

# Health Hunter<sup>®</sup>

VOL. 19, NO. 2

N E W S L E T T E R

FEBRUARY 2005

## Thirty years with Dr. Hugh Riordan

by Richard Lewis

**A**t age 72, Dr. Riordan died Friday, January 7, 2005, around noon while working in his office. He had just sent a fax saying, "What we learn from these superb observers and orthomolecular doers can literally change our lives for the better. That is why *Medical Mavericks*, volume three, has been written." He turned to return to his desk and collapsed.

*"May his example inspire us to strive for even greater heights."*

It was quite a surprise and shock for the staff at The Center, to say nothing for his family. But he died doing what he loved to do—working to create The Center's future.

At The Center, we had many messages from patient/co-learners, from fellow physicians, research Ph.D.s, and friends. I will quote from a few of these that reflect on the importance of Dr. Riordan's work and ideas.

Dr. Michael Gonzales, a researcher at the University of Puerto Rico School of Medicine, said that, "Dr. Riordan was a mentor, supporter, colleague, friend, and father figure for me. I will miss him dearly. His novel ideas, theories, and dedication to patients will also be missed. I had the honor to publish various scientific papers with him and to discuss ideas, theories, and information for long hours that I hope will change how degenerative disease is treated. ... We will keep working hard as you taught us by your example, this will be our way of honoring you."

Jack Challem, author of books and

articles on nutrition, said "I always enjoyed his soft sense of humor, his generosity, his inquisitiveness, his openness to new ideas, and his steadfast commitment to the importance of nutrition in health. He had a way of seeing things so clearly. As one example, a couple of years ago, when I told Dr. Riordan that I was going to work on a book on nutrition and genes, he gently shrugged his shoulders and matter-of-factly said, 'Genes don't do anything by themselves.' Those words became a cornerstone for the book. Genes, like every other aspect of our health, depend on nutrition. I will miss my conversations with Dr. Riordan. I owe him a lot of gratitude...and more."

Aside from the many hours he spent working for The Center, he also worked for the La Leche League and both his wife and he served as chairpersons of its board of directors. "I cannot think of Dr. Hugh Riordan without remembering all of the joy for life he and his wife, Jan, shared with La Leche League (LLL) of Kansas and with LLL International. About 25 years ago, young couples of breastfed children and busy with their families were trying to ask questions at a session about intimacy problems. I will never forget his suggestion, 'Haven't you heard of Wesson Oil?' The laughter just overcame us all and we relaxed and learned very easily how to overcome those difficulties. Also, I have a wonderful mental picture of Dr. Riordan at the 2001 LLLI conference in Chicago, teaching us how to stay young and enjoy life. In my memory, he is wearing his red clown nose and I couldn't look at him without

*continued on page 2*

## Will MSM help snoring?

Physicians have tried to stop snoring by sewing tennis balls inside pajamas to prevent sleeping on the back or using electrical shock to give the snorer a jolt. Other more gentle processes have been tried, with little help.

James Blum, Ph.D., and Ronald Blum, M.D., wanted to study the effects of MSM (methylsulfonylmethane) in the form of an oral spray to reduce or stop the snoring.

In the Blum trial, the researchers used 60 subjects randomly assigned to either a placebo group or a group receiving the MSM oral spray. Both groups used the bed partners of the snorers to record the effects.

The research trial had good results. Of those in the MSM group, 16% showed less than 30% improvement, while 46% reduced snoring by 50% to 100%. In the placebo group, 56.7% reduced snoring by less than 30% and only one of the group reduced snoring by greater than 70%. The MSM group was obviously better. [H]

## Inside this issue...

Hugh Riordan's spirit. ....	2
The runaway weight gain train. ....	3
Information worth knowing. ....	4
Folate lowers the risk of hypertension. ....	4
The Garden and the gardener. ....	5
Common musculoskeletal herbs, part 2. ....	5
Food of the month—feta cheese. ....	5
Remembering Dr. Hugh Riordan. ....	6
Food color palette for your body. ....	6
Case of the month. ....	6
Special discounts. ....	7
Upcoming events. ....	8
Smog clogs arteries. ....	8

## EDITORIAL BOARD

Joseph Casciari, Ph.D.

Donald R. Davis, Ph.D.

Melvin Epp, Ph.D.

Michael J. Gonzalez, D.Sc., Ph.D.

Ron Hunninghake, M.D.

James Jackson, Ph.D.

Rebecca Kirby, M.D.

Chad A. Krier, N.D., D.C.

Xiao Long Meng, M.D.

Nina Mikirova, Ph.D.

## PUBLICATION INFORMATION

**Editor:** Richard Lewis

**Associate Editors:** Marilyn Landreth and Barbara Dodson

*Health Hunter Newsletter* is published as a service 10 times a year by the Olive W. Garvey Center for Healing Arts, a division of The Center for the Improvement of Human Functioning International (CIHFI), a non-profit organization. Memberships are \$25 for one year, \$30 for outside the U.S.; \$45 for 2 years, \$55 for outside the U.S.; and \$60 for 3 years, \$75 for outside the U.S. To join, see the order form on page 7 of this issue. (Prices good through 2005.)

© 2005/CIHFI

Special written permission is required to reproduce, by any manner, in whole or in part, the material herein contained. Write: Permissions, 3100 N. Hillside Ave., Wichita, KS 67219, USA. Phone: 316-682-3100.

The information in this publication is meant to complement the advice and guidance of your physician, not replace it.

Share information about The Center with your family and friends by inviting them to visit our website.

Meet us at the following address:

[www.brightspot.org](http://www.brightspot.org)

or correspond with us by E-mail:

[healthcoach@brightspot.org](mailto:healthcoach@brightspot.org)

# Nutritional Medicine

by Ron Hunninghake, M.D.

## Hugh Riordan's spirit

In this life, we are not spared the experience of death. Death is simply the other side of the coin of life. As with day will come night, so with life will come death.

Most of us are given the opportunity to die many little deaths along the path of life. The phone rings, there's a knock at the door, or something arrives in the mail. Only too often there is that faint premonition: someone else has crossed; who is it this time?

Inwardly we brace ourselves. We reface that old resignation and helplessness as we learn the fate of a friend, a parent, a sibling, a coworker, a celebrity, or simply someone we knew. We are shocked...and not shocked. Death's dogged inevitability revisits us once again. Will we ever get used to it?

And each time, the experience flings us back into the mystery of life...the living answer to a question that burns in the heart of those of us still here to ask it: why am I alive when \_\_\_\_ has died?

We are here for a purpose. We have each been given the ultimate gift: life as we know it. Each death with all its

sorrow and pain of separation reaffirms the supreme specialness of this gift.

Then we learn of Dr. Hugh Riordan's death. We think of what he did with his gift of life...the people he has served, the beautiful Center he created, the hope he rekindled, the sheer presence that he commanded as an innovator, a maverick, a healer, and a friend.

As a holistic doctor, he knew that health was a body-mind-spirit deal. He championed the importance of nutrients for the body. He oftentimes lectured on positive self-concept for the mind. In the arena of spirit, he didn't have a lot of words. He embodied "great spirit." He let his spirit be known in actions.

In the words of Andrew Carnegie: "As I grow older, I pay less attention to what men say. I just watch what they do."

Though Hugh Riordan the man has been taken from us in death, his spirit is with us in so many tangible ways. He took his gift of life as we know it and made great use of it. And we are all the better for it. [H]

### Thirty years—Cont'd from page 1

laughing and laughing," wrote a La Leche League member from Colby, Kansas.

A former employee now living in Indian Wells, California, wrote, "Dr. Riordan was one of my heroes. He was a true medical maverick. He was a true trailblazer. He was a true fully alive human being. He was a true pioneer in health. He was unique—one of a kind. He was a loyal friend. He was a man of great inspiration.

"Because of Dr. Riordan and the many people who walked through the doors of the Olive W. Garvey Center for the Improvement of Human Functioning, I know the health of human beings in a much fuller way than I would have ever known without him and The Center."

A Ph.D. remembered Dr. Riordan

by writing, "Hugh Riordan was a unique presence in the field of complementary and alternative medicine. Hugh was like a force of nature—and we therefore may have taken him somewhat for granted and never thought he might someday be gone. Like Linus Pauling before him, he will be irreplaceable. He was a true Medical Maverick! May his example inspire us to strive for even greater heights."

Phil Ray, a co-learner from Wichita, Kansas, wrote about Dr. Riordan this way, "As a patient of The Center for the Improvement of Human Functioning, I was saddened by the loss of Dr. Hugh Riordan.

"There are thousands like me who have chronic illnesses that have come to a dead end with conventional medi-

*continued on page 3*

cine, only to find hope, education and wellness from Dr. Riordan and the staff at The Center. From the moment you enter the facility, Dr. Riordan's presence could be felt. What makes Dr. Riordan so very special was the way that he took interest in every patient as an individual; working, teaching, coaching us back to health instead of a five-minute visit and a prescription pad.

"I laugh when people tell me about those strange looking buildings and what they think goes on there. I tell you the truth, you can look long and hard only to find a very few medical facilities that work with and love their patients like Dr. Riordan and his Center for the Improvement of Human Functioning. Thank you Dr. Riordan for all you taught us, you will be greatly missed."

Another co-learner wrote, "Dr. Riordan gave me the tools I needed to take care of myself. He always said something that made me laugh. ...I invited him to my wedding, and how many doctors take the time to drive an hour to see one of their patients get married."

A doctor from Victoria, British Columbia, Canada, said that, "Victor Hugo wrote and I quote, 'An invasion of armies can be resisted, but not an idea whose time has come.' Orthomolecular Medicine's triumph is inevitable, but it still takes very intelligent and courageous people to carry its banner forward. Dr. Hugh Riordan was certainly one such individual. He will be greatly missed, but we owe it to him to keep the banner flying."

From the many comments we received, it was difficult to select so few comments to quote here. But one more deserves quoting.

This one is from a co-learner in Wichita, Kansas. She wrote, "Dr. Riordan has, in his presence among us, created a better world, better people, inspired the thought processes of all who knew him, to encompass the fact that all things are possible. He has truly left a personal legacy. Yet his life is only the trunk of the tree, sprouting branches and trees that live forever and continue to grow. We have much to

*continued on page 4*

## HEALTH HUNTERS AT HOME

### The runaway weight gain train

Researchers referred to people with obesity as being on a runaway train heading downhill. The train has too many accelerators and not enough brakes. This was reported in the *British Medical Journal*.

Obesity is associated with a loss in quality of life along with some social stigmatism. At the same time, awareness of the health consequences of obesity has never been greater. Obesity, indeed, is a runaway train.

The researchers wrote, "The obesogenic environment of the modern world has been well described. Obese people "make unhealthy choices easy resulting in a high intake of energy dense foods and beverages and in the reduced physical activity," the researchers pointed out. This type of food and drink is everywhere.

Take, for example, television watching. Much of the advertising is for fast food. The watcher is bombarded with ads for burgers and fries and even suggesting that you can "super size" the order for just a little bit more cost. Various types of soft drinks are especially in front of children along with the burgers and fries. And there is much, much more.

At the same time, while the TV watcher is getting bombarded with ads for high calorie food, they are usually passively watching. They are just sitting and watching television, often eating something, not up and doing things that can add a little activity to the day.

I am as guilty of this as the next person. But I often mute the sound of the advertisement and put in a load of wash, pick up after the grandchild when she has been over, load the dishwasher, or other short projects around the house.

There are other causes for the train to accelerate downhill. They may include such accelerators as movement inertia cycles, mechanical cycles, psychological cycles, diet cycles, and low socioeconomic status cycles, say the researchers.

Again, take, for example, the dietary cycles. "They often have specific 'magic' weight loss ingredients or a set

of restrictive rules with 'free' and 'forbidden' foods," the researchers said. Some of the diets are low-calorie diets and others are low in carbohydrates. The low calorie diets often have very quick weight loss followed by regaining the weight and with a large part of it coming as fat gain. This is often followed by depression coming from a feeling of personal "failure" and the diet "failure." This takes us to another cycle—the psychological cycle.

"For some obese individuals, body dissatisfaction, the physical discomfort of obesity, and the social stigmatization may trigger or exacerbate depression, anxiety, and feelings of low self-esteem and guilt," according to the researchers. There are other causes as well. It builds until there is very little self-esteem for the obese person to hang onto. And depression gets worse.

A heavy body considerably reduces one's enthusiasm to go to the gym to exercise or even take a short walk. This is called the movement inertia cycle. The mechanical dysfunction cycle is one that grows from many physical problems such as arthritis, low back pain, chest wall and diaphragm restriction, sleep apnea, and edema, to name a few. And finally, there is the vicious cycle. This one is a positive feedback loop where obesity becomes a self-perpetuating problem. "Several vicious cycles, ... seem to be operating in obesity, creating a potent driving for perpetuation and even acceleration," the researchers said.

Obesity is very common these days. But we at The Center see obesity as an individual process. If a person who is obese comes to The Center to work on, say arthritis, we work on the arthritis with that individual along with her/his obesity and anything else the individual may have.

The above discussion is looking at the whole field of wheat while we look at the individual rogue head that is standing above the field. We do well working with the individual, the rogue head.

—Richard Lewis



## INFORMATION WORTH KNOWING

Most of this month's *Health Hunter Newsletter* is dedicated to the founder and president of The Center for the Improvement of Human Functioning International, Hugh D. Riordan, M.D. This newsletter is a division of The Center. Although many of the members of Health Hunters have met him, not everyone has. We would like you to be aware of the tremendous impact he has made in the realm of orthomolecular medicine as well as on his Center family. He spoke throughout the world and will be missed. The questions this month are used to let you know more about him.

1 When Olive W. Garvey asked Dr. Riordan to write a grant to set up a laboratory similar to the Brain Bio Center in New Jersey (the beginning of The Center), Dr. Riordan did not spend a great deal of time writing the grant because \_\_\_\_\_.

- he knew she would give him the grant because her late husband's middle name was Hugh
- he thought she would not give him the grant because he had a beard and in one of her books she said not to trust a business man with a beard
- she was convinced that the Freudian method of treating mental problems was best.
- all of the above.

2 Dr. Riordan was interested in politics and supported many candidates. He also was involved in politics when he \_\_\_\_\_.

- was elected Prom King in high school
- was campaign manager for an Attorney General candidate in Kansas
- was elected President of the American Holistic Medical Association
- all of the above

3 Dr. Riordan practiced medicine for almost 50 years. He founded The Center in 1975 with a grant from the Garvey Foundation.

- True
- False

4 \_\_\_\_\_ played a major role in Dr. Riordan's belief

system. Just the fact that we were able to overcome tremendous odds to be born, he considered, was a miracle.

- Vitamin C
- Gratitude
- Planning
- None of the above

5 Dr. Riordan and The Center received many awards throughout his career. An award The Center received in the mid eighties that he was particularly proud of was for \_\_\_\_\_.

- Orthomolecular Physician of the Year
- the design of the new building
- the children's television show, *One of a Kind*
- none of the above

6 Although Dr. Riordan knew that all nutrients are important to the proper functioning of our bodies, he is best known for the use of \_\_\_\_\_.

- vitamin C
- lipoic acid
- aspirin
- none of the above

7 Because his father made an important contribution to the treatment of a sick relative, Dr. Riordan encouraged patients to become \_\_\_\_\_.

- dependent
- readers
- co-learners
- all of the above


• FOR ANSWERS, SEE PAGE 7 •

Thirty years—Cont'd from page 3

look forward to, all because of Dr. Hugh."

The Center's staff was saddened by Dr. Riordan's death, but we all know that he is indeed the trunk of the tree and he hand picked all of us and then he began to grow our branches and to sprout new trees so that we became the people who help make The Center what it is today.

He will be sorely missed. But at the same time, he and the board of directors have worked hard to keep his many ideas growing. The board of directors, along with The Center's staff, will be there to keep his ideas going and growing. Dr. Riordan has selected us well. Now it is up to us to continue to grow these branches and new tree sprouts that he, as the trunk, has sprouted.


As the doctor from Canada said, "...we owe it to him to keep the banner flying." And we will. 

## Folate lowers the risk of hypertension

A recent study published in *The Journal of the American Medical Association* discovered that "higher total folate intake was associated with a decreased risk of incident hypertension, particularly in younger women." This is the first study using folate only as a variable. Folate and folic acid are different names for the same vitamin.

John Forman, M.D., and his colleagues observed that there was a significant association between taking supplemental folic acid and a reduction in the risk of hypertension. There are several explanations for this.

First, relatively few participants consumed high quantities of foods that contained much folic acid. Secondly, the bioavailability of supplemental folic acid has increased to twice the bioavailability of naturally occurring folate from food. Finally, the ongoing supplementation of the food supply during 1996 and 1997 may have led to a miscalculation during the second half of their eight year follow-up period.

Their conclusion—a higher intake of folate is associated with a decreased risk of hypertension. 

## The Garden and the gardener

by Melvin D. Epp, Ph.D.

During the past few days, Dr. Hugh Riordan has been eulogized as a brilliant person, a loving husband and father, an outstanding physician with an international reputation, and the organizational energy force that created and developed The Center. In my interactions with him, he was also an enthusiastic plant man. He became animated as he sniffed an array of basil cultivars. He was proud of the certified organic produce that the Brightspot Garden grew and harvested and which the Taste of Health Restaurant served.

Dr. Riordan observed plants like he interacted with his co-learners. He wanted to know how plants respond to subtle energies. Early on in my employment, he handed me a bucket of paramagnetic rock and explained his views of how plants would respond. After three winters of pot studies in the greenhouse with some garden measurements thrown in, together we adjusted our views to the responses of the plants and wrote an article "Exploring the Parameters of Paramagnetic Forces" (ACRES U.S.A., May 2004). This is the most scientific and comprehensive treatise on plant responses to paramagnetic forces to date.

Not only did Dr. Riordan sense the cosmic energy that trees and other plants absorbed, but he reveled in the co-evolution of plants and man. Primitive man gathered and consumed native plants that were unencumbered with layers of residues of man-made chemicals. The plants were utilized fresh and eaten with few flavor-enhancing additives. The Brightspot Certified Organic Garden in many ways emulates this period of purity in human development.

Dr. Riordan joined me, together with Dr. Don Davis, to review the trends in vegetable nutrition in a paper entitled "Changes in USDA Food Composition Data for 43 Garden Crops, 1950 to 1999" (*J. Am. Coll. Nutr.* 23(6):669-682). The nutritional content of our food is the basic underpinning of our continued and sustained good health. [H]

# Herbal History

by Chad A. Krier, N.D., D.C.

## Common musculoskeletal herbs, part 2

**Curcuma longa (turmeric)** is power packed with beneficial properties (antioxidant, anti-inflammatory, lipid modulation, and anti-platelet aggregation). Curcumin appears to be primarily responsible for the anti-inflammatory action of turmeric. When administered orally, curcumin inhibits neutrophil function, inhibits platelet aggregation, inhibits lymphocyte activity, promotes fibrinolysis, and stabilizes lysosomal membranes. Turmerin and curcumin (constituents of turmeric) inhibit platelet aggregation by inhibiting the formation of thromboxanes (promotes aggregation) and increasing prostacyclin (inhibits aggregation). Curcumin in the dose of 120 mg every day has been shown to relieve the symptoms of rheumatoid arthritis.

**Zingiber officinalis (Ginger)** is a classic "does it all" herb. It is an excellent herb to consider in musculoskeletal

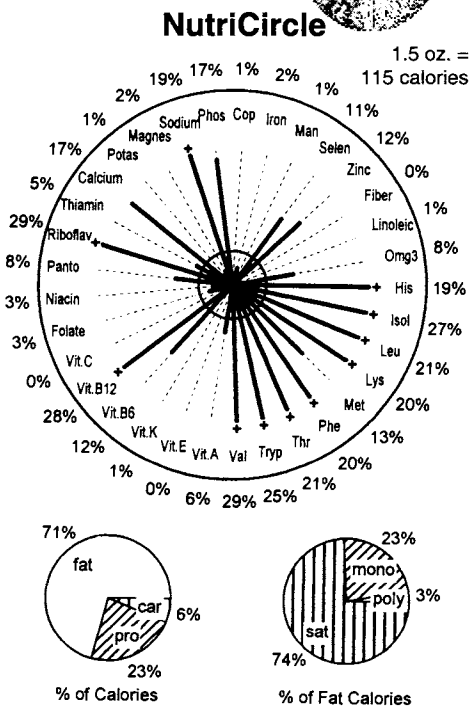
issues because of its analgesic, anti-inflammatory, and circulatory stimulant properties. Ginger also inhibits interleukin 1 (IL-1) and tumor necrosis factor (TNF). Its circulatory stimulant effects come from inhibition of thromboxane synthesis and lipid peroxide formation causing a reduction in platelet aggregation. Shogaol, a constituent of ginger, has been shown to act as an analgesic. Fifty-six patients (28 with rheumatoid arthritis, 18 with osteoarthritis, and 10 with muscular discomfort) used powdered ginger to relieve their symptoms for a period ranging from 3 months to 2.5 years. All patients with muscular discomfort experienced relief in pain, and more than three-quarters of patients with arthritis experienced relief in pain and swelling. No adverse effects were reported. Suggested dosage is 500 mg two to four times per day. [H]

## Food of the Month

by Donald R. Davis, Ph.D.



**FETA CHEESE** is a famous Greek cheese made with unpasteurized goat's or sheep's milk, often served as a large slab in salads. Commercial feta in the U.S. is made with pasteurized cow's milk—not what Greeks prefer, but usually the best we can do short of a trip to Greece. During cheese-making, it is cut in large slices (feta means "slice"), salted, and stored in barrels of brine or whey. It is quite salty and tartly flavored, so try feta cheese crumbled on salads, without other salt or dressing. It is far richer in nutrients than oil-based salad dressings, being adequate compared to calories in 21 of 33 nutrients shown here.



The length of each bar shows the amount of one nutrient. If a bar extends out to the inner circle, the food has enough of that nutrient to match the calories it contains. The numbers show nutrient amounts in RDAs per serving shown. The pie charts show the sources of calories (left) and the types of fat (right). [H]

# Mental Medicine

by Marilyn Landreth, M.A.

## Remembering Dr. Hugh Riordan

He always seemed to know what to say to let you know that he knew how you were feeling. And with a few words he could reduce you to laughter or tears of release.

One time I got angry at something that he did. I am a fairly laidback person so I think it amused him when I let him know in no uncertain terms what I thought of him. After I got back to my office he sent me a copy of his picture, a box of blue rock (clay pigeons), and a note. The note told me to stick his picture on the wall and throw the blue rock at it until I got all my feelings out. It was difficult to remain angry with this man for any length of time.

Although he was a man of few words, he had a way of listening to you so that you knew that what you were saying was important to him. He was always open to new ideas and had a

curiosity about almost everything. He was widely read and touched base with people from so many different countries, cultures, and opinions. He was considered a friend by hundreds of people.

During these last difficult weeks as we have coped with the sudden loss of our boss, mentor, doctor, teacher, challenger, and friend we have learned so much more about him. Albert Pike said, "What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal." On a personal basis, because of all that he did, from encouraging us to challenging us to be more than we could dream of being, he will be remembered. For all the sick and hurting people he has served, he will be remembered. As long as we live we will remember this giant of a man. ☐

## CENTER UPDATE



### Food color palette for your body

Dr. Hunninghake began thinking about the spectrum of colors of food that you may feed your body a few years ago. And then, James Joseph, Ph.D., of the USDA Human Nutrition Research Center on Aging at Tufts University, along with Daniel Nadeau, M.D., and Anne Underwood wrote a book called *The Color Code* in 2003.

This book solidified Dr. Hunninghake's thinking on the colors of foods we eat. The pigments in food do have most of the antioxidants and phytonutrients (nutrients found naturally in food) that you need from your diet.

With the growing recognition by medical researchers and clinical doctors of the health promoting biological activity of plant pigments, many of the doctors are suggesting that consumers expand the colors on their plates and try to eat the entire spectrum of the rainbow during the day, as Dr. Hunninghake suggests.

Dr. Joseph says that color offers

an imperfect measure of potentially beneficial antioxidant flavonoids. He does suggest that by choosing foods that have a range of deep colors, you can be reasonably sure of getting a broad mix of beneficial flavonoids.

For instance, John Folts and his research team at the University of Wisconsin-Madison found that grape skins and seeds are an excellent source of flavonoids that limit blood platelet clumping. Michael Aviram of Rambam Medical Center in Haifa, Israel found that pomegranates are an even richer source of antioxidants, especially anthocyanins, which inhibit cholesterol oxidation in human blood and slow the development of atherosclerotic plaque.

Other researchers found that blueberries are an excellent source of flavonoids that cross the blood-brain barrier and help the memory.

As Dr. Hunninghake points out, these are only a few of many examples of how food colors can help you. ☐

## Case of the month

A 78-year-old woman came to The Center in March of 2004 with concerns of gastritis, tendonitis, osteoporosis, esophageal reflux, and constipation. The constipation she had had all of her life, she said.

After the doctor saw her for her initial evaluation, he suggested she have the following tests run at The Center's laboratory: c-reactive protein, h. pylori antibody, histamine/spermine/spermidine, insulin level, progesterone level, thyroid stimulating hormone, vitamin B assessment profile, vitamin D, magnesium, zinc, candida, essential fatty acids, all in the blood; and boron, indican, pyrroles, and a urinalysis with vitamin C in the urine.

When she returned from the laboratory, she completed her evaluation. Dr. Riordan prescribed the book, *The Wonderful World Within You*, to drink two quarts of water a day, ginkgo capsules, and Osteoprime.


She returned at the end of March. Dr. Kirby explained the tests to her and laid out a program for her. Dr. Kirby recommended Emergen-C with cranberry to increase her vitamin C level and bladder health, continue Osteoprime, Zinc Orotate and magnesium citrate for trace minerals, Nystatin for her candida, biotin, EnteroPro, and Armour Thyroid.

She continued with Dr. Hunninghake. He adjusted her thyroid prescription and increased her vitamin C. Her energy started to increase because of this. He also started her on Mirilax, a stool softener.

She came for an appointment with Dr. Hunninghake in January of 2005. She said she "feels good!" She said that the Mirilax is great as a stool softener. For the first time in her life she is having regular BMs. Before this happened she said, "I passed a few hard knobs. I used a Fleets enema with little response."

She is now taking Beyond C and has had no colds since she began. She is taking the other supplements such as Entero-Pro, Zinc Orotate, and Osteoprime. She said that she is walking one mile a day and using the recumbent bicycle. Again, she feels good! ☐

Answers from page 4

- 1 b. Dr. Riordan had been in successful private practice for a number of years and was ready to take a chance in developing The Center.
- 2 d. He was proud of his efforts that resulted in being Prom King. He enjoyed flying the candidate around Kansas.
- 3 a. Dr. Riordan's early practice involved psychiatry and psychosomatic illnesses. He would have celebrated 30 years with The Center this year.
- 4 b. He made it a habit to write at least three letters a week that told someone how he appreciated something that they had done without expecting anything in return.
- 5 c. The Center sponsored this show for three years. The Orthomolecular award was in 2002.
- 6 a. The protocol that Dr. Riordan and The Center researchers developed for the use of vitamin C in the treatment of cancer is used throughout the world.
- 7 c. He believed that the patient knew more about herself/himself than she/he was aware of. 

## SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; *Health Hunter* Price—\$7.16  
 Video Tapes: Regular Price—\$14.95; *Health Hunter* Price—\$13.45

### MEDICAL MAVERICKS, VOLUME ONE

by Hugh D. Riordan, M.D.

This is a great book for anyone who wants to be entertained with incredible anecdotes about pioneers in the field of medicine. These tales of discovery, personal hardships, court intrigues, and professional rivalry make for fascinating reading and give inspiration for those who may consider themselves "mavericks". Softcover.

Retail Price: \$7.95

Health Hunter: \$7.16

### TURNING SCHOOL FAILURE INTO SUCCESS

by Hugh D. Riordan, M.D.

What do you do when your school is not doing well? When your school spends a great deal of time and money on discipline? When the students are unhappy and not achieving well? When your school is known to be the one to avoid by parents, teachers, and students because failure is expected? Find out the little changes that make a big difference. Failing kids become successful with this approach.

### MEDICAL MAVERICKS, VOLUME TWO

by Hugh D. Riordan, M.D.

This is the second of a trilogy of vignettes about men and women who have blazed the trail of scientific progress. It continues what Volume One started. It will raise the eyebrows of most, make others chuckle, and bring a sense of relief to contemporary mavericks. Softcover.

Retail Price: \$7.95

Health Hunter: \$7.16

### SIMPLE SOLUTIONS TO SOME PSYCHIATRIC PROBLEMS

by Hugh D. Riordan, M.D.

Are simple solutions to psychiatric problems like depression and bipolar disorders and some schizophrenias available? Is it possible that easily corrected factors influence the way we feel? There is no doubt about it. Dr. Riordan shares what he learned from 46 years of clinical practice and research.

• To Order, Fill Out the Form Below •

TITLE	AUDIO OR VIDEO TAPE	PRICE	QUANTITY	TOTAL
	circle one			
Medical Mavericks, Volume One	book	_____	_____	_____
Medical Mavericks, Volume Two	book	_____	_____	_____
Turning School Failure Into Success	audio video	_____	_____	_____
Solutions to Some Psychiatric Problems	audio video	_____	_____	_____
<i>Health Hunter</i> - One-Year Membership/renewal - \$25 (\$30 for outside the U.S.)			_____	_____
Two-Year Membership/renewal - \$45 (\$55 for outside the U.S.)			_____	_____
Three-Year Membership/renewal - \$60 (\$75 for outside the U.S.)			_____	_____
			Subtotal	_____
			**Add Sales Tax	_____
			***Add Postage & Handling	_____
			TOTAL	_____

\*\* Kansas residents add 6.3%.  
 \*\*\* Add \$3.00 for first book or tape; 50¢ for each additional book or tape.

Payment:

Check     VISA     Am. Exp.     Discover     M. C.    Exp. Date \_\_\_\_\_

Card # \_\_\_\_\_ Signature \_\_\_\_\_

Ship to:

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Mail form and payment to:  
 The Center for the Improvement of Human Functioning International • 3100 North Hillside • Wichita, Kansas 67219  
 Prices good through 2005.

# Upcoming Events...

## Lunch & Lectures:

### February

- 10 The Center's Approach to Relieving Arthritis
- 15 Stimulating Soothing Alpha Rhythms in the Brain
- 17 Oh, My Aching Back: a Comprehensive Approach to Managing Back Pain
- 22 Stimulating Thinking Theta Rhythms in the Brain
- 24 Learn the Healthy and Smart Way to Eat Vegetarian

### March

- 1 The Center's Approach to Eliminating Fibromyalgia
- 8 Stimulating Deep Sleep Delta Rhythms in the Brain
- 10 Strong People Stay Young
- 15 The Center's Approach to Alleviating Skin Conditions

**Tell us your thoughts and memories of Dr. Riordan  
on our website  
[www.brightspot.org](http://www.brightspot.org)**

## Smog clogs arteries

We have known for many years that smog causes lung problems. Now researchers discovered that air pollution damages the circulation system and may be a major risk factor for heart attacks and strokes, as well.

Researchers at the University of Southern California in Los Angeles used instrument recording and land-use data from the area to estimate the amount of air pollution at the homes of 798 people in the study.

From this, they discovered that the more air pollution around the person's home, the thicker the walls of her/his carotid artery become. As the walls thicken, the blood flow of the artery is reduced. This thickening of the carotid artery walls is a leading risk factor for heart attacks and strokes.

RETURN SERVICE REQUESTED

**Health Hunter**  
A Publication of The Center for the Improvement  
of Human Functioning International, Inc.  
3100 North Hillside Avenue  
Wichita, KS 67219 USA

NON-PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 858  
WICHITA, KS 67219

**INSIDE THIS MONTH'S ISSUE**

- Thirty years with Dr. Hugh Riordan
- The runaway weight gain train
- Will MSM help snoring?
- Folate lowers the risk of hypertension