

Rockwood Natural Medicine Clinic Newsletter

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Greetings!

Welcome to RNMC's September 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

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Top of the Class By Shawna Eischens N D

[This article](#) by Dr Shawna Eischens provides some helpful tips for getting enough sleep and healthful eating in order to get back into the swing of school and life in general.



September is Healthy Aging Month

Exercise: Try to get at least 30 minutes of exercise every day. Choose an exercise you like and stick with it. Use the buddy system or have a friend meet you. It's harder to say no when you exercise with a friend. Regular exercise is even more important for seniors than other age groups as the risk of disease and lost mobility becomes greater as we

age and the positive effects are realized more quickly. Exercises such as bicycling, water aerobics, Tai Chi, yoga, golf or any number of them performed on a regular basis, will provide a positive benefit.

Nutritional: Make sure you are eating regular meals and getting at least 3 to 4 servings of fresh fruits and vegetables every day. A good combination of high proteins and vegetables, low carbohydrate and lower fats will go a long way toward losing excess weight and keeping it off. Adding some digestive enzymes with meals will help you to assimilate the nutrients better.

Mind/Body: Exercise your mind by reading, learning a new skill, or researching something that interests you. Find a hobby or learn how to play a musical instrument. Volunteer to read to small children at the library. If you are having problems with depression, a new activity that engages your mental processes and allows interaction with others works better than anti-depressants.

Social: Donate time locally through volunteer groups, religious organizations, civic groups or whatever organization you identify with. Even a few hours a week can be therapeutic and the benefit to others may be immeasurable. It is easy to stay in close contact with friends and family because of e-mail, text messaging, phone calling or the old fashioned letter writing.



Whats New in the Literature

Many Meds Taken by Seniors Can Raise Risk of Falls - This article in the *European Journal of Public Health* July 2014 looked at the types of prescription medications that are associated with instability and falling in elderly patients. In a study of 64,000 Swedes over age 65, painkillers and antidepressants were most strongly tied to a greater likelihood of being injured in a fall. Women taking antidepressants were 75% more likely to have a fall injury. The authors noted that "medications that affect the central nervous system; hypnotics, sedatives, analgesics and antidepressants, were of particular concern." Drugs for ulcers and GERD, calcium, vitamin B12 and some non-opioid painkillers were also linked to a 15% to 75% greater risk of fall injuries. Estrogens and certain heart medications were not linked to fall injuries. The authors noted that their study did not make a direct cause and effect relationship between the

drugs and falling but that when taken over long periods and in conjunction with other medications, were felt to play a role.

Comment: Having spoken on just this subject several times within the past year, I can say that the relationship between poly-pharmacy and instability and falls in the elderly population is a very real and concerning problem not only for physicians, but the U.S. Department of Health & Human Services as well. This particular article took great pains to discuss all of the possible variables that could contribute to falling other than prescription drugs. The fact is that there are many other articles being published now that address this problem and make a direct correlation. The 2 main causes of morbidity and mortality in the elderly are instability and falls and poly-pharmacy! That poly-pharmacy contributes to instability and falls has been known about for a long time, and, the more drugs you are on the greater the likelihood of this occurring.

Children Face the Highest Health Risk From Cell Phones - This article in the *July 2014 Journal of Microscopy and Ultrastructure*, the authors reviewed the current literature showing that children face a higher health risk than adults from microwave radiation (MWR). They evaluated peer-reviewed cell phone exposure epidemiology from 2009 to 2014, along with cell phone dosimetry data, government documents, manufacturers' manuals, and similar publications. They found that children and unborn babies face the highest risk for neurologic and biologic damage that results from MWR emitted by wireless devices, and that the rate of absorption is higher in children than adults because their brain tissues are more absorbent, their skulls are thinner, and their relative size is smaller. The fetus is particularly vulnerable because MWR exposure can result in degeneration of the protective myelin sheath that surrounds brain neurons. In their review they found that multiple studies have shown that children absorb more MWR than adults. One found that that the brain tissue of children absorbed about 2 times more MWR than that of adults and other studies have reported that the bone marrow of children absorbs 10 times more MWR than that of adults.

The authors go on to write that initially it was thought that the only effects from these devices was heat related but that new data suggest that non-thermal biologic effects from chronic (long-term) exposure contributes to neurologic as well as biologic disease. They also go on to comment that "although government warnings have been issued worldwide, most of the public is unaware of such warnings".

The article also addresses a problem known as "digital dementia" that has been reported in school-aged children. The term was coined by German neuroscientist Manfred Spitzer in his 2012 book of the same name, and is used to describe how the overuse of digital technology is leading to a breakdown in cognitive abilities. It is sometimes also referred to as FOMO - fear of missing out - which is considered a form of social anxiety and is a compulsive concern about missing an opportunity for social interaction.

The authors provide some common sense guidelines in the article which I am paraphrasing here.

The first is that "distance is your friend." The intensity of radiation decreases as the square of the distance from the source increases (the inverse-square law). Holding a cell phone 15 cm from your ear "provides a 10,000-fold reduction in risk." Unless a cell phone is turned off, it is always radiating. When not in use, it should not be kept on the body. The best place for a cell phone is somewhere like a purse, bag, or backpack.

Devices should be kept away from a pregnant woman's abdomen, and a mother should not use a cell phone while nursing due to radiation exposure to the baby and breast tissue. Baby monitors should not be placed in an infant's crib as well.

Cell phones should not be allowed in a child's bedroom at night. "The Pew Research

Center has reported that 75% of preteens and early teens sleep all night with their cell phone under their pillow."

Because the risk is cumulative, and more radiation is absorbed with more hours of use, children should be taught to minimize their wireless phone use. Landlines, Skype, and computer phone services (when connected to the Internet with a cable) do not emit radiation and their use should be encouraged.

Wi-Fi routers in the home should be placed away from where people, particularly children, spend the most time. They recommend that boys not keep a cell phone in their front pants pockets as there is a potential harm to sperm. Girls should not place their cell phone in their bras as the risk for breast cancer increases.

Comment: This is a bit longer than what we normally provide but I felt that the message of this article should not be lost; that MWR exposure is a very real problem that as of yet has largely been ignored. In the article they talk about how "Belgium, France, India, and other technologically sophisticated governments are passing laws and/or issuing warnings about children's use of wireless devices," and that manufacturers of these devices are aware of the potential dangers and many have specified safe distances for their use. While we have become increasingly dependent upon cell phones, smart phones, computers and video games, we really need to begin to look at ways to make them safer so that years from now we are not having to deal with diseases generated by their use.

Dr Thacker Recommends

Do you like to use cool Apps? If you want to eat a bit better try this one: FOODUCATE. It does a number of things, some of which are:

1. Lets you scan products off the shelf while you are at the grocery store and lists better alternatives.
2. It gives explanations as to why one product is better than a different one.
3. Encourages use of organic and Non GMO products.

Video:

Dr. Thacker is a mom of 2 little boys and loves to help children using Natural Medicine. View her 2 minute video to see how she can help.

<https://www.youtube.com/watch?v=imz4cSGjjEA&list=UU5f7XGLjyQPepNRDG0u57VA>

<<https://www.youtube.com/watch?v=imz4cSGjjEA&list=UU5f7XGLjyQPepNRDG0u57VA>>

Just A reminder That the Flu Season is Just Around the Corner

Now that school has begun, the chances of exposure to the influenza virus increases. This is particularly true when there s a change in the weather as well.

In preparation for the possibility of a more severe than 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 **Oscillococcinum** @ 1/3rd of a tube every 8 hours for 3 doses. Oscillococcinum can be obtained at just about any health food store, Whole Foods or Sprouts, and even at some pharmacies.
3. Begin taking extra Vitamin C at the start of the flu season, about 2-3000 mg per day. This helps to keep the Flu virus away.
4. 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.
5. **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.
6. 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.



For more information about the flu, [follow this link](#). If you have any questions regarding cold or flu prevention, please do not hesitate to contact the clinic at 480-767-7119.

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.

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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.

**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
10%**

Please present this coupon at your next visit for a 10% 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: September 31, 2014