

Rockwood Natural Medicine Clinic Newsletter

Issue: 6

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Dear Thomas,

Welcome to RNMC's June 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

Senior Citizen Nutrition By Thomas A Kruzel, ND

A question often asked by patients is, how much of what type of nutritional supplements are right for me. Contrary to popular belief, not everyone needs to receive the full line of supplements available, and in some cases overuse may lead to toxicity or a deficiency in other areas. A comprehensive supplementation plan should be designed based on your regular dietary intake, medical history and individual constitution.



For the most part, optimum vitamin and mineral supplementation should come entirely from diet, provided it is balanced and of good quality. Unfortunately, we utilize a large amount of processed foods in our diets,

so some supplementation is necessary. Over supplementing is ineffective as the body is unable to absorb it, and a waste of money.

As an individual gets older, their caloric intake becomes less of a need but their nutrient requirements (vitamins & minerals) remains the same. In general, there is less stomach acid secreted and less absorptive ability as one ages making proper replacement all the more necessary.

A balance of nutrients from a wide variety of sources are important for maintaining ones health. What follows are some of the findings from studies on elderly populations as to areas of nutrient deficiencies. Not everyone will be deficient in all these areas. Included are replacement sources. If you have any questions, do not hesitate to contact your Naturopathic Physician.

Vitamin B12 RDA= 6 mcg/day; less is absorbed as we get older due to loss of intrinsic factor from the stomach. It is best supplemented by IM injection, Intravenously or sublingual. Foods high in B12 are fish, liver, milk and eggs.

Vitamin A RDA= 5,000 units/day; is needed to maintain skin and mucous membrane integrity, function and repair. It also aids in night vision by helping to maintain the visual receptors in the eye. This vitamin has been found to be low in elderly populations where it is needed the most. Good sources are fresh fruits and salads, carrot juice, liver and spinach.

Folic Acid RDA= 400 mcg/day; is often found to be depleted due to prescription drug use. Good sources are green leafy vegetables, salmon, dates, brewers yeast and whole grains.

Potassium RDA= none; this very important mineral is often found to be low in persons who are taking diuretic medication. Good sources are fresh fruits and vegetables, blackstrap molasses, raisins, seafood and bananas.

Calcium RDA= 1,000 mg/day; calcium loss increases as one ages due in part to lack of exercise and sedentary life styles. Studies of dietary intakes in elderly populations have shown the average daily intake to be about 500 mg, which is considerably lower than the recommended daily allowance. Good sources are low fat yogurt, almonds, liver, dark green leafy vegetables, molasses and whole grains.

Zinc RDA= 15 mg/day; is also found to be generally decreased in elderly populations and is needed in wound healing, to aid immune function and in men, to prevent prostate disease. Sources high in zinc are nuts and seeds (can be ground up for easier digestion). If taking a zinc supplement, be sure that you are also taking copper as well as zinc will

deplete copper.

Sodium RDA= none; also found to be decreased in the elderly as the ability to retain sodium lessens with age. This essential mineral acts with potassium to maintain cell membrane integrity and function and to regulate cellular fluid balance. Good sources are seafood, milk, sea salt and cheese. Serum sodium levels and blood pressure should probably be checked before supplementing as excess sodium has been linked to hypertension. However, most blood pressure problems stem from an imbalance of minerals, not just excess sodium.

Magnesium RDA= none; an essential intracellular ion, magnesium is found in higher levels intracellularly and is stored in bone. It is needed for heart and muscle contraction, and exchange of nutrients between the cells and extracellular fluid. It is also important in nerve conduction. Sources are fish, meat, Kelp, nuts and molasses.

Protein RDA= none; total protein as shown by serum albumin levels are generally decreased. This is due in part to decreased digestive enzyme levels but is also due to poorer dietary intake. A deficiency in albumin may cause problems with mineral transport in the body and can also lead to swelling of the extremities. Good sources of protein are fish, chicken, tofu, tempeh and eggs. Red meat sources, while high in protein, are also high in fat and are therefore less desirable.

Vitamin D RDA= 400 IU/day; even with sun exposure supplementation is probably necessary as Vitamin D acts as a hormone. It used to be thought that exposure to sun light for 1/2 hour per day to the face and arms allowed for formation of sufficient amounts, but as one ages, Vitamin D formation in the skin and conversion in the kidneys drops off. Deficiencies can lead to osteoporosis and fractures. Sources are cod liver oil and sun exposure.

Helpful hints for optimizing vitamin & mineral intake:

1. Fruits and vegetables should be as fresh as possible and organically grown products are preferable. If vegetable and fruit juices are preferred, those freshly prepared are best, but those prepared in advance are good up to 48 hours before they begin to lose their vitamin content if refrigerated.

2. Utilize a blender, Vita Mix or food processor to help chop up fruits and vegetables to help make digestion easier. Seeds and nuts can also be chopped or ground up and taken with milk (cows, almond, rice, or soy) or in powder form.

3. A vegetable or fruit juicer provides you with an excellent means of optimizing vitamin and mineral intake as juices are much more easily

digested and absorbed. When using one, do not forget to include the seeds and leafy parts, as they are high in minerals.

4. Fruits and vegetables in addition to being high in vitamins and minerals also provide roughage to maximize bowel function. This decreases the need for laxatives, whose excessive use can lead to an atonic bowel condition.

5. If taking commercial supplements that are in a tablet form, they will be better absorbed if they are crushed before ingestion. Liquid or capsulated forms are better absorbed by the elderly population, as less digestion is required. They are always more effective if taken with a meal.

6. Refined carbohydrates such as white and brown sugar will decrease immune function and predispose one to diabetes if used frequently and in large amounts. Calcium and magnesium loss also increases which leads to wasting of bone and a higher incidence of fractures.

7. Protein from fish, chicken, rabbit, nuts, tofu and tempe are better than red meats sources due to their having less fats and a wider variety of amino acids which are better utilized by persons over age 25. In addition, ground beef consumed in fast food establishments are often very high in salt as well as fat.

8. Stay out of fast food establishments as the quality of the food served is very low. While it is an inexpensive way to eat, it is largely empty calories which means that it is deplete of essential nutrients found in fresh foods. What happens is that you will find yourself eating more because the body has not gotten the essential nutrients it needs.

Earaches/Otitis Media

Earaches are commonly seen in children from as early as 6 months of age until 7 years. Adults are also affected but less commonly. Earaches can be broken down into three types of otitis: serous, infective and external. Both infective and serous otitis often follow upper respiratory infections, but are also seen in children who are bottle-fed while lying down and those who have been exposed to cold, windy weather. Bottle fed infants will experience a greater chance of developing otitis media than breastfed infants



due in part to developing an allergy to the formula. A strong association with chronic earaches and food allergies has been made, especially milk, other dairy products, wheat, peanuts, eggs, tomato, soy, and corn.

An **acute infective earache** will more likely occur during the winter months and may be announced with a high fever, throbbing of the ear, irritability, tugging at the ear and pain. Fever may also not be present and the person affected may be lethargic and complain of not feeling well. If a discharge is seen from the ear canal, then the eardrum has ruptured and there will be some hearing loss for a period of time until it has been able to repair itself. Just prior to the eardrum rupturing, the child will become more uncomfortable for a brief period. Once it has ruptured, they will not experience as much discomfort.

Serous otitis is accompanied by a sense of fullness, hearing loss, ringing in the ears and little or no pain. In this condition, there is a buildup of fluid behind the ear drum which causes the hearing loss. If left untreated, it can develop into an infection as the fluid eventually becomes breeding ground for bacteria.

External otitis is characterized by an inflammation of the external ear canal. Otherwise known as swimmer's ear, it is caused by repeated wetting of the canal which allows for bacterial or fungal growth. Otitis externa can also occur from repeated use of Q-tips to clean the canal. This leads to excoriation of the canal and increased susceptibility to infection. Nothing smaller than your elbow, or the doctor's speculum should be inserted into the canal.

The common allopathic approach to otitis media has been antibiotic therapy, and despite the increasing volume of literature that shows it isn't indicated or very effective, they are still prescribed frequently. Antibiotics will only work if there is a bacterial infection that has set up house keeping in the mucus that has become entrapped behind the eardrum. Children treated with antibiotic therapy have a greater chance of a recurrent infection within the next 4 to 6 weeks, and it is not unusual for them to have multiple antibiotics prescribed with little effect.

The solution of course is to relieve the pressure by opening the Eustachian tube so it can drain and to eliminate the cause of the mucus buildup by eliminating allergens. This can be accomplished by a number of therapies and elimination of allergens.

WHAT TO DO UNTIL THE DOCTOR IS SEEN

1. Take a temperature, pulse and respiration rate and record.
2. Determine if the tympanic membrane is swollen if it is possible. If not able to do so, then give the indicated homeopathic

medicine. If not sure what to give, administer a dose of Pulsatilla as it will affect the case to some degree.

3. In addition to the indicated homeopathic medicine, employ any of the additional home therapies you wish. These will often enhance one another providing quicker relief.
4. Monitor frequently. If no response within the first 30 to 60 minutes, then seek another homeopathic medicine or alter the treatment plan. Vital signs such as temperature and pulse will let you know how the patient is responding in addition to their behavior.
5. Contact your physician if the child does not seem to respond to the therapy or is getting worse.

This is an excerpt from Dr Kruzel's book the **Natural Medicine Pediatric Home Health Advisor**
For more information on earaches [follow this link.](#)

Mosquito Bites

Why does it seem that some people are more susceptible to mosquito bites than others? The answer may be because of the compounds we spread on our skin or odors we emanate. Research has suggested that people with high concentrations of steroids or cholesterol on their skin surface attract mosquitoes. Mosquitoes also target people who produce excess amounts of certain acids, such as uric acid, probably being attracted by the smell. Any type of carbon dioxide is attractive, even over a long distance. As larger people tend to give off more carbon dioxide, mosquitoes typically prefer munching on adults to small children. Children however are very active which also attracts mosquitos. Pregnant women are also at increased risk, as they produce a greater-than-normal amount of exhaled carbon dioxide. Movement and heat also attract mosquitoes, so playing sports and sweating increases your chances of becoming a mosquito meal.



One in 10 people are highly attractive to mosquitoes but it's not dinner they're sucking out of you. Female mosquitoes (males do not bite people) need human blood to develop fertile eggs.

Mosquito's transmit certain diseases such as malaria, a disease not seen as much in the U.S. these days but is found in tropical countries.

Here are some natural mosquito repellants you can try to cut down the chances of being bitten.

Eucalyptus/Lemon

To 2 cups of water add 5 drops of lemon essential oil; 10 drops of

eucalyptus essential oil and 20 drops of citronella essential oil. Mix in a glass spray bottle and apply.

Geranium/Lavender

To 2 cups of water add 5 drops of geranium essential oil; 10 drops of lavender essential oil and 20 drops of citronella essential oil, also in a glass spray bottle.

Basil/Lemon

To 2 cups of water add 5 drops of lemon essential oil; 10 drops of basil essential oil and 20 drops of citronella essential oil, also in a glass spray bottle.

If a spray bottle is not available, these can be applied directly to the skin by hand.

What's New in the Literature

Higher Diet Quality Linked to Less Cognitive Decline - According to this study in *Medscape Medical News*, "a diet considered high in quality according to a healthy eating index preserves cognition in patients at high risk for cardiovascular disease and mental decline..." The research supports previous studies findings that healthy diets contribute to less morbidity and disease. These previous studies included 31,456 subjects aged 55 years and older with a history of one or more of coronary, cerebral, or peripheral artery disease or high-risk diabetes mellitus. For the current study, only those participants who had completed a Mini-Mental State Examination (MMSE) at baseline and at least once during follow-up were included. The researchers defined cognitive decline as a decrease of 3 or more points in the MMSE score, computed by subtracting the score at the last follow-up visit from the baseline score. The researchers concluded, "the take-home message from this study is that high diet quality, which is consistent with current healthy eating guidelines, is associated with a reduced risk of cognitive decline and suggests that healthy eating may reduce the risk of cognitive decline in addition to the previously reported associations with cardiovascular disease."

Comment: The benefits of diets that consist of good quality food, that are high in nutrients, low in fats and carbohydrate have been known about since before Hippocrates time and have been one of the cornerstones of good health in medical traditions world wide. Why in the 21st century do researchers still say that "healthy eating may reduce the risk of"..... fill in the blank! It is probably because most researchers are trained allopathically which has almost no nutritional curriculum in their medical schools or is left to dieticians whose training is highly influenced by the food industry. Therefore it seems that unless a study shows that a food

or nutrient is beneficial, diet per-se doesn't seem to enter into the health equation. As an experiment, try eating 3 meals per day at a fast food restaurant for a month and see how you feel. I guarantee you that you will not feel all that well.

Body Clock Genes Could Hold Key to Recurrent Miscarriages -

According to this article in *Medical Laboratory Observer*, researchers at the University of Warwick in Coventry England have discovered how body clock genes could affect a woman's ability to conceive. The study showed how body clock genes are temporarily turned off in the lining of the uterus during the implantation phase of conception resulting in a miscarriage. The study found that some women with recurrent miscarriages were less able to regulate their body clock genes by as a yet unknown mechanism. They were hopeful that this discovery would lead to additional research to find the mechanism.

Comment: One of the under appreciated aspects of medicine is the role that biological clocks and circadian rhythms play in our health and well being, an area in medicine that is only now being looked at more thoroughly. While biological clocks and circadian rhythms are observed in medicine, very little is known about their effects on health. As an example; we, like most animals, have a hibernation response that begins in the fall and changes again in the spring. We want to sleep more, especially in the more northern climates, in order to conserve energy as we expend more the colder it becomes. There are also circadian rhythms for dietary preferences as well which I will not go into here, but the bottom line is that we are all affected by them but hardly ever recognized as such. Now research is showing that internal organ systems have their own intrinsic biological clocks that synchronize with one another in order to maintain homeostasis. If disrupted disease can ensue until the clock rhythm is reset. One of the most effective treatments for this is homeopathy.

Does Beet Juice Reverse Symptoms of Senile Dementia? - Antidotal evidence has suggested that juicing, either fruits or vegetables, contributes to good health and longevity. Now a series of articles reviewed by Dr Jacob Schor about the benefits of beet juice suggest that drinking it will increase exercise tolerance, lower blood pressure, decrease the risk for blood clot formation and heart attack, provide a benefit for erectile dysfunction and help reverse or at least slow the progression of early onset senile dementia. The benefits provided by beet juice in particular is that it contains nitrates, evidently lots of nitrates! Nitrates are absorbed into the blood and converted to nitrites that in turn are used to make a chemical called nitric oxide. Nitric oxide is a potent vasodilator, which opens up blood vessels allowing more blood and oxygen to reach its destination in tissues while at the same time

lowering blood pressure. In a study conducted at Wake Forest University, scientists measured blood flow to the brains of patients who were given beet juice to drink. Not only did the blood flow to their brains increase, but it increased flow to the frontal cortex which would explain the benefits in patients with senile dementia.

Comment: Again I am indebted to Dr Schor for his wonderful and informative literature reviews. Back in the early 90's I decided to go on a cleanse for a few weeks which started with my substituting my usual breakfast regimen with fresh fruit or vegetable juices. Not only did it make me feel more energetic, but I no longer had to stop mid-morning for a snack as I usually needed to do. I have maintained this practice ever since as it made no sense to go back to what wasn't working. Beet juice also contains numerous health promoting phytochemicals such as quercetin and resveratrol as well as vitamins and minerals. Juicing in general provides a wide variety of health benefits, which is one of the reasons that there are still infomercials on Saturday morning touting its benefits. We recommend using a juicer that retains the pulp for the benefits of high fiber.

Whats New at RNMC

Dr Kruzel will be attending the CNME's spring meeting in Vancouver, BC.

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

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

20%

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