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Rockwood Natural Medicine Clinic Newsletter

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Issue: 5

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Greetings!

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

Use of Homeopathic Medicines in the Treatment of Fevers By Thomas A. Kruzel, N D

This article was written for physicians for the Emerson Journal and is being reproduced here as many of you have home homeopathic medicine kits and often have questions as to which remedy to administer.

As we are all aware, fevers are nature's way of fending off infections or other illnesses, acting to ensure a healthy immune system and preventing disease. Most fevers encountered in childhood are the run of the mill variety, i.e. necessary to fend off a virus or bacteria or to help the immune system develop and



will run their course without too much problem. Occasionally they need prompt attention, as they are a warning that there is a more serious condition developing. In general, a child with a fever who is still playing, drinking, and eating a little, probably doesn't warrant a dash to the emergency room, only monitoring and a few natural therapies.

Unfortunately fevers are not always allowed to do their work as advertisers and health care workers worried about profits and possible repercussion advise that antipyretics such as Tylenol, Ibuprofen, aspirin or Motrin be administered in order to "control" the fever. What this does in the long run is pervert the temperature control mechanism in the brain stem so that it becomes more difficult for the person to mount a fever and increases the chances that the fever will begin to rage out of control.

Fevers treated with homeopathic medicines tend to follow the normal course that fevers generally do and will do so in a more rapid and uneventful manner than those treated with antipyretics. Homeopathic medicines can be administered at the various stages of a fever such as during adaptive withdrawal, the aggravation stage when the fever begins to mount, the destruction period when the fever is at its zenith, the abatement stage and the reconstruction period, based upon the presenting signs and symptoms. If the etiology of the fever is known, say for instance it is encountered during teething, the remedy that covers the fretfulness and irritability seen then will probably also cover the fever. If it is due to a viral or bacterial infection, the remedy that covers these symptoms will also help with any fever encountered.

A fever due to a viral illness usually does not last more than 72 hours unless the child has been given antipyretics. Then, it may linger for up to a week as the body tries to reset things to normal parameters. Fevers due to a bacterial infection generally are higher and will take longer to go to completion. A somewhat typical pattern is that the fever spikes rather quickly, remains in the 102°F to 104°F range for varying lengths of time, then once it has broken, may remain at a lower < 102°F for several days. Fevers that get into the 105°F to 106°F range usually remain there for brief periods before decreasing. These need to be monitored closely and more frequent dosing of the indicated homeopathic may be in order.

It is normal for a child with a fever to refuse to eat for a period of time. It is not normal for them to refuse to drink however, except that they may refuse sugary drinks or drink less than normal. The most difficult thing about childhood fevers are the parent's anxiety that their child has one as they have been lead to believe that a fever is the "enemy" that must be controlled. Parental anxiety can be soothed by educating them as to the normal course of a fever and that their child will be fine if allowed to let the fever run its normal course. After several episodes of natural treatments and non-suppression of the fever, future fevers will generally run their course much quicker and do not need to be treated as often homeopathically. For many parents, having allowed a fever to do its work translates to less illness in their children and a quicker resolution if one is encountered.

So what does one do if one does not know which remedy to treat the presenting illness with? A protocol that I have found works well a significant portion of the time is to use Ferrum phosphoricum and Belladonna based upon the temperature encountered. For temperatures of 99°F (37.1°C) to 102°F (38.8°C) administer Ferrum phos 30C every 15 minutes until the temperature remains stable. For temperatures of 102°F (38.8°C) or greater, administer Belladonna 30C every 15 minutes

until the temperature has stabilized. Once the fever has broken, no additional medicine needs to be given. If however, the temperature drops below 102°F (38.8°C), an additional dose or 2 of Ferrum phos can be administered.

Children with a fever often seem uncomfortable initially. This is due to the numerous changes that are occurring as the body responds to the insult. Children, being children, are often weepy, whiny and irritable and demanding of relief. (Some adults are the same way but we tend to ignore them.) This prompts parents to want to do something quickly in order to provide relief to their suffering child. In my experience homeopathic medicines provide far quicker relief than antipyretics, especially if given along with chicken soup or something warm and soothing.

Children's temperatures may fluctuate up and down for several days as they work through the various illnesses encountered in childhood. As mentioned previously, they are building their immune systems and fever is one of the ways this is accomplished. It is vitally important that a fever be allowed to do its work in childhood, because, we have all seen far too many adults with severe diseases that are unable to mount even the slightest temperature. This certainly has contributed to their development and makes it more difficult to treat later in life. [Click here for more information on fevers and childhood conditions.](#)

Benefits of IV Nutrient Therapy By Meghna Thacker, NMD

What is IV Nutrient Therapy?

Intravenous (IV) nutrient therapy is the process of giving vital nutrients to the body via the bloodstream by accessing a vein with a small needle. The nutrients are mixed in an IV bag that is dripped in slowly over 1-1.5 hours depending on the solution being given.



Why Give IV Nutrient Therapy?

IV nutrient therapy is a way of getting vitamins, amino acids, minerals and other nutrients into the bloodstream quickly which are then moved to the cells. It takes no work on the part of the digestive system and nutrients are not lost due to poor digestion or assimilation. This is a great benefit for those who have digestive issues or who cannot tolerate oral supplementation. Obtaining nutrients intravenously allows someone to work with their Naturopathic physician to improve their GI health.

Symptoms such as indigestion, gas, bloating, feelings of fullness can indicate disordered digestion. Taking acid blocking medications (even over the counter ones) reduces stomach acid which is necessary for

proper absorption of protein, minerals, and vitamins. Using an IV route of administration of nutrients allows for maximum concentration of nutrients to reach tissues that need it the most.

Some nutrients, such as trace minerals, are increasingly low in, or absent from, our food supply, and may also be particularly difficult to absorb even in a relatively healthy digestive tract. Our current farming practices in the United States are designed to supply us with big, beautiful produce. The nutritional content in them, however, is often surprisingly low. For many of us, eating our fruits and vegetables is not enough anymore. Supplying these nutrients through IV therapy is a reliable and effective mode of administration.

In addition, the amount of a nutrient that is needed for a desired therapeutic effect exceeds the amount that the body normally absorbs through the digestive tract. In these cases, IV nutritional therapy is an excellent means of getting the nutrient into the circulation and tissues where it is needed to promote healing. For example, vitamin C is being used more and more for a variety of conditions, with promising results, in doses that are sometimes more than 50 times the amount that the body normally takes in through the digestive system.

A tomato has a pittance of the nutritional value it had in the early 1900s. In fact, much of what we eat doesn't pack as much nutritional punch as it used to a hundred years ago.

Mineral deficiencies are epidemic now due to food processing and the gradual demineralization of the soil from modern agricultural practices. In the United States, the average woman does not consume the recommended dietary allowance of calcium, magnesium, iodine, iron, or zinc, and the diet of the average male is deficient in magnesium and zinc (USDA, 1997). Nutrient losses in some foods are up to 98.5%. In 1914 an apple contained almost half the minimum daily requirement of iron, but today you would have to eat 26 apples to get the same amount!

How Does it work?

Due to the high concentration of nutrients in the IV solution compared to the cells in your body, the "concentration gradient" allows active transport of the nutrients into every cell rapidly and efficiently, thus stimulating your cells to achieve optimal health.

Having IV nutrient repletion leads to a rapid increase in the nutrient levels in the center of the cells where they are most needed. This can "kick start" the metabolism. Cells now have enough energy to eliminate accumulated toxins. This process may lead to a detoxification reaction, bringing about symptoms of fatigue, nausea, headache and bowel changes. These are temporary. Cellular healing at the root level starts happening when the cells have the nutrients they need to function properly.

What are the Benefits of IV Nutrient Therapy?

Generally, nutritional IVs contain vitamins and minerals. High doses of vitamin C are anti-bacterial, anti-viral, and required for healing of tissues. B vitamins are almost always included in the IV treatments.

because all the vitamins and their mineral co-factors are used heavily when there is illness, to make enzymes. Magnesium is good for many things, including constipation and migraine headaches. A popular IV is the so-called Myers Cocktail, an intravenous vitamin and mineral protocol developed by Dr. John Myers at Johns Hopkins University in Maryland.

Nutrient IV therapy supports the following conditions and many others: Adrenal Fatigue, Fibromyalgia, Migraines, Chronic Fatigue Syndrome, Cancer, Infections-Bacterial/Viral, Seasonal Allergies, Chronic Sinusitis, Lyme Disease, Autoimmune Disease, Chronic Pain, Irritable Bowel Syndrome, Pre-Menstrual Syndrome, Depression, and Anxiety.

In Parkinson's Disease, IV nutrient therapies are used to decrease the progress of the disease and to diminish symptoms including tremors. Glutathione intravenously is extremely effective in reducing depression and balancing the serotonin levels in the brain.

Rockwood Natural Medicine Clinic has many different IV nutrient protocols including but not limited to:

Immunity Boost

Designed to support immune function, especially during times of high stress and during cold and flu season. It includes a good dose of Vitamin C, B vitamins, zinc, and other trace minerals.

Nutritional Boost

Our unique multivitamin and multi-mineral mix; great for anyone who wants well-rounded nutritional support to help provide energy and overall well-being. It includes a blend of important minerals such as selenium and zinc besides magnesium, potassium, calcium which are important for many functions in the body, including healthy metabolism, immune function, and energy production.

PMS/Menstrual Cramp Formula

Great for relief and prevention of discomfort associated with the menstrual cycle. It includes B vitamins and magnesium, which together help relax and soothe cramping while fighting off fatigue.

Chronic Fatigue Formula

A multivitamin and multi-mineral mix designed to help revitalize and energize people being treated for conditions such as chronic fatigue syndrome, fibromyalgia, chronic infections, and autoimmune diseases. It includes a higher dose of B-vitamins with additional B5 and B6. Important minerals as well as a signature trace mineral blend to help support metabolism and energy production.

We also create individual formulations for patients.

Are There Any Contra-Indications to IV therapy?

A majority of people can tolerate most IV nutrient therapies

Occasionally, an individual may have a severe allergy to a nutrient and therefore should not receive the injection with that nutrient. If you suffer from kidney or heart disease or high blood pressure some of the nutrient IV's may not be right for you. We recommend initial blood work to check your basic panels.

Are There Any Complications from IV Therapy?

Local complications and more system complications can occur. Local complications such as pain at the site of injection can occur as well as swelling of the area if the IV fluid has leaked into the surrounding tissue. Bruising can occur at the site of injection. Occasionally, a vein may become irritated or inflamed. This is called phlebitis. If there is pain, fever and redness streaking up from the site of injection within a few hours after the injection therapy, there may be an infection and your physician should be notified immediately. Most other local complications will resolve with very little intervention.

Systemic complications include anaphylactic allergy to a substance, vasovagal response (fainting spells), systemic infections, and increase stress on heart and kidneys if there is a previous history of kidney or heart conditions. Generally, IV nutrition therapy is well tolerated with minimum occurrences of complications.

Is IV Therapy Covered by Medical Insurance?

Most medical insurances do not cover IV nutrients. However, medical flex plans do often reimburse you for IV therapy. Fees for IV nutrients are variable depending on the substance and amount of time involved in dispensing these therapies. At our office, a standard Myer's IV in a 250 CC bag costs \$120 and takes about 1 to 1.5 hours to administer. A superbill receipt can be given to you for you to send to your insurance for reimbursement.

Why Come to RNMC for IV Therapy?

The typical B12 given intravenously is cyanocobalamin and it is inexpensive to make, but the body has to convert it to methylcobalamin. If your body doesn't have the ability to convert it to the methyl B12 form, then you might as well take water! A key reason to give B12 is to increase production of glutathione so your body can detoxify better. Also, people can become neurologically impaired without B12. A lack of B12 also fuels chronic inflammation. Homocysteine - a marker of inflammation - goes up with B12 deficiency. Although methyl B12 is more expensive, we feel it is definitely worth it.

Vitamin C is commonly derived from corn. Some people are extremely sensitive to corn and are unable to tolerate this form of vitamin C. We provide an alternative intravenous vitamin C made from the cassava plant, a bushy South American shrub with long tuberous roots. It is at least three times as expensive as the IV preparation derived from corn.

Many of our patients call us the day before they want an IV. Perhaps they feel the flu coming on and they want a vitamin C IV to flush out the

virus. We can almost always arrange for an IV on short notice.

The physicians at RNMC have had extensive training in the use and administration of IV Nutrient Therapy. Your physician will decide which, if any, of the protocols are right for you.

IVs are conducted in a comfortable room, in a nice reclining chair, and last 1-2 hours. During the time the IV is being administered, you can simply relax, take a nap, read, meditate...

Whats New at RNMC

Dr Kruzel will be attending the CNME's spring meeting in Denver May 3rd, 4th and 5th. The CNME is recognized by the Department of Education as the accrediting agency for all naturopathic medicine programs in the U.S. and Canada.

Dr Kruzel also will be in Portland, Oregon to teach a weekend seminar at the National College of Natural Medicine May 18th and 19th.

We recently received an order of tetanus vaccine for those that want to update their vaccination schedule. It is recommended that the tetanus vaccine be administered every 7 to 10 years.

What's New in the Literature

Beet This: More Evidence of BP-Lowering Effects Of Dietary Nitrate - In this study published online in April 2013 in the journal *Hypertension*, the authors, who have been studying the effects of nitrite (NO₃) and its conversion by microflora to the more biologically active nitrite (NO₂), looked at its effects on non-hypertensive as well as hypertensive patients to see if there were any effects on blood pressure. The authors used beet juice in the study group and water in the placebo group. They found that in patients who drank the beet juice, systolic blood pressure dropped by a mean of 11.2 mm Hg between three and six hours after consumption (vs 0.7 mm Hg in subjects who drank water). By 24 hours, clinic systolic BP remained significantly lower in the beet-juice group and roughly 7.2 mm Hg lower than baseline. Peak drop in diastolic BP also occurred within the first six hours, dropping by a mean of 9.6 mm Hg. Pulse-wave velocity also decreased in the beet-juice group, but not in the controls. The authors concluded: "Our observations . . . support the concept of dietary nitrate supplementation as an effective, but simple and inexpensive, antihypertensive strategy".

Comment: Some newsletters ago I commented on an article that was passed along by a colleague of ours, Dr Jacob Schor, that detailed the benefits of beet juice in senile dementia and Alzheimer's disease, increasing cognitive function as well as restoring blood flow to certain parts of the brain. Additionally, beet juice has been implicated in reversing erectile dysfunction due to the same mechanism outlined in this article. In this article the authors also went on to say that the benefits of beet juicing were much more potent in hypertensives than non-hypertensives which would allow for lower doses of antihypertensive medications in this group. So it seems to make sense that eating beets, but

especially including them in your juicing routine, is beneficial in a number of ways and can help to slow down the aging process.

FDA Safety Changes: Azithromycin Linked With Fatal Irregular Heart Rhythms - In this study published in the *New England Journal of Medicine* in May 2012 showed a small, increased risk for sudden cardiac death in patients treated with azithromycin for 5 days vs those treated with amoxicillin or those not treated with antibiotics. The FDA stated that patients at risk for this azithromycin-induced arrhythmia include those who already have a prolonged QT interval, low blood levels of potassium or magnesium, and an abnormally slow heart rate, or who take drugs to treat arrhythmias. Elderly patients and patients with cardiac disease also may be more susceptible to the arrhythmogenic effects of the antibiotic.

Comment: Azithromycin is a newer generation of antibiotic of the macrolide class that is often prescribed for infections. These, along with nonmacrolides such as fluoroquinolones, can cause abnormal changes in cardiac electrical activity that may prolong the QT interval and result a potentially fatal arrhythmia. Caution is also indicated when giving azithromycin to patients with impaired hepatic function or to those with a glomerular filtration rate of less than 10 mL/minute. Commonly prescribed as a Z-pack, the idea with this class of antibiotics is that they can be administered for a shorter period of time to have the same effect on the offending bacteria. Unfortunately many people have experienced adverse reactions to them such as inflammation of the mucous membranes, jaundice, gastritis, chest pains and palpitations, fatigue, vertigo, nephritis, elevated alkaline phosphatase, decreased platelets, and low white blood cell count among others. Other, less toxic alternatives are available including many herbal antibiotics.

Yogurt Consumption Shown to Affect Vaginal Yeast Infection - According to a study published in the *Annals of Internal Medicine*, 13 women who had chronic yeast infections ingested 8 ounces of yogurt with live acidophilus culture daily for 6 months. There was a 3-fold decrease in the number of vaginal infections compared to the control group. This was later verified by a study published in *Obstetrics & Gynecology*.

Comment: What is important here is that the yogurt was not administered intravaginally but rather was given orally. *Lactobacillus acidophilus* is an organism which naturally colonizes the vaginal tract but also the gastrointestinal tract as well. *Lactobacilli* produce hydrogen peroxide which is harmful to unwanted organisms such as *E-coli*, other coliform bacilli, yeast, chlamydia and trichomonas. It is also important that the yogurt contain an active culture rather than having been inactivated. Other studies since this appeared some years ago have reinforced this concept that women who consumed active culture yogurt and/or took probiotics on a regular basis had far fewer episodes of vaginal and urinary tract infections.

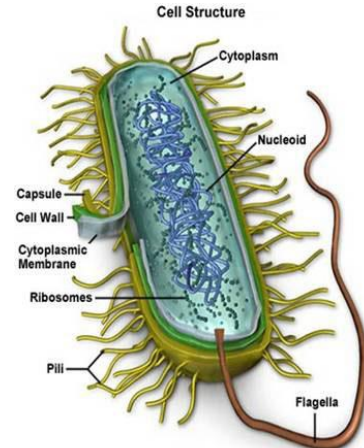
Probiotics: A Key to Gastrointestinal Health

As human beings, we live in a symbiotic (mutually beneficial) relationship with our gastrointestinal (GI) microflora. There are more microorganisms in our GI tract than cells in our own bodies, which does not include all of the organisms that inhabit the various regions on our skin. Bacteria were some of the first organisms to inhabit the earth and are thought to have developed into the mitochondria that create energy in our cells.

Our GI microflora are influenced by genetic makeup, age, maternal vaginal flora with childbirth, diet, our environment, how many antibiotics we have received and at what time in our lives we got them, and whether we are taking probiotics or not.

Probiotics are nutritional substances that contain normal GI flora and help to maintain the delicate microflora balance in our GI tracts. Our GI microflora influence a number of body responses such as immunity, digestion, metabolism, production of nutrients needed by the body, effect cholesterol and triglyceride levels, allergies to foods, development of the GI tract protective barrier, and normalization of bowel function. They modulate immunity by either balancing the humoral (killer cells) and cell mediated (antibody production) immunity, or enhancing one or the other.

Lactobacilli and Bifidobacter are made up of a number of different species that you will see listed on the probiotic. Each of these has their own innate properties, but share some with other lactobacilli species.



L acidophilus	cell mediated
L casei	cell mediate/ balancing
L plantarum	cell mediated/ balancing
L salavarius	humoral mediated
L rhamnosus	cell mediated/ balancing
L ruteri	cell mediated
L helveticus	balancing
B bifidum	cell mediated/balancing
B breve	humoral mediated/ balancing
B longum	humoral mediated/balancing
B lactus	cell mediated/balancing
L lactus	cell mediated

When choosing a probiotic we recommend that a balanced formula be used, one that has a variety of organisms in it rather than ones that have a single organism. We also recommend that when purchasing a probiotic that it be obtained from the cold case rather than from the shelf, as these generally have a greater viability. Once opened, they should be kept in the refrigerator. The amount of probiotics obtained from an active culture yogurt is generally lower than that from a supplemented form which is generally below therapeutic doses. Taking probiotics as well as consuming yogurt will not cause any difficulties unless there is an allergy to dairy products. Taking them on an on-going basis is always a good idea as microflora will change due to diet, traveling to a different part of

the country or abroad, or exposure to contaminated foods. If you have any questions regarding probiotic use, please do not hesitate to ask one of the clinic physicians.

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@gmail.com.

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