the elderly.

Medical Marijuana Laws Linked to Fewer Opioid Deaths - This study in the online *JAMA Internal Medicine* looked at states with laws that permit medical cannabis and death rates from opioid over dose compared to those states that didn't and found lower mortality rates. The findings suggest that patients who once used opioids for pain relief were more likely to use medical cannabis which has fewer side effects and is less addictive than opioids. For this study, the researchers abstracted data on opioid analgesic overdose mortality rates in each state from 1999 to 2010 from the Centers for Disease Control and Prevention. Three states (California, Oregon, and Washington) had medical cannabis laws before 1999, and 10 (Alaska, Colorado, Hawaii, Maine, Michigan, Montana, Nevada, New Mexico, Rhode Island, and Vermont) introduced such laws between 1999 and 2010. In a model adjusted for state and year, states with medical cannabis laws had a mean 24.8% lower annual rate of opioid analgesic overdose deaths compared with states without laws. The authors concluded that the "striking" implication of the study "is that medical marijuana laws, when implemented, may represent a promising approach for stemming runaway rates of non-intentional opioid analgesic-related deaths."

Comment: Several years ago I did a talk at a medical conference on how to take patients off of their prescription medication, especially the opioids and benzodiazepines as these are highly addictive. In my research the statistics on unintentional deaths were staggering, especially among women. These classes of drugs are not only addictive, but often ineffective in pain management, requiring larger and larger doses over time. Medical cannabis has far fewer side effects, is less likely to become addictive, and has a much better track record when it comes to pain management, especially pain due to cancer. Medicine is just starting to examine the benefits of cannabis in the treatment of a variety of diseases. As more research is done, I am sure that the up roar about the "demon weed" will begin to subside.

New York Busts Walgreens & Walmart for Selling Adulterated Herbal Medicine & Vitamins

Recently an article appeared in the New York Times about the State of New York charging supplement manufactures with fraud and deceptive selling practices because testing of some natural products showed that there was none of the listed ingredients in the items tested. In particular items found at Walmart, Walgreens and several health food stores were filled with inert substances and cornstarch when they were suppose to have herbs or vitamins.

This article does not surprise me in the least. What is surprising is that it took so long for someone to figure it out. It has been known by physicians that use herbal medicines and other nutraceuticals, that not all products are created equally, let alone standardized as to content and quantity. Let me explain what I

mean here.

The herbal products industry is able to operate under the auspices of the Dietary Supplement Health Education Act (DSHEA) of 1994 which allowed consumers to continue to obtain dietary supplements without oversight by the Food and Drug Administration (FDA). Along with this came the implied obligation by the natural products industry to police their own industry and put in place manufacturing standards and safeguards so that consumers could be assured they were getting quality products. At the time I was a board member for the American Preventive Medical Association, a group of physicians, policy makers, medical consumers, and industry leaders whose mission was to defend DSHEA against the FDA's attempts to undermine it and make the industry more accountable. While we were successful against the FDA, unfortunately some members of the natural products industry have chosen to cut corners in the manufacturing process, which has now been uncovered in New York.

So what does this mean for the consumer of natural products? In a practice such as ours, we utilize only "proprietary products". Proprietary products are nutraceuticals that are only available to physicians, are pharmaceutical grade, meet FDA guidelines, and for the most part are tested by the manufacturers as to content and quality. These products are held to a higher standard than most of those in health food stores, and many of the manufacturers of proprietary products also have health food store lines marketed under a different name. For the most part, the quality is the same as that required in our office.

A common practice in the herbal products industry by those who choose not to follow standards or good manufacturing practices is what I call "bait and deceive" manufacturing. As an example; say herbal company A uses alcohol to extract the contents of an herbal product to make a tincture. This is the process that botanical companies use to extract the therapeutic contents from the herb which goes into solution in the herbal medicine. This method is quite efficient and extracts most of the active ingredients from the herb. The mark, which is the herbal compound that has been extracted, is still technically the herb, although with less content of active ingredients. This mark is then dried and sold to another herbal manufacturer B who grinds it up, encapsulates it and sells it as the herb in question. The consumer thinks that it is the herb (which it technically is) but it is of less quality because most of the active ingredients have already been extracted.

In the article in the New York Times clearly, the

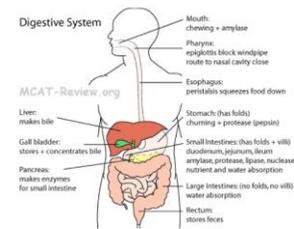
manufacturers here didn't step over the line, they jumped over it! These are deceptive practices and I for one hope that New York will go after the perpetrators and not hold the whole industry accountable. It is however important that as medical consumers, we question not only the viability of natural products, but drugs as well.

Thomas A. Kruzel, ND

March is Colorectal Cancer Month

One of the best treatments for cancer is prevention of it before it can develop. While March is designated Colorectal Cancer Month, every month is cancer prevention month. The article [Cancer: Awareness, Prevention and Natural Therapies](#) 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.

[Awareness, Prevention and Natural Therapies](#) 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.



Allergy Season is Just around the Corner

Here in Arizona we have experienced a wetter than normal winter which means that the desert will soon be in full bloom . Arizona is unique in that we experience several blooming seasons; the reason being that desert plants must compete for a paucity of resources, and thus have adapted their blooming seasons to compensate for this lack. Therefore we experience at least 3 periods when flowers, trees and grasses are spewing pollens.



Some tips for making this an allergy free time are:

1. Make sure that your diet is optimal and does not contribute to your allergies. Food allergies almost always proceed environmental allergies, so cleaning up your diet will help your body to repel pollens.
2. Drink plenty of water as this helps the mucus membranes defend and neutralize airborne pollens.
3. Use natural antihistamine substances such as Freeze Dried Nettles or Allerplex rather than over-the-counter ones. The OTC antihistamines have side effects of drowsiness and can contribute to a worsening of the condition due to suppression of IgA.
4. If you are having difficulty with allergies, see your physician as early as possible before the condition becomes a major problem so a specific homeopathic medicine can be prescribed.
5. A desensitization program for specific allergens can be developed which will lead to a decreased sensitivity to spring time pollens. This can be done at any time throughout the year.

Weight Loss Tips from Dr Thacker

* It is good to lose weight but really important to keep it off long-term and that's what I want to help my patients achieve

* It is important to understand what food choices to make. It is not a great idea to go on a "Protein Diet" or something similar. It is important to understand that Protein, Healthy Fats and Carbohydrates are all necessary in certain proportions

* Most people who gain weight say that "I barely eat anything" ...

* It is best to eat 6 small meals/day to keep your metabolism up. Benefit of following this is:

- o Better metabolism = Better energy
- o Better mood
- o You can eat more and lose weight!

To know more about how I can help you, do visit my website:
www.meghnathacker.com <<http://www.meghnathacker.com>>

Thank you,
Meghna Thacker, NMD

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/Â>

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

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 for more info."

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

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.

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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.

**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: March 31, 2015