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Riordan Clinic

Health Hunters Newsletter

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Inside This Issue

How Your Gut Affects Your Immune System...And Makes You Sick

by Dr. Anne Zauderer

Ever wonder what really happens to food after you eat it? It's kind of a mystery how our body turns a delicious hamburger into, well, something not-so-delicious. Our food is our fuel. If our engines cannot properly burn that fuel, not only is it wasted, but even worse, it can also turn into something that is toxic to our body.

So what exactly is digestion?

Digestion, as defined by Merriam-Webster, is "the process by which food is changed to a simpler form after it is eaten." Every step of digestion breaks our food down into smaller and smaller parts until it eventually gets to a form that the body recognizes and can use. So digestion actually begins in your mouth. Properly chewing your food begins the mechanical process of breaking the bonds that hold the proteins and complex carbohydrates together. Enzymes in your saliva catalyze the further breakdown of carbohydrates. The churning of the stomach and release of hydrochloric acid further breaks down the bonds that hold our food together so that by the time it (now called chyme) gets to your duodenum, it is ready to be picked apart so the body can conserve valuable nutrients and eliminate waste.

Improper digestion can appear as a myriad of symptoms including, but not limited to:

1. **Bloating**
2. **Gas**
3. **Abnormal bowel movements**
4. **Systemic inflammation**
5. **Food sensitivities**
6. **Chronic joint pain**
7. **Eczema**
8. **Muscle aches**
9. **Chronic fatigue**
10. **Headaches**

This whole process is highly coordinated and each step in the digestive process prepares the body for the next step. A few examples are:

1. The taste of bitter on the tongue stimulates the release of a hormone in the stomach called gastrin. Gastrin stimulates the release of acid in the stomach and prepares it for digestion of protein. (It is theorized that this reflex evolved as a self-protective mechanism because bitter foods in the wild tended to have a higher likelihood of being poisonous. It was advantageous to have the stomach acid to mitigate a poisonous effect.)

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Contact the Editor

Please send any comments or suggestions to newseditor@riordanclinic.org.

Thank you for reading,

Megan Neathery
Editor

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Health Hunters Newsletter

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2. The taste of sweets on the tongue provides sensory information that stimulates the pancreas to release insulin before blood glucose levels begin to rise. This helps prepare the body and keep blood sugar more stable.

3. Stretch receptors in the stomach, when stimulated, cause an increase in motility of the colon. Termed the "gastrocolic reflex," this reflex encourages the emptying of the colon in preparation for the food in the stomach. (Every new parent inadvertently knows about this reflex. Just think about the sheer number of diaper blow-outs that occurred right after your baby was done eating!)

Gastronomical Hazards

We need food and water to survive. However, think about the risk we take every time we put something into our mouth. We are permitting something from the outside world to enter our body. Some of our sensory cues keep us from eating foods that could be harmful to us. Bad smelling, rotten food never seems appetizing. Oddly colored foods, like the indigo and blue family, do not exist much in nature (besides berries … which we have learned to be cautious of in the wild!). Dr. Seuss said it best, "I do not like green eggs and ham. I do not like them, Sam-I-Am." There's a lot of truth in this statement…eggs and ham are not supposed to be green!

Our body's first line of defense is the cells that line our digestive tract. These cells, called epithelial cells, provide a strong barrier against anything crossing into the bloodstream that our body doesn't want there. Proteins cement these cells together; this is like building an impenetrable wall.

Our immune system makes up another one of our body's defenses against outside invaders. It's like an army that stands guard, ready to attack at the first sign of a foreign invader. With the thousands of viruses and bacteria we are exposed to in our world, we would not last a day without our immune system. Because of this risk, approximately 80% of our immune system surrounds the gut. It just makes sense to put the greatest number of guards around one of the most vulnerable areas in the body.

Where Our Gut Goes Wrong…

In a perfect world, our digestion would roll along and we would have no problems breaking down food and extracting the nutrients we need. Unfortunately, we don't live in a perfect world. We live in a world riddled with pro-inflammatory foods (like sugar, wheat, and GMO grains) that are laced with preservatives and chemicals that all work collectively to tear up our digestive system.

Over time, these foods and chemicals chip away at our epithelial barrier and the proteins that hold those cells together. This leads to intestinal permeability, otherwise known as "leaky gut." The result is that large compounds of undigested proteins penetrate our protective barrier and are not recognized by our immune system. So the underlying immune system in the gut attacks and flags these proteins as "invaders." This begins a vicious cycle of intestinal inflammation and permeability.

How Your Gut Affects Your Immune System...And Makes You Sick continues on page 3...

Registration Open

4TH Riordan IVC & Cancer Symposium

Addressing the Metabolic Roots of Cancer

October 3 – 4, 2014

Two days of lectures, conversations, and camaraderie with other medical professionals who use high-dose vitamin C in their practices.

This symposium is an excellent opportunity for IVC practitioners to become more involved with IVC Therapy, adjunct therapies and expound new approaches to treating cancer.

NEW to the SYMPOSIUM

Riordan IVC Academy

Thursday, October 2

The Riordan IVC Protocol for Cancer is well recognized in the integrative and orthomolecular medicine community and is commonly used as an effective adjunct to conventional oncologic therapy. We've added a one day pre-symposium certification course in the safe administration of IVC according to the Riordan IVC Protocol. Spend the day with Riordan Clinic doctors, staff and our guests, Dr. Virginia Osborne and Dr. Tom Levy, learning all the ins and outs of IVCs, including how to successfully start IVs in your office, mix and administer to patients, the potential legal issues surrounding IVC prescriptions, and more.

Symposium (October 3 & 4, 2014) $595

IVC Academy (October 2, 2014) $250

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Unfortunately, the story doesn't end there. Once our epithelial barrier has been penetrated and an inflammatory cycle has begun, our gut immune system gets up-regulated and it can cause an explosion of intestinal inflammatory cytokines to be released into circulation. These inflammatory cytokines have been known to activate immune cells in the brain, joints, blood vessels, heart, and many other tissues. (This is the connection between eating certain foods and exacerbation of symptoms such as joint pain, headaches, brain fog, fatigue, etc.) However, one of the most sinister plot twists in this story is the fact that the dysregulation of our gut immune system over time can lead to an overactive immune response and eventually the body cannot recognize self from not-self and autoimmunity develops.

Sources of Leaky Gut:

1. **Diet:** gluten (wheat), casein (dairy), excess alcohol, excess sugar
2. **Stress:** increased cortisol
3. **Infections:** yeast (Candida), bacterial overgrowth, viral infection, parasite infection
4. **Medications:** antibiotics, acid blockers, corticosteroids
5. **Hormones:** decreased thyroid, decreased progesterone, decrease testosterone
6. **Preservatives:** MSG, food dyes, BHA/BHT
7. **Nutrient Deficiencies**

Self or Not Self?...Autoimmunity

As mentioned above, the immune system plays a critical role in defending our body against outside invaders. It is an incredibly complex system. New research is constantly revealing insights into how it functions. This is necessary because autoimmunity is a growing epidemic in our world today. As explained above, the gut plays a significant role in the development and management of autoimmune conditions.

Many diseases have an autoimmune component including: rheumatoid arthritis, celiac disease, type 1 diabetes, lupus, Hashimoto's thyroiditis, Graves' disease, and many more. It is the immune system's inability to recognize what is part of the body and what is not. The immune system ends up attacking the body's own tissue.

One quality of our immune system that makes it so effective is its ability to adapt to the outside environment. When exposed to new pathogens, the immune system has two major responses: the T-helper 1 (TH1) response and the T-helper 2 (TH2) response. These responses each activate different cells to fight pathogens in different ways. TH1 cells release macrophages, which are Pac Man-like cells that gobble up pathogens, isolate and then destroy them. TH2 cells mainly defend against extracellular pathogens. They stimulate the production of antibodies such as IgE and IgG that bind to mast cells, basophils, and eosinophils. This helps stimulate the body to rid itself of the microbe through coughing, sneezing, or diarrhea. Typically, in autoimmunity the balance of this system is thrown off and the body shifts to a TH1 or TH2 dominant state. To provide a check-and-balance in the body, we also have T-helper 3 (TH3) cells, otherwise known as regulatory cells.

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Patient Profile

By Pam Olberding

It can be really hard to avoid unhealthy foods. In Wichita, we are not only the IVC Capital and the Air Capital, but also the Fast Food Capital of the world. On top of that, if you watch any TV you will be inundated with commercials that include lots of decadent foods that are very unhealthy. At Riordan Clinic we have had great success with the HCG Weight Loss Program that is done with the supervision of Dr. Kaumeyer.

This profile is a review of a school teacher and coach who came to us with conditions of rheumatoid arthritis and thyroid issues. These conditions were so bad that she suffered from a goiter, nodules, fatigue, dry skin, headaches and pulmonary embolisms. Her blood sugar was out of control and she was placed on medication for diabetes as well as several other medications for high blood pressure and pain. She arrived in April ready to get things back on track. Her starting weight was just over 323 pounds. She had been doing some exercising but needed a boost with the weight loss. By her second weigh in, one week later, she was at 311.6 pounds.

On her visit with Dr. Kaumeyer at the end of April she reported a 50% decrease in her pain and her energy had improved. She has now stopped the blood pressure and pain medications, as well as her diabetes medication. By the end of May her weight was down to 300 pounds. With all the success she has had with the weight loss and discontinuation of the medications she decided to continue with the HCG program and at her last weight in was 292.6 pounds. She is doing great.

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These cells down-regulate the immune system and maintain tolerance to self.

The key with the immune system is BALANCE. We need an immune response to protect us from invading pathogens, yet we need to keep the immune system in check so that it doesn't attack our own cells. The good news is there are many ways you can help promote balance and support for the immune system:

1. **Vitamin D**—supports the regulatory TH3 cells and helps maintain balance.
2. **Glutathione**—also supports regulatory TH3 cells and helps maintain balance.
3. **Turmeric (curcumin)**—balances TH17 cells (which can also contribute to autoimmunity) and nuclear factor kappa-B (NF-kB) (which controls expression of genes that encode for pro-inflammatory cells).
4. **Resveratrol**—also helps to balance TH17 and NF-kB.
5. **Repair the gut barrier**—L-glutamine, probiotics, slippery elm, marshmallow extract, and digestive enzymes.

Back to School Eating Tips for Children

by Dr. Anne Zauderer

It's almost that time again….Summer is winding down and the smell of school supplies is in the air. It's back to school time! Hopefully fresh fruits and summer vegetables have graced your family's plate the entire summer. Now it's time to prepare to go back to school and the daunting task of what to pack for school lunches.

Getting children to eat healthy is a difficult task for any parent. Here are a few tips to help make the process a bit smoother:

1. **Model good behavior!** This is #1 because it is probably the hardest. As Gandhi said, "Be the change you wish to see." The more your children see you making good, healthy choices the more they will be willing to try new things.

2. **Ease your kids into new foods.** Be persistent because it will probably take quite a few exposures before they will be comfortable trying something new. If you want them to eat avocados, try giving them guacamole or mixing it with a little bit of mustard or mayonnaise and spread it on a sandwich.

Back to School Eating Tips for Children continues on page 5...

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HEALTH

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YOUR WAY TO
WELL

Back to School Eating Tips for Children continued from page 4...

3. **Eating healthy doesn't have to taste bad.** When you make vegetables, drizzle them with olive oil or coconut oil and flavor with a bit of sea salt. We are programmed to like fats … so make them healthy ones!

4. **Limit sugar.** This is challenging because sugar and high fructose corn syrup are in everything. The best way to avoid an excess amount of sugar is to avoid processed foods and to eat whole foods. Anything that comes in a box or a bag is not a whole food.

5. **Let your kids help prepare their meals.** There might be a bit of extra clean-up afterwards, but it's worth it. Kids love to be involved and they might be more willing to try new foods if they help in the preparation.

6. **Give your kids a variety of foods.** This will help keep lunches from getting boring and help make your kids more likely to try new things.

7. **Keep healthy snacks on hand.** Kids are often hungry and will grab whatever is most convenient. If you keep a variety of healthy snack options available for them, they will be more likely to make good choices.

One of my favorite websites for kid-friendly, simple and delicious recipes is www.weelicious.com. They've got recipes for all ages and stages. Start making small changes today and see what an impact it can have on you and your children!

Bio-Center Laboratory

Gut Check

As you have read, the gastrointestinal tract is complex, and is a vital part of the immune system. Many functions of the gastrointestinal (GI) tract can be measured, with special reference to the Immune System, these tests are listed as follows.

Immune function

1. **Complete blood count**—this test includes evaluation of the number and appearance of lymphocytes in your blood, cells vital in development of immunity, as well as in fighting new infections. Peyer's Patches, found in the lining of the small intestine, play a major role in the production of lymphocytes.

2. **C- Reactive Protein** (CRP) is a frequently ordered blood test used as an indicator of inflammation, although it is not site specific.

Tests related to GI tract and immunity

3. **Indican**—produced by bacterial action on tryptophan in the large intestine and primarily excreted in the feces. In bacterial overgrow and high protein diets, increased levels of urinary indican are found. It is used as an indicator of bacterial overgrowth in the GI tract, as well as an indicator of leaky gut.

4. **Candida antibodies**—yeast antibodies found in the blood, useful in the detection of overgrowth of candida in the intestines.

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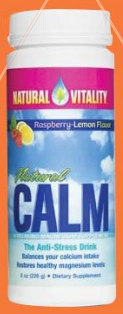
NUTRIENT STORE: PRODUCT SPOTLIGHT



NATURAL CALM $19.95

Natural Calm is a natural stress reliever which contains a balance of magnesium and calcium. This powerful combination can also help reduce stress, alleviate the inability to sleep, relieve constipation, fatigue and cramps, soothes head aches and provides relief for sore muscles. It's no wonder that this Nutrient Store new-comer is a favorite of both patients and staff!

IODINE 12.5 $27.95

Riordan Clinic Iodine 12.5 mg contains the ideal balance of iodide and free elemental iodine. Iodine is important for the development and proper function of the thyroid. It also helps to metabolize fats, promotes growth, and regulates the production of energy. Find it in the Nutrient Store today!

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store.riordanclinic.org
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Bio Center Laboratory continued from page 5...

5. **Helicobacter pylori**—a bacterium found in the lining of the stomach, often the cause of gastric ulcers, and successfully treated by antibacterial agents including erythromycin and Pepto-Bismol. This bacterium can be detected and quantitated by measuring antibodies in the blood.

6. **Cytotoxic Food Sensitivity Test**—food sensitivities are usually an indicator of Leaky Gut Syndrome. In this condition, food particles, not fully digested, can gain access to the blood stream through channels in the damaged wall of the small intestine. These incompletely digested food particles are then detected by the immune system as abnormal, and antibodies (fighters) against these food particles are manufactured by the immune system. Changes in the affected live blood cells are detected and quantitated by direct observation under the microscope.

7. **Nutrition Panel**—a panel of tests chosen by the physicians at Riordan Clinic, composed of most of the essential vitamins, minerals and amino acids required for optimal human health. The nutrients measured are individually and collectively important because of the extensive biochemical interplay between them, without which optimal health cannot by obtained.

In summary, the seven tests listed above, and briefly described, are useful in assessing the balance of the GI tract and the Immune System. Many other measurements of GI Tract integrity and function have not been discussed. It is well to keep in mind that only through the GI Tract can we obtain our essential nutrients: good nutrition exists only through proper intake of food (and supplements), digestion, absorption, utilization and excretion.

Call to schedule your lab appointment on-site or to receive test kits through the mail **316-682-3100** or **1-800-447-7276.**

Natural Fiber Builds Vitality

by Laurie Roth-Donnel | Holistic Health Practitioner and Master Herbalist

Technically speaking, dietary fiber is sort of the skeleton of a plant helping to keep their shape and stand up straight. However, here is the weird part of the fiber foods puzzle. Even though high fiber is so good for you, you cannot digest plant fiber. The fiber you eat passes directly through your small intestine into your colon and out of your body. By taking this route, high fiber foods help keep your colon healthy and promote regularity. So, since it cleans out your insides, just start thinking of fiber as nature's natural scrub brush!

Today I will share a detailed list of high fiber foods that have been shown to help reduce your risk of high cholesterol, cardiovascular disease, obesity, hemorrhoids, some cancers, high blood sugar, diabetes and to help you lose weight and keep your digestion working properly. All plant foods, such as fruits, vegetables, whole grains, seeds and beans, have fiber. Nevertheless, not all fiber is the same. It can be divided into two categories with different effects on your body.

Soluble fiber is found in dried beans, peas, oats and oat bran, flaxseed and psyllium husks. It is also found in fruits such as oranges and apples and vegetables like carrots.

Natural Fiber Builds Vitality continues on page 7...

A Look Ahead…

SEPTEMBER 11, 2014
Rev Up Your Health: The Importance of Laboratory Testing

Dr. Ron Hunninghake and All Clinic Doctors

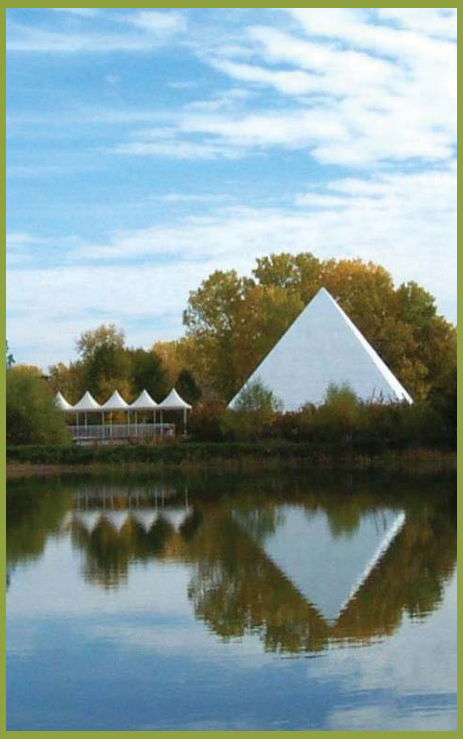
NOVEMBER 13, 2014
Conquer Stress by Renewing Your Adrenals

Dr. Anne Zauderer

Dates, topics and titles are subject to change.

Call 316-927-4723 to reserve your spot for any of the above lectures or email reservations@riordanclinic.org.

Reservations required.



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Soluble fiber binds with fatty acids in your stomach and prolongs digestion time. This helps with the regulation of blood sugar. Studies also show that soluble fiber can help reduce your overall cholesterol count. However, what is even more important, soluble fiber lowers your LDL (low-density lipoproteins), which is considered bad cholesterol.

Insoluble fiber is found in whole wheat, wheat bran, vegetables such as cauliflower and green beans and the skins of fruits, and root vegetables. Insoluble fiber helps remove toxins from your colon and balance intestine acidity. It also helps move waste through your intestines and bowel. Studies show 5% of the population eats the recommended amount of daily fiber and the average person gets only about 10 grams a day. So let us review the list and begin to understand how simple it is to meet the daily fiber intake requirement. Fiber rich foods can lower cholesterol and reduce your risk of heart disease, constipation, hemorrhoids, diverticulitis, colon cancer, high blood sugar, diabetes, and obesity.

Healthy Foods High in Fiber

The following high fiber sources are specifically ranked for fiber content. The "A" category is the highest, with over 7 grams of fiber per serving. The next level of fiber rich foods are listed in section "B" each offering 3 or more grams of fiber. The third classification of fiber rich foods is found in category "C" delivering less than 3 grams of fiber per serving.

Category A of Fiber Rich Foods (7+ grams/serving)

Foods High in Fiber	Amount	Total Fiber (grams)
Avocado	1 medium	11.84
Black beans, cooked	1 cup	14.92
Bran cereal	1 cup	19.94
Green peas, cooked	1 cup	8.84
Kale, cooked	1 cup	7.20
Kidney beans, cooked	1 cup	13.33
Lentils, cooked	1 cup	15.64
Lima beans, cooked	1 cup	13.16
Navy beans, cooked	1 cup	11.65
Oats, dry	1 cup	12.00
Pinto beans, cooked	1 cup	14.71
Split peas, cooked	1 cup	16.27
Raspberries	1 cup	8.34
Rice, brown, uncooked	1 cup	7.98
Soybeans, cooked	1 cup	7.62

Category B of Fiber Rich Foods (more than 3 grams/serving)

Foods High in Fiber	Amount	Total Fiber (grams)
Almonds	1 oz.	4.22
Apple, w/ skin	1 medium	5.00
Banana	1 medium	3.92
Blueberries	1 cup	4.18
Broccoli, cooked	1 cup	4.50
Cabbage, cooked	1 cup	4.20
Cauliflower, cooked	1 cup	3.43
Corn, sweet	1 cup	4.66
Figs, dried	2 medium	3.74
Flax seeds	3 tsp.	6.97
Garbanzo beans, cooked	1 cup	5.80
Grapefruit	1/2 medium	6.12
Green beans, cooked	1 cup	3.95
Olives	1 cup	4.30
Oranges, navel	1 medium	3.40
Papaya	1 each	5.47
Pasta, whole wheat	1 cup	6.34
Peach, dried	3 pcs.	3.18
Pear	1 medium	5.08
Pistachio nuts	1 oz.	3.10
Potato, baked w/ skin	1 medium	4.80

Natural Fiber Builds Vitality continues on page 8…

Natural Fiber Builds Vitality continued from page 7...

Category B of Fiber Rich Foods (more than 3 grams/serving)

FOODS HIGH IN FIBER	AMOUNT	TOTAL FIBER (GRAMs)
Prunes	1/4 cup	3.02
Pumpkin seeds	1/4 cup	4.12
Sesame seeds	1/4 cup	4.32
Spinach, cooked	1 cup	3.98
Strawberries	1 cup	5.94
Sweet potato, cooked	1 cup	3.68
Swiss chard, cooked	1 cup	5.04
Winter squash	1 cup	5.74
Yam, cooked cubes	1 cup	5.30

Category C of Fiber Rich Foods (less than 3 grams/serving)

FOODS HIGH IN FIBER	AMOUNT	TOTAL FIBER (grams)
Apricots	3 medium	0.98
Apricots, dried	5 pieces	2.89
Asparagus, cooked	1 cup	2.88
Beets, cooked	1 cup	2.85
Bread, whole wheat	1 slice	2.00
Brussels sprouts, cooked	1 cup	2.84
Cantaloupe, cubes	1 cup	1.28
Carrots, raw	1 medium	2.00
Cashews	1 oz.	1.00
Celery	1 stalk	1.02
Collard greens, cooked	1 cup	2.58
Cranberries	1/2 cup	1.99
Cucumber, sliced w/ peel	1 cup	0.83
Eggplant, cooked cubes	1 cup	2.48
Kiwifruit	1 each	2.58
Mushrooms, raw	1 cup	1.36
Mustard greens, cooked	1 cup	2.80
Onions, raw	1 cup	2.88
Peanuts	1 oz.	2.30
Peach	1 medium	2.00
Peppers, sweet	1 cup	2.62
Pineapple	1 cup	1.86
Plum	1 medium	1.00
Raisins	1.5 oz	1.60
Romaine lettuce	1 cup	0.95
Summer squash, cooked	1 cup	2.52
Sunflower seeds	1/4 cup	3.00
Tomato	1 medium	1.00
Walnuts	1 oz.	2.98
Zucchini, cooked	1 cup	2.63

Now that you've reviewed the ABCs of fiber rich foods, it's time to start using this high fiber foods list to put more fiber rich foods into your life. The results will enhance your vitality, and contribute to your quest for a fit, trim and healthy lifestyle.

Please note: It is important to add high fiber foods to your diet slowly over a couple of weeks. This gives your digestive system time to gradually adjust to the change. In addition, be sure to drink plenty of water and enjoy living well!

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INVEST IN THE VISION

Sponsor an Orchid

In keeping with the peace and natural beauty of the Riordan Clinic, we invite you to sponsor an orchid. These beautiful desktop plants will be placed in the various domes for the enjoyment of co-learners and visitors. The skylights and banks of the windows in each dome provide an abundance of natural light for the plants to thrive. Even those who suffer allergies can enjoy the beauty of these plants since their pollen is not released into the air.

Each orchid will include an attached card with your inscription honoring or remembering someone important in your life. Sponsorships are available for a minimum of six months and include a small plant for $30 per month and a medium plant for $50 per month. The orchids will be maintained, with Timbucktoo Orchids providing emergency replacement if needed. **To sponsor an orchid, please contact Paula Smith at 316-682-3100 or at psmith@riordanclinic.org**