

Rockwood Natural Medicine Clinic Newsletter

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Issue: 12

December 2012



Greetings!

Welcome to RNMC's December 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.

On behalf of the physicians and staff we want to wish everyone a happy holiday season.

Sincerely,

The Physicians and staff at RNMC

Nutritional Tips for the Holidays By Katie Stage, ND

"Tis the season!"

The holidays are upon us, and I'd like to take this opportunity to wish you a very wonderful holiday season and New Year.

Often, this time of year is extremely busy and this can take a toll. Here are a few simple things you can do to help avoid the fatigue, weight gain, and stress associated with this season.



Ensure adequate protein and vegetables in your diet

Please enjoy the holidays, and celebrations with friends and family. Many people assume that weight gain is a given during the holidays, but it doesn't have to be so.

Simple starches such as bread, pasta, and mashed potatoes will boost blood sugar quickly, followed by a drop in blood sugar associated with feelings of fatigue, headaches, sometimes even irritability. Often we reach for candy or sweets to counteract these uncomfortable symptoms of low blood sugar. Protein is a great way to maintain your blood sugar and avoid the dips and reactive sweet cravings. Aim for protein with every meal and snack - consider nuts (preferably raw, except for peanuts) and nut butters, fish, soy, and eggs as well as the common holiday meats of turkey, ham, and beef.

Increasing your vegetable intake is also a great way to boost your nutrients and fiber and fill you up. Aim for 5-9 servings (one serving is 1/2 cup) a day. You might even consider using vegetables instead of some of the starches in your holiday meals, or incorporate them into creative leftovers.

Mashed potatoes: use ½ potatoes and ½ roasted cauliflower
Use spaghetti squash instead of conventional wheat or rice pasta
Include a platter of roast vegetables with holiday meals
Substitute sweet potatoes for white potatoes
Puree vegetables and add small amounts them to any dish to 'hide' them from picky eaters
Make a soup of leftovers by combining vegetables with chicken or vegetable stock and blending/pureeing.
Mix cut-up vegetables into mashed potatoes; add an egg and season, and bake into fritters.

Take a multivitamin and consider adrenal support

It is hard to get adequate nutrition through food, particularly if you do not eat a variety of vegetables and fruits. Proper nutrients allow the body to digest foods, remove toxins, and maintain optimal function. If you tend to feel run down around this time of year, consider taking a good multivitamin to ensure that you are getting the cofactors you need for your metabolic processes. If you are unsure if your multivitamin is of a good quality, Drs Stage, Thacker, and Kruzel would be happy to evaluate it with you.

Adrenals are endocrine glands that sit on top of the kidneys. They provide hormones responsible for stress modulation and energy, help maintain blood pressure, metabolize fats, proteins, and carbohydrates, and they also make the some precursors to our reproductive hormones. The adrenals will not function optimally under conditions of prolonged stress, or if they are not receiving adequate nutrient cofactors, which can result in a variety of symptoms including excessive fatigue or too much energy at night causing insomnia. Certain herbs can nourish the adrenals, helping maintain proper functioning; thus decreasing fatigue and/or insomnia.

The physicians at Rockwood Natural Medical Clinic would be happy to help you evaluate adrenal function or recommend supplementation. Homeopathic treatment, IV nutrients, acupuncture and hydrotherapy can also address adrenal hypofunction and the stress that may be contributing to it.

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.

What's New in the Literature

The Changing Face of Chronic Illness Management in Primary Care - A Qualitative Study of Underlying Influences and Unintended Outcomes - In this article in the Annals of Family Medicine, the authors take a look at the increased amount of prescription drugs being prescribed for patients with several medical conditions, how the clinicians interact with patients during the visit, and the guidelines used to justify them. Visits with clinicians focused on helping patients achieve test results recommended by national guidelines with most patients reporting a combining of 2 or more medications per condition to reach targets. Medication selection and management was the central focus of the consultations observed by the researchers, and poly-pharmacy was commonplace. Responses from patient interviews focused on the practice of adding medications in order to achieve guideline goals and the increasing difficulties encountered to meet the costs of the medications, as well as dealing with the medications adverse effects. The authors concluded clinicians were being influenced by guidelines promoted by the pharmaceutical industry that contributed to the increased number of prescription drugs needed to achieve these goals and that they were making "recommendations about limiting the influence of the pharmaceutical industry on clinical practice, toward improving the well-being of patients with chronic illness".

Comment: One of the observations I have made over the past 10 years is that the pharmaceutical companies are now developing newer drugs whose sole purpose is to enhance the actions of the old ones. Why is this so? It's because the human organism eventually adapts to the new artificial set point that the drug therapy has established, and because the drug is not addressing the cause of the disease, the body readjusts itself so that the initial drug is no longer effective. Thus a newer class of drugs are now required to achieve the desired effect. This adaptive quality of the human organism is something that is not lost on drug companies, and is one of the reasons they fund research to justify setting newer

therapeutic guidelines. As an example; acceptable cholesterol levels were 260 mg/dl or less in the 90's based upon population studies with the incidences of heart disease being lower over all in patients who were at this level or lower. This has now been changed so that a cholesterol level of 200 mg/dl and an LDL-C level less than 100 mg/dl is the standard. Considering that most LDL- C levels are calculated and not as accurate as a direct measurement, in order to meet the guidelines, additional drug therapy is required. When compared to heart disease levels in the 90's in patients with cholesterols of less than 260, they are about the same as long as the ratio of HDL to LDL is low.

Drug therapy was never intended to be permanent except in a few cases such as diabetes or in patients with irreversible pathology. This certainly is no longer the standard in medicine which has now adopted the position that patients will need to be on more and more medications in order to achieve therapeutic goals. Until the last 20 years, drug therapy was primarily used in order for the body to get over whatever illness it was encountering, at which time the drug was withdrawn. An example of this is acid blocking medications such as Prilosec which were initially by prescription only due to their serious long-term side effects. Only after an intense lobbying campaign in congress was this class of drug made over-the-counter so that anyone could buy them. What has occurred since then is that the lack of stomach acid leads to poor digestion resulting in an increase of other bowel diseases such as Crohn's, IBS and ulcerative colitis.

Homeopathy as Systemic Adaptational Nanomedicine: The Nanoparticle-Cross-Adaptation-Sensitization Model - In this article recently published in the American Journal of Homeopathic Medicine, Iris Bell, MD, PhD at the University of Arizona reviews recent literature that examines how homeopathic medicines actually work. Using advanced technology, researchers have been able to determine how homeopathic medicines affect the human organism and have been able to reproduce the effects. Significantly they have shown that the homeopathic dilutions, that contain no actual substance, retains the signature of the substance, which causes a series of cellular events through activation of nano-channels.

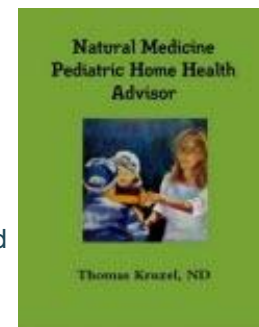
Comment: I remember as a medical student 30 some odd years ago reading an article in a homeopathic journal written by a Swiss Physicist who was also a homeopath. He was certain the day would come when we could prove that homeopathic medicines worked by altering ones DNA, turning genes off and on, and affecting cell function by as a yet to be discovered mechanism. Well that day has arrived, as in her review of over 200 hundred articles Dr Bell outlines the mechanism for how homeopathic medicines work. Hahnemann had it right over 300 hundred years ago; they work based upon the simillimum or signature of the medicine, cause cell function to be altered to restore homeostasis, allow genes to be activated or deactivated, and does so in a manner that increases with ascending potencies. And all of this without the side effects that are encountered with prescription drug therapy. Critics of homeopathy have, since it inception, dismissed it because it was not scientifically proven and the mechanism of action was elusive because the technology of the day could not measure it. Now that it has been, it will be interesting to see what the critics come up with next

Whats New at RNMC

Dr Kruzel was recently appointed to the Arizona Healthy Aging Advisory Board of the Arizona Department of Health Services Bureau of Tobacco and Chronic Disease. The board will focus on "providing evidence-based, scalable, and sustainable quality prevention services as well as the promotion of person-centric healthy living by all Arizonans."

Holiday Gift Suggestions

Undecided what to give the person who is difficult to buy for, or has everything they need? **Give Someone You Know the Gift of Wellness this Holiday Season!** Help that special someone enjoy a healthier life style or to help them achieve the inevitable New Year's resolution to take better care of their health (you know, the one we break ASAP after figuring out that it takes some time and effort).



Here are some suggestions:

- 1. Dr Kruzel's Natural Medicine Pediatric Home Health Advisor** - this book will help families to take charge of their health, ultimately lowering medical costs while increasing their health. [Click on this link](#) for more information and to order.
- 2. RNMC Wellness Program** - the [Wellness Program](#) is designed to assess the persons current health care status, conduct general and specialized laboratory studies to assess their current level of health, nutritional and antioxidant status, and to provide specific dietary recommendations based upon genetic considerations. The program is unique in that it is tailored specifically to the individual participants needs, modifiable according to specific health concerns, and conducted over a 1 year period to ensure success.
- 3. Constitutional Hydrotherapy Package** - 5 constitutional hydrotherapy sessions for the price of 4 or 10 for the price of 8. These can be used throughout the coming year at your convenience.
- 4. Myers IV Package** - 5 IV sessions for the price of 4 or 8 for the price of 10. These can be used throughout the year.

Please see additional coupons below.

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

Diet & Nutrition - A Naturopathic Perspective

By Thomas Kruzel, N D

Diet and nutrition are one of the cornerstones of naturopathic medicine and is considered so essential to the development of disease and for the maintenance of health, that naturopathic physicians receive the most clinical training of all disciplines of medicine. Clinical nutrition once was taught in all medical schools but has largely been relegated to specialty groups such as dietitians who are taught nutrition based upon recommendations of the American Dietetic Association. These recommendations are often influenced by the food service industry.



Naturopathic physicians are the only physicians trained to use nutraceuticals, diet and nutrition in a clinical setting, being able to design a clinical nutrition program for the individual patient. This [article by Dr Kruzel](#) explores some of the reasons why clinical nutrition from the naturopathic perspective is unique.

Questions/Questions; Do We Get Questions

I recently read where a doctor stated that when evaluating the total cholesterol level, a fasting specimen was not necessary. So why does my doctor want me to be fasting?

Your doctor knows that when assessing your lipid levels, that not only are we looking at the total cholesterol, but your triglyceride, HDL and LDL levels as well. This total package is used to assess your risk for coronary artery disease, not just the cholesterol. The physician who wrote this article is correct, the cholesterol level doesn't change appreciably in a short period of time. Rather it takes several days to see a change when an increase or decrease of cholesterol intake occurs with dietary changes. This has been known about for some time and is nothing new. The value in having a patient fast for 8 to 12 hours with nothing more than water intake lies in the evaluation of the sub-particles of cholesterol and triglyceride levels. These WILL change sooner than total cholesterol levels and are a better assessment of coronary artery disease than just the total cholesterol.

[Why is it that every year around the holidays I feel sad? I shouldn't as it is the best time of the year.](#)

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 Kathleen or Joan at (480) 767-7119 or e-mail them at RNMC9755@yahoo.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
15%**

Please present this coupon at your next visit for a 15% 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: December 31, 2012

Holiday Coupon from Dr Stage

Please feel free to distribute these to any interested friends or family: what better stocking stuffer than a gift of wellness!

One free supplement consultation.

Offer is for new customers only. Please schedule with Dr. Stage.

Offer Expires: December 31, 2012

Holiday Coupon from Dr Stage

Please feel free to distribute these to any interested friends or family: what better stocking stuffer than a gift of wellness!

One free dietary review.

Please complete a diet diary (will be mailed to you when appointment is scheduled). Offer is for new customers only. Please schedule with Dr. Stage.

Offer Expires: December 31, 2012

Holiday Special from Dr Thacker

Dr. Thacker is offering her **Slim Shots** (combination of amino acids to help burn fat, vitamins B12 and B6 to increase energy and metabolism) package for \$90 for

6 shots rather than the original price of \$120

Offer Expires: Dec 31, 2012

Holiday Special from Dr Thacker

Dr. Thacker is offering her **Natural Weight Loss Program** for \$250 rather than the original price of \$320 which includes 6 weeks of weight loss visits with her, medicine and supplies needed for the entire program.

Offer Expires Dec 31, 2012