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# Rockwood Natural Medicine Clinic Newsletter

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## Greetings!

Welcome to RNMC's August 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

Canker Sores - Aphthous Ulcers - Thrush  
Thomas A. Kruzel, ND

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

Commonly referred to as canker sores, aphthous ulcers are painful ulcerations of the oral mucosa that may occur singly or in groups. The cause is not known but thought to be due to stress or allergies to foods such as walnuts, citrus or chocolate. Deficiencies of iron, vitamin B12 or folic acid must be considered, especially if there is a poor response to therapy. Some physicians have

noted a correlation with being too acidic because of over consumption of red meat and pork.

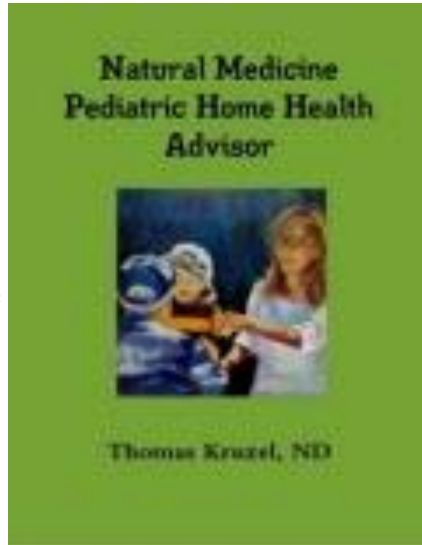
Ulcerations begin as a vesicle but quickly become shallow, ovoid erosions with a slightly raised border surrounded by a narrow, dark red zone. The ulceration usually is covered over by a whitish to yellow membrane within 5 to 7 days. With severe attacks there may be numerous ulcerations accompanied by fever, low energy and enlarged lymph nodes. Attacks may be recurrent in nature, occurring several times per year.

Generally aphthous ulcers are not considered a medical emergency but can become severe enough that it is difficult for the person to eat or drink. If lesions are preceded by a high fever, then other conditions such as erythema multiforme need to be considered.

Thrush is due to an infestation by the yeast *Candida* species and is considered an opportunistic infection. It is often seen following antibiotics that eliminate the normal oral flora allowing the yeast to proliferate, or is obtained from a contaminated source. The infestation is usually self-limiting but may last for longer periods of time in poorly nourished children.

#### **WHAT TO DO UNTIL THE DOCTOR IS SEEN**

1. Apply a topical demulcent such as licorice, or a mixture of myrrh and goldenseal. Do this after each meal and before bedtime.
2. Assess if the patient is able to eat and drink because of the pain.
3. Consume a diet high in alkalizing foods such as soups.



salads, fruits and vegetables. Liquids are more easily consumed than solids.

4. Sodium bicarbonate or Alka Seltzer should be taken 1 to 3 times per day.
5. Use the indicated homeopathic medicine 2 to 3 times per day.
6. If the lesions are accompanied by severe constitutional symptoms such as arthralgia, malaise, fever or skin lesions, consider a systemic disorder and consult with your physician.

The ***Natural Medicine Pediatric Home Health Advisor*** can be ordered by contacting the clinic at 480-767-7110 or following [this link](#).

### What are the Causes Fatigue and Brain Fog? By Meghna Thacker, NMD

How often have you heard of someone complaining of fatigue or how not having a good energy level? I hear this complaint in at least 8 out of 10 patients that I see in my practice, which makes this a very common complaint. Because this condition is so commonly encountered, I would like to address some of the common causes of fatigue and what can we do at our clinic to help with this.



**Sleep:** Are you having trouble falling asleep or staying asleep? Lack of adequate and restful sleep is a common cause of fatigue. Lack of sleep can make us hungry and we often crave carbohydrates due to the lack of hormones ghrelin and leptin that are made by the body during sleep. This in turn causes weight gain.

**Hormones:** If you are having symptoms of fatigue, weight gain, feeling cold all the time, salt or sweet cravings, or hair loss, it may be due to a hormone imbalance. I would recommend hormone testing for Thyroid, Adrenal and Ovarian function. These can be evaluated by a simple blood test or a specialized saliva test and based on the results and symptom pattern, an appropriate treatment protocol will be designed for your specific needs. This may include natural hormone replacement, nutritional and herbal supplements to enhance and restore the function of the affected glands.

**Nutrition:** We offer a specialized comprehensive nutrition testing that checks for the status of individual B-vitamins, Minerals, Antioxidants and Amino Acids. This way we can pinpoint which specific nutrients are

lacking in a particular patient and then offer individualized treatment plans. Patients also love the Energy Shots I offer at the clinic which is a mix of vitamins given intramuscularly. These are stored in the muscle tissue where they are utilized by the body at a slower more efficient rate.

**Heavy Metal Testing:** In this day and age it is almost impossible to not be affected by external environmental factors. All of us tend to accumulate this toxic burden in our bodies from our food, water and surroundings. It can be more elevated in some than others when it can become a problem and cause symptoms of fatigue and brain fog. Your Heavy Metal Toxic Load can be tested with a urine test and based on the results the patient is started on a Chelation protocol to remove them.

**Exercise:** Lack of exercise has enormous effect on our energy level as it does not maintain adequate ATP stores. As we exercise, the mitochondria in our cells produce ATP or energy. A combination of aerobic and anaerobic exercises for about 40 minutes a day is recommended.

**Diet and Lifestyle:** We are what we eat! I can't stress enough the value of making healthy dietary choices. Too much sugar or carbohydrates causes a rise in blood sugar levels that increases your insulin level and converts all that sugar into fat which is stored in the body and causes weight gain. Eating small frequent meals every few hours with some source of protein at each meal can help maintain healthy blood sugar and energy levels. It prevents energy crashes that happen after eating those high carbohydrate meals.

**Infection:** A common cause of fatigue is underlying yeast infection. A patient can be tested via a stool test if yeast is suspected and then put on a special diet and herbal protocol to get rid of the problem.

## Whats New at RNMC

**Dr Katie Stage is now offering a new weight loss program called Transformations. The transformations program can be used to facilitate weight loss, reverse pre-diabetes, and even to help wean people off of some medications.**

**It is a 5 week program which includes dietary counseling, ultra-lite nutritional packets, and the WICO program, which helps address other health factors which may be contributing to weight gain.**

**For more information please visit <http://www.corporatewellness.us> or call the office at 480-767-7119.**

**Dr Kruzel was recently appointed to the [Naturopathic Academy of Primary Care Physician's](#) (NAPCP) board of directors. The NAPCP was founded to promote the practice of primary care medicine by naturopathic physicians.**

**Two recent articles written by Dr Kruzel that appeared in a**

medical publication are now available to view at the web site. They are [Pulmonary Disease in the Elderly](#) and [Evaluation of Gait Disorders in the Elderly](#).

## Whats New in the Literature

**Online Tests for Alzheimer's 'Invalid, Potentially Harmful'** - According to this article in Medscape Medical News, most online tests for Alzheimer's disease (AD) fail on measures of scientific validity, reliability, and ethical factors, according to researchers who evaluated 16 of these freely accessible online tests for dementia. According to Julie Robillard, PhD, postdoctoral fellow at the National Core for Neuroethics at the University of British Columbia in Vancouver, Canada, "these tests are not valid and potentially harmful. Some tests were clearly designed to convince you that you had Alzheimer's disease". The tests, evaluated by a panel of geriatricians, human-computer interaction specialists, neuropsychologists, and neuroethicists, were found to be fraught with ethical issues, including commercial conflict of interest, confidentiality, and consent. They conclude; "These tests are often on sites that clearly are selling something".

**Comment:** The diagnosis of Alzheimer's disease (AD) is only made at autopsy and previously was distinguished from Senile Dementia (SD). While no one knows for sure what are the "causes" of these conditions, there has been a growing concern and fear among aging Americans that they will develop the disease. Because of internet access, a number of "self evaluation scales" can be found and only seem to be adding to the anxiety and fear that surrounds the potential development of AD. The ONLY way to determine if one is developing AD or SD is to be evaluated by your physician. Taking an on-line exam will NOT provide enough information to make a determination. Additional information is needed in the form of MRI's, EEG's, blood tests and psychological evaluations that can be run by your physician. Please see the following article review and comment.

**Prevalence of Dementia May Be Falling** - In a recent study published July 16 in The Lancet, the prevalence of senile dementia (SD) may be decreasing. The study compared estimated dementia rates across 3 geographic areas in the United Kingdom (UK) in 12 groups 20 years apart showed that the actual prevalence of dementia was 24% lower than expected in the later group. Although the study didn't look at the causes of the decline in dementia, the author speculated that it reflects the benefits of primary prevention such as managing hypertension, smoking cessation, better diet, and other lifestyle changes, that have also resulted in a dramatic drop in mortality from stroke and heart disease. Higher education levels, too, may have provided a protective effect. The results were found to be significant only in the community population and did not apply to those in rest home facilities.

**Comment:** This is yet another study that suggests the benefits of a healthy life style, including diet nutrition and exercise, cessation of disease promoting behaviors such as smoking, and continuing to be active in ones community and cohort group. What is interesting here is that the study was conducted in England, a country that historically has not promoted a healthy lifestyle compared to the US. If these changes are initiated at any age, the chances of developing AD and SD decrease dramatically but especially if started in ones

40's. I have been attending meetings of the Arizona Department of Public Health's Task force on Healthy Aging in Arizona where these topics are discussed as we develop plans to initiate changes in government and public health policy to help the aging population.

**Eating Walnuts Extends Longevity** - A review of this article was passed along by our colleague Jacob Schor, ND, FABNO who questions, as do many of us, why physicians still counsel patients against eating too many nuts because they may be fattening and bad for your heart. In this study a group of about 7, 000 older people, all at high risk for heart disease, who consumed walnuts, showed a significantly reduced risk of all-cause mortality when compared to non-consumers. Those in the study consuming walnuts greater than 3 servings/week had a 39% lower mortality risk, which was statistically significant. A similar protective effect against cardiovascular and cancer mortality was observed in those also consuming greater than 3 servings/week at baseline.

**Comment:** I know that we have written about this before but it bears repeating, especially with all of the new research coming out that supports this particular study. Eating nuts extends longevity, lowers ones risk of heart disease as well as diabetes. We recommend that our patients consume raw nuts and seeds in order to obtain the enzymes to help the body clear the fats associated with them as well as digest the lectins present. Lectins from nuts can contribute to some GI distress for certain blood types if consumed in high amounts. Nuts are low in saturated fats and contain fiber, copper, calcium, magnesium and sterols, all of which have beneficial effects on lipid levels. A number of studies have shown nut consumption to lower serum total and LDL cholesterol levels while increasing somewhat HDL levels. In particular, walnuts, almonds, pistachios, pecans, hazelnuts and macadamia nuts have been shown in studies to be beneficial in lowering lipid levels as well as ones cardiovascular risk.

### **Back to School**

It's that time again when parents breathe a sigh of relief and teachers just sigh. Yes, it is time to head back to school which means shopping for school clothes and supplies. It is also a good time to have a back to school physical. RNMC is offering a **screening physical examination** which includes a routine urinalysis and a review of vaccination records. Cost is \$65.00.

Vaccinations for school may be done using homeopathic nosodes. For more information on homeopathic [immunizations](#) and to view the [schedule](#), click on these links.

### **Questions, Questions; Do We Get Questions**

[Sometimes during the heat I feel dizzy, why is this and how can I prevent it?](#)

[A friend of mine recently had a test for heavy metals and says that I should get one as well because they are so prevalent in the environment. How much of a problem is this and what is involved with the test?](#)

**If you have a question that you would like answered in our**



**newsletter, you can submit it to the clinic physicians at [rnmc9755@gmail.com](mailto:rnmc9755@gmail.com).**

## August is Psoriasis Awareness Month

Psoriasis is a condition that affects anywhere from 2% to 4% of the population with whites being affected most often. Psoriasis is an immune-mediated inflammatory disorder of the skin resulting in a hyper proliferation of keratinocytes. This leads to the appearance of sharply demarcated erythematous papules and plaques with silvery scales. These lesions are often extremely itchy and most often found on the scalp, elbows, and knees. Although these are typical sites, lesions can be found anywhere on the body and may cover large areas.



There are 4 main types of Psoriasis; Plaque psoriasis, Guttate psoriasis, Erythrodermic psoriasis, and Pustular psoriasis. Arthritis accompanies psoriasis in about 5% of the cases and often is seen in advance of the skin eruptions. Precipitating factors are largely unknown but there is a genetic predisposition to developing psoriasis as there is a 35% chance of developing the condition if there is a previous family history.

There are a variety of natural treatments for this condition which include, dietary changes, homeopathic medicine, ultra violet light therapy, specific nutraceuticals, and a specifically compounded healing salve.

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

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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

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