

Rockwood Natural Medicine Clinic Newsletter

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Dear Thomas,

Welcome to RNMC's May 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

Insect Bites and Stings

By Thomas A. Kruzel, N D

This article is an excerpt from the
**Natural Medicine Pediatric Home Health
Advisor**

The bites and stings of insects or animals more commonly occur in the spring, summer and early fall due to the larger number of insects which are present and the increase in out of door activities. Bee stings are probably the most common bites encountered and can be problematic in individuals susceptible to bee venom. In warmer climates and in buildings during the winter months, insect bites may occur, especially



those of spiders. In the Southwest United States, scorpions are common resulting in localized pain and swelling. Snakebites are less common but certainly warrant prompt attention. In most cases of an insect bite, the person will experience faintness, weakness and mild nausea, while the area bitten becomes red, painful and swollen. This condition usually abates in a few days.

If the bite becomes infected, a red streak may begin to travel from the site as the infection spreads through the lymphatics. This is the beginning of blood poisoning, and if not responding to homeopathic treatment, the person needs to be seen by a physician.

In some cases, especially with spider bites, the lesion will begin to break down after a few days due to the poisons which have been left in the skin. Necrotic skin is a breeding ground for bacteria which can lead to blood poisoning if left unchecked. This is always accompanied by a fever.

In some cases, the person may react immediately to the insect bite by going into anaphylactic shock. This is a life-threatening condition which requires emergency treatment.

WHAT TO DO UNTIL THE DOCTOR IS SEEN

1. Determine the type of vector if possible. The treatment or referral to the emergency room will depend upon the type of vector.
2. Reassure and calm the patient if they are upset or hysterical. This will help decrease the spread of any venom or substance injected.
3. Check vital signs, temperature, pulse and respiration rate. If possible, obtain a blood pressure as well.
4. Check for the development of hives, itching or swelling. Bee and wasp stings cause considerable pain, swelling and itching and can turn into an anaphylactic reaction quickly.
5. Apply the appropriate treatment for the bite encountered.
6. Monitor frequently for the first few hours in case of a delayed reaction.
7. In the absence of a response to your homeopathic prescription or other therapy, consider using aqueous epinephrine 1:1000 up to 0.5 ml IM to get them over the initial reaction. This can be given by an epipen.
8. Treatment for shock and hypotension may also be needed in addition to the other therapies. Placing the patient in the Trendelenburg position (head lying lower than their torso) will help restore blood flow to the head.

Snake bites - patient should be kept still and warm while being reassured during transport to the nearest emergency room for treatment. Loosely immobilize the injured extremity in a functional position below the heart. Remove all rings watches and other jewelry in anticipation of swelling. Tourniquets, incision, suction, and cold packs are contraindicated.

The child should be carried or transported via wheel chair as activity stimulates circulation and spreads the poison.

Spider bites - ice, check vital signs frequently checked for at least 12 hours as they tend to be more necrotic than bee stings. This can cause tissue damage that may become secondarily infected.

Tick bites - ticks attach themselves to humans to ingest blood while in the process leaving behind a variety of infective agents. The tick can be asphyxiated by coating it with a heavy ointment, so that it can be removed more easily. It is important to try and get the proboscis out completely and to retain the tick for identification.

Animal bites - bites of animals will vary from scratches to puncture wounds, to tearing of flesh. Most of the puncture wounds and abrasions can be treated by cleansing with soap and water. A tetanus shot may be in order if not up to date (within the last 5 years). Wounds with a tearing of flesh may need to be sutured. Animal bites are generally less likely to cause an infection than human bites because animal teeth are spaced farther apart and harbor fewer bacteria than humans.

As always, please contact the clinic with any questions regarding bites or stings @ 480-767-7119.

Balancing Hormone Function in Women By Meghna Thacker, NMD

Hormone function is central to health and well being in both men as well as women. A problem encountered with any one endocrine gland can lead to a number of clinical conditions. Often, several



are affected, especially in women whose endocrine system fluctuates frequently. Therefore, disturbances are frequently seen and can be difficult to sort through. A multi-systems approach to evaluation and treatment of endocrine system imbalances is a focus on naturopathic medicine.

This [article by Dr Thacker](#) explores the inter-relationship our endocrine glands have, how they are kept in balance, and how natural therapies are used to maintain balance and optimal function.

Whats New at RNMC

Dr Kruzel has been invited to attend the **Foundations Project Senior Editors** retreat May 3rd through 5th in Seattle. The Foundations Project brings together over 120 authors from around the world to codify Naturopathic medical philosophy in a book to be released later this year. The book has been 10 years in the writing and Dr Kruzel is editor of the clinical section.

Dr. Meghna Thacker has become certified in **Suisse Neural Therapy Injection Techniques** which is a treatment based on the neurological reflex injection points discovered in the 1920's for pain. The Suisse technique later integrated the Voll acupuncture concept of meridians and organ disease. Later the homeopathic and isopathic remedy systems from Switzerland, Germany, and Italy were added to the formulations. Dr. Thacker will be using these injection techniques to provide Natural Pain Management treatments at the clinic. She looks at this treatment as a unique way of using homeopathic injections at Acupuncture points to provide pain relief. She has made her treatment protocols using Biopuncture and Suisse Neural Therapy for providing treatments for the following (but not limited to) Pain associated conditions:

Rotator Cuff Injury
Neck/ Knee/ Back Pains related to Herniated discs, nerve compressions, and muscle tension
Pain related to Arthritis

To learn more, please contact her at 480-767-7119

Attention all Banner and Honor employees: Did you know your naturopathic care can now be covered by your insurance? Take advantage and become the healthiest version of you possible. Spread the word to all applicable employees and let the healing begin. More details can be clarified by our front desk or through your employee benefits dept.

Ready to give Mom the best **Mother's Day** present ever? Let her be the one getting pampered, empowered, and educated while she relaxes in luxury. This all inclusive weekend is guaranteed to satisfy any hard working Mom out there. Register for the **Power Of Wellness Weekend Of Women Healing Retreat** at <https://thepowwowretreat.wordpress.com>
<<https://thepowwowretreat.wordpress.com/>>

What's New in the Literature

Microbiome and Brain Health: What's the Connection? -This recent

review article discusses the emerging understanding of the ways in which bacteria living in the human gastrointestinal tract, the gut microbiota, communicate with and influence brain health. The gut microbiota has emerged as an important focus in the understanding of noncommunicable diseases, including type 2 diabetes, autoimmune, metabolic and cardiovascular disease, as well as disorders of the brain. It is well known that bidirectional gut/brain communication may occur directly and indirectly via the central and enteric nervous systems, the vagus nerve, and the endocrine and immuno-inflammatory systems and through the modulation of neurotransmitters. Gastrointestinal microbial and neurologic development share similar windows of developmental vulnerability, periods during which they are particularly susceptible to damage. Maternal stress and infection during pregnancy have been linked to neurologic and central nervous system disorders, such as schizophrenia, autism spectrum disorders, and distinct cognitive and behavioral symptoms later in life. These outcomes may be mediated by the bacteria living in the gastrointestinal tract.

Comment: The human intestinal microbiome is seeded at birth as the child comes through the birth canal and is altered somewhat if delivered by cesarean section. Intestinal microbiota is influenced initially by breast-feeding as opposed to formula feeding and reaches an adult-like state within the first few years of life. Although the composition of the gut microbiota remains relatively stable during our middle years, it continues to be influenced by such factors as geography, antibiotic use, exercise, and diet. While there is no "gold standard" of what a healthy intestinal microbial profile should be, genetic and environmental factors contribute to a significant variability in gut composition from person to person. A disruption of the intestinal microbiota occurs from time to time and may result in symptoms of diarrhea, gas and bloating or constipation. If this occurs too frequently, increased intestinal permeability, often called "leaky gut," occurs when the mucosal gut barrier fails to prevent potentially harmful molecules from entering the bloodstream. These molecules include lipopolysaccharides, which are found on the outer membrane of gram-negative bacteria and may elicit inflammatory responses in the body. This also occurs due to lectins derived from foods. This can then lead to prolonged inflammation and the development of circulating immune complexes resulting in a variety of illnesses such as arthritis, cancer and diabetes, to name a few. Taking probiotics and knowing ones secretor status as well as compatible foods, is helpful in developing a prevention program. For more information read [Indigestion, Gas & Bloating](#) by Dr Thacker.

Acetaminophen Risks May Have Been Underestimated - In this article in the *British Medical Journal*, March 2015, the authors reviewed data on Acetaminophen (paracetamol) and concluded that the drug may have more potential risks than previously thought, especially when

consumed in higher amounts over long periods of time. Of concern were studies that examined mortality risk among adults who took paracetamol and those who did not found an elevation in overall risk. In four studies that reported cardiovascular adverse events, all found a dose-response, with one study demonstrating an increased risk ratio for all cardiovascular events. Additionally, adverse events related to gastrointestinal bleeding and kidney failure also showed a significant increase. The authors cautioned that because of the methods used to analyze the data, that findings should be interpreted with caution.

Comment: We have in the past written about the adverse effects of Acetaminophen and NSAID's in general to cause additional morbidity such as kidney failure and atrial fibrillation among others. This article confirms what has been appearing in the literature for some time now, that prolonged use of this class of drugs will eventually become detrimental. Acetaminophen is one of the first medications recommended for pain and can be easily obtained over the counter. Because of this the potential for over use and abuse are great and very common because most consumers are unaware of the potential side effects. The authors of course, caution about interpreting the results of this review but offer some common sense guidelines to physicians to monitor the use of this drug.

Fruits, Vegetables and Coronary Artery Disease - In a study conducted in Finland, children who consumed adequate amounts of fruits and vegetables were found to have less arterial stiffness as measured by pulse wave velocity (PWV). In the study the authors conducted testing on 1622 adults aged 30 to 45 years old. The study began in 1980 and the participants were followed for 27 years. They found that eating vegetables in childhood was inversely proportionate to the amount of vascular stiffness, i.e. the more fruits and vegetables consumed, the lower the PWV resulting in a greater vascular compliance and lower the blood pressure, while the higher the PWV the less vascular compliance and higher blood pressures. A number of other variables such as exercise, smoking, alcohol consumption and physical parameters were factored into the study.

Comment: OK parents, here it is, the argument you have been looking for to throw back at your kids when they say they do not want to eat their vegetables! How do you expect to live longer if you don't eat your fruits and vegetables? Do you want to end up like (fill in the name)? The value of course in lots of fruits and vegetables in the diet is that they are also high in antioxidants that decrease oxidation of LDL cholesterol, minerals that contribute to healthy cellular structure and function, and vitamins that perform a variety of functions in the body. They have a low glycemic index that helps keep weight off and lowers the risk of diabetes. They also have an alkaline Ph which helps maintain the alkaline reserve of the

interstitial fluid which lowers inflammation.

Rethinking Acid Reflux Disease **By Shawna Eischens ND**

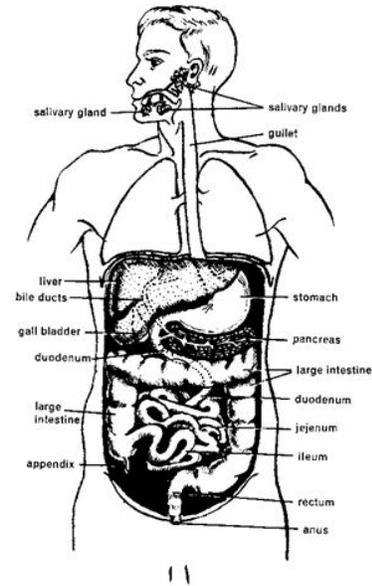
Call it heartburn, Gastrointestinal Esophageal Reflux Disease (GERD), night coughing, or acid reflux, but likely it is a painful annoyance. The good news is you don't have to live with this issue, and you don't have to take medication for life!

The stomach is designed to be an acidic environment to facilitate the break down of food. This acidic pH can be altered by factors such as an overgrowth of *H. pylori* bacteria, stress, and food additives and sensitivities. Since acid is required for proper digestion, it's not the acid that's the problem, but the lack of tone at the junction of the esophagus and stomach (lower esophageal sphincter) that allows even small amounts of acid to sneak back up into the esophagus.

How does this esophageal sphincter function decrease? Ironically low stomach acid can prevent the body's natural response to close the sphincter when food is introduced into the stomach. Overeating, hiatal hernias, certain drugs, and alcohol, coffee, or food sensitivities may all contribute to a decrease of tone as well.

Proton pump inhibitors or PPI's such as Prilosec and Prevacid are well known drugs that block acid production of the stomach. If you're dealing with the reflux of acid, shutting down the acid production may sound promising until you step back and look at the overall digestive process. Low stomach acid and low esophageal sphincter tone may contribute to heartburn as acid is allowed to travel back up into the esophagus. Proton pump inhibitors simply decrease the body's natural and beneficial acid production, which in turn affects overall digestion and calcium and B12 absorption, leading to various issues including osteoporosis.

Our bodies are designed to be in balance and function optimally by listening to and addressing areas of dysfunction. Addressing the cause of reflux symptoms varies, but may be as



simple as a hiatal hernia adjustment (pulling the stomach back down from migrating up through the diaphragm), increasing stomach acid and enzymes if needed, eliminating H. pylori overgrowth, avoiding food sensitivities, changing ones diet or healing the gut in various ways.

You don't have to settle for living with reflux. Dr. Eischens can guide you towards healing to eliminate symptoms while improving digestion and overall health.

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.

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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.

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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.

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Offer Expires: May 31, 2015

