

# Rockwood Natural Medicine Clinic Newsletter

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## Greetings!

Welcome to RNMC's November 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

10 Natural Tips to help your kids stay healthy through the  
Cold and Flu Season  
By Meghna Thacker, NMD

Yes, it's that time of the year again when the Cold and Flu Season seems to hit families. Usually our kids can get sick at daycare or school and bring home a virus that can spread through the family. Below, I have listed some natural and preventative measures to help with the symptoms of flu and also things to boost the immunity in order to fight the infection.



1. **Children's Glycerite** supports a healthy respiratory tract and normal immune system function. I recommend each mom to have this in her medicine cabinet. It is a botanical medicine consisting of a blend of herbs from echinacea,

prunus, hydrastis, ginger made with essential oils of orange and lemon which gives it a decent flavor so your child will not refuse to take it. If they are fussy about it, it can be mixed with juice or water.

2. **Oscillocochinum** is a homeopathic medicine to help Flu like symptoms of headaches, body aches, chills and fever. It is easily available in regular pharmacies. I would start using it at the first signs/symptoms of the flu.
3. **Vitamin C or Kids Emergen-C** packs can be easily dissolved in water and taken 3-4 times a day. Your kids will like it for its fizzy and flavorful taste. We all know the benefits of Vitamin C, electrolytes and staying well hydrated with water when you are fighting flu.
4. **Sleep** - Make sure your child gets plenty of sleep. A long nap in the afternoon besides a good night sleep will help. Usually during flu, all that we want to do is crawl into bed anyways, thus giving your body the rest that it needs to recover faster.
5. **Vitamin D** improves overall immune function. There is a Japanese study that administered 1,200 IU doses of vitamin D to schoolchildren. Those who took this dose every day had a much lower chance of developing influenza than others.
6. **Probiotics** - Support your child's natural immune system with Probiotics. When taken daily through the flu season, it strengthens the immune system. It contains the useful bacteria lactobacillus, which survives stomach acid and forms a resistant barrier against bad bacteria and viruses.
7. **Homeopathic Remedies** work great for children. You can consult with your Naturopathic or Homeopathic doctor to prescribe the best remedy for your child, which depends on the symptoms he/she presents with during flu. I would recommend keeping a few common flu remedies at home which are and not limited to Aconite, Belladonna, Ferrum Phos, Gelsemium and Bryonia. Our Natural Medicinary at the clinic is equipped with a wide range of Homeopathic Medicines.
8. **Natural Flu Vaccine** - Instead of a flu shot, you can give your child a homeopathic dose of Influenzinum instead of the regular Flu Vaccine. This year's **INFLUENZINUM** is made from the 2012-2013 influenza vaccine if purchased through a homeopathic pharmacy, but is also available through the clinic.
9. **Diets** rich in different colored fruits and vegetables provides antioxidants and immune boosting nutrients help keep the internal environment alkaline to resist the flu virus.
10. **Prevention** - Wash your hands many times a day or use a hand sanitizer. The virus can quickly spread via touch to the face via eyes, nose, or mouth. Use a tissue to cover your sneeze and then quickly dispose it off.

Following these few simple suggestions can help to decrease the risk of you your children developing the flu.

## Holiday Survival Guide

### By Katie Stage, N D

November marks the beginning of the holiday season, a time which can bring joy and celebration, but also increased stress and anxiety, as well as unwanted weight gain. Here are a few tips to help you make it through the season looking and feeling your best.

- Focus Thanksgiving dinner on vegetables and turkey. Calorie-rich side dishes, such as yams, can be modified to decrease the sugar content (such as by eliminating the marshmallows) without sacrificing their delicious taste. Using complex carbohydrates, such as in whole grain rolls, will also increase the nutritional content of your meal and help you avoid post-meal blood sugar crashes.
- Eat a healthy snack before holiday parties. If you don't arrive hungry, you will be less tempted to over-indulge in fattening and sweet snacks. The best snacks involve healthy proteins, which will keep your blood sugar stable, avoiding the crash that follows a sugary or carbohydrate-rich snack. Suggestions include a piece of lean meat, a hard-boiled egg, or a small handful of nuts.
- When shopping or doing errands, look for healthier snacks such as apple pieces, side salads, and soups. Many restaurants will prepare steamed vegetables, even if not on the menu, by request.
- Stay hydrated. As the weather changes, the atmosphere often dries out. This combined with indoor heating makes adequate hydration even more crucial. Symptoms of dehydration include headaches and muscle cramps, and well-hydrated skin looks brighter and younger - a great holiday gift to yourself. Aim to drink half of your body weight in ounces of water a day.
- Take time for yourself. Whether spending a few extra minutes taking deep breaths over your morning tea, evening walks in the cooler weather, or doing activities such as yoga, making time to recharge is essential during this hectic time.

Consider treatments that are relaxing and rejuvenating. At Rockwood Natural Medicine Clinic, we offer acupuncture, hydrotherapy, and CranioSacral treatments as well as nutritional IVs. All of these can be beneficial in enhancing sleep, decreasing stress and anxiety, and making you look and feel rejuvenated.

## Whats New at RNMC

**Dr. Meghna Thacker is expecting her second baby, due the third week of January 2013. She will be on Maternity leave for 6 weeks once the baby is born. She encourages you to come in and see her for an appointment before she goes on maternity leave, especially if you need an Annual check-up, refills on medications or a follow-up appointment with her. While she is on leave, you can see any one of the other doctors at our clinic for your continued care with**

us. Thank you for your support.

Recently some of you received an e-mail from RNMC stating that we were stranded in the Philippines and needed you all to wire us money. Evidently our e-mail account was hacked as we are not stranded and are not in need of money. We sincerely apologize for any inconvenience this may have caused anyone.

Dr. Kruzel will be speaking at the Arizona Naturopathic Medical Associations fall November 10th & 11th on Childhood Asthma. He was also a guest on the Health Line radio show with Laura Hiner in October where he spoke about herbal and other natural therapies.

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## What's New in the Literature

**Statins, Risk of Diabetes, and Implications on Outcomes in the General Population** - According to this article in the Journal of the American College of Cardiology, the use of statin medication increased the risk of developing diabetes when used for long periods. Both men and women aged 45 and above in this Taiwan study showed significantly higher rates of diabetes than compared to non-statin users.

**Comment:** Statin medications are recommended for high cholesterol, especially LDL-c and for diabetic patients as they have a greater chance of developing arteriosclerosis. This study shows that non-diabetic patients on statins are at a significant risk of developing diabetes because of the medicine itself.

**Effect of Statins on Skeletal Muscle Exercise, Myopathy, and Muscle Outcomes** - In this review article in the journal Exerc Sport Sci Rev, the authors discuss possible mechanisms for the effects of statin medications on skeletal muscle damage (rhabdomyolysis), myalgia, weakness and poor athletic performance. The effects were especially noted among the aging population and the authors called for additional studies to determine the mechanisms associated with previously mentioned side effects of statin use.

**Comment:** Development of musculoskeletal problems have been noted from the beginning with statin medications. It is well known that they deplete Coenzyme Q10, but now evidence is emerging that they also affect muscle function in a variety of other ways as well. Initially with their release there was an increased risk of developing depression and mood swings, a side effect that is not seen as often now. But coupled with the previous article on the increased risk of developing diabetes, it seems prudent to use safer alternatives along with dietary changes in order to manage cholesterol levels. For more information on statins, [follow this link](#).

**Polypharmacy Linked to Erectile Dysfunction** - According to this article, the likelihood of developing erectile dysfunction (ED) increases the more medications a man takes. Polypharmacy, along with the use of antihypertensives and psychogenic medications are now being recognized as contributing to ED. In the study, regardless of age, an increasing number of medications was linked to an increasing prevalence of ED. When an adjustment for age, race, smoking, diabetes, hypertension, hyperlipidemia, peripheral vascular disease, coronary

artery disease, and body mass index was made, men taking more than 10 medications were more likely to have ED. The authors conclude that physicians need to consider prescription medications as a causative factor.

**Comment:** Whenever I lecture on ED at conferences I always review the most common reasons for it which are: stress; organic disease such as diabetes, heart disease or hypertension; the effects of prescription medications; psychogenic causes such as depression or lack of interest and endocrine system dysfunction such as low thyroid or testosterone. These I have listed in order of the most frequent causes. This study confirms what many of us have observed, that too many medicines can contribute to ED, especially if they are being given for a specific disease condition.

### It's the Flu Season Again

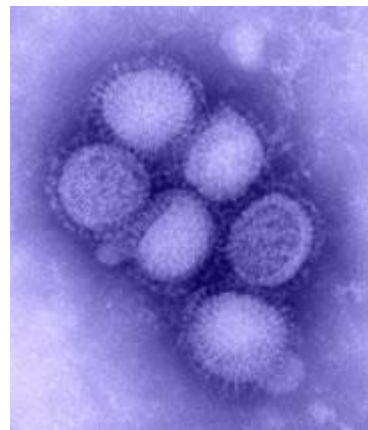
Last year at this time we were all concerned about the Swine Flu which never really materialized to expected levels. However, our yearly run-of-the-mill variety is beginning to make the rounds, seemingly at an earlier date due to the abrupt weather change we have experienced. Most of the cases we have seen so far are from other states whose weather has taken a more drastic change.

Last year we made several recommendations for prevention and are happy to report that the number of cases treated at the clinic were down over previous seasons. A number of the cases we did see were in individuals that opted for the flu shot however.

In preparation for the normal flu season we are recommending the following preventive measures.

1. **Influenzinum 200C**, 2 pills one time every week. If exposed to the flu bug, then take an additional dose, even if you have already taken your weekly dose.
2. If developing flu or flu like symptoms, take **Oscillocoquinum** @ 1/3rd of a tube every 8 hours for 3 doses. Oscillocoquinum can be obtained at just about any health food store, Whole Foods or Sprouts, and even at some pharmacies.
3. At the first sign of the flu or flu like symptoms, drink lots of fluids, consume fruits and vegetables, soups and salads to help your system to become more alkaline so that the virus can not set up house keeping.
4. **Do not suppress fevers** if they occur with Ibuprofen or Tylenol. Contact the clinic if you need help with this or click on the fevers link for more information.
4. It is important that at the first sign of any flu symptoms that you contact your doctor immediately so that treatment can take place early.
5. If you feel like you are coming down with a cold or flu, you can receive some intravenous fluids of high dose Vitamin C and other nutrients and/or some hydrotherapy by contacting the clinic.

If you have any questions, please don't hesitate to contact the office @ 408-767-7119.



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@yahoo.com](mailto:RNMC9755@yahoo.com).

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