



Health Hunters Newsletter

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Fuel Sources During Exercise

by Jennifer Kaumeyer, ND



Professional athletes must eat many calories each day. Consequently, they can be lax with the quality of their diet. They will not gain weight even if they eat burgers and fries and a bunch of sugared energy bars. However, weight gain is not the only factor that must be considered when it comes to an athlete's diet. If the athlete does not eat enough healthy nutritious foods, his or her performance will suffer and eventually lead to injury and a long, difficult recovery.

At rest and during normal activities, fats contribute 80–90% of our energy; carbohydrates provide 5–18% and protein 2–5%. During exercise there are four major endogenous sources of energy: muscle carbohydrate stores (glycogen), blood sugar, blood fatty acids, and intramuscular triacylglycerols. The extent to which these substrates contribute energy for exercise depends on the intensity and duration of exercise, the level of exercise training, the initial muscle glycogen levels, and supplementation with carbohydrates during exercise.

PROTEIN

Protein can be used by the body for fuel or for anabolic processes. Anabolic processes are those that build up the body, whereas catabolic processes are those that break down the body. Please note that not all protein is equal in its ability to be anabolic vs. catabolic within the body. Protein is used as an energy source if calories are insufficient. However, with sufficient calories, the break down of amino acids (the building blocks of protein) contributes only minimally to the total amount of energy used by working muscles. When a person begins a moderate endurance exercise program, they initially lose more protein than they ingest; that corrects itself within 2–3 weeks without dietary intervention.





Letter from the Editor:

by Amanda Hawkinson

Have you ever heard the expression “use it or lose it”? Well, it is true, especially when it comes to your body. If you do not use your body, you will lose it, leading to flabby and weak muscles, improper function of the heart and lungs, and stiff joints that are easily injured. This is why exercise is important! Not only does it help prevent disease, but it also improves stamina, strengthens and tones, enhances flexibility, controls weight and improves quality of life.

This issue of the *Health Hunters Newsletter* lifts the weight off of this complex concept and investigates the importance of exercise, while exploring several forms of exercise and attempting to discover which form of exercise is the most effective.

So take a walk or play in the park while you read this issue. Enjoy the spring weather and indulge in some water and a good sweat.

Thank you for reading!

Happy spring!

Amanda Hawkinson
Editor

newseditor@riordanclinic.org

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Facebook

In order to promote increases in muscle size (hypertrophy) and increase in strength, it is an absolute requirement that athletes be in a positive nitrogen status (ingesting more protein than is lost). Ingesting more protein than needed, however, does not lead to increased protein synthesis over a certain level and too much protein can result in dehydration, loss of urinary calcium, and stress on the kidneys and liver. Recommended protein intake is .8–2 gm protein/kg body weight per day or 12–20% of total energy intake.

TABLE OF PROTEIN INTAKE RECOMMENDATIONS FOR PHYSICAL ACTIVITY					
Body Weight in lbs and kg	0.8 g/kg RDA	0.9 g/kg Light Exercise	1.0 g/kg Moderate Exercise	1.2 g/kg Moderate/Heavy Exercise	1.4 g/kg Heavy Exercise
110 lbs (50 kg)	40 gm	45 gm	50 gm	60 gm	70 gm
130 lbs (59 kg)	47 gm	53 gm	59 gm	71 gm	83 gm
150 lbs (68 kg)	54 gm	61 gm	68 gm	82 gm	95 gm
170 lbs (77 kg)	62 gm	70 gm	77 gm	92 gm	108 gm
190 lbs (86 kg)	60 gm	77 gm	86 gm	103 gm	120 gm
210 lbs (95 kg)	76 gm	86 gm	95 gm	114 gm	133 gm
230 lbs (105 kg)	84 gm	94 gm	105 gm	125 gm	146 gm

FAT

Fat is the major fuel for light-intensity to moderate-intensity exercise, such as jogging, hiking, dance, cycling, and recreational swimming. Half of the energy for these activities comes from the aerobic (using oxygen) breakdown of muscle sugar stores (glycogen) and the other half comes from circulating blood sugar and fatty acids. It is recommended that athletes consume 20–30% of calories as fat. These fats should include the “good” fats, such as the essential fatty acids EPA, DHA that are found in fish, flax, avocados, and olive oil as well as typical meat/dairy fats. Intake of trans fatty acids (from partially hydrogenated oils) should be avoided entirely and saturated fats should be limited but not completely restricted.



CARBOHYDRATES

Carbohydrates are the main source of fuel for athletes, especially those participating in endurance sports. It is more beneficial to eat a low glycemic carbohydrate (oatmeal, yams, brown rice, 100% whole grains) meal 3–4 hours before exercising or athletic competition. A high glycemic carbohydrate meal (refined sugars in soda, candy, cake, muffins, white bread, Gatorade) will result in a rapid release of insulin and ultimately

reduced blood sugar, suppressed release of fatty acids from fat stores, and inhibition of liver glycogen breakdown.

Carbohydrate intake during intense exercise should average 25–30 gm/30 minutes of activity. Carbohydrate solution should not exceed 6–8%; otherwise the athlete may experience cramps, nausea, and diarrhea. (To determine the concentration in a sports drink, the grams of carbs in a serving is divided by the weight of the serving of the drink, which is usually 240gm.) Post-exercise, it is important for the individual to restore muscle glycogen or carbohydrate stores by eating a source of carbohydrate mixed with a small amount of protein. (Refined carbohydrates work best at this time—small baked potato, yogurt, or Gatorade.) For the average exerciser this is not a crucial step and is in fact where a lot of people are mistaken when they start an exercise program. They tend to fuel themselves more than they actually need and end up gaining weight.

FLUIDS

Water intake is a crucial part of our diet that is often overlooked due to its lack of “substance”. However, if the importance of a nutrient is judged by how long we can

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 who participated in our bi-annual Check Your Health laboratory testing event... Optimizing Health. Optimizing Life. One person at a time.
- La Leche League of Wichita and Crestcom International for event/meeting space rental
- KEAFCS (Kansas Extension Association of Family Consumer Sciences) and Moostash Joe tour groups who visited our campus



Fuel Sources During Exercise continued from page 2...



do without it, water ranks as the most important. A person can survive only eight to ten days without water, whereas it takes weeks or even months to die from a lack of food. Water circulates through our blood and lymphatic system, transporting oxygen and nutrients to cells and removing wastes through urine and sweat. Water also maintains the natural balance between dissolved salts and water inside and outside of cells. Our joints and soft tissues depend on the cushioning that water provides for them. While water has no caloric value and therefore is not an energy source, without it in our diets we could not digest or absorb the foods we eat or eliminate the body's digestive waste.

Water absorption is maximized when sugar concentrations range from 1–3 %. Again, to determine this, the number of

grams of carbs in a serving is divided by the weight of the serving of the drink, which is usually 240gm. It is also necessary to have sodium for sugar to be absorbed. Rehydration alone in endurance athletes (i.e., those who are active for over 60 minutes) is not as efficient. Too much water dilutes the blood rapidly, increases its volume and stimulates urine output. Blood dilution lowers both sodium and the volume-dependent part of the thirst drive (making one less thirsty). Sufficient amounts of electrolytes need to be ingested with the water in endurance athletes. After one hour of intense exercise, sports drinks (or something similar that contains electrolytes in a good proportion) are highly recommended.

VITAMINS AND MINERALS

Strenuous exercise can produce free radicals that cause damage to all of our cells. Antioxidants such as beta-carotene, vitamin E, and vitamin C all decrease the free radical damage, improve recovery time, decrease muscle damage and help with immune response. Athletes are at risk for developing some common nutrient deficiencies/health problems including:

- 1. The B vitamins** (thiamine, riboflavin, niacin, pyridoxine, pantothenic acid, folate, B12)—The increased energy metabolism seen with athletes creates a need for more of the B vitamins that serve as helpers in the energy production cycle.
- 2. Iron-deficiency anemia** is not frequently seen among athletes, but suboptimal iron stores are common. Athletes at risk are the rapidly growing male adolescent, the female athlete with heavy menstrual losses, the person who restricts energy intake (wrestlers, dancers, young girls in general), the distance runners who have increased GI iron loss, and those training heavily in hot climates with heavy sweating.
- 3. Osteoporosis** can become a problem in females who exercise strenuously enough. Women with amenorrhea stop having menstrual cycles. Low estrogen associated with this can inhibit calcium absorption from the gut.
- 4. Intense and lengthy exercise** can also create elevated cortisol, the "stress" hormone that is secreted from the adrenal glands. An increase in cortisol can reduce the mucous lining of the gut, lungs, and bladder which houses crucial immune cells (secretory IgA). This decrease in immunity can cause the following problems:
 - a.** Food allergies and asthma
 - b.** IBS aka Runners "Trots"
 - c.** Higher susceptibility to microbial imbalances or dysbiosis
 - d.** Frequent colds and coughs



Fuel Sources During Exercise continues on page 4...

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HCG RX+ Success

Life at Its Best : Spring Renewal
by Meg Fuson, RN, BSN

Our patient is a prominent businessman who deals with stressful life issues on a daily basis. He has helped many individuals through trying times in their personal lives, and he understands the hardships of everyday life. He worked all of his life to maintain a healthy lifestyle, but life had become hard even for him in the last few years. He is a stoic man, and is very proud and conscious of his behavior; he has never lacked integrity. He displays respect for everyone with whom he comes into contact. His respect for people is unbiased. He has spent his entire life caring for other's personal business and because of this, set his own needs aside.

He came to the Riordan Clinic at a time in his life when he knew he needed to take action. He was a man who exercised daily and had lived his life in a very health-conscious way. Lately, he was continuously fatigued, which was due, in part, to nightly insomnia. Because of his lack of sleep, he could not function optimally throughout the day. He experienced achiness, forgetfulness, lethargy, and an overall depression. He lacked an interest in life. He knew there was a history of diabetes in his family, and he understood the consequences of this disease. In the past, he would normally exercise daily for at least one hour, and he routinely ate healthy foods. The patient was exhausted trying to exist in a life where he continuously did not feel well. His weight was increasing, and his overall zest for life had disappeared.

He came to the Riordan Clinic in desperation. He had heard about our HCG Rx+ weight loss program from a friend, and he made the decision to change his life. His initial weight was 300.4 pounds. His fat mass was 10.6 pounds and his muscle mass was 161 pounds. The circumference of his waist was 56 inches.

There were days when the patient had



All of these can be treated or prevented by simple dietary interventions. Sometimes, however, some athletes may need intravenous nutrients to keep their bodies at optimal performance.

The main point to remember is that exercise is very important for good health. Our bodies are meant to move, and most chronic pain is due to a lack of proper movement of our tissues. When we exercise, our muscles are broken down, and it is the rebuilding process after the fact that is most crucial. You have to break it down to build it up stronger. The quality of food you choose to put in your body should be your highest priority because that is what your body uses to repair itself.

“Dis-moi ce que tu manges, je te dirai ce que tu es” translates to “Tell me what you eat and I shall tell you what you are.” This quote was written by a French doctor, Anthelme Brillat-

Savarin, back in 1826. It may also be translated as “You are what you eat.” He knew that the food we eat is what our bodies use to build and repair itself. But, he also believed that the type of food that you choose to consume is a reflection of the kind of person you are. So, next time you eat, take a moment before and decide, “Is this really the person I am?” If it is not, then choose to make the change to be the person you want to become.

If you or someone you know would like to learn more about nutrition and/or the health, hope, and healing offered at the Riordan Clinic, call **316-682-3100** to make an appointment or visit our website at **www.riordanclinic.org**.

Yoga, an Ancient Exercise Powerhouse

by: Laurie Roth-Donnell
Master Herbalist and Holistic Health Practitioner

Hippocrates understood that no medicine could match the body's capacity to revitalize and regenerate itself. Yoga, a 6,000-year-old system of self-improvement exercise originated in India, quickly spread throughout China and is now surging in popularity in the United States. The heart of yoga philosophy lies in the belief that a self-fulfilled person is a healthy person, free from disease caused by stress and unhealthy living habits. Studies have shown that anyone who practices yoga on a regular basis can reap the benefits of improved physical tone, strength, mental stability and calmness. Yoga enables one to naturally manage stress and anxiety through the execution of a series of poses and movements. These poses are designed to enhance natural wellness by stimulating the flow of oxygen, blood, and lymph fluid, while toning muscles, increasing flexibility, endurance and concentration.



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a very difficult time adhering to the program, with temptations at the lake, family gatherings, and other celebrations. However, he would refocus and continue his journey. Each visit, he would gather information that told him what level of body fat, muscle mass, and fat mass he had within his body. This would encourage him to reach his goal.

As our patient continued his journey through the HCG Rx+ weight loss program, he became very diligent. Each day, he monitored his weight, and recorded the foods he ate. He returned to his former fitness center and began to exercise daily. The exercise routine helped him in his battle with his weight. Exercise also improved his mental capacity and allowed him to function at an optimal level throughout each day. As his weight decreased, his battles with weight became easier. He had his ups and downs and moments of discouragement, but he was determined to succeed.

Today, the patient's depression has lifted. As a result of his daily workout routine and his weight loss, his energy has returned as well as his zest for life. He is sleeping better at night, and he wakes feeling well rested. He continues to watch his weight diligently, and he gains weight occasionally. Fortunately, with the information that he has learned throughout his time on the HCG Rx+ weight loss program, he is able to steadily maintain his weight.

This patient has been very successful in his weight loss journey. As he finished the program, his weight was 249.2 pounds, with a fat mass at 67.6 pounds. Through his daily exercise routine, he has increased his muscle mass to 172.8 pounds with a waist measurement of 46.5 inches.

This patient is an example of the success that awaits you with the Riordan Clinic HCG Rx+ weight loss program! You can be in the best shape of your life. The program encourages you to savor over fresh, whole foods and changes your overall relationship with food. Become healthy today. Call **316-682-3100** for more information.



Yoga practice begins with the intention of opening the respiratory system, using the entire abdomen and diaphragm to breathe. Most of us have shallow breath, which results in less oxygen in the blood, lowering energy, performance, and vitality. Yoga builds ease in control of breath, relaxing the body and quieting the mind, reducing stress and enhancing relaxation. Breath integrates numerous aspects of life: your environment, your respiratory tract, your nervous system, your mind, and every cell in your body. When you learn to regulate your breath, you can enhance your physical, emotional, and spiritual well-being, all building blocks of a healthy vibrant life. Yoga practice improves your power to exhale, inhale, holding power, and power to relax. If

one of these four essential parts of breath falls short, then "dis-ease" occurs. Symptoms like anxiety, depression, anger and irritation manifest, leading to more serious and harmful physical ailments. Taking a deep cleansing breath allows the body to relax and to regenerate on a cellular level.

"The Seven Spiritual Laws of Yoga" by Deepak Chopra and David Simon suggest, "The true purpose of yoga is to discover the aspect of your being that can never be lost. Your job may change, your relationships may change, your body may change, your beliefs may change, your desires may change, your ideas about your role in the world may change, but the essence of who you are is the continuity of awareness that has no beginning or end. Your thoughts, beliefs, expectations, goals, and experiences may come and go, but the one who is having the experiences—the experience—remains."

Yoga's most obvious outward benefit is that it **enhances body tone and ease of movement** while increasing range of movement throughout the muscular skeletal system. The leading cause of accelerated aging is fragility. Yoga will fortify, strengthen, and transform the body by engaging in stretching and strengthening postures, combined with rhythmic breathing and relaxation, all designed to activate the natural reflexes of internal muscles and tissues. Yoga postures strengthen organs, glands, and internal tissues while assisting in balancing hormones. Yoga helps your body to fight disease by increasing circulation, resulting in natural detoxification. Yoga also helps coordinate balance and stamina as we age. These skills must be challenged or they will diminish through inactivity. These techniques also develop concentration, inner stillness, perseverance, patience, objective self-awareness, and self-acceptance.

Yoga practice can reduce many types of pain. Back pain is a common ailment, and yoga opens the large hips joints, where knee and back pain often originate. Pain eases as the back's muscle structure begins to gain strength and flexibility, allowing for greater ease in movement and improved posture, which results in more comfort when sitting or standing. Chronic headache symptoms can be reduced with yoga posture sequences designed to relieve tightness in the shoulder and neck areas, as tension ceases, blood flow increases to the brain, decreasing headache severity, length, or complete elimination of pain.

Regular yoga practice may also reduce the cravings for junk food. Yoga meditation coupled with an inclination towards a healthier diet, calms the nervous system and helps combat long-term digestive issues. Yoga stimulates the body's elimination process (peristalsis): yoga assists the natural movement of food through the digestive system by increasing blood flow to the colon. Yoga is also a great sleep agent; simply engage in "before bed postures" designed to increase blood flow



Patient Profile: Benefits of Regular Exercise

by Vicki Ross, RN

Do you want to feel better, have more energy and perhaps even live longer? Then exercise! The health benefits of regular exercise and physical activity are hard to ignore. And the benefits of exercise are yours for the taking, regardless of your age, sex or physical ability. Need more convincing to exercise? Check out this month's featured patient and the ways exercise improved his health.

This month's patient is a 64-year-old male who had realized at the age of 40 that he had started gaining weight. He noticed that he lacked the energy that he once had.

After a checkup at our clinic, the doctor advised him to start an exercise program. The patient's choice was to start cardio training with many different variations that included aerobics, treadmill, etc.—four times per week. He wished that he could do more but unfortunately, did not have the time. In any case, a little is better than none. He has been exercising for several years and just loves it due to the fact that he is able to control his weight, reduce stress, and gain an overall sense of well being, along with enjoying the fun and comradery of being with other people. When asked what advice he had for others, the patient said that if you feel too tired to exercise, do it anyway because you will feel so much better afterwards.

Exercise helps prevent excess weight gain and helps to maintain weight loss. Exercise also combats health conditions and diseases. Worried about heart disease? Wanting to prevent high blood pressure? Look no further! Being active boosts good cholesterol (HDL) and decreases unhealthy triglycerides. In fact, regular physical activity helps prevent and manage such health problems as stroke, type 2 diabetes, metabolic syndrome, depression, arthritis, falls and certain types of cancer.

Need an emotional lift or just help with that stressful day you just finished? Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed. Exercise can also boost your confidence and improve your self-esteem. Exercise increases energy by improving your muscle strength and endurance. Physical activity delivers more oxygen and nutrients to your tissues and helps your cardiovascular system to work more efficiently. These are just a few of the amazing benefits that regular exercise can have in your life.

If your doctor approves an exercise program to incorporate into your daily routine, then start by doing a few things you like. Things you might enjoy are walking, tennis, swimming, biking, dancing, and golf. Just get started on a new you today.

You'll never know how different you will feel or discover the personal benefits of exercise until you start. If you can't do 30 minutes to an hour a day, alternate between 10 minute programs several times throughout the day. A few minutes a day can make a huge impact! Everyone can spare a few minutes, right?

Yoga an Ancient Exercise Powerhouse continued from page 5...



through the pineal gland, increasing the release of melatonin (the sleep hormone). The pineal gland also produces serotonin (the "mood" hormone) and certain postures bring oxygenated blood into the gland improving its function, while smoothing out emotional highs and lows.

Yoga is a simple, low impact exercise program that can be practiced at any age, in any location. The physical benefits of yoga are amazing. It stimulates the mind, and enhances intuition, insight, and creativity. If you can breathe and walk, you can practice yoga. I suggest speaking with your primary care physician about starting a 30-minute yoga practice (designed for beginners), three times a week. You will be amazed how quickly your body will positively respond to this exercise therapy.

PS... yoga has been known to improve one's golf game!

Namaste

Sources:

"[The Seven Spiritual Laws of Yoga](#)" by Deepak Chopra and David Simon

Laurie@DonnellsHealingGarden.com

You're Invited

A promotional poster for Casino Riordan. The top half features the text "Casino Riordan" in a gold, serif font. Below this is a large, stylized roulette wheel with a golden ball, surrounded by stacks of gold coins and several playing cards (Ace of Spades, Ace of Hearts, Ace of Clubs, Ace of Diamonds). The bottom half of the poster has a black background with gold text. It reads "LLS Woman of the Year Candidate" and "Jennifer Kaumeyer, N.D." in a large, gold, serif font. Below this, in smaller gold text, are the event details: "April 28, 2012 7:00pm-10:00pm On the beautiful Riordan Clinic Campus 3100 N. Hillside". To the right, it says "Cost: \$75.00 per person" and "Tickets on sale April 1st includes: 1 drink, hors d'oeuvres, playing chips Cash bar available". At the bottom, it says "Join us for an evening of fun with: Open Casino, Prize Drawings, and a Silent Auction." and "RSVP For more information or to buy tickets contact Amanda Hawkinson Call: 316-682-3100 x 232 or Email: ahawkinson@riordanclinic.org Make Checks Payable to: Riordan Clinic & Mail to 3100 N Hillside, Wichita, KS 67219 or register online at casinoriordanLLS.eventbrite.com Sponsored by Riordan Clinic All proceeds go to Dr. Kaumeyer's LLS Woman of the Year campaign."

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Vitamin Special
15% Off



MAP™—Master Amino Acid Pattern

Regular: \$58.95

Sale: \$50.11



(look at Know Your Nutrients for more information about this supplement)

Know Your Nutrients: Master Amino Acid Pattern

by Amanda Hawkinson

What are amino acids? Amino acids are the main element of dietary proteins. Some are essential, which means they are important but not synthesized by the body, and they must be absorbed through food. After 23 years of research, the International Nutrition Research Center (INRC) discovered MAP™ (Master Amino Acid Pattern).



MAP™ is a dietary protein substitute. It includes essential amino acids that are delivered in a highly purified, free, crystalline form. A safe and effective protein substitute, MAP™ is a 100% natural product that is not made from animal sources. It is completely free of sodium, fat, and sugar and is available in tablet or powder form.

Clinical studies have shown that MAP™, if used during exercise, is a safe and nutritionally more efficient way to:

- Improve Body Protein Synthesis (BPS)
- Improve muscle mass
- Improve muscle strength
- Improve muscle endurance
- Offer a faster and more effective muscle recovery after exercise

The below chart is from the MAP™ website (masteraminoacidpattern.com).

MAP™ vs. Dietary Proteins & Protein Supplements			
Characteristics	MAP™	Dietary Proteins	Dietary Protein Supplements
Net Nitrogen Utilization (NNU) for Body Protein Synthesis (BPS)	99%	32% (average)	16% (average)
Digestion Time	23 min	3-6 hours (6-12 times longer)	3-6 hours (6-12 times longer)
BPS/Time (NNU/min)	99% NNU/23 min	24-48 times lower	48-96 times lower
Released Nitrogen Catabolites	1%	68% (average)	84% (average)
Energy	0.04 kcal/g	4 kcal/g	4 kcal/g
Fecal residue	Absent	Present	Present
Contraindications	None	Renal Failure or Hepatic Failure	Renal Failure or Hepatic Failure
Adverse Reactions	None	Food Sensitivities	Food Sensitivities
Refrigeration	Not Needed	Needed	N/A

For more information about MAP™ please visit the FAQ section of masteraminoacidpattern.com

Marie's Cafe And Bakery
at the Riordan Clinic

GRAND OPENING
APRIL 2, 2012
Hours 9:00 am – 3:30 pm

Serving healthy made-from-scratch meals and low sugar treats.

“Caring for the whole person has always been our focus.”

—Marie Hunt, Owner

3100 N. Hillside
Wichita, KS 67219
316-927-4780 office
316-927-4781 dining room

Lab Special

Essential Amino Acid Test

Essential Amino Acids are necessary for good health but unfortunately cannot be synthesized by the body, therefore, they must be found in diet. These amino acids have an effect on the effectiveness of the body, including tryptophan, which is necessary for the body to create the neurotransmitters serotonin and melatonin. All of these amino acids can be found in vegetables; however, care is needed for those who are on a strict vegetarian diet to ensure proper levels. **Have your levels checked today!**

TEST INCLUDES:

- Histidine
- Isoleucine
- Leucine
- Lysine
- Methionine
- Phenylalanine
- Threonine
- Tryptophan
- Valine
- Arginine

Regular: \$126.00

SPECIAL: \$88.20

save
30%

Lunch & Lecture Series 2012

Exercise, an Individual Choice. Learn to Love It!



Dr. Jennifer Kaumeyer

Presenter: Jennifer Kaumeyer, ND

Guest Speakers:

Holly Philips—Personal Fitness and Running Trainer, YMCA

Adrian Tarler—Owner, Siva Power Yoga

Jake Fox—Martial Arts Experts, JMTK

Date: Thursday, April 12, 2012

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

Cost: \$10—Lunch is included.

We all know that exercise is essential for good health. People who are active live longer and feel better. Exercise can help you maintain a healthy weight and can delay or prevent disease. But why is it so hard for some to stick with it? The key is to find the right exercise for you. If it is fun, you are more likely to stay motivated.

We have put together a panel of experts to give you the chance to learn about a wide variety of exercise choices. Interact with these professionals as they discuss the various forms of their exercise and the benefits you can expect.

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

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



Ask the Doctors: Reviewing Your Check Your Health Results

Presenters:



Dr. Charles Hinshaw



Dr. Jennifer Kaumeyer

Thursday, April 26, 2012

12:00 pm to 1:00 pm

Cost: FREE (lunch is not included)

Meet Our Doctors. Ask Questions. Review Your Laboratory Results.

Riordan Clinic doctors will discuss laboratory results from the March "Check Your Health" event. You can participate in the lecture in two ways:

- 1) Bring your "Check Your Health" test results** to the lecture and follow along as the doctors offer an explanation for some of the key measurements.
- 2) If you didn't take part in the event but want to learn more?** We will provide you sample test results to use as a learning tool during the lecture. Follow along with the doctor's comments.

"Check Your Health" test results provide a guide to supplementation and dietary nutrition to optimize your health. Come to this lecture to learn how you can benefit.

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

