



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 to make your tax deductible donation today or visit us at 3100 N. Hillside, Wichita, KS 67219.



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Allergies & Asthma: The Naturopath's Point of View

by Jennifer Kaumeyer, ND



"Allergies" are the immune system overreacting to benign substances. Individuals who suffer from allergies do so as a result of a genetic susceptibility combined with nutritional and environmental influences. While heredity has been emphasized in the past, it is clear that genetics alone cannot account for the worldwide increase in asthma and allergy prevalence. The International Study of Asthma and Allergies in Childhood and the European Community Respiratory Health Surveys have shown some striking patterns. Asthma is more common in Western countries than developing countries, more prevalent in English speaking countries, and has increased in incidence in developing countries as they become more "Westernized." This is definitely telling us that the environment and lifestyle in Westernized countries play a role in the production of allergies in the population.

Our bodies are exposed to a virtual barrage of chemicals each year in the form of air pollution, pesticides, toxic household cleaners, and industrial contaminants. It is not surprising that at times our immune system is overwhelmed and confused by this toxic load. Epidemiological studies have shown that all types of allergic diseases are more common in polluted areas than in unpolluted ones.

While many of these exposures are beyond our control, a number of them are not. By working to decrease **pollution** inside and outside of the home as well as pollution within our foods, we will be treating one of the major root causes of disease and practicing truly preventative health care.

From a naturopathic viewpoint, removing and/or decreasing exposure to the cause is the first step to treating allergies and asthma. The next step is identifying any and all **food sensitivities**. Most people have some food sensitivities, and when we decrease the immune reactivity in one area of the body, it can decrease in other areas as well. In other words, any decrease in the overall allergenic load will decrease full body symptom expression. Since we can control what we put in our mouths, this is the first place to start after removing evident toxic chemicals from our foods.

The next step is to address general **nutritional considerations** that will help allergic symptoms. Our goal through nutrition is to decrease histamine, decrease inflammation, and increase anti-allergic substances in our diet. Foods high in histamine which should be avoided are cheese,





Letter from the Editor:

by Amanda Hawkinson

It is almost springtime! While you may be jumping for joy at the arrival of spring, allergy and asthma sufferers are beginning to dread the attacks that the season brings. More Americans than ever before say they are suffering from asthma. It is one of this country's most common and costly diseases.

One link many do not realize is the genetic component of asthma. If only one parent has asthma, chances are 1 in 3 that each child will have asthma. If both parents have asthma, it is much more likely (7 in 10) that their children will have asthma.

In an effort to help sufferers take control of their allergies and asthma, this month's issue of the *Health Hunters Newsletter* spotlights the many aspects of allergies and asthma while offering natural treatment modality options. There is no cure for asthma, but it can be managed with proper prevention and a treatment plan.

Enjoy.

Amanda Hawkinson
Editor

newseditor@riordanclinic.org

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Facebook

Allergies & Asthma: The Naturopath's Point of View continued from page 1...

some wines, and certain kinds of fish such as tuna and mackerel. Foods rich in tryptophan should also be reduced because tryptophan encourages histamine production. These include cottage cheese, liver, peanuts, turkey, lamb, tuna, beef, salmon and cashews. Animal fats (especially grain fed beef, pork and lamb) generally increase inflammatory prostaglandins and should therefore be kept to a minimum. Wild (as long as they are not eating crops) and grass fed animals would be the best choice. Foods that should be included in your diet are anti-oxidant rich foods and essential fatty acids. Anti-oxidants are high in green, red and yellow vegetables, sunflower seeds, wheat germ oil, and Brazil nuts. Essential fatty acids are present in flaxseed oil, borage oil, evening primrose oil, grass fed animals, and cold water fish. Onion and garlic are particularly antiallergenic because they inhibit inflammatory enzymes.



After addressing the nutritional considerations, we want to address the **three main organs** that play a role in allergies: the bowels, the liver and the adrenal glands. We want to make sure the allergic patient has a high population of the good gut bacteria and is having regular **bowel** movements at least 1–2 times per day. A history of constipation is a red flag for cause of allergies because of the inefficient removal of toxic waste.

The **liver** is responsible for detoxification. It removes hormones, drugs and chemicals, filters all blood coming from the digestive tract, and makes toxins water soluble for excretion. The liver is commonly overwhelmed by environmental pollution and can be supported through herbs and supplements to make it more efficient. Common supplements include milk thistle, an herb that promotes liver cell regeneration, and N-Acetyl Cysteine (NAC), an amino acid and precursor to glutathione that supports the central antioxidant and detoxification pathway of the liver. Oral NAC is also a great "mucolytic" or mucous thinning agent for upper respiratory mucous as well as excessive GI mucous.

The **adrenal glands** release the stress hormone cortisol and are therefore worn out often by our high stress lives that we all lead. Cortisol also plays an important role in regulating the immune system. In fact, a conventional pharmaceutical approach to allergies and asthma is prednisone, an artificial high dose form of cortisol. So it makes complete sense to say that stress and weakened adrenals can make us susceptible to "allergies" and allergic symptoms.

The last step in a naturopathic approach is **symptom management and suppression**. Suppression of symptoms in some cases is not always a bad approach because it can provide relief, if we are working on the underlying causes at the same time. Relief will mean better sleep and less stress which will in turn help in the process of treating the causes. Supplements that decrease histamine release by stabilizing the mast cells are vitamin C, vitamin E and bioflavonoids, especially quercetin, which has an affinity for the lungs and upper respiratory tract. These are the nutrients that are the best of both worlds—they fight the symptoms AND the underlying cause.

To learn more about this topic, join me at our March 14th Lunch and Lecture. I will explain in detail how allergies begin in the gut and give more specifics on the natural treatment of allergies and asthma. I hope to see you there! (See page 8 for more details on the Lunch and Lecture.)



Sinusitis: A Patient Profile

by Sarah Nosker, Certified Medical Assistant

The comedian Robin Williams once said, "Spring is nature's way of saying 'Let's party!'" However, for allergy and asthma sufferers, spring isn't always a welcome event. Allergies can cause a plethora of symptoms such as sneezing, runny nose, nasal congestion, itchy eyes, wheezing and irritability. Mainstream medicine treats these symptoms with anti-histamines, steroids and other medications. Yet for many patients, this only provides temporary relief.

According to the Asthma and Allergy Foundation of America, an estimated 50 million Americans suffer from allergies. This boils down to 1 out of every 5 Americans. Each year allergies account for more than 17 million outpatient office visits, primarily in the spring and fall. For adults, allergies are the 5th leading chronic disease and a major cause of work absenteeism, resulting in nearly 4 million missed or lost workdays each year. If there was a more natural means of alleviating allergy symptoms besides consuming prescription and over-the-counter medications, wouldn't it seem like the easiest choice?

One such co-learner, presented with a chief complaint of chronic sinusitis, came to the Riordan Clinic. The patient was seeking something more than just sinus surgery which had been recommended prior to her visit. This patient also had a staph infection in her sinus cavity. As the clinic doctor reviewed the patient's health history, it was suggested that her thyroid be checked. Patients with hypothyroidism tend to have more inflammation and allergies in general. So initially, this co-learner's treatment began with dietary changes, thyroid supplementation, as well as additional vitamin C and fish oil. In addition, the patient was placed on a Paleolithic diet. A Paleolithic diet consists mainly of fish, grass-fed pasture raised meats, eggs, vegetables, fruit, fungi, roots and nuts, and excludes grains, legumes, dairy products, potatoes, refined salt, refined sugar, and processed oils. This helped regulate the patient's blood sugar so it wouldn't continue to feed the staph infection.

The patient also chose to have sinus surgery. After a brief period of some relief post-surgery, the symptom of nasal congestion came back! The patient returned to the clinic and a series of 6 UBI (Ultraviolet Blood Irradiation) treatments were prescribed in addition to continuing her prescribed thyroid supplementation. The UBI's were prescribed to help with her infection as well as nasal congestion which was due to inflammation. Once the series of UBI's was completed, the patient returned for a follow-up visit and stated her congestion was 99.9% better! She noticed she had more energy and less pain in general.

This is just another case of how an evaluation by one of the Riordan Clinic doctors, complemented by simple dietary changes and supplementation, lead to the patient remarkably improving. If you are an allergy or asthma sufferer, you do not have to be a statistic. Let one of our Riordan Clinic doctors evaluate you. As a co-learner, learn how you can manage your allergy or asthma symptoms and find a treatment uniquely tailored to you!

To find out more or to make an appointment, call
316-682-3100
to start your journey to a healthier you.

Notable Herbs for Asthma Relief

by Laurie S Roth Donnell, Master Herbalist and Holistic Health Practitioner

Asthma is a chronic upper respiratory disease affecting the lungs and airways of roughly 20 million people worldwide, according to the University of Maryland Medical Center (UMMC). More than 50% of asthmatics are children, and I was diagnosed with this affliction in pre-school and rushed to the emergency room many times for shots of adrenalin and emergency treatments! After years of pharmaceutical treatments, I am glad to share that I am completely OFF all asthma medications and rarely use my rescue inhaler! I credit this to incorporating a few herbs and yoga into my life.

I know firsthand, conventional breathing treatments often produce unwanted side effects and can lead to the development of a dependency or tolerance to the drugs. Below we will explore several all-star herbs that have been credited for natural relief of asthmatic symptoms such as constrained breathing, inflamed air passages, coughing, wheezing, restricted air passages, and loss of consciousness in extreme severe attacks.

Turmeric

This popular Ayurvedic spice helps relieve asthmatic inflammation that causes swelling in the lungs and trouble breathing. It helps dilate blood vessels allowing for better airflow and relaxes muscle spasms, restoring normal breathing patterns. Turmeric acts as a blood thinner and should only be used under professional administration and supervision.



Boswellia

Another Ayurvedic herb, Boswellia works to improve asthma, strengthen the lungs, and lessen the recurrence of acute asthma attacks. Although Boswellia has been used as a breathing treatment for centuries in India, there is little scientific research, and its efficacy is anecdotal. Boswellia is contraindicated for people taking drugs to lower cholesterol or non-steroidal anti-inflammatory medicines (NSAIDs).

Parsley Leaf

Parsley leaf helps relieve coughing during asthma attacks and acts as an expectorant, enabling the patient to cough up mucous trapped in the airways. It relieves tightness in the muscles of the chest and soothes the throat and cough. Parsley leaf is best used as an herbal tea. Parsley is also a natural diuretic, increasing the quantity of urine and frequency of urination. Use with caution if you currently take a diuretic.



Mullein

Mullein is an excellent breathing treatment to help relax acute asthmatic spasms and constriction in the airways. It is an old-time herb, well known for relieving coughing and many other upper respiratory conditions. Mullein is found in a variety of cough and herbal asthma preparations, relieving shortness of breath and lessening wheezing.

Notable Herbs for Asthma Relief continues on page 4...

Happy Easter from

Marie's Cafe And Bakery
at the Riordan Clinic

Cafe Hours 9:00 am – 3:00 pm M–F

Bakery Hours 9:00 am – 3:30 pm M–F

(Located on the lower level of the
Riordan Clinic Supplement Store)

It's never too late to begin eating a balanced,
nutritious diet.

A diet rich in fruits and vegetables is key to
overall health. Plus, new research suggests
fruits and veggies may not only help you
feel good, but also help you look good. Read
more on this in the article, "Eat Well to Get a
Healthy Glow," at www.arthritistoday.org.

Marie is now offering her SOUP AND SALAD
BAR with a variety of options to rejuvenate
your body and mind. Afterwards, indulge
your sweet tooth with a low calorie holiday
treat. This month to keep you bouncing like
a bunny, visit us and let Marie lift your heart,
refresh your soul, and renew your spirit to
bring back your healthy glow.

Happy Easter



Enjoy Marie's
Carrot Cake Muffin
or
Coffee Cake Muffin
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any other offer. Excludes tax and gratuity.

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dining room



Notable Herbs for Asthma Relief continued from page 3...

Ginkgo Biloba

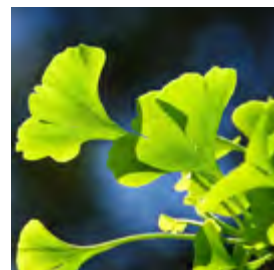
Ginkgo biloba helps reduce the mechanism that causes wheezing and
may be of benefit as a breathing treatment to some asthma patients.
Ginkgo may produce some mild side effects such as nausea, diarrhea,
and headaches. A lower dose often resolves these effects allowing
patients to continue using the herb as a natural treatment for asthma.



Reishi Mushroom

Reishi mushroom as a potent
anti-inflammatory that helps
strengthen the lungs. Used in Chinese medicine as an immune
booster, the mushrooms help reduce swelling in the airways
and are simple to incorporate into your daily diet.

**Try any of these gently healing herbs and remember to
consult your primary physician before you embark on a
new path of health exploration!**



Sources:

Traditional Chinese Medicine—TCM: Ginkgo Biloba
<http://altmed.creighton.edu/Allergies/ChineseMed.htm>

University of Maryland Medical Center: Asthma
<http://www.umm.edu/altmed/articles/asthma-000015.htm>

GaiamLife: 7 Nondrug Asthma Treatments + 5 Herbal Remedies
<http://life.gaiam.com>

Contact the author at lauriedonnell@hotmail.com



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Vitamin Special 15% off Allergy & Asthma Supplements



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It is important to know the purpose of your supplements. Before starting any supplement regimen consult your physician.



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Know Your Nutrients: Nasosympatico

by Amanda Hawkinson

Nasosympatico is a compound of thyme essential oil, eucalyptus oil, peppermint essential oil, and lavender essential oil enveloped in a base of almond oil. Due to its "opening up" property, it allows sinuses to drain effectively and can be used to treat sinus infections, asthma, or seasonal allergies.

The Components of Nasosympatico:



Thyme Essential Oil

This is an ancient herb used in medicine by the Greeks, the Egyptians and the Romans and is an evergreen perennial shrub, with a woody root system, much-branched stem, small elliptical aromatic leaves and pale purple or white flowers.

The name is derived from the Greek word 'thymos' that means 'perfume' and it was used as incense in Greek temples. The Egyptians used it in the embalming process. During the Middle Ages it was given to jousting knights for courage, and a sprig of the herb was carried into courtrooms to ward off diseases.

Thyme oil can strengthen nerves, aid in memory and concentration, help with exhaustion and depression, while fortifying the lungs and assist with colds, coughs, asthma, laryngitis, sinusitis, catarrh, whooping cough, sore throats and tonsillitis. Thyme oil also boosts the immune system and fights colds, flu, infectious diseases and chills, and as a urinary antiseptic, it is also very beneficial for cystitis and urethritis. The warming effect of this oil can help in cases of poor circulation, as well as for arthritis, rheumatism, gout, muscular aches and pains, sprains and sport injuries. Additional uses are for cellulite, anorexia, obesity and edema and in cases of scanty periods, leucorrhoea, and to speed up birth and to expel afterbirth.

Eucalyptus Oil

Native to Australia, eucalyptus was originally used by aboriginals as a traditional medicine for treating body pains, sinus congestion, fever, and colds. Surgeons on the First Fleet, distilled eucalyptus oil from *Eucalyptus piperita* found growing on the shores of Port Jackson in 1788 to treat convicts and marines. Eucalyptus oil was subsequently extracted by early colonialists, but was not commercially exploited for some time.

The health benefits of eucalyptus oil can be attributed to its anti-inflammatory, antispasmodic, decongestant, deodorant, antiseptic, antibacterial, stimulating, and other medicinal properties. Eucalyptus oil has been used for a variety of purposes including: respiratory problems, an antiseptic for wounds, muscle pain, mental exhaustion, dental care, skin care, diabetes, intestinal germs, and fever. Its other uses include: soaps, mouthwash, sauna, and as a room freshener.



Peppermint Essential Oil

Peppermint is thought to have originated in Northern Africa and the Mediterranean. In the Ebers Papyrus, an ancient Egyptian medical text dating to 1550 BC, mint is listed as calming to stomach pains. Mint was so valued in Egypt that it was used as a form of currency.

Peppermint oil has the ability to treat indigestion, respiratory problems, headache, nausea, fever, stomach and bowel spasms and pain. It is also used in the treatment of stress, urinary tract infections, and blood circulation. Due to the presence of menthol, menthone and menthyl esters,

Know Your Nutrients continues on page 6...



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The CBC with differential measures many parameters in whole blood that may be associated with allergies, anemia, infection, inflammation, leukemia, blood parasites, platelet abnormalities and determines the number and morphology of white and red blood cells.

The CBC consists of red cell and white cell count, hemoglobin, hematocrit, red cell indices (calculated) that includes mean corpuscular volume (MCV), mean corpuscular hemoglobin concentration (MCHC), mean corpuscular hemoglobin (MCH), the percentage and morphology of white blood cells, red cell morphology and platelet count.

Regular: \$56.00

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C-Reactive Protein, High- Sensitivity (CRP-hs)

Elevated CRP-hs is an early indicator of atherosclerosis and cardiovascular disease. It is also called an acute phase protein that increases dramatically under conditions of sepsis, inflammation and infection. It can rise 4 to 6 hours before other acute-phase reactants begin to rise. Increases in CRP are not specific!

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Offer valid March 1–31, 2013.

Call **316.684.7784** to
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No doctor's order required.

Know Your Nutrients continued from page 5...

peppermint and peppermint oil find wide applications in the manufacturing of soap, shampoo, cigarette, toothpaste, chewing gum, tea and ice cream.

Lavender Essential Oil

The use of lavender has been recorded for more than 2,500 years. Egyptians, Phoenicians and the people of Arabia used lavender as a perfume—and also for mummification, by wrapping the dead in lavender-dipped shrouds. In ancient Greece, lavender was used as a cure for everything from insomnia and aching backs to insanity. In ancient Rome, lavender was a prized commodity.



Lavender flowers were used to scent the water in Roman baths. In fact, the baths served as the root of the plant's current name. "Lavender" is derived from the Latin lavare, meaning, "to wash." Romans also used lavender

as a perfume, insect repellent and flavoring. They even added dried lavender to their smoking mixtures. In Medieval and Renaissance Europe, lavender was used as a disinfectant and deodorant. It was also one of many medicinal herbs grown to be used to ward off disease.

Today, lavender oil is still used for various ailments, including: aromatherapy, reducing anxiety and stress, pain reduction, as well as, treating coughs, and respiratory infections. Additional uses are for insomnia, urine flow, digestion, immunity, and skin / hair care.

Two things that you can do with Nasosympatico oil:

1. Put 1–2 drops of Nasosympatico oil in a Netti Pot with warm water and a pinch of Netti Pot Salt by Himalayan Institute. Because this is a messy method, try the first couple of times in the shower, as the natural reaction will be to blow the water out of your nose.
2. Insert a Q-Tip™ into the oil and stick up into your nose. If you see your naturopath, she will use long medical swabs to insert into the meatuses of your nose, but do not try this at home if you have never tried it before; you could cause yourself unnecessary pain!

Sources:

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www.fresh-herbs.co.uk/facts/thyme-facts.asp

www.wisewomanherbals.com

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information@riordanclinic.org



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.

- All individuals and groups who have donated to our cause through financial support
- Crestcom International for event/meeting space rental
- Our patients and co-learners who spread the good word about the clinic:

"The Riordan Clinic has been helping us balance our lives nutritionally and find optimum health—so that we may enjoy long and productive lives. Going to the Clinic is like going home, where we are treated as "co-learners"—not "patients" on this journey together. We were treated with kindness and attentiveness and not being dismissed as quickly as possible and living life on medications...It is, indeed, the future of true health care."

—A.G. and J.G., December 2012

"...you touched our lives in a way that dozens of "professionals" before you were unable to do. You personally turned her life into an exciting, productive and happier existence. With you and your staff's loving attention, she is now the person I knew she would be if only we could find a cure for her depression. You were that cure. Thank you for being there and providing successful alternatives to our mess of a medical industry."

—J.K., New York, January 2013



RIORDAN CLINIC RESEARCH INSTITUTE

Editor's Note: The following press release was sent out in February 2013 regarding this recent important finding by our research team, led by Dr. Nina Mikirova, Director of Research.

Combination of Key Nutrients Reduces Stress and Emotional Problems in Those with Attention Deficit Hyperactivity Disorder (ADHD) Research Shows

Attention deficit hyperactivity disorder (ADHD) affects approximately two million American children, and this condition has grown to become the most commonly diagnosed behavioral disorder of childhood. The cause of ADHD is generally acknowledged to be multifactorial, involving both biological and environmental influence.

Nutritional deficiencies, including deficiencies in fatty acids (EPA, DHA), the amino acid methionine, and the trace minerals zinc and selenium, have been shown to influence neuronal function and produce defects in neuronal plasticity, as well as impact behavior in children with attention deficit hyperactivity disorder. These nutritional disturbances or variations from reference values have been associated with behavior typical of ADHD.

The investigation was undertaken to determine the reference values of specific biochemical markers that have been associated with behavior typical of ADHD in a group of patients before and after metabolic correction.

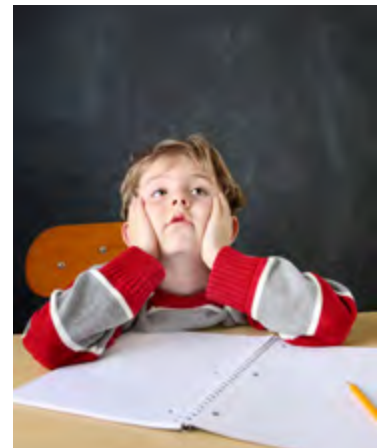
The study was based on data extracted from the Riordan Clinic's patient history database covering a period of over ten years. Researchers performed laboratory tests in 116 patients 2.7–25 years old with a diagnosis of ADHD, and compared the distributions of fatty acids, essential metals, and the levels of metabolic stress factors with established reference ranges before and after interventions. In addition, the association between toxic metal concentrations and the levels of essential metals in these patients was analyzed.

Treatment of ADHD patients was performed according to principles of integrative management of this condition, and patients were treated by essential fatty acids, amino acids, minerals, probiotics and vitamins.

"According to our data, the metabolic correction of ADHD by supplementation can ameliorate ADHD symptoms. Eighty percent (80%) of children who were treated from several weeks to 1–2 years, demonstrated improvement of metabolic stress level, measured by pyrrole test. For these patients, the levels of EPA were increased and the omega-6/omega-3 ratio was improved," states Dr. Nina Mikirova, Director of Research at the Riordan Clinic.

Putting all data together, it was demonstrated that after consumption of a combination of fatty acids as well as magnesium and zinc, amino acids, vitamins and probiotics, most subjects had a considerable reduction in markers of metabolic stress and reported less emotional problems. Further studies need to be conducted with integrative metabolic correction therapy to determine its value in the management of ADHD.

This research, conducted by Riordan Clinic scientists Mikirova NA, Rogers AM, Taylor PR, Hunninghake RE, in collaboration with scientists from the School of Public Health, Medical Sciences Campus of the University of Puerto Rico, Miranda-Massari JR, and Gonzalez MJ, has recently been published in the Journal of Functional Foods in Health and Disease as "Metabolic correction for attention deficit/hyperactivity disorder: A biochemical-physiological therapeutic approach".



The full text of the article can be found at <http://functionalfoodscenter.net/files/63028864.pdf>.



To read this and other articles written by Riordan Clinic researchers, go to <http://www.riordanclinic.org/research/journal-articles.shtml>.



Invest in the Vision

Opportunities for Substantial Gifts

Nutrition-based medicine is a solution for true health and wellness, and the Riordan Clinic has taken a leadership role in research, education and clinical services. The following are two ways you can make a substantial gift to the Riordan Clinic. You will receive tax incentives while investing in the growing field of nutritional medicine.

- **Bequest through a Will:** One of the simplest ways to support the continued work of the Riordan Clinic is through your estate, and you do not surrender ownership of the gift during your lifetime. You can make a gift bequest after others have been provided for. You may designate a dollar amount, specific property, a percentage of the estate, or whatever is left (remainder).
- **Gift of Life Insurance:** Another way to make a significant gift is to name the Riordan Clinic as the beneficiary to receive all or a portion of the proceeds of an existing life insurance policy. You will receive a tax deduction in the year of the gift, generally close to the cash surrender value of the policy.

To learn more about these charitable giving options, please contact Paula Smith at the Riordan Clinic: 682-3100 or at psmith@riordanclinic.org.



Lunch & Lecture Series 2013

Wheezing and Sneezing: Natural Treatments for Allergies and Asthma



Presenter: Dr. Jennifer Kaumeyer

Date: Thursday, March 14, 2013

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

Cost: \$10—Lunch is included.

We are now offering a soup and salad bar for lunch. Please come a few minutes early to dish up before the lecture begins.

Do allergies and asthma keep you from enjoying special activities? Do you hope to one day not rely on allergy medications? Join us as Dr. Jennifer Kaumeyer discusses how an unhealthy gut can cause allergies. Plus, learn about the most important dietary and supplemental treatments that you can start implementing right away to keep you healthy and happy this allergy season!

If you are unable to attend in person check out this lecture on our **live webcast**.

Reservations REQUIRED

Call **316-927-4723** or email us at reservations@riordanclinic.org



17 Correctable Causes of Chronic Illness

Presenters:



Dr. Ron Hunninghake



Dr. Jennifer Kaumeyer



Dr. Charles Hinshaw



Dr. Anne Zauderer

Date: Thursday, March 21, 2013

Time: 12:00 pm to 1:00 pm AND 6pm to 7pm

Cost: FREE—Lunch is included at 12pm, light snacks at 6pm.

Twice a year the Riordan Clinic sponsors a community lecture and an opportunity for non-patients to test their key nutrient levels at a deep discount during our semi-annual Check Your Health event. This year Dr. Ron Hunninghake, Chief Medical Officer of the Riordan Clinic, will discuss the Riordan diagram of Correctable Causes of Chronic Illness. By improving your nutrient status, you address one of the more important causes of chronic illness. Dr. Ron will present an overview of this innovative approach to chronic illness—especially pertinent to anyone who continues to suffer with chronic symptoms which may have been diagnosed, but for which no therapy has yet brought relief.

All of our Riordan Clinic doctors will be present and available to answer individual questions at the end of the lecture.

Reservations REQUIRED

Call **316-927-4723** or email us at reservations@riordanclinic.org

