



# Health Hunters

## Newsletter

A service of the Riordan Clinic, cofounded in 1975 by Olive W. Garvey and Hugh D. Riordan.  
The Riordan Clinic is a not-for-profit 501(c)(3) corporation.  
Go to [www.riordanclinic.org](http://www.riordanclinic.org) to make your tax deductible donation today.



## Inside This Issue

HealthMarkers <sup>SM</sup> Benchmarking the Biologic Determinants...	1-4
Letter from the Editor	2
Patient Profile	3
Healthy Employees Insurance Premiums Down 25%	4-5
Know Your Nutrients	4-5
Natural Skin Detoxification	5
HCG Weight Loss Success	6-7
Detox: Natural Cleansing to Remove Body Toxins	6-8
Lunch and Lecture Series	8



## HealthMarkers<sup>SM</sup> Benchmarking the Biologic Determinants of Your Health

by Ron Hunninghake, M.D.



**HealthMarkers<sup>SM</sup>** are standardized and replicable laboratory measurements of an individual's biochemical makeup that represent the functional health and adaptive capacity of that individual. The basic **HealthMarkers<sup>SM</sup>** were identified during the 30-year tenure of the Riordan Clinic founder and innovator, Dr. Hugh Riordan.

Dr. Riordan reasoned that there was a profound societal need to identify **HealthMarkers<sup>SM</sup>**. Everyday thinking had become trapped in a systemic misunderstanding of what true "health" actually was. He and other medical visionaries warned that, in a strange Orwellian twist, our modern health care system had become, in reality, a **sickness** care system!

"Health care" in modern times has little to do with biologic health. Modern medical care instead can be depicted as an elaborate system that functions in four basic steps: 1.) the doctor names your sickness **after it happens**; 2.) he prescribes you a chemical or surgical **symptom remedy**; 3.) his office

submits your diagnostic code for **insurance reimbursement**; 4.) he is paid if he has correctly followed the **standard of care ... whether you get better or not!** Typically, the doctor overlooks the causative role of the patient's lifestyle choices in his or her illness.

The excuse is often made that doctors and corporations cannot control the lifestyle behaviors of their patients/employees. **This is true.** Humans are self-responsible beings that resent others trying to control their behaviors. Freedom is a strong human need ... even if it means making **poor** dietary, exercise, lifestyle, and stress-management decisions for one's self.

Evidence for this **poor self-care** abounds in contemporary society. Look around: almost 70% of Americans are now overweight. Degenerative illness is on the rise: cancer, heart disease, diabetes, childhood obesity, mental illness, stress burnout, and a whole host of inflammatory and autoimmune diseases are currently overwhelming the health care system.

Health care reform is the buzz phrase of the day. This huge and divisive effort is directed at how sickness care is delivered, **to whom** it is delivered, and **how the costs of delivery will need to be shared.** Unfortunately, many medical experts seriously doubt that these reforms go deep enough to address the fundamental cause of this national crisis: **poor self-care.** In the meantime, health (sickness) insurance costs continue to skyrocket. Annual increases in premium costs of 50% or more have become commonplace.

HealthMarkers<sup>SM</sup> Benchmarking the Biologic Determinants of Your Health continues on page 2...



## Letter from the Editor:

by Amanda Hawkinson

"It's the most wonderful time of the year!" The leftover turkey is wrapped up and stored in your refrigerator; the Thanksgiving pies have been devoured, and you are ready for a long vacation. Unfortunately, the Christmas shopping/party season kicks off with a vengeance even before you have had time to bask in that cold turkey-stuffing-cranberry-sauce-leftover paradise. Health conscious individuals, with the added stress and poor diet choices that have been made during the "season", may notice a difference in how they feel and in their over-all health.

This issue of the *Health Hunters Newsletter* focuses on detoxifying your body naturally through chelation and sauna therapy (kind of the mini-vacation you need during the holidays if you cannot get away) as well as the importance of getting your HealthMarkers<sup>SM</sup> checked throughout the year so you can understand your health score. Also, discover the molecule glutathione and how it can benefit you, not only during the holidays but every day.

Do not let the stress of the season get you down. We at the Riordan Clinic try to inform our readers of healthy solutions to everyday problems so they can be better equipped to handle life as it comes.

Happy Holidays from everyone at the Riordan Clinic. As they say, "May your day be merry and bright and may all your Christmases be white."

Amanda Hawkinson  
Editor

[newseditor@riordanclinic.org](mailto:newseditor@riordanclinic.org)

Don't forget to "Like" us on  
**Facebook.**



The HealthMarkers<sup>SM</sup> approach offers a new paradigm of more effective self-care, based upon the benchmarking and management of the actual biologic determinants of health.

The basic approach of HealthMarkers<sup>SM</sup> to health care reform, simply put, is **self-care reform!** The simple goal of Dr. Riordan's discovery is to empower individuals to be self-directed colearners in an innovative behavior modification program that uses information theory to motivate and guide the care provided.

**Information theory** has three basic components: **Starting Point, Target,** and **Path to Target.** For example, if you own a loaded piggy bank (starting point) and you want the bank's money (target), all you will need is a hammer to break open the piggy bank (path to target).

The **Starting Point** for HealthMarkers<sup>SM</sup> is the enrollee's baseline set of biologic values that represent current **health reserves.** These biologic reserves objectively **reflect** the composite lifestyle choices of that individual up to that point in time. Poor choices typically deplete resources and result in low reserves, a low overall **health score,** and a higher risk of stress-related disease.

Once the enrollee's baseline data has been benchmarked, a **Target** is then set for each measured test. **HealthMarkers<sup>SM</sup>** target values are based upon 35 years of data collected at the Riordan Clinic lab, where over 71,000 health marker tests are performed each year. **HealthMarkers<sup>SM</sup>** targets represent the upper echelon of biologic performance, where "optimal wellness" has been researched and documented for each test.



The HealthMarkers<sup>SM</sup> Path to Target follows a step-by-step improvement strategy for each enrollee in a personal or group setting:

1. Measure your biologic constellation of **HealthMarkers<sup>SM</sup>.**
2. Identify those markers that demonstrate a significant gap between **Starting Point** and **Target.**
3. Schedule your personal or group consultation with a Riordan Clinic doctor, in person or by video conference or phone, to review your results and create your **Path to Target** plan.
4. Retest your **HealthMarkers<sup>SM</sup>** panel every six months to get a **health score** to benchmark progress, no progress, or possibly regression.
5. Adjust and fine-tune your plan in a progressive manner utilizing over 40 years of professional experience from our Riordan Clinic physicians.

**HealthMarkers<sup>SM</sup>** is the missing piece in medical nutrition and employee wellness today: each individual is unique in their need for essential nutrients and hormones. Many factors impact this "dosage need." The benefits of any vitamin or any other biologically active molecule **depends upon a correct and appropriate dosage** that fits the individual consuming that molecule, either as food, supplement, or hormonal replacement.

# Patient Profile

by Kameron Hodges, RN

In September of this year, a 60-year-old patient with a history of non-Hodgkin lymphoma came to the Riordan Clinic with a multitude of bothersome symptoms. She suffered with headaches, dizziness and varying gastrointestinal complaints, as well as sinus and breathing problems. But, the issues most bothersome to her included the anger and depression she felt inside, and the hostility and severe intolerance she felt towards others. These, as she explained, were affecting her marriage and most other interpersonal relationships. She had at times, even made plans to harm herself.

From all logical accounts, this patient saw her life as normal and stable. She believed she should feel happy and knew that she had everything to live for. But, existence inside her emotional life was becoming unbearable. Deeply frustrated by her own feelings, this patient came to the Riordan Clinic out of desperation.

Lab testing revealed many significant vitamin and nutrient deficiencies, urine pyrrole levels indicative of severe physiological and psychological stress, and abnormal fatty acids and c-reactive protein levels, suggesting the patient had underperforming nerve impulses and systemic inflammation. It was also determined that she had a moderate to severe reaction to many of the foods that were common in her diet.

Her treatment regime included elimination of all artificial food additives and toxins and avoidance of any cytotoxic sensitive foods. She began an oral supplementation regime of vitamins, minerals, proteins and natural anti-inflammatory agents. Since the gastrointestinal tract lacks optimal absorption during times of inflammation, she was placed on a strong probiotic and given intravenous nutrient replacement once a week in the clinic.

Within one month, the patient reported complete relief from depression, thoughts of self-harm and all body aches and discomfort. Her pain was essentially eliminated and her energy level outstanding. Her overall condition so greatly improved, her husband and children were in disbelief, and her oncologist, who was convinced she was facing a relapse of lymphoma, arranged a meeting with Riordan Clinic doctors to learn more about the treatments performed here.

If you have chronic health issues, make an appointment today by calling **316-682-3100**. The health, hope and healing we provide can make a positive impact in your life, just as it did for this patient.

## Outline of HealthMarkers<sup>SM</sup> Foundation (Basic) Plan

### 1. Questionnaire

- Each participating individual will start with a Health Appraisal Questionnaire designed to make a functional assessment of the enrollee's symptoms.

### 2. Laboratory Testing

- Fasting blood and urine laboratory tests are performed either on-site at the Riordan Clinic lab or in their home or hometown office by trained nursing personnel.
- **HealthMarkers<sup>SM</sup>** tests will be performed. Results from these tests provide the benchmark guide for food choices, nutritional and herbal supplements, and/or bioidentical hormone replacement recommendations that are prescribed by the doctor in order to advance towards and achieve biologic targets.
- Each constellation of tests is repeated at 6-month intervals to sustain ongoing progress.

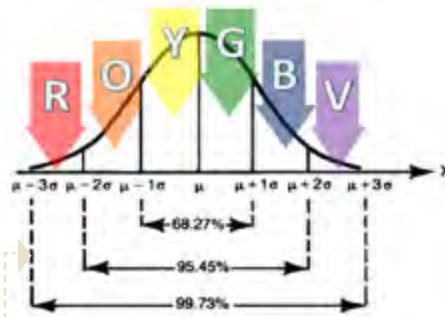
### 3. Physician Consultation

- We provide group and individual consultations, education and test results review.
- The doctors review each individual's results and recommend appropriate behavioral pathways that will help the enrollee achieve their **HealthMarkers<sup>SM</sup>** Targets.
- Additional doctor consultations are available and can be added to your individual plan.

### 4. Treatment

- Supplements and therapies are recommended in response to laboratory findings.
  - o At the first review of lab results, a supplement regimen will be designed **BASED ON TEST RESULTS**. These supplements will address gaps in the enrollee's biochemistry.
  - o Additional nutrient supplementation, herbal therapy, nutritional diet adjustments, physical activity, and other therapies will be recommended if needed.
  - o Adjustments will be made every 6 months by the physician to the enrollee's plan to assure ongoing progress towards the optimal Target levels.

All treatments at the Riordan Clinic are customized by our doctors for each individual based upon the enrollee's biannually measured **HealthMarkers<sup>SM</sup>** —THIS IS THE ESSENCE OF THE PLAN.



Your health score for each six month period is the "color total" of your individual test results.

### 5. Report

- Each individual will receive a report that tracks their health score and their progress in the program.
  - o **Red** values are below -2 standard deviations (S.D.)
  - o **Orange** values are between -2 to -1.
  - o **Yellow** values are between -1 to the mean.
  - o **Green** values are above the mean to +1.
  - o **Blue** values are above +1 to +2.
  - o **Purple** values are above +2.

Health Markers →	A	C	D <sub>3</sub>	B12	CoQ10	Mag	Tryptophan	Health Scores
Jan. '09	44	0.8	9	800	0.5	3.8	0.9	15
July '09	61	1.4	37	765	1.6	3.8	1.7	28
Jan '10	72	1.9	62	1150	1.1	4.4	1.8	31
July '10	87	2.4	81	1400	1.4	5.1	1.5	35

+1 to +2. **Purple** >+2.

This sample report indicates that the enrollee was **below 2 standard deviations** in the HealthMarkers of **D<sub>3</sub> and Magnesium** when starting in January of '09. These improved with each progressive remeasurement. CoQ10 needed improvement and it did improve ... but lost ground for a while until it was corrected in July of '10. Both vitamins C and D were optimized by July of '10. This graphic provides both **SPECIFICS** (test results and color code) and **OVERVIEW** (the

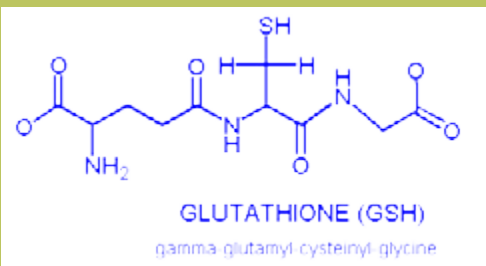
# Know Your Nutrients: Glutathione

by Amanda Hawkinson

**What is the most important molecule you need to stay healthy and prevent disease?** It is glutathione. The funny thing is, you've probably never heard of it.

Glutathione, also known as GSH, was first identified more than a hundred years ago, but its true significance was only recognized in the last 30 years. It plays such an important part in our lives because we literally could not live without it. **Glutathione is critical for one simple reason: It recycles antioxidants.**

It is the main endogenous (naturally created) antioxidant produced by our cells and its principal role is to neutralize free radicals and reactive oxygen compounds. It also functions to maintain exogenous (externally created) antioxidants such as vitamin C and vitamin E (in their reduced active form).



Glutathione is vital in helping the immune system work to its full capacity, but almost every part of the body can be affected by this substance, including the nervous system, the gastrointestinal system and the lungs. It is the secret to putting a stop to aging, cancer, heart disease, dementia, and necessary to treat everything from autism to Alzheimer's disease.

Although glutathione is produced naturally in our bodies, poor diet, pollutions, toxins, medications, stress, trauma, aging, infections and radiation deplete it. Also, several research studies have shown that individuals suffering with chronic illnesses or premature aging have decreased levels of glutathione than would usually be expected, which confirms the significance of sustaining a high level of this substance.

Increasing glutathione levels is not easy and research has shown that when taken orally, glutathione is not always well absorbed along the gastrointestinal tract. Studies have shown that the most effective way of boosting glutathione

Know Your Nutrients continues on page 5...



health scores) to allow for rapid assessment of the enrollee's progress—both strengths and weaknesses. By comparing the total of the Starting Point scores with any subsequent health score—progress can be assessed.

To summarize: clients of the **Riordan Clinic HealthMarkers<sup>SM</sup> Plan** proactively benchmark, monitor, and systematically optimize their personal health markers. The creation and maintenance of health is no longer left to chance. The **HealthMarkers<sup>SM</sup>** paradigm of care asks a startlingly new and timely question: "What can I do to increase my personal risk of **staying healthy?** How can I improve my health score?"

"A stitch in time saves nine." "An ounce of prevention is worth a pound of cure." These famous truisms are more relevant now than ever before as our country struggles with the rising tide of allergies, asthma, obesity, diabetes, chronic inflammatory illnesses, chronic viral infections, mental illness, heart disease, and cancer. Bold new thinking is needed to meet these mushrooming sickness care challenges.

For more information about the Riordan Clinic **HealthMarkers<sup>SM</sup>** Plan call **316-682-3100** or visit our website, **www.riordanclinic.org**.

## Healthy Employees Insurance Premiums Down 25%!

by Donna Kramme, COO

Health insurance is a topic that everyone is involved in. The government is proposing a "new and improved" system of "health care for everyone." The problem is that most consumers want low premiums, low deductibles and low co-pays. The three together seem to be a thing of the past. Typically, in insurance renewals, premiums go up every year and quite substantially, along with higher deductibles and co-pays. These premium costs are determined, in part, by usage (or over-usage). So, employers face a harsh reality; they either have to pay more of the premium, raise the deductible and co-pay's, pass the increase onto their employees or eliminate health insurance altogether. For example, one company who has asked for our help with incorporating a wellness plan for their employees is looking at a 54% increase in their premium for 2012. This is outrageous, so needless to say, there needs to be another option. As an employer, what do you do?



The Riordan Clinic is the other option. We offer unique programs that can help keep the employee healthy and keep the rates down. How do we do it? By making sure that the employee understands their own individual health. We give them a path to follow to increase their personal health and that of their family. The Riordan Clinic employees have benefits that include services at the clinic. What has this accomplished for us? For the last several years, our premiums for the same policy have decreased. At a time when other companies' insurance premiums have increased significantly, ours have decreased!

This year is no exception. While the average increase for others is about 8%, we received some amazing news from our carrier. Our representative has been with her company for over 20 years and has never been able to give such great news. **Our premiums not only did not increase the average of 8%, but we will have a 25% decrease in our premium with the same coverage!** This is huge! We were able to continue our company's same contribution to the employee and lower the premium for the employee. Thus, they will see a significant increase in their paychecks, just



Healthy Employee Insurance Premiums Down 25% continues on page 5...

levels, is intravenously, which is currently offered at the Riordan Clinic.

Glutathione has been deemed the "super-antioxidant" by medical science, but what does that really mean to you?

**The benefits of glutathione are:**

- Increased energy.
- Clearer thinking.
- Faster recovery and less muscle pain after exercise.
- Reduction in the effects of aging.
- Reduction of wastes and toxins in the body.
- Improved heart and liver function
- Increased immunity levels.
- Prevention or reduction in the effects of over 69 diseases.

because of the difference in premiums.

We would like to offer your company help with your premium increases and the overall health of your employees. We have launched a corporate program that can look at your employees individually and help them on a path to better health. This can mean lower premiums, less absenteeism, more energetic employees, and more money to your bottom line and in the employee's paycheck. Take a look at Dr. Hunninghake's article, "HealthMarkers<sup>SM</sup>", in this edition of our newsletter to read more about the Clinic's approach to monitoring your health.



To learn more about the Clinic or to become a patient, visit [www.riordanclinic.org](http://www.riordanclinic.org) or call **316-682-3100**.

## Natural Skin Detoxification

by Laurie Roth-Donnell, Master Herbalist, Holistic Health Practitioner

Believed to have originated in the Orient, prescribed washing and bathing has been practiced to promote wellness for centuries. The Chinese, Hebrew, Greek, Indian, and Egyptians all have ancient references to washing/bathing rituals. The basic Roman and Greek bathhouse was two rooms, one hot steam and the other cold water. Many traditions include massage with a warm oil infusion. While in the Orient, the Crusaders discovered the Turkish bath and in the 15th and 16th centuries, they became common in Europe.

The Finns have a long tradition of sauna use and enthusiasts may alternate hot and cold numerous times during a visit to one of the many public saunas. There are numerous benefits associated with sauna treatments such as the relief of: rheumatism and body aches, the elimination of toxins, the shedding of dead cells, the opening and cleansing of pores and the reduction of obesity. The Finns have a specific protocol that begins with a solid wood sauna at a temperature of 104°F. The sauna is equipped with a water basin, birch whisk, and soap.

Many public saunas in Finland have attendants to assist with the following seven stages of a traditional Finnish Sauna Bath:

- 1. Perspiration:** 10 to 20 minutes in the prone position in the dry sauna
- 2. Produce steam:** 20 to 40 minutes
- 3. Whisk and beat body with birch leaves that have been soaked in water:** this activates blood flow and capillaries. Start with the upper body ending with the extremities and soles of the feet
- 4. Washing:** wash with the birch whisk and the basin of soap and water, lather the body, and rinse with warm water
- 5. Quick cool off:** roll in snow, dip in a lake, or cold shower
- 6. Dry by air** or repeat heating and cooling process
- 7. Rest covered,** lying down for 10 minutes.



Sauna Therapy is a fantastic natural method for skin detoxification. A 20 to 40 minute sauna three times each week will ensure your largest organ, the skin, is relieved of toxins. Skin brushing is also fantastic method of sloughing off dead skin and invigorating new cell generation. Briskly brush the dry skin prior to the sauna therapy.

Try to utilize all natural organic foods, household and beauty products in your daily regime to avoid unnecessary and harmful chemical absorption of toxins. Also, be reminded to consult your primary-care physician prior to embarking on any new health care program.

**Sources and additional information:**

Sauna, *The Finnish Bath* by H.J. Viherjuuri and Donnell's Healing Garden on Facebook

The Riordan Clinic is a not-for-profit 501(c)(3) corporation | Go to [www.riordanclinic.org](http://www.riordanclinic.org) to make your tax deductible donation today.

# Vitamin Special 15% Off

Although getting glutathione intravenously is the most effective way, supplementation can have a great impact as well.



L-Glutathione  
(reg \$33.97)

**Sale price: \$28.87**



Lypo-Spheric GSH  
(reg \$59.10)

**Sale price: \$50.24**



# HCG Rx<sup>+</sup> Success...

by Meg Fuson, RN

Since introducing the HCG Rx<sup>+</sup> weight loss program in January, Riordan Clinic participants have lost over 2,600 pounds! Here is one success story:

In June 2011, a concerned family visited the Riordan Clinic with the hope of gathering information on how they could do the HCG Rx<sup>+</sup> weight loss program as a family.

The couple was concerned about their own future health as well as the health of their teenager. Over the last few years, they had seen the pounds slowly creep up on their scales, and they noticed a difference in their teenage child's weight as well.

Because of their concern, they went online and educated themselves about the Riordan Clinic's HCG Rx<sup>+</sup> weight loss program. They made the decision that this was a program that they, as a family, could complete successfully. As the first day of starting the program approached, they became excited about doing this great service to themselves and to their child. They purchased all the necessary foods such as fish, chicken, and lots of vegetables, fruits, and water. They even went to health food stores and gathered Stevia, organic vegetables, and products that contained no oil for their everyday use. They were well prepared to start their weight loss journey.

Every day they cheered each other on their way to reach their goals. With the help of each other, they found encouragement and positive behaviors. They ate the same foods, drank the same drinks, and experimented with several HCG-approved recipes, finding they tasted good. They would go to the fitness center and work out often, sometimes every day during the week.

Each week, they came to the Riordan Clinic to evaluate their body composition. With every outcome, they were constantly supportive. Sometimes the reports were hard and they understood that this happens with weight loss, but the nurse educator would modify their daily food intake as needed. Inevitably, the next week, the results would be favorable.

In the first week, they lost a total of 32 pounds. The following week it was 18 pounds, and the week after that had a 23 pound loss. This weight loss continued throughout their entire program.

HCG Success continues on page 7...

# DETOX: Natural Cleansing to Remove Body Toxins

by Nina Mikirova, PhD, Director of Research

Have you ever washed greasy dishes without hot water or dish soap? The dishes don't get clean, do they? When toxic metals and chemical food additives get inside your body, it takes a strong cleanser to scrub your body clean from the inside out. Our modern world is full of toxic chemicals and we are all bio-accumulators. Many of these toxins are retained in our bodies in fat cells and intercellular fluid. A significant number of these toxic chemicals are lipid or fat-soluble and tend to bioaccumulate, particularly in the fatty tissues throughout the body. Over 400 chemicals have been identified in human tissue, with 48 in adipose tissue, at least 40 in milk, 73 in the liver, and over 250 in blood plasma.

These environmental toxins are suspected of playing a role in a number of diseases, including cancer, arthritis, weakened immune system, autism, fibromyalgia, cardiovascular diseases, Alzheimer's disease and many more. Many doctors truly believe that the process of cleansing and detoxification is virtually one of the most powerful healing therapies. Cleansing, fasting, and detoxification, are different degrees of the same process of reducing toxin intake and enhanced toxin elimination. The process is a key to health and vitality.



There are several methods of detoxification. One of the methods is chelation therapy, in which chemicals that have the ability to bind toxins and remove them, are injected into the bloodstream. In addition to synthetic agents, several natural substances are used to remove toxic metals from the body. They include: alpha-lipoic acid, sulfur-bearing amino acids found in garlic and garlic extracts, alginates, pectins, the sulfur amino acids, N-acetylcysteine and cilantro. Other popular detoxification methods include fasting, alone or with herbal therapies, and sauna therapy.

Sauna baths and steam rooms are great for removing toxins from the skin and regenerating one's health and energy. The tradition of sauna baths goes back at least as far as ancient Rome, with the famous Roman Bath. Saunas have been a way of life in Finland for over 2000 years. One of the first written descriptions of the Finnish Sauna was in 1112. This tradition was also popular in Russia (Russian Banya), among Native Americans, and in Morocco.



Traditional saunas consist of a small room or space that is heated with a heater that sits in one corner. The heater is powered by electricity, gas, wood or other fuel. In traditional Native American sweat lodges, the space is heated with hot rocks that were previously placed in a fire. It is important that detoxification includes some type of skin cleansing, because our skin is one of our best eliminative organs. Heavy metals can be released through the skin's pores when we sweat. Research has been done to confirm that sweating out toxins via Sauna Therapy is one of the most effective methods, as sweat contains more toxins than urine alone. It has been documented that our skin's sweat glands when combined can perform as much detoxification as one or both kidneys.

Saunas are being used by some doctors to stimulate the release of toxins from the bodies of their patients. These chemicals are often toxic to the immune system, nervous system, endocrine system, and liver. "Sweating it out" reduces chemical stress on the body and generally leads to improved health.

A sauna is an excellent way to benefit from overheating therapy. "Give me a chance to create fever and I will cure any disease," said the great physician Paramenides, 2,000 years ago. Fever is one of the body's defense mechanisms and healing forces. In addition to an artificially induced fever, the sauna is specifically conducive to profuse therapeutic sweating. It is generally considered that the skin should eliminate 30% of the body wastes by way of perspiration. Taking sauna baths regularly will help to restore and revitalize the cleansing activity of the skin.

The therapeutic property of the sauna is attributed to the following facts: overheating stimulates the metabolic processes and inhibits the growth of virus and bacteria; all vital organs are stimulated to increased activity; the body's healing forces are aided and assisted; and the

DETOX: Natural Cleansing to Remove Body Toxins continues on page 7...

The Riordan Clinic is a not-for-profit 501(c)(3) corporation | Go to [www.riordanclinic.org](http://www.riordanclinic.org) to make your tax deductible donation today.



HCG Success continued from page 6...

Each time the family saw the nurse educator and received a body composition report, they knew exactly what was happening with their bodies. Through discussion with the nurse educator and review of their HCG Rx+ Journals, they knew what they needed to do to modify their daily menu for a greater weight loss. Through this entire weight loss program, they learned how their bodies responded to food, what they needed to eat regularly to keep their bodies healthy and to maintain their weight.

At the end of their weight loss journey, this family had lost a total of 113 pounds. The father lost 42 pounds, the mother had lost 32 pounds, and the child had lost 39 pounds!

These patients are a great example of the weight loss success that awaits you with the Riordan Clinic HCG Rx+ weight loss program. Go to [www.riordanclinic.org](http://www.riordanclinic.org) for additional information. If you are ready to improve your health and well-being, call **316-682-3100** to get started today!

Airing in November and December 2011 on ...



If you are flying Delta Air Lines during November or December, be sure to listen to Dr. Ron Hunninghake's interview during "The Innovators" segment on *The Executive Report* Talk Radio Business Channel.

We at the Clinic are excited about the opportunity to reach so many travelers during that busy time of year and spread the message of the health, hope, and healing that awaits everyone who comes to see us.

To listen to the interview, [click here](#) or visit our website at [www.riordanclinic.org](http://www.riordanclinic.org).



DETOX: Natural Cleansing to Remove Body Toxins continued from page 6...

eliminative, detoxifying, and cleansing capacity of the skin is dramatically increased by the profuse sweating.



Sweat is the most important elimination route for toxins. Everyone, in today's society, is exposed to toxic chemicals and heavy metals. Although it is a major eliminative organ, most people's skin is very inactive. Repeated use of the sauna can help slowly restore the skin's ability to eliminate toxins. Released toxins are then eliminated from the body by perspiration and through the intestinal tract. Sauna detoxification is thought to lead to the removal of fat-soluble chemicals from the body by encouraging their elimination through sebaceous glands (microscopic glands in the skin that secrete an oily/waxy material) and sweat glands.

### THE MAIN BENEFITS OF SAUNA ARE:

- **Skin rejuvenation.** Sauna use slowly restores elimination through the skin. The skin is the largest organ of the body and a major eliminative channel. In most people, it is inactive, congested and toxic. Continuous use of synthetic clothing, bathing in chlorinated water, and exposure to hundreds of chemicals, damage the skin. Excessive sympathetic nervous system activity and negative emotions cause blood to be withdrawn from the skin, contributing to inactivity of the skin.
- **Enhanced sweating.** Sweating in a sauna is a by-product of applying heat to the body. The sweating process gently and safely helps eliminate all heavy metals and toxic chemicals. Medical studies demonstrate that most toxins can be eliminated through the skin, relieving the burden on the kidneys and liver. Sweating during sauna therapy is a great way to reduce the fluid levels in the blood, causing the toxin rich intercellular fluid to be available for detoxification. Sweating increases dramatically in most people after several months of sauna use.
- **Exercise benefits.** Saunas provide many of the benefits of exercise with much less expenditure of energy. These include enhanced circulation and oxidation of the tissues. Repeated sauna use can lower elevated blood pressure and improve the elasticity of the arteries. Saunas are helpful for cardiovascular rehabilitation, arthritis, allergies, skin conditions and chemical sensitivity. Cholesterol level mean reduction was found after sauna therapy. The sauna therapy resulted in improvements in psychological test scores.
- **Decongesting the internal organs.** Heating the body powerfully shunts blood toward the skin to dissipate heat. This decongests the internal organs and greatly stimulates circulation. The sauna has an effect on oxygenating and hydrating the cells and organs, and improving circulation. Sinuses, joints and many other tissues benefit greatly.
- **Fever therapy (hyperthermia) for infections.** Our bodies naturally develop a fever when we are ill in order to enhance our metabolism and to help destroy viruses. Raising body temperature powerfully assists the body to kill parasites such as bacteria, fungi, and viruses. It helps people with low body temperature to fight chronic infections such as infections in the sinuses, ears, eyes, bladder, throat and intestines.
- **Tumor cells and mutated cell elimination.** Hyperthermia also helps to kill abnormal cells. Toxin-burdened cells and tumors are weaker than normal cells and tolerate heat poorly. Raising body temperature hastens their death. Though not a conventional method, hyperthermia is a researched therapy for cancer. Heat also disables or kills cells that have been mutated by radiation or damaged by other toxins.
- **Inhibiting the sympathetic nervous system.** This is a tremendous benefit not offered by many therapies. It enables the body to relax, heal and regenerate itself much faster, causing recovery from many types of ailments.
- **Elimination of fat cell store toxins.** Most environmental contaminants are fat soluble. Thus they have an affinity for body lipids or fatty tissue. Sauna therapy increases metabolism, which burns fat for energy, releasing some toxins for removal. The body uses metabolic systems, particularly the liver, to convert fat-soluble substances into water-soluble chemicals to facilitate excretion. The physical heat from the sauna helps liquefy fat, further breaking down the chemical lock on the toxic molecules. It is this "fat sweat" that makes saunas so efficient at eliminating toxins.



DETOX: Natural Cleansing to Remove Body Toxins continues on page 8...

The Riordan Clinic is a not-for-profit 501(-)(3) corporation | Go to [www.riordanclinic.org](http://www.riordanclinic.org) to make your tax deductible donation today.

## In Gratitude ...

As a not-for-profit organization, we rely on many to make our vision a reality. **So many come together to provide our patients with a place of hope, health and healing.** Here are just a few we'd like to thank.

- Decker/Steventon wedding party and Crestcom International for event/meeting space rental
- All individuals and groups who have donated to our cause through financial support
- Our family of staff members who work hard daily throughout the year encouraging each other and our patients, making the Clinic a great place to work!



## Lab Special: 30% Off

Get your levels of glutathione and vitamins A, C, and E checked today!



Regular \$249

Sale \$174

DETOX: Natural Cleansing to Remove Body Toxins continued from page 7...

- **Elimination of toxic metals from the body.** Concentrations of zinc, copper, iron, nickel, cadmium, lead, manganese, sodium, and chloride were determined after collections utilizing a total body wash down technique (sweating in sauna). The results demonstrated that the concentrations of nickel and cadmium in sweat were higher than those reported for urine, with similar results for lead. The loss of toxic trace metals in sweat could have therapeutic importance.

Saunas are safe for most people as long as the sauna user follows a few simple rules: stay inside the sauna for no more than 30 minutes at a time; lie down or sit for at least 10 minutes after using the sauna; make sure you drink plenty of mineralized water before and after the sauna; always relax after a sauna session to allow the body to readjust. While using the sauna, it is important to take frequent showers in order to cool down as well as to remove substances from the skin and prevent their re-absorption. Some people feel fatigue after sessions, and this is normal. Patients often experience general health improvements upon completion of sauna therapy, such as increased mental clarity, restored energy levels, fewer allergies, improved sleeping patterns, and lowered blood pressure.



There has been demonstrable evidence of restored immune functions as well. In a German study, 22 kindergarten children who took a weekly sauna were compared with a control group in which the children took no saunas. The children were followed for 18 months and a careful record was made of their incidence of ear infections, colds, and upper respiratory problems. Children who did not take saunas suffered from twice the number of sick days as their counterparts. The conclusion of this study is

that children who used sauna therapy regularly have an improved resistance to infections.

Ridding your body of years of accumulated toxins is important and will help you remain healthy. The Riordan Clinic recommends Sauna Therapy as an effective way to remove toxins that have been bioaccumulated. To find out if this therapy is for you, make an appointment with a Riordan Clinic physician today by calling **316-682-3100**.

## Lunch & Lecture Series 2011



Dr. Ron Hunninghake

### HealthMarkers<sup>SM</sup> —A New Twist on Health Care Reform

**Presenter: Dr. Ron Hunninghake**

**Date: Thursday, December 8, 2011**

**Time: 12:00 p.m. to 1:00 p.m.**

**Cost: \$10—Lunch is included.**

"Health care" in modern times has little to do with biologic health. Modern medical care instead can be depicted as an elaborate system that functions in four basic steps: 1.) the doctor names your sickness **after it happens**; 2.) he prescribes you a chemical or surgical **symptom remedy**; 3.) his office submits your diagnostic code for **insurance reimbursement**; 4.) he is paid if he has correctly followed the **standard of care...whether you get better or not!**

We believe that **HealthMarkers<sup>SM</sup>** is the missing piece in medical nutrition and employee wellness today: each individual is unique in their need for the various essential nutrients and hormones. In order to maintain optimal health, it is important to measure and record your "health markers." Health markers are standardized and replicable laboratory measurements of an individual's biologic and biochemical makeup. Riordan Clinic doctors have devised a simple step-wise program which:

- measures your biologic health markers.
- identifies the areas of weakness in your nutritional reserves and biochemical pathways
- maps out a reasonable dietary, nutritional, and lifestyle plan that targets improvement of the identified weaknesses.

Take control now. Join us to learn more about this important topic.



Reservations are required

For reservations: call 316-927-4723 or email us at [reservations@riordanclinic.org](mailto:reservations@riordanclinic.org)



# The Nutrition Reporter™

## EXTRA

© Jack Challem December 2011 Vol 22 No 12

The independent newsletter that reports vitamin, mineral, and food therapies

## Warning: Reading Bad Studies Can Be Very Dangerous for Your Health

In our 24-hour news cycle, headlines are written to shock and scare, and most reporters don't have the grasp of medicine needed to critically evaluate whether a study is valid or a waste of time and trees.

These are particularly relevant thoughts to ponder with the latest negative studies on vitamin supplements. Is there an explanation? Yes. It's in a book called *How to Lie With Statistics* – anyone can manipulate statistics to support any argument.

A recent article in the *Archives of Internal Medicine* reported that older women who took a variety of supplements, including multivitamins, had about a 1 percent greater risk of death from disease. This article was the height (or nadir) of statistical manipulation. The only significant association was between iron supplements and a greater risk of death, a link that has been known for years. The study was suspect for a number of reasons, not the least of which was an accompanying editorial by a researcher who had previously published a shoddy study claiming that antioxidant supplements also increased the risk of death. If vitamins were that dangerous, we'd all be dead instead of reading this newsletter.

The *Archives* study had serious flaws. The subjects were asked to remember, on three different occasions over almost 20 years, which supplements they had taken. This type of data collection is notoriously inaccurate. After all, do you remember exactly what you took years ago? And would something you took 20 years ago actually cause your death today? It's doubtful.

The researchers ignored the fact that older women (and men) have a higher risk of death simply because of their age, their greater likelihood of having serious age-related diseases, and their likely use of multiple drugs, a common cause of illness (i.e., side effects) and death. If the researchers had looked, they would have found a far stronger correlation between the use of prescription drugs and risk of death. But I think their intention was simply to malign vitamins.

The very next day, a study in the *Journal of the American Medical Association* reported that men who had taken vitamin E supplements were more likely to develop prostate cancer, compared with men who did not take the vitamin. First, the vitamin E used in the study was synthetic, which has very different properties from the natural form. That alone could account for the finding, assuming that it was accurate.

Second, the diagnoses of prostate cancer were made years after the men had stopped taking vitamin E supplements, which to me would suggest other causes. After all, our lives are filled with thousands of variables that could confound any study's results. Furthermore, prostate cancers are typically so slow growing that many of the cancers were probably undetectable when the study began, which would have further skewed the findings.

One of the best minds in science, John P.A. Ioannidis, MD, has shown that human studies are rife with financial, professional, and personal biases. An editorial in the journal *Nature* noted that the peer-review process is essentially a sham; editors and reviewers don't exercise a lot of critical judgment in the studies they select for publication. I would add one more criticism: studies are a one-size-fits-all approach to medicine, using one or two drugs or supplements to treat one condition. Supplements (or any kind of treatment) should be tailored to the individual.

When you look at the tens of thousands of studies published on vitamins, it becomes clear that the vast majority show clear health benefits. After all, vitamins are essential nutrients. At worst, some of the studies show no benefit. One leading researcher told me years ago that it's important to look at the totality of research and to not put a lot of weight on one or two studies that don't make sense.

In sum, these negative reports made for great headlines, but very poor science. –Jack Challem

## Reviews of Health Books and iPhone Apps

**No More Fatigue**, by Jack Challem (John Wiley & Sons, 2011, \$25.95). I must confess – I cannot write a bad review of my own book, so bear with me. The genesis of the book was my frustration with so many companies peddling energy drinks and supplements, many of which contain stimulants. To address the real cause of why a person is tired, you have to consider a number of underlying factors, which led to my “five circles of fatigue” concept. Stress (#1) disrupts our equilibrium, and sets the stage for eating junk food. Stress and poor dietary habits (#2) alter our hormone (#3, chiefly adrenal and thyroid) levels. Add chronic diseases (#4) and the aging process (#5), and we have the five most common causes of fatigue. The book helps readers pinpoint the principal causes of their fatigue and then suggests a variety of steps to increase energy levels without the use of stimulants.

**The Definitive Guide to Prostate Cancer**, by Aaron E. Katz, MD (Rodale, 2011, \$16.99). As a man of a certain age, I’ve been tracking the current controversies over prostate-specific antigen tests, biopsies, and surgery. According to recent studies, biopsies and surgery harm far more men than they help. The field of urology seems hell-bent on turning the Hippocratic Oath upside down, leaving large numbers of men incontinent or impotent, without any significant increase in life expectancy. Katz is a rare physician – a respected urologist who performs conventional treatments and also employs integrative therapies, including diet, vitamins, and herbs. This book explains everything a man needs to know. One gem: I learned about the PCA3 gene test, which is about as good as a prostate biopsy for determining the presence of cancer (and whether it is indolent or aggressive) – and is so much safer than a biopsy.

**Your Medical Mind: How to Decide What Is Right for You**, by Jerome Groopman, MD, and Pamela Hartzband, MD (Penguin Press, 2011, \$27.95). I believe that if you’re faced with a serious diagnosis, you can’t simply trust the advice of your doctor or even a second opinion. You have to bone up on your diagnosis and learn as much as you can about your treatment options. Navigating through all the medical information isn’t easy, but it’s the only way to make a sound decision. Groopman and Hartzband discuss the subjectivity of doctors, the research, and patient decisions. For example, for every 48 men undergoing prostate surgery, only one person benefits. The others would have lived as long without surgery (because most prostate cancers grow

so slowly). Doctors have their biases – too often a surgeon will recommend surgery, and a radiation oncologist will recommend radiation. This book is a valuable tool to help you balance the risks and benefits of drugs and other medical treatments.

**Our Bodies Our Selves**, by the Boston Women’s Health Book Collective (Touchstone, 2011, \$26). I saw an early edition of this book – printed on newsprint – 40 years ago. It was informative but seemed a bit counter-culture at the time. Over the years it has grown into *the* reference for women of any age who want to understand their bodies and maintain their health. The latest edition weighs in at more than 900 pages, many times the size of the original book. This is a must-read for women and their partners.

**Epigenetics: The Ultimate Mystery of Inheritance**, by Richard Francis, PhD (W.W. Norton, 2011, \$25.95). Forget everything you learned in school about genetics. Epigenetics is the real future of genetics, and it’s about how our environment – stress, diet, and toxins – turns our genes on and off. This is an excellent book that explains the nature of epigenetics for the sophisticated reader. I did wish the author spent a little more time discussing how folic acid and other nutrients play a crucial role in regulating the epigenetic behavior of genes and suppressing cancer-promoting genes.

**iPhone Apps on Nutrition**. Apple sells many apps for people interested in nutrition. James Hollender has designed a number of very good ones for people with very specific dietary interests. They include *iProteins* (protein content of foods), *Vitamin K* (amount in different foods), *iSatFat* (amount in foods), *VitaTrack* (folic acid content) *iFiber*, *iCarbs*, *iSugars*, *iCals*, and *iCholesterol*. They sell for \$1.99 each. *iCals Lite* is free, but contains advertisements.

The Nutrition Reporter™ newsletter (ISSN 1079-8609) publishes full monthly issues except for August and December and is distributed only by prepaid subscription. This issue, Vol 22 No 12, © December 2011 by Jack Challem. All rights reserved. Reproduction without written permission is prohibited. Phone: (520) 529.6801. Email: nutritionreporter@gmail.com. The Nutrition Reporter™ is strictly educational and not intended as medical advice. For diagnosis and treatment, consult your physician. Subscriptions are \$28 per year in the U.S.; either \$34 US or \$40 CDN for Canada; and \$42 for all other countries, payable in U.S. funds through a U.S. bank. The Nutrition Reporter™ is a trademark of Jack Challem.

**The Nutrition Reporter™**

Post Office Box 30246 • Tucson AZ 85751-0246 USA

Editor and Publisher: Jack Challem

Copy Editor: Mary E. Larsen

**Medical and Scientific Advisors**

Ronald E. Hunninghake, MD Wichita, Kansas • Ralph K. Campbell, MD Polson, Montana

Peter Langsjoen, MD Tyler, Texas • Marcus Laux, ND San Francisco, Calif.

James A. Duke, PhD Fulton, Maryland • Andrew W. Saul, PhD Rochester, New York