

Rockwood Natural Medicine Clinic Newsletter

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Issue: 4

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Greetings!

Welcome to the April issue. With the onset of spring comes the promise of change and renewal. Especially this year, change, renewal and rebirth are most welcome in light of recent events in the economy.

Spring means a time of cleansing away the density of winter accumulations through the use of cleansing, fasting, exercising, and spring tonics. Most cultures celebrate the onset of spring through one or more of these rituals.

Spring also means that other species such as plants and animals are also renewing. Thus pollen counts will rise and the possibilities for flare-ups of allergies increases.

If you have any questions about cleansing programs or the prevention and treatment of seasonal allergies, please do not hesitate to contact us.

Sincerely,

The Physicians @ RNMC

Antioxidants - What are the Best Sources?

A paper published in the Journal of Agricultural and Food Chemistry about two years ago compared the antioxidant strength of a list of fruit juices. The authors, researchers from UCLA, are aware that terms like anti-oxidant are commonly used to promote juice products to consumers.

In this study they used a variety of different tests. Four different tests to measure antioxidant potency were performed that measured antioxidant capacity.

The juices were also tested for antioxidant functionality by measuring how well they inhibited low-density lipoprotein (LDL) oxidation by



peroxides and malondialdehyde. Antioxidant functionality affects oxidation of these lipoproteins which is the first step in forming atherosclerotic plaques. The total polyphenol content was also measured.

Several different brands of each type of juice were purchased and tested. The juices included: (number of brands in parenthesis)

1. apple juice (3)
2. açai juice (3)
3. black cherry juice (3)
4. blueberry juice (3)
5. cranberry juice (3)
6. Concord grape juice (3)
7. orange juice (3)
8. red wines (3)
9. iced tea beverages (10) [black tea (3), green tea (4), white tea (3)]
10. Pom Wonderful pomegranate juice.

The test results were given equal weight and combined together to create an overall "antioxidant potency composite index." Pomegranate juice had the greatest antioxidant score among the beverages tested. Its score was more than 20% higher than red wine which came in second place. Here is the order from highest antioxidant to least:

1. Pomegranate juice
2. Red wine
3. Concord grape juice
4. Blueberry juice
5. Black cherry juice
6. Açai juice
7. Cranberry juice
8. Orange juice
9. Iced tea beverages
10. Apple juice

Obviously these laboratory measures do not tell us which products will work best to prevent disease. They do give us some perspective though on the various label and advertising claims we are confronted with.

There's a second paper of interest related to this, also from 2008. In this paper Chinese researchers gave 26 people a daily glass of either apple juice or pomegranate juice and tested the blood of the test subjects to compare effects of the two juices.

They measured changes in plasma antioxidant capacity, activity of antioxidant enzymes, contents of ascorbic acid, vitamin E, reduced glutathione, malondialdehyde, oxidized low-density lipoprotein and carbonyls, and the degree of DNA damage in mononuclear blood cells.

Those who drank the pomegranate juice had a significantly higher plasma antioxidant capacity. The apple juice also had benefit but much less. The blood levels of vitamins C and E and other chemical antioxidants were not particularly different between the two groups of test subject so the researchers concluded that it is the phenols in these juices, chemicals like quercetin, ellagic acid and gallic acid that are responsible for the effects

Comment: Again I am indebted to Dr Jacob Schor who takes the time to uncover these obscure but important studies. We are often asked this question as to what substances provide the greatest antioxidant protection. This study provides some answers and seems to correlate with other previous data. Our view is that fresh squeezed juices, high in antioxidants provide a maximum of antioxidants, vitamins and minerals that the body can utilize without much effort. This is in contrast to pre-packaged and processed juices that have preservatives and a lower antioxidant content. We will continue to recommend the juicing of fresh fruits and vegetables.

Spring Cleaning Isn't Just for Houses Anymore



One of the time honored rituals of spring is cleansing. Many of the herbal plants (such as dandelion shown here) that are used to clear liver, lymph, and enhance bowel and kidney function reach their peak effectiveness during the spring months.

Specific programs that employ a variety of cleansing methods can be developed for the individual patient. Read [more here](#).

What's New At RNMC

Dr Kruzel will be attending a "Gathering of Elders" in Washington at the Mosswood Hollow conference center. The gathering brings together a number of physicians who teach philosophy and Naturopathic Medicine.

Dr Shawna Eischens is planning on hiking the Grand Canyon in April, something that she has been looking forward to for a long time. We wish we could be joining her.

Childhood Nutrition - How to Get Your Child Started on the Right Road

Childhood nutrition is a hotly debated topic depending upon whom is speaking about it. If the speaker represents the food industry, just about anything goes as long as it is high in sugar and fat.

If it is a school system that relies on government or state funding to provide nutrition, it is often subject to special interest groups that provide low cost meals.

Fast food outlets provide foods that are cheap and nutritionally deplete. The options available may be easily accessible but not optimally beneficial for your child. [Childhood Nutrition](#), by Dr Kruzel can provide answers to questions about the importance of good childhood nutrition.



Tips for Healthy Weight Loss with HCG

By Meghna Thacker, NMD

Spring is the ideal time to start a weight loss program! While people are always eager to shed pounds as quickly as possible, the key to diet success is to approach it as a long-term lifestyle change.

Many of my patients are experiencing significant weight loss with the HCG Diet. It works particularly well for those resistant to weight reduction and frustrated after trying different diets and exercise programs with no results.

Human chorionic gonadotropin (HCG) HCG is natural hormone that stimulates fat loss. It offers a very effective way to drop the pounds without use of any synthetic medications that stimulate one's heart rate. When the HCG hormone is injected in a small dose every day, it helps to release stored fat in the body and use it as energy. Thus a person can survive on a lower calorie diet when HCG injections are used because it tricks the body into thinking that it is getting 3,500 calories while a far less amount is actually consumed.

The diet requires commitment like any self-improvement routine, but it's very easy to follow once you get a hang of it. The program offers simple dietary guidelines of approximately 1,000 calories/day along with using HCG injections to promote fat loss. Hunger pangs are always a concern for dieters, but the HCG program helps to diminish them in a short time. The first week involves an adjustment period, like any diet, but patients are generally not hungry and feel more energetic after the second week.

The HCG Diet can be done in three- or six-week cycles, depending on how much weight you have to lose. The cycle can be repeated after taking a six-week break in between so the body does not develop a resistance to the way HCG works.

HCG dieters also like that they don't have to give up their favorite foods. After following the initial dietary guidelines for 3 or 6 weeks, they begin a long-term maintenance plan. You will not have to give up the foods that you love but taught how to proportion them correctly so that you can enjoy them and still not gain weight!

How much can you expect to lose? Here are the average figures of weight loss achieved on the diet:

- * In 3 weeks, women can expect to lose 10-12 pounds, and men can lose 12-17 pounds
- * In 6 weeks, women can lose 20-25 pounds; men can lose 25-30 pounds

Another advantage of the HCG Diet is that it is physician-supervised. Connecting with a medical professional on a regular basis helps provides dieters with the encouragement they need and reinforces the commitment and discipline necessary to stick with a diet for the long haul.

Other tips to speed up weight loss:

- * Eat several small meals/day to regulate your metabolism.
- * Consume protein, healthy fats and carbohydrates in proportion since the body needs them all.
- * Check hormone levels and balance them with natural bio-identical hormone therapy.

Hormones control all body functions including metabolism and where we store our fat. Maintaining proper balance also helps to promote long-

term weight loss, especially as hormone levels start to fluctuate in women as early as their late 30's. Therefore, they play a significant role in our ability to maintain a healthy weight.

The HCG Diet can help you make a healthy lifestyle change that can transform your body and enjoy how you look and feel permanently!

For more information, visit

<http://meghnathacker.com/drmeghna/natural-weight-loss-program/>.

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/>>

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

Thank you for being a patient with Rockwood Natural Medicine Clinic. We will continue to provide you with safe, effective and affordable healthcare.

Sincerely,

The Physicians at RNMC

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. Dr. Thomas Kruzel and 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
10%**

Enjoy this 10% off coupon on your next supplement order. Valid 4/1/15 to 5/1/15.

Does not include laboratory fees, IV or acupuncture packages.

**20%
Discount**

RNMC is a fee for service medical practice that helps patients submit claims to their insurance companies. We therefore appreciate referrals and offer a 20% discount on your next visit when you refer someone to RNMC. The certificate is not redeemable for cash, therapy packages, lab studies or IV therapy.