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# 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

## 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.

## CYMATICS, FREQUENCIES AND VIBRATIONS

### Sound Made Visible or Seeing Sound

By Kathleen O'Toole

The history of Cymatics can be traced back at least 1000 years to African tribes who used the taut skin of drums sprinkled with grains to divine the future. Cymatics is a term coined by Hans Jenny in his 1967 book by the same name. His book is partially based on Ernst Chladni's work who replicated the earlier writings on sounds and vibrations of Robert Hooke. **Robert Hooke** (1635-1703), was an English scientist at Oxford University in 1680 who devised a simple apparatus made up of a glass plate covered with flour that he vibrated with a violin bow. The vibration caused patterns in the flour.

**Ernst Chladni** (1756-1827) was a German Musician and Scientist, sometimes known as the father of acoustics. He replicated Hooke's work by using sand on a brass plate strummed by a violin bow to create geometric patterns.

**Hans Jenny** (1904-1972) was a Swiss medical doctor and scientist who studied visual sound and invented a device known as the Tonoscope. In 1967, Jenny published the first volume of Cymatics: The Study of Wave Phenomena. This book was a written and photographic documentation of the effects of sound vibrations on fluids, powders, and

liquid paste. He also experimented with plates and sand using piezo crystals and was able to generate a wide range of audible frequencies, resulting in complex sand patterns. The sand now produces complex symmetrical forms, known as Chladni patterns named after Ernst Chladni who discovered this phenomenon in 1787. Low tones result in rather simple and clear pictures, while higher tones form more complex structures. He concluded, "This is not an unregulated chaos; it is a dynamic but ordered pattern." These are now known as Standing Wave Patterns.

There have been many who have experimented with sound patterns and had a sense sound can have structure and promote healing. Particular harmonic sounds produce specified patterns, showing the harmonic structure of sound. In 2002 a new scientific instrument that makes sound visible was developed. Termed the Cymascope, it shows the harmonic structure of sound and was invented by John Stuart Reid and Erik Larson.

Frequencies and tones are measured in Hertz (Hz). Everything in the world functions at an optimal frequency and has its own sound and tone. Conversely every single person has their own Particular Harmonic, a range of vibrations particular to each living being. Living beings will respond to people, ideas and even medicines that vibrate within their personal range. When vibrations are not resonating with our personal harmonics, disease can be present. Certain low frequencies, whether emotional or physical, attach to sickness, whereas higher frequencies will repair and restore. For example: Artificial electromagnetic fields upset the natural vibration of human beings and all living things.

Walking in nature or hearing music or natural sounds can re-align ones natural balance, not only within by also without. Classical music has such an effect. It will calm the heart and sooth the entire body. This is according to Jonathan Goldman, a respected sound therapist. It is the heart that benefits and also all organs, cells and the brain. It is the sound wave frequencies and vibrations that set a natural rhythm in the body, boosting the immune system and influencing a person's emotional well being. Exploring the healing qualities of sound is fun and brings back the natural order of our body's rhythms.

## Whats New at RNMC

**Dr Katie Stage did a radio interview on women's health. You can listen to the recorded interview by visiting this link.**

**<http://www.blogtalkradio.com/dr-jeanette-gallagher/2013/10/09/naturopathic-medicine-in-womens-health-with-dr-katie-stage>**

**In November, Dr Stage will be moderating a panel and presenting a case on chronic pelvic pain at the American Herbalists Guild (AHG) Symposium in Bend, Oregon. Learn more about the conference by visiting <http://www.americanherbalistsguild.com>.**

## What's New in the Literature

**Over-the-Counter Medicines, A Cold or Flu's Best Friend** - This double blind study in the *J. of Infectious Diseases* (1990: 162-177) showed that over-the-

counter medicines that contain aspirin, acetaminophen and ibuprofen actually support the growth environment for microorganisms. Colds & Flu symptoms lasted longer when compared to no treatment and there was no difference in the number of viruses shed during the illness.

**Comment:** I ran across this review I did in 1992 while going through the archives and thought about what has transpired since this was written. There have been an increasing number of articles that support this early article's observation that these compounds, when used in excess, cause a prolongation of the disease, and in some cases, a worsening of symptoms. Further, repeated use of them can lead to kidney disease and continued joint degeneration. In 1992 we wrote: "This has also been an observation of many physicians that the illness lasts longer if you stop the normal healing mechanism. It is also our contention that continued suppression leads to a weakened immune system so we are glad that someone has finally done a study which supports this observation."

**Erectile Dysfunction Linked With Increased Risk of CV Events** - In a review article in *Circulation: Cardiovascular Quality and Outcomes*. [January 8, 2013] combining data on more than 90, 000 patients the link between erectile dysfunction (ED) and increased cardiovascular events and death was reinforced. Researchers reported that patients with ED had a significant 44% increased risk of cardiovascular events and a significant 25% increased risk of all-cause mortality when compared with individuals without ED. ED was also associated with a significant 62% increased risk of MI and a 39% increased risk of cerebrovascular events. The relative risk of cardiovascular events was highest in younger patients and patients with ED with intermediate baseline cardiovascular risk compared with individuals at high or low cardiovascular risk without ED. The authors state; "Our analysis showed that the risk conferred by ED on events is of a magnitude similar to that of the risk conferred on events by established risk predictors such as hypertension and dyslipidemia commonly encountered in clinical practice."

**Comment:** If we believed to advertisements on TV, most American men suffer from ED because we all have low T (testosterone). There are generally 6 main causes of erectile dysfunction that have to be considered. The first is organic disease such as diabetes, hyperlipidemia or hypertension. The second is due to prescription medications, the third results from stress, the fourth from smoking, prior surgeries, Peyronie's disease or the use of recreational drugs, the fifth is due to lack of interest and lastly is low androgen levels such as testosterone. In this article the authors clearly define ED as a major player in the development of cardiovascular events and increased mortality, independent of diseases such as coronary artery disease, diabetes, chronic kidney disease and hypertension. They also note that men with ED who are taking medications to treat the condition, fared better than those who did not. It will be interesting to see how this debate turns out as prior to this article, the factors that lead to ED were also the same factors that caused increased morbidity and mortality in other areas such as those previously mentioned.

**Outcomes With "Watchful Waiting" in Prostate Cancer in US Now So Good, Active Treatment May Not Be Better** - This article in *Medscape Oncology* discusses the recent findings that the over all 10 year survival rate in men with CAP who did nothing was 94%, a result that astounded researchers. The study followed 14,516 men diagnosed between 1992 and 2002 for a median of 8.3 years. Their conclusions were that the survival rate with conservative

management was so high that there may no longer be any benefit of active treatment.

**Comment:** This is one of a number of studies that have drawn the same conclusions, that active treatment whether surgery, radiation or hormonal manipulation does little to extend the life span of men with diagnosed CAP. In fact, a number studies suggest that interventionist treatments such as those mentioned were in fact detrimental. It has been our experience here that men with CAP will do better if they utilize natural therapies or adopt a "watchful waiting" stance, both of which have few if any side effects.

## Food of the Month - Mushrooms

Fungi are an often under appreciated phylum playing a significant role as recyclers and symbionts in nature. Associated with plant roots, they manufacture and distribute essential nutrients for other plants to utilize while transforming inhospitable environments into hospitable ones for the plants to grow. There are many different species of fungi, some edible like these below, some that cause disease in humans, some poisonous, some hallucinogenic in nature, and some that transform raw food materials into edible and digestible foods such as cheese, bread, and alcoholic beverages. All in all they are an important part of our environment and of considerable use in medicine.



### **Mushrooms, Maitake, raw**

In 1 oz they are very low in Saturated Fat, Cholesterol and Sodium. They are also a good source of Folate [20.3 mcg], Niacin [4.6 mg], Phosphorus [20.7 mg], Potassium [57.1 mg], Iron [0.1 mg] and Zinc [0.2mg], and a very good source of Dietary Fiber [0.8 g], Riboflavin [0.1 mg], and Copper [0.1mg]. While they have a low glycemic index, they have a somewhat mildly inflammatory index.

### **Mushroom, Oyster, raw**

In 1 oz they are low in Sodium, and very low in Saturated Fat and Cholesterol. They are also a good source of Protein, Vitamin A [13.4 IU], Folate [7.6 mcg], Iron [0.1 mg], Magnesium [5.0 mg], and a very good source of Dietary Fiber, Niacin [1.4 mg], Pantothenic Acid [0.4 mg], Phosphorus [33.6 mg], Potassium [118 mg], Selenium [0.7 mcg], Zinc [0.2mg] and Copper [0.1 mg]. They are also a good source of Choline [13.6 mg] and Betaine [3.4 mg] needed for neurotransmitter synthesis and a source of methyl donors for energy production. They also have a low glycemic index but possess a mildly inflammatory index.

### **Mushrooms, Portabella, raw**

In 1 oz they are low in Sodium, and very low in Saturated Fat and Cholesterol. They are also a good source of Iron [0.2 mg], Magnesium

[3.1 mg], and a very good source of Dietary Fiber, Riboflavin [0.1 mg], Niacin [1.3 mg], Folate [6.2 mcg], Pantothenic Acid [0.4 mg], Phosphorus [36.4 mg], Sodium [1.7 mg], Potassium [136 mg], Copper [0.1 mg], Zinc [0.2 mg], and Selenium [3.1 mcg]. They also have a low glycemic index but possess a mildly inflammatory index.

#### **Mushrooms, White, raw**

In 1 oz they are low in Saturated Fat and very low in Cholesterol. They are also a good source of Dietary Fiber, Protein, Vitamin C [0.6 mg], Folate [4.5 mcg], Iron [0.1 mg], and Magnesium [2.5 mg], and a very good source of Vitamin D [5.0 IU], Riboflavin [0.1 mg], Niacin [0.1 mg], Pantothenic Acid [0.4 mg], Phosphorus [24.1 mg], Sodium [1.4 mg], Potassium [89.0 mg], Copper [0.1 mg], Zinc [0.1 mg], and Selenium [2.6 mcg]. As with the others, they have a low glycemic index but possess a mildly inflammatory index.

Read More <http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2482/2#ixzz2hjQ5RBa9>

## **A Drop of Chamomilla Works Like Magic!**

**By Meghna Thacker, NMD**

Have you ever had an experience of a fussy teething baby that cries all the time for your attention, wants to be carried in your arms 24/7 and won't stay calm till you keep rocking him? I have had this experience recently with my 9 month old baby and it is



not easy! I do feel really bad for him, that the poor little guy is in pain and nothing is soothing him. I tried frozen teething rings and oragel but nothing worked. As a working mom it is very difficult for me to keep staying up at nights with my poor baby and act all fresh the next day when I have to see patients. Other symptoms besides all the crying and irritability included, low grade fever, green diarrhea and sleeplessness. One of the nights I was holding this irritable sleepless baby until I thought about Chamomilla. I remembered that I had a tincture of this homeopathic remedy in the 200c potency in my medicine cabinet. I gave him a drop of this remedy, and within a minute after that this baby who had been cranky and fussy all day long was fast asleep. It really worked like magic! So far, I have had to use it 3 times and all 3 times it worked as well for him. I am a Homeopathic Doctor by training before I became a Naturopath and understand how these medicines work, especially when you pick the right one at the right time. I have experienced some amazing results with patients when nothing else has helped them and yet every time I am as excited to see them get better and wish that I can help more and more people with the power of this medicine. It is rightly

said that Homeopathy is an art and science and you need a practitioner that can understand both aspects of this truly amazing medicine. Homeopathic medicines are useful for just about every medical condition, not just teething, and are a mainstay of practice here at the clinic.

Feel free to contact us at RNMC with any questions or you can directly email me at [info@mycmd.com](mailto:info@mycmd.com)

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](tel:(480)767-7119) or e-mail them at [RNMC9755@gmail.com](mailto:RNMC9755@gmail.com).

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